NDB No. 22001 DINE'N WITH PIERRE, SAUS-A-RAGE (Wrapped Breakfast Sandwich), product code 1296

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 78g	Measure 2*	Measure 3*
Proximates:							
Water	g	37.74		0	29.44		
Energy	kcal	316		0	246		
Energy	kj	1322		0	1031		
Protein (N x 5.95)	g	11.40		0	8.89		
Total lipid (fat)	g	16.96		0	13.23		
Carbohydrate, by difference	g	31.08		0	24.24		
Fiber, total dietary	g	2.1		0	1.6		
Ash	g	2.82		0	2.20		
Sugars, total	g	3.27		0	2.55		
Minerals:							
Calcium	mg	46		0	36		
Iron	mg	1.94		0	1.51		
Magnesium	mg	13		0	10		
Phosphorus	mg	110		0	86		
Potassium	mg	126		0	98		
Sodium	mg	550		0	429		
Zinc	mg	2.13		0	1.66		
Copper	mg	0.070		0	0.055		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.1		0	0.1		
Thiamin	mg	0.067		0	0.052		
Riboflavin	mg	0.067		0	0.052		
Niacin	mg	1.314		0	1.025		
Pantothenic acid	mg	0.154		0	0.120		
Vitamin B-6	mg	0.123		0	0.096		
Folate	µg	50		0	39		
Vitamin B-12	µg	0.76		0	0.59		
Vitamin A	IU	419		0	327		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.016		0	0.012		
Lipids:							
Saturated, total	g	5.492		0	4.284		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.985		0	0.768		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.947	0	4.639
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.743	0	0.580
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	23	0	18
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 22002 DINE'N WITH PIERRE, LINK-N-DOG (Wrapped Breakfast Sandwich), product code 1298

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 60g	Measure 2*	Measure 3*
Proximates:							
Water	g	36.85		0	22.11		
Energy	kcal	311		0	187		
Energy	kj	1301		0	781		
Protein (N x 5.95)	g	13.41		0	8.05		
Total lipid (fat)	g	15.40		0	9.24		
Carbohydrate, by difference	g	29.57		0	17.74		
Fiber, total dietary	g	2.3		0	1.4		
Ash	g	4.64		0	2.78		
Sugars, total	g	6.03		0	3.62		
Minerals:							
Calcium	mg	44		0	26		
Iron	mg	2.09		0	1.25		
Magnesium	mg	17		0	10		
Phosphorus	mg	142		0	85		
Potassium	mg	161		0	97		
Sodium	mg	500		0	300		
Zinc	mg	2.73		0	1.64		
Copper	mg	0.090		0	0.054		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.3		0	0.2		
Thiamin	mg	0.086		0	0.052		
Riboflavin	mg	0.086		0	0.052		
Niacin	mg	1.685		0	1.011		
Pantothenic acid	mg	0.198		0	0.119		
Vitamin B-6	mg	0.157		0	0.094		
Folate	µg	48		0	29		
Vitamin B-12	µg	0.97		0	0.58		
Vitamin A	IU	44		0	26		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.021		0	0.013		
Lipids:							
Saturated, total	g	5.679		0	3.407		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.264		0	0.758		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.178	0	3.707
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.109	0	0.665
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	29	0	17
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 22003 PIERRE, HAM-N-GO (Wrapped Breakfast Sandwich), product code 1293

Refuse: 0%

Nutrients 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	48.73		0	46.29		
Energy	kcal	235		0	223		
Energy	kj	983		0	934		
Protein (N x 5.95)	g	11.62		0	11.04		
Total lipid (fat)	g	9.39		0	8.92		
Carbohydrate, by difference	g	27.21		0	25.85		
Fiber, total dietary	g	1.5		0	1.4		
Ash	g	3.05		0	2.90		
Sugars, total	g	3.46		0	3.29		
Minerals:							
Calcium	mg	32		0	30		
Iron	mg	1.55		0	1.47		
Magnesium	mg						
Phosphorus	mg	44		0	42		
Potassium	mg	1		0	1		
Sodium	mg	695		0	660		
Zinc	mg						
Copper	mg	0.001		0	0.001		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	43		0	41		
Vitamin B-12	µg						
Vitamin A	IU	340		0	323		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.392		0	2.272		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.865	0	2.722
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.899	0	0.854
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	27	0	26
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 22004 PIERRE, HAM-N-GO with Cheese (Wrapped Breakfast Sandwich), product code 1295

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 92g	Measure 2*	Measure 3*
Proximates:							
Water	g	45.62		0	41.97		
Energy	kcal	257		0	236		
Energy	kj	1075		0	989		
Protein (N x 5.95)	g	11.51		0	10.59		
Total lipid (fat)	g	11.50		0	10.58		
Carbohydrate, by difference	g	28.22		0	25.96		
Fiber, total dietary	g	1.5		0	1.4		
Ash	g	3.15		0	2.90		
Sugars, total	g	3.45		0	3.17		
Minerals:							
Calcium	mg	74		0	68		
Iron	mg	1.44		0	1.32		
Magnesium	mg	2		0	2		
Phosphorus	mg	76		0	70		
Potassium	mg	9		0	8		
Sodium	mg	736		0	677		
Zinc	mg	0.21		0	0.19		
Copper	mg	0.001		0	0.001		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.002		0	0.002		
Riboflavin	mg	0.018		0	0.017		
Niacin	mg	0.006		0	0.006		
Pantothenic acid	mg	0.020		0	0.018		
Vitamin B-6	mg	0.003		0	0.003		
Folate	µg	44		0	40		
Vitamin B-12	µg	0.05		0	0.05		
Vitamin A	IU	420		0	386		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.800		0	3.496		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.405	0	3.133
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.865	0	0.796
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	28	0	26
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 22118 WORTHINGTON FOODS, MORNINGSTAR FARMS GARDEN VEGE PATTIES, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 252g	Measure 2* 3175g	Measure 3* 67g
Proximates:							
Water	g	59.87		5	150.87	1900.87	40.11
Energy	kcal	178		0	449	5652	119
Energy	kj	745		0	1877	23654	499
Protein (N x 5.95)	g	16.73		5	42.16	531.18	11.21
Total lipid (fat)	g	5.62		5	14.16	178.44	3.77
Carbohydrate, by difference	g	15.23		0	38.38	483.55	10.20
Fiber, total dietary	g	6.0		5	15.1	190.5	4.0
Ash	g	2.56		5	6.45	81.28	1.72
Sugars, total	g	1.12		5	2.82	35.56	0.75
Minerals:							
Calcium	mg	72		5	181	2286	48
Iron	mg	1.81		5	4.56	57.47	1.21
Magnesium	mg	44		0	111	1397	29
Phosphorus	mg	185		5	466	5874	124
Potassium	mg	268		5	675	8509	180
Sodium	mg	570		5	1436	18098	382
Zinc	mg	0.86		0	2.17	27.30	0.58
Copper	mg	0.640		0	1.613	20.320	0.429
Manganese	mg	0.502		0	1.265	15.938	0.336
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		5	0.0	0.0	0.0
Thiamin	mg	9.650		5	24.318	306.387	6.466
Riboflavin	mg	0.150		5	0.378	4.763	0.101
Niacin	mg	0.000		5	0.000	0.000	0.000
Pantothenic acid	mg	1.794		0	4.521	56.959	1.202
Vitamin B-6	mg	0.000		5	0.000	0.000	0.000
Folate	µg	43		0	108	1365	29
Vitamin B-12	µg	0.00		5	0.00	0.00	0.00
Vitamin A	IU	1143		5	2880	36290	766
Vitamin A, RE	µg	114		5	287	3620	76
Vitamin E, α-TE	mg	1.459		0	3.677	46.323	0.978
Lipids:							
Saturated, total	g	0.804		5	2.026	25.527	0.539
4:0	g	0.000		5	0.000	0.000	0.000
6.0	g	0.000		5	0.000	0.000	0.000
8:0	g	0.000		5	0.000	0.000	0.000
10:0	g	0.000		5	0.000	0.000	0.000
12:0	g	0.000		5	0.000	0.000	0.000
14:0	g	0.000		5	0.000	0.000	0.000
15.0	g						
16:0	g	0.590		5	1.487	18.733	0.395
17:0	g						
18:0	g	0.213		5	0.537	6.763	0.143
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.590	5	4.007	50.483	1.065
14:1	g					
16:1	g	0.000	5	0.000	0.000	0.000
18:1	g	1.590	5	4.007	50.483	1.065
20:1	g	0.000	5	0.000	0.000	0.000
22.1	g	0.000	5	0.000	0.000	0.000
Polyunsaturated, total	g	3.226	5	8.130	102.425	2.161
18:2	g	3.170	5	7.988	100.647	2.124
18:3	g	0.056	5	0.141	1.778	0.038
18:4	g	0.000	5	0.000	0.000	0.000
20:4	g	0.000	5	0.000	0.000	0.000
20:5	g	0.000	5	0.000	0.000	0.000
22:5	g	0.000	5	0.000	0.000	0.000
22:6	g	0.000	5	0.000	0.000	0.000
Cholesterol	mg	1	5	3	32	1
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package yields
Measure 3: 1 patty

NDB No. 22119 WORTHINGTON FOODS, MORNINGSTAR FARMS Deli Franks

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 4536g	Measure 2* 45g	Measure 3*
Proximates:							
Water	g	51.63		6	2341.94	23.23	
Energy	kcal	248		0	11249	112	
Energy	kj	1038		0	47084	467	
Protein (N x 5.95)	g	23.08		6	1046.91	10.39	
Total lipid (fat)	g	13.69		6	620.98	6.16	
Carbohydrate, by difference	g	8.22		0	372.86	3.70	
Fiber, total dietary	g	6.1		6	276.7	2.7	
Ash	g	3.38		6	153.32	1.52	
Sugars, total	g	2.10		6	95.26	0.95	
Minerals:							
Calcium	mg	38		6	1724	17	
Iron	mg	1.35		6	61.24	0.61	
Magnesium	mg	8		0	363	4	
Phosphorus	mg	94		6	4264	42	
Potassium	mg	111		6	5035	50	
Sodium	mg	957		6	43410	431	
Zinc	mg	0.84		6	38.10	0.38	
Copper	mg	0.027		0	1.225	0.012	
Manganese	mg	0.018		0	0.816	0.008	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		6	0.0	0.0	
Thiamin	mg	0.320		6	14.515	0.144	
Riboflavin	mg	0.050		6	2.268	0.023	
Niacin	mg	0.000		6	0.000	0.000	
Pantothenic acid	mg	0.047		0	2.132	0.021	
Vitamin B-6	mg	0.026		0	1.179	0.012	
Folate	µg						
Vitamin B-12	µg	0.02		0	0.91	0.01	
Vitamin A	IU	0		6	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	2.792		0	126.645	1.256	
Lipids:							
Saturated, total	g	1.985		6	90.040	0.893	
4:0	g	0.000		6	0.000	0.000	
6.0	g	0.000		6	0.000	0.000	
8:0	g	0.000		6	0.000	0.000	
10:0	g	0.000		6	0.000	0.000	
12:0	g	0.027		6	1.225	0.012	
14:0	g	0.014		6	0.635	0.006	
15.0	g						
16:0	g	1.547		6	70.172	0.696	
17:0	g						
18:0	g	0.315		6	14.288	0.142	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.340	6	196.862	1.953
14:1	g				
16:1	g	0.014	6	0.635	0.006
18:1	g	4.162	6	188.788	1.873
20:1	g	0.055	6	2.495	0.025
22.1	g	0.110	6	4.990	0.050
Polyunsaturated, total	g	7.365	6	334.076	3.314
18:2	g	7.187	6	326.002	3.234
18:3	g	0.178	6	8.074	0.080
18:4	g	0.000	6	0.000	0.000
20:4	g	0.000	6	0.000	0.000
20:5	g	0.000	6	0.000	0.000
22:5	g	0.000	6	0.000	0.000
22:6	g	0.000	6	0.000	0.000
Cholesterol	mg	1	6	45	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22120 WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 110g	Measure 2* 1814g	Measure 3* 55g
Proximates:							
Water	g	60.24		4	66.26	1092.75	33.13
Energy	kcal	210		0	231	3809	116
Energy	kj	879		0	967	15945	483
Protein (N x 5.95)	g	20.14		4	22.15	365.34	11.08
Total lipid (fat)	g	11.75		4	12.93	213.15	6.46
Carbohydrate, by difference	g	6.02		0	6.62	109.20	3.31
Fiber, total dietary	g	4.6		4	5.1	83.4	2.5
Ash	g	1.85		4	2.04	33.56	1.02
Sugars, total	g	1.12		4	1.23	20.32	0.62
Minerals:							
Calcium	mg	72		4	79	1306	40
Iron	mg	5.82		4	6.40	105.57	3.20
Magnesium	mg	2		0	2	36	1
Phosphorus	mg	158		4	174	2866	87
Potassium	mg	162		4	178	2939	89
Sodium	mg	433		4	476	7855	238
Zinc	mg	1.49		4	1.64	27.03	0.82
Copper	mg	0.092		0	0.101	1.669	0.051
Manganese	mg	0.087		0	0.096	1.578	0.048
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		4	0.0	0.0	0.0
Thiamin	mg	9.020		3	9.922	163.623	4.961
Riboflavin	mg	0.320		3	0.352	5.805	0.176
Niacin	mg	2.710		3	2.981	49.159	1.491
Pantothenic acid	mg	0.005		0	0.006	0.091	0.003
Vitamin B-6	mg	0.490		2	0.539	8.889	0.270
Folate	µg						
Vitamin B-12	µg	3.97		2	4.37	72.02	2.18
Vitamin A	IU	0		4	0	0	0
Vitamin A, RE	µg	0		4	0	0	0
Vitamin E, α-TE	mg	0.626		0	0.689	11.356	0.344
Lipids:							
Saturated, total	g	2.961		4	3.257	53.713	1.629
4:0	g	0.000		4	0.000	0.000	0.000
6.0	g	0.000		4	0.000	0.000	0.000
8:0	g	0.153		4	0.168	2.775	0.084
10:0	g	0.153		4	0.168	2.775	0.084
12:0	g	0.223		4	0.245	4.045	0.123
14:0	g	0.141		4	0.155	2.558	0.078
15.0	g						
16:0	g	1.575		4	1.733	28.570	0.866
17:0	g						
18:0	g	0.717		4	0.789	13.006	0.394
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.207	4	4.628	76.315	2.314
14:1	g					
16:1	g	0.035	4	0.039	0.635	0.019
18:1	g	4.171	4	4.588	75.662	2.294
20:1	g	0.000	4	0.000	0.000	0.000
22.1	g	0.000	4	0.000	0.000	0.000
Polyunsaturated, total	g	4.477	4	4.925	81.213	2.462
18:2	g	3.995	4	4.394	72.469	2.197
18:3	g	0.482	4	0.530	8.743	0.265
18:4	g	0.000	4	0.000	0.000	0.000
20:4	g	0.000	4	0.000	0.000	0.000
20:5	g	0.000	4	0.000	0.000	0.000
22:5	g	0.000	4	0.000	0.000	0.000
22:6	g	0.000	4	0.000	0.000	0.000
Cholesterol	mg	0	4	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package yields
Measure 3: 1 serving

NDB No. 22121 WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 4082g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	71.31		3	2910.87	60.61	
Energy	kcal	107		0	4368	91	
Energy	kj	448		0	18287	381	
Protein (N x 5.95)	g	16.36		3	667.82	13.91	
Total lipid (fat)	g	0.63		3	25.72	0.54	
Carbohydrate, by difference	g	8.86		0	361.67	7.53	
Fiber, total dietary	g	5.0		3	204.1	4.3	
Ash	g	2.84		3	115.93	2.41	
Sugars, total	g	0.57		3	23.27	0.48	
Minerals:							
Calcium	mg	102		3	4164	87	
Iron	mg	3.41		3	139.20	2.90	
Magnesium	mg	19		0	776	16	
Phosphorus	mg	213		3	8695	181	
Potassium	mg	510		3	20818	434	
Sodium	mg	450		3	18369	383	
Zinc	mg	0.88		3	35.92	0.75	
Copper	mg	0.281		0	11.470	0.239	
Manganese	mg	0.264		0	10.776	0.224	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		3	0.0	0.0	
Thiamin	mg	0.301		0	12.287	0.256	
Riboflavin	mg	0.651		0	26.574	0.553	
Niacin	mg	4.839		0	197.528	4.113	
Pantothenic acid	mg	1.324		0	54.046	1.125	
Vitamin B-6	mg	0.233		0	9.511	0.198	
Folate	µg	289		0	11797	246	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		3	0	0	
Vitamin A, RE	µg	0		3	0	0	
Vitamin E, α-TE	mg	0.011		0	0.449	0.009	
Lipids:							
Saturated, total	g	0.126		3	5.143	0.107	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.003		0	0.122	0.003	
14:0	g	0.001		0	0.041	0.001	
15.0	g						
16:0	g	0.085		0	3.470	0.072	
17:0	g						
18:0	g	0.029		0	1.184	0.025	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.374	0	15.267	0.318
14:1	g				
16:1	g	0.156	0	6.368	0.133
18:1	g	0.215	0	8.776	0.183
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.203	0	8.286	0.173
18:2	g	0.179	0	7.307	0.152
18:3	g	0.024	0	0.980	0.020
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	3	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 patty

NDB No. 22122 WORTHINGTON FOODS, MORNINGSTAR FARMS Breakfast Patties

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 4082g	Measure 2* 38g	Measure 3*
Proximates:							
Water	g	53.81		9	2196.52	20.45	
Energy	kcal	209		0	8531	79	
Energy	kj	874		0	35677	332	
Protein (N x 5.95)	g	26.10		9	1065.40	9.92	
Total lipid (fat)	g	7.29		9	297.58	2.77	
Carbohydrate, by difference	g	9.78		0	399.22	3.72	
Fiber, total dietary	g	5.2		9	212.3	2.0	
Ash	g	3.02		9	123.28	1.15	
Sugars, total	g	1.53		9	62.45	0.58	
Minerals:							
Calcium	mg	48		9	1959	18	
Iron	mg	5.05		9	206.14	1.92	
Magnesium	mg	3		0	122	1	
Phosphorus	mg	280		9	11430	106	
Potassium	mg	268		9	10940	102	
Sodium	mg	682		9	27839	259	
Zinc	mg	0.97		9	39.60	0.37	
Copper	mg	0.027		0	1.102	0.010	
Manganese	mg	0.027		0	1.102	0.010	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		9	0.0	0.0	
Thiamin	mg	14.170		9	578.419	5.385	
Riboflavin	mg	0.350		9	14.287	0.133	
Niacin	mg	4.830		9	197.161	1.835	
Pantothenic acid	mg	0.182		0	7.429	0.069	
Vitamin B-6	mg	0.500		9	20.410	0.190	
Folate	µg						
Vitamin B-12	µg	3.94		9	160.83	1.50	
Vitamin A	IU	0		9	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.784		0	32.003	0.298	
Lipids:							
Saturated, total	g	1.340		9	54.699	0.509	
4:0	g	0.000		9	0.000	0.000	
6.0	g	0.000		9	0.000	0.000	
8:0	g	0.000		9	0.000	0.000	
10:0	g	0.000		9	0.000	0.000	
12:0	g	0.000		9	0.000	0.000	
14:0	g	0.010		9	0.408	0.004	
15.0	g						
16:0	g	0.880		9	35.922	0.334	
17:0	g						
18:0	g	0.430		9	17.553	0.163	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.810	9	73.884	0.688
14:1	g				
16:1	g	0.000	9	0.000	0.000
18:1	g	1.790	9	73.068	0.680
20:1	g	0.020	9	0.816	0.008
22.1	g	0.000	9	0.000	0.000
Polyunsaturated, total	g	3.470	9	141.645	1.319
18:2	g	3.310	9	135.114	1.258
18:3	g	0.170	9	6.939	0.065
18:4	g	0.000	9	0.000	0.000
20:4	g	0.000	9	0.000	0.000
20:5	g	0.000	9	0.000	0.000
22:5	g	0.000	9	0.000	0.000
22:6	g	0.000	9	0.000	0.000
Cholesterol	mg	2	9	82	1
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 patty

NDB No. 22123 WORTHINGTON FOODS, MORNINGSTAR FARMS, Spicy Black Bean Burger

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food (1,2)		
		Mean	Std. Error	Samples	Measure 1* 4464g	Measure 2* 78g	Measure 3* 43g
Proximates:							
Water	g	60.43		6	2697.60	47.14	25.98
Energy	kcal	147		0	6562	115	63
Energy	kj	615		0	27454	480	264
Protein (N x 5.95)	g	15.11		6	674.51	11.79	6.50
Total lipid (fat)	g	1.00		2	44.64	0.78	0.43
Carbohydrate, by difference	g	19.49		0	870.03	15.20	8.38
Fiber, total dietary	g	6.1		3	272.3	4.8	2.6
Ash	g	3.03		6	135.26	2.36	1.30
Sugars, total	g	1.85		2	82.58	1.44	0.80
Minerals:							
Calcium	mg	72		3	3214	56	31
Iron	mg	2.36		3	105.35	1.84	1.01
Magnesium	mg	56		0	2500	44	24
Phosphorus	mg	192		3	8571	150	83
Potassium	mg	345		5	15401	269	148
Sodium	mg	640		6	28570	499	275
Zinc	mg	1.19		3	53.12	0.93	0.51
Copper	mg	0.220		0	9.821	0.172	0.095
Manganese	mg	1.090		0	48.658	0.850	0.469
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		2	0.0	0.0	0.0
Thiamin	mg	10.330		2	461.131	8.057	4.442
Riboflavin	mg	0.180		2	8.035	0.140	0.077
Niacin	mg	0.000		1	0.000	0.000	0.000
Pantothenic acid	mg	0.530		0	23.659	0.413	0.228
Vitamin B-6	mg	0.270		1	12.053	0.211	0.116
Folate	µg						
Vitamin B-12	µg	0.09		1	4.02	0.07	0.04
Vitamin A	IU	178		0	7946	139	77
Vitamin A, RE	µg	18		0	804	14	8
Vitamin E, α-TE	mg	0.460		0	20.534	0.359	0.198
Lipids:							
Saturated, total	g	0.230		2	10.267	0.179	0.099
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	0.010		2	0.446	0.008	0.004
15.0	g						
16:0	g	0.170		2	7.589	0.133	0.073
17:0	g						
18:0	g	0.030		2	1.339	0.023	0.013
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.320	2	14.285	0.250	0.138
14:1	g					
16:1	g	0.010	2	0.446	0.008	0.004
18:1	g	0.300	2	13.392	0.234	0.129
20:1	g	0.010	2	0.446	0.008	0.004
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.450	2	20.088	0.351	0.194
18:2	g	0.400	2	17.856	0.312	0.172
18:3	g	0.050	2	2.232	0.039	0.022
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	1	4	45	1	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 patty
Measure 3: 1 serving

Footnotes:

1 4,464 gm foodservice package contains 43 gm patties
2 312 gm retail package contains 78 gm patties.

NDB No. 22125 GREEN GIANT, HARVEST BURGER, Original Flavor, All Vegetable Protein Patties, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 362g	Measure 2* 90g	Measure 3* 90g
Proximates:							
Water	g	65.00		1	235.30	58.50	58.50
Energy	kcal	153		0	552	137	137
Energy	kj	638		0	2310	574	574
Protein (N x 5.95)	g	20.00		1	72.40	18.00	18.00
Total lipid (fat)	g	4.60		1	16.65	4.14	4.14
Carbohydrate, by difference	g	7.80		0	28.24	7.02	7.02
Fiber, total dietary	g	6.3		1	22.8	5.7	5.7
Ash	g	2.60		1	9.41	2.34	2.34
Sugars, total	g						
Minerals:							
Calcium	mg	113		1	409	102	102
Iron	mg	4.28		1	15.49	3.85	3.85
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	457		1	1654	411	411
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.130		1	4.091	1.017	1.017
4:0	g						
6.0	g						
8:0	g	0.002		1	0.007	0.002	0.002
10:0	g	0.002		1	0.007	0.002	0.002
12:0	g	0.002		1	0.007	0.002	0.002
14:0	g	0.002		1	0.007	0.002	0.002
15.0	g	0.002		1	0.007	0.002	0.002
16:0	g	0.443		1	1.604	0.399	0.399
17:0	g	0.002		1	0.007	0.002	0.002
18:0	g	0.654		1	2.367	0.589	0.589
20:0	g	0.018		1	0.065	0.016	0.016
22.0	g	0.009		1	0.033	0.008	0.008
24:0	g						

Monounsaturated, total	g					
14:1	g	0.002	1	0.007	0.002	0.002
16:1	g	0.006	1	0.022	0.005	0.005
18:1	g	2.364	1	8.558	2.128	2.128
20:1	g	0.002	1	0.007	0.002	0.002
22.1	g					
Polyunsaturated, total	g					
18:2	g	0.267	1	0.967	0.240	0.240
18:3	g	0.026	1	0.094	0.023	0.023
18:4	g					
20:4	g	0.002	1	0.007	0.002	0.002
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 patty
Measure 3: 1 serving

NDB No. 22126 WORTHINGTON FOODS, LOMA LINDA, BIG FRANKS, meatless franks, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 51g	Measure 2* 567g	Measure 3* 51g
Proximates:							
Water	g	57.64	1.570	3	29.40	326.82	29.40
Energy	kcal	232		0	118	1315	118
Energy	kj	971		0	495	5506	495
Protein (N x 5.95)	g	23.77	3.000	3	12.12	134.78	12.12
Total lipid (fat)	g	13.88	0.890	2	7.08	78.70	7.08
Carbohydrate, by difference	g	2.97		0	1.51	16.84	1.51
Fiber, total dietary	g	3.0	0.240	3	1.5	17.0	1.5
Ash	g	1.74	0.060	3	0.89	9.87	0.89
Sugars, total	g	0.47	0.080	3	0.24	2.66	0.24
Minerals:							
Calcium	mg	20	3.610	3	10	113	10
Iron	mg	1.94	0.530	3	0.99	11.00	0.99
Magnesium	mg						
Phosphorus	mg	166	41.970	2	85	941	85
Potassium	mg	119	28.050	3	61	675	61
Sodium	mg	439	32.590	3	224	2489	224
Zinc	mg	2.35	0.550	3	1.20	13.32	1.20
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.550	0.100	3	0.281	3.119	0.281
Riboflavin	mg	1.330	0.150	3	0.678	7.541	0.678
Niacin	mg	11.340	0.130	2	5.783	64.298	5.783
Pantothenic acid	mg	3.160		1	1.612	17.917	1.612
Vitamin B-6	mg	1.320		1	0.673	7.484	0.673
Folate	µg						
Vitamin B-12	µg	5.76		1	2.94	32.66	2.94
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.580	0.000	2	0.806	8.959	0.806
4:0	g						
6.0	g						
8:0	g	0.005		1	0.003	0.028	0.003
10:0	g	0.005		1	0.003	0.028	0.003
12:0	g	0.005		1	0.003	0.028	0.003
14:0	g	0.005		1	0.003	0.028	0.003
15.0	g	0.005		1	0.003	0.028	0.003
16:0	g	1.048		1	0.534	5.942	0.534
17:0	g	0.005		1	0.003	0.028	0.003
18:0	g	0.201		1	0.103	1.140	0.103
20:0	g	0.038		1	0.019	0.215	0.019
22.0	g	0.019		1	0.010	0.108	0.010
24:0	g						

Monounsaturated, total	g	2.990		1	1.525	16.953	1.525
14:1	g	0.005		1	0.003	0.028	0.003
16:1	g	0.019		1	0.010	0.108	0.010
18:1	g	2.316		1	1.181	13.132	1.181
20:1	g	0.029		1	0.015	0.164	0.015
22.1	g						
Polyunsaturated, total	g	7.230		1	3.687	40.994	3.687
18:2	g	5.090		1	2.596	28.860	2.596
18:3	g	0.129		1	0.066	0.731	0.066
18:4	g						
20:4	g	0.005		1	0.003	0.028	0.003
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0	0.000	2	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 link
Measure 2: 1 package
Measure 3: 1 serving

NDB No. 22127 WORTHINGTON FOODS, NATURAL TOUCH, GARDEN VEGE PATTIES, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 252g	Measure 2* 3175g	Measure 3* 67g
Proximates:							
Water	g	59.87		5	150.87	1900.87	40.11
Energy	kcal	178		0	449	5652	119
Energy	kj	745		0	1877	23654	499
Protein (N x 5.95)	g	16.73		5	42.16	531.18	11.21
Total lipid (fat)	g	5.62		5	14.16	178.44	3.77
Carbohydrate, by difference	g	15.23		0	38.38	483.55	10.20
Fiber, total dietary	g	6.0		5	15.1	190.5	4.0
Ash	g	2.56		5	6.45	81.28	1.72
Sugars, total	g	1.12		5	2.82	35.56	0.75
Minerals:							
Calcium	mg	72		5	181	2286	48
Iron	mg	1.81		5	4.56	57.47	1.21
Magnesium	mg	44		0	111	1397	29
Phosphorus	mg	185		5	466	5874	124
Potassium	mg	268		5	675	8509	180
Sodium	mg	570		5	1436	18098	382
Zinc	mg	0.86		0	2.17	27.30	0.58
Copper	mg	0.640		0	1.613	20.320	0.429
Manganese	mg	0.502		0	1.265	15.938	0.336
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		5	0.0	0.0	0.0
Thiamin	mg	9.650		5	24.318	306.387	6.466
Riboflavin	mg	0.150		5	0.378	4.763	0.101
Niacin	mg	0.000		5	0.000	0.000	0.000
Pantothenic acid	mg	1.794		0	4.521	56.959	1.202
Vitamin B-6	mg	0.000		5	0.000	0.000	0.000
Folate	µg						
Vitamin B-12	µg	0.00		5	0.00	0.00	0.00
Vitamin A	IU	1143		5	2880	36290	766
Vitamin A, RE	µg	114		5	287	3620	76
Vitamin E, α-TE	mg	1.459		0	3.677	46.323	0.978
Lipids:							
Saturated, total	g	0.804		5	2.026	25.527	0.539
4:0	g	0.000		5	0.000	0.000	0.000
6.0	g	0.000		5	0.000	0.000	0.000
8:0	g	0.000		5	0.000	0.000	0.000
10:0	g	0.000		5	0.000	0.000	0.000
12:0	g	0.000		5	0.000	0.000	0.000
14:0	g	0.000		5	0.000	0.000	0.000
15.0	g						
16:0	g	0.590		5	1.487	18.733	0.395
17:0	g						
18:0	g	0.213		5	0.537	6.763	0.143
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.590	5	4.007	50.483	1.065
14:1	g					
16:1	g	0.000	5	0.000	0.000	0.000
18:1	g	1.590	5	4.007	50.483	1.065
20:1	g	0.000	5	0.000	0.000	0.000
22.1	g	0.000	5	0.000	0.000	0.000
Polyunsaturated, total	g	3.226	5	8.130	102.425	2.161
18:2	g	3.170	5	7.988	100.647	2.124
18:3	g	0.056	5	0.141	1.778	0.038
18:4	g	0.000	5	0.000	0.000	0.000
20:4	g	0.000	5	0.000	0.000	0.000
20:5	g	0.000	5	0.000	0.000	0.000
22:5	g	0.000	5	0.000	0.000	0.000
22:6	g	0.000	5	0.000	0.000	0.000
Cholesterol	mg	1	5	3	32	1
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package yields
Measure 3: 1 patty

