NDB No. 18001 Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3* 71g
Proximates:							
Water	g	32.60	0.572	23	9.24	18.58	23.15
Energy	kcal	275		0	78	157	195
Energy	kj	1151		0	326	656	817
Protein (N x 5.95)	g	10.50	0.180	21	2.98	5.99	7.46
Total lipid (fat)	g	1.60	0.089	21	0.45	0.91	1.14
Carbohydrate, by difference	g	53.40		0	15.14	30.44	37.91
Fiber, total dietary	g	2.3		0	0.7	1.3	1.6
Ash	g	1.80	0.042	17	0.51	1.03	1.28
Sugars, total	g						
Minerals:							
Calcium	mg	74	5.938	8	21	42	53
Iron	mg	3.56	0.174	22	1.01	2.03	2.53
Magnesium	mg	29	1.378	17	8	17	21
Phosphorus	mg	96	3.526	17	27	55	68
Potassium	mg	101	2.267	18	29	58	72
Sodium	mg	534	17.593	22	151	304	379
Zinc	mg	0.88	0.025	18	0.25	0.50	0.62
Copper	mg	0.163	0.009	17	0.046	0.093	0.116
Manganese	mg	0.540	0.020	17	0.153	0.308	0.383
Selenium	:g	32.0	2.760	9	9.1	18.2	22.7
Vitamins:							
Ascorbic acid	mg	0.0	0.000	3	0.0	0.0	0.0
Thiamin	mg	0.538	0.032	18	0.153	0.307	0.382
Riboflavin	mg	0.315	0.023	18	0.089	0.180	0.224
Niacin	mg	4.562	0.293	18	1.293	2.600	3.239
Pantothenic acid	mg	0.363	0.020	13	0.103	0.207	0.258
Vitamin B-6	mg	0.051	0.004	12	0.014	0.029	0.036
Folate	:g	88		0	25	50	62
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0	0.000	3	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.038		0	0.011	0.022	0.027
Lipids:							
Saturated, total	g	0.220		0	0.062	0.125	0.156
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.207		0	0.059	0.118	0.147
17:0	g						
18:0	g	0.012		0	0.003	0.007	0.009
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.131		0	0.037	0.075	0.093
14:1	g						
16:1	g	0.014		0	0.004	0.008	0.010
18:1	g	0.117		0	0.033	0.067	0.083
20:1	g	0.000		0	0.000	0.000	0.000
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	0.696		0	0.197	0.397	0.494
18:2	g	0.660		0	0.187	0.376	0.469
18:3	g	0.036		0	0.010	0.021	0.026
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.000		0	0.000	0.000	0.000
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.000		0	0.000	0.000	0.000
Cholesterol	mg	0	0.000	4	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.124		0	0.035	0.071	0.088
Threonine	g	0.301		0	0.085	0.172	0.214
Isoleucine	g	0.404		0	0.115	0.230	0.287
Leucine	g	0.735		0	0.208	0.419	0.522
Lysine	g	0.251		0	0.071	0.143	0.178
Methionine	g	0.188		0	0.053	0.107	0.133
Cystine	g	0.225		0	0.064	0.128	0.160
Phenylalanine	g	0.519		0	0.147	0.296	0.368
Tyrosine	g	0.301		0	0.085	0.172	0.214
Valine	g	0.456		0	0.129	0.260	0.324
Arginine	g	0.384		0	0.109	0.219	0.273
Histidine	g	0.227		0	0.064	0.129	0.161
Alanine	g	0.347		0	0.098	0.198	0.246
Aspartic acid	g	0.478		0	0.136	0.272	0.339
Glutamic acid	g	3.504		0	0.993	1.997	2.488
Glycine	g	0.373		0	0.106	0.213	0.265
Proline	g	1.180		0	0.335	0.673	0.838
Serine	g	0.508		0	0.144	0.290	0.361
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 bagel (3" dia)
Measure 3: 1 bagel (3-1/2" dia)

NDB No. 18002 Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 53g	Measure 3* 66g
Proximates:							
Water	g	27.60		0	7.82	14.63	18.22
Energy	kcal	295		0	84	156	195
Energy	kj	1234		0	350	654	814
Protein (N x 5.95)	g	11.30		0	3.20	5.99	7.46
Total lipid (fat)	g	1.70		0	0.48	0.90	1.12
Carbohydrate, by difference	g	57.50		0	16.30	30.48	37.95
Fiber, total dietary	g	2.5		0	0.7	1.3	1.6
Ash	g	1.90		0	0.54	1.01	1.25
Sugars, total	g						
Minerals:							
Calcium	mg	80		0	23	42	53
Iron	mg	3.82		0	1.08	2.02	2.52
Magnesium	mg	31		0	9	16	20
Phosphorus	mg	103		0	29	55	68
Potassium	mg	109		0	31	58	72
Sodium	mg	574		0	163	304	379
Zinc	mg	0.94		0	0.27	0.50	0.62
Copper	mg	0.175		0	0.050	0.093	0.116
Manganese	mg	0.581		0	0.165	0.308	0.383
Selenium	：g	34.4		0	9.8	18.2	22.7
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.463		0	0.131	0.245	0.306
Riboflavin	mg	0.305		0	0.086	0.162	0.201
Niacin	mg	4.415		0	1.252	2.340	2.914
Pantothenic acid	mg	0.254		0	0.072	0.135	0.168
Vitamin B-6	mg	0.049		0	0.014	0.026	0.032
Folate	：g	75		0	21	40	50
Vitamin B-12	：g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	：g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.033		0	0.009	0.017	0.022
Lipids:							
Saturated, total	g	0.236		0	0.067	0.125	0.156
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.222		0	0.063	0.118	0.147
17:0	g						
18:0	g	0.013		0	0.004	0.007	0.009
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.140	0	0.040	0.074	0.092
14:1	g					
16:1	g	0.015	0	0.004	0.008	0.010
18:1	g	0.125	0	0.035	0.066	0.083
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.748	0	0.212	0.396	0.494
18:2	g	0.709	0	0.201	0.376	0.468
18:3	g	0.039	0	0.011	0.021	0.026
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.133	0	0.038	0.070	0.088
Threonine	g	0.324	0	0.092	0.172	0.214
Isoleucine	g	0.435	0	0.123	0.231	0.287
Leucine	g	0.790	0	0.224	0.419	0.521
Lysine	g	0.270	0	0.077	0.143	0.178
Methionine	g	0.202	0	0.057	0.107	0.133
Cystine	g	0.242	0	0.069	0.128	0.160
Phenylalanine	g	0.558	0	0.158	0.296	0.368
Tyrosine	g	0.324	0	0.092	0.172	0.214
Valine	g	0.490	0	0.139	0.260	0.323
Arginine	g	0.413	0	0.117	0.219	0.273
Histidine	g	0.244	0	0.069	0.129	0.161
Alanine	g	0.373	0	0.106	0.198	0.246
Aspartic acid	g	0.514	0	0.146	0.272	0.339
Glutamic acid	g	3.768	0	1.068	1.997	2.487
Glycine	g	0.401	0	0.114	0.213	0.265
Proline	g	1.268	0	0.359	0.672	0.837
Serine	g	0.546	0	0.155	0.289	0.360
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 bagel (3" dia)
Measure 3: 1 bagel (3-1/2" dia)

NDB No. 18003 Bagels, egg

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3* 71g
Proximates:							
Water	g	32.70	0.572	3	9.27	18.64	23.22
Energy	kcal	278		0	79	158	197
Energy	kj	1163		0	330	663	826
Protein (N x 5.95)	g	10.60		1	3.01	6.04	7.53
Total lipid (fat)	g	2.10	0.067	4	0.60	1.20	1.49
Carbohydrate, by difference	g	53.00		0	15.03	30.21	37.63
Fiber, total dietary	g	2.3		0	0.7	1.3	1.6
Ash	g	1.60	0.034	3	0.45	0.91	1.14
Sugars, total	g						
Minerals:							
Calcium	mg	13	1.601	3	4	7	9
Iron	mg	3.98	0.276	3	1.13	2.27	2.83
Magnesium	mg	25	2.051	2	7	14	18
Phosphorus	mg	84	7.863	2	24	48	60
Potassium	mg	68	7.226	2	19	39	48
Sodium	mg	505	28.087	3	143	288	359
Zinc	mg	0.77	0.099	2	0.22	0.44	0.55
Copper	mg	0.090	0.007	2	0.026	0.051	0.064
Manganese	mg	0.410	0.028	2	0.116	0.234	0.291
Selenium	:g	30.6		0	8.7	17.4	21.7
Vitamins:							
Ascorbic acid	mg	0.6		1	0.2	0.3	0.4
Thiamin	mg	0.536	0.020	10	0.152	0.306	0.381
Riboflavin	mg	0.235	0.009	10	0.067	0.134	0.167
Niacin	mg	3.443	0.137	10	0.976	1.963	2.445
Pantothenic acid	mg	0.671	0.015	9	0.190	0.382	0.476
Vitamin B-6	mg	0.087	0.012	9	0.025	0.050	0.062
Folate	:g	88		0	25	50	62
Vitamin B-12	:g	0.16	0.011	8	0.05	0.09	0.11
Vitamin A	IU	109		1	31	62	77
Vitamin A, RE	:g	33		0	9	19	23
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.421		0	0.119	0.240	0.299
4:0	g						
6.0	g						
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.003		0	0.001	0.002	0.002
15.0	g						
16:0	g	0.341		0	0.097	0.194	0.242
17:0	g						
18:0	g	0.076		0	0.022	0.043	0.054
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.420	0	0.119	0.239	0.298
14:1	g					
16:1	g	0.035	0	0.010	0.020	0.025
18:1	g	0.382	0	0.108	0.218	0.271
20:1	g	0.002	0	0.001	0.001	0.001
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.642	0	0.182	0.366	0.456
18:2	g	0.600	0	0.170	0.342	0.426
18:3	g	0.026	0	0.007	0.015	0.018
18:4	g					
20:4	g	0.012	0	0.003	0.007	0.009
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g					
22:6	g	0.003	0	0.001	0.002	0.002
Cholesterol	mg	24	1	7	14	17
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.125	0	0.035	0.071	0.089
Threonine	g	0.306	0	0.087	0.174	0.217
Isoleucine	g	0.411	0	0.117	0.234	0.292
Leucine	g	0.748	0	0.212	0.426	0.531
Lysine	g	0.261	0	0.074	0.149	0.185
Methionine	g	0.190	0	0.054	0.108	0.135
Cystine	g	0.231	0	0.065	0.132	0.164
Phenylalanine	g	0.523	0	0.148	0.298	0.371
Tyrosine	g	0.308	0	0.087	0.176	0.219
Valine	g	0.461	0	0.131	0.263	0.327
Arginine	g	0.394	0	0.112	0.225	0.280
Histidine	g	0.231	0	0.065	0.132	0.164
Alanine	g	0.353	0	0.100	0.201	0.251
Aspartic acid	g	0.481	0	0.136	0.274	0.342
Glutamic acid	g	3.548	0	1.006	2.022	2.519
Glycine	g	0.370	0	0.105	0.211	0.263
Proline	g	1.189	0	0.337	0.678	0.844
Serine	g	0.528	0	0.150	0.301	0.375
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 bagel (3" dia)
Measure 3: 1 bagel (3-1/2" dia)

NDB No. 18005 Bagels, cinnamon-raisin

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3* 71g
Proximates:							
Water	g	32.00		1	9.07	18.24	22.72
Energy	kcal	274		0	78	156	195
Energy	kj	1146		0	325	653	814
Protein (N x 5.95)	g	9.80		1	2.78	5.59	6.96
Total lipid (fat)	g	1.70		1	0.48	0.97	1.21
Carbohydrate, by difference	g	55.20		0	15.65	31.46	39.19
Fiber, total dietary	g	2.3		0	0.7	1.3	1.6
Ash	g	1.30		1	0.37	0.74	0.92
Sugars, total	g						
Minerals:							
Calcium	mg	19		1	5	11	13
Iron	mg	3.80		1	1.08	2.17	2.70
Magnesium	mg	28		0	8	16	20
Phosphorus	mg	100		0	28	57	71
Potassium	mg	148		0	42	84	105
Sodium	mg	322		1	91	184	229
Zinc	mg	1.13		0	0.32	0.64	0.80
Copper	mg	0.163		0	0.046	0.093	0.116
Manganese	mg	0.876		0	0.248	0.499	0.622
Selenium	:g	31.0		0	8.8	17.7	22.0
Vitamins:							
Ascorbic acid	mg	0.7		1	0.2	0.4	0.5
Thiamin	mg	0.384		1	0.109	0.219	0.273
Riboflavin	mg	0.277		1	0.079	0.158	0.197
Niacin	mg	3.080		1	0.873	1.756	2.187
Pantothenic acid	mg	0.509		0	0.144	0.290	0.361
Vitamin B-6	mg	0.062		0	0.018	0.035	0.044
Folate	:g	90		0	26	51	64
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	73		1	21	42	52
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.153		0	0.043	0.087	0.109
Lipids:							
Saturated, total	g	0.274		0	0.078	0.156	0.195
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.000	0.001	0.001
14:0	g	0.003		0	0.001	0.002	0.002
15.0	g						
16:0	g	0.251		0	0.071	0.143	0.178
17:0	g						
18:0	g	0.020		0	0.006	0.011	0.014
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.175	0	0.050	0.100	0.124
14:1	g					
16:1	g	0.014	0	0.004	0.008	0.010
18:1	g	0.161	0	0.046	0.092	0.114
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.671	0	0.190	0.382	0.476
18:2	g	0.632	0	0.179	0.360	0.449
18:3	g	0.039	0	0.011	0.022	0.028
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	1	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.114	0	0.032	0.065	0.081
Threonine	g	0.285	0	0.081	0.162	0.202
Isoleucine	g	0.367	0	0.104	0.209	0.261
Leucine	g	0.671	0	0.190	0.382	0.476
Lysine	g	0.238	0	0.067	0.136	0.169
Methionine	g	0.179	0	0.051	0.102	0.127
Cystine	g	0.210	0	0.060	0.120	0.149
Phenylalanine	g	0.474	0	0.134	0.270	0.337
Tyrosine	g	0.272	0	0.077	0.155	0.193
Valine	g	0.424	0	0.120	0.242	0.301
Arginine	g	0.378	0	0.107	0.215	0.268
Histidine	g	0.217	0	0.062	0.124	0.154
Alanine	g	0.333	0	0.094	0.190	0.236
Aspartic acid	g	0.479	0	0.136	0.273	0.340
Glutamic acid	g	3.240	0	0.919	1.847	2.300
Glycine	g	0.343	0	0.097	0.196	0.244
Proline	g	1.080	0	0.306	0.616	0.767
Serine	g	0.481	0	0.136	0.274	0.342
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 bagel (3" dia)
Measure 3: 1 bagel (3-1/2" dia)

NDB No. 18006 Bagels, cinnamon-raisin, toasted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 53g	Measure 3* 66g
Proximates:							
Water	g	26.90		0	7.63	14.26	17.75
Energy	kcal	294		0	83	156	194
Energy	kj	1230		0	349	652	812
Protein (N x 5.95)	g	10.60		0	3.01	5.62	7.00
Total lipid (fat)	g	1.80		0	0.51	0.95	1.19
Carbohydrate, by difference	g	59.30		0	16.81	31.43	39.14
Fiber, total dietary	g	2.5		0	0.7	1.3	1.6
Ash	g	1.40		0	0.40	0.74	0.92
Sugars, total	g						
Minerals:							
Calcium	mg	20		0	6	11	13
Iron	mg	4.09		0	1.16	2.17	2.70
Magnesium	mg	23		0	7	12	15
Phosphorus	mg	83		0	24	44	55
Potassium	mg	163		0	46	86	108
Sodium	mg	346		0	98	183	228
Zinc	mg	0.81		0	0.23	0.43	0.53
Copper	mg	0.160		0	0.045	0.085	0.106
Manganese	mg	0.328		0	0.093	0.174	0.216
Selenium	：g	33.3		0	9.4	17.6	22.0
Vitamins:							
Ascorbic acid	mg	0.6		0	0.2	0.3	0.4
Thiamin	mg	0.330		0	0.094	0.175	0.218
Riboflavin	mg	0.268		0	0.076	0.142	0.177
Niacin	mg	2.981		0	0.845	1.580	1.967
Pantothenic acid	mg	0.047		0	0.013	0.025	0.031
Vitamin B-6	mg	0.060		0	0.017	0.032	0.040
Folate	：g	77		0	22	41	51
Vitamin B-12	：g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	71		0	20	38	47
Vitamin A, RE	：g	7		0	2	4	5
Vitamin D	IU						
Vitamin E, "-TE	mg	0.188		0	0.053	0.100	0.124
Lipids:							
Saturated, total	g	0.295		0	0.084	0.156	0.195
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.000	0.001	0.001
14:0	g	0.003		0	0.001	0.002	0.002
15.0	g						
16:0	g	0.270		0	0.077	0.143	0.178
17:0	g						
18:0	g	0.022		0	0.006	0.012	0.015
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.188	0	0.053	0.100	0.124
14:1	g					
16:1	g	0.015	0	0.004	0.008	0.010
18:1	g	0.173	0	0.049	0.092	0.114
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.722	0	0.205	0.383	0.477
18:2	g	0.680	0	0.193	0.360	0.449
18:3	g	0.042	0	0.012	0.022	0.028
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.122	0	0.035	0.065	0.081
Threonine	g	0.306	0	0.087	0.162	0.202
Isoleucine	g	0.395	0	0.112	0.209	0.261
Leucine	g	0.721	0	0.204	0.382	0.476
Lysine	g	0.256	0	0.073	0.136	0.169
Methionine	g	0.193	0	0.055	0.102	0.127
Cystine	g	0.226	0	0.064	0.120	0.149
Phenylalanine	g	0.510	0	0.145	0.270	0.337
Tyrosine	g	0.293	0	0.083	0.155	0.193
Valine	g	0.456	0	0.129	0.242	0.301
Arginine	g	0.406	0	0.115	0.215	0.268
Histidine	g	0.234	0	0.066	0.124	0.154
Alanine	g	0.358	0	0.101	0.190	0.236
Aspartic acid	g	0.516	0	0.146	0.273	0.341
Glutamic acid	g	3.484	0	0.988	1.847	2.299
Glycine	g	0.369	0	0.105	0.196	0.244
Proline	g	1.161	0	0.329	0.615	0.766
Serine	g	0.517	0	0.147	0.274	0.341
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 bagel (3" dia)
Measure 3: 1 bagel (3-1/2" dia)

NDB No. 18007 Bagels, oat bran

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3* 71g
Proximates:							
Water	g	32.90		1	9.33	18.75	23.36
Energy	kcal	255		0	72	145	181
Energy	kj	1067		0	302	608	758
Protein (N x 5.95)	g	10.70		1	3.03	6.10	7.60
Total lipid (fat)	g	1.20		1	0.34	0.68	0.85
Carbohydrate, by difference	g	53.30		0	15.11	30.38	37.84
Fiber, total dietary	g	3.6		0	1.0	2.1	2.6
Ash	g	1.90		1	0.54	1.08	1.35
Sugars, total	g						
Minerals:							
Calcium	mg	12		1	3	7	9
Iron	mg	3.08		1	0.87	1.76	2.19
Magnesium	mg	31		0	9	18	22
Phosphorus	mg	110		0	31	63	78
Potassium	mg	115		0	33	66	82
Sodium	mg	507		1	144	289	360
Zinc	mg	0.90		0	0.26	0.51	0.64
Copper	mg	0.151		0	0.043	0.086	0.107
Manganese	mg	0.863		0	0.245	0.492	0.613
Selenium	：g	34.2		0	9.7	19.5	24.3
Vitamins:							
Ascorbic acid	mg	0.2		1	0.1	0.1	0.1
Thiamin	mg	0.331		1	0.094	0.189	0.235
Riboflavin	mg	0.338		1	0.096	0.193	0.240
Niacin	mg	2.960		1	0.839	1.687	2.102
Pantothenic acid	mg	0.445		0	0.126	0.254	0.316
Vitamin B-6	mg	0.043		0	0.012	0.025	0.031
Folate	：g	81		0	23	46	58
Vitamin B-12	：g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	4		1	1	2	3
Vitamin A, RE	：g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.136		0	0.039	0.078	0.097
Lipids:							
Saturated, total	g	0.191		0	0.054	0.109	0.136
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.002		0	0.001	0.001	0.001
14:0	g	0.001		0	0.000	0.001	0.001
15.0	g						
16:0	g	0.170		0	0.048	0.097	0.121
17:0	g						
18:0	g	0.010		0	0.003	0.006	0.007
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.249	0	0.071	0.142	0.177
14:1	g					
16:1	g	0.007	0	0.002	0.004	0.005
18:1	g	0.242	0	0.069	0.138	0.172
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.486	0	0.138	0.277	0.345
18:2	g	0.465	0	0.132	0.265	0.330
18:3	g	0.022	0	0.006	0.013	0.016
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	1	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.138	0	0.039	0.079	0.098
Threonine	g	0.301	0	0.085	0.172	0.214
Isoleucine	g	0.406	0	0.115	0.231	0.288
Leucine	g	0.757	0	0.215	0.431	0.537
Lysine	g	0.288	0	0.082	0.164	0.204
Methionine	g	0.188	0	0.053	0.107	0.133
Cystine	g	0.253	0	0.072	0.144	0.180
Phenylalanine	g	0.526	0	0.149	0.300	0.373
Tyrosine	g	0.321	0	0.091	0.183	0.228
Valine	g	0.482	0	0.137	0.275	0.342
Arginine	g	0.460	0	0.130	0.262	0.327
Histidine	g	0.233	0	0.066	0.133	0.165
Alanine	g	0.382	0	0.108	0.218	0.271
Aspartic acid	g	0.561	0	0.159	0.320	0.398
Glutamic acid	g	3.318	0	0.941	1.891	2.356
Glycine	g	0.410	0	0.116	0.234	0.291
Proline	g	1.082	0	0.307	0.617	0.768
Serine	g	0.517	0	0.147	0.295	0.367
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 bagel (3" dia)
Measure 3: 1 bagel (3-1/2" dia)

NDB No. 18009 Biscuits, plain or buttermilk, commercially baked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 35g	Measure 3* 77g
Proximates:							
Water	g	26.70	1.152	6	7.57	9.35	20.56
Energy	kcal	364		0	103	127	280
Energy	kj	1523		0	432	533	1173
Protein (N x 5.95)	g	6.20	0.396	6	1.76	2.17	4.77
Total lipid (fat)	g	16.50	2.166	6	4.68	5.78	12.71
Carbohydrate, by difference	g	48.50		0	13.75	16.98	37.34
Fiber, total dietary	g	1.3		0	0.4	0.5	1.0
Ash	g	2.20	0.338	7	0.62	0.77	1.69
Sugars, total	g						
Minerals:							
Calcium	mg	49	6.829	23	14	17	38
Iron	mg	3.30	0.234	21	0.94	1.16	2.54
Magnesium	mg	17	0.693	20	5	6	13
Phosphorus	mg	430	35.462	20	122	151	331
Potassium	mg	224	24.306	20	64	78	172
Sodium	mg	1052	14.968	21	298	368	810
Zinc	mg	0.48	0.018	19	0.14	0.17	0.37
Copper	mg	0.083	0.005	19	0.024	0.029	0.064
Manganese	mg	0.392	0.014	15	0.111	0.137	0.302
Selenium	:g	18.8		0	5.3	6.6	14.5
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.427	0.029	8	0.121	0.149	0.329
Riboflavin	mg	0.292	0.017	8	0.083	0.102	0.225
Niacin	mg	3.352	0.222	5	0.950	1.173	2.581
Pantothenic acid	mg	0.300		1	0.085	0.105	0.231
Vitamin B-6	mg	0.047	0.011	4	0.013	0.016	0.036
Folate	:g	59		0	17	21	45
Vitamin B-12	:g	0.14	0.002	2	0.04	0.05	0.11
Vitamin A	IU	2		0	1	1	2
Vitamin A, RE	:g	1		0	0	0	1
Vitamin D	IU						
Vitamin E, "-TE	mg	2.931		0	0.831	1.026	2.257
Lipids:							
Saturated, total	g	2.490		0	0.706	0.872	1.917
4:0	g	0.002		0	0.001	0.001	0.002
6.0	g	0.001		0	0.000	0.000	0.001
8:0	g	0.001		0	0.000	0.000	0.001
10:0	g	0.001		0	0.000	0.000	0.001
12:0	g	0.002		0	0.001	0.001	0.002
14:0	g	0.022		0	0.006	0.008	0.017
15.0	g						
16:0	g	1.655		0	0.469	0.579	1.274
17:0	g						
18:0	g	0.806		0	0.229	0.282	0.621
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.906	0	1.958	2.417	5.318
14:1	g					
16:1	g	0.065	0	0.018	0.023	0.050
18:1	g	6.824	0	1.935	2.388	5.254
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	6.209	0	1.760	2.173	4.781
18:2	g	5.767	0	1.635	2.018	4.441
18:3	g	0.426	0	0.121	0.149	0.328
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	1	0	0	0	1
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.076	0	0.022	0.027	0.059
Threonine	g	0.177	0	0.050	0.062	0.136
Isoleucine	g	0.226	0	0.064	0.079	0.174
Leucine	g	0.436	0	0.124	0.153	0.336
Lysine	g	0.167	0	0.047	0.058	0.129
Methionine	g	0.112	0	0.032	0.039	0.086
Cystine	g	0.123	0	0.035	0.043	0.095
Phenylalanine	g	0.308	0	0.087	0.108	0.237
Tyrosine	g	0.192	0	0.054	0.067	0.148
Valine	g	0.262	0	0.074	0.092	0.202
Arginine	g	0.245	0	0.069	0.086	0.189
Histidine	g	0.139	0	0.039	0.049	0.107
Alanine	g	0.197	0	0.056	0.069	0.152
Aspartic acid	g	0.277	0	0.079	0.097	0.213
Glutamic acid	g	1.979	0	0.561	0.693	1.524
Glycine	g	0.211	0	0.060	0.074	0.162
Proline	g	0.698	0	0.198	0.244	0.537
Serine	g	0.307	0	0.087	0.107	0.236
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 biscuit
Measure 3: 1 large

NDB No. 18010 Biscuits, plain or buttermilk, 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* 114g	Measure 2* 120g	Measure 3* 128g
Proximates:							
Water	g	9.20	0.168	7	10.49	11.04	11.78
Energy	kcal	428		0	488	514	548
Energy	kj	1791		0	2042	2149	2292
Protein (N x 5.95)	g	8.00	0.132	4	9.12	9.60	10.24
Total lipid (fat)	g	15.40	1.345	3	17.56	18.48	19.71
Carbohydrate, by difference	g	63.30		0	72.16	75.96	81.02
Fiber, total dietary	g	2.1		0	2.4	2.5	2.7
Ash	g	4.00	0.098	14	4.56	4.80	5.12
Sugars, total	g						
Minerals:							
Calcium	mg	179	17.041	4	204	215	229
Iron	mg	2.77	0.030	3	3.16	3.32	3.55
Magnesium	mg	25	0.401	12	29	30	32
Phosphorus	mg	585	45.721	4	667	702	749
Potassium	mg	163	22.648	4	186	196	209
Sodium	mg	1276	74.831	4	1455	1531	1633
Zinc	mg	0.60	0.015	12	0.68	0.72	0.77
Copper	mg	0.154	0.007	12	0.176	0.185	0.197
Manganese	mg	0.340	0.010	12	0.388	0.408	0.435
Selenium	:g	7.5		0	8.6	9.0	9.6
Vitamins:							
Ascorbic acid	mg	0.3		0	0.3	0.4	0.4
Thiamin	mg	0.575	0.084	4	0.656	0.690	0.736
Riboflavin	mg	0.437	0.005	4	0.498	0.524	0.559
Niacin	mg	4.542	0.136	3	5.178	5.450	5.814
Pantothenic acid	mg	0.884	0.174	4	1.008	1.061	1.132
Vitamin B-6	mg	0.076	0.009	2	0.087	0.091	0.097
Folate	:g	104		0	119	125	133
Vitamin B-12	:g	0.39		0	0.44	0.47	0.50
Vitamin A	IU	4		0	5	5	5
Vitamin A, RE	:g	2		0	2	2	3
Vitamin D	IU						
Vitamin E, "-TE	mg	2.050		0	2.337	2.460	2.624
Lipids:							
Saturated, total	g	3.965		0	4.520	4.758	5.075
4:0	g	0.011		0	0.013	0.013	0.014
6.0	g	0.003		0	0.003	0.004	0.004
8:0	g	0.002		0	0.002	0.002	0.003
10:0	g	0.004		0	0.005	0.005	0.005
12:0	g	0.004		0	0.005	0.005	0.005
14:0	g	0.096		0	0.109	0.115	0.123
15.0	g						
16:0	g	2.040		0	2.326	2.448	2.611
17:0	g						
18:0	g	1.793		0	2.044	2.152	2.295
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.584	0	9.786	10.301	10.988
14:1	g					
16:1	g	0.008	0	0.009	0.010	0.010
18:1	g	8.572	0	9.772	10.286	10.972
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.011	0	2.293	2.413	2.574
18:2	g	1.907	0	2.174	2.288	2.441
18:3	g	0.104	0	0.119	0.125	0.133
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	2	0	2	2	3
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.098	0	0.112	0.118	0.125
Threonine	g	0.233	0	0.266	0.280	0.298
Isoleucine	g	0.288	0	0.328	0.346	0.369
Leucine	g	0.562	0	0.641	0.674	0.719
Lysine	g	0.213	0	0.243	0.256	0.273
Methionine	g	0.142	0	0.162	0.170	0.182
Cystine	g	0.164	0	0.187	0.197	0.210
Phenylalanine	g	0.392	0	0.447	0.470	0.502
Tyrosine	g	0.242	0	0.276	0.290	0.310
Valine	g	0.334	0	0.381	0.401	0.428
Arginine	g	0.315	0	0.359	0.378	0.403
Histidine	g	0.177	0	0.202	0.212	0.227
Alanine	g	0.261	0	0.298	0.313	0.334
Aspartic acid	g	0.364	0	0.415	0.437	0.466
Glutamic acid	g	2.567	0	2.926	3.080	3.286
Glycine	g	0.276	0	0.315	0.331	0.353
Proline	g	0.896	0	1.021	1.075	1.147
Serine	g	0.393	0	0.448	0.472	0.503
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup, homemade
Measure 2: 1 cup, purchased
Measure 3: 1 cup, poured from box

NDB No. 18011 Biscuits, plain or buttermilk, dry mix, prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	28.90		0	8.19	16.47	
Energy	kcal	335		0	95	191	
Energy	kj	1402		0	397	799	
Protein (N x 5.95)	g	7.30		0	2.07	4.16	
Total lipid (fat)	g	12.10		0	3.43	6.90	
Carbohydrate, by difference	g	48.40		0	13.72	27.59	
Fiber, total dietary	g	1.8		0	0.5	1.0	
Ash	g	3.30		0	0.94	1.88	
Sugars, total	g						
Minerals:							
Calcium	mg	185		0	52	105	
Iron	mg	2.05		0	0.58	1.17	
Magnesium	mg	25		0	7	14	
Phosphorus	mg	470		0	133	268	
Potassium	mg	188		0	53	107	
Sodium	mg	955		0	271	544	
Zinc	mg	0.61		0	0.17	0.35	
Copper	mg	0.116		0	0.033	0.066	
Manganese	mg	0.249		0	0.071	0.142	
Selenium	：g	6.2		0	1.8	3.5	
Vitamins:							
Ascorbic acid	mg	0.4		0	0.1	0.2	
Thiamin	mg	0.350		0	0.099	0.200	
Riboflavin	mg	0.357		0	0.101	0.203	
Niacin	mg	3.021		0	0.856	1.722	
Pantothenic acid	mg	0.548		0	0.155	0.312	
Vitamin B-6	mg	0.068		0	0.019	0.039	
Folate	：g	52		0	15	30	
Vitamin B-12	：g	0.21		0	0.06	0.12	
Vitamin A	IU	94		0	27	54	
Vitamin A, RE	：g	26		0	7	15	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.789		0	0.791	1.590	
4:0	g	0.031		0	0.009	0.018	
6.0	g	0.018		0	0.005	0.010	
8:0	g	0.010		0	0.003	0.006	
10:0	g	0.024		0	0.007	0.014	
12:0	g	0.027		0	0.008	0.015	
14:0	g	0.096		0	0.027	0.055	
15.0	g						
16:0	g	1.360		0	0.386	0.775	
17:0	g						
18:0	g	1.221		0	0.346	0.696	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.206	0	1.192	2.397
14:1	g				
16:1	g	0.021	0	0.006	0.012
18:1	g	4.183	0	1.186	2.384
20:1	g				
22.1	g				
Polyunsaturated, total	g	4.305	0	1.220	2.454
18:2	g	4.045	0	1.147	2.306
18:3	g	0.260	0	0.074	0.148
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	4	0	1	2
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.091	0	0.026	0.052
Threonine	g	0.234	0	0.066	0.133
Isoleucine	g	0.296	0	0.084	0.169
Leucine	g	0.549	0	0.156	0.313
Lysine	g	0.267	0	0.076	0.152
Methionine	g	0.139	0	0.039	0.079
Cystine	g	0.133	0	0.038	0.076
Phenylalanine	g	0.355	0	0.101	0.202
Tyrosine	g	0.245	0	0.069	0.140
Valine	g	0.339	0	0.096	0.193
Arginine	g	0.281	0	0.080	0.160
Histidine	g	0.167	0	0.047	0.095
Alanine	g	0.239	0	0.068	0.136
Aspartic acid	g	0.373	0	0.106	0.213
Glutamic acid	g	2.172	0	0.616	1.238
Glycine	g	0.232	0	0.066	0.132
Proline	g	0.791	0	0.224	0.451
Serine	g	0.364	0	0.103	0.207
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 biscuit (3" dia)

NDB No. 18012 Biscuits, plain or buttermilk, refrigerated dough, lower fat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	37.90	0.370	29	10.74	8.72	
Energy	kcal	257		0	73	59	
Energy	kj	1075		0	305	247	
Protein (N x 5.95)	g	6.70	0.064	29	1.90	1.54	
Total lipid (fat)	g	4.50	0.345	29	1.28	1.03	
Carbohydrate, by difference	g	47.60		0	13.49	10.95	
Fiber, total dietary	g	1.6		0	0.5	0.4	
Ash	g	3.30	0.020	29	0.94	0.76	
Sugars, total	g						
Minerals:							
Calcium	mg	17	0.716	23	5	4	
Iron	mg	2.66	0.129	14	0.75	0.61	
Magnesium	mg	15	0.512	23	4	3	
Phosphorus	mg	400	14.152	23	113	92	
Potassium	mg	159	32.660	19	45	37	
Sodium	mg	1248	44.035	27	354	287	
Zinc	mg	0.39	0.018	23	0.11	0.09	
Copper	mg	0.079	0.005	23	0.022	0.018	
Manganese	mg	0.301		1	0.085	0.069	
Selenium	:g	18.9		0	5.4	4.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.448	0.021	9	0.127	0.103	
Riboflavin	mg	0.222	0.009	15	0.063	0.051	
Niacin	mg	3.295	0.119	13	0.934	0.758	
Pantothenic acid	mg	0.367		1	0.104	0.084	
Vitamin B-6	mg	0.024		0	0.007	0.006	
Folate	:g	85		0	24	20	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.575		0	0.163	0.132	
Lipids:							
Saturated, total	g	1.113		0	0.316	0.256	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.020		0	0.006	0.005	
15.0	g						
16:0	g	0.596		0	0.169	0.137	
17:0	g						
18:0	g	0.497		0	0.141	0.114	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.405	0	0.682	0.553
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	2.405	0	0.682	0.553
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.671	0	0.190	0.154
18:2	g	0.637	0	0.181	0.147
18:3	g	0.034	0	0.010	0.008
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.082	0	0.023	0.019
Threonine	g	0.182	0	0.052	0.042
Isoleucine	g	0.231	0	0.065	0.053
Leucine	g	0.461	0	0.131	0.106
Lysine	g	0.148	0	0.042	0.034
Methionine	g	0.118	0	0.033	0.027
Cystine	g	0.142	0	0.040	0.033
Phenylalanine	g	0.337	0	0.096	0.078
Tyrosine	g	0.202	0	0.057	0.046
Valine	g	0.269	0	0.076	0.062
Arginine	g	0.270	0	0.077	0.062
Histidine	g	0.149	0	0.042	0.034
Alanine	g	0.215	0	0.061	0.049
Aspartic acid	g	0.282	0	0.080	0.065
Glutamic acid	g	2.251	0	0.638	0.518
Glycine	g	0.240	0	0.068	0.055
Proline	g	0.775	0	0.220	0.178
Serine	g	0.333	0	0.094	0.077
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 biscuit (2" dia)