NDB No. 22128 WORTHINGTON FOODS, NATURAL TOUCH VEGAN BURGERS, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 4082g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	71.31		3	2910.87	60.61	
Energy	kcal	107		0	4368	91	
Energy	kj	448		0	18287	381	
Protein (N x 5.95)	g	16.36		3	667.82	13.91	
Total lipid (fat)	g	0.63		3	25.72	0.54	
Carbohydrate, by difference	g	8.86		0	361.67	7.53	
Fiber, total dietary	g	5.0		3	204.1	4.3	
Ash	g	2.84		3	115.93	2.41	
Sugars, total	g	0.57		3	23.27	0.48	
Minerals:							
Calcium	mg	102		3	4164	87	
Iron	mg	3.41		3	139.20	2.90	
Magnesium	mg	19		0	776	16	
Phosphorus	mg	213		3	8695	181	
Potassium	mg	510		3	20818	434	
Sodium	mg	450		3	18369	383	
Zinc	mg	0.88		3	35.92	0.75	
Copper	mg	0.281		0	11.470	0.239	
Manganese	mg	0.264		0	10.776	0.224	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		3	0.0	0.0	
Thiamin	mg	0.301		0	12.287	0.256	
Riboflavin	mg	0.651		0	26.574	0.553	
Niacin	mg	4.839		0	197.528	4.113	
Pantothenic acid	mg	1.324		0	54.046	1.125	
Vitamin B-6	mg	0.233		0	9.511	0.198	
Folate	µg	289		0	11797	246	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		3	0	0	
Vitamin A, RE	µg	0		3	0	0	
Vitamin E, α-TE	mg	0.011		0	0.449	0.009	
Lipids:							
Saturated, total	g	0.126		3	5.143	0.107	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.003		0	0.122	0.003	
14:0	g	0.001		0	0.041	0.001	
15.0	g						
16:0	g	0.085		0	3.470	0.072	
17:0	g						
18:0	g	0.029		0	1.184	0.025	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.374	0	15.267	0.318
14:1	g				
16:1	g	0.156	0	6.368	0.133
18:1	g	0.215	0	8.776	0.183
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.203	0	8.286	0.173
18:2	g	0.179	0	7.307	0.152
18:3	g	0.024	0	0.980	0.020
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	3	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 patty

NDB No. 22215 NESTLE, CHEF-MATE Chili with Beans, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 253g	Measure 2* 3033g	Measure 3*
Proximates:							
Water	g	69.50		3	175.84	2107.93	
Energy	kcal	163		0	412	4944	
Energy	kj	682		0	1725	20685	
Protein (N x 5.95)	g	7.01		3	17.74	212.61	
Total lipid (fat)	g	9.89		3	25.02	299.96	
Carbohydrate, by difference	g	11.48		0	29.04	348.19	
Fiber, total dietary	g	4.4		3	11.1	133.5	
Ash	g	2.12		3	5.36	64.30	
Sugars, total	g	0.09		3	0.23	2.73	
Minerals:							
Calcium	mg	35		3	89	1062	
Iron	mg	1.91		3	4.83	57.93	
Magnesium	mg	18		0	46	546	
Phosphorus	mg	66		0	167	2002	
Potassium	mg	202		0	511	6127	
Sodium	mg	463		3	1171	14043	
Zinc	mg	1.53		0	3.87	46.40	
Copper	mg	0.130		0	0.329	3.943	
Manganese	mg	0.161		0	0.407	4.883	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.3		3	0.8	9.1	
Thiamin	mg	0.042		0	0.106	1.274	
Riboflavin	mg	0.080		0	0.202	2.426	
Niacin	mg	1.374		0	3.476	41.673	
Pantothenic acid	mg	0.261		0	0.660	7.916	
Vitamin B-6	mg	0.090		0	0.228	2.730	
Folate	µg						
Vitamin B-12	µg	0.57		0	1.44	17.29	
Vitamin A	IU	1191		3	3013	36123	
Vitamin A, RE	µg	119		3	301	3609	
Vitamin E, α-TE	mg	0.478		0	1.209	14.498	
Lipids:							
Saturated, total	g	4.320		3	10.930	131.026	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.015		0	0.038	0.455	
12:0	g	0.014		0	0.035	0.425	
14:0	g	0.306		0	0.774	9.281	
15.0	g						
16:0	g	2.480		0	6.274	75.218	
17:0	g						
18:0	g	1.272		0	3.218	38.580	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.248	0	10.747	128.842
14:1	g				
16:1	g	0.407	0	1.030	12.344
18:1	g	3.646	0	9.224	110.583
20:1	g	0.011	0	0.028	0.334
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.552	0	1.397	16.742
18:2	g	0.404	0	1.022	12.253
18:3	g	0.097	0	0.245	2.942
18:4	g	0.000	0	0.000	0.000
20:4	g	0.036	0	0.091	1.092
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	22	3	56	667
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package yields

NDB No. 22216 NESTLE, CHEF-MATE Chili without Beans, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 3005g	Measure 3*
Proximates:							
Water	g	70.54		3	176.35	2119.73	
Energy	kcal	172		0	430	5169	
Energy	kj	720		0	1800	21636	
Protein (N x 5.95)	g	7.42		3	18.55	222.97	
Total lipid (fat)	g	12.64		3	31.60	379.83	
Carbohydrate, by difference	g	7.04		0	17.60	211.55	
Fiber, total dietary	g	1.2		3	3.0	36.1	
Ash	g	2.36		3	5.90	70.92	
Sugars, total	g	0.07		3	0.18	2.10	
Minerals:							
Calcium	mg	27		3	68	811	
Iron	mg	1.78		3	4.45	53.49	
Magnesium	mg	18		0	45	541	
Phosphorus	mg	65		0	163	1953	
Potassium	mg	212		0	530	6371	
Sodium	mg	635		3	1588	19082	
Zinc	mg	1.80		0	4.50	54.09	
Copper	mg	0.144		0	0.360	4.327	
Manganese	mg	0.163		0	0.408	4.898	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.7		3	1.8	21.0	
Thiamin	mg	0.055		0	0.138	1.653	
Riboflavin	mg	0.108		0	0.270	3.245	
Niacin	mg	1.937		0	4.843	58.207	
Pantothenic acid	mg	0.312		0	0.780	9.376	
Vitamin B-6	mg	0.134		0	0.335	4.027	
Folate	µg						
Vitamin B-12	µg	0.73		0	1.83	21.94	
Vitamin A	IU	1160		3	2900	34858	
Vitamin A, RE	µg	121		3	303	3636	
Vitamin E, α-TE	mg	0.620		0	1.550	18.631	
Lipids:							
Saturated, total	g	5.750		3	14.375	172.787	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.050	0.601	
12:0	g	0.019		0	0.048	0.571	
14:0	g	0.408		0	1.020	12.260	
15.0	g						
16:0	g	3.286		0	8.215	98.744	
17:0	g						
18:0	g	1.691		0	4.228	50.815	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.448	0	13.620	163.712
14:1	g				
16:1	g	0.519	0	1.298	15.596
18:1	g	4.650	0	11.625	139.733
20:1	g	0.014	0	0.035	0.421
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.705	0	1.763	21.185
18:2	g	0.515	0	1.288	15.476
18:3	g	0.092	0	0.230	2.765
18:4	g	0.000	0	0.000	0.000
20:4	g	0.046	0	0.115	1.382
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	34	3	85	1022
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package yields

NDB No. 22217 NESTLE, CHEF-MATE Corned Beef Hash, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 253g	Measure 2* 3033g	Measure 3*
Proximates:							
Water	g	64.79		3	163.92	1965.08	
Energy	kcal	192		0	486	5823	
Energy	kj	803		0	2032	24355	
Protein (N x 5.95)	g	9.58		3	24.24	290.56	
Total lipid (fat)	g	11.99		3	30.33	363.66	
Carbohydrate, by difference	g	11.49		0	29.07	348.49	
Fiber, total dietary	g	2.4		3	6.1	72.8	
Ash	g	2.15		3	5.44	65.21	
Sugars, total	g	0.87		3	2.20	26.39	
Minerals:							
Calcium	mg	18		3	46	546	
Iron	mg	1.18		3	2.99	35.79	
Magnesium	mg	15		0	38	455	
Phosphorus	mg	95		0	240	2881	
Potassium	mg	212		0	536	6430	
Sodium	mg	630		3	1594	19108	
Zinc	mg	2.97		0	7.51	90.08	
Copper	mg	0.134		0	0.339	4.064	
Manganese	mg	0.044		0	0.111	1.335	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.6		3	1.5	18.2	
Thiamin	mg	0.085		0	0.215	2.578	
Riboflavin	mg	0.117		0	0.296	3.549	
Niacin	mg	2.495		0	6.312	75.673	
Pantothenic acid	mg	0.488		0	1.235	14.801	
Vitamin B-6	mg	0.228		0	0.577	6.915	
Folate	µg						
Vitamin B-12	µg	0.97		0	2.45	29.42	
Vitamin A	IU	0		3	0	0	
Vitamin A, RE	µg	0		3	0	0	
Vitamin E, α-TE	mg	0.127		0	0.321	3.852	
Lipids:							
Saturated, total	g	5.300		3	13.409	160.749	
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	0.034		0	0.086	1.031	
12:0	g	0.018		0	0.046	0.546	
14:0	g	0.417		0	1.055	12.648	
15.0	g						
16:0	g	3.085		0	7.805	93.568	
17:0	g						
18:0	g	1.453		0	3.676	44.069	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.799	0	14.671	175.884
14:1	g				
16:1	g	0.906	0	2.292	27.479
18:1	g	4.893	0	12.379	148.405
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.440	0	1.113	13.345
18:2	g	0.353	0	0.893	10.706
18:3	g	0.073	0	0.185	2.214
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	35	3	89	1062
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package yields

NDB No. 22218 NESTLE, CHEF-MATE Spicy Chili with Beans, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 253g	Measure 2* 3033g	Measure 3*
Proximates:							
Water	g	68.34		3	172.90	2072.75	
Energy	kcal	167		0	423	5065	
Energy	kj	699		0	1768	21201	
Protein (N x 5.95)	g	6.67		3	16.88	202.30	
Total lipid (fat)	g	9.77		3	24.72	296.32	
Carbohydrate, by difference	g	12.98		0	32.84	393.68	
Fiber, total dietary	g	1.7		3	4.3	51.6	
Ash	g	2.22		3	5.62	67.33	
Sugars, total	g	0.08		3	0.20	2.43	
Minerals:							
Calcium	mg	33		3	83	1001	
Iron	mg	2.14		3	5.41	64.91	
Magnesium	mg	21		0	53	637	
Phosphorus	mg	70		0	177	2123	
Potassium	mg	256		0	648	7764	
Sodium	mg	587		3	1485	17804	
Zinc	mg	1.12		0	2.83	33.97	
Copper	mg	0.120		0	0.304	3.640	
Manganese	mg	0.235		0	0.595	7.128	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.5		3	1.3	15.2	
Thiamin	mg	0.059		0	0.149	1.789	
Riboflavin	mg	0.059		0	0.149	1.789	
Niacin	mg	1.181		0	2.988	35.820	
Pantothenic acid	mg	0.275		0	0.696	8.341	
Vitamin B-6	mg	0.101		0	0.256	3.063	
Folate	µg						
Vitamin B-12	µg	0.34		0	0.86	10.31	
Vitamin A	IU	792		3	2004	24021	
Vitamin A, RE	µg	83		3	210	2517	
Vitamin E, α-TE	mg	0.814		0	2.059	24.689	
Lipids:							
Saturated, total	g	4.220		3	10.677	127.993	
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	0.016		0	0.040	0.485	
12:0	g	0.012		0	0.030	0.364	
14:0	g	0.296		0	0.749	8.978	
15.0	g						
16:0	g	2.424		0	6.133	73.520	
17:0	g						
18:0	g	1.245		0	3.150	37.761	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.246	0	10.742	128.781
14:1	g				
16:1	g	0.407	0	1.030	12.344
18:1	g	3.642	0	9.214	110.462
20:1	g	0.011	0	0.028	0.334
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.449	0	1.136	13.618
18:2	g	0.318	0	0.805	9.645
18:3	g	0.079	0	0.200	2.396
18:4	g	0.000	0	0.000	0.000
20:4	g	0.036	0	0.091	1.092
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	22	3	56	667
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package yields

NDB No. 22223 NESTLE, CHEF-MATE Macaroni and Cheese, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 253g	Measure 2* 3033g	Measure 3*
Proximates:							
Water	g	75.61		3	191.29	2293.25	
Energy	kcal	112		0	283	3397	
Energy	kj	469		0	1187	14225	
Protein (N x 5.95)	g	4.27		3	10.80	129.51	
Total lipid (fat)	g	4.35		3	11.01	131.94	
Carbohydrate, by difference	g	14.00		0	35.42	424.62	
Fiber, total dietary	g	1.3		3	3.3	39.4	
Ash	g	1.77		3	4.48	53.68	
Sugars, total	g	0.07		3	0.18	2.12	
Minerals:							
Calcium	mg	80		3	202	2426	
Iron	mg	0.76		3	1.92	23.05	
Magnesium	mg	13		0	33	394	
Phosphorus	mg	99		0	250	3003	
Potassium	mg	60		0	152	1820	
Sodium	mg	531		3	1343	16105	
Zinc	mg	0.62		0	1.57	18.80	
Copper	mg	0.048		0	0.121	1.456	
Manganese	mg	0.103		0	0.261	3.124	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		3	0.0	0.0	
Thiamin	mg	0.126		0	0.319	3.822	
Riboflavin	mg	0.131		0	0.331	3.973	
Niacin	mg	0.990		0	2.505	30.027	
Pantothenic acid	mg	0.180		0	0.455	5.459	
Vitamin B-6	mg	0.028		0	0.071	0.849	
Folate	µg						
Vitamin B-12	µg	0.08		0	0.20	2.43	
Vitamin A	IU	83		3	210	2517	
Vitamin A, RE	µg	22		3	56	667	
Vitamin E, α-TE	mg	0.063		0	0.159	1.911	
Lipids:							
Saturated, total	g	2.450		3	6.199	74.309	
4:0	g	0.121		0	0.306	3.670	
6.0	g	0.061		0	0.154	1.850	
8:0	g	0.032		0	0.081	0.971	
10:0	g	0.069		0	0.175	2.093	
12:0	g	0.062		0	0.157	1.880	
14:0	g	0.382		0	0.966	11.586	
15.0	g						
16:0	g	1.150		0	2.910	34.880	
17:0	g						
18:0	g	0.463		0	1.171	14.043	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.196	0	3.026	36.275
14:1	g				
16:1	g	0.125	0	0.316	3.791
18:1	g	1.011	0	2.558	30.664
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.207	0	0.524	6.278
18:2	g	0.154	0	0.390	4.671
18:3	g	0.053	0	0.134	1.607
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	11	3	28	334
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package yields

NDB No. 22224 NESTLE, CHEF-MATE Sausage n' Shells, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 253g	Measure 2* 3033g	Measure 3*
Proximates:							
Water	g	74.25		3	187.85	2252.00	
Energy	kcal	151		0	382	4580	
Energy	kj	632		0	1599	19169	
Protein (N x 5.95)	g	5.93		3	15.00	179.86	
Total lipid (fat)	g	10.90		3	27.58	330.60	
Carbohydrate, by difference	g	7.39		0	18.70	224.14	
Fiber, total dietary	g	0.4		3	1.0	12.1	
Ash	g	1.53		3	3.87	46.40	
Sugars, total	g	0.58		3	1.47	17.59	
Minerals:							
Calcium	mg	16		3	40	485	
Iron	mg	1.25		3	3.16	37.91	
Magnesium	mg	21		0	53	637	
Phosphorus	mg	83		0	210	2517	
Potassium	mg	376		0	951	11404	
Sodium	mg	390		3	987	11829	
Zinc	mg	0.93		0	2.35	28.21	
Copper	mg	0.149		0	0.377	4.519	
Manganese	mg	0.187		0	0.473	5.672	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		3	0.0	0.0	
Thiamin	mg	0.265		0	0.670	8.037	
Riboflavin	mg	0.114		0	0.288	3.458	
Niacin	mg	2.502		0	6.330	75.886	
Pantothenic acid	mg	0.501		0	1.268	15.195	
Vitamin B-6	mg	0.193		0	0.488	5.854	
Folate	µg						
Vitamin B-12	µg	0.51		0	1.29	15.47	
Vitamin A	IU	538		3	1361	16318	
Vitamin A, RE	µg	54		3	137	1638	
Vitamin E, α-TE	mg	1.822		0	4.610	55.261	
Lipids:							
Saturated, total	g	3.490		3	8.830	105.852	
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	0.038		0	0.096	1.153	
12:0	g	0.028		0	0.071	0.849	
14:0	g	0.144		0	0.364	4.368	
15.0	g						
16:0	g	2.110		0	5.338	63.996	
17:0	g						
18:0	g	1.167		0	2.953	35.395	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.832	0	12.225	146.555
14:1	g				
16:1	g	0.378	0	0.956	11.465
18:1	g	4.455	0	11.271	135.120
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.359	0	3.438	41.218
18:2	g	1.173	0	2.968	35.577
18:3	g	0.189	0	0.478	5.732
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	21	3	53	637
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package yields

NDB No. 22246 NESTLE, CHEF-MATE Beef Stew, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 252g	Measure 2* 3033g	Measure 3*
Proximates:							
Water	g	82.62		3	208.20	2505.86	
Energy	kcal	76		0	192	2305	
Energy	kj	318		0	801	9645	
Protein (N x 5.95)	g	5.96		3	15.02	180.77	
Total lipid (fat)	g	2.44		3	6.15	74.01	
Carbohydrate, by difference	g	7.51		0	18.93	227.78	
Fiber, total dietary	g	1.3		3	3.3	39.4	
Ash	g	1.47		3	3.70	44.59	
Sugars, total	g	1.30		3	3.28	39.43	
Minerals:							
Calcium	mg	25		3	63	758	
Iron	mg	0.63		3	1.59	19.11	
Magnesium	mg	14		0	35	425	
Phosphorus	mg	63		0	159	1911	
Potassium	mg	154		0	388	4671	
Sodium	mg	471		3	1187	14285	
Zinc	mg	0.99		0	2.49	30.03	
Copper	mg	0.050		0	0.126	1.516	
Manganese	mg	0.119		0	0.300	3.609	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.0		3	2.5	30.3	
Thiamin	mg	0.072		0	0.181	2.184	
Riboflavin	mg	0.099		0	0.249	3.003	
Niacin	mg	1.232		0	3.105	37.367	
Pantothenic acid	mg	0.193		0	0.486	5.854	
Vitamin B-6	mg	0.120		0	0.302	3.640	
Folate	µg						
Vitamin B-12	µg	0.22		0	0.55	6.67	
Vitamin A	IU	1233		3	3107	37397	
Vitamin A, RE	µg	123		3	310	3731	
Vitamin E, α-TE	mg	0.223		0	0.562	6.764	
Lipids:							
Saturated, total	g	0.900		3	2.268	27.297	
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	0.002		0	0.005	0.061	
12:0	g	0.010		0	0.025	0.303	
14:0	g	0.066		0	0.166	2.002	
15.0	g						
16:0	g	0.499		0	1.257	15.135	
17:0	g						
18:0	g	0.310		0	0.781	9.402	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.994	0	2.505	30.148
14:1	g				
16:1	g	0.100	0	0.252	3.033
18:1	g	0.877	0	2.210	26.599
20:1	g	0.003	0	0.008	0.091
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.126	0	0.318	3.822
18:2	g	0.099	0	0.249	3.003
18:3	g	0.016	0	0.040	0.485
18:4	g	0.000	0	0.000	0.000
20:4	g	0.006	0	0.015	0.182
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	13	3	33	394
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package yields

NDB No. 22247 Macaroni and Cheese, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 418g	Measure 2* 252g	Measure 3*
Proximates:							
Water	g	81.90		0	342.34	206.39	
Energy	kcal	79		0	330	199	
Energy	kj	331		0	1384	834	
Protein (N x 5.95)	g	3.00		1	12.54	7.56	
Total lipid (fat)	g	2.30		1	9.61	5.80	
Carbohydrate, by difference	g	11.50		0	48.07	28.98	
Fiber, total dietary	g	1.2		1	5.0	3.0	
Ash	g	1.30		1	5.43	3.28	
Sugars, total	g	0.70		1	2.93	1.76	
Minerals:							
Calcium	mg	45		1	188	113	
Iron	mg	0.80		1	3.34	2.02	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	49		1	205	123	
Sodium	mg	420		1	1756	1058	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.110		1	0.460	0.277	
Riboflavin	mg	0.100		1	0.418	0.252	
Niacin	mg	1.000		1	4.180	2.520	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	283		1	1183	713	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.200		1	5.016	3.024	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.500	1	2.090	1.260
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	3	1	13	8
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 can
Measure 2: 1 serving

NDB No. 22360 SUNNY FRESH, Pre-Cooked Frozen Egg and Cheese Biscuit Sandwich

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 11907g	Measure 2* 99g	Measure 3*
Proximates:							
Water	g	53.49		0	6369.05	53.08	
Energy	kcal	226		0	26910	224	
Energy	kj	946		0	112640	939	
Protein (N x 5.95)	g	9.97		0	1187.13	9.89	
Total lipid (fat)	g	8.96		0	1066.87	8.89	
Carbohydrate, by difference	g	24.83		0	2956.51	24.64	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.87		0	341.73	2.85	
Sugars, total	g	1.82		0	216.71	1.81	
Minerals:							
Calcium	mg	102		0	12145	101	
Iron	mg	2.27		0	270.29	2.25	
Magnesium	mg	3		0	357	3	
Phosphorus	mg	50		0	5954	50	
Potassium	mg	40		0	4763	40	
Sodium	mg	569		0	67751	565	
Zinc	mg	0.30		0	35.72	0.30	
Copper	mg	0.006		0	0.714	0.006	
Manganese	mg	0.007		0	0.833	0.007	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.239		0	28.458	0.237	
Riboflavin	mg	0.307		0	36.554	0.305	
Niacin	mg	2.038		0	242.665	2.022	
Pantothenic acid	mg	0.332		0	39.531	0.329	
Vitamin B-6	mg	0.037		0	4.406	0.037	
Folate	µg						
Vitamin B-12	µg	0.27		0	32.15	0.27	
Vitamin A	IU	207		0	24647	205	
Vitamin A, RE	µg	58		0	6906	58	
Vitamin E, α-TE	mg	2.000		0	238.140	1.985	
Lipids:							
Saturated, total	g	2.375		0	282.791	2.357	
4:0	g	0.050		0	5.954	0.050	
6.0	g	0.029		0	3.453	0.029	
8:0	g	0.023		0	2.739	0.023	
10:0	g	0.038		0	4.525	0.038	
12:0	g	0.046		0	5.477	0.046	
14:0	g	0.170		0	20.242	0.169	
15.0	g						
16:0	g	1.391		0	165.626	1.380	
17:0	g						
18:0	g	0.601		0	71.561	0.596	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.145	0	136.335	1.136
14:1	g				
16:1	g	0.035	0	4.167	0.035
18:1	g	1.098	0	130.739	1.089
20:1	g	0.001	0	0.119	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.704	0	441.035	3.675
18:2	g	3.401	0	404.957	3.375
18:3	g	0.261	0	31.077	0.259
18:4	g	0.000	0	0.000	0.000
20:4	g	0.033	0	3.929	0.033
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.008	0	0.953	0.008
Cholesterol	mg	112	0	13336	111
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22361 SUNNY FRESH, Pre-Cooked Frozen Egg, Ham and Cheese Biscuit Sandwich

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 14459g	Measure 2* 120g	Measure 3*
Proximates:							
Water	g	58.00		0	8385.93	69.88	
Energy	kcal	202		0	29206	243	
Energy	kj	845		0	122174	1018	
Protein (N x 5.95)	g	10.17		0	1470.43	12.25	
Total lipid (fat)	g	8.06		0	1165.36	9.71	
Carbohydrate, by difference	g	20.94		0	3027.61	25.23	
Fiber, total dietary	g	0.1		0	14.5	0.1	
Ash	g	2.92		0	422.19	3.52	
Sugars, total	g	1.77		0	255.92	2.13	
Minerals:							
Calcium	mg	88		0	12723	106	
Iron	mg	2.03		0	293.51	2.45	
Magnesium	mg	3		0	434	4	
Phosphorus	mg	45		0	6506	54	
Potassium	mg	39		0	5639	47	
Sodium	mg	602		0	87040	725	
Zinc	mg	0.27		0	39.04	0.33	
Copper	mg	0.006		0	0.868	0.007	
Manganese	mg	0.006		0	0.868	0.007	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.1		0	14.5	0.1	
Thiamin	mg	0.198		0	28.628	0.239	
Riboflavin	mg	0.260		0	37.592	0.313	
Niacin	mg	1.681		0	243.047	2.025	
Pantothenic acid	mg	0.288		0	41.640	0.347	
Vitamin B-6	mg	0.032		0	4.627	0.039	
Folate	µg						
Vitamin B-12	µg	0.24		0	34.70	0.29	
Vitamin A	IU	177		0	25592	213	
Vitamin A, RE	µg	49		0	7085	59	
Vitamin E, α-TE	mg	2.000		0	289.170	2.410	
Lipids:							
Saturated, total	g	2.187		0	316.207	2.635	
4:0	g	0.049		0	7.085	0.059	
6.0	g	0.029		0	4.193	0.035	
8:0	g	0.022		0	3.181	0.027	
10:0	g	0.037		0	5.350	0.045	
12:0	g	0.047		0	6.795	0.057	
14:0	g	0.169		0	24.435	0.204	
15.0	g						
16:0	g	1.211		0	175.092	1.459	
17:0	g						
18:0	g	0.544		0	78.654	0.655	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.020	0	147.477	1.229
14:1	g				
16:1	g	0.048	0	6.940	0.058
18:1	g	0.956	0	138.223	1.152
20:1	g	0.003	0	0.434	0.004
22.1	g	0.001	0	0.145	0.001
Polyunsaturated, total	g	3.129	0	452.406	3.770
18:2	g	2.801	0	404.983	3.375
18:3	g	0.207	0	29.929	0.249
18:4	g	0.000	0	0.000	0.000
20:4	g	0.091	0	13.157	0.110
20:5	g	0.001	0	0.145	0.001
22:5	g	0.011	0	1.590	0.013
22:6	g	0.021	0	3.036	0.025
Cholesterol	mg	95	0	13736	114
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22362 SUNNY FRESH, Frozen Bagel French Toast with Maple Syrup

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 5670g	Measure 2* 71g	Measure 3*
Proximates:							
Water	g	41.10		0	2330.37	29.13	
Energy	kcal	268		0	15196	190	
Energy	kj	1121		0	63561	795	
Protein (N x 5.95)	g	19.75		0	1119.83	14.00	
Total lipid (fat)	g	7.52		0	426.38	5.33	
Carbohydrate, by difference	g	29.60		0	1678.32	20.98	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.83		0	103.76	1.30	
Sugars, total	g	8.03		0	455.24	5.69	
Minerals:							
Calcium	mg	56		0	3175	40	
Iron	mg	0.96		0	54.43	0.68	
Magnesium	mg	5		0	284	4	
Phosphorus	mg	125		0	7088	89	
Potassium	mg	96		0	5443	68	
Sodium	mg	399		0	22623	283	
Zinc	mg	0.49		0	27.78	0.35	
Copper	mg	0.025		0	1.418	0.018	
Manganese	mg	0.009		0	0.510	0.006	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.038		0	2.155	0.027	
Riboflavin	mg	0.213		0	12.077	0.151	
Niacin	mg	0.207		0	11.737	0.147	
Pantothenic acid	mg	0.544		0	30.845	0.386	
Vitamin B-6	mg	0.058		0	3.289	0.041	
Folate	µg						
Vitamin B-12	µg	0.50		0	28.35	0.35	
Vitamin A	IU	258		0	14629	183	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.278		0	15.763	0.197	
Lipids:							
Saturated, total	g	1.769		0	100.302	1.254	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.001		0	0.057	0.001	
10:0	g	0.001		0	0.057	0.001	
12:0	g	0.001		0	0.057	0.001	
14:0	g	0.018		0	1.021	0.013	
15.0	g						
16:0	g	1.297		0	73.540	0.919	
17:0	g						
18:0	g	0.426		0	24.154	0.302	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.457	0	139.312	1.741
14:1	g				
16:1	g	0.194	0	11.000	0.137
18:1	g	2.239	0	126.951	1.587
20:1	g	0.017	0	0.964	0.012
22.1	g	0.001	0	0.057	0.001
Polyunsaturated, total	g	1.827	0	103.591	1.295
18:2	g	1.607	0	91.117	1.139
18:3	g	0.056	0	3.175	0.040
18:4	g	0.000	0	0.000	0.000
20:4	g	0.126	0	7.144	0.089
20:5	g	0.003	0	0.170	0.002
22:5	g	0.000	0	0.000	0.000
22:6	g	0.033	0	1.871	0.023
Cholesterol	mg	181	0	10263	128
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22363 SUNNY FRESH, Breakfast "Stuff-Its", Pre-Cooked Frozen Egg and Cheese Pockets