NDB No. 18013 Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	27.70		0	7.85	5.82	
Energy	kcal	299		0	85	63	
Energy	kj	1251		0	355	263	
Protein (N x 5.95)	g	7.80		0	2.21	1.64	
Total lipid (fat)	g	5.20		0	1.47	1.09	
Carbohydrate, by difference	g	55.40		0	15.71	11.63	
Fiber, total dietary	g	1.9		0	0.5	0.4	
Ash	g	3.80		0	1.08	0.80	
Sugars, total	g						
Minerals:							
Calcium	mg	19		0	5	4	
Iron	mg	3.09		0	0.88	0.65	
Magnesium	mg	17		0	5	4	
Phosphorus	mg	465		0	132	98	
Potassium	mg	185		0	52	39	
Sodium	mg	1451		0	411	305	
Zinc	mg	0.46		0	0.13	0.10	
Copper	mg	0.092		0	0.026	0.019	
Manganese	mg	0.350		0	0.099	0.074	
Selenium	:g	17.8	1.057	36	5.0	3.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.417		0	0.118	0.088	
Riboflavin	mg	0.232		0	0.066	0.049	
Niacin	mg	3.448		0	0.978	0.724	
Pantothenic acid	mg	0.277		0	0.079	0.058	
Vitamin B-6	mg	0.029		0	0.008	0.006	
Folate	:g	69		0	20	14	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.669		0	0.190	0.140	
Lipids:							
Saturated, total	g	1.294		0	0.367	0.272	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.024		0	0.007	0.005	
15.0	g						
16:0	g	0.693		0	0.196	0.146	
17:0	g						
18:0	g	0.578		0	0.164	0.121	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.797	0	0.793	0.587
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	2.797	0	0.793	0.587
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.780	0	0.221	0.164
18:2	g	0.740	0	0.210	0.155
18:3	g	0.040	0	0.011	0.008
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.095	0	0.027	0.020
Threonine	g	0.211	0	0.060	0.044
Isoleucine	g	0.269	0	0.076	0.056
Leucine	g	0.536	0	0.152	0.113
Lysine	g	0.172	0	0.049	0.036
Methionine	g	0.138	0	0.039	0.029
Cystine	g	0.165	0	0.047	0.035
Phenylalanine	g	0.391	0	0.111	0.082
Tyrosine	g	0.235	0	0.067	0.049
Valine	g	0.312	0	0.088	0.066
Arginine	g	0.314	0	0.089	0.066
Histidine	g	0.173	0	0.049	0.036
Alanine	g	0.250	0	0.071	0.053
Aspartic acid	g	0.327	0	0.093	0.069
Glutamic acid	g	2.618	0	0.742	0.550
Glycine	g	0.280	0	0.079	0.059
Proline	g	0.902	0	0.256	0.189
Serine	g	0.387	0	0.110	0.081
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 biscuit (2-1/4" dia)

NDB No. 18014 Biscuits, plain or buttermilk, refrigerated dough, higher fat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 30g	Measure 3*
Proximates:							
Water	g	33.60	0.269	65	9.53	10.08	
Energy	kcal	318		0	90	95	
Energy	kj	1331		0	377	399	
Protein (N x 5.95)	g	6.20	0.080	64	1.76	1.86	
Total lipid (fat)	g	13.50	0.390	57	3.83	4.05	
Carbohydrate, by difference	g	43.70		0	12.39	13.11	
Fiber, total dietary	g	1.5		0	0.4	0.5	
Ash	g	3.00	0.055	63	0.85	0.90	
Sugars, total	g						
Minerals:							
Calcium	mg	19	0.931	78	5	6	
Iron	mg	2.38	0.073	27	0.67	0.71	
Magnesium	mg	13	0.205	75	4	4	
Phosphorus	mg	354	7.309	75	100	106	
Potassium	mg	145	15.728	33	41	44	
Sodium	mg	1106	16.399	64	314	332	
Zinc	mg	0.35	0.007	73	0.10	0.11	
Copper	mg	0.068	0.001	82	0.019	0.020	
Manganese	mg	0.233	0.013	2	0.066	0.070	
Selenium	：g	20.5		0	5.8	6.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.399	0.009	37	0.113	0.120	
Riboflavin	mg	0.224	0.006	36	0.064	0.067	
Niacin	mg	3.135	0.125	32	0.889	0.941	
Pantothenic acid	mg	0.505	0.097	3	0.143	0.152	
Vitamin B-6	mg	0.046	0.002	2	0.013	0.014	
Folate	：g	56		0	16	17	
Vitamin B-12	：g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.795		0	0.509	0.539	
Lipids:							
Saturated, total	g	3.396		0	0.963	1.019	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.065		0	0.018	0.020	
15.0	g						
16:0	g	1.763		0	0.500	0.529	
17:0	g						
18:0	g	1.568		0	0.445	0.470	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.545		0	2.139	2.264
14:1	g					
16:1	g	0.001		0	0.000	0.000
18:1	g	7.544		0	2.139	2.263
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.796		0	0.509	0.539
18:2	g	1.704		0	0.483	0.511
18:3	g	0.092		0	0.026	0.028
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	0	0.000	3	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.073		0	0.021	0.022
Threonine	g	0.163		0	0.046	0.049
Isoleucine	g	0.218		0	0.062	0.065
Leucine	g	0.426		0	0.121	0.128
Lysine	g	0.124		0	0.035	0.037
Methionine	g	0.105		0	0.030	0.032
Cystine	g	0.132		0	0.037	0.040
Phenylalanine	g	0.318		0	0.090	0.095
Tyrosine	g	0.191		0	0.054	0.057
Valine	g	0.243		0	0.069	0.073
Arginine	g	0.237		0	0.067	0.071
Histidine	g	0.134		0	0.038	0.040
Alanine	g	0.183		0	0.052	0.055
Aspartic acid	g	0.239		0	0.068	0.072
Glutamic acid	g	2.143		0	0.608	0.643
Glycine	g	0.213		0	0.060	0.064
Proline	g	0.757		0	0.215	0.227
Serine	g	0.307		0	0.087	0.092
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 biscuit (2-1/2" dia)

NDB No. 18015 Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 27g	Measure 3*
Proximates:							
Water	g	27.80		0	7.88	7.51	
Energy	kcal	346		0	98	93	
Energy	kj	1448		0	411	391	
Protein (N x 5.95)	g	6.70		0	1.90	1.81	
Total lipid (fat)	g	14.70		0	4.17	3.97	
Carbohydrate, by difference	g	47.50		0	13.47	12.82	
Fiber, total dietary	g	1.6		2	0.5	0.4	
Ash	g	3.30		0	0.94	0.89	
Sugars, total	g						
Minerals:							
Calcium	mg	20		0	6	5	
Iron	mg	2.59		0	0.73	0.70	
Magnesium	mg	14		0	4	4	
Phosphorus	mg	385		0	109	104	
Potassium	mg	157		0	45	42	
Sodium	mg	1202		0	341	325	
Zinc	mg	0.38		0	0.11	0.10	
Copper	mg	0.074		0	0.021	0.020	
Manganese	mg	0.253		0	0.072	0.068	
Selenium	:g	17.8	1.057	36	5.0	4.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.347		0	0.098	0.094	
Riboflavin	mg	0.219		0	0.062	0.059	
Niacin	mg	3.066		0	0.869	0.828	
Pantothenic acid	mg	0.357		0	0.101	0.096	
Vitamin B-6	mg	0.045		0	0.013	0.012	
Folate	:g	43		0	12	12	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.802		0	0.511	0.487	
Lipids:							
Saturated, total	g	3.702		0	1.050	1.000	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.070		0	0.020	0.019	
15.0	g						
16:0	g	1.923		0	0.545	0.519	
17:0	g						
18:0	g	1.707		0	0.484	0.461	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.218	0	2.330	2.219
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	8.218	0	2.330	2.219
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.950	0	0.553	0.527
18:2	g	1.852	0	0.525	0.500
18:3	g	0.099	0	0.028	0.027
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.079	0	0.022	0.021
Threonine	g	0.178	0	0.050	0.048
Isoleucine	g	0.237	0	0.067	0.064
Leucine	g	0.463	0	0.131	0.125
Lysine	g	0.135	0	0.038	0.036
Methionine	g	0.114	0	0.032	0.031
Cystine	g	0.143	0	0.041	0.039
Phenylalanine	g	0.346	0	0.098	0.093
Tyrosine	g	0.207	0	0.059	0.056
Valine	g	0.264	0	0.075	0.071
Arginine	g	0.258	0	0.073	0.070
Histidine	g	0.146	0	0.041	0.039
Alanine	g	0.199	0	0.056	0.054
Aspartic acid	g	0.259	0	0.073	0.070
Glutamic acid	g	2.330	0	0.661	0.629
Glycine	g	0.232	0	0.066	0.063
Proline	g	0.823	0	0.233	0.222
Serine	g	0.334	0	0.095	0.090
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 biscuit (2-1/2" dia)

NDB No. 18016 Biscuits, plain or buttermilk, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 101g	Measure 3* 14g
Proximates:							
Water	g	28.90		0	8.19	29.19	4.05
Energy	kcal	354		0	100	358	50
Energy	kj	1481		0	420	1496	207
Protein (N x 5.95)	g	7.00		0	1.98	7.07	0.98
Total lipid (fat)	g	16.30		0	4.62	16.46	2.28
Carbohydrate, by difference	g	44.60		0	12.64	45.05	6.24
Fiber, total dietary	g	1.5		0	0.4	1.5	0.2
Ash	g	3.20		0	0.91	3.23	0.45
Sugars, total	g						
Minerals:							
Calcium	mg	235		0	67	237	33
Iron	mg	2.90		0	0.82	2.93	0.41
Magnesium	mg	18		0	5	18	3
Phosphorus	mg	164		0	46	166	23
Potassium	mg	121		0	34	122	17
Sodium	mg	580		0	164	586	81
Zinc	mg	0.54		0	0.15	0.55	0.08
Copper	mg	0.082		0	0.023	0.083	0.011
Manganese	mg	0.378		0	0.107	0.382	0.053
Selenium	:g	19.5		0	5.5	19.7	2.7
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.2	0.0
Thiamin	mg	0.356		0	0.101	0.360	0.050
Riboflavin	mg	0.310		0	0.088	0.313	0.043
Niacin	mg	2.949		0	0.836	2.978	0.413
Pantothenic acid	mg	0.285		0	0.081	0.288	0.040
Vitamin B-6	mg	0.035		0	0.010	0.035	0.005
Folate	:g	61		0	17	62	9
Vitamin B-12	:g	0.08		0	0.02	0.08	0.01
Vitamin A	IU	82		0	23	83	11
Vitamin A, RE	:g	23		0	7	23	3
Vitamin D	IU						
Vitamin E, "-TE	mg	1.302		0	0.369	1.315	0.182
Lipids:							
Saturated, total	g	4.324		0	1.226	4.367	0.605
4:0	g	0.026		0	0.007	0.026	0.004
6.0	g	0.015		0	0.004	0.015	0.002
8:0	g	0.009		0	0.003	0.009	0.001
10:0	g	0.020		0	0.006	0.020	0.003
12:0	g	0.022		0	0.006	0.022	0.003
14:0	g	0.140		0	0.040	0.141	0.020
15.0	g						
16:0	g	2.402		0	0.681	2.426	0.336
17:0	g						
18:0	g	1.687		0	0.478	1.704	0.236
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.930	0	1.965	6.999	0.970
14:1	g					
16:1	g	0.018	0	0.005	0.018	0.003
18:1	g	6.910	0	1.959	6.979	0.967
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	4.163	0	1.180	4.205	0.583
18:2	g	3.900	0	1.106	3.939	0.546
18:3	g	0.263	0	0.075	0.266	0.037
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	3	0	1	3	0
Phytosterols	mg	30	0	9	30	4
Amino acids:						
Tryptophan	g	0.087	0	0.025	0.088	0.012
Threonine	g	0.211	0	0.060	0.213	0.030
Isoleucine	g	0.273	0	0.077	0.276	0.038
Leucine	g	0.514	0	0.146	0.519	0.072
Lysine	g	0.226	0	0.064	0.228	0.032
Methionine	g	0.132	0	0.037	0.133	0.018
Cystine	g	0.132	0	0.037	0.133	0.018
Phenylalanine	g	0.347	0	0.098	0.350	0.049
Tyrosine	g	0.232	0	0.066	0.234	0.032
Valine	g	0.313	0	0.089	0.316	0.044
Arginine	g	0.275	0	0.078	0.278	0.039
Histidine	g	0.161	0	0.046	0.163	0.023
Alanine	g	0.226	0	0.064	0.228	0.032
Aspartic acid	g	0.335	0	0.095	0.338	0.047
Glutamic acid	g	2.175	0	0.617	2.197	0.304
Glycine	g	0.231	0	0.065	0.233	0.032
Proline	g	0.780	0	0.221	0.788	0.109
Serine	g	0.352	0	0.100	0.356	0.049
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 biscuit (4" dia)
Measure 3: 1 small (1-1/2" dia)

NDB No. 18017 Biscuits, mixed grain, refrigerated dough

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 44g	Measure 3*
Proximates:							
Water	g	37.80		1	10.72	16.63	
Energy	kcal	263		0	75	116	
Energy	kj	1100		0	312	484	
Protein (N x 5.95)	g	6.10		1	1.73	2.68	
Total lipid (fat)	g	5.60		1	1.59	2.46	
Carbohydrate, by difference	g	47.40		0	13.44	20.86	
Fiber, total dietary	g						
Ash	g	3.10		1	0.88	1.36	
Sugars, total	g						
Minerals:							
Calcium	mg	17		1	5	7	
Iron	mg	2.75		1	0.78	1.21	
Magnesium	mg	30		0	9	13	
Phosphorus	mg	236		0	67	104	
Potassium	mg	456		1	129	201	
Sodium	mg	670		1	190	295	
Zinc	mg	0.60		0	0.17	0.26	
Copper	mg	0.115		0	0.033	0.051	
Manganese	mg	0.659		0	0.187	0.290	
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.390		1	0.111	0.172	
Riboflavin	mg	0.210		1	0.060	0.092	
Niacin	mg	3.400		1	0.964	1.496	
Pantothenic acid	mg	0.315		0	0.089	0.139	
Vitamin B-6	mg	0.065		0	0.018	0.029	
Folate	:g	83		0	24	37	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.366		0	0.387	0.601	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.025		0	0.007	0.011	
15.0	g						
16:0	g	0.738		0	0.209	0.325	
17:0	g						
18:0	g	0.602		0	0.171	0.265	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.932	0	0.831	1.290
14:1	g				
16:1	g	0.001	0	0.000	0.000
18:1	g	2.931	0	0.831	1.290
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.880	0	0.249	0.387
18:2	g	0.833	0	0.236	0.367
18:3	g	0.047	0	0.013	0.021
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.076	0	0.022	0.033
Threonine	g	0.169	0	0.048	0.074
Isoleucine	g	0.214	0	0.061	0.094
Leucine	g	0.424	0	0.120	0.187
Lysine	g	0.143	0	0.041	0.063
Methionine	g	0.107	0	0.030	0.047
Cystine	g	0.132	0	0.037	0.058
Phenylalanine	g	0.305	0	0.086	0.134
Tyrosine	g	0.182	0	0.052	0.080
Valine	g	0.251	0	0.071	0.110
Arginine	g	0.257	0	0.073	0.113
Histidine	g	0.138	0	0.039	0.061
Alanine	g	0.204	0	0.058	0.090
Aspartic acid	g	0.274	0	0.078	0.121
Glutamic acid	g	2.016	0	0.572	0.887
Glycine	g	0.227	0	0.064	0.100
Proline	g	0.695	0	0.197	0.306
Serine	g	0.304	0	0.086	0.134
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 biscuit (2-1/2" dia)

NDB No. 18019 Bread, banana, prepared from recipe, made with margarine

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3* 60g
Proximates:							
Water	g	29.20		0	8.28	16.64	17.52
Energy	kcal	326		0	92	186	196
Energy	kj	1364		0	387	777	818
Protein (N x 5.95)	g	4.30		0	1.22	2.45	2.58
Total lipid (fat)	g	10.50		0	2.98	5.99	6.30
Carbohydrate, by difference	g	54.60		0	15.48	31.12	32.76
Fiber, total dietary	g	1.1		0	0.3	0.6	0.7
Ash	g	1.00		0	0.28	0.57	0.60
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	6	12	13
Iron	mg	1.40		0	0.40	0.80	0.84
Magnesium	mg	14		0	4	8	8
Phosphorus	mg	58		0	16	33	35
Potassium	mg	134		0	38	76	80
Sodium	mg	302		0	86	172	181
Zinc	mg	0.35		0	0.10	0.20	0.21
Copper	mg	0.072		0	0.020	0.041	0.043
Manganese	mg	0.209		0	0.059	0.119	0.125
Selenium	:g	12.1		0	3.4	6.9	7.3
Vitamins:							
Ascorbic acid	mg	1.7		0	0.5	1.0	1.0
Thiamin	mg	0.172		0	0.049	0.098	0.103
Riboflavin	mg	0.200		0	0.057	0.114	0.120
Niacin	mg	1.446		0	0.410	0.824	0.868
Pantothenic acid	mg	0.268		0	0.076	0.153	0.161
Vitamin B-6	mg	0.150		0	0.043	0.086	0.090
Folate	:g	33		0	9	19	20
Vitamin B-12	:g	0.10		0	0.03	0.06	0.06
Vitamin A	IU	464		0	132	264	278
Vitamin A, RE	:g	120		0	34	68	72
Vitamin D	IU						
Vitamin E, "-TE	mg	1.785		0	0.506	1.017	1.071
Lipids:							
Saturated, total	g	2.237		0	0.634	1.275	1.342
4:0	g	0.004		0	0.001	0.002	0.002
6.0	g	0.002		0	0.001	0.001	0.001
8:0	g	0.002		0	0.001	0.001	0.001
10:0	g	0.004		0	0.001	0.002	0.002
12:0	g	0.004		0	0.001	0.002	0.002
14:0	g	0.039		0	0.011	0.022	0.023
15.0	g						
16:0	g	1.417		0	0.402	0.808	0.850
17:0	g						
18:0	g	0.761		0	0.216	0.434	0.457
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.480	0	1.270	2.554	2.688
14:1	g					
16:1	g	0.036	0	0.010	0.021	0.022
18:1	g	4.440	0	1.259	2.531	2.664
20:1	g	0.003	0	0.001	0.002	0.002
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	3.130	0	0.887	1.784	1.878
18:2	g	2.968	0	0.841	1.692	1.781
18:3	g	0.143	0	0.041	0.082	0.086
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.014	0	0.004	0.008	0.008
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	0.004	0	0.001	0.002	0.002
Cholesterol	mg	43	0	12	25	26
Phytosterols	mg	34	0	10	19	20
Amino acids:						
Tryptophan	g	0.053	0	0.015	0.030	0.032
Threonine	g	0.150	0	0.043	0.086	0.090
Isoleucine	g	0.182	0	0.052	0.104	0.109
Leucine	g	0.327	0	0.093	0.186	0.196
Lysine	g	0.180	0	0.051	0.103	0.108
Methionine	g	0.094	0	0.027	0.054	0.056
Cystine	g	0.090	0	0.026	0.051	0.054
Phenylalanine	g	0.218	0	0.062	0.124	0.131
Tyrosine	g	0.148	0	0.042	0.084	0.089
Valine	g	0.209	0	0.059	0.119	0.125
Arginine	g	0.199	0	0.056	0.113	0.119
Histidine	g	0.113	0	0.032	0.064	0.068
Alanine	g	0.170	0	0.048	0.097	0.102
Aspartic acid	g	0.281	0	0.080	0.160	0.169
Glutamic acid	g	1.113	0	0.316	0.634	0.668
Glycine	g	0.149	0	0.042	0.085	0.089
Proline	g	0.384	0	0.109	0.219	0.230
Serine	g	0.247	0	0.070	0.141	0.148
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 individual loaf (include Keebler Elfin Loaves)
Measure 3: 1 slice

NDB No. 18021 Bread, boston brown, 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* 28g	Measure 2* 45g	Measure 3*
Proximates:							
Water	g	47.20	4.111	3	13.38	21.24	
Energy	kcal	195		0	55	88	
Energy	kj	816		0	231	367	
Protein (N x 5.95)	g	5.20	0.932	3	1.47	2.34	
Total lipid (fat)	g	1.50	0.356	4	0.43	0.68	
Carbohydrate, by difference	g	43.30		0	12.28	19.48	
Fiber, total dietary	g	4.7		0	1.3	2.1	
Ash	g	2.80	0.444	5	0.79	1.26	
Sugars, total	g						
Minerals:							
Calcium	mg	70	20.064	3	20	32	
Iron	mg	2.10	0.750	3	0.60	0.95	
Magnesium	mg	63	13.865	3	18	28	
Phosphorus	mg	112	2.651	2	32	50	
Potassium	mg	318	66.076	3	90	143	
Sodium	mg	631	109.775	3	179	284	
Zinc	mg	0.50	0.202	3	0.14	0.23	
Copper	mg	0.080	0.001	2	0.023	0.036	
Manganese	mg	1.020	0.191	3	0.289	0.459	
Selenium	：g	21.9		0	6.2	9.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.014	0.001	8	0.004	0.006	
Riboflavin	mg	0.115	0.006	9	0.033	0.052	
Niacin	mg	1.120	0.034	9	0.318	0.504	
Pantothenic acid	mg	0.566	0.013	9	0.160	0.255	
Vitamin B-6	mg	0.082		1	0.023	0.037	
Folate	：g	11		0	3	5	
Vitamin B-12	：g	0.01		1	0.00	0.00	
Vitamin A	IU	87		1	25	39	
Vitamin A, RE	：g	11		0	3	5	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.563		0	0.160	0.253	
Lipids:							
Saturated, total	g	0.282		0	0.080	0.127	
4:0	g	0.005		0	0.001	0.002	
6.0	g	0.003		0	0.001	0.001	
8:0	g	0.002		0	0.001	0.001	
10:0	g	0.004		0	0.001	0.002	
12:0	g	0.004		0	0.001	0.002	
14:0	g	0.017		0	0.005	0.008	
15.0	g						
16:0	g	0.217		0	0.062	0.098	
17:0	g						
18:0	g	0.029		0	0.008	0.013	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.207	0	0.059	0.093
14:1	g				
16:1	g	0.010	0	0.003	0.005
18:1	g	0.195	0	0.055	0.088
20:1	g	0.003	0	0.001	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.564	0	0.160	0.254
18:2	g	0.511	0	0.145	0.230
18:3	g	0.052	0	0.015	0.023
18:4	g	0.000	0	0.000	0.000
20:4	g	0.001	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	1	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.073	0	0.021	0.033
Threonine	g	0.162	0	0.046	0.073
Isoleucine	g	0.186	0	0.053	0.084
Leucine	g	0.350	0	0.099	0.157
Lysine	g	0.156	0	0.044	0.070
Methionine	g	0.092	0	0.026	0.041
Cystine	g	0.116	0	0.033	0.052
Phenylalanine	g	0.233	0	0.066	0.105
Tyrosine	g	0.148	0	0.042	0.067
Valine	g	0.233	0	0.066	0.105
Arginine	g	0.255	0	0.072	0.115
Histidine	g	0.128	0	0.036	0.058
Alanine	g	0.203	0	0.058	0.091
Aspartic acid	g	0.324	0	0.092	0.146
Glutamic acid	g	1.537	0	0.436	0.692
Glycine	g	0.203	0	0.058	0.091
Proline	g	0.498	0	0.141	0.224
Serine	g	0.251	0	0.071	0.113
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18022 Bread, cornbread, dry mix, enriched (includes corn muffin mix)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 241g	Measure 3*
Proximates:							
Water	g	7.80	0.162	46	2.21	18.80	
Energy	kcal	418		0	119	1007	
Energy	kj	1749		0	496	4215	
Protein (N x 5.95)	g	7.00	0.077	56	1.98	16.87	
Total lipid (fat)	g	12.20	0.128	54	3.46	29.40	
Carbohydrate, by difference	g	69.50		0	19.70	167.50	
Fiber, total dietary	g	6.5		0	1.8	15.7	
Ash	g	3.60	0.059	46	1.02	8.68	
Sugars, total	g						
Minerals:							
Calcium	mg	57	3.755	29	16	137	
Iron	mg	2.50	0.119	42	0.71	6.03	
Magnesium	mg	24	1.229	21	7	58	
Phosphorus	mg	489	11.566	45	139	1178	
Potassium	mg	113	3.064	43	32	272	
Sodium	mg	1111	34.871	43	315	2678	
Zinc	mg	0.57	0.025	22	0.16	1.37	
Copper	mg	0.085	0.002	22	0.024	0.205	
Manganese	mg	0.315	0.025	2	0.089	0.759	
Selenium	:g	5.6	1.299	3	1.6	13.5	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.2	
Thiamin	mg	0.427	0.030	39	0.121	1.029	
Riboflavin	mg	0.272	0.026	39	0.077	0.656	
Niacin	mg	3.342	0.190	37	0.947	8.054	
Pantothenic acid	mg	0.480	0.079	20	0.136	1.157	
Vitamin B-6	mg	0.128	0.011	20	0.036	0.308	
Folate	:g	105		0	30	253	
Vitamin B-12	:g	0.09		0	0.03	0.22	
Vitamin A	IU	115	33.732	3	33	277	
Vitamin A, RE	:g	12		0	3	29	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.649		0	0.467	3.974	
Lipids:							
Saturated, total	g	3.091		0	0.876	7.449	
4:0	g	0.004		0	0.001	0.010	
6.0	g	0.003		0	0.001	0.007	
8:0	g	0.001		0	0.000	0.002	
10:0	g	0.003		0	0.001	0.007	
12:0	g	0.004		0	0.001	0.010	
14:0	g	0.070		0	0.020	0.169	
15.0	g						
16:0	g	1.607		0	0.456	3.873	
17:0	g						
18:0	g	1.393		0	0.395	3.357	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.719	0	1.905	16.193
14:1	g				
16:1	g	0.004	0	0.001	0.010
18:1	g	6.714	0	1.903	16.181
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.682	0	0.477	4.054
18:2	g	1.599	0	0.453	3.854
18:3	g	0.083	0	0.024	0.200
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	2	0	1	5
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.071	0	0.020	0.171
Threonine	g	0.224	0	0.064	0.540
Isoleucine	g	0.254	0	0.072	0.612
Leucine	g	0.632	0	0.179	1.523
Lysine	g	0.198	0	0.056	0.477
Methionine	g	0.133	0	0.038	0.321
Cystine	g	0.132	0	0.037	0.318
Phenylalanine	g	0.343	0	0.097	0.827
Tyrosine	g	0.241	0	0.068	0.581
Valine	g	0.320	0	0.091	0.771
Arginine	g	0.302	0	0.086	0.728
Histidine	g	0.177	0	0.050	0.427
Alanine	g	0.336	0	0.095	0.810
Aspartic acid	g	0.382	0	0.108	0.921
Glutamic acid	g	1.847	0	0.524	4.451
Glycine	g	0.254	0	0.072	0.612
Proline	g	0.715	0	0.203	1.723
Serine	g	0.336	0	0.095	0.810
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 package (8.5 oz)

NDB No. 18023 Bread, cornbread, dry mix, prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 60g	Measure 3*
Proximates:							
Water	g	31.90		0	9.04	19.14	
Energy	kcal	314		0	89	188	
Energy	kj	1314		0	373	788	
Protein (N x 5.95)	g	7.20		0	2.04	4.32	
Total lipid (fat)	g	10.00		0	2.84	6.00	
Carbohydrate, by difference	g	48.10		0	13.64	28.86	
Fiber, total dietary	g	2.4		0	0.7	1.4	
Ash	g	2.70		0	0.77	1.62	
Sugars, total	g						
Minerals:							
Calcium	mg	73		0	21	44	
Iron	mg	1.90		0	0.54	1.14	
Magnesium	mg	20		0	6	12	
Phosphorus	mg	376		0	107	226	
Potassium	mg	128		0	36	77	
Sodium	mg	778		0	221	467	
Zinc	mg	0.63		0	0.18	0.38	
Copper	mg	0.061		0	0.017	0.037	
Manganese	mg	0.216		0	0.061	0.130	
Selenium	:g	9.9	0.531	3	2.8	5.9	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.1	
Thiamin	mg	0.244		0	0.069	0.146	
Riboflavin	mg	0.270		0	0.077	0.162	
Niacin	mg	2.057		0	0.583	1.234	
Pantothenic acid	mg	0.441		0	0.125	0.265	
Vitamin B-6	mg	0.104		0	0.029	0.062	
Folate	:g	55		0	16	33	
Vitamin B-12	:g	0.16		0	0.05	0.10	
Vitamin A	IU	205		0	58	123	
Vitamin A, RE	:g	44		0	12	26	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.739		0	0.777	1.643	
4:0	g	0.016		0	0.005	0.010	
6.0	g	0.010		0	0.003	0.006	
8:0	g	0.006		0	0.002	0.004	
10:0	g	0.013		0	0.004	0.008	
12:0	g	0.015		0	0.004	0.009	
14:0	g	0.094		0	0.027	0.056	
15.0	g						
16:0	g	1.476		0	0.418	0.886	
17:0	g						
18:0	g	1.101		0	0.312	0.661	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.140	0	1.457	3.084
14:1	g				
16:1	g	0.053	0	0.015	0.032
18:1	g	5.081	0	1.440	3.049
20:1	g	0.004	0	0.001	0.002
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.224	0	0.347	0.734
18:2	g	1.135	0	0.322	0.681
18:3	g	0.063	0	0.018	0.038
18:4	g				
20:4	g	0.020	0	0.006	0.012
20:5	g	0.001	0	0.000	0.001
22:5	g				
22:6	g	0.005	0	0.001	0.003
Cholesterol	mg	61	0	17	37
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.079	0	0.022	0.047
Threonine	g	0.267	0	0.076	0.160
Isoleucine	g	0.310	0	0.088	0.186
Leucine	g	0.646	0	0.183	0.388
Lysine	g	0.317	0	0.090	0.190
Methionine	g	0.163	0	0.046	0.098
Cystine	g	0.136	0	0.039	0.082
Phenylalanine	g	0.359	0	0.102	0.215
Tyrosine	g	0.269	0	0.076	0.161
Valine	g	0.371	0	0.105	0.223
Arginine	g	0.334	0	0.095	0.200
Histidine	g	0.181	0	0.051	0.109
Alanine	g	0.349	0	0.099	0.209
Aspartic acid	g	0.488	0	0.138	0.293
Glutamic acid	g	1.625	0	0.461	0.975
Glycine	g	0.245	0	0.069	0.147
Proline	g	0.621	0	0.176	0.373
Serine	g	0.396	0	0.112	0.238
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 piece

NDB No. 18024 Bread, cornbread, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 65g	Measure 3*
Proximates:							
Water	g	39.10		0	11.08	25.41	
Energy	kcal	266		0	75	173	
Energy	kj	1113		0	316	723	
Protein (N x 5.95)	g	6.70		0	1.90	4.36	
Total lipid (fat)	g	7.10		0	2.01	4.62	
Carbohydrate, by difference	g	43.50		0	12.33	28.27	
Fiber, total dietary	g						
Ash	g	3.60		0	1.02	2.34	
Sugars, total	g						
Minerals:							
Calcium	mg	249		0	71	162	
Iron	mg	2.50		0	0.71	1.63	
Magnesium	mg	25		0	7	16	
Phosphorus	mg	169		0	48	110	
Potassium	mg	147		0	42	96	
Sodium	mg	658		0	187	428	
Zinc	mg	0.60		0	0.17	0.39	
Copper	mg	0.051		0	0.014	0.033	
Manganese	mg	0.118		0	0.033	0.077	
Selenium	:g	10.1		0	2.9	6.6	
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	0.2	
Thiamin	mg	0.291		0	0.082	0.189	
Riboflavin	mg	0.294		0	0.083	0.191	
Niacin	mg	2.254		0	0.639	1.465	
Pantothenic acid	mg	0.339		0	0.096	0.220	
Vitamin B-6	mg	0.113		0	0.032	0.073	
Folate	:g	64		0	18	42	
Vitamin B-12	:g	0.15		0	0.04	0.10	
Vitamin A	IU	277		0	79	180	
Vitamin A, RE	:g	54		0	15	35	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.555		0	0.441	1.011	
4:0	g	0.027		0	0.008	0.018	
6.0	g	0.016		0	0.005	0.010	
8:0	g	0.010		0	0.003	0.007	
10:0	g	0.021		0	0.006	0.014	
12:0	g	0.025		0	0.007	0.016	
14:0	g	0.093		0	0.026	0.060	
15.0	g						
16:0	g	0.991		0	0.281	0.644	
17:0	g						
18:0	g	0.362		0	0.103	0.235	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.830	0	0.519	1.190
14:1	g				
16:1	g	0.056	0	0.016	0.036
18:1	g	1.759	0	0.499	1.143
20:1	g	0.012	0	0.003	0.008
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.206	0	0.909	2.084
18:2	g	2.841	0	0.805	1.847
18:3	g	0.349	0	0.099	0.227
18:4	g	0.000	0	0.000	0.000
20:4	g	0.012	0	0.003	0.008
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	0.001	0.002
Cholesterol	mg	40	0	11	26
Phytosterols	mg	12	0	3	8
Amino acids:					
Tryptophan	g	0.067	0	0.019	0.044
Threonine	g	0.259	0	0.073	0.168
Isoleucine	g	0.290	0	0.082	0.188
Leucine	g	0.678	0	0.192	0.441
Lysine	g	0.296	0	0.084	0.192
Methionine	g	0.152	0	0.043	0.099
Cystine	g	0.117	0	0.033	0.076
Phenylalanine	g	0.330	0	0.094	0.215
Tyrosine	g	0.268	0	0.076	0.174
Valine	g	0.357	0	0.101	0.232
Arginine	g	0.312	0	0.088	0.203
Histidine	g	0.181	0	0.051	0.118
Alanine	g	0.372	0	0.105	0.242
Aspartic acid	g	0.472	0	0.134	0.307
Glutamic acid	g	1.376	0	0.390	0.894
Glycine	g	0.231	0	0.065	0.150
Proline	g	0.571	0	0.162	0.371
Serine	g	0.356	0	0.101	0.231
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 piece

NDB No. 18025 Bread, cracked-wheat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 3g	Measure 3* 30g
Proximates:							
Water	g	35.80	0.436	23	10.15	1.15	10.74
Energy	kcal	260		0	74	8	78
Energy	kj	1088		0	308	35	326
Protein (N x 5.95)	g	8.70	0.159	27	2.47	0.28	2.61
Total lipid (fat)	g	3.90	0.171	27	1.11	0.12	1.17
Carbohydrate, by difference	g	49.50		0	14.03	1.58	14.85
Fiber, total dietary	g	5.5		0	1.6	0.2	1.6
Ash	g	2.10	0.059	19	0.60	0.07	0.63
Sugars, total	g						
Minerals:							
Calcium	mg	43	5.290	27	12	1	13
Iron	mg	2.81	0.185	26	0.80	0.09	0.84
Magnesium	mg	52	2.764	13	15	2	16
Phosphorus	mg	153	5.092	13	43	5	46
Potassium	mg	177	6.187	15	50	6	53
Sodium	mg	538	11.700	21	153	17	161
Zinc	mg	1.24	0.065	13	0.35	0.04	0.37
Copper	mg	0.222	0.009	13	0.063	0.007	0.067
Manganese	mg	1.371	0.089	13	0.389	0.044	0.411
Selenium	:g	25.3	0.970	3	7.2	0.8	7.6
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.358	0.019	26	0.101	0.011	0.107
Riboflavin	mg	0.240	0.016	26	0.068	0.008	0.072
Niacin	mg	3.671	0.188	26	1.041	0.117	1.101
Pantothenic acid	mg	0.512	0.032	16	0.145	0.016	0.154
Vitamin B-6	mg	0.304	0.202	14	0.086	0.010	0.091
Folate	:g	61		0	17	2	18
Vitamin B-12	:g	0.02		0	0.01	0.00	0.01
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.586		0	0.166	0.019	0.176
Lipids:							
Saturated, total	g	0.916		0	0.260	0.029	0.275
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.000	0.000	0.000
14:0	g	0.017		0	0.005	0.001	0.005
15.0	g						
16:0	g	0.509		0	0.144	0.016	0.153
17:0	g						
18:0	g	0.386		0	0.109	0.012	0.116
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.902	0	0.539	0.061	0.571
14:1	g					
16:1	g	0.011	0	0.003	0.000	0.003
18:1	g	1.892	0	0.536	0.061	0.568
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.682	0	0.193	0.022	0.205
18:2	g	0.648	0	0.184	0.021	0.194
18:3	g	0.033	0	0.009	0.001	0.010
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.112	0	0.032	0.004	0.034
Threonine	g	0.261	0	0.074	0.008	0.078
Isoleucine	g	0.338	0	0.096	0.011	0.101
Leucine	g	0.606	0	0.172	0.019	0.182
Lysine	g	0.244	0	0.069	0.008	0.073
Methionine	g	0.148	0	0.042	0.005	0.044
Cystine	g	0.190	0	0.054	0.006	0.057
Phenylalanine	g	0.419	0	0.119	0.013	0.126
Tyrosine	g	0.253	0	0.072	0.008	0.076
Valine	g	0.387	0	0.110	0.012	0.116
Arginine	g	0.348	0	0.099	0.011	0.104
Histidine	g	0.193	0	0.055	0.006	0.058
Alanine	g	0.306	0	0.087	0.010	0.092
Aspartic acid	g	0.433	0	0.123	0.014	0.130
Glutamic acid	g	2.770	0	0.785	0.089	0.831
Glycine	g	0.321	0	0.091	0.010	0.096
Proline	g	0.922	0	0.261	0.030	0.277
Serine	g	0.417	0	0.118	0.013	0.125
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cubic inch
Measure 3: 1 large or thick slice

NDB No. 18027 Bread, egg

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 40g	Measure 3*
Proximates:							
Water	g	34.70		0	9.84	13.88	
Energy	kcal	287		0	81	115	
Energy	kj	1201		0	340	480	
Protein (N x 5.95)	g	9.50		0	2.69	3.80	
Total lipid (fat)	g	6.00		0	1.70	2.40	
Carbohydrate, by difference	g	47.80		0	13.55	19.12	
Fiber, total dietary	g	2.3		0	0.7	0.9	
Ash	g	1.80		0	0.51	0.72	
Sugars, total	g						
Minerals:							
Calcium	mg	93		0	26	37	
Iron	mg	3.04		0	0.86	1.22	
Magnesium	mg	19		0	5	8	
Phosphorus	mg	106		0	30	42	
Potassium	mg	115		0	33	46	
Sodium	mg	492		0	139	197	
Zinc	mg	0.79		0	0.22	0.32	
Copper	mg	0.162		0	0.046	0.065	
Manganese	mg	0.500		0	0.142	0.200	
Selenium	:g	30.1		0	8.5	12.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.438		0	0.124	0.175	
Riboflavin	mg	0.436		0	0.124	0.174	
Niacin	mg	4.848		0	1.374	1.939	
Pantothenic acid	mg	0.282		0	0.080	0.113	
Vitamin B-6	mg	0.064		0	0.018	0.026	
Folate	:g	105		0	30	42	
Vitamin B-12	:g	0.10		0	0.03	0.04	
Vitamin A	IU	76		0	22	30	
Vitamin A, RE	:g	23		0	7	9	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.594		0	0.168	0.238	
Lipids:							
Saturated, total	g	1.593		0	0.452	0.637	
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	0.000	0.000	
10:0	g	0.001		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.020		0	0.006	0.008	
15.0	g						
16:0	g	1.082		0	0.307	0.433	
17:0	g						
18:0	g	0.463		0	0.131	0.185	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.302	0	0.653	0.921
14:1	g				
16:1	g	0.108	0	0.031	0.043
18:1	g	2.182	0	0.619	0.873
20:1	g	0.009	0	0.003	0.004
22.1	g	0.001	0	0.000	0.000
Polyunsaturated, total	g	1.106	0	0.314	0.442
18:2	g	0.998	0	0.283	0.399
18:3	g	0.048	0	0.014	0.019
18:4	g	0.000	0	0.000	0.000
20:4	g	0.046	0	0.013	0.018
20:5	g	0.001	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.012	0	0.003	0.005
Cholesterol	mg	51	0	14	20
Phytosterols	mg	7	0	2	3
Amino acids:					
Tryptophan	g	0.112	0	0.032	0.045
Threonine	g	0.306	0	0.087	0.122
Isoleucine	g	0.394	0	0.112	0.158
Leucine	g	0.692	0	0.196	0.277
Lysine	g	0.311	0	0.088	0.124
Methionine	g	0.189	0	0.054	0.076
Cystine	g	0.208	0	0.059	0.083
Phenylalanine	g	0.475	0	0.135	0.190
Tyrosine	g	0.292	0	0.083	0.117
Valine	g	0.443	0	0.126	0.177
Arginine	g	0.385	0	0.109	0.154
Histidine	g	0.210	0	0.060	0.084
Alanine	g	0.356	0	0.101	0.142
Aspartic acid	g	0.522	0	0.148	0.209
Glutamic acid	g	2.856	0	0.810	1.142
Glycine	g	0.336	0	0.095	0.134
Proline	g	0.947	0	0.268	0.379
Serine	g	0.501	0	0.142	0.200
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 slice (5" x 3" x 1/2")

NDB No. 18028 Bread, egg, toasted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 37g	Measure 3*
Proximates:							
Water	g	28.30		0	8.02	10.47	
Energy	kcal	315		0	89	117	
Energy	kj	1318		0	374	488	
Protein (N x 5.95)	g	10.50		0	2.98	3.88	
Total lipid (fat)	g	6.60		0	1.87	2.44	
Carbohydrate, by difference	g	52.60		0	14.91	19.46	
Fiber, total dietary	g	2.5		0	0.7	0.9	
Ash	g	2.00		0	0.57	0.74	
Sugars, total	g						
Minerals:							
Calcium	mg	102		0	29	38	
Iron	mg	3.34		0	0.95	1.24	
Magnesium	mg	21		0	6	8	
Phosphorus	mg	117		0	33	43	
Potassium	mg	126		0	36	47	
Sodium	mg	540		0	153	200	
Zinc	mg	0.86		0	0.24	0.32	
Copper	mg	0.178		0	0.050	0.066	
Manganese	mg	0.549		0	0.156	0.203	
Selenium	:g	32.9		0	9.3	12.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.385		0	0.109	0.142	
Riboflavin	mg	0.432		0	0.122	0.160	
Niacin	mg	4.795		0	1.359	1.774	
Pantothenic acid	mg	0.202		0	0.057	0.075	
Vitamin B-6	mg	0.064		0	0.018	0.024	
Folate	:g	89		0	25	33	
Vitamin B-12	:g	0.11		0	0.03	0.04	
Vitamin A	IU	75		0	21	28	
Vitamin A, RE	:g	23		0	7	9	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.851		0	0.241	0.315	
Lipids:							
Saturated, total	g	1.616		0	0.458	0.598	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.025		0	0.007	0.009	
15.0	g						
16:0	g	0.972		0	0.276	0.360	
17:0	g						
18:0	g	0.601		0	0.170	0.222	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.989	0	0.847	1.106
14:1	g				
16:1	g	0.072	0	0.020	0.027
18:1	g	2.911	0	0.825	1.077
20:1	g	0.004	0	0.001	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.149	0	0.326	0.425
18:2	g	1.067	0	0.302	0.395
18:3	g	0.057	0	0.016	0.021
18:4	g	0.000	0	0.000	0.000
20:4	g	0.019	0	0.005	0.007
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.005	0	0.001	0.002
Cholesterol	mg	56	0	16	21
Phytosterols	mg	8	0	2	3
Amino acids:					
Tryptophan	g	0.123	0	0.035	0.046
Threonine	g	0.336	0	0.095	0.124
Isoleucine	g	0.433	0	0.123	0.160
Leucine	g	0.760	0	0.215	0.281
Lysine	g	0.342	0	0.097	0.127
Methionine	g	0.208	0	0.059	0.077
Cystine	g	0.229	0	0.065	0.085
Phenylalanine	g	0.522	0	0.148	0.193
Tyrosine	g	0.321	0	0.091	0.119
Valine	g	0.487	0	0.138	0.180
Arginine	g	0.423	0	0.120	0.157
Histidine	g	0.230	0	0.065	0.085
Alanine	g	0.391	0	0.111	0.145
Aspartic acid	g	0.574	0	0.163	0.212
Glutamic acid	g	3.139	0	0.890	1.161
Glycine	g	0.370	0	0.105	0.137
Proline	g	1.041	0	0.295	0.385
Serine	g	0.551	0	0.156	0.204
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 slice (5" x 3" x 1/2")

NDB No. 18029 Bread, french or vienna (includes sourdough)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 35g	Measure 3* 25g
Proximates:							
Water	g	34.30	0.725	33	9.72	12.01	8.57
Energy	kcal	274		0	78	96	69
Energy	kj	1146		0	325	401	287
Protein (N x 5.95)	g	8.80	0.127	63	2.49	3.08	2.20
Total lipid (fat)	g	3.00	0.090	63	0.85	1.05	0.75
Carbohydrate, by difference	g	51.90		0	14.71	18.16	12.97
Fiber, total dietary	g	3.0		0	0.9	1.1	0.8
Ash	g	2.00	0.054	24	0.57	0.70	0.50
Sugars, total	g						
Minerals:							
Calcium	mg	75	2.662	64	21	26	19
Iron	mg	2.53	0.064	60	0.72	0.89	0.63
Magnesium	mg	27	1.295	16	8	9	7
Phosphorus	mg	105	4.246	13	30	37	26
Potassium	mg	113	3.926	22	32	40	28
Sodium	mg	609	9.932	37	173	213	152
Zinc	mg	0.87	0.042	16	0.25	0.30	0.22
Copper	mg	0.191	0.010	16	0.054	0.067	0.048
Manganese	mg	0.508	0.019	15	0.144	0.178	0.127
Selenium	:g	31.5	3.776	10	8.9	11.0	7.9
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.520	0.009	65	0.147	0.182	0.130
Riboflavin	mg	0.329	0.009	65	0.093	0.115	0.082
Niacin	mg	4.749	0.056	62	1.346	1.662	1.187
Pantothenic acid	mg	0.387	0.023	15	0.110	0.135	0.097
Vitamin B-6	mg	0.043	0.004	16	0.012	0.015	0.011
Folate	:g	95		0	27	33	24
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.282		0	0.080	0.099	0.070
Lipids:							
Saturated, total	g	0.641		0	0.182	0.224	0.160
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		0	0.003	0.004	0.003
15.0	g						
16:0	g	0.387		0	0.110	0.135	0.097
17:0	g						
18:0	g	0.244		0	0.069	0.085	0.061
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.215		0	0.344	0.425	0.304
14:1	g						
16:1	g	0.009		0	0.003	0.003	0.002
18:1	g	1.206		0	0.342	0.422	0.302
20:1	g	0.000		0	0.000	0.000	0.000
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	0.693		0	0.196	0.243	0.173
18:2	g	0.660		0	0.187	0.231	0.165
18:3	g	0.033		0	0.009	0.012	0.008
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.000		0	0.000	0.000	0.000
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.000		0	0.000	0.000	0.000
Cholesterol	mg	0	0.094	5	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.102		0	0.029	0.036	0.026
Threonine	g	0.248		0	0.070	0.087	0.062
Isoleucine	g	0.338		0	0.096	0.118	0.085
Leucine	g	0.616		0	0.175	0.216	0.154
Lysine	g	0.205		0	0.058	0.072	0.051
Methionine	g	0.158		0	0.045	0.055	0.040
Cystine	g	0.192		0	0.054	0.067	0.048
Phenylalanine	g	0.436		0	0.124	0.153	0.109
Tyrosine	g	0.250		0	0.071	0.088	0.063
Valine	g	0.382		0	0.108	0.134	0.096
Arginine	g	0.320		0	0.091	0.112	0.080
Histidine	g	0.191		0	0.054	0.067	0.048
Alanine	g	0.290		0	0.082	0.101	0.072
Aspartic acid	g	0.392		0	0.111	0.137	0.098
Glutamic acid	g	2.987		0	0.847	1.045	0.747
Glycine	g	0.312		0	0.088	0.109	0.078
Proline	g	1.000		0	0.284	0.350	0.250
Serine	g	0.428		0	0.121	0.150	0.107
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 large slice (5" x 2-1/2" x 1")
Measure 3: 1 medium slice (4-3/4" x 4" x 1/2")

NDB No. 18030 Bread, french or vienna, toasted (includes sourdough)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 32g	Measure 3* 23g
Proximates:							
Water	g	28.60		0	8.11	9.15	6.58
Energy	kcal	298		0	84	95	69
Energy	kj	1247		0	354	399	287
Protein (N x 5.95)	g	9.60		0	2.72	3.07	2.21
Total lipid (fat)	g	3.30		0	0.94	1.06	0.76
Carbohydrate, by difference	g	56.40		0	15.99	18.05	12.97
Fiber, total dietary	g	3.3		0	0.9	1.1	0.8
Ash	g	2.20		0	0.62	0.70	0.51
Sugars, total	g						
Minerals:							
Calcium	mg	81		0	23	26	19
Iron	mg	2.75		0	0.78	0.88	0.63
Magnesium	mg	30		0	9	10	7
Phosphorus	mg	114		0	32	36	26
Potassium	mg	122		0	35	39	28
Sodium	mg	661		0	187	212	152
Zinc	mg	0.95		0	0.27	0.30	0.22
Copper	mg	0.208		0	0.059	0.067	0.048
Manganese	mg	0.552		0	0.156	0.177	0.127
Selenium	ΐg	34.2		0	9.7	10.9	7.9
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.452		0	0.128	0.145	0.104
Riboflavin	mg	0.322		0	0.091	0.103	0.074
Niacin	mg	4.645		0	1.317	1.486	1.068
Pantothenic acid	mg	0.273		0	0.077	0.087	0.063
Vitamin B-6	mg	0.042		0	0.012	0.013	0.010
Folate	ΐg	81		0	23	26	19
Vitamin B-12	ΐg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	ΐg	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.257		0	0.073	0.082	0.059
Lipids:							
Saturated, total	g	0.696		0	0.197	0.223	0.160
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	0.011		0	0.003	0.004	0.003
15.0	g						
16:0	g	0.421		0	0.119	0.135	0.097
17:0	g						
18:0	g	0.265		0	0.075	0.085	0.061
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.321	0	0.375	0.423	0.304
14:1	g					
16:1	g	0.010	0	0.003	0.003	0.002
18:1	g	1.311	0	0.372	0.420	0.302
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.753	0	0.213	0.241	0.173
18:2	g	0.717	0	0.203	0.229	0.165
18:3	g	0.036	0	0.010	0.012	0.008
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.111	0	0.031	0.036	0.026
Threonine	g	0.270	0	0.077	0.086	0.062
Isoleucine	g	0.368	0	0.104	0.118	0.085
Leucine	g	0.669	0	0.190	0.214	0.154
Lysine	g	0.223	0	0.063	0.071	0.051
Methionine	g	0.172	0	0.049	0.055	0.040
Cystine	g	0.209	0	0.059	0.067	0.048
Phenylalanine	g	0.474	0	0.134	0.152	0.109
Tyrosine	g	0.271	0	0.077	0.087	0.062
Valine	g	0.415	0	0.118	0.133	0.095
Arginine	g	0.347	0	0.098	0.111	0.080
Histidine	g	0.207	0	0.059	0.066	0.048
Alanine	g	0.315	0	0.089	0.101	0.072
Aspartic acid	g	0.427	0	0.121	0.137	0.098
Glutamic acid	g	3.247	0	0.921	1.039	0.747
Glycine	g	0.339	0	0.096	0.108	0.078
Proline	g	1.087	0	0.308	0.348	0.250
Serine	g	0.465	0	0.132	0.149	0.107
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 large slice (5" x 2-1/2" x 1")
Measure 3: 1 medium slice

NDB No. 18031 Bread, indian (navajo) fry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 160g	Measure 2* 90g	Measure 3*
Proximates:							
Water	g	26.50		0	42.40	23.85	
Energy	kcal	329		0	526	296	
Energy	kj	1377		0	2203	1239	
Protein (N x 5.95)	g	7.10		0	11.36	6.39	
Total lipid (fat)	g	9.50		0	15.20	8.55	
Carbohydrate, by difference	g	53.30		0	85.28	47.97	
Fiber, total dietary	g	1.8		0	2.9	1.6	
Ash	g	3.70		0	5.92	3.33	
Sugars, total	g						
Minerals:							
Calcium	mg	233		0	373	210	
Iron	mg	3.60		0	5.76	3.24	
Magnesium	mg	16		0	26	14	
Phosphorus	mg	157		0	251	141	
Potassium	mg	74		0	118	67	
Sodium	mg	695		0	1112	626	
Zinc	mg	0.50		0	0.80	0.45	
Copper	mg	0.102		0	0.163	0.092	
Manganese	mg	0.470		0	0.752	0.423	
Selenium	:g	23.3		0	37.3	21.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.430		0	0.688	0.387	
Riboflavin	mg	0.304		0	0.486	0.274	
Niacin	mg	3.636		0	5.818	3.272	
Pantothenic acid	mg	0.195		0	0.312	0.176	
Vitamin B-6	mg	0.027		0	0.043	0.024	
Folate	:g	74		0	118	67	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.772		0	1.235	0.695	
Lipids:							
Saturated, total	g	2.313		0	3.701	2.082	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.035		0	0.056	0.032	
15.0	g						
16:0	g	1.346		0	2.154	1.211	
17:0	g						
18:0	g	0.940		0	1.504	0.846	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.988	0	6.381	3.589
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	3.988	0	6.381	3.589
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.588	0	4.141	2.329
18:2	g	2.431	0	3.890	2.188
18:3	g	0.156	0	0.250	0.140
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	15	0	24	14
Amino acids:					
Tryptophan	g	0.087	0	0.139	0.078
Threonine	g	0.192	0	0.307	0.173
Isoleucine	g	0.244	0	0.390	0.220
Leucine	g	0.486	0	0.778	0.437
Lysine	g	0.156	0	0.250	0.140
Methionine	g	0.125	0	0.200	0.113
Cystine	g	0.150	0	0.240	0.135
Phenylalanine	g	0.356	0	0.570	0.320
Tyrosine	g	0.213	0	0.341	0.192
Valine	g	0.284	0	0.454	0.256
Arginine	g	0.285	0	0.456	0.257
Histidine	g	0.157	0	0.251	0.141
Alanine	g	0.227	0	0.363	0.204
Aspartic acid	g	0.298	0	0.477	0.268
Glutamic acid	g	2.380	0	3.808	2.142
Glycine	g	0.254	0	0.406	0.229
Proline	g	0.819	0	1.310	0.737
Serine	g	0.353	0	0.565	0.318
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 10-1/2" diameter
Measure 2: 5" diameter

NDB No. 18032 Bread, irish soda, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 60g	Measure 3*
Proximates:							
Water	g	30.10		0	8.53	18.06	
Energy	kcal	290		0	82	174	
Energy	kj	1213		0	344	728	
Protein (N x 5.95)	g	6.60		0	1.87	3.96	
Total lipid (fat)	g	5.00		0	1.42	3.00	
Carbohydrate, by difference	g	56.00		0	15.88	33.60	
Fiber, total dietary	g	2.6		0	0.7	1.6	
Ash	g	1.90		0	0.54	1.14	
Sugars, total	g						
Minerals:							
Calcium	mg	81		0	23	49	
Iron	mg	2.69		0	0.76	1.61	
Magnesium	mg	23		0	7	14	
Phosphorus	mg	114		0	32	68	
Potassium	mg	266		0	75	160	
Sodium	mg	398		0	113	239	
Zinc	mg	0.57		0	0.16	0.34	
Copper	mg	0.130		0	0.037	0.078	
Manganese	mg	0.355		0	0.101	0.213	
Selenium	:g	16.0		0	4.5	9.6	
Vitamins:							
Ascorbic acid	mg	0.8		0	0.2	0.5	
Thiamin	mg	0.298		0	0.084	0.179	
Riboflavin	mg	0.269		0	0.076	0.161	
Niacin	mg	2.405		0	0.682	1.443	
Pantothenic acid	mg	0.250		0	0.071	0.150	
Vitamin B-6	mg	0.083		0	0.024	0.050	
Folate	:g	47		0	13	28	
Vitamin B-12	:g	0.05		0	0.01	0.03	
Vitamin A	IU	194		0	55	116	
Vitamin A, RE	:g	50		0	14	30	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.057		0	0.300	0.634	
Lipids:							
Saturated, total	g	1.111		0	0.315	0.667	
4:0	g	0.008		0	0.002	0.005	
6.0	g	0.005		0	0.001	0.003	
8:0	g	0.003		0	0.001	0.002	
10:0	g	0.006		0	0.002	0.004	
12:0	g	0.007		0	0.002	0.004	
14:0	g	0.036		0	0.010	0.022	
15.0	g						
16:0	g	0.698		0	0.198	0.419	
17:0	g						
18:0	g	0.342		0	0.097	0.205	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.999	0	0.567	1.199
14:1	g				
16:1	g	0.018	0	0.005	0.011
18:1	g	1.976	0	0.560	1.186
20:1	g	0.001	0	0.000	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.478	0	0.419	0.887
18:2	g	1.396	0	0.396	0.838
18:3	g	0.074	0	0.021	0.044
18:4	g	0.000	0	0.000	0.000
20:4	g	0.006	0	0.002	0.004
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.002	0	0.001	0.001
Cholesterol	mg	18	0	5	11
Phytosterols	mg	13	0	4	8
Amino acids:					
Tryptophan	g	0.072	0	0.020	0.043
Threonine	g	0.201	0	0.057	0.121
Isoleucine	g	0.234	0	0.066	0.140
Leucine	g	0.436	0	0.124	0.262
Lysine	g	0.219	0	0.062	0.131
Methionine	g	0.138	0	0.039	0.083
Cystine	g	0.122	0	0.035	0.073
Phenylalanine	g	0.300	0	0.085	0.180
Tyrosine	g	0.201	0	0.057	0.121
Valine	g	0.283	0	0.080	0.170
Arginine	g	0.290	0	0.082	0.174
Histidine	g	0.159	0	0.045	0.095
Alanine	g	0.226	0	0.064	0.136
Aspartic acid	g	0.390	0	0.111	0.234
Glutamic acid	g	1.825	0	0.517	1.095
Glycine	g	0.188	0	0.053	0.113
Proline	g	0.597	0	0.169	0.358
Serine	g	0.296	0	0.084	0.178
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 slice (3-3/4" x 3" x 1/2")

NDB No. 18033 Bread, italian

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 30g	Measure 3* 20g
Proximates:							
Water	g	35.70	0.632	36	10.12	10.71	7.14
Energy	kcal	271		0	77	81	54
Energy	kj	1134		0	321	340	227
Protein (N x 5.95)	g	8.80	0.196	38	2.49	2.64	1.76
Total lipid (fat)	g	3.50	0.123	38	0.99	1.05	0.70
Carbohydrate, by difference	g	50.00		0	14.18	15.00	10.00
Fiber, total dietary	g	2.7		0	0.8	0.8	0.5
Ash	g	1.90	0.047	35	0.54	0.57	0.38
Sugars, total	g						
Minerals:							
Calcium	mg	78	4.522	37	22	23	16
Iron	mg	2.94	0.128	35	0.83	0.88	0.59
Magnesium	mg	27	1.670	11	8	8	5
Phosphorus	mg	103	5.156	11	29	31	21
Potassium	mg	110	2.870	13	31	33	22
Sodium	mg	584	29.851	17	166	175	117
Zinc	mg	0.86	0.080	13	0.24	0.26	0.17
Copper	mg	0.191	0.010	11	0.054	0.057	0.038
Manganese	mg	0.464	0.021	10	0.132	0.139	0.093
Selenium	:g	27.2	2.578	7	7.7	8.2	5.4
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.473	0.014	27	0.134	0.142	0.095
Riboflavin	mg	0.292	0.014	27	0.083	0.088	0.058
Niacin	mg	4.381	0.140	27	1.242	1.314	0.876
Pantothenic acid	mg	0.378	0.014	11	0.107	0.113	0.076
Vitamin B-6	mg	0.048	0.003	11	0.014	0.014	0.010
Folate	:g	95		0	27	29	19
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.357		0	0.101	0.107	0.071
Lipids:							
Saturated, total	g	0.855		0	0.242	0.257	0.171
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	0.011		0	0.003	0.003	0.002
15.0	g						
16:0	g	0.712		0	0.202	0.214	0.142
17:0	g						
18:0	g	0.131		0	0.037	0.039	0.026
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.812	0	0.230	0.244	0.162
14:1	g					
16:1	g	0.013	0	0.004	0.004	0.003
18:1	g	0.799	0	0.227	0.240	0.160
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.390	0	0.394	0.417	0.278
18:2	g	1.290	0	0.366	0.387	0.258
18:3	g	0.100	0	0.028	0.030	0.020
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	1	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.103	0	0.029	0.031	0.021
Threonine	g	0.245	0	0.069	0.074	0.049
Isoleucine	g	0.333	0	0.094	0.100	0.067
Leucine	g	0.614	0	0.174	0.184	0.123
Lysine	g	0.197	0	0.056	0.059	0.039
Methionine	g	0.156	0	0.044	0.047	0.031
Cystine	g	0.193	0	0.055	0.058	0.039
Phenylalanine	g	0.433	0	0.123	0.130	0.087
Tyrosine	g	0.248	0	0.070	0.074	0.050
Valine	g	0.376	0	0.107	0.113	0.075
Arginine	g	0.316	0	0.090	0.095	0.063
Histidine	g	0.188	0	0.053	0.056	0.038
Alanine	g	0.284	0	0.081	0.085	0.057
Aspartic acid	g	0.379	0	0.107	0.114	0.076
Glutamic acid	g	2.990	0	0.848	0.897	0.598
Glycine	g	0.307	0	0.087	0.092	0.061
Proline	g	1.004	0	0.285	0.301	0.201
Serine	g	0.426	0	0.121	0.128	0.085
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 large slice (4-1/2" x 3-1/4" x 3/4")
Measure 3: 1 medium slice

NDB No. 18035 Bread, mixed-grain (includes whole-grain, 7-grain)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 32g	Measure 3* 26g
Proximates:							
Water	g	37.70	0.155	97	10.69	12.06	9.80
Energy	kcal	250		0	71	80	65
Energy	kj	1046		0	297	335	272
Protein (N x 5.95)	g	10.00	0.090	140	2.84	3.20	2.60
Total lipid (fat)	g	3.80	0.083	133	1.08	1.22	0.99
Carbohydrate, by difference	g	46.40		0	13.15	14.85	12.06
Fiber, total dietary	g	6.4		0	1.8	2.0	1.7
Ash	g	2.20	0.025	97	0.62	0.70	0.57
Sugars, total	g						
Minerals:							
Calcium	mg	91	3.088	173	26	29	24
Iron	mg	3.47	0.093	168	0.98	1.11	0.90
Magnesium	mg	53	2.283	35	15	17	14
Phosphorus	mg	176	8.422	16	50	56	46
Potassium	mg	204	10.192	16	58	65	53
Sodium	mg	487	11.408	39	138	156	127
Zinc	mg	1.27	0.038	36	0.36	0.41	0.33
Copper	mg	0.254	0.013	19	0.072	0.081	0.066
Manganese	mg	1.485	0.120	15	0.421	0.475	0.386
Selenium	:g	29.5		0	8.4	9.4	7.7
Vitamins:							
Ascorbic acid	mg	0.3	0.238	3	0.1	0.1	0.1
Thiamin	mg	0.407	0.011	134	0.115	0.130	0.106
Riboflavin	mg	0.342	0.011	141	0.097	0.109	0.089
Niacin	mg	4.365	0.128	135	1.237	1.397	1.135
Pantothenic acid	mg	0.512	0.031	22	0.145	0.164	0.133
Vitamin B-6	mg	0.333	0.211	17	0.094	0.107	0.087
Folate	:g	80		0	23	26	21
Vitamin B-12	:g	0.07		1	0.02	0.02	0.02
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.657		0	0.186	0.210	0.171
Lipids:							
Saturated, total	g	0.807		0	0.229	0.258	0.210
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.000	0.000	0.000
14:0	g	0.014		0	0.004	0.004	0.004
15.0	g						
16:0	g	0.515		0	0.146	0.165	0.134
17:0	g						
18:0	g	0.275		0	0.078	0.088	0.072
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.524		0	0.432	0.488	0.396
14:1	g						
16:1	g	0.018		0	0.005	0.006	0.005
18:1	g	1.505		0	0.427	0.482	0.391
20:1	g	0.002		0	0.001	0.001	0.001
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	0.923		0	0.262	0.295	0.240
18:2	g	0.864		0	0.245	0.276	0.225
18:3	g	0.058		0	0.016	0.019	0.015
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.001		0	0.000	0.000	0.000
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.000		0	0.000	0.000	0.000
Cholesterol	mg	0	0.135	11	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.131		0	0.037	0.042	0.034
Threonine	g	0.309		0	0.088	0.099	0.080
Isoleucine	g	0.388		0	0.110	0.124	0.101
Leucine	g	0.701		0	0.199	0.224	0.182
Lysine	g	0.315		0	0.089	0.101	0.082
Methionine	g	0.167		0	0.047	0.053	0.043
Cystine	g	0.217		0	0.062	0.069	0.056
Phenylalanine	g	0.486		0	0.138	0.156	0.126
Tyrosine	g	0.286		0	0.081	0.092	0.074
Valine	g	0.460		0	0.130	0.147	0.120
Arginine	g	0.443		0	0.126	0.142	0.115
Histidine	g	0.224		0	0.064	0.072	0.058
Alanine	g	0.372		0	0.105	0.119	0.097
Aspartic acid	g	0.577		0	0.164	0.185	0.150
Glutamic acid	g	2.980		0	0.845	0.954	0.775
Glycine	g	0.384		0	0.109	0.123	0.100
Proline	g	0.996		0	0.282	0.319	0.259
Serine	g	0.489		0	0.139	0.156	0.127
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 large slice
Measure 3: 1 slice

NDB No. 18036 Bread, mixed-grain, toasted (includes whole-grain, 7-grain)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 29g	Measure 3* 24g
Proximates:							
Water	g	32.30		0	9.16	9.37	7.75
Energy	kcal	272		0	77	79	65
Energy	kj	1138		0	323	330	273
Protein (N x 5.95)	g	10.90		0	3.09	3.16	2.62
Total lipid (fat)	g	4.10		0	1.16	1.19	0.98
Carbohydrate, by difference	g	50.40		0	14.29	14.62	12.10
Fiber, total dietary	g	6.6		0	1.9	1.9	1.6
Ash	g	2.30		0	0.65	0.67	0.55
Sugars, total	g						
Minerals:							
Calcium	mg	99		0	28	29	24
Iron	mg	3.77		0	1.07	1.09	0.90
Magnesium	mg	58		0	16	17	14
Phosphorus	mg	191		0	54	55	46
Potassium	mg	222		0	63	64	53
Sodium	mg	530		0	150	154	127
Zinc	mg	1.38		0	0.39	0.40	0.33
Copper	mg	0.276		0	0.078	0.080	0.066
Manganese	mg	1.615		0	0.458	0.468	0.388
Selenium	：g	32.1		0	9.1	9.3	7.7
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	0.1	0.1
Thiamin	mg	0.354		0	0.100	0.103	0.085
Riboflavin	mg	0.334		0	0.095	0.097	0.080
Niacin	mg	4.270		0	1.211	1.238	1.025
Pantothenic acid	mg	0.361		0	0.102	0.105	0.087
Vitamin B-6	mg	0.325		0	0.092	0.094	0.078
Folate	：g	68		0	19	20	16
Vitamin B-12	：g	0.08		0	0.02	0.02	0.02
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	：g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.668		0	0.189	0.194	0.160
Lipids:							
Saturated, total	g	0.878		0	0.249	0.255	0.211
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.000	0.000	0.000
14:0	g	0.015		0	0.004	0.004	0.004
15.0	g						
16:0	g	0.559		0	0.158	0.162	0.134
17:0	g						
18:0	g	0.299		0	0.085	0.087	0.072
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.657	0	0.470	0.481	0.398
14:1	g					
16:1	g	0.020	0	0.006	0.006	0.005
18:1	g	1.636	0	0.464	0.474	0.393
20:1	g	0.002	0	0.001	0.001	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.003	0	0.284	0.291	0.241
18:2	g	0.940	0	0.266	0.273	0.226
18:3	g	0.063	0	0.018	0.018	0.015
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.001	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.142	0	0.040	0.041	0.034
Threonine	g	0.335	0	0.095	0.097	0.080
Isoleucine	g	0.422	0	0.120	0.122	0.101
Leucine	g	0.762	0	0.216	0.221	0.183
Lysine	g	0.343	0	0.097	0.099	0.082
Methionine	g	0.182	0	0.052	0.053	0.044
Cystine	g	0.236	0	0.067	0.068	0.057
Phenylalanine	g	0.528	0	0.150	0.153	0.127
Tyrosine	g	0.311	0	0.088	0.090	0.075
Valine	g	0.500	0	0.142	0.145	0.120
Arginine	g	0.481	0	0.136	0.139	0.115
Histidine	g	0.244	0	0.069	0.071	0.059
Alanine	g	0.405	0	0.115	0.117	0.097
Aspartic acid	g	0.628	0	0.178	0.182	0.151
Glutamic acid	g	3.239	0	0.918	0.939	0.777
Glycine	g	0.418	0	0.119	0.121	0.100
Proline	g	1.083	0	0.307	0.314	0.260
Serine	g	0.532	0	0.151	0.154	0.128
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 large slice
Measure 3: 1 slice

NDB No. 18037 Bread, oat bran

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 30g	Measure 3*
Proximates:							
Water	g	44.00		1	12.47	13.20	
Energy	kcal	236		0	67	71	
Energy	kj	987		0	280	296	
Protein (N x 5.95)	g	10.40	1.459	3	2.95	3.12	
Total lipid (fat)	g	4.40	0.706	3	1.25	1.32	
Carbohydrate, by difference	g	39.80		0	11.28	11.94	
Fiber, total dietary	g	4.5		0	1.3	1.4	
Ash	g	1.50		1	0.43	0.45	
Sugars, total	g						
Minerals:							
Calcium	mg	65	6.966	3	18	20	
Iron	mg	3.12	0.276	2	0.88	0.94	
Magnesium	mg	35		0	10	11	
Phosphorus	mg	141		0	40	42	
Potassium	mg	147		0	42	44	
Sodium	mg	407	52.746	2	115	122	
Zinc	mg	0.89		0	0.25	0.27	
Copper	mg	0.135		0	0.038	0.041	
Manganese	mg	0.779		0	0.221	0.234	
Selenium	:g	30.0		0	8.5	9.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.504	0.116	2	0.143	0.151	
Riboflavin	mg	0.346	0.064	2	0.098	0.104	
Niacin	mg	4.831	1.071	2	1.370	1.449	
Pantothenic acid	mg	0.581		0	0.165	0.174	
Vitamin B-6	mg	0.073		0	0.021	0.022	
Folate	:g	81		0	23	24	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	5		0	1	2	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.642		0	0.182	0.193	
Lipids:							
Saturated, total	g	0.697		0	0.198	0.209	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.002		0	0.001	0.001	
14:0	g	0.005		0	0.001	0.002	
15.0	g						
16:0	g	0.526		0	0.149	0.158	
17:0	g						
18:0	g	0.157		0	0.045	0.047	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.590		0	0.451	0.477
14:1	g					
16:1	g	0.030		0	0.009	0.009
18:1	g	1.560		0	0.442	0.468
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.694		0	0.480	0.508
18:2	g	1.590		0	0.451	0.477
18:3	g	0.103		0	0.029	0.031
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	0	0.227	2	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.131		0	0.037	0.039
Threonine	g	0.299		0	0.085	0.090
Isoleucine	g	0.399		0	0.113	0.120
Leucine	g	0.733		0	0.208	0.220
Lysine	g	0.297		0	0.084	0.089
Methionine	g	0.179		0	0.051	0.054
Cystine	g	0.234		0	0.066	0.070
Phenylalanine	g	0.518		0	0.147	0.155
Tyrosine	g	0.324		0	0.092	0.097
Valine	g	0.461		0	0.131	0.138
Arginine	g	0.445		0	0.126	0.134
Histidine	g	0.225		0	0.064	0.068
Alanine	g	0.370		0	0.105	0.111
Aspartic acid	g	0.547		0	0.155	0.164
Glutamic acid	g	3.162		0	0.896	0.949
Glycine	g	0.395		0	0.112	0.119
Proline	g	1.055		0	0.299	0.317
Serine	g	0.502		0	0.142	0.151
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18038 Bread, oat bran, toasted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 27g	Measure 3*
Proximates:							
Water	g	38.50		0	10.91	10.39	
Energy	kcal	259		0	73	70	
Energy	kj	1084		0	307	293	
Protein (N x 5.95)	g	11.40		0	3.23	3.08	
Total lipid (fat)	g	4.80		0	1.36	1.30	
Carbohydrate, by difference	g	43.70		0	12.39	11.80	
Fiber, total dietary	g	4.9		0	1.4	1.3	
Ash	g	1.60		0	0.45	0.43	
Sugars, total	g						
Minerals:							
Calcium	mg	71		0	20	19	
Iron	mg	3.43		0	0.97	0.93	
Magnesium	mg	34		0	10	9	
Phosphorus	mg	116		0	33	31	
Potassium	mg	123		0	35	33	
Sodium	mg	448		0	127	121	
Zinc	mg	1.05		0	0.30	0.28	
Copper	mg	0.128		0	0.036	0.035	
Manganese	mg	0.760		0	0.215	0.205	
Selenium	:g	33.0		0	9.4	8.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.443		0	0.126	0.120	
Riboflavin	mg	0.343		0	0.097	0.093	
Niacin	mg	4.778		0	1.355	1.290	
Pantothenic acid	mg	0.114		0	0.032	0.031	
Vitamin B-6	mg	0.040		0	0.011	0.011	
Folate	:g	69		0	20	19	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	5		0	1	1	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.434		0	0.123	0.117	
Lipids:							
Saturated, total	g	0.766		0	0.217	0.207	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.002		0	0.001	0.001	
14:0	g	0.006		0	0.002	0.002	
15.0	g						
16:0	g	0.578		0	0.164	0.156	
17:0	g						
18:0	g	0.172		0	0.049	0.046	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.748	0	0.496	0.472
14:1	g				
16:1	g	0.033	0	0.009	0.009
18:1	g	1.714	0	0.486	0.463
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.861	0	0.528	0.502
18:2	g	1.748	0	0.496	0.472
18:3	g	0.114	0	0.032	0.031
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.143	0	0.041	0.039
Threonine	g	0.328	0	0.093	0.089
Isoleucine	g	0.438	0	0.124	0.118
Leucine	g	0.805	0	0.228	0.217
Lysine	g	0.326	0	0.092	0.088
Methionine	g	0.196	0	0.056	0.053
Cystine	g	0.257	0	0.073	0.069
Phenylalanine	g	0.570	0	0.162	0.154
Tyrosine	g	0.356	0	0.101	0.096
Valine	g	0.507	0	0.144	0.137
Arginine	g	0.489	0	0.139	0.132
Histidine	g	0.248	0	0.070	0.067
Alanine	g	0.407	0	0.115	0.110
Aspartic acid	g	0.601	0	0.170	0.162
Glutamic acid	g	3.475	0	0.985	0.938
Glycine	g	0.434	0	0.123	0.117
Proline	g	1.159	0	0.329	0.313
Serine	g	0.552	0	0.156	0.149
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18039 Bread, oatmeal