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 7655g	Measure 2* 64g	Measure 3*
Proximates:							
Water	g	53.70		0	4110.47	34.26	
Energy	kcal	230		0	17605	147	
Energy	kj	962		0	73636	614	
Protein (N x 5.95)	g	10.63		0	813.67	6.78	
Total lipid (fat)	g	11.94		0	913.95	7.62	
Carbohydrate, by difference	g	22.99		0	1759.77	14.67	
Fiber, total dietary	g	1.5		0	114.8	1.0	
Ash	g	1.56		0	119.41	1.00	
Sugars, total	g	1.76		0	134.87	1.12	
Minerals:							
Calcium	mg	98		0	7501	63	
Iron	mg	1.47		0	112.52	0.94	
Magnesium	mg	4		0	306	3	
Phosphorus	mg	60		0	4593	38	
Potassium	mg	48		0	3674	31	
Sodium	mg	364		0	27862	232	
Zinc	mg	0.36		0	27.56	0.23	
Copper	mg	0.008		0	0.612	0.005	
Manganese	mg	0.008		0	0.612	0.005	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.190		0	14.544	0.121	
Riboflavin	mg	0.310		0	23.729	0.198	
Niacin	mg	2.284		0	174.829	1.457	
Pantothenic acid	mg	0.410		0	31.383	0.262	
Vitamin B-6	mg	0.045		0	3.445	0.029	
Folate	µg						
Vitamin B-12	µg	0.33		0	25.26	0.21	
Vitamin A	IU	344		0	26331	219	
Vitamin A, RE	µg	102		0	7808	65	
Vitamin E, α-TE	mg	0.151		0	11.558	0.096	
Lipids:							
Saturated, total	g	4.790		0	366.651	3.056	
4:0	g	0.094		0	7.195	0.060	
6.0	g	0.047		0	3.598	0.030	
8:0	g	0.026		0	1.990	0.017	
10:0	g	0.056		0	4.287	0.036	
12:0	g	0.050		0	3.827	0.032	
14:0	g	0.324		0	24.801	0.207	
15.0	g						
16:0	g	2.984		0	228.410	1.903	
17:0	g						
18:0	g	1.083		0	82.898	0.691	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.411	0	108.005	0.900
14:1	g				
16:1	g	0.076	0	5.817	0.048
18:1	g	1.309	0	100.197	0.835
20:1	g	0.009	0	0.689	0.006
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.939	0	71.876	0.599
18:2	g	0.824	0	63.073	0.526
18:3	g	0.100	0	7.655	0.064
18:4	g	0.000	0	0.000	0.000
20:4	g	0.010	0	0.765	0.006
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.003	0	0.230	0.002
Cholesterol	mg	146	0	11176	93
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22364 JIMMY DEAN, Sausage Biscuits, breakfast sandwich, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 96g	Measure 2* 48g	Measure 3* 96g
Proximates:							
Water	g	33.50		1	32.16	16.08	32.16
Energy	kcal	401		0	385	192	385
Energy	kj	1676		0	1609	804	1609
Protein (N x 5.95)	g	9.90		1	9.50	4.75	9.50
Total lipid (fat)	g	29.40		1	28.22	14.11	28.22
Carbohydrate, by difference	g	24.10		0	23.14	11.57	23.14
Fiber, total dietary	g	1.5		1	1.4	0.7	1.4
Ash	g	3.10		1	2.98	1.49	2.98
Sugars, total	g						
Minerals:							
Calcium	mg	79		1	75	38	75
Iron	mg	1.65		1	1.58	0.79	1.58
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	918		1	881	441	881
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.970		1	8.611	4.306	8.611
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g					
14:1	g					
16:1	g					
18:1	g					
20:1	g					
22.1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	33	1	31	16	31
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 sandwich
Measure 3: 1 serving

NDB No. 22401 HEALTHY CHOICE Spaghetti Bolognese, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 283g	Measure 2*	Measure 3*
Proximates:							
Water	g	77.82		3	220.23		
Energy	kcal	90		0	255		
Energy	kj	377		0	1067		
Protein (N x 5.95)	g	5.05		3	14.29		
Total lipid (fat)	g	1.01		3	2.86		
Carbohydrate, by difference	g	15.24		0	43.13		
Fiber, total dietary	g	1.8		3	5.1		
Ash	g	0.88		3	2.49		
Sugars, total	g	2.60		3	7.36		
Minerals:							
Calcium	mg	18		3	51		
Iron	mg	1.25		3	3.54		
Magnesium	mg	15		0	42		
Phosphorus	mg	49		0	139		
Potassium	mg	144		0	408		
Sodium	mg	167		3	473		
Zinc	mg	0.51		0	1.44		
Copper	mg	0.125		0	0.354		
Manganese	mg	0.213		0	0.603		
Selenium	µg	11.9		0	33.7		
Vitamins:							
Ascorbic acid	mg	5.4		3	15.3		
Thiamin	mg	0.122		0	0.345		
Riboflavin	mg	1.333		0	3.772		
Niacin	mg	0.177		0	0.501		
Pantothenic acid	mg	0.071		0	0.201		
Vitamin B-6	mg	0.070		0	0.198		
Folate	µg	46		0	130		
Vitamin B-12	µg	0.06		0	0.17		
Vitamin A	IU	174		3	492		
Vitamin A, RE	µg	17		0	48		
Vitamin E, α-TE	mg	0.115		0	0.325		
Lipids:							
Saturated, total	g	0.350		3	0.991		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.001		0	0.003		
12:0	g	0.001		0	0.003		
14:0	g	0.020		0	0.057		
15.0	g						
16:0	g	0.224		0	0.634		
17:0	g						
18:0	g	0.092		0	0.260		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.330	3	0.934
14:1	g			
16:1	g	0.024	0	0.068
18:1	g	0.297	0	0.841
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.320	3	0.906
18:2	g	0.287	0	0.812
18:3	g	0.028	0	0.079
18:4	g	0.000	0	0.000
20:4	g	0.003	0	0.008
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	6	3	17
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 serving

NDB No. 22402 HEALTHY CHOICE Beef Macaroni, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2*	Measure 3*
Proximates:							
Water	g	78.20		3	187.68		
Energy	kcal	88		0	211		
Energy	kj	368		0	883		
Protein (N x 5.95)	g	5.89		3	14.14		
Total lipid (fat)	g	0.93		3	2.23		
Carbohydrate, by difference	g	13.94		0	33.46		
Fiber, total dietary	g	1.9		3	4.6		
Ash	g	1.04		3	2.50		
Sugars, total	g	3.80		3	9.12		
Minerals:							
Calcium	mg	19		3	46		
Iron	mg	1.13		3	2.71		
Magnesium	mg	15		0	36		
Phosphorus	mg	56		0	134		
Potassium	mg	152		0	365		
Sodium	mg	185		3	444		
Zinc	mg	0.51		0	1.22		
Copper	mg	0.128		0	0.307		
Manganese	mg	0.228		0	0.547		
Selenium	µg	10.1		0	24.2		
Vitamins:							
Ascorbic acid	mg	24.2		3	58.1		
Thiamin	mg	0.115		0	0.276		
Riboflavin	mg	0.065		0	0.156		
Niacin	mg	1.295		0	3.108		
Pantothenic acid	mg	0.171		0	0.410		
Vitamin B-6	mg	0.081		0	0.194		
Folate	µg	44		0	106		
Vitamin B-12	µg	0.05		0	0.12		
Vitamin A	IU	214		3	514		
Vitamin A, RE	µg	21		0	50		
Vitamin E, α-TE	mg	0.623		0	1.495		
Lipids:							
Saturated, total	g	0.280		3	0.672		
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	0.015		0	0.036		
15.0	g						
16:0	g	0.177		0	0.425		
17:0	g						
18:0	g	0.072		0	0.173		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.500	3	1.200
14:1	g			
16:1	g	0.032	0	0.077
18:1	g	0.449	0	1.078
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.140	3	0.336
18:2	g	0.125	0	0.300
18:3	g	0.013	0	0.031
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	6	3	14
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 serving

NDB No. 22513 NALLEY Chili Con Carne with Beans, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 425g	Measure 2* 258g	Measure 3*
Proximates:							
Water	g	74.60		1	317.05	192.47	
Energy	kcal	109		0	463	281	
Energy	kj	456		0	1938	1176	
Protein (N x 5.95)	g	15.60		1	66.30	40.25	
Total lipid (fat)	g	3.10		1	13.18	8.00	
Carbohydrate, by difference	g	4.60		0	19.55	11.87	
Fiber, total dietary	g	5.0		1	21.3	12.9	
Ash	g	2.10		1	8.93	5.42	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	1.78		1	7.57	4.59	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	477		1	2027	1231	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.080		1	4.590	2.786	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.180	1	5.015	3.044
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.328	1	1.394	0.846
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	10	1	43	26
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22514 OLD EL PASO Chili with Beans, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 425g	Measure 2* 228g	Measure 3*
Proximates:							
Water	g	76.90		1	326.83	175.33	
Energy	kcal	109		0	463	249	
Energy	kj	456		0	1938	1040	
Protein (N x 5.95)	g	7.70		1	32.73	17.56	
Total lipid (fat)	g	4.50		1	19.13	10.26	
Carbohydrate, by difference	g	9.50		0	40.37	21.66	
Fiber, total dietary	g	4.3		1	18.3	9.8	
Ash	g	1.40		1	5.95	3.19	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	1.18		1	5.01	2.69	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	258		1	1097	588	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.904		1	3.842	2.061	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.870	1	7.947	4.264
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.985	1	4.186	2.246
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	16	1	68	36
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22515 CHEF BOYARDEE Beef Ravioli in Tomato & Meat Sauce, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 425g	Measure 2* 244g	Measure 3*
Proximates:							
Water	g	77.14		1	327.85	188.22	
Energy	kcal	94		0	400	229	
Energy	kj	393		0	1670	959	
Protein (N x 5.95)	g	3.43		1	14.58	8.37	
Total lipid (fat)	g	2.21		1	9.39	5.39	
Carbohydrate, by difference	g	15.12		0	64.26	36.89	
Fiber, total dietary	g	1.5		1	6.4	3.7	
Ash	g	2.10		0	8.93	5.12	
Sugars, total	g	2.15		0	9.14	5.25	
Minerals:							
Calcium	mg	8		1	34	20	
Iron	mg	0.99		1	4.21	2.42	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	145		1	616	354	
Sodium	mg	481		1	2044	1174	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.1		1	0.4	0.2	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	263		1	1118	642	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.020		1	4.335	2.489	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.820	1	3.485	2.001
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.090	1	0.383	0.220
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	6	1	26	15
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22516 CHEF BOYARDEE BEEFARONI, Macaroni with Beef in Tomato Sauce, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 212g	Measure 2* 212g	Measure 3*
Proximates:							
Water	g	78.78		1	167.01	167.01	
Energy	kcal	87		0	184	184	
Energy	kj	364		0	772	772	
Protein (N x 5.95)	g	3.89		1	8.25	8.25	
Total lipid (fat)	g	1.39		1	2.95	2.95	
Carbohydrate, by difference	g	14.69		0	31.14	31.14	
Fiber, total dietary	g	1.4		1	3.0	3.0	
Ash	g	1.25		1	2.65	2.65	
Sugars, total	g	2.28		0	4.83	4.83	
Minerals:							
Calcium	mg	8		1	17	17	
Iron	mg	0.71		1	1.51	1.51	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	377		1	799	799	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.2		1	0.4	0.4	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	122		1	259	259	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.560		1	1.187	1.187	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.600	1	1.272	1.272
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.120	1	0.254	0.254
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	8	1	17	17
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22517 CHEF BOYARDEE MINI RAVIOLI, Beef Ravioli in Tomato & Meat Sauce, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 425g	Measure 2* 252g	Measure 3*
Proximates:							
Water	g	77.07		1	327.55	194.22	
Energy	kcal	95		0	404	239	
Energy	kj	397		0	1687	1000	
Protein (N x 5.95)	g	3.49		1	14.83	8.79	
Total lipid (fat)	g	1.88		1	7.99	4.74	
Carbohydrate, by difference	g	16.12		0	68.51	40.62	
Fiber, total dietary	g	1.3		1	5.5	3.3	
Ash	g	1.44		0	6.12	3.63	
Sugars, total	g	1.91		0	8.12	4.81	
Minerals:							
Calcium	mg	9		1	38	23	
Iron	mg	0.96		1	4.08	2.42	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	475		1	2019	1197	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.1		1	0.4	0.3	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	242		1	1029	610	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.700		1	2.975	1.764	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.800	1	3.400	2.016
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.070	1	0.298	0.176
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	7	1	30	18
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22518 CHEF BOYARDEE Spaghetti & Meatballs in Tomato Sauce, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 425g	Measure 2* 240g	Measure 3*
Proximates:							
Water	g	77.09		1	327.63	185.02	
Energy	kcal	104		0	442	250	
Energy	kj	435		0	1849	1044	
Protein (N x 5.95)	g	3.78		1	16.07	9.07	
Total lipid (fat)	g	3.60		1	15.30	8.64	
Carbohydrate, by difference	g	14.19		0	60.31	34.06	
Fiber, total dietary	g	0.9		1	3.8	2.2	
Ash	g	1.34		0	5.70	3.22	
Sugars, total	g	2.75		0	11.69	6.60	
Minerals:							
Calcium	mg	7		1	30	17	
Iron	mg	0.74		1	3.15	1.78	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	392		1	1666	941	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.4		1	1.7	1.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	143		1	608	343	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.610		1	6.843	3.864	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.530	1	6.503	3.672
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.160	1	0.680	0.384
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	9	1	38	22
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22520 CHEF BOYARDEE TEENAGE MUTANT NINJA TURTLES Pasta Shapes with Mini Meatballs in Tomato Sauce, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 212g	Measure 2* 212g	Measure 3*
Proximates:							
Water	g	75.88		1	160.87	160.87	
Energy	kcal	107		0	227	227	
Energy	kj	448		0	950	950	
Protein (N x 5.95)	g	3.85		1	8.16	8.16	
Total lipid (fat)	g	3.19		1	6.76	6.76	
Carbohydrate, by difference	g	15.83		0	33.56	33.56	
Fiber, total dietary	g	1.3		1	2.8	2.8	
Ash	g	1.25		0	2.65	2.65	
Sugars, total	g	3.38		1	7.17	7.17	
Minerals:							
Calcium	mg	10		1	21	21	
Iron	mg	0.44		1	0.93	0.93	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	396		1	840	840	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.2		1	0.4	0.4	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	131		1	278	278	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.410		1	2.989	2.989	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.300	1	2.756	2.756
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.120	1	0.254	0.254
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	10	1	21	21
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22522 Pasta with Sliced Franks in Tomato Sauce, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 418g	Measure 2* 252g	Measure 3*
Proximates:							
Water	g	78.20		1	326.88	197.06	
Energy	kcal	104		0	435	262	
Energy	kj	435		0	1818	1096	
Protein (N x 5.95)	g	3.70		1	15.47	9.32	
Total lipid (fat)	g	4.60		1	19.23	11.59	
Carbohydrate, by difference	g	11.90		0	49.74	29.99	
Fiber, total dietary	g	0.9		1	3.8	2.3	
Ash	g	1.60		1	6.69	4.03	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	0.91		1	3.80	2.29	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	482		1	2015	1215	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	117		1	489	295	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.470		1	6.145	3.704	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.900	1	7.942	4.788
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.598	1	2.500	1.507
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	9	1	38	23
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22525 BANQUET Chicken Pot Pie, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 198g	Measure 2* 198g	Measure 3*
Proximates:							
Water	g	64.26		0	127.23	127.23	
Energy	kcal	193		0	382	382	
Energy	kj	808		0	1600	1600	
Protein (N x 5.95)	g	5.00		0	9.90	9.90	
Total lipid (fat)	g	11.12		0	22.02	22.02	
Carbohydrate, by difference	g	18.16		0	35.96	35.96	
Fiber, total dietary	g	0.5		0	1.0	1.0	
Ash	g	1.46		0	2.89	2.89	
Sugars, total	g	3.00		0	5.94	5.94	
Minerals:							
Calcium	mg	14		0	28	28	
Iron	mg	0.57		0	1.13	1.13	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	479		0	948	948	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	577		0	1142	1142	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.500		0	8.910	8.910	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.260	0	10.415	10.415
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.360	0	2.693	2.693
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	20	0	40	40
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22526 MARIE CALLENDER'S Chicken Pot Pie, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 234g	Measure 2* 467g	Measure 3* 234g
Proximates:							
Water	g	61.37		0	143.61	286.60	143.61
Energy	kcal	214		0	501	999	501
Energy	kj	895		0	2094	4180	2094
Protein (N x 5.95)	g	5.28		0	12.36	24.66	12.36
Total lipid (fat)	g	13.08		0	30.61	61.08	30.61
Carbohydrate, by difference	g	18.87		0	44.16	88.12	44.16
Fiber, total dietary	g						
Ash	g	1.40		0	3.28	6.54	3.28
Sugars, total	g	4.00		0	9.36	18.68	9.36
Minerals:							
Calcium	mg	16		0	37	75	37
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	445		0	1041	2078	1041
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	484		0	1133	2260	1133
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.400		0	12.636	25.218	12.636
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.270	0	12.332	24.611	12.332
14:1	g					
16:1	g					
18:1	g					
20:1	g					
22.1	g					
Polyunsaturated, total	g	2.410	0	5.639	11.255	5.639
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	6	0	14	28	14
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package yields
Measure 3: 1 serving

NDB No. 22527 STOUFFER'S Chicken Pie, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 283g	Measure 2* 283g	Measure 3*
Proximates:							
Water	g	64.40		1	182.25	182.25	
Energy	kcal	202		0	572	572	
Energy	kj	845		0	2391	2391	
Protein (N x 5.95)	g	8.20		1	23.21	23.21	
Total lipid (fat)	g	13.10		1	37.07	37.07	
Carbohydrate, by difference	g	12.90		0	36.51	36.51	
Fiber, total dietary	g	1.1		1	3.1	3.1	
Ash	g	1.40		1	3.96	3.96	
Sugars, total	g						
Minerals:							
Calcium	mg	36		1	102	102	
Iron	mg	1.06		1	3.00	3.00	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	333		1	942	942	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	1650		1	4670	4670	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.790		1	10.726	10.726	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.370	1	12.367	12.367
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	3.690	1	10.443	10.443
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	27	1	76	76
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22528 Turkey Pot Pie, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 397g	Measure 2* 397g	Measure 3*
Proximates:							
Water	g	65.70		1	260.83	260.83	
Energy	kcal	176		0	699	699	
Energy	kj	736		0	2922	2922	
Protein (N x 5.95)	g	6.50		1	25.80	25.80	
Total lipid (fat)	g	8.80		1	34.94	34.94	
Carbohydrate, by difference	g	17.70		0	70.27	70.27	
Fiber, total dietary	g	1.1		1	4.4	4.4	
Ash	g	1.30		1	5.16	5.16	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	1.00		1	3.97	3.97	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	350		1	1390	1390	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	1767		1	7015	7015	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.880		1	11.434	11.434	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.460	1	13.736	13.736
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.380	1	5.479	5.479
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	16	1	64	64
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22529 Beef Pot Pie, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 198g	Measure 2* 198g	Measure 3*
Proximates:							
Water	g	57.30		1	113.45	113.45	
Energy	kcal	227		0	449	449	
Energy	kj	950		0	1881	1881	
Protein (N x 5.95)	g	6.70		1	13.27	13.27	
Total lipid (fat)	g	12.30		1	24.35	24.35	
Carbohydrate, by difference	g	22.30		0	44.15	44.15	
Fiber, total dietary	g	1.1		1	2.2	2.2	
Ash	g	1.40		1	2.77	2.77	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	372		1	737	737	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	517		1	1024	1024	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.300		1	8.514	8.514	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.890	1	9.682	9.682
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.350	1	2.673	2.673
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	19	1	38	38
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22531 TOTINO'S PIZZA ROLLS Pizza Snacks, Hamburger, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 212g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	44.40		1	94.13	37.74	
Energy	kcal	272		0	577	231	
Energy	kj	1138		0	2413	967	
Protein (N x 5.95)	g	11.00		1	23.32	9.35	
Total lipid (fat)	g	11.50		1	24.38	9.78	
Carbohydrate, by difference	g	31.10		0	65.93	26.43	
Fiber, total dietary	g						
Ash	g	2.00		1	4.24	1.70	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	491		1	1041	417	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

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

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22532 TOTINO'S PIZZA ROLLS Pizza Snacks, Sausage, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 212g	Measure 2* 141g	Measure 3*
Proximates:							
Water	g	49.10		1	104.09	69.23	
Energy	kcal	249		0	528	351	
Energy	kj	1042		0	2209	1469	
Protein (N x 5.95)	g	10.00		1	21.20	14.10	
Total lipid (fat)	g	10.60		1	22.47	14.95	
Carbohydrate, by difference	g	28.50		0	60.42	40.18	
Fiber, total dietary	g	2.0		1	4.2	2.8	
Ash	g	1.80		1	3.82	2.54	
Sugars, total	g						
Minerals:							
Calcium	mg	72		1	153	102	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	448		1	950	632	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.450		1	5.194	3.455	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.090	1	10.791	7.177
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.540	1	3.265	2.171
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	17	1	36	24
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22533 TOTINO'S PIZZA ROLLS Pizza Snacks, Pepperoni. frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 212g	Measure 2* 141g	Measure 3*
Proximates:							
Water	g	46.30		1	98.16	65.28	
Energy	kcal	273		0	579	385	
Energy	kj	1142		0	2421	1610	
Protein (N x 5.95)	g	10.20		1	21.62	14.38	
Total lipid (fat)	g	13.40		1	28.41	18.89	
Carbohydrate, by difference	g	28.00		0	59.36	39.48	
Fiber, total dietary	g	1.6		1	3.4	2.3	
Ash	g	2.10		1	4.45	2.96	
Sugars, total	g						
Minerals:							
Calcium	mg	73		1	155	103	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	614		1	1302	866	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.540		1	7.505	4.991	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.550	1	13.886	9.236
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.570	1	3.328	2.214
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	22	1	47	31
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22534 HOT POCKETS, Beef & Cheddar Stuffed Sandwich, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 142g	Measure 2* 142g	Measure 3*
Proximates:							
Water	g	44.00		1	62.48	62.48	
Energy	kcal	284		0	403	403	
Energy	kj	1188		0	1687	1687	
Protein (N x 5.95)	g	11.50		1	16.33	16.33	
Total lipid (fat)	g	14.20		1	20.16	20.16	
Carbohydrate, by difference	g	27.60		0	39.19	39.19	
Fiber, total dietary	g						
Ash	g	2.70		1	3.83	3.83	
Sugars, total	g						
Minerals:							
Calcium	mg	237		1	337	337	
Iron	mg	2.06		1	2.93	2.93	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	638		1	906	906	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.200		1	8.804	8.804	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.689	1	6.658	6.658
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.860	1	1.221	1.221
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	37	1	53	53
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22535 HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 256g	Measure 2* 128g	Measure 3*
Proximates:							
Water	g	50.00		1	128.00	64.00	
Energy	kcal	235		0	602	301	
Energy	kj	983		0	2516	1258	
Protein (N x 5.95)	g	8.90		1	22.78	11.39	
Total lipid (fat)	g	8.60		1	22.02	11.01	
Carbohydrate, by difference	g	30.40		0	77.82	38.91	
Fiber, total dietary	g	1.1		1	2.8	1.4	
Ash	g	2.10		1	5.38	2.69	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	2.97		1	7.60	3.80	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	509		1	1303	652	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	4.9		1	12.5	6.3	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	265		1	678	339	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.620		1	6.707	3.354	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.420	1	8.755	4.378
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.300	1	3.328	1.664
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	29	1	74	37
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22536 HOT POCKETS Pepperoni Pizza Stuffed Sandwich, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 256g	Measure 2* 128g	Measure 3*
Proximates:							
Water	g	42.80		1	109.57	54.78	
Energy	kcal	287		0	735	367	
Energy	kj	1201		0	3075	1537	
Protein (N x 5.95)	g	10.60		1	27.14	13.57	
Total lipid (fat)	g	13.80		1	35.33	17.66	
Carbohydrate, by difference	g	30.20		0	77.31	38.66	
Fiber, total dietary	g						
Ash	g	2.60		1	6.66	3.33	
Sugars, total	g						
Minerals:							
Calcium	mg	219		1	561	280	
Iron	mg	2.47		1	6.32	3.16	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	528		1	1352	676	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	351		1	899	449	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.180		1	13.261	6.630	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.960	1	12.698	6.349
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.560	1	3.994	1.997
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	32	1	82	41
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22537 HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 256g	Measure 2* 128g	Measure 3*
Proximates:							
Water	g	44.90		1	114.94	57.47	
Energy	kcal	266		0	681	340	
Energy	kj	1113		0	2849	1425	
Protein (N x 5.95)	g	11.60		1	29.70	14.85	
Total lipid (fat)	g	11.10		1	28.42	14.21	
Carbohydrate, by difference	g	30.00		0	76.80	38.40	
Fiber, total dietary	g						
Ash	g	2.40		1	6.14	3.07	
Sugars, total	g						
Minerals:							
Calcium	mg	196		1	502	251	
Iron	mg	2.04		1	5.22	2.61	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	520		1	1331	666	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.520		1	11.571	5.786	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.450	1	8.832	4.416
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.160	1	2.970	1.485
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	39	1	100	50
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22538 LEAN POCKETS Glazed Chicken Supreme Stuffed Sandwiches, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 255g	Measure 2* 128g	Measure 3*
Proximates:							
Water	g	58.90		1	150.20	75.39	
Energy	kcal	182		0	464	233	
Energy	kj	761		0	1941	974	
Protein (N x 5.95)	g	7.70		1	19.64	9.86	
Total lipid (fat)	g	4.90		1	12.49	6.27	
Carbohydrate, by difference	g	26.70		0	68.08	34.18	
Fiber, total dietary	g						
Ash	g	1.80		1	4.59	2.30	
Sugars, total	g						
Minerals:							
Calcium	mg	95		1	242	122	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	439		1	1119	562	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	600		1	1530	768	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.500		1	3.825	1.920	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.940	1	4.947	2.483
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.744	1	1.897	0.952
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	18	1	46	23
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22539 MRS PATERSON'S AUSSIE PIE, Hand Held Chicken Pie, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 156g	Measure 3*
Proximates:							
Water	g	48.10		1	75.04	75.04	
Energy	kcal	278		0	434	434	
Energy	kj	1163		0	1814	1814	
Protein (N x 5.95)	g	9.40		1	14.66	14.66	
Total lipid (fat)	g	15.40		1	24.02	24.02	
Carbohydrate, by difference	g	25.50		0	39.78	39.78	
Fiber, total dietary	g						
Ash	g	1.60		1	2.50	2.50	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	1.93		1	3.01	3.01	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	512		1	799	799	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	233		1	363	363	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.600		1	7.176	7.176	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.320	1	8.299	8.299
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.740	1	4.274	4.274
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	31	1	48	48
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22540 RED BARON Premium Pockets, Original Ham & Cheese, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 269g	Measure 2* 133g	Measure 3*
Proximates:							
Water	g	46.20		1	124.28	61.45	
Energy	kcal	268		0	721	356	
Energy	kj	1121		0	3015	1491	
Protein (N x 5.95)	g	11.20		1	30.13	14.90	
Total lipid (fat)	g	12.70		1	34.16	16.89	
Carbohydrate, by difference	g	27.20		0	73.17	36.18	
Fiber, total dietary	g						
Ash	g	2.70		1	7.26	3.59	
Sugars, total	g						
Minerals:							
Calcium	mg	143		1	385	190	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	791		1	2128	1052	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.660		1	12.535	6.198	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.620	1	12.428	6.145
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.350	1	3.632	1.796
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	31	1	83	41
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22541 WEIGHT WATCHERS ON-THE-GO Chicken, Broccoli and Cheddar Pocket Sandwich, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 141g	Measure 2* 141g	Measure 3*
Proximates:							
Water	g	56.80		1	80.09	80.09	
Energy	kcal	189		0	266	266	
Energy	kj	791		0	1115	1115	
Protein (N x 5.95)	g	9.50		1	13.39	13.39	
Total lipid (fat)	g	4.30		1	6.06	6.06	
Carbohydrate, by difference	g	28.10		0	39.62	39.62	
Fiber, total dietary	g						
Ash	g	1.30		1	1.83	1.83	
Sugars, total	g						
Minerals:							
Calcium	mg	65		1	92	92	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	275		1	388	388	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	167		1	235	235	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.280		1	1.805	1.805	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.620	1	2.284	2.284
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.696	1	0.981	0.981
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	10	1	14	14
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22542 CELESTE Deluxe Pizza with Sausage, Green & Red Peppers & Mushrooms, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 666g	Measure 2* 167g	Measure 3*
Proximates:							
Water	g	55.50		1	369.63	92.69	
Energy	kcal	231		0	1538	386	
Energy	kj	967		0	6440	1615	
Protein (N x 5.95)	g	10.00		1	66.60	16.70	
Total lipid (fat)	g	12.40		1	82.58	20.71	
Carbohydrate, by difference	g	19.90		0	132.53	33.23	
Fiber, total dietary	g						
Ash	g	2.20		1	14.65	3.67	
Sugars, total	g						
Minerals:							
Calcium	mg	168		1	1119	281	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	458		1	3050	765	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	432		1	2877	721	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.860		1	32.368	8.116	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.560	1	30.370	7.615
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.450	1	9.657	2.422
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	22	1	147	37
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22543 JACK'S GREAT COMBINATIONS Sausage & Pepperoni Pizza, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 547g	Measure 2* 137g	Measure 3*
Proximates:							
Water	g	50.20		1	274.59	68.77	
Energy	kcal	254		0	1389	348	
Energy	kj	1063		0	5815	1456	
Protein (N x 5.95)	g	12.70		1	69.47	17.40	
Total lipid (fat)	g	12.80		1	70.02	17.54	
Carbohydrate, by difference	g	22.00		0	120.34	30.14	
Fiber, total dietary	g						
Ash	g	2.30		1	12.58	3.15	
Sugars, total	g						
Minerals:							
Calcium	mg	164		1	897	225	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	517		1	2828	708	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	303		1	1657	415	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.820		1	26.365	6.603	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.470	1	24.451	6.124
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.660	1	9.080	2.274
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	32	1	175	44
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22544 JACK'S ORIGINAL Pepperoni Pizza, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 486g	Measure 2* 122g	Measure 3*
Proximates:							
Water	g	47.90		1	232.79	58.44	
Energy	kcal	265		0	1288	323	
Energy	kj	1109		0	5390	1353	
Protein (N x 5.95)	g	12.30		1	59.78	15.01	
Total lipid (fat)	g	13.20		1	64.15	16.10	
Carbohydrate, by difference	g	24.20		0	117.61	29.52	
Fiber, total dietary	g						
Ash	g	2.40		1	11.66	2.93	
Sugars, total	g						
Minerals:							
Calcium	mg	181		1	880	221	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	502		1	2440	612	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	254		1	1234	310	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.100		1	24.786	6.222	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.290	1	20.849	5.234
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.700	1	8.262	2.074
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	33	1	160	40
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22545 JENO'S CRISP 'N TASTY Combination Pizza, Sausage & Pepperoni, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 198g	Measure 2* 198g	Measure 3*
Proximates:							
Water	g	51.00		1	100.98	100.98	
Energy	kcal	248		0	491	491	
Energy	kj	1038		0	2055	2055	
Protein (N x 5.95)	g	8.50		1	16.83	16.83	
Total lipid (fat)	g	12.20		1	24.16	24.16	
Carbohydrate, by difference	g	26.10		0	51.68	51.68	
Fiber, total dietary	g	1.4		1	2.8	2.8	
Ash	g	2.20		1	4.36	4.36	
Sugars, total	g						
Minerals:							
Calcium	mg	84		1	166	166	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	626		1	1239	1239	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.880		1	5.702	5.702	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.020	1	11.920	11.920
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.550	1	3.069	3.069
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	13	1	26	26
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22546 JENO'S CRISP 'N TASTY Pepperoni Pizza, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 192g	Measure 2* 192g	Measure 3*
Proximates:							
Water	g	48.90		1	93.89	93.89	
Energy	kcal	269		0	516	516	
Energy	kj	1125		0	2160	2160	
Protein (N x 5.95)	g	9.70		1	18.62	18.62	
Total lipid (fat)	g	15.00		1	28.80	28.80	
Carbohydrate, by difference	g	23.90		0	45.89	45.89	
Fiber, total dietary	g	1.6		1	3.1	3.1	
Ash	g	2.50		1	4.80	4.80	
Sugars, total	g						
Minerals:							
Calcium	mg	106		1	204	204	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	636		1	1221	1221	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.370		1	6.470	6.470	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.570	1	14.534	14.534
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.030	1	3.898	3.898
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	12	1	23	23
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22548 PAPPALO'S FOR ONE, Deep Dish Pepperoni Pizza, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 199g	Measure 2* 199g	Measure 3*
Proximates:							
Water	g	44.30		1	88.16	88.16	
Energy	kcal	264		0	525	525	
Energy	kj	1105		0	2199	2199	
Protein (N x 5.95)	g	11.40		1	22.69	22.69	
Total lipid (fat)	g	9.80		1	19.50	19.50	
Carbohydrate, by difference	g	32.50		0	64.67	64.67	
Fiber, total dietary	g	1.6		1	3.2	3.2	
Ash	g	2.00		1	3.98	3.98	
Sugars, total	g						
Minerals:							
Calcium	mg	125		1	249	249	
Iron	mg	1.81		1	3.60	3.60	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	494		1	983	983	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.690		1	7.343	7.343	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.650	1	7.264	7.264
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.950	1	1.891	1.891
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	19	1	38	38
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22549 RED BARON Pepperoni Pizza, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 623g	Measure 2* 154g	Measure 3*
Proximates:							
Water	g	46.00		1	286.58	70.84	
Energy	kcal	287		0	1788	442	
Energy	kj	1201		0	7482	1850	
Protein (N x 5.95)	g	11.70		1	72.89	18.02	
Total lipid (fat)	g	16.30		1	101.55	25.10	
Carbohydrate, by difference	g	23.40		0	145.78	36.04	
Fiber, total dietary	g						
Ash	g	2.60		1	16.20	4.00	
Sugars, total	g						
Minerals:							
Calcium	mg	142		1	885	219	
Iron	mg	1.97		1	12.27	3.03	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	664		1	4137	1023	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	284		1	1769	437	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.870		1	36.570	9.040	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.600	1	41.118	10.164
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.660	1	10.342	2.556
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	24	1	150	37
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22550 RED BARON Special Deluxe Pizza, Two Cheeses, Sausage, Pepperoni & Onions, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 669g	Measure 2* 129g	Measure 3*
Proximates:							
Water	g	49.80		1	333.16	64.24	
Energy	kcal	261		0	1746	337	
Energy	kj	1092		0	7305	1409	
Protein (N x 5.95)	g	9.30		1	62.22	12.00	
Total lipid (fat)	g	13.80		1	92.32	17.80	
Carbohydrate, by difference	g	24.80		0	165.91	31.99	
Fiber, total dietary	g						
Ash	g	2.30		1	15.39	2.97	
Sugars, total	g						
Minerals:							
Calcium	mg	114		1	763	147	
Iron	mg	1.97		1	13.18	2.54	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	546		1	3653	704	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.860		1	32.513	6.269	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.350	1	35.792	6.902
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.760	1	11.774	2.270
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	19	1	127	25
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22551 RED BARON Premium Deep Dish Singles, Pepperoni Pizza, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 336g	Measure 2* 168g	Measure 3*
Proximates:							
Water	g	45.00		1	151.20	75.60	
Energy	kcal	286		0	961	480	
Energy	kj	1197		0	4022	2011	
Protein (N x 5.95)	g	9.50		1	31.92	15.96	
Total lipid (fat)	g	14.90		1	50.06	25.03	
Carbohydrate, by difference	g	28.50		0	95.76	47.88	
Fiber, total dietary	g						
Ash	g	2.10		1	7.06	3.53	
Sugars, total	g						
Minerals:							
Calcium	mg	91		1	306	153	
Iron	mg	2.06		1	6.92	3.46	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	529		1	1777	889	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.880		1	16.397	8.198	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.410	1	21.538	10.769
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.660	1	5.578	2.789
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	17	1	57	29
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22553 STOUFFER'S French Bread Pizza with Sausage & Pepperoni, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 354g	Measure 2* 177g	Measure 3*
Proximates:							
Water	g	50.70		1	179.48	89.74	
Energy	kcal	253		0	896	448	
Energy	kj	1059		0	3749	1874	
Protein (N x 5.95)	g	10.00		1	35.40	17.70	
Total lipid (fat)	g	12.70		1	44.96	22.48	
Carbohydrate, by difference	g	24.60		0	87.08	43.54	
Fiber, total dietary	g	1.4		1	5.0	2.5	
Ash	g	2.00		1	7.08	3.54	
Sugars, total	g						
Minerals:							
Calcium	mg	87		1	308	154	
Iron	mg	1.69		1	5.98	2.99	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	486		1	1720	860	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.030		1	14.266	7.133	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.240	1	18.550	9.275
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.580	1	5.593	2.797
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	21	1	74	37
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22554 STOUFFER'S Deluxe French Bread Pizza with Sausage, Pepperoni & Mushroom, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 350g	Measure 2* 175g	Measure 3*
Proximates:							
Water	g	51.70		1	180.95	90.47	
Energy	kcal	245		0	858	429	
Energy	kj	1025		0	3588	1794	
Protein (N x 5.95)	g	9.20		1	32.20	16.10	
Total lipid (fat)	g	11.80		1	41.30	20.65	
Carbohydrate, by difference	g	25.40		0	88.90	44.45	
Fiber, total dietary	g	2.0		1	7.0	3.5	
Ash	g	1.90		1	6.65	3.33	
Sugars, total	g						
Minerals:							
Calcium	mg	132		1	462	231	
Iron	mg	1.55		1	5.42	2.71	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	480		1	1680	840	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	17.1		1	59.9	29.9	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	246		1	861	431	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.640		1	12.740	6.370	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.980	1	17.430	8.715
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.440	1	5.040	2.520
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	19	1	67	33
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22555 TOMBSTONE Original Pepperoni Pizza, frozen, 9 inch

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 610g	Measure 2* 152g	Measure 3*
Proximates:							
Water	g	46.70		1	284.87	70.98	
Energy	kcal	272		0	1659	413	
Energy	kj	1138		0	6942	1730	
Protein (N x 5.95)	g	11.70		1	71.37	17.78	
Total lipid (fat)	g	13.70		1	83.57	20.82	
Carbohydrate, by difference	g	25.40		0	154.94	38.61	
Fiber, total dietary	g						
Ash	g	2.50		1	15.25	3.80	
Sugars, total	g						
Minerals:							
Calcium	mg	179		1	1092	272	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	572		1	3489	869	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	145		1	885	220	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.160		1	31.476	7.843	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.690	1	28.609	7.129
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.560	1	9.516	2.371
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	27	1	165	41
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22556 TOMBSTONE Original Pepperoni Pizza, frozen, 12 inch

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 340g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	46.10		1	156.74	52.09	
Energy	kcal	276		0	938	312	
Energy	kj	1155		0	3927	1305	
Protein (N x 5.95)	g	12.80		1	43.52	14.46	
Total lipid (fat)	g	13.90		1	47.26	15.71	
Carbohydrate, by difference	g	25.00		0	85.00	28.25	
Fiber, total dietary	g						
Ash	g	2.20		1	7.48	2.49	
Sugars, total	g						
Minerals:							
Calcium	mg	179		1	609	202	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	488		1	1659	551	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	332		1	1129	375	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.310		1	18.054	6.000	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.700	1	15.980	5.311
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.810	1	6.154	2.045
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	28	1	95	32
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22557 TOMBSTONE Original Sausage & Mushroom Pizza, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 645g	Measure 2* 132g	Measure 3*
Proximates:							
Water	g	52.80		1	340.56	69.70	
Energy	kcal	232		0	1496	306	
Energy	kj	971		0	6263	1282	
Protein (N x 5.95)	g	10.90		1	70.31	14.39	
Total lipid (fat)	g	10.40		1	67.08	13.73	
Carbohydrate, by difference	g	23.60		0	152.22	31.15	
Fiber, total dietary	g						
Ash	g	2.30		1	14.83	3.04	
Sugars, total	g						
Minerals:							
Calcium	mg	152		1	980	201	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	544		1	3509	718	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	353		1	2277	466	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.840		1	24.768	5.069	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.360	1	21.672	4.435
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.580	1	10.191	2.086
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	20	1	129	26
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22559 TOMBSTONE Original Sausage & Pepperoni Pizza, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 624g	Measure 2* 125g	Measure 3*
Proximates:							
Water	g	48.60		1	303.26	60.75	
Energy	kcal	262		0	1635	328	
Energy	kj	1096		0	6839	1370	
Protein (N x 5.95)	g	11.50		1	71.76	14.38	
Total lipid (fat)	g	13.10		1	81.74	16.38	
Carbohydrate, by difference	g	24.50		0	152.88	30.62	
Fiber, total dietary	g	1.7		1	10.6	2.1	
Ash	g	2.30		1	14.35	2.88	
Sugars, total	g						
Minerals:							
Calcium	mg	143		1	892	179	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	632		1	3944	790	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	287		1	1791	359	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.870		1	30.389	6.088	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.500	1	28.080	5.625
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.840	1	11.482	2.300
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	25	1	156	31
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22560 TOMBSTONE Original Pepperoni & Sausage Pizza, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 354g	Measure 2* 118g	Measure 3*
Proximates:							
Water	g	48.60		1	172.04	57.35	
Energy	kcal	269		0	952	317	
Energy	kj	1125		0	3983	1328	
Protein (N x 5.95)	g	11.30		1	40.00	13.33	
Total lipid (fat)	g	14.60		1	51.68	17.23	
Carbohydrate, by difference	g	23.10		0	81.77	27.26	
Fiber, total dietary	g	1.4		1	5.0	1.7	
Ash	g	2.40		1	8.50	2.83	
Sugars, total	g						
Minerals:							
Calcium	mg	156		1	552	184	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	617		1	2184	728	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	351		1	1243	414	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.340		1	18.904	6.301	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.930	1	17.452	5.817
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.040	1	7.222	2.407
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	27	1	96	32
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22561 TONY'S Supreme Pizza, Italian Style Pastry Crust, Sausage, Pepperoni, Mushrooms, Green Peppers, Red Peppers, Onions, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 470g	Measure 2* 155g	Measure 3*
Proximates:							
Water	g	49.40		1	232.18	76.57	
Energy	kcal	258		0	1213	400	
Energy	kj	1079		0	5071	1672	
Protein (N x 5.95)	g	10.20		1	47.94	15.81	
Total lipid (fat)	g	12.90		1	60.63	20.00	
Carbohydrate, by difference	g	25.20		0	118.44	39.06	
Fiber, total dietary	g						
Ash	g	2.30		1	10.81	3.56	
Sugars, total	g						
Minerals:							
Calcium	mg	137		1	644	212	
Iron	mg	1.90		1	8.93	2.94	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	498		1	2341	772	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.440		1	20.868	6.882	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.090	1	23.923	7.889
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.800	1	8.460	2.790
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	18	1	85	28
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22562 TONY'S Pepperoni Pizza with Italian Style Pastry Crust, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 419g	Measure 2* 138g	Measure 3*
Proximates:							
Water	g	44.10		1	184.78	60.86	
Energy	kcal	294		0	1232	406	
Energy	kj	1230		0	5154	1697	
Protein (N x 5.95)	g	10.80		1	45.25	14.90	
Total lipid (fat)	g	16.20		1	67.88	22.36	
Carbohydrate, by difference	g	26.30		0	110.20	36.29	
Fiber, total dietary	g						
Ash	g	2.60		1	10.89	3.59	
Sugars, total	g						
Minerals:							
Calcium	mg	156		1	654	215	
Iron	mg	2.02		1	8.46	2.79	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	604		1	2531	834	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.530		1	23.171	7.631	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.580	1	27.570	9.080
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.870	1	7.835	2.581
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	23	1	96	32
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22563 TONY'S Sausage & Pepperoni Pizza with Italian Style Pastry Crust, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 447g	Measure 2* 147g	Measure 3*
Proximates:							
Water	g	43.70		1	195.34	64.24	
Energy	kcal	295		0	1319	434	
Energy	kj	1234		0	5516	1814	
Protein (N x 5.95)	g	10.20		1	45.59	14.99	
Total lipid (fat)	g	15.70		1	70.18	23.08	
Carbohydrate, by difference	g	28.20		0	126.05	41.45	
Fiber, total dietary	g						
Ash	g	2.20		1	9.83	3.23	
Sugars, total	g						
Minerals:							
Calcium	mg	115		1	514	169	
Iron	mg	2.14		1	9.57	3.15	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	489		1	2186	719	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.670		1	20.875	6.865	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.360	1	28.429	9.349
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.040	1	9.119	2.999
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	16	1	72	24
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22564 TONY'S Taco Style Pizza, Mexican Style Sausage & Tangy Taco Sauce on a Corn Style Crust, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 467g	Measure 2* 154g	Measure 3*
Proximates:							
Water	g	45.70		1	213.42	70.38	
Energy	kcal	284		0	1326	437	
Energy	kj	1188		0	5548	1830	
Protein (N x 5.95)	g	9.30		1	43.43	14.32	
Total lipid (fat)	g	15.10		1	70.52	23.25	
Carbohydrate, by difference	g	27.80		0	129.83	42.81	
Fiber, total dietary	g						
Ash	g	2.10		1	9.81	3.23	
Sugars, total	g						
Minerals:							
Calcium	mg	122		1	570	188	
Iron	mg	1.65		1	7.71	2.54	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	491		1	2293	756	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	325		1	1518	501	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.030		1	23.490	7.746	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.780	1	26.993	8.901
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.260	1	10.554	3.480
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	18	1	84	28
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22565 TONY'S D'PRIMO Deep Dish Sausage Pizza, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 569g	Measure 2* 141g	Measure 3*
Proximates:							
Water	g	46.00		1	261.74	64.86	
Energy	kcal	277		0	1576	391	
Energy	kj	1159		0	6595	1634	
Protein (N x 5.95)	g	8.80		1	50.07	12.41	
Total lipid (fat)	g	14.10		1	80.23	19.88	
Carbohydrate, by difference	g	28.80		0	163.87	40.61	
Fiber, total dietary	g						
Ash	g	2.30		1	13.09	3.24	
Sugars, total	g						
Minerals:							
Calcium	mg	101		1	575	142	
Iron	mg	2.06		1	11.72	2.90	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	589		1	3351	830	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.070		1	23.158	5.739	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.150	1	29.304	7.262
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.990	1	17.013	4.216
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	11	1	63	16
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22566 TOTINO'S PARTY PIZZA Crisp Crust Combination Sausage and Pepperoni Pizza, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 304g	Measure 2* 152g	Measure 3*
Proximates:							
Water	g	50.90		1	154.74	77.37	
Energy	kcal	253		0	769	385	
Energy	kj	1059		0	3219	1610	
Protein (N x 5.95)	g	9.30		1	28.27	14.14	
Total lipid (fat)	g	13.40		1	40.74	20.37	
Carbohydrate, by difference	g	23.70		0	72.05	36.02	
Fiber, total dietary	g						
Ash	g	2.70		1	8.21	4.10	
Sugars, total	g						
Minerals:							
Calcium	mg	138		1	420	210	
Iron	mg	1.75		1	5.32	2.66	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	685		1	2082	1041	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.910		1	8.846	4.423	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.780	1	20.611	10.306
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.630	1	4.955	2.478
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	8	1	24	12
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22568 TOTINO'S PARTY PIZZA Crisp Crust Pepperoni, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 290g	Measure 2* 145g	Measure 3*
Proximates:							
Water	g	51.50		1	149.35	74.67	
Energy	kcal	251		0	728	364	
Energy	kj	1050		0	3045	1523	
Protein (N x 5.95)	g	8.80		1	25.52	12.76	
Total lipid (fat)	g	13.40		1	38.86	19.43	
Carbohydrate, by difference	g	23.80		0	69.02	34.51	
Fiber, total dietary	g						
Ash	g	2.50		1	7.25	3.63	
Sugars, total	g						
Minerals:							
Calcium	mg	162		1	470	235	
Iron	mg	1.50		1	4.35	2.17	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	671		1	1946	973	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.620		1	7.598	3.799	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.150	1	20.735	10.367
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.600	1	4.640	2.320
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	8	1	23	12
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22569 STOUFFER'S Stuffed Peppers with Beef in Tomato Sauce, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 439g	Measure 2* 220g	Measure 3*
Proximates:							
Water	g	82.20		1	360.86	180.84	
Energy	kcal	86		0	378	189	
Energy	kj	360		0	1580	792	
Protein (N x 5.95)	g	3.60		1	15.80	7.92	
Total lipid (fat)	g	3.70		1	16.24	8.14	
Carbohydrate, by difference	g	9.50		0	41.70	20.90	
Fiber, total dietary	g	2.4		1	10.5	5.3	
Ash	g	1.00		1	4.39	2.20	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	263		1	1155	579	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	39.4		1	173.0	86.7	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.240		1	5.444	2.728	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.710	1	7.507	3.762
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.241	1	1.058	0.530
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	10	1	44	22
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22570 STOUFFER'S Lasagna with Meat & Sauce, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 595g	Measure 2* 215g	Measure 3*
Proximates:							
Water	g	72.50		1	431.38	155.88	
Energy	kcal	129		0	768	277	
Energy	kj	540		0	3213	1161	
Protein (N x 5.95)	g	8.70		1	51.77	18.71	
Total lipid (fat)	g	5.00		1	29.75	10.75	
Carbohydrate, by difference	g	12.30		0	73.18	26.44	
Fiber, total dietary	g	1.5		1	8.9	3.2	
Ash	g	1.50		1	8.93	3.23	
Sugars, total	g						
Minerals:							
Calcium	mg	107		1	637	230	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	342		1	2035	735	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.190		1	13.030	4.708	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.620	1	9.639	3.483
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.260	1	1.547	0.559
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	19	1	113	41
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22571 BANQUET, OUR ORIGINAL Fried Chicken Meal, with Mashed Potatoes and Corn in Seasoned Sauce, frozen 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* 228g	Measure 2* 228g	Measure 3*
Proximates:							
Water	g	61.76		0	140.81	140.81	
Energy	kcal	206		0	470	470	
Energy	kj	862		0	1965	1965	
Protein (N x 5.95)	g	9.41		0	21.45	21.45	
Total lipid (fat)	g	11.86		0	27.04	27.04	
Carbohydrate, by difference	g	15.39		0	35.09	35.09	
Fiber, total dietary	g	0.9		0	2.1	2.1	
Ash	g	1.57		0	3.58	3.58	
Sugars, total	g	1.30		0	2.96	2.96	
Minerals:							
Calcium	mg	17		0	39	39	
Iron	mg	0.60		0	1.37	1.37	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	658		0	1500	1500	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.6		0	1.4	1.4	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.060		0	9.257	9.257	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.740	0	15.367	15.367
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.070	0	2.440	2.440
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	39	0	89	89
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22572 STOUFFER'S LEAN CUISINE Spaghetti with Meatballs and Sauce, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 269g	Measure 2* 269g	Measure 3*
Proximates:							
Water	g	74.90		1	201.48	201.48	
Energy	kcal	111		0	299	299	
Energy	kj	464		0	1248	1248	
Protein (N x 5.95)	g	6.70		1	18.02	18.02	
Total lipid (fat)	g	2.80		1	7.53	7.53	
Carbohydrate, by difference	g	14.70		0	39.54	39.54	
Fiber, total dietary	g	1.7		1	4.6	4.6	
Ash	g	0.90		1	2.42	2.42	
Sugars, total	g						
Minerals:							
Calcium	mg	35		1	94	94	
Iron	mg	0.88		1	2.37	2.37	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	173		1	465	465	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.767		1	2.063	2.063	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.020	1	2.744	2.744
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.499	1	1.342	1.342
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	2	1	5	5
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22573 STOUFFER'S LEAN CUISINE Swedish Meatballs with Pasta, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 258g	Measure 2* 258g	Measure 3*
Proximates:							
Water	g	75.80		1	195.56	195.56	
Energy	kcal	107		0	276	276	
Energy	kj	448		0	1156	1156	
Protein (N x 5.95)	g	8.40		1	21.67	21.67	
Total lipid (fat)	g	2.80		1	7.22	7.22	
Carbohydrate, by difference	g	12.10		0	31.22	31.22	
Fiber, total dietary	g	1.0		1	2.6	2.6	
Ash	g	0.90		1	2.32	2.32	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	0.80		1	2.06	2.06	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	218		1	562	562	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.939		1	2.423	2.423	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.907	1	2.340	2.340
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.403	1	1.040	1.040
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	18	1	46	46
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22574 BARBER FOODS Chicken Breast with Broccoli and Cheese Stuffing, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 340g	Measure 2* 168g	Measure 3*
Proximates:							
Water	g	63.80		1	216.92	107.18	
Energy	kcal	155		0	527	260	
Energy	kj	649		0	2207	1090	
Protein (N x 5.95)	g	12.40		1	42.16	20.83	
Total lipid (fat)	g	10.20		1	34.68	17.14	
Carbohydrate, by difference	g	3.40		0	11.56	5.71	
Fiber, total dietary	g						
Ash	g	10.20		1	34.68	17.14	
Sugars, total	g						
Minerals:							
Calcium	mg	70		1	238	118	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	310		1	1054	521	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	8.0		1	27.2	13.4	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	50		1	170	84	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.630		1	8.942	4.418	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.160	1	14.144	6.989
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.630	1	5.542	2.738
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	37	1	126	62
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22575 BARBER FOODS Chicken Cordon Bleu, Filled with Cheese and Ham, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 340g	Measure 2* 168g	Measure 3*
Proximates:							
Water	g	62.10		1	211.14	104.33	
Energy	kcal	205		0	697	344	
Energy	kj	858		0	2917	1441	
Protein (N x 5.95)	g	15.20		1	51.68	25.54	
Total lipid (fat)	g	12.20		1	41.48	20.50	
Carbohydrate, by difference	g	8.70		0	29.58	14.62	
Fiber, total dietary	g						
Ash	g	1.80		1	6.12	3.02	
Sugars, total	g						
Minerals:							
Calcium	mg	86		1	292	144	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	449		1	1527	754	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	128		1	435	215	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.390		1	11.526	5.695	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.910	1	16.694	8.249
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.930	1	6.562	3.242
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	48	1	163	81
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22576 STOUFFER'S LEAN CUISINE Macaroni and Beef in Tomato Sauce, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 283g	Measure 2* 283g	Measure 3*
Proximates:							
Water	g	79.40		1	224.70	224.70	
Energy	kcal	88		0	249	249	
Energy	kj	368		0	1041	1041	
Protein (N x 5.95)	g	4.90		1	13.87	13.87	
Total lipid (fat)	g	1.90		1	5.38	5.38	
Carbohydrate, by difference	g	12.90		0	36.51	36.51	
Fiber, total dietary	g	1.2		1	3.4	3.4	
Ash	g	0.90		1	2.55	2.55	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	0.77		1	2.18	2.18	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	199		1	563	563	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	55.6		1	157.3	157.3	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	350		1	991	991	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.578		1	1.636	1.636	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.727	1	2.057	2.057
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.248	1	0.702	0.702
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	8	1	23	23
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22577 STOUFFER'S LEAN CUISINE Chicken and Vegetables with Vermicelli, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 297g	Measure 2* 297g	Measure 3*
Proximates:							
Water	g	80.10		1	237.90	237.90	
Energy	kcal	85		0	252	252	
Energy	kj	356		0	1057	1057	
Protein (N x 5.95)	g	6.30		1	18.71	18.71	
Total lipid (fat)	g	1.90		1	5.64	5.64	
Carbohydrate, by difference	g	10.80		0	32.08	32.08	
Fiber, total dietary	g	1.7		1	5.0	5.0	
Ash	g	0.90		1	2.67	2.67	
Sugars, total	g						
Minerals:							
Calcium	mg	35		1	104	104	
Iron	mg	0.45		1	1.34	1.34	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	196		1	582	582	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	4.9		1	14.6	14.6	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	67		1	199	199	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.346		1	1.028	1.028	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.718	1	2.132	2.132
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.466	1	1.384	1.384
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	8	1	24	24
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22578 STOUFFER'S LEAN CUISINE HOMESTYLE Beef Pot Roast with Whipped Potatoes, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 255g	Measure 2* 255g	Measure 3*
Proximates:							
Water	g	81.10		1	206.81	206.81	
Energy	kcal	81		0	207	207	
Energy	kj	339		0	864	864	
Protein (N x 5.95)	g	6.80		1	17.34	17.34	
Total lipid (fat)	g	2.10		1	5.36	5.36	
Carbohydrate, by difference	g	8.80		0	22.44	22.44	
Fiber, total dietary	g	1.4		1	3.6	3.6	
Ash	g	1.20		1	3.06	3.06	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	194		1	495	495	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	383		1	977	977	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.512		1	1.306	1.306	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.896	1	2.285	2.285
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.317	1	0.808	0.808
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	15	1	38	38
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22579 STOUFFER'S Creamed Chipped Beef, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 311g	Measure 2* 125g	Measure 3*
Proximates:							
Water	g	74.90		1	232.94	93.63	
Energy	kcal	140		0	435	175	
Energy	kj	586		0	1822	733	
Protein (N x 5.95)	g	7.90		1	24.57	9.88	
Total lipid (fat)	g	9.50		1	29.55	11.88	
Carbohydrate, by difference	g	5.70		0	17.73	7.12	
Fiber, total dietary	g						
Ash	g	2.00		1	6.22	2.50	
Sugars, total	g						
Minerals:							
Calcium	mg	152		1	473	190	
Iron	mg	0.73		1	2.27	0.91	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	497		1	1546	621	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.030		1	12.533	5.038	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.810	1	8.739	3.513
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.940	1	2.923	1.175
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	35	1	109	44
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22580 STOUFFER'S LEAN CUISINE Spaghetti with Meat Sauce, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 326g	Measure 2* 326g	Measure 3*
Proximates:							
Water	g	77.40		1	252.32	252.32	
Energy	kcal	96		0	313	313	
Energy	kj	402		0	1311	1311	
Protein (N x 5.95)	g	4.40		1	14.34	14.34	
Total lipid (fat)	g	1.80		1	5.87	5.87	
Carbohydrate, by difference	g	15.50		0	50.53	50.53	
Fiber, total dietary	g	1.7		1	5.5	5.5	
Ash	g	0.90		1	2.93	2.93	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	0.65		1	2.12	2.12	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	187		1	610	610	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	10.7		1	34.9	34.9	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	167		1	544	544	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.415		1	1.353	1.353	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.700	1	2.282	2.282
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.406	1	1.324	1.324
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	4	1	13	13
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22581 STOUFFER'S LEAN CUISINE Chicken a l'Orange in Sauce with Broccoli and Rice, frozen 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* 255g	Measure 2* 255g	Measure 3*
Proximates:							
Water	g	73.90		1	188.44	188.44	
Energy	kcal	105		0	268	268	
Energy	kj	439		0	1119	1119	
Protein (N x 5.95)	g	9.60		1	24.48	24.48	
Total lipid (fat)	g	0.70		1	1.79	1.79	
Carbohydrate, by difference	g	15.10		0	38.50	38.50	
Fiber, total dietary	g						
Ash	g	0.70		1	1.78	1.78	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	141		1	360	360	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	7.1		1	18.1	18.1	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	600		1	1530	1530	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.164		1	0.418	0.418	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.197	1	0.502	0.502
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.162	1	0.413	0.413
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	18	1	46	46
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22582 STOUFFER'S LEAN CUISINE Oriental Beef with Vegetables and Rice, frozen 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* 255g	Measure 2* 255g	Measure 3*
Proximates:							
Water	g	77.70		1	198.13	198.13	
Energy	kcal	95		0	242	242	
Energy	kj	397		0	1012	1012	
Protein (N x 5.95)	g	5.30		1	13.52	13.52	
Total lipid (fat)	g	1.90		1	4.85	4.85	
Carbohydrate, by difference	g	14.20		0	36.21	36.21	
Fiber, total dietary	g						
Ash	g	0.90		1	2.29	2.29	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	195		1	497	497	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	10.4		1	26.5	26.5	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	1000		1	2550	2550	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.714		1	1.821	1.821	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.770	1	1.964	1.964
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.153	1	0.390	0.390
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	9	1	23	23
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22583 STOUFFER'S HOMESTYLE Salisbury Steak in Gravy & Macaroni and Cheese, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 272g	Measure 2* 272g	Measure 3*
Proximates:							
Water	g	72.80		1	198.02	198.02	
Energy	kcal	142		0	386	386	
Energy	kj	594		0	1616	1616	
Protein (N x 5.95)	g	8.30		1	22.58	22.58	
Total lipid (fat)	g	7.80		1	21.22	21.22	
Carbohydrate, by difference	g	9.70		0	26.38	26.38	
Fiber, total dietary	g						
Ash	g	1.40		1	3.81	3.81	
Sugars, total	g						
Minerals:							
Calcium	mg	72		1	196	196	
Iron	mg	0.84		1	2.28	2.28	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	373		1	1015	1015	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.940		1	7.997	7.997	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.920	1	7.942	7.942
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.680	1	1.850	1.850
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	23	1	63	63
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22584 PATIO Beef & Bean Burrito with Green Chili, mild, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 140g	Measure 3*
Proximates:							
Water	g	50.46		0	70.64	70.64	
Energy	kcal	232		0	325	325	
Energy	kj	971		0	1359	1359	
Protein (N x 5.95)	g	7.09		0	9.93	9.93	
Total lipid (fat)	g	8.52		0	11.93	11.93	
Carbohydrate, by difference	g	31.70		0	44.38	44.38	
Fiber, total dietary	g	2.8		0	3.9	3.9	
Ash	g	2.24		0	3.14	3.14	
Sugars, total	g	2.10		0	2.94	2.94	
Minerals:							
Calcium	mg	21		0	29	29	
Iron	mg	0.71		0	0.99	0.99	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	628		0	879	879	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.850		0	3.990	3.990	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.250	0	4.550	4.550
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.410	0	3.374	3.374
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	14	0	20	20
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22585 STOUFFER'S LEAN CUISINE Homestyle Stuffed Cabbage with Meat in Tomato Sauce and Whipped Potatoes, frozen 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* 269g	Measure 2* 269g	Measure 3*
Proximates:							
Water	g	83.10		1	223.54	223.54	
Energy	kcal	74		0	199	199	
Energy	kj	310		0	834	834	
Protein (N x 5.95)	g	4.30		1	11.57	11.57	
Total lipid (fat)	g	2.10		1	5.65	5.65	
Carbohydrate, by difference	g	9.60		0	25.82	25.82	
Fiber, total dietary	g	2.4		1	6.5	6.5	
Ash	g	0.90		1	2.42	2.42	
Sugars, total	g						
Minerals:							
Calcium	mg	39		1	105	105	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	153		1	412	412	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	19.7		1	53.0	53.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.625		1	1.681	1.681	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.883	1	2.375	2.375
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.278	1	0.748	0.748
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	9	1	24	24
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22586 PATIO Mexican Style Dinner with Tamales, Beef Enchiladas and Chili Sauce, Beans and Rice, frozen 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* 376g	Measure 2* 376g	Measure 3*
Proximates:							
Water	g	71.00		1	266.96	266.96	
Energy	kcal	135		0	508	508	
Energy	kj	565		0	2124	2124	
Protein (N x 5.95)	g	3.70		1	13.91	13.91	
Total lipid (fat)	g	5.30		1	19.93	19.93	
Carbohydrate, by difference	g	18.20		0	68.43	68.43	
Fiber, total dietary	g	2.2		1	8.3	8.3	
Ash	g	1.80		1	6.77	6.77	
Sugars, total	g						
Minerals:							
Calcium	mg	64		1	241	241	
Iron	mg	0.76		1	2.86	2.86	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	482		1	1812	1812	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.3		1	4.9	4.9	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	167		1	628	628	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.800		1	6.768	6.768	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.050	1	7.708	7.708
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.720	1	2.707	2.707
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	7	1	26	26
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22587 HEALTHY CHOICE Chicken Teriyaki with Rice Medley, Mixed Vegetables in Butter Sauce and Apple Cherry Compote, frozen 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* 312g	Measure 2* 312g	Measure 3*
Proximates:							
Water	g	80.00		0	249.60	249.60	
Energy	kcal	86		0	268	268	
Energy	kj	360		0	1123	1123	
Protein (N x 5.95)	g	5.47		0	17.07	17.07	
Total lipid (fat)	g	1.80		0	5.62	5.62	
Carbohydrate, by difference	g	11.89		0	37.10	37.10	
Fiber, total dietary	g	0.9		0	2.8	2.8	
Ash	g	0.84		0	2.62	2.62	
Sugars, total	g	3.50		0	10.92	10.92	
Minerals:							
Calcium	mg	12		0	37	37	
Iron	mg	0.35		0	1.09	1.09	
Magnesium	mg						
Phosphorus	mg	72		0	225	225	
Potassium	mg	136		0	424	424	
Sodium	mg	193		0	602	602	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.9		0	12.2	12.2	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	379		0	1182	1182	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.960		0	2.995	2.995	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.690	0	2.153	2.153
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.150	0	0.468	0.468
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	14	0	44	44
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22588 HEALTHY CHOICE Chicken Enchilada Suprema in Green Chili Sauce, Mexican Style Rice, Corn Medley, and Apple Raspberry Compote, frozen 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* 320g	Measure 2* 320g	Measure 3*
Proximates:							
Water	g	78.60		0	251.52	251.52	
Energy	kcal	93		0	298	298	
Energy	kj	389		0	1245	1245	
Protein (N x 5.95)	g	4.06		0	12.99	12.99	
Total lipid (fat)	g	2.10		0	6.72	6.72	
Carbohydrate, by difference	g	14.37		0	45.98	45.98	
Fiber, total dietary	g	1.3		0	4.2	4.2	
Ash	g	0.87		0	2.78	2.78	
Sugars, total	g	2.50		0	8.00	8.00	
Minerals:							
Calcium	mg	42		0	134	134	
Iron	mg	0.24		0	0.77	0.77	
Magnesium	mg						
Phosphorus	mg	74		0	237	237	
Potassium	mg	120		0	384	384	
Sodium	mg	176		0	563	563	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	5.7		0	18.2	18.2	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	240		0	768	768	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.970		0	3.104	3.104	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.810	0	2.592	2.592
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.320	0	1.024	1.024
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	12	0	38	38
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22592 Cinnamon Swirl French Toast with Sausage, frozen breakfast