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 27g	Measure 3*
Proximates:							
Water	g	36.70	0.446	14	10.40	9.91	
Energy	kcal	269		0	76	73	
Energy	kj	1125		0	319	304	
Protein (N x 5.95)	g	8.40	0.183	24	2.38	2.27	
Total lipid (fat)	g	4.40	0.151	24	1.25	1.19	
Carbohydrate, by difference	g	48.50		0	13.75	13.10	
Fiber, total dietary	g	4.0		0	1.1	1.1	
Ash	g	2.00	0.057	12	0.57	0.54	
Sugars, total	g						
Minerals:							
Calcium	mg	66	3.749	23	19	18	
Iron	mg	2.70	0.068	23	0.77	0.73	
Magnesium	mg	37	2.606	10	10	10	
Phosphorus	mg	126	5.457	10	36	34	
Potassium	mg	142	9.030	12	40	38	
Sodium	mg	599	19.636	21	170	162	
Zinc	mg	1.02	0.051	11	0.29	0.28	
Copper	mg	0.209	0.009	10	0.059	0.056	
Manganese	mg	0.940	0.055	10	0.266	0.254	
Selenium	:g	24.6		0	7.0	6.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.399	0.018	23	0.113	0.108	
Riboflavin	mg	0.240	0.006	23	0.068	0.065	
Niacin	mg	3.136	0.072	23	0.889	0.847	
Pantothenic acid	mg	0.341	0.013	10	0.097	0.092	
Vitamin B-6	mg	0.068	0.009	10	0.019	0.018	
Folate	:g	62		0	18	17	
Vitamin B-12	:g	0.03		0	0.01	0.01	
Vitamin A	IU	16		0	5	4	
Vitamin A, RE	:g	2		0	1	1	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.608		0	0.172	0.164	
Lipids:							
Saturated, total	g	0.703		0	0.199	0.190	
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	0.005		0	0.001	0.001	
14:0	g	0.007		0	0.002	0.002	
15.0	g						
16:0	g	0.527		0	0.149	0.142	
17:0	g						
18:0	g	0.148		0	0.042	0.040	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.578	0	0.447	0.426
14:1	g				
16:1	g	0.023	0	0.007	0.006
18:1	g	1.555	0	0.441	0.420
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.702	0	0.483	0.460
18:2	g	1.603	0	0.454	0.433
18:3	g	0.100	0	0.028	0.027
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.116	0	0.033	0.031
Threonine	g	0.247	0	0.070	0.067
Isoleucine	g	0.325	0	0.092	0.088
Leucine	g	0.608	0	0.172	0.164
Lysine	g	0.270	0	0.077	0.073
Methionine	g	0.152	0	0.043	0.041
Cystine	g	0.208	0	0.059	0.056
Phenylalanine	g	0.414	0	0.117	0.112
Tyrosine	g	0.263	0	0.075	0.071
Valine	g	0.393	0	0.111	0.106
Arginine	g	0.395	0	0.112	0.107
Histidine	g	0.186	0	0.053	0.050
Alanine	g	0.328	0	0.093	0.089
Aspartic acid	g	0.505	0	0.143	0.136
Glutamic acid	g	2.413	0	0.684	0.652
Glycine	g	0.343	0	0.097	0.093
Proline	g	0.765	0	0.217	0.207
Serine	g	0.408	0	0.116	0.110
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18040 Bread, oatmeal, toasted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 25g	Measure 3*
Proximates:							
Water	g	31.20		0	8.85	7.80	
Energy	kcal	292		0	83	73	
Energy	kj	1222		0	346	306	
Protein (N x 5.95)	g	9.20		0	2.61	2.30	
Total lipid (fat)	g	4.80		0	1.36	1.20	
Carbohydrate, by difference	g	52.70		0	14.94	13.18	
Fiber, total dietary	g	4.3		0	1.2	1.1	
Ash	g	2.10		0	0.60	0.53	
Sugars, total	g						
Minerals:							
Calcium	mg	72		0	20	18	
Iron	mg	2.94		0	0.83	0.74	
Magnesium	mg	41		0	12	10	
Phosphorus	mg	137		0	39	34	
Potassium	mg	154		0	44	39	
Sodium	mg	651		0	185	163	
Zinc	mg	1.11		0	0.31	0.28	
Copper	mg	0.227		0	0.064	0.057	
Manganese	mg	1.022		0	0.290	0.256	
Selenium	:g	26.7		0	7.6	6.7	
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	0.1	
Thiamin	mg	0.347		0	0.098	0.087	
Riboflavin	mg	0.235		0	0.067	0.059	
Niacin	mg	3.068		0	0.870	0.767	
Pantothenic acid	mg	0.241		0	0.068	0.060	
Vitamin B-6	mg	0.067		0	0.019	0.017	
Folate	:g	53		0	15	13	
Vitamin B-12	:g	0.02		0	0.01	0.01	
Vitamin A	IU	15		0	4	4	
Vitamin A, RE	:g	2		0	1	1	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.373		0	0.106	0.093	
Lipids:							
Saturated, total	g	0.764		0	0.217	0.191	
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	0.006		0	0.002	0.002	
14:0	g	0.007		0	0.002	0.002	
15.0	g						
16:0	g	0.573		0	0.162	0.143	
17:0	g						
18:0	g	0.161		0	0.046	0.040	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.715	0	0.486	0.429
14:1	g				
16:1	g	0.025	0	0.007	0.006
18:1	g	1.690	0	0.479	0.423
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.850	0	0.524	0.463
18:2	g	1.742	0	0.494	0.436
18:3	g	0.108	0	0.031	0.027
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.126	0	0.036	0.032
Threonine	g	0.268	0	0.076	0.067
Isoleucine	g	0.353	0	0.100	0.088
Leucine	g	0.661	0	0.187	0.165
Lysine	g	0.294	0	0.083	0.074
Methionine	g	0.166	0	0.047	0.042
Cystine	g	0.226	0	0.064	0.057
Phenylalanine	g	0.450	0	0.128	0.113
Tyrosine	g	0.286	0	0.081	0.071
Valine	g	0.428	0	0.121	0.107
Arginine	g	0.429	0	0.122	0.107
Histidine	g	0.202	0	0.057	0.051
Alanine	g	0.357	0	0.101	0.089
Aspartic acid	g	0.549	0	0.156	0.137
Glutamic acid	g	2.623	0	0.744	0.656
Glycine	g	0.372	0	0.105	0.093
Proline	g	0.832	0	0.236	0.208
Serine	g	0.443	0	0.126	0.111
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18041 Bread, pita, white, enriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 60g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	32.10	1.012	17	19.26	8.99	
Energy	kcal	275		0	165	77	
Energy	kj	1151		0	691	322	
Protein (N x 5.95)	g	9.10	0.098	37	5.46	2.55	
Total lipid (fat)	g	1.20	0.040	36	0.72	0.34	
Carbohydrate, by difference	g	55.70		0	33.42	15.60	
Fiber, total dietary	g	2.2		0	1.3	0.6	
Ash	g	1.90	0.094	14	1.14	0.53	
Sugars, total	g						
Minerals:							
Calcium	mg	86	2.853	38	52	24	
Iron	mg	2.62	0.036	35	1.57	0.73	
Magnesium	mg	26	1.034	13	16	7	
Phosphorus	mg	97	2.804	13	58	27	
Potassium	mg	120	6.316	17	72	34	
Sodium	mg	536	16.930	24	322	150	
Zinc	mg	0.84	0.041	13	0.50	0.24	
Copper	mg	0.168	0.012	13	0.101	0.047	
Manganese	mg	0.481	0.018	13	0.289	0.135	
Selenium	:g	27.1	8.091	6	16.3	7.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.599	0.009	32	0.359	0.168	
Riboflavin	mg	0.327	0.007	32	0.196	0.092	
Niacin	mg	4.632	0.083	32	2.779	1.297	
Pantothenic acid	mg	0.397	0.020	12	0.238	0.111	
Vitamin B-6	mg	0.034	0.005	11	0.020	0.010	
Folate	:g	95		0	57	27	
Vitamin B-12	:g	0.00		1	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.038		0	0.023	0.011	
Lipids:							
Saturated, total	g	0.166		0	0.100	0.046	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.156		0	0.094	0.044	
17:0	g						
18:0	g	0.009		0	0.005	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.105		0	0.063	0.029
14:1	g					
16:1	g	0.013		0	0.008	0.004
18:1	g	0.092		0	0.055	0.026
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.535		0	0.321	0.150
18:2	g	0.511		0	0.307	0.143
18:3	g	0.024		0	0.014	0.007
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	0	0.000	2	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.105		0	0.063	0.029
Threonine	g	0.257		0	0.154	0.072
Isoleucine	g	0.349		0	0.209	0.098
Leucine	g	0.634		0	0.380	0.178
Lysine	g	0.219		0	0.131	0.061
Methionine	g	0.160		0	0.096	0.045
Cystine	g	0.197		0	0.118	0.055
Phenylalanine	g	0.446		0	0.268	0.125
Tyrosine	g	0.257		0	0.154	0.072
Valine	g	0.394		0	0.236	0.110
Arginine	g	0.329		0	0.197	0.092
Histidine	g	0.195		0	0.117	0.055
Alanine	g	0.302		0	0.181	0.085
Aspartic acid	g	0.408		0	0.245	0.114
Glutamic acid	g	3.033		0	1.820	0.849
Glycine	g	0.319		0	0.191	0.089
Proline	g	1.012		0	0.607	0.283
Serine	g	0.438		0	0.263	0.123
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 large pita (6-1/2" dia)
Measure 2: 1 small pita (4" dia)

NDB No. 18042 Bread, pita, whole-wheat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 64g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	30.60	0.378	4	19.58	8.57	
Energy	kcal	266		0	170	74	
Energy	kj	1113		0	712	312	
Protein (N x 5.95)	g	9.80	0.041	2	6.27	2.74	
Total lipid (fat)	g	2.60	0.092	3	1.66	0.73	
Carbohydrate, by difference	g	55.00		0	35.20	15.40	
Fiber, total dietary	g	7.4		0	4.7	2.1	
Ash	g	2.00	0.050	2	1.28	0.56	
Sugars, total	g						
Minerals:							
Calcium	mg	15	1.082	2	10	4	
Iron	mg	3.06		0	1.96	0.86	
Magnesium	mg	69	3.868	2	44	19	
Phosphorus	mg	180	13.302	2	115	50	
Potassium	mg	170	8.799	2	109	48	
Sodium	mg	532	40.543	3	340	149	
Zinc	mg	1.52	0.113	2	0.97	0.43	
Copper	mg	0.290		0	0.186	0.081	
Manganese	mg	1.740	0.106	2	1.114	0.487	
Selenium	:g	44.0	3.580	5	28.2	12.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.339	0.011	8	0.217	0.095	
Riboflavin	mg	0.080	0.001	8	0.051	0.022	
Niacin	mg	2.840	0.057	8	1.818	0.795	
Pantothenic acid	mg	0.831		0	0.532	0.233	
Vitamin B-6	mg	0.265		0	0.170	0.074	
Folate	:g	35		0	22	10	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.914		0	0.585	0.256	
Lipids:							
Saturated, total	g	0.410		0	0.262	0.115	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.001	0.000	
14:0	g	0.004		0	0.003	0.001	
15.0	g						
16:0	g	0.373		0	0.239	0.104	
17:0	g						
18:0	g	0.022		0	0.014	0.006	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.349	0	0.223	0.098
14:1	g				
16:1	g	0.037	0	0.024	0.010
18:1	g	0.312	0	0.200	0.087
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.055	0	0.675	0.295
18:2	g	1.001	0	0.641	0.280
18:3	g	0.052	0	0.033	0.015
18:4	g	0.000	0	0.000	0.000
20:4	g	0.003	0	0.002	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.149	0	0.095	0.042
Threonine	g	0.282	0	0.180	0.079
Isoleucine	g	0.367	0	0.235	0.103
Leucine	g	0.671	0	0.429	0.188
Lysine	g	0.265	0	0.170	0.074
Methionine	g	0.153	0	0.098	0.043
Cystine	g	0.228	0	0.146	0.064
Phenylalanine	g	0.470	0	0.301	0.132
Tyrosine	g	0.292	0	0.187	0.082
Valine	g	0.441	0	0.282	0.123
Arginine	g	0.455	0	0.291	0.127
Histidine	g	0.226	0	0.145	0.063
Alanine	g	0.343	0	0.220	0.096
Aspartic acid	g	0.494	0	0.316	0.138
Glutamic acid	g	3.153	0	2.018	0.883
Glycine	g	0.394	0	0.252	0.110
Proline	g	1.046	0	0.669	0.293
Serine	g	0.469	0	0.300	0.131
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 large pita (6-1/2" dia)
Measure 2: 1 small pita (4" dia)

NDB No. 18043 Bread, protein (includes gluten)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 19g	Measure 3*
Proximates:							
Water	g	40.00	0.400	57	11.34	7.60	
Energy	kcal	245		0	69	47	
Energy	kj	1025		0	291	195	
Protein (N x 5.95)	g	12.10	0.141	62	3.43	2.30	
Total lipid (fat)	g	2.20	0.075	62	0.62	0.42	
Carbohydrate, by difference	g	43.80		0	12.42	8.32	
Fiber, total dietary	g	3.0		0	0.9	0.6	
Ash	g	1.90	0.159	10	0.54	0.36	
Sugars, total	g						
Minerals:							
Calcium	mg	124	7.858	12	35	24	
Iron	mg	4.15	0.400	12	1.18	0.79	
Magnesium	mg	65		0	18	12	
Phosphorus	mg	185		0	52	35	
Potassium	mg	322		0	91	61	
Sodium	mg	547	53.087	2	155	104	
Zinc	mg	1.82		0	0.52	0.35	
Copper	mg	0.417		0	0.118	0.079	
Manganese	mg	1.472		0	0.417	0.280	
Selenium	:g	32.9		0	9.3	6.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.360	0.009	60	0.102	0.068	
Riboflavin	mg	0.394	0.046	12	0.112	0.075	
Niacin	mg	4.289	0.284	11	1.216	0.815	
Pantothenic acid	mg	0.420		1	0.119	0.080	
Vitamin B-6	mg	0.071		1	0.020	0.013	
Folate	:g	103		0	29	20	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	2		0	1	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.362		0	0.103	0.069	
Lipids:							
Saturated, total	g	0.332		0	0.094	0.063	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.000	0.000	
15.0	g						
16:0	g	0.286		0	0.081	0.054	
17:0	g						
18:0	g	0.021		0	0.006	0.004	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.183	0	0.052	0.035
14:1	g				
16:1	g	0.001	0	0.000	0.000
18:1	g	0.182	0	0.052	0.035
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.009	0	0.286	0.192
18:2	g	0.950	0	0.269	0.181
18:3	g	0.059	0	0.017	0.011
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.148	0	0.042	0.028
Threonine	g	0.366	0	0.104	0.070
Isoleucine	g	0.471	0	0.134	0.089
Leucine	g	0.858	0	0.243	0.163
Lysine	g	0.372	0	0.105	0.071
Methionine	g	0.199	0	0.056	0.038
Cystine	g	0.247	0	0.070	0.047
Phenylalanine	g	0.596	0	0.169	0.113
Tyrosine	g	0.362	0	0.103	0.069
Valine	g	0.518	0	0.147	0.098
Arginine	g	0.548	0	0.155	0.104
Histidine	g	0.271	0	0.077	0.051
Alanine	g	0.414	0	0.117	0.079
Aspartic acid	g	0.734	0	0.208	0.139
Glutamic acid	g	3.689	0	1.046	0.701
Glycine	g	0.444	0	0.126	0.084
Proline	g	1.222	0	0.346	0.232
Serine	g	0.605	0	0.172	0.115
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18044 Bread, pumpernickel

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 26g	Measure 3* 7g
Proximates:							
Water	g	37.90	0.486	24	10.74	9.85	2.65
Energy	kcal	250		0	71	65	18
Energy	kj	1046		0	297	272	73
Protein (N x 5.95)	g	8.70	0.079	43	2.47	2.26	0.61
Total lipid (fat)	g	3.10	0.135	43	0.88	0.81	0.22
Carbohydrate, by difference	g	47.50		0	13.47	12.35	3.33
Fiber, total dietary	g	6.5		0	1.8	1.7	0.5
Ash	g	2.60	0.080	20	0.74	0.68	0.18
Sugars, total	g						
Minerals:							
Calcium	mg	68	3.933	40	19	18	5
Iron	mg	2.87	0.088	35	0.81	0.75	0.20
Magnesium	mg	54	2.896	13	15	14	4
Phosphorus	mg	178	5.368	11	50	46	12
Potassium	mg	208	7.178	18	59	54	15
Sodium	mg	671	24.996	16	190	174	47
Zinc	mg	1.48	0.078	14	0.42	0.38	0.10
Copper	mg	0.287	0.019	13	0.081	0.075	0.020
Manganese	mg	1.305	0.087	13	0.370	0.339	0.091
Selenium	:g	24.5		0	6.9	6.4	1.7
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.327	0.012	38	0.093	0.085	0.023
Riboflavin	mg	0.305	0.024	38	0.086	0.079	0.021
Niacin	mg	3.091	0.099	38	0.876	0.804	0.216
Pantothenic acid	mg	0.404	0.028	15	0.115	0.105	0.028
Vitamin B-6	mg	0.126	0.015	13	0.036	0.033	0.009
Folate	:g	80		0	23	21	6
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.433		0	0.123	0.113	0.030
Lipids:							
Saturated, total	g	0.437		0	0.124	0.114	0.031
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.002		0	0.001	0.001	0.000
15.0	g						
16:0	g	0.332		0	0.094	0.086	0.023
17:0	g						
18:0	g	0.102		0	0.029	0.027	0.007
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.932		0	0.264	0.242	0.065
14:1	g						
16:1	g	0.018		0	0.005	0.005	0.001
18:1	g	0.912		0	0.259	0.237	0.064
20:1	g	0.002		0	0.001	0.001	0.000
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	1.237		0	0.351	0.322	0.087
18:2	g	1.145		0	0.325	0.298	0.080
18:3	g	0.092		0	0.026	0.024	0.006
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.000		0	0.000	0.000	0.000
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.000		0	0.000	0.000	0.000
Cholesterol	mg	0	0.000	2	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.097		0	0.027	0.025	0.007
Threonine	g	0.267		0	0.076	0.069	0.019
Isoleucine	g	0.334		0	0.095	0.087	0.023
Leucine	g	0.602		0	0.171	0.157	0.042
Lysine	g	0.248		0	0.070	0.064	0.017
Methionine	g	0.155		0	0.044	0.040	0.011
Cystine	g	0.190		0	0.054	0.049	0.013
Phenylalanine	g	0.422		0	0.120	0.110	0.030
Tyrosine	g	0.238		0	0.067	0.062	0.017
Valine	g	0.396		0	0.112	0.103	0.028
Arginine	g	0.359		0	0.102	0.093	0.025
Histidine	g	0.196		0	0.056	0.051	0.014
Alanine	g	0.324		0	0.092	0.084	0.023
Aspartic acid	g	0.475		0	0.135	0.124	0.033
Glutamic acid	g	2.721		0	0.771	0.707	0.190
Glycine	g	0.337		0	0.096	0.088	0.024
Proline	g	0.950		0	0.269	0.247	0.066
Serine	g	0.417		0	0.118	0.108	0.029
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 regular slice
Measure 3: 1 slice, snack-size

NDB No. 18045 Bread, pumpernickel, toasted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 29g	Measure 3*
Proximates:							
Water	g	31.80		0	9.02	9.22	
Energy	kcal	275		0	78	80	
Energy	kj	1151		0	326	334	
Protein (N x 5.95)	g	9.50		0	2.69	2.75	
Total lipid (fat)	g	3.40		0	0.96	0.99	
Carbohydrate, by difference	g	52.20		0	14.80	15.14	
Fiber, total dietary	g	7.1		0	2.0	2.1	
Ash	g	2.80		0	0.79	0.81	
Sugars, total	g						
Minerals:							
Calcium	mg	74		0	21	21	
Iron	mg	3.15		0	0.89	0.91	
Magnesium	mg	60		0	17	17	
Phosphorus	mg	195		0	55	57	
Potassium	mg	228		0	65	66	
Sodium	mg	738		0	209	214	
Zinc	mg	1.62		0	0.46	0.47	
Copper	mg	0.315		0	0.089	0.091	
Manganese	mg	1.434		0	0.407	0.416	
Selenium	:g	26.9		0	7.6	7.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.287		0	0.081	0.083	
Riboflavin	mg	0.301		0	0.085	0.087	
Niacin	mg	3.057		0	0.867	0.887	
Pantothenic acid	mg	0.288		0	0.082	0.084	
Vitamin B-6	mg	0.124		0	0.035	0.036	
Folate	:g	68		0	19	20	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.599		0	0.170	0.174	
Lipids:							
Saturated, total	g	0.481		0	0.136	0.139	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.003		0	0.001	0.001	
15.0	g						
16:0	g	0.365		0	0.103	0.106	
17:0	g						
18:0	g	0.112		0	0.032	0.032	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.024	0	0.290	0.297
14:1	g				
16:1	g	0.020	0	0.006	0.006
18:1	g	1.002	0	0.284	0.291
20:1	g	0.002	0	0.001	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.359	0	0.385	0.394
18:2	g	1.258	0	0.357	0.365
18:3	g	0.101	0	0.029	0.029
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.107	0	0.030	0.031
Threonine	g	0.293	0	0.083	0.085
Isoleucine	g	0.366	0	0.104	0.106
Leucine	g	0.661	0	0.187	0.192
Lysine	g	0.273	0	0.077	0.079
Methionine	g	0.171	0	0.048	0.050
Cystine	g	0.209	0	0.059	0.061
Phenylalanine	g	0.464	0	0.132	0.135
Tyrosine	g	0.261	0	0.074	0.076
Valine	g	0.435	0	0.123	0.126
Arginine	g	0.395	0	0.112	0.115
Histidine	g	0.216	0	0.061	0.063
Alanine	g	0.356	0	0.101	0.103
Aspartic acid	g	0.522	0	0.148	0.151
Glutamic acid	g	2.991	0	0.848	0.867
Glycine	g	0.370	0	0.105	0.107
Proline	g	1.044	0	0.296	0.303
Serine	g	0.459	0	0.130	0.133
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice (5" x 4" x 3/8")

NDB No. 18047 Bread, raisin, enriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 32g	Measure 3* 26g
Proximates:							
Water	g	33.60	0.286	47	9.53	10.75	8.74
Energy	kcal	274		0	78	88	71
Energy	kj	1146		0	325	367	298
Protein (N x 5.95)	g	7.90	0.086	55	2.24	2.53	2.05
Total lipid (fat)	g	4.40	0.143	54	1.25	1.41	1.14
Carbohydrate, by difference	g	52.30		0	14.83	16.74	13.60
Fiber, total dietary	g	4.3		0	1.2	1.4	1.1
Ash	g	1.80	0.036	22	0.51	0.58	0.47
Sugars, total	g						
Minerals:							
Calcium	mg	66	5.711	29	19	21	17
Iron	mg	2.90	0.149	24	0.82	0.93	0.75
Magnesium	mg	26	1.166	13	7	8	7
Phosphorus	mg	109	5.060	13	31	35	28
Potassium	mg	227	11.005	15	64	73	59
Sodium	mg	390	9.864	20	111	125	101
Zinc	mg	0.72	0.045	13	0.20	0.23	0.19
Copper	mg	0.198	0.009	13	0.056	0.063	0.051
Manganese	mg	0.501	0.024	13	0.142	0.160	0.130
Selenium	:g	20.0	0.919	2	5.7	6.4	5.2
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.0	0.0
Thiamin	mg	0.339	0.010	48	0.096	0.108	0.088
Riboflavin	mg	0.398	0.038	26	0.113	0.127	0.103
Niacin	mg	3.466	0.143	27	0.983	1.109	0.901
Pantothenic acid	mg	0.387	0.042	15	0.110	0.124	0.101
Vitamin B-6	mg	0.069	0.009	13	0.020	0.022	0.018
Folate	:g	87		0	25	28	23
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.507		0	0.144	0.162	0.132
Lipids:							
Saturated, total	g	1.081		0	0.306	0.346	0.281
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	0.020		0	0.006	0.006	0.005
15.0	g						
16:0	g	0.584		0	0.166	0.187	0.152
17:0	g						
18:0	g	0.476		0	0.135	0.152	0.124
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.294		0	0.650	0.734	0.596
14:1	g						
16:1	g	0.006		0	0.002	0.002	0.002
18:1	g	2.288		0	0.649	0.732	0.595
20:1	g	0.000		0	0.000	0.000	0.000
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	0.679		0	0.192	0.217	0.177
18:2	g	0.641		0	0.182	0.205	0.167
18:3	g	0.038		0	0.011	0.012	0.010
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.000		0	0.000	0.000	0.000
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.000		0	0.000	0.000	0.000
Cholesterol	mg	0	0.000	2	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.083		0	0.024	0.027	0.022
Threonine	g	0.222		0	0.063	0.071	0.058
Isoleucine	g	0.287		0	0.081	0.092	0.075
Leucine	g	0.516		0	0.146	0.165	0.134
Lysine	g	0.200		0	0.057	0.064	0.052
Methionine	g	0.128		0	0.036	0.041	0.033
Cystine	g	0.152		0	0.043	0.049	0.040
Phenylalanine	g	0.361		0	0.102	0.116	0.094
Tyrosine	g	0.204		0	0.058	0.065	0.053
Valine	g	0.329		0	0.093	0.105	0.086
Arginine	g	0.362		0	0.103	0.116	0.094
Histidine	g	0.167		0	0.047	0.053	0.043
Alanine	g	0.267		0	0.076	0.085	0.069
Aspartic acid	g	0.351		0	0.100	0.112	0.091
Glutamic acid	g	2.355		0	0.668	0.754	0.612
Glycine	g	0.269		0	0.076	0.086	0.070
Proline	g	0.828		0	0.235	0.265	0.215
Serine	g	0.357		0	0.101	0.114	0.093
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 large slice
Measure 3: 1 slice

NDB No. 18048 Bread, raisin, toasted, enriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 29g	Measure 3* 24g
Proximates:							
Water	g	27.80		0	7.88	8.06	6.67
Energy	kcal	297		0	84	86	71
Energy	kj	1243		0	352	360	298
Protein (N x 5.95)	g	8.60		0	2.44	2.49	2.06
Total lipid (fat)	g	4.80		0	1.36	1.39	1.15
Carbohydrate, by difference	g	56.90		0	16.13	16.50	13.66
Fiber, total dietary	g	4.7		0	1.3	1.4	1.1
Ash	g	1.90		0	0.54	0.55	0.46
Sugars, total	g						
Minerals:							
Calcium	mg	72		0	20	21	17
Iron	mg	3.15		0	0.89	0.91	0.76
Magnesium	mg	28		0	8	8	7
Phosphorus	mg	118		0	33	34	28
Potassium	mg	246		0	70	71	59
Sodium	mg	424		0	120	123	102
Zinc	mg	0.78		0	0.22	0.23	0.19
Copper	mg	0.215		0	0.061	0.062	0.052
Manganese	mg	0.545		0	0.155	0.158	0.131
Selenium	:g	21.7		0	6.2	6.3	5.2
Vitamins:							
Ascorbic acid	mg	0.4		0	0.1	0.1	0.1
Thiamin	mg	0.294		0	0.083	0.085	0.071
Riboflavin	mg	0.390		0	0.111	0.113	0.094
Niacin	mg	3.391		0	0.961	0.983	0.814
Pantothenic acid	mg	0.274		0	0.078	0.079	0.066
Vitamin B-6	mg	0.068		0	0.019	0.020	0.016
Folate	:g	74		0	21	21	18
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	2		0	1	1	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.823		0	0.233	0.239	0.198
Lipids:							
Saturated, total	g	1.175		0	0.333	0.341	0.282
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.022		0	0.006	0.006	0.005
15.0	g						
16:0	g	0.635		0	0.180	0.184	0.152
17:0	g						
18:0	g	0.518		0	0.147	0.150	0.124
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.494	0	0.707	0.723	0.599
14:1	g					
16:1	g	0.007	0	0.002	0.002	0.002
18:1	g	2.487	0	0.705	0.721	0.597
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.738	0	0.209	0.214	0.177
18:2	g	0.697	0	0.198	0.202	0.167
18:3	g	0.041	0	0.012	0.012	0.010
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.090	0	0.026	0.026	0.022
Threonine	g	0.241	0	0.068	0.070	0.058
Isoleucine	g	0.312	0	0.088	0.090	0.075
Leucine	g	0.561	0	0.159	0.163	0.135
Lysine	g	0.217	0	0.062	0.063	0.052
Methionine	g	0.139	0	0.039	0.040	0.033
Cystine	g	0.166	0	0.047	0.048	0.040
Phenylalanine	g	0.392	0	0.111	0.114	0.094
Tyrosine	g	0.222	0	0.063	0.064	0.053
Valine	g	0.358	0	0.101	0.104	0.086
Arginine	g	0.394	0	0.112	0.114	0.095
Histidine	g	0.182	0	0.052	0.053	0.044
Alanine	g	0.290	0	0.082	0.084	0.070
Aspartic acid	g	0.382	0	0.108	0.111	0.092
Glutamic acid	g	2.559	0	0.725	0.742	0.614
Glycine	g	0.293	0	0.083	0.085	0.070
Proline	g	0.899	0	0.255	0.261	0.216
Serine	g	0.388	0	0.110	0.113	0.093
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 large slice
Measure 3: 1 slice

NDB No. 18049 Bread, reduced-calorie, oat bran

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	46.00	0.000	2	13.04	10.58	
Energy	kcal	201		0	57	46	
Energy	kj	841		0	238	193	
Protein (N x 5.95)	g	8.00	1.095	2	2.27	1.84	
Total lipid (fat)	g	3.20	0.563	2	0.91	0.74	
Carbohydrate, by difference	g	41.30		0	11.71	9.50	
Fiber, total dietary	g	12.0		0	3.4	2.8	
Ash	g	1.50	0.106	2	0.43	0.35	
Sugars, total	g						
Minerals:							
Calcium	mg	57	16.062	2	16	13	
Iron	mg	3.15	0.694	2	0.89	0.72	
Magnesium	mg	55		0	16	13	
Phosphorus	mg	139		0	39	32	
Potassium	mg	102		1	29	23	
Sodium	mg	351	12.876	2	100	81	
Zinc	mg	1.05		0	0.30	0.24	
Copper	mg	0.291		0	0.082	0.067	
Manganese	mg	1.101		0	0.312	0.253	
Selenium	:g	20.6		0	5.8	4.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.354	0.026	2	0.100	0.081	
Riboflavin	mg	0.203	0.028	2	0.058	0.047	
Niacin	mg	3.763	0.792	2	1.067	0.865	
Pantothenic acid	mg	0.492		0	0.139	0.113	
Vitamin B-6	mg	0.103		0	0.029	0.024	
Folate	:g	66		0	19	15	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	2		0	1	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.462		0	0.131	0.106	
Lipids:							
Saturated, total	g	0.445		0	0.126	0.102	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.002		0	0.001	0.000	
14:0	g	0.002		0	0.001	0.000	
15.0	g						
16:0	g	0.369		0	0.105	0.085	
17:0	g						
18:0	g	0.068		0	0.019	0.016	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.684	0	0.194	0.157
14:1	g				
16:1	g	0.019	0	0.005	0.004
18:1	g	0.663	0	0.188	0.152
20:1	g	0.002	0	0.001	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.670	0	0.473	0.384
18:2	g	1.567	0	0.444	0.360
18:3	g	0.102	0	0.029	0.023
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.103	0	0.029	0.024
Threonine	g	0.257	0	0.073	0.059
Isoleucine	g	0.321	0	0.091	0.074
Leucine	g	0.565	0	0.160	0.130
Lysine	g	0.291	0	0.082	0.067
Methionine	g	0.140	0	0.040	0.032
Cystine	g	0.135	0	0.038	0.031
Phenylalanine	g	0.165	0	0.047	0.038
Tyrosine	g	0.386	0	0.109	0.089
Valine	g	0.364	0	0.103	0.084
Arginine	g	0.384	0	0.109	0.088
Histidine	g	0.183	0	0.052	0.042
Alanine	g	0.312	0	0.088	0.072
Aspartic acid	g	0.527	0	0.149	0.121
Glutamic acid	g	2.197	0	0.623	0.505
Glycine	g	0.318	0	0.090	0.073
Proline	g	0.712	0	0.202	0.164
Serine	g	0.391	0	0.111	0.090
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18050 Bread, reduced-calorie, oat bran, toasted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 19g	Measure 3*
Proximates:							
Water	g	35.70		0	10.12	6.78	
Energy	kcal	239		0	68	45	
Energy	kj	1000		0	284	190	
Protein (N x 5.95)	g	9.50		0	2.69	1.81	
Total lipid (fat)	g	3.80		0	1.08	0.72	
Carbohydrate, by difference	g	49.20		0	13.95	9.35	
Fiber, total dietary	g	14.3		0	4.1	2.7	
Ash	g	1.80		0	0.51	0.34	
Sugars, total	g						
Minerals:							
Calcium	mg	68		0	19	13	
Iron	mg	3.75		0	1.06	0.71	
Magnesium	mg	55		0	16	10	
Phosphorus	mg	144		0	41	27	
Potassium	mg	122		0	35	23	
Sodium	mg	418		0	119	79	
Zinc	mg	1.19		0	0.34	0.23	
Copper	mg	0.147		0	0.042	0.028	
Manganese	mg	1.006		0	0.285	0.191	
Selenium	:g	24.5		0	6.9	4.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.338		0	0.096	0.064	
Riboflavin	mg	0.217		0	0.062	0.041	
Niacin	mg	4.032		0	1.143	0.766	
Pantothenic acid	mg	0.166		0	0.047	0.032	
Vitamin B-6	mg	0.087		0	0.025	0.017	
Folate	:g	56		0	16	11	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	1		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.529		0	0.150	0.101	
Lipids:							
Saturated, total	g	0.530		0	0.150	0.101	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.002		0	0.001	0.000	
14:0	g	0.003		0	0.001	0.001	
15.0	g						
16:0	g	0.439		0	0.124	0.083	
17:0	g						
18:0	g	0.081		0	0.023	0.015	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.814	0	0.231	0.155
14:1	g				
16:1	g	0.023	0	0.007	0.004
18:1	g	0.789	0	0.224	0.150
20:1	g	0.002	0	0.001	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.988	0	0.564	0.378
18:2	g	1.865	0	0.529	0.354
18:3	g	0.122	0	0.035	0.023
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.123	0	0.035	0.023
Threonine	g	0.306	0	0.087	0.058
Isoleucine	g	0.382	0	0.108	0.073
Leucine	g	0.673	0	0.191	0.128
Lysine	g	0.346	0	0.098	0.066
Methionine	g	0.167	0	0.047	0.032
Cystine	g	0.160	0	0.045	0.030
Phenylalanine	g	0.196	0	0.056	0.037
Tyrosine	g	0.459	0	0.130	0.087
Valine	g	0.433	0	0.123	0.082
Arginine	g	0.458	0	0.130	0.087
Histidine	g	0.217	0	0.062	0.041
Alanine	g	0.371	0	0.105	0.070
Aspartic acid	g	0.627	0	0.178	0.119
Glutamic acid	g	2.616	0	0.742	0.497
Glycine	g	0.379	0	0.107	0.072
Proline	g	0.848	0	0.240	0.161
Serine	g	0.466	0	0.132	0.089
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18051 Bread, reduced-calorie, oatmeal

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	44.00	0.000	2	12.47	10.12	
Energy	kcal	210		0	60	48	
Energy	kj	879		0	249	202	
Protein (N x 5.95)	g	7.60	0.036	2	2.15	1.75	
Total lipid (fat)	g	3.50	1.002	2	0.99	0.81	
Carbohydrate, by difference	g	43.30		0	12.28	9.96	
Fiber, total dietary	g						
Ash	g	1.60	0.013	2	0.45	0.37	
Sugars, total	g						
Minerals:							
Calcium	mg	115	31.714	2	33	26	
Iron	mg	2.30	0.572	2	0.65	0.53	
Magnesium	mg	24		0	7	6	
Phosphorus	mg	100		0	28	23	
Potassium	mg	124		0	35	29	
Sodium	mg	388	2.663	2	110	89	
Zinc	mg	0.83		0	0.24	0.19	
Copper	mg	0.099		0	0.028	0.023	
Manganese	mg	0.539		0	0.153	0.124	
Selenium	:g	23.0		0	6.5	5.3	
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.0	
Thiamin	mg	0.348	0.035	2	0.099	0.080	
Riboflavin	mg	0.280	0.132	2	0.079	0.064	
Niacin	mg	3.030	0.482	2	0.859	0.697	
Pantothenic acid	mg	0.431		0	0.122	0.099	
Vitamin B-6	mg	0.045		0	0.013	0.010	
Folate	:g	55		0	16	13	
Vitamin B-12	:g	0.10		0	0.03	0.02	
Vitamin A	IU	6		0	2	1	
Vitamin A, RE	:g	1		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.599		0	0.170	0.138	
4:0	g	0.002		0	0.001	0.000	
6.0	g	0.001		0	0.000	0.000	
8:0	g	0.001		0	0.000	0.000	
10:0	g	0.002		0	0.001	0.000	
12:0	g	0.010		0	0.003	0.002	
14:0	g	0.011		0	0.003	0.003	
15.0	g						
16:0	g	0.504		0	0.143	0.116	
17:0	g						
18:0	g	0.041		0	0.012	0.009	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.822	0	0.233	0.189
14:1	g				
16:1	g	0.039	0	0.011	0.009
18:1	g	0.783	0	0.222	0.180
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.351	0	0.383	0.311
18:2	g	1.289	0	0.365	0.296
18:3	g	0.063	0	0.018	0.014
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.096	0	0.027	0.022
Threonine	g	0.234	0	0.066	0.054
Isoleucine	g	0.312	0	0.088	0.072
Leucine	g	0.562	0	0.159	0.129
Lysine	g	0.259	0	0.073	0.060
Methionine	g	0.138	0	0.039	0.032
Cystine	g	0.161	0	0.046	0.037
Phenylalanine	g	0.381	0	0.108	0.088
Tyrosine	g	0.251	0	0.071	0.058
Valine	g	0.359	0	0.102	0.083
Arginine	g	0.327	0	0.093	0.075
Histidine	g	0.170	0	0.048	0.039
Alanine	g	0.274	0	0.078	0.063
Aspartic acid	g	0.431	0	0.122	0.099
Glutamic acid	g	2.235	0	0.634	0.514
Glycine	g	0.282	0	0.080	0.065
Proline	g	0.764	0	0.217	0.176
Serine	g	0.376	0	0.107	0.086
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18053 Bread, reduced-calorie, rye