Refuse: 0%

Nutrients 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* 156g	Measure 3*
Proximates:							
Water	g	50.80		1	79.25	79.25	
Energy	kcal	266		0	415	415	
Energy	kj	1113		0	1736	1736	
Protein (N x 5.95)	g	8.40		1	13.10	13.10	
Total lipid (fat)	g	14.90		1	23.24	23.24	
Carbohydrate, by difference	g	24.50		0	38.22	38.22	
Fiber, total dietary	g	1.5		1	2.3	2.3	
Ash	g	1.40		1	2.18	2.18	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	1.63		1	2.54	2.54	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	322		1	502	502	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.680		1	7.301	7.301	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.040	1	9.422	9.422
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.200	1	3.432	3.432
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	63	1	98	98
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22595 Scrambled Eggs & Sausage with Hashed Brown Potatoes, frozen breakfast

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 177g	Measure 2* 177g	Measure 3*
Proximates:							
Water	g	66.30		1	117.35	117.35	
Energy	kcal	204		0	361	361	
Energy	kj	854		0	1512	1512	
Protein (N x 5.95)	g	7.10		1	12.57	12.57	
Total lipid (fat)	g	15.20		1	26.90	26.90	
Carbohydrate, by difference	g	9.70		0	17.17	17.17	
Fiber, total dietary	g	0.8		1	1.4	1.4	
Ash	g	1.70		1	3.01	3.01	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	0.94		1	1.66	1.66	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	436		1	772	772	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.150		1	7.346	7.346	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.160	1	12.673	12.673
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.050	1	3.629	3.629
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	160	1	283	283
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22598 RED BARON Supreme Pizza, Sausage, Mushrooms, Pepperoni, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 686g	Measure 2* 136g	Measure 3*
Proximates:							
Water	g	50.90		1	349.17	69.22	
Energy	kcal	253		0	1736	344	
Energy	kj	1059		0	7265	1440	
Protein (N x 5.95)	g	10.00		1	68.60	13.60	
Total lipid (fat)	g	13.30		1	91.24	18.09	
Carbohydrate, by difference	g	23.40		0	160.52	31.82	
Fiber, total dietary	g						
Ash	g	2.40		1	16.46	3.26	
Sugars, total	g						
Minerals:							
Calcium	mg	164		1	1125	223	
Iron	mg	1.68		1	11.52	2.28	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	543		1	3725	738	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.480		1	30.733	6.093	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.270	1	36.152	7.167
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.820	1	12.485	2.475
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	17	1	117	23
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22599 MARIE CALLENDER'S Turkey with Gravy & Dressing with Broccoli, frozen 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* 397g	Measure 2* 397g	Measure 3*
Proximates:							
Water	g	72.57		0	288.10	288.10	
Energy	kcal	127		0	504	504	
Energy	kj	531		0	2108	2108	
Protein (N x 5.95)	g	7.82		0	31.05	31.05	
Total lipid (fat)	g	4.79		0	19.02	19.02	
Carbohydrate, by difference	g	13.06		0	51.85	51.85	
Fiber, total dietary	g						
Ash	g	1.76		0	6.99	6.99	
Sugars, total	g	2.80		0	11.12	11.12	
Minerals:							
Calcium	mg	33		0	131	131	
Iron	mg	1.10		0	4.37	4.37	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	513		0	2037	2037	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	6.0		0	23.8	23.8	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	100		0	397	397	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.290		0	9.091	9.091	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.060	0	8.178	8.178
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.440	0	1.747	1.747
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	20	0	79	79
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22600 GREEN GIANT, Broccoli in Cheese Flavored Sauce, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 168g	Measure 2* 280g	Measure 3* 112g
Proximates:							
Water	g	84.50		1	141.96	236.60	94.64
Energy	kcal	67		0	113	188	75
Energy	kj	282		0	474	790	316
Protein (N x 5.95)	g	2.30		1	3.86	6.44	2.58
Total lipid (fat)	g	2.50		1	4.20	7.00	2.80
Carbohydrate, by difference	g	8.90		0	14.95	24.92	9.97
Fiber, total dietary	g						
Ash	g	1.80		1	3.02	5.04	2.02
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	480		1	806	1344	538
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	35.4		1	59.5	99.1	39.6
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	1350		1	2268	3781	1512
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.480		1	0.806	1.344	0.538
4:0	g						
6.0	g						
8:0	g	0.004		1	0.007	0.011	0.004
10:0	g	0.008		1	0.013	0.022	0.009
12:0	g	0.010		1	0.017	0.028	0.011
14:0	g	0.037		1	0.062	0.104	0.041
15.0	g	0.004		1	0.007	0.011	0.004
16:0	g	0.258		1	0.433	0.722	0.289
17:0	g	0.004		1	0.007	0.011	0.004
18:0	g	0.146		1	0.245	0.409	0.164
20:0	g	0.006		1	0.010	0.017	0.007
22.0	g	0.006		1	0.010	0.017	0.007
24:0	g						

Monounsaturated, total	g	1.009	1	1.695	2.825	1.130
14:1	g	0.001	1	0.002	0.003	0.001
16:1	g	0.009	1	0.015	0.025	0.010
18:1	g	0.986	1	1.656	2.761	1.104
20:1	g	0.005	1	0.008	0.014	0.006
22.1	g					
Polyunsaturated, total	g	0.253	1	0.425	0.708	0.283
18:2	g	0.189	1	0.318	0.529	0.212
18:3	g	0.062	1	0.104	0.174	0.069
18:4	g					
20:4	g	0.001	1	0.002	0.003	0.001
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package
Measure 3: 1 serving

NDB No. 22601 HANOVER, STIR FRY 2, White Rice and Vegetables with Oriental Soy Sauce, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 137g	Measure 2* 493g	Measure 3* 137g
Proximates:							
Water	g	75.00		1	102.75	369.75	102.75
Energy	kcal	95		0	130	467	130
Energy	kj	396		0	543	1952	543
Protein (N x 5.95)	g	3.30		1	4.52	16.27	4.52
Total lipid (fat)	g	0.30		1	0.41	1.48	0.41
Carbohydrate, by difference	g	19.70		0	26.99	97.12	26.99
Fiber, total dietary	g	1.8		1	2.5	8.9	2.5
Ash	g	1.70		1	2.33	8.38	2.33
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	464		1	636	2288	636
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	11.9		1	16.3	58.7	16.3
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

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

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package
Measure 3: 1 serving

NDB No. 22602 STOUFFER'S, Creamed Spinach, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 250g	Measure 3* 125g
Proximates:							
Water	g	77.80		1	194.50	194.50	97.25
Energy	kcal	135		0	336	336	168
Energy	kj	563		0	1408	1408	704
Protein (N x 5.95)	g	2.80		1	7.00	7.00	3.50
Total lipid (fat)	g	10.50		1	26.25	26.25	13.13
Carbohydrate, by difference	g	7.20		0	18.00	18.00	9.00
Fiber, total dietary	g	1.8		1	4.5	4.5	2.3
Ash	g	1.70		1	4.25	4.25	2.13
Sugars, total	g						
Minerals:							
Calcium	mg	113		1	283	283	141
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	268		1	670	670	335
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	3651		1	9127	9127	4563
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.960		1	7.400	7.400	3.700
4:0	g						
6.0	g						
8:0	g	0.046		1	0.115	0.115	0.058
10:0	g	0.102		1	0.255	0.255	0.128
12:0	g	0.113		1	0.282	0.282	0.141
14:0	g	0.360		1	0.900	0.900	0.450
15.0	g	0.038		1	0.095	0.095	0.048
16:0	g	1.582		1	3.955	3.955	1.978
17:0	g	0.029		1	0.072	0.072	0.036
18:0	g	0.651		1	1.627	1.627	0.814
20:0	g	0.029		1	0.072	0.072	0.036
22.0	g	0.029		1	0.072	0.072	0.036
24:0	g						

Monounsaturated, total	g	2.268	1	5.670	5.670	2.835
14:1	g	0.028	1	0.070	0.070	0.035
16:1	g	0.067	1	0.168	0.168	0.084
18:1	g	2.144	1	5.360	5.360	2.680
20:1	g	0.019	1	0.048	0.048	0.024
22.1	g					
Polyunsaturated, total	g	3.592	1	8.980	8.980	4.490
18:2	g	3.052	1	7.630	7.630	3.815
18:3	g	0.531	1	1.327	1.327	0.664
18:4	g					
20:4	g	0.005	1	0.013	0.013	0.006
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	13	1	32	32	16
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package
Measure 3: 1 serving

NDB No. 22603 THE BUDGET GOURMET, Spinach au Gratin, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 155g	Measure 2* 155g	Measure 3*
Proximates:							
Water	g	75.10		1	116.41	116.41	
Energy	kcal	143		0	222	222	
Energy	kj	599		0	928	928	
Protein (N x 5.95)	g	4.30		1	6.67	6.67	
Total lipid (fat)	g	10.70		1	16.59	16.59	
Carbohydrate, by difference	g	7.40		0	11.47	11.47	
Fiber, total dietary	g	1.5		1	2.3	2.3	
Ash	g	2.50		1	3.88	3.88	
Sugars, total	g						
Minerals:							
Calcium	mg	157		1	243	243	
Iron	mg	1.26		1	1.95	1.95	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	422		1	654	654	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	17.5		1	27.1	27.1	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	4567		1	7078	7078	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.900		1	7.595	7.595	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	27	1	42	42
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 serving

NDB No. 22604 HEALTHY CHOICE, Cheddar Broccoli Potatoes with Cheese Sauce, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 298g	Measure 2* 297g	Measure 3*
Proximates:							
Water	g	74.15		1	220.97	220.23	
Energy	kcal	110		0	328	327	
Energy	kj	460		0	1371	1366	
Protein (N x 5.95)	g	4.36		1	12.99	12.95	
Total lipid (fat)	g	2.34		1	6.97	6.95	
Carbohydrate, by difference	g	17.80		0	53.04	52.87	
Fiber, total dietary	g	2.0		1	6.0	5.9	
Ash	g	11.34		1	33.79	33.68	
Sugars, total	g	2.50		1	7.45	7.42	
Minerals:							
Calcium	mg	81		1	241	241	
Iron	mg	0.36		1	1.07	1.07	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	185		1	551	549	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	9.7		1	28.9	28.8	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	111		1	331	330	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.000		1	2.980	2.970	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.730	1	2.175	2.168
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.610	1	1.818	1.812
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	9	1	27	27
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 serving

NDB No. 22605 BANQUET Veal Parmigiana Meal with Tomato Sauce, Mashed Potatoes and Peas in Seasoned Sauce, frozen 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* 255g	Measure 2* 255g	Measure 3*
Proximates:							
Water	g	72.51		0	184.90	184.90	
Energy	kcal	142		0	362	362	
Energy	kj	594		0	1515	1515	
Protein (N x 5.95)	g	4.95		0	12.62	12.62	
Total lipid (fat)	g	7.47		0	19.05	19.05	
Carbohydrate, by difference	g	13.66		0	34.83	34.83	
Fiber, total dietary	g	2.6		0	6.6	6.6	
Ash	g	1.42		0	3.62	3.62	
Sugars, total	g	5.90		0	15.04	15.04	
Minerals:							
Calcium	mg	26		0	66	66	
Iron	mg	0.90		0	2.29	2.29	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	378		0	964	964	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	10.9		0	27.8	27.8	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	99		0	252	252	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.430		0	6.197	6.197	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.670	0	9.358	9.358
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.360	0	3.468	3.468
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	10	0	26	26
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22606 HEALTHY CHOICE Cacciatore Chicken, Pasta with Chicken Breast Pieces and Vegetables in Cacciatore Sauce, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 354g	Measure 2* 354g	Measure 3*
Proximates:							
Water	g	81.58		0	288.79	288.79	
Energy	kcal	75		0	266	266	
Energy	kj	314		0	1112	1112	
Protein (N x 5.95)	g	6.21		0	21.98	21.98	
Total lipid (fat)	g	1.12		0	3.96	3.96	
Carbohydrate, by difference	g	10.13		0	35.86	35.86	
Fiber, total dietary	g	1.4		0	5.0	5.0	
Ash	g	0.95		0	3.36	3.36	
Sugars, total	g	2.80		0	9.91	9.91	
Minerals:							
Calcium	mg	15		0	53	53	
Iron	mg	0.63		0	2.23	2.23	
Magnesium	mg						
Phosphorus	mg	72		0	255	255	
Potassium	mg	212		0	750	750	
Sodium	mg	156		0	552	552	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	75		0	266	266	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.280		0	0.991	0.991	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.670	0	2.372	2.372
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.180	0	0.637	0.637
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	9	0	32	32
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22607 BANQUET Turkey & Gravy with Dressing Meal, with Mashed Potatoes and Corn in Seasoned Sauce, frozen 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* 262g	Measure 2* 262g	Measure 3*
Proximates:							
Water	g	76.47		0	200.35	200.35	
Energy	kcal	107		0	280	280	
Energy	kj	448		0	1174	1174	
Protein (N x 5.95)	g	5.34		0	13.99	13.99	
Total lipid (fat)	g	3.76		0	9.85	9.85	
Carbohydrate, by difference	g	12.97		0	33.98	33.98	
Fiber, total dietary	g	1.1		0	2.9	2.9	
Ash	g	1.46		0	3.83	3.83	
Sugars, total	g	2.50		0	6.55	6.55	
Minerals:							
Calcium	mg	18		0	47	47	
Iron	mg	0.53		0	1.39	1.39	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	405		0	1061	1061	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	32		0	84	84	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.970		0	2.541	2.541	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.400	0	3.668	3.668
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.400	0	3.668	3.668
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	20	0	52	52
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22608 MICHELINA'S Spaghetti with Meatballs & Pomodoro Sauce, Low Fat frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	74.20		1	210.73	210.73	
Energy	kcal	110		0	312	312	
Energy	kj	460		0	1306	1306	
Protein (N x 5.95)	g	4.80		1	13.63	13.63	
Total lipid (fat)	g	2.50		1	7.10	7.10	
Carbohydrate, by difference	g	17.10		0	48.56	48.56	
Fiber, total dietary	g	2.2		1	6.2	6.2	
Ash	g	1.40		1	3.98	3.98	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	1.03		1	2.93	2.93	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	356		1	1011	1011	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.1		1	8.8	8.8	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	183		1	520	520	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.779		1	2.212	2.212	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.925	1	2.627	2.627
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.370	1	1.051	1.051
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	5	1	14	14
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22609 STOUFFER'S LEAN CUISINE LUNCH EXPRESS Rice and Chicken Stir-Fry with Vegetables, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 255g	Measure 2* 255g	Measure 3*
Proximates:							
Water	g	76.00		1	193.80	193.80	
Energy	kcal	106		0	270	270	
Energy	kj	444		0	1132	1132	
Protein (N x 5.95)	g	4.60		1	11.73	11.73	
Total lipid (fat)	g	2.90		1	7.40	7.40	
Carbohydrate, by difference	g	15.50		0	39.52	39.52	
Fiber, total dietary	g	2.3		1	5.9	5.9	
Ash	g	1.00		1	2.55	2.55	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	248		1	632	632	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	9.3		1	23.7	23.7	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	2067		1	5271	5271	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.364		1	0.928	0.928	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.360	1	3.468	3.468
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.792	1	2.020	2.020
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	10	1	26	26
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22610 STOUFFER'S LUNCH EXPRESS Chicken Alfredo with fettucini and vegetables, frozen 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* 272g	Measure 2* 272g	Measure 3*
Proximates:							
Water	g	73.20		1	199.10	199.10	
Energy	kcal	137		0	373	373	
Energy	kj	573		0	1559	1559	
Protein (N x 5.95)	g	7.00		1	19.04	19.04	
Total lipid (fat)	g	6.80		1	18.50	18.50	
Carbohydrate, by difference	g	12.00		0	32.64	32.64	
Fiber, total dietary	g	1.4		1	3.8	3.8	
Ash	g	1.00		1	2.72	2.72	
Sugars, total	g						
Minerals:							
Calcium	mg	54		1	147	147	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	216		1	588	588	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	8.9		1	24.2	24.2	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	892		1	2426	2426	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.570		1	6.990	6.990	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.300	1	6.256	6.256
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.880	1	2.394	2.394
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	21	1	57	57
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22611 STOUFFER'S LEAN CUISINE Chicken Enchilada Suiza with Sour Cream Sauce and Mexican-Style Rice, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 255g	Measure 2* 255g	Measure 3*
Proximates:							
Water	g	72.20		1	184.11	184.11	
Energy	kcal	117		0	298	298	
Energy	kj	490		0	1250	1250	
Protein (N x 5.95)	g	4.50		1	11.47	11.47	
Total lipid (fat)	g	1.90		1	4.85	4.85	
Carbohydrate, by difference	g	20.40		0	52.02	52.02	
Fiber, total dietary	g	1.7		1	4.3	4.3	
Ash	g	1.00		1	2.55	2.55	
Sugars, total	g						
Minerals:							
Calcium	mg	72		1	184	184	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	211		1	538	538	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.570		1	1.454	1.454	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.584	1	1.489	1.489
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.417	1	1.063	1.063
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	8	1	20	20
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22613 LAS CAMPANAS Beef & Bean Burrito, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 1140g	Measure 2* 114g	Measure 3*
Proximates:							
Water	g	46.40		1	528.96	52.90	
Energy	kcal	260		0	2964	296	
Energy	kj	1088		0	12403	1240	
Protein (N x 5.95)	g	7.60		1	86.64	8.66	
Total lipid (fat)	g	10.60		1	120.84	12.08	
Carbohydrate, by difference	g	33.50		0	381.90	38.19	
Fiber, total dietary	g	0.7		1	8.0	0.8	
Ash	g	1.90		1	21.66	2.17	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	2.73		1	31.12	3.11	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	508		1	5791	579	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.670		1	41.838	4.184	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.840	1	55.176	5.518
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.690	1	7.866	0.787
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	11	1	125	13
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22614 STOUFFER'S Escalloped Chicken & Noodles, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 283g	Measure 2* 283g	Measure 3*
Proximates:							
Water	g	71.70		1	202.91	202.91	
Energy	kcal	129		0	365	365	
Energy	kj	540		0	1528	1528	
Protein (N x 5.95)	g	6.00		1	16.98	16.98	
Total lipid (fat)	g	11.10		1	31.41	31.41	
Carbohydrate, by difference	g	1.30		0	3.68	3.68	
Fiber, total dietary	g						
Ash	g	9.90		1	28.02	28.02	
Sugars, total	g						
Minerals:							
Calcium	mg	41		1	116	116	
Iron	mg	0.40		1	1.13	1.13	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	428		1	1211	1211	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.320		1	6.566	6.566	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.710	1	7.669	7.669
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	4.790	1	13.556	13.556
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	27	1	76	76
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22615 STOUFFER'S Chicken Enchilada and Mexican-Style Rice with Monterey Jack Cheese Sauce, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 283g	Measure 2* 283g	Measure 3*
Proximates:							
Water	g	71.90		1	203.48	203.48	
Energy	kcal	133		0	376	376	
Energy	kj	556		0	1573	1573	
Protein (N x 5.95)	g	4.40		1	12.45	12.45	
Total lipid (fat)	g	5.20		1	14.72	14.72	
Carbohydrate, by difference	g	17.10		0	48.39	48.39	
Fiber, total dietary	g	1.6		1	4.5	4.5	
Ash	g	1.40		1	3.96	3.96	
Sugars, total	g						
Minerals:							
Calcium	mg	90		1	255	255	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	354		1	1002	1002	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	5.4		1	15.3	15.3	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	267		1	756	756	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.190		1	3.368	3.368	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.560	1	4.415	4.415
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.310	1	3.707	3.707
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	9	1	25	25
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22616 THE BUDGET GOURMET LIGHT & HEALTHY Beef Sirloin Salisbury Steak with Red Skinned Potatoes & Vegetables, frozen 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* 311g	Measure 2* 311g	Measure 3*
Proximates:							
Water	g	80.30		1	249.73	249.73	
Energy	kcal	84		0	261	261	
Energy	kj	351		0	1092	1092	
Protein (N x 5.95)	g	5.90		1	18.35	18.35	
Total lipid (fat)	g	1.90		1	5.91	5.91	
Carbohydrate, by difference	g	10.90		0	33.90	33.90	
Fiber, total dietary	g	2.3		1	7.2	7.2	
Ash	g	1.00		1	3.11	3.11	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	0.98		1	3.05	3.05	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	159		1	494	494	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	16.4		1	51.0	51.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	467		1	1452	1452	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.649		1	2.018	2.018	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.564	1	1.754	1.754
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.301	1	0.936	0.936
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	14	1	44	44
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22617 THE BUDGET GOURMET LIGHT French Recipe Chicken; Vegetables, Chicken Breast and Potatoes in Red Wine Sauce, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 255g	Measure 2* 255g	Measure 3*
Proximates:							
Water	g	83.90		1	213.94	213.94	
Energy	kcal	70		0	179	179	
Energy	kj	293		0	747	747	
Protein (N x 5.95)	g	9.00		1	22.95	22.95	
Total lipid (fat)	g	2.20		1	5.61	5.61	
Carbohydrate, by difference	g	3.60		0	9.18	9.18	
Fiber, total dietary	g	2.4		1	6.1	6.1	
Ash	g	1.30		1	3.31	3.31	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	339		1	864	864	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	900		1	2295	2295	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.567		1	1.446	1.446	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.060	1	2.703	2.703
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.189	1	0.482	0.482
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	10	1	26	26
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22618 WEIGHT WATCHERS ULTIMATE 200 Barbecue Glazed Chicken and Sauce with Mixed Vegetables, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 209g	Measure 2* 209g	Measure 3*
Proximates:							
Water	g	76.50		1	159.88	159.88	
Energy	kcal	104		0	217	217	
Energy	kj	435		0	909	909	
Protein (N x 5.95)	g	9.00		1	18.81	18.81	
Total lipid (fat)	g	2.10		1	4.39	4.39	
Carbohydrate, by difference	g	12.40		0	25.92	25.92	
Fiber, total dietary	g						
Ash	g						
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	0.52		1	1.09	1.09	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	194		1	405	405	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	10.3		1	21.5	21.5	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.476		1	0.995	0.995	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.746	1	1.559	1.559
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.526	1	1.099	1.099
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	23	1	48	48
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22619 HEALTHY CHOICE Country Roast Turkey with Mushrooms in Brown Gravy with Rice Pilaf, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 240g	Measure 3*
Proximates:							
Water	g	78.02		0	187.25	187.25	
Energy	kcal	93		0	223	223	
Energy	kj	389		0	934	934	
Protein (N x 5.95)	g	7.91		0	18.98	18.98	
Total lipid (fat)	g	1.64		0	3.94	3.94	
Carbohydrate, by difference	g	11.60		0	27.84	27.84	
Fiber, total dietary	g	1.3		0	3.1	3.1	
Ash	g	0.83		0	1.99	1.99	
Sugars, total	g	0.00		0	0.00	0.00	
Minerals:							
Calcium	mg	9		0	22	22	
Iron	mg	0.43		0	1.03	1.03	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	182		0	437	437	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	360		0	864	864	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.520		0	1.248	1.248	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.750	0	1.800	1.800
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.370	0	0.888	0.888
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	11	0	26	26
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22671 WEIGHT WATCHERS Chicken Enchilada Suiza, Sour Cream Sauce with Cheese, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 255g	Measure 2* 255g	Measure 3*
Proximates:							
Water	g	75.90		1	193.54	193.54	
Energy	kcal	111		0	283	283	
Energy	kj	464		0	1183	1183	
Protein (N x 5.95)	g	6.30		1	16.07	16.07	
Total lipid (fat)	g	3.80		1	9.69	9.69	
Carbohydrate, by difference	g	13.00		0	33.15	33.15	
Fiber, total dietary	g	1.4		1	3.6	3.6	
Ash	g	1.00		1	2.55	2.55	
Sugars, total	g						
Minerals:							
Calcium	mg	98		1	250	250	
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	203		1	518	518	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.450		1	3.697	3.697	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.160	1	2.958	2.958
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.524	1	1.336	1.336
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	25	1	64	64
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22672 WEIGHT WATCHERS SMART ONES Roast Turkey Medallions and Mushrooms in Sauce with Rice and Vegetables, frozen 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* 240g	Measure 2* 240g	Measure 3*
Proximates:							
Water	g	77.80		1	186.72	186.72	
Energy	kcal	89		0	214	214	
Energy	kj	372		0	893	893	
Protein (N x 5.95)	g	6.30		1	15.12	15.12	
Total lipid (fat)	g	0.70		1	1.68	1.68	
Carbohydrate, by difference	g	14.40		0	34.56	34.56	
Fiber, total dietary	g	1.3		1	3.1	3.1	
Ash	g	0.80		1	1.92	1.92	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	0.59		1	1.42	1.42	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	210		1	504	504	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	133		1	319	319	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.186		1	0.446	0.446	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.179	1	0.430	0.430
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.188	1	0.451	0.451
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	10	1	24	24
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22673 THE BUDGET GOURMET Italian Sausage Lasagna, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 298g	Measure 2* 298g	Measure 3*
Proximates:							
Water	g	70.30		1	209.49	209.49	
Energy	kcal	153		0	456	456	
Energy	kj	640		0	1907	1907	
Protein (N x 5.95)	g	6.90		1	20.56	20.56	
Total lipid (fat)	g	8.00		1	23.84	23.84	
Carbohydrate, by difference	g	13.40		0	39.93	39.93	
Fiber, total dietary	g	1.0		1	3.0	3.0	
Ash	g	1.40		1	4.17	4.17	
Sugars, total	g						
Minerals:							
Calcium	mg	106		1	316	316	
Iron	mg	0.90		1	2.68	2.68	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	303		1	903	903	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	725		1	2161	2161	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.740		1	8.165	8.165	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.280	1	9.774	9.774
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.670	1	1.997	1.997
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	16	1	48	48
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22674 CHUN KING Sweet & Sour Vegetables Fruit & Sauce with Chicken, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 1234g	Measure 2* 254g	Measure 3*
Proximates:							
Water	g	84.50		1	1042.73	214.63	
Energy	kcal	65		0	802	165	
Energy	kj	272		0	3356	691	
Protein (N x 5.95)	g	2.30		1	28.38	5.84	
Total lipid (fat)	g	0.70		1	8.64	1.78	
Carbohydrate, by difference	g	12.50		0	154.25	31.75	
Fiber, total dietary	g						
Ash	g						
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	222		1	2739	564	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	11.9		1	146.8	30.2	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	9	1	111	23
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22675 BANQUET EXTRA HELPING Meat Loaf Dinner, with Tomato Sauce, Mashed Potatoes and Carrots in Seasoned Sauce, frozen 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* 453g	Measure 2* 453g	Measure 3*
Proximates:							
Water	g	75.81		0	343.42	343.42	
Energy	kcal	135		0	612	612	
Energy	kj	565		0	2559	2559	
Protein (N x 5.95)	g	6.42		0	29.08	29.08	
Total lipid (fat)	g	8.84		0	40.05	40.05	
Carbohydrate, by difference	g	7.41		0	33.57	33.57	
Fiber, total dietary	g	1.4		0	6.3	6.3	
Ash	g	1.53		0	6.93	6.93	
Sugars, total	g	2.70		0	12.23	12.23	
Minerals:							
Calcium	mg	17		0	77	77	
Iron	mg	0.87		0	3.94	3.94	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	429		0	1943	1943	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.7		0	7.7	7.7	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	461		0	2088	2088	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.420		0	15.493	15.493	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.820	0	17.305	17.305
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.600	0	7.248	7.248
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	25	0	113	113
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22676 MARQUEZ PRIMERA Shredded Beef, Green Chili & Monterey Jack Cheese Burrito, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 142g	Measure 2* 142g	Measure 3*
Proximates:							
Water	g	50.80		1	72.14	72.14	
Energy	kcal	228		0	324	324	
Energy	kj	954		0	1355	1355	
Protein (N x 5.95)	g	10.50		1	14.91	14.91	
Total lipid (fat)	g	8.20		1	11.64	11.64	
Carbohydrate, by difference	g	28.10		0	39.90	39.90	
Fiber, total dietary	g						
Ash	g	2.40		1	3.41	3.41	
Sugars, total	g						
Minerals:							
Calcium	mg	88		1	125	125	
Iron	mg	2.01		1	2.85	2.85	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	541		1	768	768	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.650		1	3.763	3.763	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.400	1	3.408	3.408
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.880	1	2.670	2.670
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	19	1	27	27
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22677 MARIE CALLENDER'S Beef Stroganoff and Noodles with Carrots & Peas, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 368g	Measure 2* 368g	Measure 3*
Proximates:							
Water	g	67.37		0	247.92	247.92	
Energy	kcal	163		0	600	600	
Energy	kj	682		0	2510	2510	
Protein (N x 5.95)	g	8.26		0	30.40	30.40	
Total lipid (fat)	g	7.34		0	27.01	27.01	
Carbohydrate, by difference	g	15.95		0	58.70	58.70	
Fiber, total dietary	g	1.2		1	4.4	4.4	
Ash	g	1.08		0	3.97	3.97	
Sugars, total	g	2.20		0	8.10	8.10	
Minerals:							
Calcium	mg	19		0	70	70	
Iron	mg	0.49		0	1.80	1.80	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	310		0	1141	1141	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	59		0	217	217	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.010		0	11.077	11.077	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.250	0	11.960	11.960
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.080	0	3.974	3.974
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	19	0	70	70
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22679 Breakfast Burrito, Ham & Cheese Flavor, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 99g	Measure 2* 99g	Measure 3*
Proximates:							
Water	g	53.80		1	53.26	53.26	
Energy	kcal	214		0	212	212	
Energy	kj	895		0	886	886	
Protein (N x 5.95)	g	9.70		1	9.60	9.60	
Total lipid (fat)	g	7.00		1	6.93	6.93	
Carbohydrate, by difference	g	28.10		0	27.82	27.82	
Fiber, total dietary	g	1.4		1	1.4	1.4	
Ash	g	1.40		1	1.39	1.39	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	3.20		1	3.17	3.17	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	409		1	405	405	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.010		1	1.990	1.990	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.100	1	2.079	2.079
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.820	1	1.802	1.802
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	194	1	192	192
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22680 WEIGHT WATCHERS Macaroni & Beef in Tomato Sauce, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 269g	Measure 2* 269g	Measure 3*
Proximates:							
Water	g	74.90		1	201.48	201.48	
Energy	kcal	105		0	282	282	
Energy	kj	439		0	1181	1181	
Protein (N x 5.95)	g	5.80		1	15.60	15.60	
Total lipid (fat)	g	1.70		1	4.57	4.57	
Carbohydrate, by difference	g	16.60		0	44.65	44.65	
Fiber, total dietary	g	2.5		1	6.7	6.7	
Ash	g	1.00		1	2.69	2.69	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	2.11		1	5.68	5.68	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	183		1	492	492	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	10.2		1	27.4	27.4	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	367		1	987	987	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.588		1	1.582	1.582	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.657	1	1.767	1.767
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.225	1	0.605	0.605
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	5	1	13	13
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22682 FIESTA CAFE Beef & Bean Chimichanga, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 227g	Measure 2* 227g	Measure 3*
Proximates:							
Water	g	58.30		1	132.34	132.34	
Energy	kcal	186		0	422	422	
Energy	kj	778		0	1766	1766	
Protein (N x 5.95)	g	10.60		1	24.06	24.06	
Total lipid (fat)	g	5.10		1	11.58	11.58	
Carbohydrate, by difference	g	24.50		0	55.61	55.61	
Fiber, total dietary	g	2.7		1	6.1	6.1	
Ash	g	1.50		1	3.40	3.40	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	3.00		1	6.81	6.81	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	354		1	804	804	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.6		1	5.9	5.9	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.950		1	2.156	2.156	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.710	1	3.882	3.882
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.530	1	3.473	3.473
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	16	1	36	36
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22683 THE BUDGET GOURMET LIGHT & HEALTHY Teriyaki Chicken Breast with Oriental Style Vegetables, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 311g	Measure 2* 311g	Measure 3*
Proximates:							
Water	g	75.20		1	233.87	233.87	
Energy	kcal	102		0	317	317	
Energy	kj	427		0	1328	1328	
Protein (N x 5.95)	g	6.00		1	18.66	18.66	
Total lipid (fat)	g	1.20		1	3.73	3.73	
Carbohydrate, by difference	g	16.80		0	52.25	52.25	
Fiber, total dietary	g	1.3		1	4.0	4.0	
Ash	g	0.80		1	2.49	2.49	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	217		1	675	675	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	14.3		1	44.5	44.5	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	283		1	880	880	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.199		1	0.619	0.619	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.291	1	0.905	0.905
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.513	1	1.595	1.595
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	8	1	25	25
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22685 MARIE CALLENDER'S Escalloped Noodles & Chicken, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 232g	Measure 2* 368g	Measure 3* 171g
Proximates:							
Water	g	67.30		0	156.14	247.66	115.08
Energy	kcal	171		0	397	629	292
Energy	kj	715		0	1659	2631	1223
Protein (N x 5.95)	g	5.60		0	12.99	20.61	9.58
Total lipid (fat)	g	9.14		0	21.20	33.64	15.63
Carbohydrate, by difference	g	16.53		0	38.35	60.83	28.27
Fiber, total dietary	g						
Ash	g	1.43		0	3.32	5.26	2.45
Sugars, total	g	2.60		0	6.03	9.57	4.45
Minerals:							
Calcium	mg	45		0	104	166	77
Iron	mg	0.85		0	1.97	3.13	1.45
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	434		0	1007	1597	742
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	529		0	1227	1947	905
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.130		0	7.262	11.518	5.352
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.720	0	6.310	10.010	4.651
14:1	g					
16:1	g					
18:1	g					
20:1	g					
22.1	g					
Polyunsaturated, total	g	3.280	0	7.610	12.070	5.609
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package yields
Measure 3: 1 serving