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 23g	Measure 3* 32g
Proximates:							
Water	g	46.00		1	13.04	10.58	14.72
Energy	kcal	203		0	58	47	65
Energy	kj	849		0	241	195	272
Protein (N x 5.95)	g	9.10		1	2.58	2.09	2.91
Total lipid (fat)	g	2.90		1	0.82	0.67	0.93
Carbohydrate, by difference	g	40.50		0	11.48	9.31	12.96
Fiber, total dietary	g	12.0		0	3.4	2.8	3.8
Ash	g	1.60		1	0.45	0.37	0.51
Sugars, total	g						
Minerals:							
Calcium	mg	76		1	22	17	24
Iron	mg	3.10		1	0.88	0.71	0.99
Magnesium	mg	22		0	6	5	7
Phosphorus	mg	78		0	22	18	25
Potassium	mg	98		1	28	23	31
Sodium	mg	405		1	115	93	130
Zinc	mg	0.66		0	0.19	0.15	0.21
Copper	mg	0.133		0	0.038	0.031	0.043
Manganese	mg	0.453		0	0.128	0.104	0.145
Selenium	：g	27.9		0	7.9	6.4	8.9
Vitamins:							
Ascorbic acid	mg	0.4		0	0.1	0.1	0.1
Thiamin	mg	0.367		1	0.104	0.084	0.117
Riboflavin	mg	0.240		1	0.068	0.055	0.077
Niacin	mg	2.527		1	0.716	0.581	0.809
Pantothenic acid	mg	0.297		0	0.084	0.068	0.095
Vitamin B-6	mg	0.077		0	0.022	0.018	0.025
Folate	：g	48		0	14	11	15
Vitamin B-12	：g	0.04		0	0.01	0.01	0.01
Vitamin A	IU	4		0	1	1	1
Vitamin A, RE	：g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.254		0	0.072	0.058	0.081
Lipids:							
Saturated, total	g	0.368		0	0.104	0.085	0.118
4:0	g	0.001		0	0.000	0.000	0.000
6.0	g	0.001		0	0.000	0.000	0.000
8:0	g	0.001		0	0.000	0.000	0.000
10:0	g	0.002		0	0.001	0.000	0.001
12:0	g	0.004		0	0.001	0.001	0.001
14:0	g	0.012		0	0.003	0.003	0.004
15.0	g						
16:0	g	0.270		0	0.077	0.062	0.086
17:0	g						
18:0	g	0.075		0	0.021	0.017	0.024
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.672	0	0.191	0.155	0.215
14:1	g					
16:1	g	0.034	0	0.010	0.008	0.011
18:1	g	0.638	0	0.181	0.147	0.204
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.752	0	0.213	0.173	0.241
18:2	g	0.710	0	0.201	0.163	0.227
18:3	g	0.041	0	0.012	0.009	0.013
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	1	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.110	0	0.031	0.025	0.035
Threonine	g	0.284	0	0.081	0.065	0.091
Isoleucine	g	0.357	0	0.101	0.082	0.114
Leucine	g	0.638	0	0.181	0.147	0.204
Lysine	g	0.321	0	0.091	0.074	0.103
Methionine	g	0.155	0	0.044	0.036	0.050
Cystine	g	0.180	0	0.051	0.041	0.058
Phenylalanine	g	0.457	0	0.130	0.105	0.146
Tyrosine	g	0.288	0	0.082	0.066	0.092
Valine	g	0.415	0	0.118	0.095	0.133
Arginine	g	0.476	0	0.135	0.109	0.152
Histidine	g	0.208	0	0.059	0.048	0.067
Alanine	g	0.320	0	0.091	0.074	0.102
Aspartic acid	g	0.556	0	0.158	0.128	0.178
Glutamic acid	g	2.629	0	0.745	0.605	0.841
Glycine	g	0.321	0	0.091	0.074	0.103
Proline	g	0.860	0	0.244	0.198	0.275
Serine	g	0.432	0	0.122	0.099	0.138
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice
Measure 3: 1 thick slice

NDB No. 18055 Bread, reduced-calorie, wheat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	43.20	0.656	10	12.25	9.94	
Energy	kcal	198		0	56	46	
Energy	kj	828		0	235	190	
Protein (N x 5.95)	g	9.10	0.462	7	2.58	2.09	
Total lipid (fat)	g	2.30	0.279	8	0.65	0.53	
Carbohydrate, by difference	g	43.60		0	12.36	10.03	
Fiber, total dietary	g	12.0		0	3.4	2.8	
Ash	g	1.90	0.119	6	0.54	0.44	
Sugars, total	g						
Minerals:							
Calcium	mg	80	17.083	6	23	18	
Iron	mg	2.96	0.263	8	0.84	0.68	
Magnesium	mg	39		0	11	9	
Phosphorus	mg	102		0	29	23	
Potassium	mg	122		0	35	28	
Sodium	mg	511	24.634	3	145	118	
Zinc	mg	1.12		0	0.32	0.26	
Copper	mg	0.137		0	0.039	0.032	
Manganese	mg	0.853		0	0.242	0.196	
Selenium	:g	30.4		0	8.6	7.0	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.0	
Thiamin	mg	0.422	0.089	4	0.120	0.097	
Riboflavin	mg	0.295	0.024	6	0.084	0.068	
Niacin	mg	3.885	0.138	6	1.101	0.894	
Pantothenic acid	mg	0.630		1	0.179	0.145	
Vitamin B-6	mg	0.126		1	0.036	0.029	
Folate	:g	71		0	20	16	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.119		0	0.034	0.027	
Lipids:							
Saturated, total	g	0.344		0	0.098	0.079	
4:0	g	0.002		0	0.001	0.000	
6.0	g	0.001		0	0.000	0.000	
8:0	g	0.001		0	0.000	0.000	
10:0	g	0.002		0	0.001	0.000	
12:0	g	0.003		0	0.001	0.001	
14:0	g	0.008		0	0.002	0.002	
15.0	g						
16:0	g	0.297		0	0.084	0.068	
17:0	g						
18:0	g	0.027		0	0.008	0.006	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.252	0	0.071	0.058
14:1	g				
16:1	g	0.038	0	0.011	0.009
18:1	g	0.215	0	0.061	0.049
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.969	0	0.275	0.223
18:2	g	0.918	0	0.260	0.211
18:3	g	0.050	0	0.014	0.012
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.108	0	0.031	0.025
Threonine	g	0.274	0	0.078	0.063
Isoleucine	g	0.356	0	0.101	0.082
Leucine	g	0.638	0	0.181	0.147
Lysine	g	0.261	0	0.074	0.060
Methionine	g	0.159	0	0.045	0.037
Cystine	g	0.188	0	0.053	0.043
Phenylalanine	g	0.442	0	0.125	0.102
Tyrosine	g	0.275	0	0.078	0.063
Valine	g	0.399	0	0.113	0.092
Arginine	g	0.339	0	0.096	0.078
Histidine	g	0.197	0	0.056	0.045
Alanine	g	0.303	0	0.086	0.070
Aspartic acid	g	0.433	0	0.123	0.100
Glutamic acid	g	2.861	0	0.811	0.658
Glycine	g	0.316	0	0.090	0.073
Proline	g	0.982	0	0.278	0.226
Serine	g	0.439	0	0.124	0.101
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18057 Bread, reduced-calorie, white

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	42.90	0.458	31	12.16	9.87	
Energy	kcal	207		0	59	48	
Energy	kj	866		0	246	199	
Protein (N x 5.95)	g	8.70	0.162	27	2.47	2.00	
Total lipid (fat)	g	2.50	0.157	23	0.71	0.57	
Carbohydrate, by difference	g	44.30		0	12.56	10.19	
Fiber, total dietary	g	9.7		0	2.7	2.2	
Ash	g	1.70	0.038	25	0.48	0.39	
Sugars, total	g						
Minerals:							
Calcium	mg	94	9.146	14	27	22	
Iron	mg	3.19	0.125	15	0.90	0.73	
Magnesium	mg	23		0	7	5	
Phosphorus	mg	121		0	34	28	
Potassium	mg	76		1	22	17	
Sodium	mg	453	52.276	4	128	104	
Zinc	mg	1.34		1	0.38	0.31	
Copper	mg	0.330		1	0.094	0.076	
Manganese	mg	0.391		0	0.111	0.090	
Selenium	:g	21.7		0	6.2	5.0	
Vitamins:							
Ascorbic acid	mg	0.5		0	0.1	0.1	
Thiamin	mg	0.410	0.032	14	0.116	0.094	
Riboflavin	mg	0.289	0.017	13	0.082	0.066	
Niacin	mg	3.641	0.207	14	1.032	0.837	
Pantothenic acid	mg	0.462		1	0.131	0.106	
Vitamin B-6	mg	0.042		1	0.012	0.010	
Folate	:g	95		0	27	22	
Vitamin B-12	:g	0.28		0	0.08	0.06	
Vitamin A	IU	3		0	1	1	
Vitamin A, RE	:g	1		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.139		0	0.039	0.032	
Lipids:							
Saturated, total	g	0.549		0	0.156	0.126	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.009		0	0.003	0.002	
15.0	g						
16:0	g	0.325		0	0.092	0.075	
17:0	g						
18:0	g	0.214		0	0.061	0.049	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.077	0	0.305	0.248
14:1	g				
16:1	g	0.016	0	0.005	0.004
18:1	g	1.061	0	0.301	0.244
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.559	0	0.158	0.129
18:2	g	0.531	0	0.151	0.122
18:3	g	0.028	0	0.008	0.006
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.104	0	0.029	0.024
Threonine	g	0.289	0	0.082	0.066
Isoleucine	g	0.381	0	0.108	0.088
Leucine	g	0.657	0	0.186	0.151
Lysine	g	0.358	0	0.101	0.082
Methionine	g	0.160	0	0.045	0.037
Cystine	g	0.151	0	0.043	0.035
Phenylalanine	g	0.419	0	0.119	0.096
Tyrosine	g	0.296	0	0.084	0.068
Valine	g	0.418	0	0.119	0.096
Arginine	g	0.339	0	0.096	0.078
Histidine	g	0.198	0	0.056	0.046
Alanine	g	0.293	0	0.083	0.067
Aspartic acid	g	0.504	0	0.143	0.116
Glutamic acid	g	2.440	0	0.692	0.561
Glycine	g	0.276	0	0.078	0.063
Proline	g	0.881	0	0.250	0.203
Serine	g	0.430	0	0.122	0.099
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18059 Bread, rice bran

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 27g	Measure 3*
Proximates:							
Water	g	41.00	3.000	2	11.62	11.07	
Energy	kcal	243		0	69	66	
Energy	kj	1017		0	288	275	
Protein (N x 5.95)	g	8.90	0.468	4	2.52	2.40	
Total lipid (fat)	g	4.60	0.508	4	1.30	1.24	
Carbohydrate, by difference	g	43.50		0	12.33	11.74	
Fiber, total dietary	g	4.9		0	1.4	1.3	
Ash	g	2.00	0.216	2	0.57	0.54	
Sugars, total	g						
Minerals:							
Calcium	mg	69	30.109	4	20	19	
Iron	mg	3.61	0.368	4	1.02	0.97	
Magnesium	mg	80		0	23	22	
Phosphorus	mg	178		0	50	48	
Potassium	mg	215		0	61	58	
Sodium	mg	440	10.245	4	125	119	
Zinc	mg	1.31		0	0.37	0.35	
Copper	mg	0.184		0	0.052	0.050	
Manganese	mg	1.585		0	0.449	0.428	
Selenium	:g	28.7		0	8.1	7.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.653	0.058	4	0.185	0.176	
Riboflavin	mg	0.300	0.010	4	0.085	0.081	
Niacin	mg	6.810	0.811	4	1.931	1.839	
Pantothenic acid	mg	0.776		0	0.220	0.210	
Vitamin B-6	mg	0.268		0	0.076	0.072	
Folate	:g	65		0	18	18	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	3		0	1	1	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.834		0	0.236	0.225	
Lipids:							
Saturated, total	g	0.709		0	0.201	0.191	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.006		0	0.002	0.002	
15.0	g						
16:0	g	0.530		0	0.150	0.143	
17:0	g						
18:0	g	0.165		0	0.047	0.045	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.654		0	0.469	0.447
14:1	g					
16:1	g	0.033		0	0.009	0.009
18:1	g	1.621		0	0.460	0.438
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.760		0	0.499	0.475
18:2	g	1.654		0	0.469	0.447
18:3	g	0.106		0	0.030	0.029
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	0	0.000	2	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.106		0	0.030	0.029
Threonine	g	0.268		0	0.076	0.072
Isoleucine	g	0.347		0	0.098	0.094
Leucine	g	0.624		0	0.177	0.168
Lysine	g	0.259		0	0.073	0.070
Methionine	g	0.156		0	0.044	0.042
Cystine	g	0.190		0	0.054	0.051
Phenylalanine	g	0.439		0	0.124	0.119
Tyrosine	g	0.271		0	0.077	0.073
Valine	g	0.402		0	0.114	0.109
Arginine	g	0.379		0	0.107	0.102
Histidine	g	0.197		0	0.056	0.053
Alanine	g	0.328		0	0.093	0.089
Aspartic acid	g	0.464		0	0.132	0.125
Glutamic acid	g	2.703		0	0.766	0.730
Glycine	g	0.344		0	0.098	0.093
Proline	g	0.910		0	0.258	0.246
Serine	g	0.433		0	0.123	0.117
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18060 Bread, rye

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 32g	Measure 3* 7g
Proximates:							
Water	g	37.30	0.212	54	10.57	11.94	2.61
Energy	kcal	259		0	73	83	18
Energy	kj	1084		0	307	347	76
Protein (N x 5.95)	g	8.50	0.079	76	2.41	2.72	0.60
Total lipid (fat)	g	3.30	0.084	78	0.94	1.06	0.23
Carbohydrate, by difference	g	48.30		0	13.69	15.46	3.38
Fiber, total dietary	g	5.8		0	1.6	1.9	0.4
Ash	g	2.50	0.064	41	0.71	0.80	0.18
Sugars, total	g						
Minerals:							
Calcium	mg	73	2.255	103	21	23	5
Iron	mg	2.83	0.047	101	0.80	0.91	0.20
Magnesium	mg	40	1.217	38	11	13	3
Phosphorus	mg	125	3.819	37	35	40	9
Potassium	mg	166	3.417	53	47	53	12
Sodium	mg	660	10.729	59	187	211	46
Zinc	mg	1.14	0.032	38	0.32	0.36	0.08
Copper	mg	0.186	0.005	34	0.053	0.060	0.013
Manganese	mg	0.824	0.031	36	0.234	0.264	0.058
Selenium	:g	30.9	0.899	44	8.8	9.9	2.2
Vitamins:							
Ascorbic acid	mg	0.4		0	0.1	0.1	0.0
Thiamin	mg	0.434	0.008	69	0.123	0.139	0.030
Riboflavin	mg	0.335	0.013	70	0.095	0.107	0.023
Niacin	mg	3.805	0.070	70	1.079	1.218	0.266
Pantothenic acid	mg	0.440	0.052	4	0.125	0.141	0.031
Vitamin B-6	mg	0.075	0.003	2	0.021	0.024	0.005
Folate	:g	86		0	24	28	6
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	7		0	2	2	0
Vitamin A, RE	:g	1		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.367		0	0.104	0.117	0.026
Lipids:							
Saturated, total	g	0.626		0	0.177	0.200	0.044
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	0.011		0	0.003	0.004	0.001
15.0	g						
16:0	g	0.385		0	0.109	0.123	0.027
17:0	g						
18:0	g	0.230		0	0.065	0.074	0.016
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.311		0	0.372	0.420	0.092
14:1	g						
16:1	g	0.012		0	0.003	0.004	0.001
18:1	g	1.296		0	0.367	0.415	0.091
20:1	g	0.003		0	0.001	0.001	0.000
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	0.799		0	0.227	0.256	0.056
18:2	g	0.739		0	0.210	0.236	0.052
18:3	g	0.060		0	0.017	0.019	0.004
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.000		0	0.000	0.000	0.000
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.000		0	0.000	0.000	0.000
Cholesterol	mg	0	0.000	7	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.096		0	0.027	0.031	0.007
Threonine	g	0.255		0	0.072	0.082	0.018
Isoleucine	g	0.319		0	0.090	0.102	0.022
Leucine	g	0.579		0	0.164	0.185	0.041
Lysine	g	0.233		0	0.066	0.075	0.016
Methionine	g	0.139		0	0.039	0.044	0.010
Cystine	g	0.173		0	0.049	0.055	0.012
Phenylalanine	g	0.411		0	0.117	0.132	0.029
Tyrosine	g	0.213		0	0.060	0.068	0.015
Valine	g	0.379		0	0.107	0.121	0.027
Arginine	g	0.325		0	0.092	0.104	0.023
Histidine	g	0.182		0	0.052	0.058	0.013
Alanine	g	0.299		0	0.085	0.096	0.021
Aspartic acid	g	0.442		0	0.125	0.141	0.031
Glutamic acid	g	2.603		0	0.738	0.833	0.182
Glycine	g	0.302		0	0.086	0.097	0.021
Proline	g	0.909		0	0.258	0.291	0.064
Serine	g	0.417		0	0.118	0.133	0.029
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice
Measure 3: 1 slice, snack-size

NDB No. 18061 Bread, rye, toasted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 29g	Measure 3* 24g
Proximates:							
Water	g	31.00		0	8.79	8.99	7.44
Energy	kcal	284		0	81	82	68
Energy	kj	1188		0	337	345	285
Protein (N x 5.95)	g	9.40		0	2.66	2.73	2.26
Total lipid (fat)	g	3.60		0	1.02	1.04	0.86
Carbohydrate, by difference	g	53.10		0	15.05	15.40	12.74
Fiber, total dietary	g	6.4		0	1.8	1.9	1.5
Ash	g	2.70		0	0.77	0.78	0.65
Sugars, total	g						
Minerals:							
Calcium	mg	80		0	23	23	19
Iron	mg	3.10		0	0.88	0.90	0.74
Magnesium	mg	43		0	12	12	10
Phosphorus	mg	138		0	39	40	33
Potassium	mg	183		0	52	53	44
Sodium	mg	725		0	206	210	174
Zinc	mg	1.25		0	0.35	0.36	0.30
Copper	mg	0.204		0	0.058	0.059	0.049
Manganese	mg	0.905		0	0.257	0.262	0.217
Selenium	:g	34.0		0	9.6	9.9	8.2
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.1	0.0
Thiamin	mg	0.382		0	0.108	0.111	0.092
Riboflavin	mg	0.332		0	0.094	0.096	0.080
Niacin	mg	3.763		0	1.067	1.091	0.903
Pantothenic acid	mg	0.314		0	0.089	0.091	0.075
Vitamin B-6	mg	0.074		0	0.021	0.021	0.018
Folate	:g	73		0	21	21	18
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	4		0	1	1	1
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.608		0	0.172	0.176	0.146
Lipids:							
Saturated, total	g	0.688		0	0.195	0.200	0.165
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	0.012		0	0.003	0.003	0.003
15.0	g						
16:0	g	0.423		0	0.120	0.123	0.102
17:0	g						
18:0	g	0.253		0	0.072	0.073	0.061
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.440	0	0.408	0.418	0.346
14:1	g					
16:1	g	0.013	0	0.004	0.004	0.003
18:1	g	1.425	0	0.404	0.413	0.342
20:1	g	0.003	0	0.001	0.001	0.001
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.879	0	0.249	0.255	0.211
18:2	g	0.812	0	0.230	0.235	0.195
18:3	g	0.066	0	0.019	0.019	0.016
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.105	0	0.030	0.030	0.025
Threonine	g	0.281	0	0.080	0.081	0.067
Isoleucine	g	0.351	0	0.100	0.102	0.084
Leucine	g	0.637	0	0.181	0.185	0.153
Lysine	g	0.256	0	0.073	0.074	0.061
Methionine	g	0.153	0	0.043	0.044	0.037
Cystine	g	0.190	0	0.054	0.055	0.046
Phenylalanine	g	0.451	0	0.128	0.131	0.108
Tyrosine	g	0.235	0	0.067	0.068	0.056
Valine	g	0.417	0	0.118	0.121	0.100
Arginine	g	0.358	0	0.101	0.104	0.086
Histidine	g	0.200	0	0.057	0.058	0.048
Alanine	g	0.328	0	0.093	0.095	0.079
Aspartic acid	g	0.486	0	0.138	0.141	0.117
Glutamic acid	g	2.861	0	0.811	0.830	0.687
Glycine	g	0.331	0	0.094	0.096	0.079
Proline	g	0.999	0	0.283	0.290	0.240
Serine	g	0.458	0	0.130	0.133	0.110
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 large slice
Measure 3: 1 regular slice

NDB No. 18064 Bread, wheat (includes wheat berry)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 25g	Measure 3*
Proximates:							
Water	g	37.10	0.110	168	10.52	9.28	
Energy	kcal	260		0	74	65	
Energy	kj	1088		0	308	272	
Protein (N x 5.95)	g	9.10	0.057	208	2.58	2.27	
Total lipid (fat)	g	4.10	0.041	208	1.16	1.02	
Carbohydrate, by difference	g	47.20		0	13.38	11.80	
Fiber, total dietary	g	4.3		0	1.2	1.1	
Ash	g	2.30	0.020	158	0.65	0.57	
Sugars, total	g						
Minerals:							
Calcium	mg	105	2.854	205	30	26	
Iron	mg	3.31	0.042	205	0.94	0.83	
Magnesium	mg	46	0.720	126	13	12	
Phosphorus	mg	150	8.072	3	43	38	
Potassium	mg	201	9.908	10	57	50	
Sodium	mg	530	10.510	56	150	133	
Zinc	mg	1.04	0.017	126	0.29	0.26	
Copper	mg	0.212	0.004	3	0.060	0.053	
Manganese	mg	1.024	0.239	3	0.290	0.256	
Selenium	:g	30.9	2.498	10	8.8	7.7	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.418	0.007	207	0.119	0.105	
Riboflavin	mg	0.280	0.007	204	0.079	0.070	
Niacin	mg	4.124	0.063	201	1.169	1.031	
Pantothenic acid	mg	0.436	0.023	5	0.124	0.109	
Vitamin B-6	mg	0.097	0.009	3	0.027	0.024	
Folate	:g	77		0	22	19	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.540		0	0.153	0.135	
Lipids:							
Saturated, total	g	0.894		0	0.253	0.224	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.015		0	0.004	0.004	
15.0	g						
16:0	g	0.536		0	0.152	0.134	
17:0	g						
18:0	g	0.339		0	0.096	0.085	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.720		0	0.488	0.430
14:1	g					
16:1	g	0.017		0	0.005	0.004
18:1	g	1.703		0	0.483	0.426
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.908		0	0.257	0.227
18:2	g	0.862		0	0.244	0.216
18:3	g	0.045		0	0.013	0.011
18:4	g	0.000		0	0.000	0.000
20:4	g	0.001		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	0	0.250	4	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.118		0	0.033	0.030
Threonine	g	0.275		0	0.078	0.069
Isoleucine	g	0.356		0	0.101	0.089
Leucine	g	0.643		0	0.182	0.161
Lysine	g	0.261		0	0.074	0.065
Methionine	g	0.155		0	0.044	0.039
Cystine	g	0.198		0	0.056	0.050
Phenylalanine	g	0.446		0	0.126	0.112
Tyrosine	g	0.269		0	0.076	0.067
Valine	g	0.409		0	0.116	0.102
Arginine	g	0.380		0	0.108	0.095
Histidine	g	0.205		0	0.058	0.051
Alanine	g	0.323		0	0.092	0.081
Aspartic acid	g	0.475		0	0.135	0.119
Glutamic acid	g	2.906		0	0.824	0.727
Glycine	g	0.344		0	0.098	0.086
Proline	g	0.961		0	0.272	0.240
Serine	g	0.444		0	0.126	0.111
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18065 Bread, wheat, toasted (includes wheat berry)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	31.60		0	8.96	7.27	
Energy	kcal	282		0	80	65	
Energy	kj	1180		0	335	271	
Protein (N x 5.95)	g	9.90		0	2.81	2.28	
Total lipid (fat)	g	4.40		0	1.25	1.01	
Carbohydrate, by difference	g	51.30		0	14.54	11.80	
Fiber, total dietary	g	5.3		0	1.5	1.2	
Ash	g	2.50		0	0.71	0.57	
Sugars, total	g						
Minerals:							
Calcium	mg	114		0	32	26	
Iron	mg	3.60		0	1.02	0.83	
Magnesium	mg	50		0	14	12	
Phosphorus	mg	163		0	46	37	
Potassium	mg	218		0	62	50	
Sodium	mg	576		0	163	132	
Zinc	mg	1.13		0	0.32	0.26	
Copper	mg	0.230		0	0.065	0.053	
Manganese	mg	1.113		0	0.316	0.256	
Selenium	:g	33.6		0	9.5	7.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.363		0	0.103	0.083	
Riboflavin	mg	0.274		0	0.078	0.063	
Niacin	mg	4.034		0	1.144	0.928	
Pantothenic acid	mg	0.308		0	0.087	0.071	
Vitamin B-6	mg	0.095		0	0.027	0.022	
Folate	:g	65		0	18	15	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.594		0	0.168	0.137	
Lipids:							
Saturated, total	g	0.972		0	0.276	0.224	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.017		0	0.005	0.004	
15.0	g						
16:0	g	0.583		0	0.165	0.134	
17:0	g						
18:0	g	0.368		0	0.104	0.085	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.870	0	0.530	0.430
14:1	g				
16:1	g	0.019	0	0.005	0.004
18:1	g	1.851	0	0.525	0.426
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.987	0	0.280	0.227
18:2	g	0.937	0	0.266	0.216
18:3	g	0.049	0	0.014	0.011
18:4	g	0.000	0	0.000	0.000
20:4	g	0.001	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.129	0	0.037	0.030
Threonine	g	0.299	0	0.085	0.069
Isoleucine	g	0.387	0	0.110	0.089
Leucine	g	0.698	0	0.198	0.161
Lysine	g	0.283	0	0.080	0.065
Methionine	g	0.169	0	0.048	0.039
Cystine	g	0.215	0	0.061	0.049
Phenylalanine	g	0.485	0	0.137	0.112
Tyrosine	g	0.292	0	0.083	0.067
Valine	g	0.445	0	0.126	0.102
Arginine	g	0.414	0	0.117	0.095
Histidine	g	0.222	0	0.063	0.051
Alanine	g	0.351	0	0.100	0.081
Aspartic acid	g	0.516	0	0.146	0.119
Glutamic acid	g	3.159	0	0.896	0.727
Glycine	g	0.374	0	0.106	0.086
Proline	g	1.044	0	0.296	0.240
Serine	g	0.483	0	0.137	0.111
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18066 Bread, wheat bran

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 36g	Measure 3*
Proximates:							
Water	g	37.80	1.046	9	10.72	13.61	
Energy	kcal	248		0	70	89	
Energy	kj	1038		0	294	374	
Protein (N x 5.95)	g	8.80	0.331	7	2.49	3.17	
Total lipid (fat)	g	3.40	0.138	20	0.96	1.22	
Carbohydrate, by difference	g	47.80		0	13.55	17.21	
Fiber, total dietary	g	4.0		0	1.1	1.4	
Ash	g	2.20	0.135	8	0.62	0.79	
Sugars, total	g						
Minerals:							
Calcium	mg	74	7.446	5	21	27	
Iron	mg	3.07	0.112	19	0.87	1.11	
Magnesium	mg	81	16.550	2	23	29	
Phosphorus	mg	185	36.650	2	52	67	
Potassium	mg	227	20.410	6	64	82	
Sodium	mg	486	17.606	10	138	175	
Zinc	mg	1.35	0.572	2	0.38	0.49	
Copper	mg	0.221	0.073	2	0.063	0.080	
Manganese	mg	1.668	0.828	2	0.473	0.600	
Selenium	：g	31.0		0	8.8	11.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.397	0.011	18	0.113	0.143	
Riboflavin	mg	0.287	0.009	19	0.081	0.103	
Niacin	mg	4.402	0.122	18	1.248	1.585	
Pantothenic acid	mg	0.536	0.059	4	0.152	0.193	
Vitamin B-6	mg	0.176	0.016	2	0.050	0.063	
Folate	：g	69		0	20	25	
Vitamin B-12	：g	0.00		0	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.464		0	0.132	0.167	
Lipids:							
Saturated, total	g	0.779		0	0.221	0.280	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.014		0	0.004	0.005	
15.0	g						
16:0	g	0.438		0	0.124	0.158	
17:0	g						
18:0	g	0.326		0	0.092	0.117	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.618	0	0.459	0.582
14:1	g				
16:1	g	0.009	0	0.003	0.003
18:1	g	1.608	0	0.456	0.579
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.649	0	0.184	0.234
18:2	g	0.614	0	0.174	0.221
18:3	g	0.035	0	0.010	0.013
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.111	0	0.031	0.040
Threonine	g	0.256	0	0.073	0.092
Isoleucine	g	0.332	0	0.094	0.120
Leucine	g	0.603	0	0.171	0.217
Lysine	g	0.235	0	0.067	0.085
Methionine	g	0.152	0	0.043	0.055
Cystine	g	0.191	0	0.054	0.069
Phenylalanine	g	0.419	0	0.119	0.151
Tyrosine	g	0.252	0	0.071	0.091
Valine	g	0.385	0	0.109	0.139
Arginine	g	0.357	0	0.101	0.129
Histidine	g	0.196	0	0.056	0.071
Alanine	g	0.311	0	0.088	0.112
Aspartic acid	g	0.433	0	0.123	0.156
Glutamic acid	g	2.750	0	0.780	0.990
Glycine	g	0.334	0	0.095	0.120
Proline	g	0.918	0	0.260	0.330
Serine	g	0.419	0	0.119	0.151
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18068 Bread, wheat germ

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	37.10	0.463	5	10.52	10.39	
Energy	kcal	261		0	74	73	
Energy	kj	1092		0	310	306	
Protein (N x 5.95)	g	9.60	0.099	18	2.72	2.69	
Total lipid (fat)	g	2.90	0.105	18	0.82	0.81	
Carbohydrate, by difference	g	48.30		0	13.69	13.52	
Fiber, total dietary	g	2.1		0	0.6	0.6	
Ash	g	2.10	0.163	4	0.60	0.59	
Sugars, total	g						
Minerals:							
Calcium	mg	89	2.081	18	25	25	
Iron	mg	3.45	0.055	18	0.98	0.97	
Magnesium	mg	28		0	8	8	
Phosphorus	mg	121		0	34	34	
Potassium	mg	254	1.000	2	72	71	
Sodium	mg	553	6.125	9	157	155	
Zinc	mg	0.98		0	0.28	0.27	
Copper	mg	0.204		0	0.058	0.057	
Manganese	mg	0.845		0	0.240	0.237	
Selenium	΄g	27.2		0	7.7	7.6	
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.1	
Thiamin	mg	0.369	0.009	18	0.105	0.103	
Riboflavin	mg	0.375	0.008	18	0.106	0.105	
Niacin	mg	4.498	0.068	18	1.275	1.259	
Pantothenic acid	mg	0.521		0	0.148	0.146	
Vitamin B-6	mg	0.079		0	0.022	0.022	
Folate	΄g	94		0	27	26	
Vitamin B-12	΄g	0.07		0	0.02	0.02	
Vitamin A	IU	1		0	0	0	
Vitamin A, RE	΄g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.088		0	0.025	0.025	
Lipids:							
Saturated, total	g	0.657		0	0.186	0.184	
4:0	g	0.001		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.012		0	0.003	0.003	
15.0	g						
16:0	g	0.388		0	0.110	0.109	
17:0	g						
18:0	g	0.254		0	0.072	0.071	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.275	0	0.361	0.357
14:1	g				
16:1	g	0.009	0	0.003	0.003
18:1	g	1.265	0	0.359	0.354
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.668	0	0.189	0.187
18:2	g	0.623	0	0.177	0.174
18:3	g	0.045	0	0.013	0.013
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.114	0	0.032	0.032
Threonine	g	0.302	0	0.086	0.085
Isoleucine	g	0.386	0	0.109	0.108
Leucine	g	0.686	0	0.194	0.192
Lysine	g	0.326	0	0.092	0.091
Methionine	g	0.170	0	0.048	0.048
Cystine	g	0.188	0	0.053	0.053
Phenylalanine	g	0.458	0	0.130	0.128
Tyrosine	g	0.293	0	0.083	0.082
Valine	g	0.438	0	0.124	0.123
Arginine	g	0.397	0	0.113	0.111
Histidine	g	0.216	0	0.061	0.060
Alanine	g	0.343	0	0.097	0.096
Aspartic acid	g	0.526	0	0.149	0.147
Glutamic acid	g	2.843	0	0.806	0.796
Glycine	g	0.346	0	0.098	0.097
Proline	g	0.971	0	0.275	0.272
Serine	g	0.468	0	0.133	0.131
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18069 Bread, white, commercially prepared (includes soft bread crumbs)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 45g	Measure 2* 35g	Measure 3* 28g
Proximates:							
Water	g	36.70	0.101	302	16.52	12.85	10.40
Energy	kcal	267		0	120	93	76
Energy	kj	1117		0	503	391	317
Protein (N x 5.95)	g	8.20	0.050	218	3.69	2.87	2.32
Total lipid (fat)	g	3.60	0.076	224	1.62	1.26	1.02
Carbohydrate, by difference	g	49.50		0	22.27	17.32	14.03
Fiber, total dietary	g	2.3		0	1.0	0.8	0.7
Ash	g	1.90	0.016	286	0.86	0.67	0.54
Sugars, total	g						
Minerals:							
Calcium	mg	108	2.643	250	49	38	31
Iron	mg	3.03	0.033	256	1.36	1.06	0.86
Magnesium	mg	24	0.430	108	11	8	7
Phosphorus	mg	94	1.679	96	42	33	27
Potassium	mg	119	2.041	105	54	42	34
Sodium	mg	538	8.630	130	242	188	153
Zinc	mg	0.62	0.015	111	0.28	0.22	0.18
Copper	mg	0.126	0.003	102	0.057	0.044	0.036
Manganese	mg	0.383	0.007	103	0.172	0.134	0.109
Selenium	:g	28.2	1.073	175	12.7	9.9	8.0
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.472	0.005	190	0.212	0.165	0.134
Riboflavin	mg	0.341	0.006	177	0.153	0.119	0.097
Niacin	mg	3.969	0.034	198	1.786	1.389	1.125
Pantothenic acid	mg	0.390	0.015	25	0.176	0.137	0.111
Vitamin B-6	mg	0.064	0.005	6	0.029	0.022	0.018
Folate	:g	95		0	43	33	27
Vitamin B-12	:g	0.03		0	0.01	0.01	0.01
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.381		0	0.171	0.133	0.108
Lipids:							
Saturated, total	g	0.526		0	0.237	0.184	0.149
4:0	g	0.001		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.000	0.000	0.000
14:0	g	0.005		0	0.002	0.002	0.001
15.0	g						
16:0	g	0.398		0	0.179	0.139	0.113
17:0	g						
18:0	g	0.108		0	0.049	0.038	0.031
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.724		0	0.326	0.253	0.205
14:1	g						
16:1	g	0.029		0	0.013	0.010	0.008
18:1	g	0.687		0	0.309	0.240	0.195
20:1	g	0.005		0	0.002	0.002	0.001
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	1.902		0	0.856	0.666	0.539
18:2	g	1.700		0	0.765	0.595	0.482
18:3	g	0.200		0	0.090	0.070	0.057
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.000		0	0.000	0.000	0.000
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.000		0	0.000	0.000	0.000
Cholesterol	mg	1	0.281	11	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.096		0	0.043	0.034	0.027
Threonine	g	0.243		0	0.109	0.085	0.069
Isoleucine	g	0.322		0	0.145	0.113	0.091
Leucine	g	0.580		0	0.261	0.203	0.164
Lysine	g	0.223		0	0.100	0.078	0.063
Methionine	g	0.144		0	0.065	0.050	0.041
Cystine	g	0.174		0	0.078	0.061	0.049
Phenylalanine	g	0.404		0	0.182	0.141	0.115
Tyrosine	g	0.237		0	0.107	0.083	0.067
Valine	g	0.361		0	0.162	0.126	0.102
Arginine	g	0.315		0	0.142	0.110	0.089
Histidine	g	0.178		0	0.080	0.062	0.050
Alanine	g	0.281		0	0.126	0.098	0.080
Aspartic acid	g	0.409		0	0.184	0.143	0.116
Glutamic acid	g	2.657		0	1.196	0.930	0.753
Glycine	g	0.294		0	0.132	0.103	0.083
Proline	g	0.882		0	0.397	0.309	0.250
Serine	g	0.400		0	0.180	0.140	0.113
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 cup, crumbs
Measure 2: 1 cup, cubes
Measure 3: 1 oz

NDB No. 18070 Bread, white, commercially prepared, toasted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 45g	Measure 2* 42g	Measure 3* 28g
Proximates:							
Water	g	30.40		0	13.68	12.77	8.62
Energy	kcal	293		0	132	123	83
Energy	kj	1226		0	552	515	348
Protein (N x 5.95)	g	9.00		0	4.05	3.78	2.55
Total lipid (fat)	g	4.00		0	1.80	1.68	1.13
Carbohydrate, by difference	g	54.40		0	24.48	22.85	15.42
Fiber, total dietary	g	2.5		0	1.1	1.1	0.7
Ash	g	2.10		0	0.95	0.88	0.60
Sugars, total	g						
Minerals:							
Calcium	mg	119		0	54	50	34
Iron	mg	3.33		0	1.50	1.40	0.94
Magnesium	mg	26		0	12	11	7
Phosphorus	mg	103		0	46	43	29
Potassium	mg	131		0	59	55	37
Sodium	mg	592		0	266	249	168
Zinc	mg	0.68		0	0.31	0.29	0.19
Copper	mg	0.138		0	0.062	0.058	0.039
Manganese	mg	0.421		0	0.189	0.177	0.119
Selenium	：g	31.0		0	13.9	13.0	8.8
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.415		0	0.187	0.174	0.118
Riboflavin	mg	0.337		0	0.152	0.142	0.096
Niacin	mg	3.926		0	1.767	1.649	1.113
Pantothenic acid	mg	0.278		0	0.125	0.117	0.079
Vitamin B-6	mg	0.063		0	0.028	0.026	0.018
Folate	：g	81		0	36	34	23
Vitamin B-12	：g	0.02		0	0.01	0.01	0.01
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	：g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.315		0	0.142	0.132	0.089
Lipids:							
Saturated, total	g	0.578		0	0.260	0.243	0.164
4:0	g	0.001		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.000	0.000	0.000
14:0	g	0.005		0	0.002	0.002	0.001
15.0	g						
16:0	g	0.437		0	0.197	0.184	0.124
17:0	g						
18:0	g	0.119		0	0.054	0.050	0.034
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.796	0	0.358	0.334	0.226
14:1	g					
16:1	g	0.032	0	0.014	0.013	0.009
18:1	g	0.755	0	0.340	0.317	0.214
20:1	g	0.005	0	0.002	0.002	0.001
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.090	0	0.941	0.878	0.593
18:2	g	1.868	0	0.841	0.785	0.530
18:3	g	0.220	0	0.099	0.092	0.062
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	1	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.106	0	0.048	0.045	0.030
Threonine	g	0.267	0	0.120	0.112	0.076
Isoleucine	g	0.354	0	0.159	0.149	0.100
Leucine	g	0.637	0	0.287	0.268	0.181
Lysine	g	0.245	0	0.110	0.103	0.069
Methionine	g	0.158	0	0.071	0.066	0.045
Cystine	g	0.191	0	0.086	0.080	0.054
Phenylalanine	g	0.444	0	0.200	0.186	0.126
Tyrosine	g	0.261	0	0.117	0.110	0.074
Valine	g	0.397	0	0.179	0.167	0.113
Arginine	g	0.346	0	0.156	0.145	0.098
Histidine	g	0.196	0	0.088	0.082	0.056
Alanine	g	0.308	0	0.139	0.129	0.087
Aspartic acid	g	0.449	0	0.202	0.189	0.127
Glutamic acid	g	2.920	0	1.314	1.226	0.828
Glycine	g	0.323	0	0.145	0.136	0.092
Proline	g	0.970	0	0.437	0.407	0.275
Serine	g	0.440	0	0.198	0.185	0.125
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup, crumbs
Measure 2: 1 cup, cubes
Measure 3: 1 oz