NDB No. 22686 TYSON Beef Stir Fry Kit; Cooked White Rice, Oriental Style Vegetables, Seasoned Beef Strips, Oriental Style Sauce, frozen entree, Product Code 5332-921

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 810g	Measure 2* 405g	Measure 3*
Proximates:							
Water	g	73.55		1	595.75	297.88	
Energy	kcal	107		0	867	433	
Energy	kj	448		0	3629	1814	
Protein (N x 5.95)	g	6.37		1	51.60	25.80	
Total lipid (fat)	g	1.23		1	9.96	4.98	
Carbohydrate, by difference	g	17.48		0	141.59	70.79	
Fiber, total dietary	g						
Ash	g	1.37		1	11.10	5.55	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	391		1	3167	1584	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	6.2		1	50.2	25.1	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	682		1	5524	2762	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

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

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22687 TYSON Chicken Fajita Kit, frozen entree, Product Code 2266-921

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 756g	Measure 2* 107g	Measure 3*
Proximates:							
Water	g	71.84		1	543.11	76.87	
Energy	kcal	121		0	915	129	
Energy	kj	506		0	3825	541	
Protein (N x 5.95)	g	7.49		1	56.62	8.01	
Total lipid (fat)	g	3.07		1	23.21	3.28	
Carbohydrate, by difference	g	16.24		0	122.77	17.38	
Fiber, total dietary	g						
Ash	g	1.36		1	10.28	1.46	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	327		1	2472	350	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	9.7		1	73.3	10.4	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	51		1	386	55	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.780		1	5.897	0.835	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.210	1	9.148	1.295
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.550	1	4.158	0.589
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	12	1	91	13
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22688 TYSON Chicken Mesquite with Barbecue Sauce, Corn Medley and Potatoes au Gratin, frozen meal, Product Code 5121-921

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 255g	Measure 2* 255g	Measure 3*
Proximates:							
Water	g	70.92		1	180.85	180.85	
Energy	kcal	126		0	321	321	
Energy	kj	527		0	1344	1344	
Protein (N x 5.95)	g	6.97		1	17.77	17.77	
Total lipid (fat)	g	3.04		1	7.75	7.75	
Carbohydrate, by difference	g	17.63		0	44.96	44.96	
Fiber, total dietary	g	1.7		1	4.3	4.3	
Ash	g	1.46		1	3.72	3.72	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	311		1	793	793	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	186		1	474	474	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.020		1	2.601	2.601	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.070	1	2.729	2.729
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.190	1	0.485	0.485
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	10	1	26	26
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22689 BANQUET EXTRA HELPING Salisbury Steak Dinner, with Gravy, Mashed Potatoes and Corn in Seasoned Sauce, frozen 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* 468g	Measure 2* 468g	Measure 3*
Proximates:							
Water	g	71.00		0	332.28	332.28	
Energy	kcal	167		0	782	782	
Energy	kj	699		0	3271	3271	
Protein (N x 5.95)	g	5.78		0	27.05	27.05	
Total lipid (fat)	g	11.57		0	54.15	54.15	
Carbohydrate, by difference	g	10.06		0	47.08	47.08	
Fiber, total dietary	g	1.5		0	7.0	7.0	
Ash	g	1.59		0	7.44	7.44	
Sugars, total	g	1.50		0	7.02	7.02	
Minerals:							
Calcium	mg	24		0	112	112	
Iron	mg	0.40		0	1.87	1.87	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	469		0	2195	2195	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.560		0	21.341	21.341	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.450	0	25.506	25.506
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.560	0	7.301	7.301
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	28	0	131	131
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22690 KID CUISINE COSMIC CHICKEN NUGGETS, with Macaroni in Cheese Sauce, Corn in a Seasoned Sauce, and Chocolate Pudding with Rainbow Sprinkles, frozen 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* 257g	Measure 2* 257g	Measure 3*
Proximates:							
Water	g	60.60		1	155.74	155.74	
Energy	kcal	204		0	524	524	
Energy	kj	854		0	2195	2195	
Protein (N x 5.95)	g	6.90		1	17.73	17.73	
Total lipid (fat)	g	10.40		1	26.73	26.73	
Carbohydrate, by difference	g	20.60		0	52.94	52.94	
Fiber, total dietary	g	1.2		1	3.1	3.1	
Ash	g	1.50		1	3.86	3.86	
Sugars, total	g						
Minerals:							
Calcium	mg	80		1	206	206	
Iron	mg	1.11		1	2.85	2.85	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	379		1	974	974	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.570		1	6.605	6.605	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.170	1	10.717	10.717
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.320	1	5.962	5.962
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	19	1	49	49
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22691 BANQUET Sliced Beef Meal, with Gravy, Mashed Potatoes and Peas in Seasoned Sauce, frozen 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* 255g	Measure 2* 255g	Measure 3*
Proximates:							
Water	g	77.28		0	197.06	197.06	
Energy	kcal	106		0	270	270	
Energy	kj	444		0	1132	1132	
Protein (N x 5.95)	g	10.35		0	26.39	26.39	
Total lipid (fat)	g	3.94		0	10.05	10.05	
Carbohydrate, by difference	g	7.37		0	18.79	18.79	
Fiber, total dietary	g	1.6		0	4.1	4.1	
Ash	g	1.06		0	2.70	2.70	
Sugars, total	g	4.60		0	11.73	11.73	
Minerals:							
Calcium	mg	18		0	46	46	
Iron	mg	1.47		0	3.75	3.75	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	291		0	742	742	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.0		0	7.7	7.7	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	40		0	102	102	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.700		0	4.335	4.335	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.940	0	4.947	4.947
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.300	0	0.765	0.765
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	28	0	71	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22692 ARMOUR Corned Beef Hash, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 425g	Measure 2* 236g	Measure 3*
Proximates:							
Water	g	66.80		1	283.90	157.65	
Energy	kcal	211		0	897	498	
Energy	kj	883		0	3753	2084	
Protein (N x 5.95)	g	10.10		1	42.93	23.84	
Total lipid (fat)	g	16.70		1	70.97	39.41	
Carbohydrate, by difference	g	5.10		0	21.68	12.04	
Fiber, total dietary	g	0.8		1	3.4	1.9	
Ash	g	1.30		1	5.53	3.07	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	0.93		1	3.95	2.19	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	362		1	1539	854	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.630		1	28.177	15.647	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.390	1	31.408	17.440
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.350	1	1.488	0.826
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	41	1	174	97
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22693 CASTLEBERRY PREMIUM Beef Stew, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 680g	Measure 2* 245g	Measure 3*
Proximates:							
Water	g	75.80		1	515.44	185.71	
Energy	kcal	135		0	918	331	
Energy	kj	565		0	3842	1384	
Protein (N x 5.95)	g	6.20		1	42.16	15.19	
Total lipid (fat)	g	8.60		1	58.48	21.07	
Carbohydrate, by difference	g	8.30		0	56.44	20.34	
Fiber, total dietary	g	0.9		1	6.1	2.2	
Ash	g	1.10		1	7.48	2.69	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	409		1	2781	1002	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	383		1	2604	938	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.240		1	22.032	7.938	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.920	1	26.656	9.604
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.230	1	1.564	0.564
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	23	1	156	56
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22694 HORMEL, DINTY MOORE Beef Stew, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 236g	Measure 2* 425g	Measure 3* 236g
Proximates:							
Water	g	81.56	0.720	801	192.48	346.63	192.48
Energy	kcal	94		0	222	400	222
Energy	kj	393		0	927	1670	927
Protein (N x 5.95)	g	4.79	0.320	796	11.30	20.36	11.30
Total lipid (fat)	g	5.53	0.730	825	13.05	23.50	13.05
Carbohydrate, by difference	g	6.81		0	16.07	28.94	16.07
Fiber, total dietary	g	1.1	0.300	15	2.6	4.7	2.6
Ash	g	1.47	0.040	358	3.47	6.25	3.47
Sugars, total	g	0.96	0.140	15	2.27	4.08	2.27
Minerals:							
Calcium	mg	8	1.400	14	19	34	19
Iron	mg	0.70	0.100	14	1.65	2.98	1.65
Magnesium	mg	10	0.800	14	24	43	24
Phosphorus	mg						
Potassium	mg	168	8.300	13	396	714	396
Sodium	mg	417	11.300	30	984	1772	984
Zinc	mg	1.10	0.100	14	2.60	4.68	2.60
Copper	mg	0.000	0.000	14	0.000	0.000	0.000
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.1	0.440	14	2.6	4.7	2.6
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	1690	474.820	15	3988	7183	3988
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.390	0.340	14	5.640	10.158	5.640
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	13	0.000	0.000	0.000
14:0	g	0.160	0.020	14	0.378	0.680	0.378
15.0	g						
16:0	g	1.320	0.180	14	3.115	5.610	3.115
17:0	g						
18:0	g	0.890	0.140	14	2.100	3.783	2.100
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.680	0.330	14	6.325	11.390	6.325
14:1	g						
16:1	g	0.220	0.040	14	0.519	0.935	0.519
18:1	g	2.450	0.310	14	5.782	10.412	5.782
20:1	g						
22.1	g						
Polyunsaturated, total	g	0.280	0.120	14	0.661	1.190	0.661
18:2	g	0.250	0.120	14	0.590	1.063	0.590
18:3	g	0.040	0.020	14	0.094	0.170	0.094
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	16	1.510	14	38	68	38
Phytosterols	mg						
Amino acids:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package yields
Measure 3: 1 serving

NDB No. 22697 LIBBY'S SPREADABLES Ready To Serve Sandwich Salads, Chicken Salad, shelf stable

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 227g	Measure 2* 118g	Measure 3*
Proximates:							
Water	g	73.70		1	167.30	86.97	
Energy	kcal	145		0	329	171	
Energy	kj	607		0	1378	716	
Protein (N x 5.95)	g	4.90		1	11.12	5.78	
Total lipid (fat)	g	9.40		1	21.34	11.09	
Carbohydrate, by difference	g	10.10		0	22.93	11.92	
Fiber, total dietary	g						
Ash	g	1.90		1	4.31	2.24	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	468		1	1062	552	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.950		1	4.426	2.301	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.930	1	6.651	3.457
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	3.580	1	8.127	4.224
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	26	1	59	31
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22698 HORMEL Corned Beef Hash, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 236g	Measure 2* 213g	Measure 3* 236g
Proximates:							
Water	g	70.32	0.720	554	165.96	149.78	165.96
Energy	kcal	164		0	387	349	387
Energy	kj	686		0	1619	1461	1619
Protein (N x 5.95)	g	8.73	0.350	561	20.60	18.59	20.60
Total lipid (fat)	g	10.24	0.680	558	24.17	21.81	24.17
Carbohydrate, by difference	g	9.27		0	21.88	19.75	21.88
Fiber, total dietary	g	1.1	0.320	12	2.6	2.3	2.6
Ash	g	1.50	0.050	436	3.54	3.19	3.54
Sugars, total	g	0.34	0.050	12	0.80	0.72	0.80
Minerals:							
Calcium	mg	19	2.900	13	45	40	45
Iron	mg	1.00	0.100	13	2.36	2.13	2.36
Magnesium	mg	13	1.100	13	31	28	31
Phosphorus	mg						
Potassium	mg	172	12.600	13	406	366	406
Sodium	mg	425	15.300	25	1003	905	1003
Zinc	mg	1.40	0.200	13	3.30	2.98	3.30
Copper	mg	0.000	0.000	12	0.000	0.000	0.000
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.9	0.600	13	2.1	1.9	2.1
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0	0.000	12	0	0	0
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.320	0.430	13	10.195	9.202	10.195
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010	0.000	13	0.024	0.021	0.024
14:0	g	0.300	0.040	13	0.708	0.639	0.708
15.0	g						
16:0	g	2.400	0.230	13	5.664	5.112	5.664
17:0	g						
18:0	g	1.620	0.250	12	3.823	3.451	3.823
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.260	0.450	13	12.414	11.204	12.414
14:1	g						
16:1	g	0.460	0.060	13	1.086	0.980	1.086
18:1	g	4.810	0.450	13	11.352	10.245	11.352
20:1	g						
22.1	g						
Polyunsaturated, total	g	0.300	0.050	12	0.708	0.639	0.708
18:2	g	0.250	0.050	12	0.590	0.533	0.590
18:3	g	0.050	0.020	13	0.118	0.107	0.118
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	32	2.280	13	76	68	76
Phytosterols	mg						
Amino acids:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package yields
Measure 3: 1 serving

NDB No. 22700 BETTY CROCKER, HAMBURGER HELPER, Cheeseburger Macaroni, dry mix

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 225g	Measure 2* 45g	Measure 3*
Proximates:							
Water	g	7.30		1	16.43	3.29	
Energy	kcal	395		0	888	178	
Energy	kj	1652		0	3717	743	
Protein (N x 5.95)	g	11.00		1	24.75	4.95	
Total lipid (fat)	g	10.40		1	23.40	4.68	
Carbohydrate, by difference	g	64.30		0	144.68	28.93	
Fiber, total dietary	g						
Ash	g	7.00		1	15.75	3.15	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	2030		1	4568	914	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.820		1	6.345	1.269	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	9	1	20	4
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 serving

NDB No. 22701 HODGSON MILL, Whole Wheat Macaroni and Cheese Dinner, dry mix

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 206g	Measure 2* 70g	Measure 3* 70g
Proximates:							
Water	g	8.50		1	17.51	5.95	5.95
Energy	kcal	376		0	774	263	263
Energy	kj	1571		0	3236	1100	1100
Protein (N x 5.95)	g	14.10		1	29.05	9.87	9.87
Total lipid (fat)	g	4.70		1	9.68	3.29	3.29
Carbohydrate, by difference	g	69.20		0	142.55	48.44	48.44
Fiber, total dietary	g	7.6		1	15.7	5.3	5.3
Ash	g	3.50		1	7.21	2.45	2.45
Sugars, total	g						
Minerals:							
Calcium	mg	114		1	235	80	80
Iron	mg	2.62		1	5.40	1.83	1.83
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	611		1	1259	428	428
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.370		1	2.822	0.959	0.959
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

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

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

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 serving
Measure 3: 2.5 oz

NDB No. 22702 LIPTON, Alfredo Egg Noodles in a Creamy Sauce, dry mix

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 93g	Measure 2* 124g	Measure 3* 62g
Proximates:							
Water	g	4.90		1	4.56	6.08	3.04
Energy	kcal	418		0	389	518	259
Energy	kj	1748		0	1626	2168	1084
Protein (N x 5.95)	g	15.50		1	14.41	19.22	9.61
Total lipid (fat)	g	11.80		1	10.97	14.63	7.32
Carbohydrate, by difference	g	62.40		0	58.03	77.38	38.69
Fiber, total dietary	g						
Ash	g	5.40		1	5.02	6.70	3.35
Sugars, total	g						
Minerals:							
Calcium	mg	127		1	118	157	79
Iron	mg	3.02		1	2.81	3.74	1.87
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	1770		1	1646	2195	1097
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.570		1	4.250	5.667	2.833
4:0	g						
6.0	g						
8:0	g	0.064		1	0.060	0.079	0.040
10:0	g	0.149		1	0.139	0.185	0.092
12:0	g	0.160		1	0.149	0.198	0.099
14:0	g	0.540		1	0.502	0.670	0.335
15.0	g	0.057		1	0.053	0.071	0.035
16:0	g	2.449		1	2.278	3.037	1.518
17:0	g	0.038		1	0.035	0.047	0.024
18:0	g	1.053		1	0.979	1.306	0.653
20:0	g	0.019		1	0.018	0.024	0.012
22.0	g	0.010		1	0.009	0.012	0.006
24:0	g						

Monounsaturated, total	g	3.856	1	3.586	4.781	2.391
14:1	g	0.038	1	0.035	0.047	0.024
16:1	g	0.162	1	0.151	0.201	0.100
18:1	g	3.464	1	3.222	4.295	2.148
20:1	g	0.029	1	0.027	0.036	0.018
22.1	g					
Polyunsaturated, total	g	1.244	1	1.157	1.543	0.771
18:2	g	1.086	1	1.010	1.347	0.673
18:3	g	0.077	1	0.072	0.095	0.048
18:4	g					
20:4	g	0.048	1	0.045	0.060	0.030
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	112	1	104	139	69
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package
Measure 3: 1 serving

NDB No. 22703 SWEET SUE Chicken & Dumplings, canned

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 681g	Measure 2* 240g	Measure 3*
Proximates:							
Water	g	79.90		1	544.12	191.76	
Energy	kcal	91		0	620	218	
Energy	kj	381		0	2595	914	
Protein (N x 5.95)	g	6.30		1	42.90	15.12	
Total lipid (fat)	g	3.10		1	21.11	7.44	
Carbohydrate, by difference	g	9.50		0	64.69	22.80	
Fiber, total dietary	g	1.1		1	7.5	2.6	
Ash	g	1.20		1	8.17	2.88	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	1.07		1	7.29	2.57	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	394		1	2683	946	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.748		1	5.094	1.795	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.230	1	8.376	2.952
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.677	1	4.610	1.625
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	15	1	102	36
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22704 EL RIO Chili Con Carne, No Beans, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 425g	Measure 2* 261g	Measure 3*
Proximates:							
Water	g	78.90		1	335.32	205.93	
Energy	kcal	117		0	497	305	
Energy	kj	490		0	2083	1279	
Protein (N x 5.95)	g	5.80		1	24.65	15.14	
Total lipid (fat)	g	7.70		1	32.73	20.10	
Carbohydrate, by difference	g	6.20		0	26.35	16.18	
Fiber, total dietary	g	1.4		1	6.0	3.7	
Ash	g	1.40		1	5.95	3.65	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	1.69		1	7.18	4.41	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	311		1	1322	812	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	183		1	778	478	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.860		1	12.155	7.465	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.370	1	14.322	8.796
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.300	1	1.275	0.783
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	19	1	81	50
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22705 HORMEL Chili, No Beans, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 236g	Measure 2* 213g	Measure 3* 236g
Proximates:							
Water	g	81.20	0.690	82	191.63	172.96	191.63
Energy	kcal	82		0	194	175	194
Energy	kj	343		0	809	731	809
Protein (N x 5.95)	g	7.20	0.400	80	16.99	15.34	16.99
Total lipid (fat)	g	2.78	0.590	85	6.56	5.92	6.56
Carbohydrate, by difference	g	7.59		0	17.91	16.17	17.91
Fiber, total dietary	g	1.3	0.390	4	3.1	2.8	3.1
Ash	g	1.48	0.010	7	3.49	3.15	3.49
Sugars, total	g	1.42	0.070	4	3.35	3.02	3.35
Minerals:							
Calcium	mg	21	0.600	4	50	45	50
Iron	mg	1.10	0.000	4	2.60	2.34	2.60
Magnesium	mg	16	0.200	4	38	34	38
Phosphorus	mg						
Potassium	mg	148	4.900	4	349	315	349
Sodium	mg	411	26.600	8	970	875	970
Zinc	mg	1.10	0.000	4	2.60	2.34	2.60
Copper	mg	0.100	0.000	4	0.236	0.213	0.236
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0	0.000	4	0.0	0.0	0.0
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	1010	41.770	4	2384	2151	2384
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.930	0.070	4	2.195	1.981	2.195
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	4	0.000	0.000	0.000
14:0	g	0.060	0.000	4	0.142	0.128	0.142
15.0	g						
16:0	g	0.550	0.040	4	1.298	1.172	1.298
17:0	g						
18:0	g	0.300	0.030	4	0.708	0.639	0.708
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.950	0.070	4	2.242	2.023	2.242
14:1	g						
16:1	g	0.090	0.000	4	0.212	0.192	0.212
18:1	g	0.860	0.060	4	2.030	1.832	2.030
20:1	g						
22.1	g						
Polyunsaturated, total	g	0.360	0.090	4	0.850	0.767	0.850
18:2	g	0.320	0.080	4	0.755	0.682	0.755
18:3	g	0.040	0.010	4	0.094	0.085	0.094
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	15	2.080	4	35	32	35
Phytosterols	mg						
Amino acids:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package yields
Measure 3: 1 serving

NDB No. 22706 HORMEL Turkey Chili with Beans, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 247g	Measure 2* 213g	Measure 3* 247g
Proximates:							
Water	g	78.86	0.760	165	194.78	167.97	194.78
Energy	kcal	82		0	203	175	203
Energy	kj	343		0	847	731	847
Protein (N x 5.95)	g	7.58	0.480	169	18.72	16.15	18.72
Total lipid (fat)	g	1.12	0.130	221	2.77	2.39	2.77
Carbohydrate, by difference	g	10.35		0	25.56	22.05	25.56
Fiber, total dietary	g	2.6	0.260	13	6.4	5.5	6.4
Ash	g	2.02	0.040	108	4.99	4.30	4.99
Sugars, total	g	2.32	0.170	15	5.73	4.94	5.73
Minerals:							
Calcium	mg	47	4.800	13	116	100	116
Iron	mg	1.40	0.100	13	3.46	2.98	3.46
Magnesium	mg	28	1.000	13	69	60	69
Phosphorus	mg						
Potassium	mg	276	11.400	13	682	588	682
Sodium	mg	485	10.100	28	1198	1033	1198
Zinc	mg	1.10	0.100	14	2.72	2.34	2.72
Copper	mg	0.100	0.000	13	0.247	0.213	0.247
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.6	0.390	14	1.5	1.3	1.5
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	668	152.800	14	1650	1423	1650
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.270	0.060	13	0.667	0.575	0.667
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	13	0.000	0.000	0.000
14:0	g	0.010	0.000	13	0.025	0.021	0.025
15.0	g						
16:0	g	0.200	0.050	13	0.494	0.426	0.494
17:0	g						
18:0	g	0.060	0.010	13	0.148	0.128	0.148
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.170	0.050	13	0.420	0.362	0.420
14:1	g						
16:1	g	0.010	0.010	13	0.025	0.021	0.025
18:1	g	0.160	0.040	13	0.395	0.341	0.395
20:1	g						
22.1	g						
Polyunsaturated, total	g	0.490	0.090	13	1.210	1.044	1.210
18:2	g	0.310	0.050	13	0.766	0.660	0.766
18:3	g	0.170	0.020	12	0.420	0.362	0.420
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	14	0.577	3	35	30	35
Phytosterols	mg						
Amino acids:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package yields
Measure 3: 1 serving