NDB No. 18071 Bread, white, prepared from recipe, made with nonfat dry milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 44g	Measure 3*
Proximates:							
Water	g	34.80		0	9.87	15.31	
Energy	kcal	274		0	78	121	
Energy	kj	1146		0	325	504	
Protein (N x 5.95)	g	7.70		0	2.18	3.39	
Total lipid (fat)	g	2.60		0	0.74	1.14	
Carbohydrate, by difference	g	53.60		0	15.20	23.58	
Fiber, total dietary	g	2.0		0	0.6	0.9	
Ash	g	1.40		0	0.40	0.62	
Sugars, total	g						
Minerals:							
Calcium	mg	32		0	9	14	
Iron	mg	3.18		0	0.90	1.40	
Magnesium	mg	17		0	5	7	
Phosphorus	mg	96		0	27	42	
Potassium	mg	111		0	31	49	
Sodium	mg	336		0	95	148	
Zinc	mg	0.59		0	0.17	0.26	
Copper	mg	0.112		0	0.032	0.049	
Manganese	mg	0.460		0	0.130	0.202	
Selenium	:g	23.1		0	6.5	10.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.431		0	0.122	0.190	
Riboflavin	mg	0.352		0	0.100	0.155	
Niacin	mg	3.731		0	1.058	1.642	
Pantothenic acid	mg	0.284		0	0.081	0.125	
Vitamin B-6	mg	0.037		0	0.010	0.016	
Folate	:g	85		0	24	37	
Vitamin B-12	:g	0.02		0	0.01	0.01	
Vitamin A	IU	41		0	12	18	
Vitamin A, RE	:g	12		0	3	5	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.392		0	0.111	0.172	
Lipids:							
Saturated, total	g	0.391		0	0.111	0.172	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.003		0	0.001	0.001	
15.0	g						
16:0	g	0.305		0	0.086	0.134	
17:0	g						
18:0	g	0.081		0	0.023	0.036	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.527	0	0.149	0.232
14:1	g				
16:1	g	0.011	0	0.003	0.005
18:1	g	0.511	0	0.145	0.225
20:1	g	0.004	0	0.001	0.002
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.401	0	0.397	0.616
18:2	g	1.254	0	0.356	0.552
18:3	g	0.147	0	0.042	0.065
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.095	0	0.027	0.042
Threonine	g	0.223	0	0.063	0.098
Isoleucine	g	0.283	0	0.080	0.125
Leucine	g	0.544	0	0.154	0.239
Lysine	g	0.214	0	0.061	0.094
Methionine	g	0.140	0	0.040	0.062
Cystine	g	0.154	0	0.044	0.068
Phenylalanine	g	0.383	0	0.109	0.169
Tyrosine	g	0.243	0	0.069	0.107
Valine	g	0.327	0	0.093	0.144
Arginine	g	0.309	0	0.088	0.136
Histidine	g	0.174	0	0.049	0.077
Alanine	g	0.253	0	0.072	0.111
Aspartic acid	g	0.353	0	0.100	0.155
Glutamic acid	g	2.459	0	0.697	1.082
Glycine	g	0.269	0	0.076	0.118
Proline	g	0.859	0	0.244	0.378
Serine	g	0.384	0	0.109	0.169
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18073 Bread, white, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 42g	Measure 3* 33g
Proximates:							
Water	g	35.30		0	10.01	14.83	11.65
Energy	kcal	285		0	81	120	94
Energy	kj	1192		0	338	501	393
Protein (N x 5.95)	g	7.90		0	2.24	3.32	2.61
Total lipid (fat)	g	5.70		0	1.62	2.39	1.88
Carbohydrate, by difference	g	49.60		0	14.06	20.83	16.37
Fiber, total dietary	g	2.0		0	0.6	0.8	0.7
Ash	g	1.50		0	0.43	0.63	0.50
Sugars, total	g						
Minerals:							
Calcium	mg	57		0	16	24	19
Iron	mg	2.97		0	0.84	1.25	0.98
Magnesium	mg	19		0	5	8	6
Phosphorus	mg	115		0	33	48	38
Potassium	mg	146		0	41	61	48
Sodium	mg	359		0	102	151	118
Zinc	mg	0.64		0	0.18	0.27	0.21
Copper	mg	0.115		0	0.033	0.048	0.038
Manganese	mg	0.416		0	0.118	0.175	0.137
Selenium	:g	21.3		0	6.0	8.9	7.0
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.1	0.1
Thiamin	mg	0.405		0	0.115	0.170	0.134
Riboflavin	mg	0.383		0	0.109	0.161	0.126
Niacin	mg	3.588		0	1.017	1.507	1.184
Pantothenic acid	mg	0.374		0	0.106	0.157	0.123
Vitamin B-6	mg	0.051		0	0.014	0.021	0.017
Folate	:g	91		0	26	38	30
Vitamin B-12	:g	0.08		0	0.02	0.03	0.03
Vitamin A	IU	79		0	22	33	26
Vitamin A, RE	:g	22		0	6	9	7
Vitamin D	IU						
Vitamin E, "-TE	mg	0.849		0	0.241	0.357	0.280
Lipids:							
Saturated, total	g	1.178		0	0.334	0.495	0.389
4:0	g	0.025		0	0.007	0.011	0.008
6.0	g	0.015		0	0.004	0.006	0.005
8:0	g	0.008		0	0.002	0.003	0.003
10:0	g	0.019		0	0.005	0.008	0.006
12:0	g	0.022		0	0.006	0.009	0.007
14:0	g	0.082		0	0.023	0.034	0.027
15.0	g						
16:0	g	0.742		0	0.210	0.312	0.245
17:0	g						
18:0	g	0.264		0	0.075	0.111	0.087
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.298	0	0.368	0.545	0.428
14:1	g					
16:1	g	0.041	0	0.012	0.017	0.014
18:1	g	1.247	0	0.354	0.524	0.412
20:1	g	0.009	0	0.003	0.004	0.003
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.781	0	0.788	1.168	0.918
18:2	g	2.461	0	0.698	1.034	0.812
18:3	g	0.319	0	0.090	0.134	0.105
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	3	0	1	1	1
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.098	0	0.028	0.041	0.032
Threonine	g	0.244	0	0.069	0.102	0.081
Isoleucine	g	0.311	0	0.088	0.131	0.103
Leucine	g	0.576	0	0.163	0.242	0.190
Lysine	g	0.268	0	0.076	0.113	0.088
Methionine	g	0.148	0	0.042	0.062	0.049
Cystine	g	0.147	0	0.042	0.062	0.049
Phenylalanine	g	0.389	0	0.110	0.163	0.128
Tyrosine	g	0.262	0	0.074	0.110	0.086
Valine	g	0.355	0	0.101	0.149	0.117
Arginine	g	0.316	0	0.090	0.133	0.104
Histidine	g	0.181	0	0.051	0.076	0.060
Alanine	g	0.267	0	0.076	0.112	0.088
Aspartic acid	g	0.395	0	0.112	0.166	0.130
Glutamic acid	g	2.387	0	0.677	1.003	0.788
Glycine	g	0.267	0	0.076	0.112	0.088
Proline	g	0.849	0	0.241	0.357	0.280
Serine	g	0.394	0	0.112	0.165	0.130
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice
Measure 3: 1 thin slice (3-3/4" x 5" x 3/8")

NDB No. 18075 Bread, whole-wheat, commercially prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	37.70	0.215	63	10.69	10.56	
Energy	kcal	246		0	70	69	
Energy	kj	1029		0	292	288	
Protein (N x 5.95)	g	9.70	0.097	76	2.75	2.72	
Total lipid (fat)	g	4.20	0.077	76	1.19	1.18	
Carbohydrate, by difference	g	46.10		0	13.07	12.91	
Fiber, total dietary	g	6.9		0	2.0	1.9	
Ash	g	2.30	0.035	76	0.65	0.64	
Sugars, total	g						
Minerals:							
Calcium	mg	72	2.870	130	20	20	
Iron	mg	3.30	0.058	127	0.94	0.92	
Magnesium	mg	86	2.046	81	24	24	
Phosphorus	mg	229	5.761	60	65	64	
Potassium	mg	252	3.503	57	71	71	
Sodium	mg	527	10.181	69	149	148	
Zinc	mg	1.94	0.043	84	0.55	0.54	
Copper	mg	0.284	0.008	70	0.081	0.080	
Manganese	mg	2.324	0.046	69	0.659	0.651	
Selenium	:g	36.6	0.433	65	10.4	10.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.351	0.015	96	0.100	0.098	
Riboflavin	mg	0.205	0.017	72	0.058	0.057	
Niacin	mg	3.837	0.100	74	1.088	1.074	
Pantothenic acid	mg	0.552	0.040	13	0.156	0.155	
Vitamin B-6	mg	0.179	0.004	9	0.051	0.050	
Folate	:g	50	1.621	14	14	14	
Vitamin B-12	:g	0.01		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.853		0	0.242	0.239	
Lipids:							
Saturated, total	g	0.917		0	0.260	0.257	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.016		0	0.005	0.004	
15.0	g						
16:0	g	0.575		0	0.163	0.161	
17:0	g						
18:0	g	0.318		0	0.090	0.089	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.680	0	0.476	0.470
14:1	g				
16:1	g	0.023	0	0.007	0.006
18:1	g	1.658	0	0.470	0.464
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.003	0	0.284	0.281
18:2	g	0.952	0	0.270	0.267
18:3	g	0.049	0	0.014	0.014
18:4	g	0.000	0	0.000	0.000
20:4	g	0.002	0	0.001	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.140	0	0.040	0.039
Threonine	g	0.296	0	0.084	0.083
Isoleucine	g	0.376	0	0.107	0.105
Leucine	g	0.670	0	0.190	0.188
Lysine	g	0.302	0	0.086	0.085
Methionine	g	0.155	0	0.044	0.043
Cystine	g	0.214	0	0.061	0.060
Phenylalanine	g	0.463	0	0.131	0.130
Tyrosine	g	0.289	0	0.082	0.081
Valine	g	0.443	0	0.126	0.124
Arginine	g	0.449	0	0.127	0.126
Histidine	g	0.224	0	0.064	0.063
Alanine	g	0.358	0	0.101	0.100
Aspartic acid	g	0.536	0	0.152	0.150
Glutamic acid	g	2.957	0	0.838	0.828
Glycine	g	0.384	0	0.109	0.108
Proline	g	0.969	0	0.275	0.271
Serine	g	0.463	0	0.131	0.130
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18076 Bread, whole-wheat, commercially prepared, toasted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 25g	Measure 3*
Proximates:							
Water	g	30.00		0	8.51	7.50	
Energy	kcal	277		0	79	69	
Energy	kj	1159		0	329	290	
Protein (N x 5.95)	g	10.90		0	3.09	2.73	
Total lipid (fat)	g	4.80		0	1.36	1.20	
Carbohydrate, by difference	g	51.70		0	14.66	12.93	
Fiber, total dietary	g	7.4		0	2.1	1.9	
Ash	g	2.60		0	0.74	0.65	
Sugars, total	g						
Minerals:							
Calcium	mg	81		0	23	20	
Iron	mg	3.71		0	1.05	0.93	
Magnesium	mg	97		0	27	24	
Phosphorus	mg	258		0	73	65	
Potassium	mg	283		0	80	71	
Sodium	mg	592		0	168	148	
Zinc	mg	2.18		0	0.62	0.55	
Copper	mg	0.319		0	0.090	0.080	
Manganese	mg	2.611		0	0.740	0.653	
Selenium	:g	41.1		0	11.7	10.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.316		0	0.090	0.079	
Riboflavin	mg	0.208		0	0.059	0.052	
Niacin	mg	3.880		0	1.100	0.970	
Pantothenic acid	mg	0.403		0	0.114	0.101	
Vitamin B-6	mg	0.181		0	0.051	0.045	
Folate	:g	39		0	11	10	
Vitamin B-12	:g	0.01		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.164		0	0.330	0.291	
Lipids:							
Saturated, total	g	1.030		0	0.292	0.258	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.018		0	0.005	0.004	
15.0	g						
16:0	g	0.646		0	0.183	0.162	
17:0	g						
18:0	g	0.357		0	0.101	0.089	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.888	0	0.535	0.472
14:1	g				
16:1	g	0.025	0	0.007	0.006
18:1	g	1.863	0	0.528	0.466
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.127	0	0.320	0.282
18:2	g	1.070	0	0.303	0.268
18:3	g	0.056	0	0.016	0.014
18:4	g	0.000	0	0.000	0.000
20:4	g	0.002	0	0.001	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.158	0	0.045	0.040
Threonine	g	0.332	0	0.094	0.083
Isoleucine	g	0.422	0	0.120	0.105
Leucine	g	0.753	0	0.213	0.188
Lysine	g	0.340	0	0.096	0.085
Methionine	g	0.175	0	0.050	0.044
Cystine	g	0.240	0	0.068	0.060
Phenylalanine	g	0.520	0	0.147	0.130
Tyrosine	g	0.325	0	0.092	0.081
Valine	g	0.497	0	0.141	0.124
Arginine	g	0.505	0	0.143	0.126
Histidine	g	0.252	0	0.071	0.063
Alanine	g	0.402	0	0.114	0.101
Aspartic acid	g	0.603	0	0.171	0.151
Glutamic acid	g	3.323	0	0.942	0.831
Glycine	g	0.432	0	0.122	0.108
Proline	g	1.089	0	0.309	0.272
Serine	g	0.520	0	0.147	0.130
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18077 Bread, whole-wheat, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 46g	Measure 3* 33g
Proximates:							
Water	g	32.70		0	9.27	15.04	10.79
Energy	kcal	278		0	79	128	92
Energy	kj	1163		0	330	535	384
Protein (N x 5.95)	g	8.40		0	2.38	3.86	2.77
Total lipid (fat)	g	5.40		0	1.53	2.48	1.78
Carbohydrate, by difference	g	51.40		0	14.57	23.64	16.96
Fiber, total dietary	g	6.0		0	1.7	2.8	2.0
Ash	g	2.00		0	0.57	0.92	0.66
Sugars, total	g						
Minerals:							
Calcium	mg	33		0	9	15	11
Iron	mg	3.10		0	0.88	1.43	1.02
Magnesium	mg	81		0	23	37	27
Phosphorus	mg	187		0	53	86	62
Potassium	mg	314		0	89	144	104
Sodium	mg	346		0	98	159	114
Zinc	mg	1.50		0	0.43	0.69	0.50
Copper	mg	0.253		0	0.072	0.116	0.083
Manganese	mg	1.881		0	0.533	0.865	0.621
Selenium	:g	38.6		0	10.9	17.8	12.7
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.303		0	0.086	0.139	0.100
Riboflavin	mg	0.227		0	0.064	0.104	0.075
Niacin	mg	3.985		0	1.130	1.833	1.315
Pantothenic acid	mg	0.473		0	0.134	0.218	0.156
Vitamin B-6	mg	0.199		0	0.056	0.092	0.066
Folate	:g	61		0	17	28	20
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	1.332		0	0.378	0.613	0.440
Lipids:							
Saturated, total	g	0.796		0	0.226	0.366	0.263
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	0.008		0	0.002	0.004	0.003
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.000	0.000	0.000
14:0	g	0.006		0	0.002	0.003	0.002
15.0	g						
16:0	g	0.600		0	0.170	0.276	0.198
17:0	g						
18:0	g	0.175		0	0.050	0.080	0.058
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.158	0	0.328	0.533	0.382
14:1	g					
16:1	g	0.029	0	0.008	0.013	0.010
18:1	g	1.120	0	0.318	0.515	0.370
20:1	g	0.009	0	0.003	0.004	0.003
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.939	0	0.833	1.352	0.970
18:2	g	2.621	0	0.743	1.206	0.865
18:3	g	0.317	0	0.090	0.146	0.105
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.001	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.122	0	0.035	0.056	0.040
Threonine	g	0.248	0	0.070	0.114	0.082
Isoleucine	g	0.314	0	0.089	0.144	0.104
Leucine	g	0.574	0	0.163	0.264	0.189
Lysine	g	0.244	0	0.069	0.112	0.081
Methionine	g	0.136	0	0.039	0.063	0.045
Cystine	g	0.186	0	0.053	0.086	0.061
Phenylalanine	g	0.403	0	0.114	0.185	0.133
Tyrosine	g	0.252	0	0.071	0.116	0.083
Valine	g	0.375	0	0.106	0.173	0.124
Arginine	g	0.383	0	0.109	0.176	0.126
Histidine	g	0.194	0	0.055	0.089	0.064
Alanine	g	0.304	0	0.086	0.140	0.100
Aspartic acid	g	0.433	0	0.123	0.199	0.143
Glutamic acid	g	2.618	0	0.742	1.204	0.864
Glycine	g	0.333	0	0.094	0.153	0.110
Proline	g	0.869	0	0.246	0.400	0.287
Serine	g	0.402	0	0.114	0.185	0.133
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice
Measure 3: 1 thin slice (3-3/4" x 5" x 3/8")

NDB No. 18078 Bread, whole-wheat, prepared from recipe, toasted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 42g	Measure 3* 30g
Proximates:							
Water	g	26.00		0	7.37	10.92	7.80
Energy	kcal	305		0	86	128	92
Energy	kj	1276		0	362	536	383
Protein (N x 5.95)	g	9.20		0	2.61	3.86	2.76
Total lipid (fat)	g	5.90		0	1.67	2.48	1.77
Carbohydrate, by difference	g	56.40		0	15.99	23.69	16.92
Fiber, total dietary	g	6.7		0	1.9	2.8	2.0
Ash	g	2.20		0	0.62	0.92	0.66
Sugars, total	g						
Minerals:							
Calcium	mg	36		0	10	15	11
Iron	mg	3.40		0	0.96	1.43	1.02
Magnesium	mg	89		0	25	37	27
Phosphorus	mg	205		0	58	86	62
Potassium	mg	345		0	98	145	104
Sodium	mg	381		0	108	160	114
Zinc	mg	1.65		0	0.47	0.69	0.50
Copper	mg	0.278		0	0.079	0.117	0.083
Manganese	mg	2.067		0	0.586	0.868	0.620
Selenium	：g	42.5		0	12.0	17.9	12.8
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.266		0	0.075	0.112	0.080
Riboflavin	mg	0.225		0	0.064	0.095	0.068
Niacin	mg	3.941		0	1.117	1.655	1.182
Pantothenic acid	mg	0.338		0	0.096	0.142	0.101
Vitamin B-6	mg	0.197		0	0.056	0.083	0.059
Folate	：g	57		0	16	24	17
Vitamin B-12	：g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	：g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	1.596		0	0.452	0.670	0.479
Lipids:							
Saturated, total	g	0.874		0	0.248	0.367	0.262
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.009		0	0.003	0.004	0.003
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.000	0.000	0.000
14:0	g	0.006		0	0.002	0.003	0.002
15.0	g						
16:0	g	0.660		0	0.187	0.277	0.198
17:0	g						
18:0	g	0.192		0	0.054	0.081	0.058
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.272	0	0.361	0.534	0.382
14:1	g					
16:1	g	0.032	0	0.009	0.013	0.010
18:1	g	1.230	0	0.349	0.517	0.369
20:1	g	0.010	0	0.003	0.004	0.003
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	3.230	0	0.916	1.357	0.969
18:2	g	2.880	0	0.816	1.210	0.864
18:3	g	0.349	0	0.099	0.147	0.105
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.001	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.134	0	0.038	0.056	0.040
Threonine	g	0.273	0	0.077	0.115	0.082
Isoleucine	g	0.345	0	0.098	0.145	0.104
Leucine	g	0.631	0	0.179	0.265	0.189
Lysine	g	0.268	0	0.076	0.113	0.080
Methionine	g	0.149	0	0.042	0.063	0.045
Cystine	g	0.204	0	0.058	0.086	0.061
Phenylalanine	g	0.442	0	0.125	0.186	0.133
Tyrosine	g	0.277	0	0.079	0.116	0.083
Valine	g	0.412	0	0.117	0.173	0.124
Arginine	g	0.421	0	0.119	0.177	0.126
Histidine	g	0.213	0	0.060	0.089	0.064
Alanine	g	0.334	0	0.095	0.140	0.100
Aspartic acid	g	0.476	0	0.135	0.200	0.143
Glutamic acid	g	2.877	0	0.816	1.208	0.863
Glycine	g	0.365	0	0.103	0.153	0.109
Proline	g	0.955	0	0.271	0.401	0.286
Serine	g	0.442	0	0.125	0.186	0.133
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice
Measure 3: 1 thin slice (3-3/4" x 5" x 3/8")

NDB No. 18079 Bread crumbs, dry, grated, plain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 108g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	6.20	0.199	7	6.70	1.76	
Energy	kcal	395		0	427	112	
Energy	kj	1653		0	1785	469	
Protein (N x 5.95)	g	12.50	0.010	2	13.50	3.54	
Total lipid (fat)	g	5.40	0.000	2	5.83	1.53	
Carbohydrate, by difference	g	72.50		0	78.30	20.55	
Fiber, total dietary	g	2.4		0	2.6	0.7	
Ash	g	3.40	0.000	2	3.67	0.96	
Sugars, total	g						
Minerals:							
Calcium	mg	227	0.468	2	245	64	
Iron	mg	6.12	0.225	2	6.61	1.74	
Magnesium	mg	46	1.363	6	50	13	
Phosphorus	mg	147	0.498	2	159	42	
Potassium	mg	221	0.000	2	239	63	
Sodium	mg	862	6.461	2	931	244	
Zinc	mg	1.22	0.088	6	1.32	0.35	
Copper	mg	0.166	0.020	6	0.179	0.047	
Manganese	mg	0.818	0.069	6	0.883	0.232	
Selenium	:g	37.7	3.256	11	40.7	10.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.765	0.005	2	0.826	0.217	
Riboflavin	mg	0.435	0.015	2	0.470	0.123	
Niacin	mg	6.850	0.250	2	7.398	1.942	
Pantothenic acid	mg	0.305	0.005	2	0.329	0.086	
Vitamin B-6	mg	0.100	0.000	2	0.108	0.028	
Folate	:g	109		0	118	31	
Vitamin B-12	:g	0.02		0	0.02	0.01	
Vitamin A	IU	1		0	1	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.573		0	0.619	0.162	
Lipids:							
Saturated, total	g	1.212		0	1.309	0.344	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.001	0.000	
14:0	g	0.021		0	0.023	0.006	
15.0	g						
16:0	g	0.702		0	0.758	0.199	
17:0	g						
18:0	g	0.474		0	0.512	0.134	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.388	0	2.579	0.677
14:1	g				
16:1	g	0.030	0	0.032	0.009
18:1	g	2.358	0	2.547	0.668
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.112	0	1.201	0.315
18:2	g	1.051	0	1.135	0.298
18:3	g	0.062	0	0.067	0.018
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.149	0	0.161	0.042
Threonine	g	0.373	0	0.403	0.106
Isoleucine	g	0.511	0	0.552	0.145
Leucine	g	0.875	0	0.945	0.248
Lysine	g	0.340	0	0.367	0.096
Methionine	g	0.200	0	0.216	0.057
Cystine	g	0.217	0	0.234	0.062
Phenylalanine	g	0.623	0	0.673	0.177
Tyrosine	g	0.298	0	0.322	0.084
Valine	g	0.627	0	0.677	0.178
Arginine	g	0.515	0	0.556	0.146
Histidine	g	0.270	0	0.292	0.077
Alanine	g	0.452	0	0.488	0.128
Aspartic acid	g	0.662	0	0.715	0.188
Glutamic acid	g	3.920	0	4.234	1.111
Glycine	g	0.496	0	0.536	0.141
Proline	g	1.351	0	1.459	0.383
Serine	g	0.638	0	0.689	0.181
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz

NDB No. 18080 Bread sticks, plain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 46g	Measure 2* 5g	Measure 3* 10g
Proximates:							
Water	g	6.10	0.000	2	2.81	0.31	0.61
Energy	kcal	412		0	190	21	41
Energy	kj	1724		0	793	86	172
Protein (N x 5.95)	g	12.00	0.351	8	5.52	0.60	1.20
Total lipid (fat)	g	9.50	1.657	7	4.37	0.48	0.95
Carbohydrate, by difference	g	68.40		0	31.46	3.42	6.84
Fiber, total dietary	g	3.0		0	1.4	0.2	0.3
Ash	g	3.90	1.851	2	1.79	0.20	0.39
Sugars, total	g						
Minerals:							
Calcium	mg	22	3.244	4	10	1	2
Iron	mg	4.28	0.398	8	1.97	0.21	0.43
Magnesium	mg	32	0.809	4	15	2	3
Phosphorus	mg	121	12.613	4	56	6	12
Potassium	mg	124	33.598	5	57	6	12
Sodium	mg	657	88.439	10	302	33	66
Zinc	mg	0.88	0.096	4	0.40	0.04	0.09
Copper	mg	0.188	0.027	4	0.086	0.009	0.019
Manganese	mg	0.557	0.036	2	0.256	0.028	0.056
Selenium	:g	37.5		0	17.3	1.9	3.8
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.589	0.039	8	0.271	0.029	0.059
Riboflavin	mg	0.553	0.056	8	0.254	0.028	0.055
Niacin	mg	5.281	0.435	8	2.429	0.264	0.528
Pantothenic acid	mg	0.540	0.118	4	0.248	0.027	0.054
Vitamin B-6	mg	0.073	0.021	2	0.034	0.004	0.007
Folate	:g	122		0	56	6	12
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	1.481		0	0.681	0.074	0.148
Lipids:							
Saturated, total	g	1.410		0	0.649	0.070	0.141
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.000	0.000	0.000
14:0	g	0.009		0	0.004	0.000	0.001
15.0	g						
16:0	g	0.981		0	0.451	0.049	0.098
17:0	g						
18:0	g	0.406		0	0.187	0.020	0.041
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.568		0	1.641	0.178	0.357
14:1	g						
16:1	g	0.066		0	0.030	0.003	0.007
18:1	g	3.494		0	1.607	0.175	0.349
20:1	g	0.000		0	0.000	0.000	0.000
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	3.628		0	1.669	0.181	0.363
18:2	g	3.377		0	1.553	0.169	0.338
18:3	g	0.244		0	0.112	0.012	0.024
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.000		0	0.000	0.000	0.000
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.000		0	0.000	0.000	0.000
Cholesterol	mg	0	0.000	3	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.139		0	0.064	0.007	0.014
Threonine	g	0.338		0	0.155	0.017	0.034
Isoleucine	g	0.458		0	0.211	0.023	0.046
Leucine	g	0.835		0	0.384	0.042	0.083
Lysine	g	0.281		0	0.129	0.014	0.028
Methionine	g	0.212		0	0.098	0.011	0.021
Cystine	g	0.262		0	0.121	0.013	0.026
Phenylalanine	g	0.590		0	0.271	0.030	0.059
Tyrosine	g	0.338		0	0.155	0.017	0.034
Valine	g	0.516		0	0.237	0.026	0.052
Arginine	g	0.432		0	0.199	0.022	0.043
Histidine	g	0.258		0	0.119	0.013	0.026
Alanine	g	0.395		0	0.182	0.020	0.040
Aspartic acid	g	0.535		0	0.246	0.027	0.054
Glutamic acid	g	4.026		0	1.852	0.201	0.403
Glycine	g	0.422		0	0.194	0.021	0.042
Proline	g	1.350		0	0.621	0.068	0.135
Serine	g	0.579		0	0.266	0.029	0.058
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 cup, small pieces
Measure 2: 1 small stick (approx 4-1/4" long)
Measure 3: 1 stick (7-5/8" x 5/8")

NDB No. 18081 Bread stuffing, bread, 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* 28g	Measure 2* 170g	Measure 3*
Proximates:							
Water	g	4.20	0.303	11	1.19	7.14	
Energy	kcal	386		0	109	656	
Energy	kj	1615		0	458	2746	
Protein (N x 5.95)	g	11.00	0.065	59	3.12	18.70	
Total lipid (fat)	g	3.40	0.050	58	0.96	5.78	
Carbohydrate, by difference	g	76.20		0	21.60	129.54	
Fiber, total dietary	g	3.2		0	0.9	5.4	
Ash	g	5.20	0.192	11	1.47	8.84	
Sugars, total	g						
Minerals:							
Calcium	mg	97	1.978	49	27	165	
Iron	mg	3.81	0.067	63	1.08	6.48	
Magnesium	mg	40	0.932	10	11	68	
Phosphorus	mg	141	3.824	10	40	240	
Potassium	mg	246	10.714	19	70	418	
Sodium	mg	1590	28.468	29	451	2703	
Zinc	mg	0.93	0.026	10	0.26	1.58	
Copper	mg	0.238	0.020	10	0.067	0.405	
Manganese	mg	0.594	0.031	5	0.168	1.010	
Selenium	：g	48.0	4.562	5	13.6	81.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.596	0.008	58	0.169	1.013	
Riboflavin	mg	0.404	0.006	58	0.115	0.687	
Niacin	mg	5.766	0.066	58	1.635	9.802	
Pantothenic acid	mg	0.398	0.078	8	0.113	0.677	
Vitamin B-6	mg	0.152	0.004	5	0.043	0.258	
Folate	：g	144		0	41	245	
Vitamin B-12	：g	0.02	0.004	5	0.01	0.03	
Vitamin A	IU	1		0	0	2	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.206		0	0.058	0.350	
Lipids:							
Saturated, total	g	0.845		0	0.240	1.437	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.002		0	0.001	0.003	
14:0	g	0.019		0	0.005	0.032	
15.0	g						
16:0	g	0.560		0	0.159	0.952	
17:0	g						
18:0	g	0.265		0	0.075	0.451	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.493	0	0.423	2.538
14:1	g				
16:1	g	0.074	0	0.021	0.126
18:1	g	1.406	0	0.399	2.390
20:1	g	0.013	0	0.004	0.022
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.713	0	0.202	1.212
18:2	g	0.675	0	0.191	1.148
18:3	g	0.037	0	0.010	0.063
18:4	g	0.000	0	0.000	0.000
20:4	g	0.001	0	0.000	0.002
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	1	0	0	2
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.139	0	0.039	0.236
Threonine	g	0.329	0	0.093	0.559
Isoleucine	g	0.404	0	0.115	0.687
Leucine	g	0.774	0	0.219	1.316
Lysine	g	0.317	0	0.090	0.539
Methionine	g	0.193	0	0.055	0.328
Cystine	g	0.224	0	0.064	0.381
Phenylalanine	g	0.553	0	0.157	0.940
Tyrosine	g	0.342	0	0.097	0.581
Valine	g	0.464	0	0.132	0.789
Arginine	g	0.470	0	0.133	0.799
Histidine	g	0.251	0	0.071	0.427
Alanine	g	0.389	0	0.110	0.661
Aspartic acid	g	0.553	0	0.157	0.940
Glutamic acid	g	3.488	0	0.989	5.930
Glycine	g	0.408	0	0.116	0.694
Proline	g	1.192	0	0.338	2.026
Serine	g	0.551	0	0.156	0.937
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

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

NDB No. 18082 Bread stuffing, bread, dry mix, prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 100g	Measure 3*
Proximates:							
Water	g	64.80		0	18.37	64.80	
Energy	kcal	178		0	50	178	
Energy	kj	745		0	211	745	
Protein (N x 5.95)	g	3.20		0	0.91	3.20	
Total lipid (fat)	g	8.60		0	2.44	8.60	
Carbohydrate, by difference	g	21.70		0	6.15	21.70	
Fiber, total dietary	g	2.9		0	0.8	2.9	
Ash	g	1.70		0	0.48	1.70	
Sugars, total	g						
Minerals:							
Calcium	mg	32		0	9	32	
Iron	mg	1.09		0	0.31	1.09	
Magnesium	mg	12		0	3	12	
Phosphorus	mg	42		0	12	42	
Potassium	mg	74		0	21	74	
Sodium	mg	543		0	154	543	
Zinc	mg	0.28		0	0.08	0.28	
Copper	mg	0.072		0	0.020	0.072	
Manganese	mg	0.169		0	0.048	0.169	
Selenium	:g	49.8		0	14.1	49.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.136		0	0.039	0.136	
Riboflavin	mg	0.107		0	0.030	0.107	
Niacin	mg	1.475		0	0.418	1.475	
Pantothenic acid	mg	0.081		0	0.023	0.081	
Vitamin B-6	mg	0.040		0	0.011	0.040	
Folate	:g	101		0	29	101	
Vitamin B-12	:g	0.01		0	0.00	0.01	
Vitamin A	IU	313		0	89	313	
Vitamin A, RE	:g	81		0	23	81	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.403		0	0.398	1.403	
Lipids:							
Saturated, total	g	1.734		0	0.492	1.734	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.024		0	0.007	0.024	
15.0	g						
16:0	g	1.076		0	0.305	1.076	
17:0	g						
18:0	g	0.633		0	0.179	0.633	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.808	0	1.080	3.808
14:1	g				
16:1	g	0.021	0	0.006	0.021
18:1	g	3.784	0	1.073	3.784
20:1	g	0.004	0	0.001	0.004
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.604	0	0.738	2.604
18:2	g	2.489	0	0.706	2.489
18:3	g	0.114	0	0.032	0.114
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.041	0	0.012	0.041
Threonine	g	0.097	0	0.027	0.097
Isoleucine	g	0.120	0	0.034	0.120
Leucine	g	0.228	0	0.065	0.228
Lysine	g	0.096	0	0.027	0.096
Methionine	g	0.057	0	0.016	0.057
Cystine	g	0.064	0	0.018	0.064
Phenylalanine	g	0.161	0	0.046	0.161
Tyrosine	g	0.101	0	0.029	0.101
Valine	g	0.137	0	0.039	0.137
Arginine	g	0.136	0	0.039	0.136
Histidine	g	0.074	0	0.021	0.074
Alanine	g	0.113	0	0.032	0.113
Aspartic acid	g	0.163	0	0.046	0.163
Glutamic acid	g	1.007	0	0.285	1.007
Glycine	g	0.118	0	0.033	0.118
Proline	g	0.346	0	0.098	0.346
Serine	g	0.161	0	0.046	0.161
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

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

NDB No. 18084 Bread stuffing, cornbread, 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* 28g	Measure 2* 170g	Measure 3*
Proximates:							
Water	g	4.60	0.568	3	1.30	7.82	
Energy	kcal	389		0	110	661	
Energy	kj	1628		0	462	2768	
Protein (N x 5.95)	g	10.00	0.062	20	2.84	17.00	
Total lipid (fat)	g	4.20	0.063	20	1.19	7.14	
Carbohydrate, by difference	g	76.70		0	21.74	130.39	
Fiber, total dietary	g	14.3		0	4.1	24.3	
Ash	g	4.40	0.834	3	1.25	7.48	
Sugars, total	g						
Minerals:							
Calcium	mg	78	1.282	20	22	133	
Iron	mg	3.25	0.054	20	0.92	5.53	
Magnesium	mg	44		1	12	75	
Phosphorus	mg	113		1	32	192	
Potassium	mg	204	43.693	3	58	347	
Sodium	mg	1283	443.019	2	364	2181	
Zinc	mg	0.75		1	0.21	1.27	
Copper	mg	0.228		1	0.065	0.388	
Manganese	mg	0.529		0	0.150	0.899	
Selenium	:g	29.6		0	8.4	50.3	
Vitamins:							
Ascorbic acid	mg	3.5		1	1.0	6.0	
Thiamin	mg	0.509	0.009	20	0.144	0.865	
Riboflavin	mg	0.348	0.008	20	0.099	0.592	
Niacin	mg	4.873	0.107	20	1.381	8.284	
Pantothenic acid	mg	0.284		1	0.081	0.483	
Vitamin B-6	mg	0.146		1	0.041	0.248	
Folate	:g	139		0	39	236	
Vitamin B-12	:g	0.01		1	0.00	0.02	
Vitamin A	IU	157		1	45	267	
Vitamin A, RE	:g	16		0	5	27	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.316		0	0.090	0.537	
Lipids:							
Saturated, total	g	0.922		0	0.261	1.567	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.002		0	0.001	0.003	
14:0	g	0.017		0	0.005	0.029	
15.0	g						
16:0	g	0.624		0	0.177	1.061	
17:0	g						
18:0	g	0.276		0	0.078	0.469	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.662	0	0.471	2.825
14:1	g				
16:1	g	0.066	0	0.019	0.112
18:1	g	1.587	0	0.450	2.698
20:1	g	0.009	0	0.003	0.015
22.1	g				
Polyunsaturated, total	g	1.073	0	0.304	1.824
18:2	g	1.025	0	0.291	1.742
18:3	g	0.047	0	0.013	0.080
18:4	g				
20:4	g	0.001	0	0.000	0.002
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.105	0	0.030	0.179
Threonine	g	0.320	0	0.091	0.544
Isoleucine	g	0.364	0	0.103	0.619
Leucine	g	0.873	0	0.247	1.484
Lysine	g	0.278	0	0.079	0.473
Methionine	g	0.186	0	0.053	0.316
Cystine	g	0.197	0	0.056	0.335
Phenylalanine	g	0.498	0	0.141	0.847
Tyrosine	g	0.344	0	0.098	0.585
Valine	g	0.447	0	0.127	0.760
Arginine	g	0.441	0	0.125	0.750
Histidine	g	0.251	0	0.071	0.427
Alanine	g	0.481	0	0.136	0.818
Aspartic acid	g	0.546	0	0.155	0.928
Glutamic acid	g	2.735	0	0.775	4.649
Glycine	g	0.381	0	0.108	0.648
Proline	g	1.017	0	0.288	1.729
Serine	g	0.486	0	0.138	0.826
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 package (6 oz)

NDB No. 18085 Bread stuffing, cornbread, dry mix, prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 100g	Measure 3*
Proximates:							
Water	g	64.90		0	18.40	64.90	
Energy	kcal	179		0	51	179	
Energy	kj	749		0	212	749	
Protein (N x 5.95)	g	2.90		0	0.82	2.90	
Total lipid (fat)	g	8.80		0	2.49	8.80	
Carbohydrate, by difference	g	21.90		0	6.21	21.90	
Fiber, total dietary	g	2.9		0	0.8	2.9	
Ash	g	1.50		0	0.43	1.50	
Sugars, total	g						
Minerals:							
Calcium	mg	26		0	7	26	
Iron	mg	0.94		0	0.27	0.94	
Magnesium	mg	13		0	4	13	
Phosphorus	mg	34		0	10	34	
Potassium	mg	62		0	18	62	
Sodium	mg	455		0	129	455	
Zinc	mg	0.23		0	0.07	0.23	
Copper	mg	0.069		0	0.020	0.069	
Manganese	mg	0.114		0	0.032	0.114	
Selenium	:g	30.7		0	8.7	30.7	
Vitamins:							
Ascorbic acid	mg	0.8		0	0.2	0.8	
Thiamin	mg	0.117		0	0.033	0.117	
Riboflavin	mg	0.092		0	0.026	0.092	
Niacin	mg	1.247		0	0.354	1.247	
Pantothenic acid	mg	0.060		0	0.017	0.060	
Vitamin B-6	mg	0.038		0	0.011	0.038	
Folate	:g	97		0	27	97	
Vitamin B-12	:g	0.01		0	0.00	0.01	
Vitamin A	IU	353		0	100	353	
Vitamin A, RE	:g	85		0	24	85	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.385		0	0.393	1.385	
Lipids:							
Saturated, total	g	1.755		0	0.498	1.755	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.024		0	0.007	0.024	
15.0	g						
16:0	g	1.094		0	0.310	1.094	
17:0	g						
18:0	g	0.636		0	0.180	0.636	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.856	0	1.093	3.856
14:1	g				
16:1	g	0.019	0	0.005	0.019
18:1	g	3.835	0	1.087	3.835
20:1	g	0.003	0	0.001	0.003
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.706	0	0.767	2.706
18:2	g	2.588	0	0.734	2.588
18:3	g	0.117	0	0.033	0.117
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.031	0	0.009	0.031
Threonine	g	0.095	0	0.027	0.095
Isoleucine	g	0.108	0	0.031	0.108
Leucine	g	0.256	0	0.073	0.256
Lysine	g	0.085	0	0.024	0.085
Methionine	g	0.055	0	0.016	0.055
Cystine	g	0.057	0	0.016	0.057
Phenylalanine	g	0.145	0	0.041	0.145
Tyrosine	g	0.101	0	0.029	0.101
Valine	g	0.132	0	0.037	0.132
Arginine	g	0.128	0	0.036	0.128
Histidine	g	0.073	0	0.021	0.073
Alanine	g	0.139	0	0.039	0.139
Aspartic acid	g	0.161	0	0.046	0.161
Glutamic acid	g	0.793	0	0.225	0.793
Glycine	g	0.110	0	0.031	0.110
Proline	g	0.296	0	0.084	0.296
Serine	g	0.142	0	0.040	0.142
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

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

NDB No. 18086 Cake, angelfood, commercially prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 340g	Measure 3*
Proximates:							
Water	g	33.20	0.911	3	9.41	112.88	
Energy	kcal	258		0	73	877	
Energy	kj	1079		0	306	3669	
Protein (N x 5.95)	g	5.90	0.071	3	1.67	20.06	
Total lipid (fat)	g	0.80	0.391	2	0.23	2.72	
Carbohydrate, by difference	g	57.80		0	16.39	196.52	
Fiber, total dietary	g	1.5		0	0.4	5.1	
Ash	g	2.30		1	0.65	7.82	
Sugars, total	g						
Minerals:							
Calcium	mg	140	16.532	6	40	476	
Iron	mg	0.52	0.055	3	0.15	1.77	
Magnesium	mg	12	3.050	2	3	41	
Phosphorus	mg	32		0	9	109	
Potassium	mg	93	2.000	2	26	316	
Sodium	mg	749	54.994	3	212	2547	
Zinc	mg	0.07	0.010	5	0.02	0.24	
Copper	mg	0.078	0.026	2	0.022	0.265	
Manganese	mg	0.085	0.007	2	0.024	0.289	
Selenium	：g	7.3		0	2.1	24.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.102	0.029	3	0.029	0.347	
Riboflavin	mg	0.491	0.169	3	0.139	1.669	
Niacin	mg	0.883	0.120	3	0.250	3.002	
Pantothenic acid	mg	0.198	0.034	4	0.056	0.673	
Vitamin B-6	mg	0.031	0.002	2	0.009	0.105	
Folate	：g	35		0	10	119	
Vitamin B-12	：g	0.06		0	0.02	0.20	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.121		0	0.034	0.411	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.000	0.003	
15.0	g						
16:0	g	0.110		0	0.031	0.374	
17:0	g						
18:0	g	0.005		0	0.001	0.017	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.071	0	0.020	0.241
14:1	g				
16:1	g	0.002	0	0.001	0.007
18:1	g	0.068	0	0.019	0.231
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.367	0	0.104	1.248
18:2	g	0.346	0	0.098	1.176
18:3	g	0.021	0	0.006	0.071
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.075	0	0.021	0.255
Threonine	g	0.248	0	0.070	0.843
Isoleucine	g	0.312	0	0.088	1.061
Leucine	g	0.481	0	0.136	1.635
Lysine	g	0.364	0	0.103	1.238
Methionine	g	0.183	0	0.052	0.622
Cystine	g	0.149	0	0.042	0.507
Phenylalanine	g	0.334	0	0.095	1.136
Tyrosine	g	0.218	0	0.062	0.741
Valine	g	0.354	0	0.100	1.204
Arginine	g	0.303	0	0.086	1.030
Histidine	g	0.131	0	0.037	0.445
Alanine	g	0.310	0	0.088	1.054
Aspartic acid	g	0.532	0	0.151	1.809
Glutamic acid	g	1.025	0	0.291	3.485
Glycine	g	0.206	0	0.058	0.700
Proline	g	0.317	0	0.090	1.078
Serine	g	0.389	0	0.110	1.323
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 piece (1/12 of 12 oz cake)
Measure 2: 1 cake (9" dia x 4")

NDB No. 18087 Cake, angelfood, 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* 28g	Measure 2* 411g	Measure 3*
Proximates:							
Water	g	2.80	0.058	37	0.79	11.51	
Energy	kcal	373		0	106	1533	
Energy	kj	1561		0	443	6416	
Protein (N x 5.95)	g	8.90	0.141	37	2.52	36.58	
Total lipid (fat)	g	0.40	0.076	32	0.11	1.64	
Carbohydrate, by difference	g	85.10		0	24.13	349.76	
Fiber, total dietary	g	0.3		0	0.1	1.3	
Ash	g	2.80	0.148	27	0.79	11.51	
Sugars, total	g						
Minerals:							
Calcium	mg	121	6.169	33	34	497	
Iron	mg	0.32	0.015	5	0.09	1.32	
Magnesium	mg	11	0.377	13	3	45	
Phosphorus	mg	337	39.519	21	96	1385	
Potassium	mg	197	8.987	26	56	810	
Sodium	mg	737	29.052	34	209	3029	
Zinc	mg	0.16	0.008	12	0.05	0.66	
Copper	mg	0.094	0.007	12	0.027	0.386	
Manganese	mg	0.142		0	0.040	0.584	
Selenium	:g	12.6		0	3.6	51.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.167	0.019	15	0.047	0.686	
Riboflavin	mg	0.325	0.016	29	0.092	1.336	
Niacin	mg	0.275	0.015	11	0.078	1.130	
Pantothenic acid	mg	0.264		0	0.075	1.085	
Vitamin B-6	mg	0.009		0	0.003	0.037	
Folate	:g	39		0	11	160	
Vitamin B-12	:g	0.05		0	0.01	0.21	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.012		0	0.003	0.049	
Lipids:							
Saturated, total	g	0.063		0	0.018	0.259	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.057		0	0.016	0.234	
17:0	g						
18:0	g	0.003		0	0.001	0.012	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.038	0	0.011	0.156
14:1	g				
16:1	g	0.001	0	0.000	0.004
18:1	g	0.037	0	0.010	0.152
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.180	0	0.051	0.740
18:2	g	0.170	0	0.048	0.699
18:3	g	0.010	0	0.003	0.041
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.112	0	0.032	0.460
Threonine	g	0.376	0	0.107	1.545
Isoleucine	g	0.470	0	0.133	1.932
Leucine	g	0.721	0	0.204	2.963
Lysine	g	0.552	0	0.156	2.269
Methionine	g	0.279	0	0.079	1.147
Cystine	g	0.223	0	0.063	0.917
Phenylalanine	g	0.497	0	0.141	2.043
Tyrosine	g	0.327	0	0.093	1.344
Valine	g	0.533	0	0.151	2.191
Arginine	g	0.457	0	0.130	1.878
Histidine	g	0.194	0	0.055	0.797
Alanine	g	0.470	0	0.133	1.932
Aspartic acid	g	0.813	0	0.230	3.341
Glutamic acid	g	1.441	0	0.409	5.923
Glycine	g	0.306	0	0.087	1.258
Proline	g	0.443	0	0.126	1.821
Serine	g	0.583	0	0.165	2.396
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 package (14.5 oz)

NDB No. 18088 Cake, angelfood, dry mix, prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 50g	Measure 2* 596g	Measure 3*
Proximates:							
Water	g	32.90		0	16.45	196.08	
Energy	kcal	257		0	129	1532	
Energy	kj	1075		0	538	6407	
Protein (N x 5.95)	g	6.10		0	3.05	36.36	
Total lipid (fat)	g	0.30		0	0.15	1.79	
Carbohydrate, by difference	g	58.70		0	29.35	349.85	
Fiber, total dietary	g	0.2		0	0.1	1.3	
Ash	g	2.00		0	1.00	11.92	
Sugars, total	g						
Minerals:							
Calcium	mg	84		0	42	501	
Iron	mg	0.23		0	0.12	1.37	
Magnesium	mg	8		0	4	48	
Phosphorus	mg	232		0	116	1383	
Potassium	mg	135		0	68	805	
Sodium	mg	509		0	255	3034	
Zinc	mg	0.13		0	0.07	0.77	
Copper	mg	0.068		0	0.034	0.405	
Manganese	mg	0.063		0	0.032	0.375	
Selenium	:g	15.3		0	7.7	91.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.092		0	0.046	0.548	
Riboflavin	mg	0.202		0	0.101	1.204	
Niacin	mg	0.171		0	0.086	1.019	
Pantothenic acid	mg	0.110		0	0.055	0.656	
Vitamin B-6	mg	0.006		0	0.003	0.036	
Folate	:g	30		0	15	179	
Vitamin B-12	:g	0.03		0	0.02	0.18	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.007		0	0.004	0.042	
Lipids:							
Saturated, total	g	0.043		0	0.022	0.256	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.039		0	0.020	0.232	
17:0	g						
18:0	g	0.002		0	0.001	0.012	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.026	0	0.013	0.155
14:1	g				
16:1	g	0.001	0	0.001	0.006
18:1	g	0.025	0	0.013	0.149
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.124	0	0.062	0.739
18:2	g	0.117	0	0.059	0.697
18:3	g	0.007	0	0.004	0.042
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.077	0	0.039	0.459
Threonine	g	0.259	0	0.130	1.544
Isoleucine	g	0.324	0	0.162	1.931
Leucine	g	0.497	0	0.249	2.962
Lysine	g	0.380	0	0.190	2.265
Methionine	g	0.192	0	0.096	1.144
Cystine	g	0.154	0	0.077	0.918
Phenylalanine	g	0.343	0	0.172	2.044
Tyrosine	g	0.226	0	0.113	1.347
Valine	g	0.368	0	0.184	2.193
Arginine	g	0.315	0	0.158	1.877
Histidine	g	0.134	0	0.067	0.799
Alanine	g	0.324	0	0.162	1.931
Aspartic acid	g	0.561	0	0.281	3.344
Glutamic acid	g	0.994	0	0.497	5.924
Glycine	g	0.211	0	0.105	1.258
Proline	g	0.306	0	0.153	1.824
Serine	g	0.402	0	0.201	2.396
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 piece (1/12 of 10" dia)
Measure 2: 1 tube cake (10" dia, 4-3/8" high)

NDB No. 18090 Cake, boston cream pie, commercially prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 92g	Measure 3*
Proximates:							
Water	g	45.40	2.184	3	12.87	41.77	
Energy	kcal	252		0	71	232	
Energy	kj	1054		0	299	970	
Protein (N x 5.95)	g	2.40	0.278	3	0.68	2.21	
Total lipid (fat)	g	8.50	0.513	4	2.41	7.82	
Carbohydrate, by difference	g	42.90		0	12.16	39.47	
Fiber, total dietary	g	1.4		0	0.4	1.3	
Ash	g	0.70	0.038	5	0.20	0.64	
Sugars, total	g						
Minerals:							
Calcium	mg	23	0.953	3	7	21	
Iron	mg	0.38	0.063	3	0.11	0.35	
Magnesium	mg	6	0.332	2	2	6	
Phosphorus	mg	49	2.156	2	14	45	
Potassium	mg	39	4.650	3	11	36	
Sodium	mg	144	20.814	3	41	132	
Zinc	mg	0.16	0.001	2	0.05	0.15	
Copper	mg	0.042		0	0.012	0.039	
Manganese	mg	0.050	0.002	2	0.014	0.046	
Selenium	:g	4.1		0	1.2	3.8	
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.2	
Thiamin	mg	0.408	0.051	9	0.116	0.375	
Riboflavin	mg	0.270	0.016	9	0.077	0.248	
Niacin	mg	0.191	0.052	9	0.054	0.176	
Pantothenic acid	mg	0.301	0.012	8	0.085	0.277	
Vitamin B-6	mg	0.026	0.000	8	0.007	0.024	
Folate	:g	15		0	4	14	
Vitamin B-12	:g	0.16	0.004	8	0.05	0.15	
Vitamin A	IU	80		1	23	74	
Vitamin A, RE	:g	23		0	7	21	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.061		0	0.301	0.976	
Lipids:							
Saturated, total	g	2.445		0	0.693	2.249	
4:0	g	0.020		0	0.006	0.018	
6.0	g	0.012		0	0.003	0.011	
8:0	g	0.007		0	0.002	0.006	
10:0	g	0.005		0	0.001	0.005	
12:0	g	0.013		0	0.004	0.012	
14:0	g	0.093		0	0.026	0.086	
15.0	g						
16:0	g	1.265		0	0.359	1.164	
17:0	g						
18:0	g	1.006		0	0.285	0.926	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.544	0	1.288	4.180
14:1	g				
16:1	g	0.031	0	0.009	0.029
18:1	g	4.504	0	1.277	4.144
20:1	g	0.002	0	0.001	0.002
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.009	0	0.286	0.928
18:2	g	0.941	0	0.267	0.866
18:3	g	0.055	0	0.016	0.051
18:4	g	0.000	0	0.000	0.000
20:4	g	0.010	0	0.003	0.009
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	0.001	0.003
Cholesterol	mg	37	1	10	34
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.034	0	0.010	0.031
Threonine	g	0.093	0	0.026	0.086
Isoleucine	g	0.115	0	0.033	0.106
Leucine	g	0.190	0	0.054	0.175
Lysine	g	0.136	0	0.039	0.125
Methionine	g	0.054	0	0.015	0.050
Cystine	g	0.046	0	0.013	0.042
Phenylalanine	g	0.119	0	0.034	0.109
Tyrosine	g	0.089	0	0.025	0.082
Valine	g	0.132	0	0.037	0.121
Arginine	g	0.113	0	0.032	0.104
Histidine	g	0.054	0	0.015	0.050
Alanine	g	0.098	0	0.028	0.090
Aspartic acid	g	0.175	0	0.050	0.161
Glutamic acid	g	0.546	0	0.155	0.502
Glycine	g	0.078	0	0.022	0.072
Proline	g	0.191	0	0.054	0.176
Serine	g	0.143	0	0.041	0.132
Other:					
Caffeine	mg	0	0	0	0
Theobromine	mg	6	0	2	6
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/6 of pie)

NDB No. 18092 Cake, carrot, dry mix, pudding-type

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 510g	Measure 3*
Proximates:							
Water	g	3.60	1.260	2	1.02	18.36	
Energy	kcal	415		0	118	2117	
Energy	kj	1736		0	492	8854	
Protein (N x 5.95)	g	5.10	1.735	2	1.45	26.01	
Total lipid (fat)	g	9.80	0.670	2	2.78	49.98	
Carbohydrate, by difference	g	79.20		0	22.45	403.92	
Fiber, total dietary	g						
Ash	g	2.40	0.270	2	0.68	12.24	
Sugars, total	g						
Minerals:							
Calcium	mg	172	31.500	2	49	877	
Iron	mg	1.80	0.400	2	0.51	9.18	
Magnesium	mg	8		1	2	41	
Phosphorus	mg	247	3.500	2	70	1260	
Potassium	mg	169	59.000	2	48	862	
Sodium	mg	567	8.000	2	161	2892	
Zinc	mg	0.20		1	0.06	1.02	
Copper	mg	0.050		1	0.014	0.255	
Manganese	mg	0.528		0	0.150	2.693	
Selenium	:g	14.9		0	4.2	76.0	
Vitamins:							
Ascorbic acid	mg	1.2		0	0.3	6.1	
Thiamin	mg	0.265	0.075	2	0.075	1.352	
Riboflavin	mg	0.170	0.030	2	0.048	0.867	
Niacin	mg	2.205	0.505	2	0.625	11.245	
Pantothenic acid	mg	0.294		0	0.083	1.499	
Vitamin B-6	mg	0.079		0	0.022	0.403	
Folate	:g	67		0	19	342	
Vitamin B-12	:g	0.04		0	0.01	0.20	
Vitamin A	IU	1930	740.500	2	547	9843	
Vitamin A, RE	:g	418		0	119	2132	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.472		0	0.417	7.507	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.005	
14:0	g	0.012		0	0.003	0.061	
15.0	g						
16:0	g	0.988		0	0.280	5.039	
17:0	g						
18:0	g	0.470		0	0.133	2.397	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.036	0	1.144	20.584
14:1	g				
16:1	g	0.039	0	0.011	0.199
18:1	g	3.988	0	1.131	20.339
20:1	g				
22.1	g				
Polyunsaturated, total	g	3.702	0	1.050	18.880
18:2	g	3.437	0	0.974	17.529
18:3	g	0.255	0	0.072	1.301
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.061	0	0.017	0.311
Threonine	g	0.149	0	0.042	0.760
Isoleucine	g	0.186	0	0.053	0.949
Leucine	g	0.336	0	0.095	1.714
Lysine	g	0.142	0	0.040	0.724
Methionine	g	0.083	0	0.024	0.423
Cystine	g	0.093	0	0.026	0.474
Phenylalanine	g	0.238	0	0.067	1.214
Tyrosine	g	0.150	0	0.043	0.765
Valine	g	0.212	0	0.060	1.081
Arginine	g	0.201	0	0.057	1.025
Histidine	g	0.109	0	0.031	0.556
Alanine	g	0.180	0	0.051	0.918
Aspartic acid	g	0.286	0	0.081	1.459
Glutamic acid	g	1.546	0	0.438	7.885
Glycine	g	0.170	0	0.048	0.867
Proline	g	0.513	0	0.145	2.616
Serine	g	0.240	0	0.068	1.224
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 18 oz package

NDB No. 18095 Cake, cherry fudge with chocolate frosting

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 71g	Measure 3*
Proximates:							
Water	g	46.10		1	13.07	32.73	
Energy	kcal	264		0	75	187	
Energy	kj	1105		0	313	785	
Protein (N x 5.95)	g	2.40		1	0.68	1.70	
Total lipid (fat)	g	12.50		1	3.54	8.88	
Carbohydrate, by difference	g	38.00		0	10.77	26.98	
Fiber, total dietary	g	1.2		0	0.3	0.9	
Ash	g	1.00		1	0.28	0.71	
Sugars, total	g						
Minerals:							
Calcium	mg	48		1	14	34	
Iron	mg	1.10		1	0.31	0.78	
Magnesium	mg	19		1	5	13	
Phosphorus	mg	105		1	30	75	
Potassium	mg	166		1	47	118	
Sodium	mg	225		1	64	160	
Zinc	mg	0.28		0	0.08	0.20	
Copper	mg	0.057		0	0.016	0.040	
Manganese	mg	0.067		0	0.019	0.048	
Selenium	:g	3.4		0	1.0	2.4	
Vitamins:							
Ascorbic acid	mg	13.6		1	3.9	9.7	
Thiamin	mg	0.030		1	0.009	0.021	
Riboflavin	mg	0.190		1	0.054	0.135	
Niacin	mg	0.700		1	0.198	0.497	
Pantothenic acid	mg	0.463		0	0.131	0.329	
Vitamin B-6	mg	0.060		0	0.017	0.043	
Folate	:g	10		0	3	7	
Vitamin B-12	:g	0.21		0	0.06	0.15	
Vitamin A	IU	223		1	63	158	
Vitamin A, RE	:g	102		0	29	72	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.196		0	0.339	0.849	
Lipids:							
Saturated, total	g	5.066		0	1.436	3.597	
4:0	g	0.212		0	0.060	0.151	
6.0	g	0.124		0	0.035	0.088	
8:0	g	0.073		0	0.021	0.052	
10:0	g	0.163		0	0.046	0.116	
12:0	g	0.181		0	0.051	0.129	
14:0	g	0.660		0	0.187	0.469	
15.0	g						
16:0	g	2.384		0	0.676	1.693	
17:0	g						
18:0	g	1.123		0	0.318	0.797	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.400	0	1.247	3.124
14:1	g				
16:1	g	0.183	0	0.052	0.130
18:1	g	4.113	0	1.166	2.920
20:1	g	0.001	0	0.000	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.340	0	0.663	1.661
18:2	g	2.084	0	0.591	1.480
18:3	g	0.240	0	0.068	0.170
18:4	g	0.000	0	0.000	0.000
20:4	g	0.008	0	0.002	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	0.002	0	0.001	0.001
Cholesterol	mg	42	0	12	30
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.030	0	0.009	0.021
Threonine	g	0.104	0	0.029	0.074
Isoleucine	g	0.109	0	0.031	0.077
Leucine	g	0.180	0	0.051	0.128
Lysine	g	0.148	0	0.042	0.105
Methionine	g	0.047	0	0.013	0.033
Cystine	g	0.040	0	0.011	0.028
Phenylalanine	g	0.098	0	0.028	0.070
Tyrosine	g	0.074	0	0.021	0.053
Valine	g	0.124	0	0.035	0.088
Arginine	g	0.111	0	0.031	0.079
Histidine	g	0.046	0	0.013	0.033
Alanine	g	0.118	0	0.033	0.084
Aspartic acid	g	0.232	0	0.066	0.165
Glutamic acid	g	0.420	0	0.119	0.298
Glycine	g	0.116	0	0.033	0.082
Proline	g	0.170	0	0.048	0.121
Serine	g	0.126	0	0.036	0.089
Other:					
Caffeine	mg	0	0	0	0
Theobromine	mg	2	0	1	1
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/8 cake)

NDB No. 18096 Cake, chocolate, commercially prepared with chocolate frosting

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 64g	Measure 3*
Proximates:							
Water	g	22.90	0.421	4	6.49	14.66	
Energy	kcal	367		0	104	235	
Energy	kj	1536		0	435	983	
Protein (N x 5.95)	g	4.10	0.315	3	1.16	2.62	
Total lipid (fat)	g	16.40	1.286	3	4.65	10.50	
Carbohydrate, by difference	g	54.60		0	15.48	34.94	
Fiber, total dietary	g	2.8		0	0.8	1.8	
Ash	g	1.70	0.033	3	0.48	1.09	
Sugars, total	g						
Minerals:							
Calcium	mg	43	2.924	30	12	28	
Iron	mg	2.20	0.099	31	0.62	1.41	
Magnesium	mg	34	1.248	31	10	22	
Phosphorus	mg	122	3.892	30	35	78	
Potassium	mg	200	8.357	29	57	128	
Sodium	mg	334	8.742	31	95	214	
Zinc	mg	0.69	0.030	32	0.20	0.44	
Copper	mg	0.242	0.009	30	0.069	0.155	
Manganese	mg	0.321	0.012	30	0.091	0.205	
Selenium	:g	3.3	0.283	12	0.9	2.1	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.1	
Thiamin	mg	0.027	0.007	3	0.008	0.017	
Riboflavin	mg	0.133	0.038	3	0.038	0.085	
Niacin	mg	0.577	0.162	3	0.164	0.369	
Pantothenic acid	mg	0.202		0	0.057	0.129	
Vitamin B-6	mg	0.040		0	0.011	0.026	
Folate	:g	17		0	5	11	
Vitamin B-12	:g	0.14		0	0.04	0.09	
Vitamin A	IU	85		0	24	54	
Vitamin A, RE	:g	25		0	7	16	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.771		0	1.353	3.053	
4:0	g	0.001		0	0.000	0.001	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.001		0	0.000	0.001	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.074		0	0.021	0.047	
15.0	g						
16:0	g	2.441		0	0.692	1.562	
17:0	g						
18:0	g	2.236		0	0.634	1.431	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.760	0	2.483	5.606
14:1	g				
16:1	g	0.031	0	0.009	0.020
18:1	g	8.726	0	2.474	5.585
20:1	g	0.003	0	0.001	0.002
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.845	0	0.523	1.181
18:2	g	1.741	0	0.494	1.114
18:3	g	0.086	0	0.024	0.055
18:4	g				
20:4	g	0.014	0	0.004	0.009
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.004	0	0.001	0.003
Cholesterol	mg	42	0	12	27
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.056	0	0.016	0.036
Threonine	g	0.166	0	0.047	0.106
Isoleucine	g	0.192	0	0.054	0.123
Leucine	g	0.310	0	0.088	0.198
Lysine	g	0.236	0	0.067	0.151
Methionine	g	0.085	0	0.024	0.054
Cystine	g	0.073	0	0.021	0.047
Phenylalanine	g	0.203	0	0.058	0.130
Tyrosine	g	0.155	0	0.044	0.099
Valine	g	0.236	0	0.067	0.151
Arginine	g	0.208	0	0.059	0.133
Histidine	g	0.088	0	0.025	0.056
Alanine	g	0.180	0	0.051	0.115
Aspartic acid	g	0.341	0	0.097	0.218
Glutamic acid	g	0.799	0	0.227	0.511
Glycine	g	0.145	0	0.041	0.093
Proline	g	0.268	0	0.076	0.172
Serine	g	0.235	0	0.067	0.150
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/8 of 18 oz cake)

NDB No. 18097 Cake, chocolate, dry mix, pudding-type

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 517g	Measure 3*
Proximates:							
Water	g	3.90	0.107	48	1.11	20.16	
Energy	kcal	396		0	112	2047	
Energy	kj	1657		0	470	8567	
Protein (N x 5.95)	g	4.60	0.058	50	1.30	23.78	
Total lipid (fat)	g	9.20	0.401	48	2.61	47.56	
Carbohydrate, by difference	g	78.70		0	22.31	406.88	
Fiber, total dietary	g	3.5		0	1.0	18.0	
Ash	g	3.20	0.039	45	0.91	16.54	
Sugars, total	g						
Minerals:							
Calcium	mg	133	6.803	44	38	688	
Iron	mg	2.92	0.083	44	0.83	15.10	
Magnesium	mg	41	0.922	36	12	212	
Phosphorus	mg	286	2.212	32	81	1479	
Potassium	mg	337	24.241	40	96	1742	
Sodium	mg	893	16.109	40	253	4617	
Zinc	mg	0.78	0.034	36	0.22	4.03	
Copper	mg	0.272	0.008	36	0.077	1.406	
Manganese	mg	0.213		0	0.060	1.101	
Selenium	：g	3.3		0	0.9	17.1	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.5	
Thiamin	mg	0.210	0.009	44	0.060	1.086	
Riboflavin	mg	0.170	0.009	44	0.048	0.879	
Niacin	mg	2.417	0.059	44	0.685	12.496	
Pantothenic acid	mg	0.211		0	0.060	1.091	
Vitamin B-6	mg	0.031		0	0.009	0.160	
Folate	：g	54		0	15	279	
Vitamin B-12	：g	0.50	0.000	6	0.14	2.59	
Vitamin A	IU	2		0	1	10	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.411		0	0.400	7.295	
Lipids:							
Saturated, total	g	1.923		0	0.545	9.942	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.011		0	0.003	0.057	
15.0	g						
16:0	g	1.122		0	0.318	5.801	
17:0	g						
18:0	g	0.779		0	0.221	4.027	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.688	0	1.046	19.067
14:1	g				
16:1	g	0.031	0	0.009	0.160
18:1	g	3.649	0	1.034	18.865
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.985	0	0.846	15.432
18:2	g	2.775	0	0.787	14.347
18:3	g	0.202	0	0.057	1.044
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.066	0	0.019	0.341
Threonine	g	0.156	0	0.044	0.807
Isoleucine	g	0.188	0	0.053	0.972
Leucine	g	0.315	0	0.089	1.629
Lysine	g	0.208	0	0.059	1.075
Methionine	g	0.071	0	0.020	0.367
Cystine	g	0.077	0	0.022	0.398
Phenylalanine	g	0.218	0	0.062	1.127
Tyrosine	g	0.156	0	0.044	0.807
Valine	g	0.240	0	0.068	1.241
Arginine	g	0.204	0	0.058	1.055
Histidine	g	0.092	0	0.026	0.476
Alanine	g	0.167	0	0.047	0.863
Aspartic acid	g	0.303	0	0.086	1.567
Glutamic acid	g	1.151	0	0.326	5.951
Glycine	g	0.165	0	0.047	0.853
Proline	g	0.390	0	0.111	2.016
Serine	g	0.227	0	0.064	1.174
Other:					
Caffeine	mg	6	0	2	31
Theobromine	mg	207	0	59	1070
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 package (18.25 oz)

NDB No. 18099 Cake, chocolate, dry mix, regular

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 524g	Measure 3*
Proximates:							
Water	g	3.10	0.448	5	0.88	16.24	
Energy	kcal	428		0	121	2243	
Energy	kj	1791		0	508	9385	
Protein (N x 5.95)	g	5.90	0.402	5	1.67	30.92	
Total lipid (fat)	g	15.60	1.563	5	4.42	81.74	
Carbohydrate, by difference	g	73.00		0	20.70	382.52	
Fiber, total dietary	g	2.4		0	0.7	12.6	
Ash	g	1.90	0.179	5	0.54	9.96	
Sugars, total	g						
Minerals:							
Calcium	mg	150		1	43	786	
Iron	mg	4.50		1	1.28	23.58	
Magnesium	mg	47		1	13	246	
Phosphorus	mg	270		1	77	1415	
Potassium	mg	330		1	94	1729	
Sodium	mg	825		1	234	4323	
Zinc	mg	0.80		1	0.23	4.19	
Copper	mg	0.400		1	0.113	2.096	
Manganese	mg	0.223		0	0.063	1.169	
Selenium	：g	12.4		0	3.5	65.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.170		1	0.048	0.891	
Riboflavin	mg	0.160		1	0.045	0.838	
Niacin	mg	1.600		1	0.454	8.384	
Pantothenic acid	mg	0.136		0	0.039	0.713	
Vitamin B-6	mg	0.039		0	0.011	0.204	
Folate	：g	54		0	15	283	
Vitamin B-12	：g	0.00		0	0.00	0.00	
Vitamin A	IU	3		0	1	16	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	2.405		0	0.682	12.602	
Lipids:							
Saturated, total	g	3.264		0	0.925	17.103	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.016		0	0.005	0.084	
15.0	g						
16:0	g	1.901		0	0.539	9.961	
17:0	g						
18:0	g	1.334		0	0.378	6.990	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.310		0	1.789	33.064
14:1	g					
16:1	g	0.051		0	0.014	0.267
18:1	g	6.246		0	1.771	32.729
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	5.044		0	1.430	26.431
18:2	g	4.689		0	1.329	24.570
18:3	g	0.342		0	0.097	1.792
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	0	0.000	2	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.080		0	0.023	0.419
Threonine	g	0.195		0	0.055	1.022
Isoleucine	g	0.227		0	0.064	1.189
Leucine	g	0.402		0	0.114	2.106
Lysine	g	0.225		0	0.064	1.179
Methionine	g	0.086		0	0.024	0.451
Cystine	g	0.101		0	0.029	0.529
Phenylalanine	g	0.297		0	0.084	1.556
Tyrosine	g	0.201		0	0.057	1.053
Valine	g	0.288		0	0.082	1.509
Arginine	g	0.307		0	0.087	1.609
Histidine	g	0.127		0	0.036	0.665
Alanine	g	0.229		0	0.065	1.200
Aspartic acid	g	0.439		0	0.124	2.300
Glutamic acid	g	1.499		0	0.425	7.855
Glycine	g	0.239		0	0.068	1.252
Proline	g	0.487		0	0.138	2.552
Serine	g	0.287		0	0.081	1.504
Other:						
Caffeine	mg	11		0	3	58
Theobromine	mg	356		0	101	1865
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 package (18.5 oz)

NDB No. 18101 Cake, chocolate, prepared from recipe without frosting

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 1137g	Measure 2* 95g	Measure 3*
Proximates:							
Water	g	24.40		0	277.43	23.18	
Energy	kcal	358		0	4070	340	
Energy	kj	1498		0	17032	1423	
Protein (N x 5.95)	g	5.30		0	60.26	5.04	
Total lipid (fat)	g	15.10		0	171.69	14.35	
Carbohydrate, by difference	g	53.40		0	607.16	50.73	
Fiber, total dietary	g	1.6		0	18.2	1.5	
Ash	g	1.30		0	14.78	1.24	
Sugars, total	g						
Minerals:							
Calcium	mg	60		0	682	57	
Iron	mg	1.61		0	18.31	1.53	
Magnesium	mg	32		0	364	30	
Phosphorus	mg	106		0	1205	101	
Potassium	mg	140		0	1592	133	
Sodium	mg	315		0	3582	299	
Zinc	mg	0.69		0	7.85	0.66	
Copper	mg	0.207		0	2.354	0.197	
Manganese	mg	0.280		0	3.184	0.266	
Selenium	：g	11.9		0	135.3	11.3	
Vitamins:							
Ascorbic acid	mg	0.2		0	2.3	0.2	
Thiamin	mg	0.141		0	1.603	0.134	
Riboflavin	mg	0.213		0	2.422	0.202	
Niacin	mg	1.137		0	12.928	1.080	
Pantothenic acid	mg	0.304		0	3.456	0.289	
Vitamin B-6	mg	0.041		0	0.466	0.039	
Folate	：g	27		0	307	26	
Vitamin B-12	：g	0.16		0	1.82	0.15	
Vitamin A	IU	140		0	1592	133	
Vitamin A, RE	：g	40		0	455	38	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.592		0	18.101	1.512	
Lipids:							
Saturated, total	g	5.430		0	61.739	5.159	
4:0	g	0.017		0	0.193	0.016	
6.0	g	0.010		0	0.114	0.010	
8:0	g	0.006		0	0.068	0.006	
10:0	g	0.014		0	0.159	0.013	
12:0	g	0.015		0	0.171	0.014	
14:0	g	0.101		0	1.148	0.096	
15.0	g						
16:0	g	2.836		0	32.245	2.694	
17:0	g						
18:0	g	2.392		0	27.197	2.272	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.039	0	68.663	5.737
14:1	g				
16:1	g	0.051	0	0.580	0.048
18:1	g	5.982	0	68.015	5.683
20:1	g	0.004	0	0.045	0.004
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.761	0	31.393	2.623
18:2	g	2.576	0	29.289	2.447
18:3	g	0.161	0	1.831	0.153
18:4	g	0.000	0	0.000	0.000
20:4	g	0.019	0	0.216	0.018
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.005	0	0.057	0.005
Cholesterol	mg	58	0	659	55
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.068	0	0.773	0.065
Threonine	g	0.202	0	2.297	0.192
Isoleucine	g	0.240	0	2.729	0.228
Leucine	g	0.407	0	4.628	0.387
Lysine	g	0.268	0	3.047	0.255
Methionine	g	0.116	0	1.319	0.110
Cystine	g	0.098	0	1.114	0.093
Phenylalanine	g	0.265	0	3.013	0.252
Tyrosine	g	0.197	0	2.240	0.187
Valine	g	0.283	0	3.218	0.269
Arginine	g	0.253	0	2.877	0.240
Histidine	g	0.120	0	1.364	0.114
Alanine	g	0.220	0	2.501	0.209
Aspartic acid	g	0.390	0	4.434	0.371
Glutamic acid	g	1.177	0	13.382	1.118
Glycine	g	0.179	0	2.035	0.170
Proline	g	0.411	0	4.673	0.390
Serine	g	0.301	0	3.422	0.286
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 2-layer cake (8" or 9" dia)
Measure 2: 1 piece (1/12 of 9" dia)