NDB No. 22707 HEALTHY CHOICE Mesquite Beef with Barbecue Sauce, Mashed Potatoes, and Sweetened Corn, frozen 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* 311g	Measure 2* 311g	Measure 3*
Proximates:							
Water	g	76.78		0	238.79	238.79	
Energy	kcal	103		0	320	320	
Energy	kj	431		0	1340	1340	
Protein (N x 5.95)	g	6.88		0	21.40	21.40	
Total lipid (fat)	g	2.89		0	8.99	8.99	
Carbohydrate, by difference	g	12.31		0	38.28	38.28	
Fiber, total dietary	g	1.6		0	5.0	5.0	
Ash	g	1.14		0	3.55	3.55	
Sugars, total	g	5.30		0	16.48	16.48	
Minerals:							
Calcium	mg	12		0	37	37	
Iron	mg	0.35		0	1.09	1.09	
Magnesium	mg						
Phosphorus	mg	87		0	271	271	
Potassium	mg	293		0	911	911	
Sodium	mg	158		0	491	491	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	394		0	1225	1225	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.940		0	2.923	2.923	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.050	0	3.266	3.266
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.900	0	2.799	2.799
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	1	0	3	3
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22708 HEALTHY CHOICE Salisbury Steak with Mushroom Gravy, Mashed Potatoes, and Sweetened Corn Medley, frozen 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* 326g	Measure 2* 326g	Measure 3*
Proximates:							
Water	g	76.78		0	250.30	250.30	
Energy	kcal	100		0	326	326	
Energy	kj	418		0	1363	1363	
Protein (N x 5.95)	g	5.53		0	18.03	18.03	
Total lipid (fat)	g	2.13		0	6.94	6.94	
Carbohydrate, by difference	g	14.73		0	48.02	48.02	
Fiber, total dietary	g	1.9		0	6.2	6.2	
Ash	g	0.83		0	2.71	2.71	
Sugars, total	g	7.30		0	23.80	23.80	
Minerals:							
Calcium	mg	13		0	42	42	
Iron	mg	0.68		0	2.22	2.22	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	143		0	466	466	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.6		0	11.7	11.7	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	311		0	1014	1014	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.920		0	2.999	2.999	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.860	0	2.804	2.804
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.350	0	1.141	1.141
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	15	0	49	49
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22709 HEALTHY CHOICE Traditional Meat Loaf with Tomato Sauce, Parsleyed Potatoes, Vegetable Blend in Butter Sauce, and Apple Praline Crisp, frozen 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* 340g	Measure 2* 340g	Measure 3*
Proximates:							
Water	g	77.81		0	264.55	264.55	
Energy	kcal	93		0	316	316	
Energy	kj	389		0	1323	1323	
Protein (N x 5.95)	g	4.51		0	15.33	15.33	
Total lipid (fat)	g	1.47		0	5.00	5.00	
Carbohydrate, by difference	g	15.40		0	52.36	52.36	
Fiber, total dietary	g	1.8		0	6.1	6.1	
Ash	g	0.81		0	2.75	2.75	
Sugars, total	g	5.00		0	17.00	17.00	
Minerals:							
Calcium	mg	14		0	48	48	
Iron	mg	0.66		0	2.24	2.24	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	135		0	459	459	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	16.3		0	55.4	55.4	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	219		0	745	745	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.740		0	2.516	2.516	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.560	0	1.904	1.904
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.180	0	0.612	0.612
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	11	0	37	37
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22710 FREEZER QUEEN Gravy & Sliced Beef Meal, Mashed Potatoes and Carrots, frozen 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* 255g	Measure 2* 255g	Measure 3*
Proximates:							
Water	g	81.20		1	207.06	207.06	
Energy	kcal	81		0	207	207	
Energy	kj	339		0	864	864	
Protein (N x 5.95)	g	6.00		1	15.30	15.30	
Total lipid (fat)	g	1.90		1	4.84	4.84	
Carbohydrate, by difference	g	10.00		0	25.50	25.50	
Fiber, total dietary	g	1.4		1	3.6	3.6	
Ash	g	0.90		1	2.29	2.29	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	254		1	648	648	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	4151		1	10585	10585	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.510		1	1.301	1.301	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.490	1	1.250	1.250
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.670	1	1.709	1.709
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	12	1	31	31
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22711 BANQUET Salisbury Steak Meal, Gravy and Salisbury Steak with Mashed Potatoes & Corn in Seasoned Sauce, frozen 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* 269g	Measure 2* 269g	Measure 3*
Proximates:							
Water	g	73.10		1	196.64	196.64	
Energy	kcal	148		0	398	398	
Energy	kj	619		0	1665	1665	
Protein (N x 5.95)	g	5.70		1	15.33	15.33	
Total lipid (fat)	g	9.30		1	25.02	25.02	
Carbohydrate, by difference	g	10.30		0	27.71	27.71	
Fiber, total dietary	g	1.3		1	3.5	3.5	
Ash	g	1.60		1	4.30	4.30	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	0.77		1	2.07	2.07	
Magnesium	mg	419		1	1127	1127	
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.170		1	8.527	8.527	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.370	1	11.755	11.755
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.490	1	1.318	1.318
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	19	1	51	51
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22712 TYSON Roasted Chicken with Garlic Sauce, Pasta and Vegetable Medley, frozen entree, Product Code 5128-921

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 255g	Measure 2* 255g	Measure 3*
Proximates:							
Water	g	81.36		1	207.47	207.47	
Energy	kcal	84		0	214	214	
Energy	kj	351		0	895	895	
Protein (N x 5.95)	g	6.64		1	16.93	16.93	
Total lipid (fat)	g	2.63		1	6.71	6.71	
Carbohydrate, by difference	g	8.44		0	21.52	21.52	
Fiber, total dietary	g	1.4		1	3.6	3.6	
Ash	g	0.93		1	2.37	2.37	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	0.61		1	1.56	1.56	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	183		1	467	467	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.510		1	1.301	1.301	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.920	1	2.346	2.346
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.840	1	2.142	2.142
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	11	1	28	28
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22713 HEALTHY CHOICE Mesquite Chicken BBQ, White Rice, Mixed Vegetables in Sauce, and Apple Raisin Cobbler, frozen 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* 298g	Measure 2* 298g	Measure 3*
Proximates:							
Water	g	75.45		0	224.84	224.84	
Energy	kcal	104		0	310	310	
Energy	kj	435		0	1296	1296	
Protein (N x 5.95)	g	6.06		0	18.06	18.06	
Total lipid (fat)	g	1.67		0	4.98	4.98	
Carbohydrate, by difference	g	16.15		0	48.13	48.13	
Fiber, total dietary	g	2.0		0	6.0	6.0	
Ash	g	0.66		0	1.97	1.97	
Sugars, total	g	4.30		0	12.81	12.81	
Minerals:							
Calcium	mg	14		0	42	42	
Iron	mg	0.50		0	1.49	1.49	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	162		0	483	483	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.1		0	9.2	9.2	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	602		0	1794	1794	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.670		0	1.997	1.997	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.670	0	1.997	1.997
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.330	0	0.983	0.983
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	18	0	54	54
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 22714 STAGG Dynamite Chili with Beans, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 247g	Measure 2* 247g	Measure 3*
Proximates:							
Water	g	72.10	0.610	17	178.09	178.09	
Energy	kcal	135		0	333	333	
Energy	kj	565		0	1396	1396	
Protein (N x 5.95)	g	7.40	0.370	17	18.28	18.28	
Total lipid (fat)	g	6.22	0.350	16	15.36	15.36	
Carbohydrate, by difference	g	12.44		0	30.73	30.73	
Fiber, total dietary	g	3.3	0.400	5	8.2	8.2	
Ash	g	1.71	0.080	5	4.22	4.22	
Sugars, total	g	2.66	0.170	5	6.57	6.57	
Minerals:							
Calcium	mg	42	5.300	5	104	104	
Iron	mg	1.80	0.000	5	4.45	4.45	
Magnesium	mg	28	2.400	5	69	69	
Phosphorus	mg						
Potassium	mg	315	36.400	5	778	778	
Sodium	mg	349	13.800	5	862	862	
Zinc	mg	1.10	0.100	5	2.72	2.72	
Copper	mg	0.100	0.000	5	0.247	0.247	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.2	0.200	5	3.0	3.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	507	27.950	5	1252	1252	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.290	1.020	5	5.656	5.656	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	5	0.000	0.000	
14:0	g	0.130	0.070	5	0.321	0.321	
15.0	g						
16:0	g	1.240	0.600	5	3.063	3.063	
17:0	g						
18:0	g	0.920	0.340	5	2.272	2.272	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.750	0.320	5	6.793	6.793
14:1	g					
16:1	g	0.490	0.480	5	1.210	1.210
18:1	g	2.260	0.800	5	5.582	5.582
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.370	0.030	5	0.914	0.914
18:2	g	0.240	0.020	5	0.593	0.593
18:3	g	0.120	0.010	5	0.296	0.296
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	18	1.780	5	44	44
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 serving

NDB No. 22715 STAGG Ranchhouse Chili with Beans, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 247g	Measure 2* 247g	Measure 3*
Proximates:							
Water	g	74.07	0.550	15	182.95	182.95	
Energy	kcal	115		0	284	284	
Energy	kj	481		0	1188	1188	
Protein (N x 5.95)	g	7.78	0.260	15	19.22	19.22	
Total lipid (fat)	g	3.61	0.220	15	8.92	8.92	
Carbohydrate, by difference	g	12.78		0	31.57	31.57	
Fiber, total dietary	g	3.5	0.220	4	8.6	8.6	
Ash	g	1.76	0.080	5	4.35	4.35	
Sugars, total	g	2.32	0.220	4	5.73	5.73	
Minerals:							
Calcium	mg	46	0.400	4	114	114	
Iron	mg	1.70	0.100	4	4.20	4.20	
Magnesium	mg	33	2.600	4	82	82	
Phosphorus	mg						
Potassium	mg	351	35.800	4	867	867	
Sodium	mg	329	7.400	8	813	813	
Zinc	mg	0.80	0.000	4	1.98	1.98	
Copper	mg	0.200	0.000	4	0.494	0.494	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.1	0.150	4	5.2	5.2	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	438	13.220	4	1082	1082	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.060	0.040	4	2.618	2.618	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	4	0.000	0.000	
14:0	g	0.020	0.000	4	0.049	0.049	
15.0	g						
16:0	g	0.830	0.030	4	2.050	2.050	
17:0	g						
18:0	g	0.200	0.010	4	0.494	0.494	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.670	0.000	4	4.125	4.125
14:1	g					
16:1	g	0.240	0.000	4	0.593	0.593
18:1	g	1.430	0.010	4	3.532	3.532
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.800	0.010	4	1.976	1.976
18:2	g	0.660	0.000	4	1.630	1.630
18:3	g	0.150	0.010	4	0.371	0.371
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	19	1.250	4	47	47
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 serving

NDB No. 22716 STAGG Classic Chili with Beans, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 247g	Measure 2* 247g	Measure 3*
Proximates:							
Water	g	73.24	1.020	31	180.90	180.90	
Energy	kcal	131		0	324	324	
Energy	kj	548		0	1354	1354	
Protein (N x 5.95)	g	6.97	0.560	30	17.22	17.22	
Total lipid (fat)	g	6.61	0.550	30	16.33	16.33	
Carbohydrate, by difference	g	11.83		0	29.22	29.22	
Fiber, total dietary	g	3.0	0.210	6	7.4	7.4	
Ash	g	1.66	0.060	6	4.10	4.10	
Sugars, total	g	2.89	0.230	7	7.14	7.14	
Minerals:							
Calcium	mg	37	0.700	6	91	91	
Iron	mg	1.60	0.100	6	3.95	3.95	
Magnesium	mg	26	2.500	6	64	64	
Phosphorus	mg						
Potassium	mg	318	35.300	6	785	785	
Sodium	mg	334	6.100	12	825	825	
Zinc	mg	1.10	0.100	6	2.72	2.72	
Copper	mg	0.100	0.000	6	0.247	0.247	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.0	0.580	6	2.5	2.5	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	470	17.760	6	1161	1161	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.710	0.220	5	6.694	6.694	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	5	0.000	0.000	
14:0	g	0.170	0.010	5	0.420	0.420	
15.0	g						
16:0	g	1.510	0.110	5	3.730	3.730	
17:0	g						
18:0	g	1.000	0.100	5	2.470	2.470	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.790	0.190	5	6.891	6.891
14:1	g					
16:1	g	0.210	0.080	5	0.519	0.519
18:1	g	2.590	0.140	5	6.397	6.397
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.450	0.090	5	1.112	1.112
18:2	g	0.290	0.050	5	0.716	0.716
18:3	g	0.160	0.040	5	0.395	0.395
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	17	2.090	6	42	42
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 serving

NDB No. 22717 STAGG Country Chili with Beans, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 247g	Measure 2* 247g	Measure 3*
Proximates:							
Water	g	73.75	0.560	13	182.16	182.16	
Energy	kcal	129		0	319	319	
Energy	kj	540		0	1334	1334	
Protein (N x 5.95)	g	6.27	0.380	13	15.49	15.49	
Total lipid (fat)	g	6.38	0.260	13	15.76	15.76	
Carbohydrate, by difference	g	11.74		0	29.00	29.00	
Fiber, total dietary	g	2.4	0.180	4	5.9	5.9	
Ash	g	1.71	0.020	5	4.22	4.22	
Sugars, total	g	2.37	0.060	4	5.85	5.85	
Minerals:							
Calcium	mg	23	0.800	4	57	57	
Iron	mg	1.40	0.100	4	3.46	3.46	
Magnesium	mg	21	0.900	4	52	52	
Phosphorus	mg						
Potassium	mg	226	15.700	4	558	558	
Sodium	mg	458	7.400	7	1131	1131	
Zinc	mg	1.00	0.100	4	2.47	2.47	
Copper	mg	0.100	0.000	4	0.247	0.247	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.7	0.050	4	1.7	1.7	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	208	13.070	4	514	514	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.770	0.070	4	6.842	6.842	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	4	0.000	0.000	
14:0	g	0.170	0.000	4	0.420	0.420	
15.0	g						
16:0	g	1.520	0.010	4	3.754	3.754	
17:0	g						
18:0	g	1.080	0.080	4	2.668	2.668	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.050	0.060	4	7.533	7.533
14:1	g					
16:1	g	0.280	0.010	4	0.692	0.692
18:1	g	2.770	0.050	4	6.842	6.842
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.280	0.010	4	0.692	0.692
18:2	g	0.180	0.000	4	0.445	0.445
18:3	g	0.100	0.010	4	0.247	0.247
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	16	0.810	4	40	40
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 serving

NDB No. 22718 STAGG SILVERADO Chili with Beans, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 247g	Measure 2* 247g	Measure 3*
Proximates:							
Water	g	76.57	0.440	25	189.13	189.13	
Energy	kcal	92		0	227	227	
Energy	kj	385		0	951	951	
Protein (N x 5.95)	g	7.29	0.310	23	18.01	18.01	
Total lipid (fat)	g	1.13	0.270	25	2.79	2.79	
Carbohydrate, by difference	g	13.39		0	33.07	33.07	
Fiber, total dietary	g	3.3	0.230	6	8.2	8.2	
Ash	g	1.73	0.080	7	4.27	4.27	
Sugars, total	g	2.91	0.220	6	7.19	7.19	
Minerals:							
Calcium	mg	36	1.400	6	89	89	
Iron	mg	1.50	0.100	6	3.71	3.71	
Magnesium	mg	29	2.300	6	72	72	
Phosphorus	mg						
Potassium	mg	330	26.300	6	815	815	
Sodium	mg	350	8.000	12	865	865	
Zinc	mg	1.10	0.100	6	2.72	2.72	
Copper	mg	0.200	0.000	5	0.494	0.494	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.1	0.380	6	5.2	5.2	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	505	9.630	6	1247	1247	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.390	0.090	6	0.963	0.963	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	6	0.000	0.000	
14:0	g	0.020	0.000	6	0.049	0.049	
15.0	g						
16:0	g	0.260	0.050	6	0.642	0.642	
17:0	g						
18:0	g	0.100	0.050	6	0.247	0.247	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.370	0.130	6	0.914	0.914
14:1	g					
16:1	g	0.030	0.000	6	0.074	0.074
18:1	g	0.340	0.120	6	0.840	0.840
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.370	0.160	6	0.914	0.914
18:2	g	0.210	0.080	6	0.519	0.519
18:3	g	0.160	0.080	6	0.395	0.395
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	16	1.500	6	40	40
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 serving

NDB No. 22719 HORMEL Chili with Beans, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 247g	Measure 2* 247g	Measure 3*
Proximates:							
Water	g	76.05	1.030	87	187.84	187.84	
Energy	kcal	97		0	240	240	
Energy	kj	406		0	1003	1003	
Protein (N x 5.95)	g	6.71	0.470	86	16.57	16.57	
Total lipid (fat)	g	1.77	0.320	87	4.37	4.37	
Carbohydrate, by difference	g	13.63		0	33.67	33.67	
Fiber, total dietary	g	3.4	0.220	3	8.4	8.4	
Ash	g	1.93	0.050	20	4.77	4.77	
Sugars, total	g	1.87	0.140	8	4.62	4.62	
Minerals:							
Calcium	mg	28	4.700	3	69	69	
Iron	mg	1.30	0.100	3	3.21	3.21	
Magnesium	mg	24	2.400	3	59	59	
Phosphorus	mg						
Potassium	mg	268	32.100	3	662	662	
Sodium	mg	471	16.000	6	1163	1163	
Zinc	mg	1.10	0.200	3	2.72	2.72	
Copper	mg	0.100	0.000	3	0.247	0.247	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.2	0.400	3	0.5	0.5	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	392	57.500	3	968	968	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.740	0.180	3	1.828	1.828	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	3	0.000	0.000	
14:0	g	0.040	0.010	3	0.099	0.099	
15.0	g						
16:0	g	0.440	0.090	3	1.087	1.087	
17:0	g						
18:0	g	0.240	0.080	3	0.593	0.593	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.680	0.220	3	1.680	1.680
14:1	g					
16:1	g	0.070	0.020	3	0.173	0.173
18:1	g	0.610	0.200	3	1.507	1.507
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.350	0.130	3	0.865	0.865
18:2	g	0.200	0.060	3	0.494	0.494
18:3	g	0.150	0.070	3	0.371	0.371
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	10	3.510	3	25	25
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 serving

NDB No. 22720 HORMEL Vegetarian Chili with Beans, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 247g	Measure 2* 247g	Measure 3*
Proximates:							
Water	g	77.95	0.690	178	192.54	192.54	
Energy	kcal	83		0	205	205	
Energy	kj	347		0	857	857	
Protein (N x 5.95)	g	4.83	0.350	182	11.93	11.93	
Total lipid (fat)	g	0.28	0.070	207	0.69	0.69	
Carbohydrate, by difference	g	15.39		0	38.01	38.01	
Fiber, total dietary	g	4.0	0.290	13	9.9	9.9	
Ash	g	1.63	0.060	52	4.03	4.03	
Sugars, total	g	2.52	0.050	70	6.22	6.22	
Minerals:							
Calcium	mg	39	2.600	44	96	96	
Iron	mg	1.40	0.100	48	3.46	3.46	
Magnesium	mg	33	2.200	13	82	82	
Phosphorus	mg						
Potassium	mg	325	10.400	12	803	803	
Sodium	mg	315	8.500	94	778	778	
Zinc	mg	0.70	0.000	12	1.73	1.73	
Copper	mg	0.200	0.000	12	0.494	0.494	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.5	0.120	47	1.2	1.2	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	786	51.090	49	1941	1941	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.050	0.010	9	0.124	0.124	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	9	0.000	0.000	
14:0	g	0.000	0.000	9	0.000	0.000	
15.0	g						
16:0	g	0.050	0.010	9	0.124	0.124	
17:0	g						
18:0	g	0.000	0.000	8	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.030	0.000	9	0.074	0.074
14:1	g					
16:1	g	0.000	0.000	9	0.000	0.000
18:1	g	0.030	0.000	9	0.074	0.074
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.160	0.030	9	0.395	0.395
18:2	g	0.080	0.010	8	0.198	0.198
18:3	g	0.070	0.010	9	0.173	0.173
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0.790	44	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 serving

NDB No. 22721 HORMEL Roast Beef Hash, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 236g	Measure 2* 236g	Measure 3*
Proximates:							
Water	g	70.14	0.790	175	165.53	165.53	
Energy	kcal	163		0	385	385	
Energy	kj	682		0	1610	1610	
Protein (N x 5.95)	g	9.03	0.430	176	21.31	21.31	
Total lipid (fat)	g	10.02	0.720	178	23.65	23.65	
Carbohydrate, by difference	g	9.71		0	22.92	22.92	
Fiber, total dietary	g	1.5	0.370	9	3.5	3.5	
Ash	g	1.30	0.060	103	3.07	3.07	
Sugars, total	g	0.25	0.050	9	0.59	0.59	
Minerals:							
Calcium	mg	18	1.700	10	42	42	
Iron	mg	1.00	0.100	11	2.36	2.36	
Magnesium	mg	14	1.200	10	33	33	
Phosphorus	mg						
Potassium	mg	183	8.400	10	432	432	
Sodium	mg	336	9.100	18	793	793	
Zinc	mg	1.40	0.100	10	3.30	3.30	
Copper	mg	0.100	0.000	10	0.236	0.236	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.8	0.340	11	1.9	1.9	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0	0.000	11	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.200	0.340	9	9.912	9.912	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	9	0.000	0.000	
14:0	g	0.290	0.030	9	0.684	0.684	
15.0	g						
16:0	g	2.350	0.160	9	5.546	5.546	
17:0	g						
18:0	g	1.600	0.190	8	3.776	3.776	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.780	0.220	8	11.281	11.281
14:1	g					
16:1	g	0.430	0.070	9	1.015	1.015
18:1	g	4.340	0.260	8	10.242	10.242
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.270	0.040	8	0.637	0.637
18:2	g	0.240	0.060	9	0.566	0.566
18:3	g	0.050	0.020	8	0.118	0.118
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	31	1.960	10	73	73
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 serving

NDB No. 22902 Sausage and pepperoni pizza, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 146g	Measure 2*	Measure 3*
Proximates:							
Water	g	48.62	1.110	6	70.99		
Energy	kcal	264		0	385		
Energy	kj	1105		0	1613		
Protein (N x 5.95)	g	10.80	0.540	6	15.77		
Total lipid (fat)	g	13.49	0.480	6	19.70		
Carbohydrate, by difference	g	24.78		0	36.18		
Fiber, total dietary	g	1.6	0.100	2	2.3		
Ash	g	2.31	0.080	6	3.37		
Sugars, total	g						
Minerals:							
Calcium	mg	131		0	191		
Iron	mg	1.90	0.140	3	2.77		
Magnesium	mg	18		0	26		
Phosphorus	mg	142		0	207		
Potassium	mg	175		0	256		
Sodium	mg	585	33.800	6	854		
Zinc	mg	1.10		0	1.61		
Copper	mg	0.087		0	0.127		
Manganese	mg	0.272		0	0.397		
Selenium	µg	12.4		0	18.1		
Vitamins:							
Ascorbic acid	mg	2.2		0	3.2		
Thiamin	mg	0.255		0	0.372		
Riboflavin	mg	0.225		0	0.329		
Niacin	mg	2.487		0	3.631		
Pantothenic acid	mg	0.389		0	0.568		
Vitamin B-6	mg	0.067		0	0.098		
Folate	µg	35		0	51		
Vitamin B-12	µg	0.24		0	0.35		
Vitamin A	IU	291	7.100	2	425		
Vitamin A, RE	µg	43		0	63		
Vitamin E, α-TE	mg	0.964		0	1.407		
Lipids:							
Saturated, total	g	4.340	0.350	6	6.336		
4:0	g	0.084		0	0.123		
6.0	g	0.019		0	0.028		
8:0	g	0.020		0	0.029		
10:0	g	0.043		0	0.063		
12:0	g	0.031		0	0.045		
14:0	g	0.381		0	0.556		
15.0	g						
16:0	g	2.579		0	3.765		
17:0	g						
18:0	g	1.059		0	1.546		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.340	0.430	6	7.796
14:1	g				
16:1	g	0.371		0	0.542
18:1	g	4.905		0	7.161
20:1	g	0.001		0	0.001
22.1	g	0.000		0	0.000
Polyunsaturated, total	g	1.780	0.070	6	2.599
18:2	g	1.623		0	2.370
18:3	g	0.136		0	0.199
18:4	g	0.000		0	0.000
20:4	g	0.018		0	0.026
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	21	3.370	6	31
Phytosterols	mg	0		0	0
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 serving

NDB No. 22903 Pepperoni pizza, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 146g	Measure 2*	Measure 3*
Proximates:							
Water	g	47.14	0.880	7	68.82		
Energy	kcal	274		0	400		
Energy	kj	1146		0	1673		
Protein (N x 5.95)	g	11.09	0.460	6	16.19		
Total lipid (fat)	g	14.46	0.620	7	21.11		
Carbohydrate, by difference	g	24.80		0	36.21		
Fiber, total dietary	g	1.6	0.000	2	2.3		
Ash	g	2.51	0.040	7	3.66		
Sugars, total	g						
Minerals:							
Calcium	mg	0	0.010	7	0		
Iron	mg	1.79		0	2.61		
Magnesium	mg	17		0	25		
Phosphorus	mg	152		0	222		
Potassium	mg	152		0	222		
Sodium	mg	602	23.520	7	879		
Zinc	mg	1.22		0	1.78		
Copper	mg	0.076		0	0.111		
Manganese	mg	0.244		0	0.356		
Selenium	µg	13.0		0	19.0		
Vitamins:							
Ascorbic acid	mg	1.2		0	1.8		
Thiamin	mg	0.254		0	0.371		
Riboflavin	mg	0.241		0	0.352		
Niacin	mg	2.477		0	3.616		
Pantothenic acid	mg	0.503		0	0.734		
Vitamin B-6	mg	0.072		0	0.105		
Folate	µg	37		0	54		
Vitamin B-12	µg	0.04		0	0.06		
Vitamin A	IU	209	36.810	4	305		
Vitamin A, RE	µg	45		0	66		
Vitamin E, α-TE	mg	1.126		0	1.644		
Lipids:							
Saturated, total	g	4.840	0.460	7	7.066		
4:0	g	0.102		0	0.149		
6.0	g	0.025		0	0.037		
8:0	g	0.025		0	0.037		
10:0	g	0.054		0	0.079		
12:0	g	0.038		0	0.055		
14:0	g	0.455		0	0.664		
15.0	g						
16:0	g	2.848		0	4.158		
17:0	g						
18:0	g	1.145		0	1.672		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.780	0.480	7	8.439
14:1	g				
16:1	g	0.409		0	0.597
18:1	g	5.253		0	7.669
20:1	g	0.000		0	0.000
22.1	g	0.000		0	0.000
Polyunsaturated, total	g	1.670	0.050	7	2.438
18:2	g	1.518		0	2.216
18:3	g	0.129		0	0.188
18:4	g	0.000		0	0.000
20:4	g	0.014		0	0.020
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	23	3.120	7	34
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 serving

NDB No. 22904 Chili con carne with beans, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 222g	Measure 2*	Measure 3*
Proximates:							
Water	g	74.25	0.030	4	164.84		
Energy	kcal	115		0	255		
Energy	kj	481		0	1068		
Protein (N x 5.95)	g	9.09	0.350	4	20.18		
Total lipid (fat)	g	3.67	0.050	4	8.15		
Carbohydrate, by difference	g	11.03		0	24.49		
Fiber, total dietary	g	3.7	0.070	4	8.2		
Ash	g	1.99	0.010	4	4.42		
Sugars, total	g	1.99	0.030	2	4.42		
Minerals:							
Calcium	mg	30	0.310	2	67		
Iron	mg	1.49	0.020	4	3.31		
Magnesium	mg	25	0.110	2	56		
Phosphorus	mg	87		0	193		
Potassium	mg	274	1.480	2	608		
Sodium	mg	465	4.020	4	1032		
Zinc	mg	1.09	0.000	2	2.42		
Copper	mg	0.110	0.000	2	0.244		
Manganese	mg	0.252		0	0.559		
Selenium	µg	2.4		0	5.3		
Vitamins:							
Ascorbic acid	mg	0.4	0.040	2	0.9		
Thiamin	mg	0.069		0	0.153		
Riboflavin	mg	0.067		0	0.149		
Niacin	mg	0.934		0	2.073		
Pantothenic acid	mg	0.207		0	0.460		
Vitamin B-6	mg	0.084		0	0.186		
Folate	µg	26		0	58		
Vitamin B-12	µg	0.26		0	0.58		
Vitamin A	IU	398	1.220	2	884		
Vitamin A, RE	µg	42		0	93		
Vitamin E, α-TE	mg	0.128		0	0.284		
Lipids:							
Saturated, total	g	0.950	0.040	4	2.109		
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	0.007		0	0.016		
12:0	g	0.000		2	0.000		
14:0	g	0.050		2	0.111		
15.0	g						
16:0	g	0.540		2	1.199		
17:0	g						
18:0	g	0.310		2	0.688		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.970	0.050	4	2.153
14:1	g				
16:1	g	0.100		2	0.222
18:1	g	0.810		2	1.798
20:1	g	0.003		0	0.007
22.1	g	0.000		0	0.000
Polyunsaturated, total	g	0.650	0.020	4	1.443
18:2	g	0.220		2	0.488
18:3	g	0.150		2	0.333
18:4	g	0.000		0	0.000
20:4	g	0.022		0	0.049
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	11	0.230	4	24
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 serving

NDB No. 22905 Beef stew, canned entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 232g	Measure 2*	Measure 3*
Proximates:							
Water	g	81.51	0.120	4	189.10		
Energy	kcal	94		0	218		
Energy	kj	393		0	912		
Protein (N x 5.95)	g	4.94	0.030	4	11.46		
Total lipid (fat)	g	5.38	0.080	4	12.48		
Carbohydrate, by difference	g	6.77		0	15.71		
Fiber, total dietary	g	1.5	0.080	4	3.5		
Ash	g	1.47	0.010	4	3.41		
Sugars, total	g	0.96	0.000	1	2.23		
Minerals:							
Calcium	mg	12		0	28		
Iron	mg	0.71		0	1.65		
Magnesium	mg	14		0	32		
Phosphorus	mg	55		0	128		
Potassium	mg	174		0	404		
Sodium	mg	408	5.690	3	947		
Zinc	mg	0.82		0	1.90		
Copper	mg	0.079		0	0.183		
Manganese	mg	0.143		0	0.332		
Selenium	µg	0.7		0	1.6		
Vitamins:							
Ascorbic acid	mg	4.4		0	10.2		
Thiamin	mg	0.072		0	0.167		
Riboflavin	mg	0.061		0	0.142		
Niacin	mg	1.231		0	2.856		
Pantothenic acid	mg	0.214		0	0.496		
Vitamin B-6	mg	0.129		0	0.299		
Folate	µg	11		0	26		
Vitamin B-12	µg	0.37		0	0.86		
Vitamin A	IU	1664	45.460	4	3860		
Vitamin A, RE	µg	213		0	494		
Vitamin E, α-TE	mg	0.074		0	0.172		
Lipids:							
Saturated, total	g	2.220	0.030	4	5.150		
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	0.018		0	0.042		
12:0	g	0.013		0	0.030		
14:0	g	0.168		0	0.390		
15.0	g						
16:0	g	1.280		0	2.970		
17:0	g						
18:0	g	0.634		0	1.471		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.380	0.040	4	5.522
14:1	g				
16:1	g	0.280		0	0.650
18:1	g	2.090		0	4.849
20:1	g	0.008		0	0.019
22.1	g	0.000		0	0.000
Polyunsaturated, total	g	0.220	0.010	4	0.510
18:2	g	0.156		0	0.362
18:3	g	0.062		0	0.144
18:4	g	0.000		0	0.000
20:4	g	0.003		0	0.007
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	16	0.140	4	37
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 serving