NDB No. 18102 Cake, white, prepared from recipe with coconut frosting

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 112g	Measure 3*
Proximates:							
Water	g	20.70		0	5.87	23.18	
Energy	kcal	356		0	101	399	
Energy	kj	1490		0	422	1669	
Protein (N x 5.95)	g	4.40		0	1.25	4.93	
Total lipid (fat)	g	10.30		0	2.92	11.54	
Carbohydrate, by difference	g	63.20		0	17.92	70.78	
Fiber, total dietary	g	1.0		0	0.3	1.1	
Ash	g	1.50		0	0.43	1.68	
Sugars, total	g						
Minerals:							
Calcium	mg	90		0	26	101	
Iron	mg	1.16		0	0.33	1.30	
Magnesium	mg	12		0	3	13	
Phosphorus	mg	70		0	20	78	
Potassium	mg	99		0	28	111	
Sodium	mg	284		0	81	318	
Zinc	mg	0.33		0	0.09	0.37	
Copper	mg	0.067		0	0.019	0.075	
Manganese	mg	0.277		0	0.079	0.310	
Selenium	:g	10.7		0	3.0	12.0	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.1	
Thiamin	mg	0.128		0	0.036	0.143	
Riboflavin	mg	0.189		0	0.054	0.212	
Niacin	mg	1.063		0	0.301	1.191	
Pantothenic acid	mg	0.167		0	0.047	0.187	
Vitamin B-6	mg	0.029		0	0.008	0.032	
Folate	:g	22		0	6	25	
Vitamin B-12	:g	0.06		0	0.02	0.07	
Vitamin A	IU	38		0	11	43	
Vitamin A, RE	:g	11		0	3	12	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.717		0	0.203	0.803	
Lipids:							
Saturated, total	g	3.897		0	1.105	4.365	
4:0	g	0.012		0	0.003	0.013	
6.0	g	0.017		0	0.005	0.019	
8:0	g	0.133		0	0.038	0.149	
10:0	g	0.113		0	0.032	0.127	
12:0	g	0.847		0	0.240	0.949	
14:0	g	0.402		0	0.114	0.450	
15.0	g						
16:0	g	1.394		0	0.395	1.561	
17:0	g						
18:0	g	0.978		0	0.277	1.095	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.692	0	1.047	4.135
14:1	g				
16:1	g	0.008	0	0.002	0.009
18:1	g	3.683	0	1.044	4.125
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.162	0	0.613	2.421
18:2	g	2.026	0	0.574	2.269
18:3	g	0.135	0	0.038	0.151
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	1	0	0	1
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.054	0	0.015	0.060
Threonine	g	0.157	0	0.045	0.176
Isoleucine	g	0.199	0	0.056	0.223
Leucine	g	0.338	0	0.096	0.379
Lysine	g	0.204	0	0.058	0.228
Methionine	g	0.107	0	0.030	0.120
Cystine	g	0.091	0	0.026	0.102
Phenylalanine	g	0.228	0	0.065	0.255
Tyrosine	g	0.154	0	0.044	0.172
Valine	g	0.229	0	0.065	0.256
Arginine	g	0.213	0	0.060	0.239
Histidine	g	0.099	0	0.028	0.111
Alanine	g	0.183	0	0.052	0.205
Aspartic acid	g	0.303	0	0.086	0.339
Glutamic acid	g	1.035	0	0.293	1.159
Glycine	g	0.146	0	0.041	0.164
Proline	g	0.354	0	0.100	0.396
Serine	g	0.247	0	0.070	0.277
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/12 of 9" dia)

NDB No. 18103 Coffeecake, cheese

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 76g	Measure 3*
Proximates:							
Water	g	32.20	0.409	4	9.13	24.47	
Energy	kcal	339		0	96	258	
Energy	kj	1418		0	402	1078	
Protein (N x 5.95)	g	7.00	0.060	4	1.98	5.32	
Total lipid (fat)	g	15.20	0.170	4	4.31	11.55	
Carbohydrate, by difference	g	44.30		0	12.56	33.67	
Fiber, total dietary	g	1.0		0	0.3	0.8	
Ash	g	1.20	0.029	4	0.34	0.91	
Sugars, total	g						
Minerals:							
Calcium	mg	59	0.300	2	17	45	
Iron	mg	0.64	0.057	4	0.18	0.49	
Magnesium	mg	15	0.103	4	4	11	
Phosphorus	mg	101		0	29	77	
Potassium	mg	289		0	82	220	
Sodium	mg	339	14.505	4	96	258	
Zinc	mg	0.59	0.004	4	0.17	0.45	
Copper	mg	0.052	0.003	4	0.015	0.040	
Manganese	mg	0.172	0.003	4	0.049	0.131	
Selenium	:g	13.3		0	3.8	10.1	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.1	
Thiamin	mg	0.105	0.009	4	0.030	0.080	
Riboflavin	mg	0.125	0.009	4	0.035	0.095	
Niacin	mg	0.682	0.028	4	0.193	0.518	
Pantothenic acid	mg	0.400		0	0.113	0.304	
Vitamin B-6	mg	0.058		0	0.016	0.044	
Folate	:g	39		0	11	30	
Vitamin B-12	:g	0.34		0	0.10	0.26	
Vitamin A	IU	287		0	81	218	
Vitamin A, RE	:g	87		0	25	66	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.560		0	0.442	1.186	
Lipids:							
Saturated, total	g	5.391		0	1.528	4.097	
4:0	g	0.112		0	0.032	0.085	
6.0	g	0.032		0	0.009	0.024	
8:0	g	0.038		0	0.011	0.029	
10:0	g	0.075		0	0.021	0.057	
12:0	g	0.052		0	0.015	0.040	
14:0	g	0.452		0	0.128	0.344	
15.0	g						
16:0	g	2.803		0	0.795	2.130	
17:0	g						
18:0	g	1.701		0	0.482	1.293	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.129	0	2.021	5.418
14:1	g				
16:1	g	0.166	0	0.047	0.126
18:1	g	6.903	0	1.957	5.246
20:1	g	0.005	0	0.001	0.004
22.1	g	0.001	0	0.000	0.001
Polyunsaturated, total	g	1.645	0	0.466	1.250
18:2	g	1.488	0	0.422	1.131
18:3	g	0.125	0	0.035	0.095
18:4	g	0.000	0	0.000	0.000
20:4	g	0.025	0	0.007	0.019
20:5	g	0.001	0	0.000	0.001
22:5	g	0.000	0	0.000	0.000
22:6	g	0.006	0	0.002	0.005
Cholesterol	mg	85	0	24	65
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.076	0	0.022	0.058
Threonine	g	0.260	0	0.074	0.198
Isoleucine	g	0.326	0	0.092	0.248
Leucine	g	0.568	0	0.161	0.432
Lysine	g	0.401	0	0.114	0.305
Methionine	g	0.144	0	0.041	0.109
Cystine	g	0.110	0	0.031	0.084
Phenylalanine	g	0.352	0	0.100	0.268
Tyrosine	g	0.263	0	0.075	0.200
Valine	g	0.361	0	0.102	0.274
Arginine	g	0.299	0	0.085	0.227
Histidine	g	0.186	0	0.053	0.141
Alanine	g	0.255	0	0.072	0.194
Aspartic acid	g	0.470	0	0.133	0.357
Glutamic acid	g	1.751	0	0.496	1.331
Glycine	g	0.212	0	0.060	0.161
Proline	g	0.625	0	0.177	0.475
Serine	g	0.373	0	0.106	0.283
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1/6 of 16 oz cake

NDB No. 18104 Coffeecake, cinnamon with crumb topping, commercially prepared, enriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3* 63g
Proximates:							
Water	g	21.90	1.785	9	6.21	12.48	13.80
Energy	kcal	418		0	119	238	263
Energy	kj	1749		0	496	997	1102
Protein (N x 5.95)	g	6.80	0.166	8	1.93	3.88	4.28
Total lipid (fat)	g	23.30	1.742	10	6.61	13.28	14.68
Carbohydrate, by difference	g	46.70		0	13.24	26.62	29.42
Fiber, total dietary	g	2.0		0	0.6	1.1	1.3
Ash	g	1.40	0.070	10	0.40	0.80	0.88
Sugars, total	g						
Minerals:							
Calcium	mg	54	4.602	34	15	31	34
Iron	mg	1.91	0.081	33	0.54	1.09	1.20
Magnesium	mg	22	0.678	34	6	13	14
Phosphorus	mg	108	3.116	33	31	62	68
Potassium	mg	123	3.595	32	35	70	77
Sodium	mg	351	13.121	35	100	200	221
Zinc	mg	0.81	0.035	33	0.23	0.46	0.51
Copper	mg	0.125	0.006	32	0.035	0.071	0.079
Manganese	mg	0.450		0	0.128	0.257	0.284
Selenium	:g	17.2	0.890	33	4.9	9.8	10.8
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	0.2	0.2
Thiamin	mg	0.209	0.006	11	0.059	0.119	0.132
Riboflavin	mg	0.229	0.010	11	0.065	0.131	0.144
Niacin	mg	1.678	0.064	11	0.476	0.956	1.057
Pantothenic acid	mg	0.655	0.011	8	0.186	0.373	0.413
Vitamin B-6	mg	0.027	0.000	8	0.008	0.015	0.017
Folate	:g	61		0	17	35	38
Vitamin B-12	:g	0.18		0	0.05	0.10	0.11
Vitamin A	IU	111		0	31	63	70
Vitamin A, RE	:g	33		0	9	19	21
Vitamin D	IU						
Vitamin E, "-TE	mg	3.409		0	0.966	1.943	2.148
Lipids:							
Saturated, total	g	5.797		0	1.643	3.304	3.652
4:0	g	0.001		0	0.000	0.001	0.001
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.001		0	0.000	0.001	0.001
10:0	g	0.001		0	0.000	0.001	0.001
12:0	g	0.001		0	0.000	0.001	0.001
14:0	g	0.114		0	0.032	0.065	0.072
15.0	g						
16:0	g	3.086		0	0.875	1.759	1.944
17:0	g						
18:0	g	2.575		0	0.730	1.468	1.622
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.976		0	3.679	7.396	8.175
14:1	g						
16:1	g	0.059		0	0.017	0.034	0.037
18:1	g	12.905		0	3.659	7.356	8.130
20:1	g	0.005		0	0.001	0.003	0.003
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	3.120		0	0.885	1.778	1.966
18:2	g	2.944		0	0.835	1.678	1.855
18:3	g	0.151		0	0.043	0.086	0.095
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.019		0	0.005	0.011	0.012
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.005		0	0.001	0.003	0.003
Cholesterol	mg	32	1.155	3	9	18	20
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.082		0	0.023	0.047	0.052
Threonine	g	0.227		0	0.064	0.129	0.143
Isoleucine	g	0.287		0	0.081	0.164	0.181
Leucine	g	0.500		0	0.142	0.285	0.315
Lysine	g	0.260		0	0.074	0.148	0.164
Methionine	g	0.122		0	0.035	0.070	0.077
Cystine	g	0.127		0	0.036	0.072	0.080
Phenylalanine	g	0.324		0	0.092	0.185	0.204
Tyrosine	g	0.218		0	0.062	0.124	0.137
Valine	g	0.318		0	0.090	0.181	0.200
Arginine	g	0.310		0	0.088	0.177	0.195
Histidine	g	0.154		0	0.044	0.088	0.097
Alanine	g	0.248		0	0.070	0.141	0.156
Aspartic acid	g	0.415		0	0.118	0.237	0.261
Glutamic acid	g	1.897		0	0.538	1.081	1.195
Glycine	g	0.237		0	0.067	0.135	0.149
Proline	g	0.634		0	0.180	0.361	0.399
Serine	g	0.346		0	0.098	0.197	0.218
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 individual cake
Measure 3: 1 piece (1/9 of 20 oz cake)

NDB No. 18105 Coffeecake, creme-filled with chocolate frosting

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 90g	Measure 3*
Proximates:							
Water	g	29.10	0.099	2	8.25	26.19	
Energy	kcal	331		0	94	298	
Energy	kj	1385		0	393	1247	
Protein (N x 5.95)	g	5.00	0.045	2	1.42	4.50	
Total lipid (fat)	g	10.80	0.150	2	3.06	9.72	
Carbohydrate, by difference	g	53.80		0	15.25	48.42	
Fiber, total dietary	g	2.0		0	0.6	1.8	
Ash	g	1.10	0.050	2	0.31	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	38	0.251	2	11	34	
Iron	mg	0.51	0.015	2	0.14	0.46	
Magnesium	mg	15	0.051	2	4	14	
Phosphorus	mg	75	1.049	2	21	68	
Potassium	mg	78		0	22	70	
Sodium	mg	323	1.490	2	92	291	
Zinc	mg	0.44	0.010	2	0.12	0.40	
Copper	mg	0.070	0.000	2	0.020	0.063	
Manganese	mg	0.190	0.000	2	0.054	0.171	
Selenium	:g	14.4		0	4.1	13.0	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.1	
Thiamin	mg	0.080	0.000	2	0.023	0.072	
Riboflavin	mg	0.074	0.001	2	0.021	0.067	
Niacin	mg	0.840	0.040	2	0.238	0.756	
Pantothenic acid	mg	0.392		0	0.111	0.353	
Vitamin B-6	mg	0.041		0	0.012	0.037	
Folate	:g	41		0	12	37	
Vitamin B-12	:g	0.20		0	0.06	0.18	
Vitamin A	IU	123		0	35	111	
Vitamin A, RE	:g	37		0	10	33	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.833		0	0.803	2.550	
4:0	g	0.001		0	0.000	0.001	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.001		0	0.000	0.001	
10:0	g	0.001		0	0.000	0.001	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.050		0	0.014	0.045	
15.0	g						
16:0	g	1.571		0	0.445	1.414	
17:0	g						
18:0	g	1.195		0	0.339	1.076	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.664	0	1.606	5.098
14:1	g				
16:1	g	0.054	0	0.015	0.049
18:1	g	5.603	0	1.588	5.043
20:1	g	0.005	0	0.001	0.005
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.465	0	0.415	1.319
18:2	g	1.365	0	0.387	1.228
18:3	g	0.069	0	0.020	0.062
18:4	g				
20:4	g	0.024	0	0.007	0.022
20:5	g	0.001	0	0.000	0.001
22:5	g				
22:6	g	0.006	0	0.002	0.005
Cholesterol	mg	69	0	20	62
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.058	0	0.016	0.052
Threonine	g	0.161	0	0.046	0.145
Isoleucine	g	0.203	0	0.058	0.183
Leucine	g	0.362	0	0.103	0.326
Lysine	g	0.168	0	0.048	0.151
Methionine	g	0.092	0	0.026	0.083
Cystine	g	0.102	0	0.029	0.092
Phenylalanine	g	0.242	0	0.069	0.218
Tyrosine	g	0.154	0	0.044	0.139
Valine	g	0.229	0	0.065	0.206
Arginine	g	0.207	0	0.059	0.186
Histidine	g	0.112	0	0.032	0.101
Alanine	g	0.182	0	0.052	0.164
Aspartic acid	g	0.279	0	0.079	0.251
Glutamic acid	g	1.498	0	0.425	1.348
Glycine	g	0.178	0	0.050	0.160
Proline	g	0.500	0	0.142	0.450
Serine	g	0.256	0	0.073	0.230
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1/6 of 19 oz cake

NDB No. 18106 Coffeecake, fruit

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 50g	Measure 3*
Proximates:							
Water	g	31.70	3.832	3	8.99	15.85	
Energy	kcal	311		0	88	156	
Energy	kj	1301		0	369	651	
Protein (N x 5.95)	g	5.20	0.204	3	1.47	2.60	
Total lipid (fat)	g	10.20	2.604	4	2.89	5.10	
Carbohydrate, by difference	g	51.50		0	14.60	25.75	
Fiber, total dietary	g	2.5		0	0.7	1.3	
Ash	g	1.20	0.014	5	0.34	0.60	
Sugars, total	g						
Minerals:							
Calcium	mg	45	14.292	3	13	23	
Iron	mg	2.43	0.423	3	0.69	1.22	
Magnesium	mg	17	2.501	3	5	9	
Phosphorus	mg	118	27.140	3	33	59	
Potassium	mg	90	7.760	3	26	45	
Sodium	mg	385	19.248	3	109	193	
Zinc	mg	0.65	0.050	2	0.18	0.33	
Copper	mg	0.030	0.035	2	0.009	0.015	
Manganese	mg	0.240	0.014	2	0.068	0.120	
Selenium	:g	16.5		0	4.7	8.3	
Vitamins:							
Ascorbic acid	mg	0.8	0.033	9	0.2	0.4	
Thiamin	mg	0.037	0.013	9	0.010	0.019	
Riboflavin	mg	0.190	0.007	9	0.054	0.095	
Niacin	mg	2.573	0.051	9	0.729	1.286	
Pantothenic acid	mg	0.660	0.012	8	0.187	0.330	
Vitamin B-6	mg	0.037	0.000	8	0.010	0.019	
Folate	:g	47		0	13	24	
Vitamin B-12	:g	0.02		0	0.01	0.01	
Vitamin A	IU	140		1	40	70	
Vitamin A, RE	:g	20		0	6	10	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.854		0	0.242	0.427	
Lipids:							
Saturated, total	g	2.495		0	0.707	1.248	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.048		0	0.014	0.024	
15.0	g						
16:0	g	1.321		0	0.375	0.661	
17:0	g						
18:0	g	1.117		0	0.317	0.559	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.557	0	1.575	2.779
14:1	g				
16:1	g	0.012	0	0.003	0.006
18:1	g	5.543	0	1.571	2.772
20:1	g	0.001	0	0.000	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.473	0	0.418	0.737
18:2	g	1.390	0	0.394	0.695
18:3	g	0.079	0	0.022	0.040
18:4	g	0.000	0	0.000	0.000
20:4	g	0.002	0	0.001	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.001	0	0.000	0.001
Cholesterol	mg	7	0	2	4
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.058	0	0.016	0.029
Threonine	g	0.165	0	0.047	0.083
Isoleucine	g	0.207	0	0.059	0.104
Leucine	g	0.364	0	0.103	0.182
Lysine	g	0.187	0	0.053	0.094
Methionine	g	0.094	0	0.027	0.047
Cystine	g	0.098	0	0.028	0.049
Phenylalanine	g	0.249	0	0.071	0.125
Tyrosine	g	0.153	0	0.043	0.077
Valine	g	0.238	0	0.067	0.119
Arginine	g	0.253	0	0.072	0.127
Histidine	g	0.112	0	0.032	0.056
Alanine	g	0.226	0	0.064	0.113
Aspartic acid	g	0.328	0	0.093	0.164
Glutamic acid	g	1.435	0	0.407	0.718
Glycine	g	0.274	0	0.078	0.137
Proline	g	0.516	0	0.146	0.258
Serine	g	0.261	0	0.074	0.131
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/8 cake)

NDB No. 18107 Coffeecake, cinnamon with crumb topping, 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* 28g	Measure 2* 298g	Measure 3*
Proximates:							
Water	g	3.30	0.112	25	0.94	9.83	
Energy	kcal	436		0	124	1299	
Energy	kj	1824		0	517	5436	
Protein (N x 5.95)	g	4.80	0.087	26	1.36	14.30	
Total lipid (fat)	g	12.00	0.105	26	3.40	35.76	
Carbohydrate, by difference	g	77.70		0	22.03	231.55	
Fiber, total dietary	g	1.8		0	0.5	5.4	
Ash	g	2.10	0.034	24	0.60	6.26	
Sugars, total	g						
Minerals:							
Calcium	mg	148	3.419	21	42	441	
Iron	mg	1.90	0.038	21	0.54	5.66	
Magnesium	mg	19	1.862	9	5	57	
Phosphorus	mg	256	10.853	21	73	763	
Potassium	mg	87	8.277	18	25	259	
Sodium	mg	596	15.384	18	169	1776	
Zinc	mg	0.34	0.011	10	0.10	1.01	
Copper	mg	0.220	0.000	10	0.062	0.656	
Manganese	mg	0.411		0	0.117	1.225	
Selenium	：g	16.1		0	4.6	48.0	
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.6	
Thiamin	mg	0.291	0.012	22	0.082	0.867	
Riboflavin	mg	0.130	0.008	9	0.037	0.387	
Niacin	mg	2.505	0.129	21	0.710	7.465	
Pantothenic acid	mg	0.133	0.006	10	0.038	0.396	
Vitamin B-6	mg	0.044	0.003	10	0.012	0.131	
Folate	：g	72		0	20	215	
Vitamin B-12	：g	0.00		0	0.00	0.00	
Vitamin A	IU	22		1	6	66	
Vitamin A, RE	：g	2		0	1	6	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.982		0	0.278	2.926	
Lipids:							
Saturated, total	g	2.957		0	0.838	8.812	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.047		0	0.013	0.140	
15.0	g						
16:0	g	1.696		0	0.481	5.054	
17:0	g						
18:0	g	1.226		0	0.348	3.653	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.172	0	1.466	15.413
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	5.172	0	1.466	15.413
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.204	0	0.908	9.548
18:2	g	3.009	0	0.853	8.967
18:3	g	0.195	0	0.055	0.581
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.056	0	0.016	0.167
Threonine	g	0.128	0	0.036	0.381
Isoleucine	g	0.178	0	0.050	0.530
Leucine	g	0.332	0	0.094	0.989
Lysine	g	0.093	0	0.026	0.277
Methionine	g	0.084	0	0.024	0.250
Cystine	g	0.108	0	0.031	0.322
Phenylalanine	g	0.237	0	0.067	0.706
Tyrosine	g	0.131	0	0.037	0.390
Valine	g	0.201	0	0.057	0.599
Arginine	g	0.167	0	0.047	0.498
Histidine	g	0.102	0	0.029	0.304
Alanine	g	0.147	0	0.042	0.438
Aspartic acid	g	0.194	0	0.055	0.578
Glutamic acid	g	1.683	0	0.477	5.015
Glycine	g	0.164	0	0.046	0.489
Proline	g	0.565	0	0.160	1.684
Serine	g	0.233	0	0.066	0.694
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 package (10.5 oz)

NDB No. 18108 Coffeecake, cinnamon with crumb topping, dry mix, prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 56g	Measure 3*
Proximates:							
Water	g	30.50		0	8.65	17.08	
Energy	kcal	318		0	90	178	
Energy	kj	1331		0	377	745	
Protein (N x 5.95)	g	5.50		0	1.56	3.08	
Total lipid (fat)	g	9.60		0	2.72	5.38	
Carbohydrate, by difference	g	52.80		0	14.97	29.57	
Fiber, total dietary	g	1.2		0	0.3	0.7	
Ash	g	1.70		0	0.48	0.95	
Sugars, total	g						
Minerals:							
Calcium	mg	136		0	39	76	
Iron	mg	1.43		0	0.41	0.80	
Magnesium	mg	18		0	5	10	
Phosphorus	mg	215		0	61	120	
Potassium	mg	112		0	32	63	
Sodium	mg	421		0	119	236	
Zinc	mg	0.45		0	0.13	0.25	
Copper	mg	0.149		0	0.042	0.083	
Manganese	mg	0.310		0	0.088	0.174	
Selenium	:g	16.7		0	4.7	9.4	
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.1	
Thiamin	mg	0.167		0	0.047	0.094	
Riboflavin	mg	0.175		0	0.050	0.098	
Niacin	mg	1.519		0	0.431	0.851	
Pantothenic acid	mg	0.269		0	0.076	0.151	
Vitamin B-6	mg	0.050		0	0.014	0.028	
Folate	:g	48		0	14	27	
Vitamin B-12	:g	0.14		0	0.04	0.08	
Vitamin A	IU	139		0	39	78	
Vitamin A, RE	:g	40		0	11	22	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.660		0	0.471	0.930	
Lipids:							
Saturated, total	g	1.855		0	0.526	1.039	
4:0	g	0.017		0	0.005	0.010	
6.0	g	0.010		0	0.003	0.006	
8:0	g	0.006		0	0.002	0.003	
10:0	g	0.014		0	0.004	0.008	
12:0	g	0.016		0	0.005	0.009	
14:0	g	0.066		0	0.019	0.037	
15.0	g						
16:0	g	1.186		0	0.336	0.664	
17:0	g						
18:0	g	0.533		0	0.151	0.298	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.851	0	1.092	2.157
14:1	g				
16:1	g	0.075	0	0.021	0.042
18:1	g	3.770	0	1.069	2.111
20:1	g	0.003	0	0.001	0.002
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.165	0	0.897	1.772
18:2	g	2.928	0	0.830	1.640
18:3	g	0.217	0	0.062	0.122
18:4	g	0.000	0	0.000	0.000
20:4	g	0.016	0	0.005	0.009
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.004	0	0.001	0.002
Cholesterol	mg	49	0	14	27
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.066	0	0.019	0.037
Threonine	g	0.190	0	0.054	0.106
Isoleucine	g	0.245	0	0.069	0.137
Leucine	g	0.422	0	0.120	0.236
Lysine	g	0.229	0	0.065	0.128
Methionine	g	0.120	0	0.034	0.067
Cystine	g	0.111	0	0.031	0.062
Phenylalanine	g	0.271	0	0.077	0.152
Tyrosine	g	0.185	0	0.052	0.104
Valine	g	0.275	0	0.078	0.154
Arginine	g	0.224	0	0.064	0.125
Histidine	g	0.123	0	0.035	0.069
Alanine	g	0.203	0	0.058	0.114
Aspartic acid	g	0.332	0	0.094	0.186
Glutamic acid	g	1.472	0	0.417	0.824
Glycine	g	0.173	0	0.049	0.097
Proline	g	0.511	0	0.145	0.286
Serine	g	0.303	0	0.086	0.170
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/8 of 8" x 5-3/4" cake)

NDB No. 18110 Cake, fruitcake, commercially prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 43g	Measure 3*
Proximates:							
Water	g	25.30	1.764	3	7.17	10.88	
Energy	kcal	324		0	92	139	
Energy	kj	1356		0	384	583	
Protein (N x 5.95)	g	2.90	0.108	2	0.82	1.25	
Total lipid (fat)	g	9.10	1.072	4	2.58	3.91	
Carbohydrate, by difference	g	61.60		0	17.46	26.49	
Fiber, total dietary	g	3.7		0	1.0	1.6	
Ash	g	1.00	0.010	4	0.28	0.43	
Sugars, total	g						
Minerals:							
Calcium	mg	33	4.905	3	9	14	
Iron	mg	2.07	0.433	3	0.59	0.89	
Magnesium	mg	16	1.018	2	5	7	
Phosphorus	mg	52	0.063	2	15	22	
Potassium	mg	153	8.104	2	43	66	
Sodium	mg	270	50.964	3	77	116	
Zinc	mg	0.27	0.014	2	0.08	0.12	
Copper	mg	0.050	0.007	2	0.014	0.022	
Manganese	mg	0.220	0.007	2	0.062	0.095	
Selenium	:g	2.0		0	0.6	0.9	
Vitamins:							
Ascorbic acid	mg	0.5		0	0.1	0.2	
Thiamin	mg	0.050	0.013	9	0.014	0.022	
Riboflavin	mg	0.099	0.002	9	0.028	0.043	
Niacin	mg	0.791	0.052	9	0.224	0.340	
Pantothenic acid	mg	0.226	0.006	8	0.064	0.097	
Vitamin B-6	mg	0.046	0.002	8	0.013	0.020	
Folate	:g	19		0	5	8	
Vitamin B-12	:g	0.01		0	0.00	0.00	
Vitamin A	IU	22		0	6	9	
Vitamin A, RE	:g	4		0	1	2	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.646		0	0.467	0.708	
Lipids:							
Saturated, total	g	1.048		0	0.297	0.451	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.020		0	0.006	0.009	
15.0	g						
16:0	g	0.743		0	0.211	0.319	
17:0	g						
18:0	g	0.267		0	0.076	0.115	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.200	0	1.191	1.806
14:1	g				
16:1	g	0.044	0	0.012	0.019
18:1	g	4.100	0	1.162	1.763
20:1	g	0.032	0	0.009	0.014
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.323	0	0.942	1.429
18:2	g	2.959	0	0.839	1.272
18:3	g	0.336	0	0.095	0.144
18:4	g	0.000	0	0.000	0.000
20:4	g	0.003	0	0.001	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.001	0	0.000	0.000
Cholesterol	mg	5	1	1	2
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.042	0	0.012	0.018
Threonine	g	0.102	0	0.029	0.044
Isoleucine	g	0.121	0	0.034	0.052
Leucine	g	0.206	0	0.058	0.089
Lysine	g	0.121	0	0.034	0.052
Methionine	g	0.059	0	0.017	0.025
Cystine	g	0.062	0	0.018	0.027
Phenylalanine	g	0.140	0	0.040	0.060
Tyrosine	g	0.095	0	0.027	0.041
Valine	g	0.144	0	0.041	0.062
Arginine	g	0.262	0	0.074	0.113
Histidine	g	0.071	0	0.020	0.031
Alanine	g	0.125	0	0.035	0.054
Aspartic acid	g	0.270	0	0.077	0.116
Glutamic acid	g	0.639	0	0.181	0.275
Glycine	g	0.124	0	0.035	0.053
Proline	g	0.167	0	0.047	0.072
Serine	g	0.159	0	0.045	0.068
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 piece

NDB No. 18112 Cake, german chocolate, dry mix, pudding-type

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 517g	Measure 3*
Proximates:							
Water	g	3.60	0.093	16	1.02	18.61	
Energy	kcal	401		0	114	2073	
Energy	kj	1678		0	476	8675	
Protein (N x 5.95)	g	4.00	0.078	23	1.13	20.68	
Total lipid (fat)	g	9.50	0.140	18	2.69	49.12	
Carbohydrate, by difference	g	80.10		0	22.71	414.12	
Fiber, total dietary	g	3.5		0	1.0	18.1	
Ash	g	2.50	0.048	15	0.71	12.93	
Sugars, total	g						
Minerals:							
Calcium	mg	97	2.723	16	27	501	
Iron	mg	1.93	0.127	10	0.55	9.98	
Magnesium	mg	22	0.397	14	6	114	
Phosphorus	mg	294	7.648	14	83	1520	
Potassium	mg	149	6.466	12	42	770	
Sodium	mg	643	85.059	16	182	3324	
Zinc	mg	0.42	0.010	14	0.12	2.17	
Copper	mg	0.156	0.004	14	0.044	0.807	
Manganese	mg	0.105		0	0.030	0.543	
Selenium	：g	3.1		0	0.9	16.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.255	0.020	16	0.072	1.318	
Riboflavin	mg	0.176	0.008	16	0.050	0.910	
Niacin	mg	2.605	0.139	16	0.739	13.468	
Pantothenic acid	mg	0.072		0	0.020	0.372	
Vitamin B-6	mg	0.035		0	0.010	0.181	
Folate	：g	30		0	9	155	
Vitamin B-12	：g	0.00		0	0.00	0.00	
Vitamin A	IU	3		0	1	16	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.601		0	0.170	3.107	
Lipids:							
Saturated, total	g	3.205		0	0.909	16.570	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.029		0	0.008	0.150	
15.0	g						
16:0	g	1.646		0	0.467	8.510	
17:0	g						
18:0	g	1.520		0	0.431	7.858	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.781	0	1.072	19.548
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	3.780	0	1.072	19.543
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.823	0	0.517	9.425
18:2	g	1.717	0	0.487	8.877
18:3	g	0.106	0	0.030	0.548
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.058	0	0.016	0.300
Threonine	g	0.128	0	0.036	0.662
Isoleucine	g	0.151	0	0.043	0.781
Leucine	g	0.258	0	0.073	1.334
Lysine	g	0.162	0	0.046	0.838
Methionine	g	0.056	0	0.016	0.290
Cystine	g	0.071	0	0.020	0.367
Phenylalanine	g	0.188	0	0.053	0.972
Tyrosine	g	0.127	0	0.036	0.657
Valine	g	0.199	0	0.056	1.029
Arginine	g	0.180	0	0.051	0.931
Histidine	g	0.076	0	0.022	0.393
Alanine	g	0.144	0	0.041	0.744
Aspartic acid	g	0.255	0	0.072	1.318
Glutamic acid	g	1.029	0	0.292	5.320
Glycine	g	0.151	0	0.043	0.781
Proline	g	0.335	0	0.095	1.732
Serine	g	0.193	0	0.055	0.998
Other:					
Caffeine	mg	7	0	2	36
Theobromine	mg	242	0	69	1251
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 package (18.25 oz)

NDB No. 18114 Cake, gingerbread, 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* 28g	Measure 2* 411g	Measure 3*
Proximates:							
Water	g	4.40		1	1.25	18.08	
Energy	kcal	437		0	124	1796	
Energy	kj	1828		0	518	7513	
Protein (N x 5.95)	g	4.40		1	1.25	18.08	
Total lipid (fat)	g	13.80		1	3.91	56.72	
Carbohydrate, by difference	g	74.60		0	21.15	306.61	
Fiber, total dietary	g	1.7		0	0.5	7.0	
Ash	g	2.80		1	0.79	11.51	
Sugars, total	g						
Minerals:							
Calcium	mg	94		1	27	386	
Iron	mg	4.70		1	1.33	19.32	
Magnesium	mg	21		0	6	86	
Phosphorus	mg	226		1	64	929	
Potassium	mg	341		1	97	1402	
Sodium	mg	657		1	186	2700	
Zinc	mg	0.36		0	0.10	1.48	
Copper	mg	0.246		0	0.070	1.011	
Manganese	mg	0.556		0	0.158	2.285	
Selenium	:g	2.1		0	0.6	8.6	
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.8	
Thiamin	mg	0.340		1	0.096	1.397	
Riboflavin	mg	0.240		1	0.068	0.986	
Niacin	mg	2.550		1	0.723	10.480	
Pantothenic acid	mg	0.235		0	0.067	0.966	
Vitamin B-6	mg	0.041		0	0.012	0.169	
Folate	:g	61		0	17	251	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	4		0	1	16	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.868		0	0.530	7.677	
Lipids:							
Saturated, total	g	3.460		0	0.981	14.221	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.001		0	0.000	0.004	
12:0	g	0.001		0	0.000	0.004	
14:0	g	0.069		0	0.020	0.284	
15.0	g						
16:0	g	1.792		0	0.508	7.365	
17:0	g						
18:0	g	1.632		0	0.463	6.708	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.791	0	2.209	32.021
14:1	g				
16:1	g	0.001	0	0.000	0.004
18:1	g	7.820	0	2.217	32.140
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.804	0	0.511	7.414
18:2	g	1.675	0	0.475	6.884
18:3	g	0.091	0	0.026	0.374
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.062	0	0.018	0.255
Threonine	g	0.138	0	0.039	0.567
Isoleucine	g	0.175	0	0.050	0.719
Leucine	g	0.309	0	0.088	1.270
Lysine	g	0.187	0	0.053	0.769
Methionine	g	0.068	0	0.019	0.279
Cystine	g	0.087	0	0.025	0.358
Phenylalanine	g	0.209	0	0.059	0.859
Tyrosine	g	0.134	0	0.038	0.551
Valine	g	0.196	0	0.056	0.806
Arginine	g	0.211	0	0.060	0.867
Histidine	g	0.096	0	0.027	0.395
Alanine	g	0.150	0	0.043	0.616
Aspartic acid	g	0.282	0	0.080	1.159
Glutamic acid	g	1.256	0	0.356	5.162
Glycine	g	0.161	0	0.046	0.662
Proline	g	0.415	0	0.118	1.706
Serine	g	0.233	0	0.066	0.958
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 package (14.5 oz)

NDB No. 18116 Cake, gingerbread, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 74g	Measure 3*
Proximates:							
Water	g	28.00		0	7.94	20.72	
Energy	kcal	356		0	101	263	
Energy	kj	1490		0	422	1103	
Protein (N x 5.95)	g	3.90		0	1.11	2.89	
Total lipid (fat)	g	16.40		0	4.65	12.14	
Carbohydrate, by difference	g	49.20		0	13.95	36.41	
Fiber, total dietary	g						
Ash	g	1.80		0	0.51	1.33	
Sugars, total	g						
Minerals:							
Calcium	mg	71		0	20	53	
Iron	mg	2.88		0	0.82	2.13	
Magnesium	mg	70		0	20	52	
Phosphorus	mg	54		0	15	40	
Potassium	mg	439		0	124	325	
Sodium	mg	327		0	93	242	
Zinc	mg	0.39		0	0.11	0.29	
Copper	mg	0.195		0	0.055	0.144	
Manganese	mg	0.683		0	0.194	0.505	
Selenium	:g	16.3		0	4.6	12.1	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.1	
Thiamin	mg	0.190		0	0.054	0.141	
Riboflavin	mg	0.162		0	0.046	0.120	
Niacin	mg	1.738		0	0.493	1.286	
Pantothenic acid	mg	0.375		0	0.106	0.278	
Vitamin B-6	mg	0.190		0	0.054	0.141	
Folate	:g	33		0	9	24	
Vitamin B-12	:g	0.06		0	0.02	0.04	
Vitamin A	IU	48		0	14	36	
Vitamin A, RE	:g	14		0	4	10	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.122		0	1.169	3.050	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.064		0	0.018	0.047	
15.0	g						
16:0	g	2.369		0	0.672	1.753	
17:0	g						
18:0	g	1.684		0	0.477	1.246	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.124	0	2.020	5.272
14:1	g				
16:1	g	0.022	0	0.006	0.016
18:1	g	7.099	0	2.013	5.253
20:1	g	0.002	0	0.001	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.216	0	1.195	3.120
18:2	g	3.948	0	1.119	2.922
18:3	g	0.254	0	0.072	0.188
18:4	g	0.000	0	0.000	0.000
20:4	g	0.011	0	0.003	0.008
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	0.001	0.002
Cholesterol	mg	32	0	9	24
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.047	0	0.013	0.035
Threonine	g	0.124	0	0.035	0.092
Isoleucine	g	0.151	0	0.043	0.112
Leucine	g	0.279	0	0.079	0.206
Lysine	g	0.131	0	0.037	0.097
Methionine	g	0.080	0	0.023	0.059
Cystine	g	0.083	0	0.024	0.061
Phenylalanine	g	0.195	0	0.055	0.144
Tyrosine	g	0.125	0	0.035	0.093
Valine	g	0.173	0	0.049	0.128
Arginine	g	0.173	0	0.049	0.128
Histidine	g	0.087	0	0.025	0.064
Alanine	g	0.145	0	0.041	0.107
Aspartic acid	g	0.217	0	0.062	0.161
Glutamic acid	g	1.096	0	0.311	0.811
Glycine	g	0.136	0	0.039	0.101
Proline	g	0.372	0	0.105	0.275
Serine	g	0