NDB No. 22906 Chicken pot pie, frozen entree

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 217g	Measure 2*	Measure 3*
Proximates:							
Water	g	59.89	0.340	6	129.96		
Energy	kcal	223		0	484		
Energy	kj	933		0	2025		
Protein (N x 5.95)	g	6.01	0.099	6	13.04		
Total lipid (fat)	g	13.41	0.129	6	29.10		
Carbohydrate, by difference	g	19.68		0	42.71		
Fiber, total dietary	g	0.8	0.041	3	1.7		
Ash	g	1.31	0.011	6	2.84		
Sugars, total	g	3.60	0.130	2	7.81		
Minerals:							
Calcium	mg	15	0.219	2	33		
Iron	mg	0.95	0.019	5	2.06		
Magnesium	mg	11		0	24		
Phosphorus	mg	55		0	119		
Potassium	mg	118		0	256		
Sodium	mg	395	4.869	6	857		
Zinc	mg	0.47		0	1.02		
Copper	mg	0.079		0	0.171		
Manganese	mg	0.314		0	0.681		
Selenium	µg	0.3		0	0.7		
Vitamins:							
Ascorbic acid	mg	0.7		0	1.5		
Thiamin	mg	0.117		0	0.254		
Riboflavin	mg	0.164		0	0.356		
Niacin	mg	1.903		0	4.130		
Pantothenic acid	mg	0.173		0	0.375		
Vitamin B-6	mg	0.093		0	0.202		
Folate	µg	24		0	52		
Vitamin B-12	µg	0.07		0	0.15		
Vitamin A	IU	1053	40.620	5	2285		
Vitamin A, RE	µg	158		0	343		
Vitamin E, α-TE	mg	1.773		0	3.847		
Lipids:							
Saturated, total	g	4.455	0.053	6	9.667		
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	0.008		0	0.017		
12:0	g	0.018		0	0.039		
14:0	g	0.124		0	0.269		
15.0	g						
16:0	g	2.738		0	5.941		
17:0	g						
18:0	g	1.538		0	3.337		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.750	0.094	6	12.477
14:1	g				
16:1	g	0.267		0	0.579
18:1	g	5.459		0	11.846
20:1	g	0.012		0	0.026
22.1	g	0.000		0	0.000
Polyunsaturated, total	g	2.068	0.063	6	4.488
18:2	g	1.890		0	4.101
18:3	g	0.114		0	0.247
18:4	g	0.000		0	0.000
20:4	g	0.030		0	0.065
20:5	g	0.000		0	0.000
22:5	g	0.003		0	0.007
22:6	g	0.009		0	0.020
Cholesterol	mg	19	0.698	6	41
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 serving

NDB No. 22907 Pasta with meatballs in tomato sauce, canned entree

Refuse: 0%

Nutrients 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	77.84	0.080	4			
Energy	kcal	103		0			
Energy	kj	431		0			
Protein (N x 5.95)	g	4.32	0.030	4			
Total lipid (fat)	g	4.08	0.030	4			
Carbohydrate, by difference	g	12.29		0			
Fiber, total dietary	g	2.7	0.010	3			
Ash	g	1.47	0.010	4			
Sugars, total	g						
Minerals:							
Calcium	mg	11		0			
Iron	mg	0.93	0.020	4			
Magnesium	mg	14		0			
Phosphorus	mg	46		0			
Potassium	mg	165		0			
Sodium	mg	418	2.130	4			
Zinc	mg	0.73		0			
Copper	mg	0.085		0			
Manganese	mg	0.156		0			
Selenium	µg	7.6		0			
Vitamins:							
Ascorbic acid	mg	3.0		0			
Thiamin	mg	0.077		0			
Riboflavin	mg	0.062		0			
Niacin	mg	1.315		0			
Pantothenic acid	mg	0.206		0			
Vitamin B-6	mg	0.066		0			
Folate	µg	21		0			
Vitamin B-12	µg	0.23		0			
Vitamin A	IU	365		0			
Vitamin A, RE	µg	37		0			
Vitamin E, α-TE	mg	0.498		0			
Lipids:							
Saturated, total	g	1.590	0.010	4			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.006		0			
12:0	g	0.005		0			
14:0	g	0.110		0			
15.0	g						
16:0	g	0.919		0			
17:0	g						
18:0	g	0.466		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.670	0.010	4
14:1	g			
16:1	g	0.156		0
18:1	g	1.439		0
20:1	g	0.004		0
22.1	g	0.000		0
Polyunsaturated, total	g	0.230	0.000	4
18:2	g	0.184		0
18:3	g	0.027		0
18:4	g	0.000		0
20:4	g	0.013		0
20:5	g	0.000		0
22:5	g	0.000		0
22:6	g	0.000		0
Cholesterol	mg	8	0.050	4
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

NDB No. 51600 DINE'N WITH PIERRE, SAUS-A-RAGE (Wrapped Breakfast Sandwich), product code 1297

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 89g	Measure 2*	Measure 3*
Proximates:							
Water	g	40.19		0	35.77		
Energy	kcal	296		0	263		
Energy	kj	1238		0	1102		
Protein (N x 5.95)	g	12.77		0	11.37		
Total lipid (fat)	g	14.82		0	13.19		
Carbohydrate, by difference	g	29.37		0	26.14		
Fiber, total dietary	g	2.1		0	1.9		
Ash	g	2.85		0	2.54		
Sugars, total	g	3.18		0	2.83		
Minerals:							
Calcium	mg	46		0	41		
Iron	mg	2.07		0	1.84		
Magnesium	mg	15		0	13		
Phosphorus	mg	129		0	115		
Potassium	mg	150		0	134		
Sodium	mg	556		0	495		
Zinc	mg	2.60		0	2.31		
Copper	mg	0.081		0	0.072		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.1		0	0.1		
Thiamin	mg	0.077		0	0.069		
Riboflavin	mg	0.081		0	0.072		
Niacin	mg	1.568		0	1.396		
Pantothenic acid	mg	0.182		0	0.162		
Vitamin B-6	mg	0.145		0	0.129		
Folate	µg	48		0	43		
Vitamin B-12	µg	0.89		0	0.79		
Vitamin A	IU	398		0	354		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.023		0	0.020		
Lipids:							
Saturated, total	g	4.696		0	4.179		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.809		0	0.720		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.098	0	4.537
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.658	0	0.586
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	25	0	22
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51601 DINE'N WITH PIERRE, LINK-N-DOG (Wrapped Breakfast Sandwich), product code 1299

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 71g	Measure 2*	Measure 3*
Proximates:							
Water	g	40.03		0	28.42		
Energy	kcal	286		0	203		
Energy	kj	1197		0	850		
Protein (N x 5.95)	g	14.97		0	10.63		
Total lipid (fat)	g	12.82		0	9.10		
Carbohydrate, by difference	g	27.49		0	19.52		
Fiber, total dietary	g	2.2		0	1.6		
Ash	g	4.53		0	3.22		
Sugars, total	g	5.69		0	4.04		
Minerals:							
Calcium	mg	45		0	32		
Iron	mg	2.24		0	1.59		
Magnesium	mg	19		0	13		
Phosphorus	mg	163		0	116		
Potassium	mg	189		0	134		
Sodium	mg	512		0	364		
Zinc	mg	3.28		0	2.33		
Copper	mg	0.103		0	0.073		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.3		0	0.2		
Thiamin	mg	0.097		0	0.069		
Riboflavin	mg	0.102		0	0.072		
Niacin	mg	1.975		0	1.402		
Pantothenic acid	mg	0.229		0	0.163		
Vitamin B-6	mg	0.183		0	0.130		
Folate	µg	45		0	32		
Vitamin B-12	µg	1.12		0	0.80		
Vitamin A	IU	48		0	34		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.028		0	0.020		
Lipids:							
Saturated, total	g	4.661		0	3.309		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.020		0	0.724		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.089	0	3.613
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.973	0	0.691
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	31	0	22
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51603 RIB-B-Q, Flame Broiled LEAN MAGIC Pork Rib-B-Q with Barbecue Sauce, product code 1805

Refuse: 0%

Nutrients 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*	Measure 3*
Proximates:							
Water	g	59.68		0	50.13		
Energy	kcal	191		0	160		
Energy	kj	799		0	671		
Protein (N x 5.95)	g	19.69		0	16.54		
Total lipid (fat)	g	7.93		0	6.66		
Carbohydrate, by difference	g	9.18		0	7.71		
Fiber, total dietary	g	1.4		0	1.2		
Ash	g	3.52		0	2.96		
Sugars, total	g	5.95		0	5.00		
Minerals:							
Calcium	mg	48		0	40		
Iron	mg	2.01		0	1.69		
Magnesium	mg	34		0	29		
Phosphorus	mg	290		0	244		
Potassium	mg	363		0	305		
Sodium	mg	676		0	568		
Zinc	mg	3.85		0	3.23		
Copper	mg	0.168		0	0.141		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.4		0	2.9		
Thiamin	mg	0.632		0	0.531		
Riboflavin	mg	0.205		0	0.172		
Niacin	mg	4.625		0	3.885		
Pantothenic acid	mg	0.599		0	0.503		
Vitamin B-6	mg	0.355		0	0.298		
Folate	µg	2		0	2		
Vitamin B-12	µg	0.87		0	0.73		
Vitamin A	IU	319		0	268		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.113		0	0.095		
Lipids:							
Saturated, total	g	2.943		0	2.472		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.941		0	0.790		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.412	0	2.866
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.790	0	0.664
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	45	0	38
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51632 WONDERBITES DIPPERS, Flame Broiled Beef WONDERBITES DIPPER with Teriyaki Sauce, product code 3727, contains USDA commodity meat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 20g	Measure 2*	Measure 3*
Proximates:							
Water	g	56.28		0	11.26		
Energy	kcal	223		0	45		
Energy	kj	933		0	187		
Protein (N x 5.95)	g	21.17		0	4.23		
Total lipid (fat)	g	11.63		0	2.33		
Carbohydrate, by difference	g	8.21		0	1.64		
Fiber, total dietary	g	0.7		0	0.1		
Ash	g	2.71		0	0.54		
Sugars, total	g	4.33		0	0.87		
Minerals:							
Calcium	mg	21		0	4		
Iron	mg	1.94		0	0.39		
Magnesium	mg	30		0	6		
Phosphorus	mg	289		0	58		
Potassium	mg	352		0	70		
Sodium	mg	641		0	128		
Zinc	mg	4.42		0	0.88		
Copper	mg	0.134		0	0.027		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.129		0	0.026		
Riboflavin	mg	0.143		0	0.029		
Niacin	mg	3.211		0	0.642		
Pantothenic acid	mg	0.409		0	0.082		
Vitamin B-6	mg	0.327		0	0.065		
Folate	µg	45		0	9		
Vitamin B-12	µg	1.78		0	0.36		
Vitamin A	IU	32		0	6		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.040		0	0.008		
Lipids:							
Saturated, total	g	4.606		0	0.921		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.290		0	0.258		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.005	0	1.001
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.476	0	0.095
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	53	0	11
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51640 PIERRE, Flame Broiled Pork Rib-B-Q WONDERBITES DIPPER with Barbecue Sauce, product code 3736, contains USDA commodity meat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 20g	Measure 2*	Measure 3*
Proximates:							
Water	g	58.81		0	11.76		
Energy	kcal	200		0	40		
Energy	kj	837		0	167		
Protein (N x 5.95)	g	18.85		0	3.77		
Total lipid (fat)	g	9.24		0	1.85		
Carbohydrate, by difference	g	9.74		0	1.95		
Fiber, total dietary	g	1.6		0	0.3		
Ash	g	3.36		0	0.67		
Sugars, total	g	6.42		0	1.28		
Minerals:							
Calcium	mg	43		0	9		
Iron	mg	2.01		0	0.40		
Magnesium	mg	36		0	7		
Phosphorus	mg	298		0	60		
Potassium	mg	378		0	76		
Sodium	mg	658		0	132		
Zinc	mg	4.02		0	0.80		
Copper	mg	0.156		0	0.031		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.6		0	0.3		
Thiamin	mg	0.597		0	0.119		
Riboflavin	mg	0.243		0	0.049		
Niacin	mg	3.886		0	0.777		
Pantothenic acid	mg	0.568		0	0.114		
Vitamin B-6	mg	0.359		0	0.072		
Folate	µg	3		0	1		
Vitamin B-12	µg	0.84		0	0.17		
Vitamin A	IU	193		0	39		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.141		0	0.028		
Lipids:							
Saturated, total	g	3.394		0	0.679		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.119		0	0.224		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.849	0	0.770
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.941	0	0.188
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	46	0	9
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51664 WONDERBITES DIPPERS, Flame Broiled Beef WONDERBITES DIPPER with Teriyaki Sauce, product code 3827

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 20g	Measure 2*	Measure 3*
Proximates:							
Water	g	56.03		0	11.21		
Energy	kcal	225		0	45		
Energy	kj	941		0	188		
Protein (N x 5.95)	g	20.61		0	4.12		
Total lipid (fat)	g	12.00		0	2.40		
Carbohydrate, by difference	g	8.11		0	1.62		
Fiber, total dietary	g	1.3		0	0.3		
Ash	g	2.80		0	0.56		
Sugars, total	g	4.34		0	0.87		
Minerals:							
Calcium	mg	34		0	7		
Iron	mg	2.74		0	0.55		
Magnesium	mg	39		0	8		
Phosphorus	mg	294		0	59		
Potassium	mg	369		0	74		
Sodium	mg	636		0	127		
Zinc	mg	6.28		0	1.26		
Copper	mg	0.201		0	0.040		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.188		0	0.038		
Riboflavin	mg	0.185		0	0.037		
Niacin	mg	3.676		0	0.735		
Pantothenic acid	mg	0.440		0	0.088		
Vitamin B-6	mg	0.351		0	0.070		
Folate	µg	4		0	1		
Vitamin B-12	µg	2.03		0	0.41		
Vitamin A	IU	64		0	13		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.053		0	0.011		
Lipids:							
Saturated, total	g	4.744		0	0.949		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.380		0	0.276		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.131	0	1.026
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.507	0	0.101
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	52	0	10
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51689 LEAN MAGIC 30, Flame Broiled LEAN MAGIC 30 Beef and Turkey Patty with a Tangy Glaze, product code 9114

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	66.16		0	56.24		
Energy	kcal	141		0	120		
Energy	kj	590		0	502		
Protein (N x 5.95)	g	19.46		0	16.54		
Total lipid (fat)	g	3.60		0	3.06		
Carbohydrate, by difference	g	8.34		0	7.09		
Fiber, total dietary	g	1.3		0	1.1		
Ash	g	2.44		0	2.07		
Sugars, total	g	5.71		0	4.85		
Minerals:							
Calcium	mg	31		0	26		
Iron	mg	2.15		0	1.83		
Magnesium	mg	33		0	28		
Phosphorus	mg	229		0	195		
Potassium	mg	296		0	252		
Sodium	mg	637		0	541		
Zinc	mg	4.39		0	3.73		
Copper	mg	0.168		0	0.143		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.169		0	0.144		
Riboflavin	mg	0.114		0	0.097		
Niacin	mg	2.805		0	2.384		
Pantothenic acid	mg	0.385		0	0.327		
Vitamin B-6	mg	0.289		0	0.246		
Folate	µg	2		0	2		
Vitamin B-12	µg	1.32		0	1.12		
Vitamin A	IU	62		0	53		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.025		0	0.021		
Lipids:							
Saturated, total	g	1.238		0	1.052		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.245		0	0.208		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.531	0	1.301
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.494	0	0.420
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	41	0	35
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51692 RIB-B-Q, Flame Broiled LEAN MAGIC 30 Pork and Turkey Rib-B-Q with Barbecue Sauce, product code 9119

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	64.08		0	54.47		
Energy	kcal	155		0	132		
Energy	kj	649		0	552		
Protein (N x 5.95)	g	18.52		0	15.74		
Total lipid (fat)	g	4.88		0	4.15		
Carbohydrate, by difference	g	9.43		0	8.02		
Fiber, total dietary	g	1.6		0	1.4		
Ash	g	3.36		0	2.86		
Sugars, total	g	6.02		0	5.12		
Minerals:							
Calcium	mg	41		0	35		
Iron	mg	2.18		0	1.85		
Magnesium	mg	32		0	27		
Phosphorus	mg	250		0	213		
Potassium	mg	297		0	252		
Sodium	mg	659		0	560		
Zinc	mg	3.57		0	3.03		
Copper	mg	0.147		0	0.125		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.6		0	1.4		
Thiamin	mg	0.433		0	0.368		
Riboflavin	mg	0.177		0	0.150		
Niacin	mg	3.012		0	2.560		
Pantothenic acid	mg	0.444		0	0.377		
Vitamin B-6	mg	0.289		0	0.246		
Folate	µg	2		0	2		
Vitamin B-12	µg	0.73		0	0.62		
Vitamin A	IU	186		0	158		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.057		0	0.048		
Lipids:							
Saturated, total	g	1.641		0	1.395		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.408		0	0.347		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.011	0	1.709
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.722	0	0.614
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	43	0	37
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51702 PIERRE, Flame Broiled Cutlet Shaped Chicken Patty with Teriyaki Sauce, product code 9829

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	60.08		0	51.07		
Energy	kcal	194		0	165		
Energy	kj	812		0	690		
Protein (N x 5.95)	g	21.01		0	17.86		
Total lipid (fat)	g	7.93		0	6.74		
Carbohydrate, by difference	g	8.75		0	7.44		
Fiber, total dietary	g	1.1		0	0.9		
Ash	g	2.55		0	2.17		
Sugars, total	g	4.93		0	4.19		
Minerals:							
Calcium	mg	31		0	26		
Iron	mg	1.58		0	1.34		
Magnesium	mg	34		0	29		
Phosphorus	mg	261		0	222		
Potassium	mg	286		0	243		
Sodium	mg	678		0	576		
Zinc	mg	3.38		0	2.87		
Copper	mg	0.150		0	0.128		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.165		0	0.140		
Riboflavin	mg	0.151		0	0.128		
Niacin	mg	6.947		0	5.905		
Pantothenic acid	mg	0.844		0	0.717		
Vitamin B-6	mg	0.410		0	0.349		
Folate	µg	4		0	3		
Vitamin B-12	µg	0.67		0	0.57		
Vitamin A	IU	105		0	89		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.220		0	0.187		
Lipids:							
Saturated, total	g	2.219		0	1.886		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.481		0	0.409		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.126	0	2.657
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.783	0	1.516
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	55	0	47
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51706 PIERRE, Flame Broiled Cutlet Shaped Chicken Patty with Honey Mustard Sauce, product code 9852

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	59.21		0	50.33		
Energy	kcal	196		0	167		
Energy	kj	820		0	697		
Protein (N x 5.95)	g	20.86		0	17.73		
Total lipid (fat)	g	8.31		0	7.06		
Carbohydrate, by difference	g	9.15		0	7.78		
Fiber, total dietary	g	1.4		0	1.2		
Ash	g	2.92		0	2.48		
Sugars, total	g	5.10		0	4.33		
Minerals:							
Calcium	mg	30		0	26		
Iron	mg	1.80		0	1.53		
Magnesium	mg	34		0	29		
Phosphorus	mg	261		0	222		
Potassium	mg	286		0	243		
Sodium	mg	719		0	611		
Zinc	mg	3.38		0	2.87		
Copper	mg	0.150		0	0.128		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.7		0	0.6		
Thiamin	mg	0.165		0	0.140		
Riboflavin	mg	0.151		0	0.128		
Niacin	mg	6.947		0	5.905		
Pantothenic acid	mg	0.844		0	0.717		
Vitamin B-6	mg	0.410		0	0.349		
Folate	µg	4		0	3		
Vitamin B-12	µg	0.67		0	0.57		
Vitamin A	IU	107		0	91		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.220		0	0.187		
Lipids:							
Saturated, total	g	2.250		0	1.913		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.481		0	0.409		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.112	0	2.645
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.740	0	1.479
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	55	0	47
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51708 WONDERBITES DIPPERS, Flame Broiled Chicken WONDERBITES DIPPER w/Honey Mustard Sauce, product code 9875

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 21g	Measure 2*	Measure 3*
Proximates:							
Water	g	60.15		0	12.63		
Energy	kcal	192		0	40		
Energy	kj	803		0	169		
Protein (N x 5.95)	g	21.02		0	4.41		
Total lipid (fat)	g	7.82		0	1.64		
Carbohydrate, by difference	g	8.05		0	1.69		
Fiber, total dietary	g	0.9		0	0.2		
Ash	g	2.96		0	0.62		
Sugars, total	g	5.11		0	1.07		
Minerals:							
Calcium	mg	25		0	5		
Iron	mg	1.78		0	0.37		
Magnesium	mg	26		0	5		
Phosphorus	mg	258		0	54		
Potassium	mg	252		0	53		
Sodium	mg	720		0	151		
Zinc	mg	3.49		0	0.73		
Copper	mg	0.154		0	0.032		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.7		0	0.1		
Thiamin	mg	0.152		0	0.032		
Riboflavin	mg	0.145		0	0.030		
Niacin	mg	7.183		0	1.508		
Pantothenic acid	mg	0.921		0	0.193		
Vitamin B-6	mg	0.413		0	0.087		
Folate	µg	7		0	1		
Vitamin B-12	µg	0.44		0	0.09		
Vitamin A	IU	111		0	23		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.226		0	0.047		
Lipids:							
Saturated, total	g	2.115		0	0.444		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.458		0	0.096		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.897	0	0.608
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.621	0	0.340
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	55	0	12
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51710 WONDERBITES DIPPERS, Flame Broiled Chicken WONDERBITES DIPPER with Teriyaki Sauce, product code 9879

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 21g	Measure 2*	Measure 3*
Proximates:							
Water	g	60.06		0	12.61		
Energy	kcal	194		0	41		
Energy	kj	812		0	171		
Protein (N x 5.95)	g	21.01		0	4.41		
Total lipid (fat)	g	7.93		0	1.67		
Carbohydrate, by difference	g	8.75		0	1.84		
Fiber, total dietary	g	1.1		0	0.2		
Ash	g	2.55		0	0.54		
Sugars, total	g	4.93		0	1.04		
Minerals:							
Calcium	mg	31		0	7		
Iron	mg	1.58		0	0.33		
Magnesium	mg	34		0	7		
Phosphorus	mg	261		0	55		
Potassium	mg	286		0	60		
Sodium	mg	678		0	142		
Zinc	mg	3.38		0	0.71		
Copper	mg	0.150		0	0.032		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.165		0	0.035		
Riboflavin	mg	0.151		0	0.032		
Niacin	mg	6.947		0	1.459		
Pantothenic acid	mg	0.844		0	0.177		
Vitamin B-6	mg	0.410		0	0.086		
Folate	µg	4		0	1		
Vitamin B-12	µg	0.67		0	0.14		
Vitamin A	IU	105		0	22		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.220		0	0.046		
Lipids:							
Saturated, total	g	2.219		0	0.466		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.481		0	0.101		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.126	0	0.656
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.783	0	0.374
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	55	0	12
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51714 WONDERBITES DIPPERS, Flame Broiled Chicken WONDERBITES DIPPER with Barbecue Sauce, product code 9911

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 21g	Measure 2*	Measure 3*
Proximates:							
Water	g	59.12		0	12.42		
Energy	kcal	196		0	41		
Energy	kj	820		0	172		
Protein (N x 5.95)	g	20.84		0	4.38		
Total lipid (fat)	g	7.95		0	1.67		
Carbohydrate, by difference	g	10.01		0	2.10		
Fiber, total dietary	g	1.2		0	0.3		
Ash	g	2.50		0	0.53		
Sugars, total	g	5.10		0	1.07		
Minerals:							
Calcium	mg	35		0	7		
Iron	mg	1.73		0	0.36		
Magnesium	mg	34		0	7		
Phosphorus	mg	261		0	55		
Potassium	mg	286		0	60		
Sodium	mg	607		0	127		
Zinc	mg	3.38		0	0.71		
Copper	mg	0.150		0	0.032		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.1		0	0.2		
Thiamin	mg	0.165		0	0.035		
Riboflavin	mg	0.151		0	0.032		
Niacin	mg	6.947		0	1.459		
Pantothenic acid	mg	0.844		0	0.177		
Vitamin B-6	mg	0.410		0	0.086		
Folate	µg	4		0	1		
Vitamin B-12	µg	0.67		0	0.14		
Vitamin A	IU	180		0	38		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.220		0	0.046		
Lipids:							
Saturated, total	g	2.210		0	0.464		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.481		0	0.101		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.112	0	0.654
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.740	0	0.365
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	55	0	12
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51732 WONDERBITES DIPPERS, Flame Broiled Pork WONDERBITES DIPPER with Teriyaki Sauce, product code 3759, contains USDA commodity meat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 20g	Measure 2*	Measure 3*
Proximates:							
Water	g	56.95		0	11.39		
Energy	kcal	224		0	45		
Energy	kj	937		0	187		
Protein (N x 5.95)	g	20.71		0	4.14		
Total lipid (fat)	g	11.61		0	2.32		
Carbohydrate, by difference	g	7.83		0	1.57		
Fiber, total dietary	g	0.6		0	0.1		
Ash	g	2.89		0	0.58		
Sugars, total	g	4.58		0	0.92		
Minerals:							
Calcium	mg	27		0	5		
Iron	mg	1.54		0	0.31		
Magnesium	mg	31		0	6		
Phosphorus	mg	318		0	64		
Potassium	mg	391		0	78		
Sodium	mg	675		0	135		
Zinc	mg	3.07		0	0.61		
Copper	mg	0.100		0	0.020		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1		
Thiamin	mg	0.660		0	0.132		
Riboflavin	mg	0.273		0	0.055		
Niacin	mg	3.854		0	0.771		
Pantothenic acid	mg	0.557		0	0.111		
Vitamin B-6	mg	0.344		0	0.069		
Folate	µg	4		0	1		
Vitamin B-12	µg	0.65		0	0.13		
Vitamin A	IU	36		0	7		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.181		0	0.036		
Lipids:							
Saturated, total	g	4.318		0	0.864		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.434		0	0.287		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.877	0	0.975
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.159	0	0.232
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	59	0	12
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51737 RIB-B-Q, Flame Broiled LEAN MAGIC 30 Beef and Turkey Rib-B-Q with Barbecue Sauce, product code 9126

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	67.07		0	57.01		
Energy	kcal	136		0	116		
Energy	kj	569		0	484		
Protein (N x 5.95)	g	16.88		0	14.35		
Total lipid (fat)	g	3.64		0	3.09		
Carbohydrate, by difference	g	9.44		0	8.02		
Fiber, total dietary	g	1.6		0	1.4		
Ash	g	3.32		0	2.82		
Sugars, total	g	6.02		0	5.12		
Minerals:							
Calcium	mg	39		0	33		
Iron	mg	2.20		0	1.87		
Magnesium	mg	31		0	26		
Phosphorus	mg	238		0	202		
Potassium	mg	288		0	245		
Sodium	mg	659		0	560		
Zinc	mg	3.74		0	3.18		
Copper	mg	0.152		0	0.129		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.5		0	1.3		
Thiamin	mg	0.169		0	0.144		
Riboflavin	mg	0.101		0	0.086		
Niacin	mg	2.772		0	2.356		
Pantothenic acid	mg	0.350		0	0.298		
Vitamin B-6	mg	0.311		0	0.264		
Folate	µg	2		0	2		
Vitamin B-12	µg	1.65		0	1.40		
Vitamin A	IU	184		0	156		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.054		0	0.046		
Lipids:							
Saturated, total	g	1.186		0	1.008		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.216		0	0.184		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.530	0	1.301
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.494	0	0.420
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	34	0	29
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51738 LEAN MAGIC 30, Flame Broiled LEAN MAGIC 30 Beef and Turkey Patty with Teriyaki Sauce, product code 9128

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 20g	Measure 2*	Measure 3*
Proximates:							
Water	g	66.14		0	13.23		
Energy	kcal	141		0	28		
Energy	kj	590		0	118		
Protein (N x 5.95)	g	19.46		0	3.89		
Total lipid (fat)	g	3.60		0	0.72		
Carbohydrate, by difference	g	8.36		0	1.67		
Fiber, total dietary	g	1.3		0	0.3		
Ash	g	2.44		0	0.49		
Sugars, total	g	5.71		0	1.14		
Minerals:							
Calcium	mg	31		0	6		
Iron	mg	2.15		0	0.43		
Magnesium	mg	33		0	7		
Phosphorus	mg	229		0	46		
Potassium	mg	296		0	59		
Sodium	mg	637		0	127		
Zinc	mg	4.39		0	0.88		
Copper	mg	0.168		0	0.034		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.169		0	0.034		
Riboflavin	mg	0.114		0	0.023		
Niacin	mg	2.805		0	0.561		
Pantothenic acid	mg	0.385		0	0.077		
Vitamin B-6	mg	0.289		0	0.058		
Folate	µg	2		0	0		
Vitamin B-12	µg	1.32		0	0.26		
Vitamin A	IU	62		0	12		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.025		0	0.005		
Lipids:							
Saturated, total	g	1.238		0	0.248		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.245		0	0.049		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.531	0	0.306
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.494	0	0.099
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	41	0	8
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51748 PIERRE, CHIX-B-Q, product code 9845

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 68g	Measure 2*	Measure 3*
Proximates:							
Water	g	59.11		0	40.19		
Energy	kcal	201		0	137		
Energy	kj	841		0	572		
Protein (N x 5.95)	g	20.83		0	14.16		
Total lipid (fat)	g	8.59		0	5.84		
Carbohydrate, by difference	g	8.92		0	6.07		
Fiber, total dietary	g	1.5		0	1.0		
Ash	g	2.55		0	1.73		
Sugars, total	g	4.34		0	2.95		
Minerals:							
Calcium	mg	35		0	24		
Iron	mg	1.98		0	1.35		
Magnesium	mg	29		0	20		
Phosphorus	mg	282		0	192		
Potassium	mg	273		0	186		
Sodium	mg	614		0	418		
Zinc	mg	4.21		0	2.86		
Copper	mg	0.187		0	0.127		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.180		0	0.122		
Riboflavin	mg	0.162		0	0.110		
Niacin	mg	6.587		0	4.479		
Pantothenic acid	mg	0.971		0	0.660		
Vitamin B-6	mg	0.403		0	0.274		
Folate	µg	8		0	5		
Vitamin B-12	µg	0.52		0	0.35		
Vitamin A	IU	187		0	127		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.212		0	0.144		
Lipids:							
Saturated, total	g	2.382		0	1.620		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.498		0	0.339		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.379	0	2.298
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.907	0	1.297
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	53	0	36
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece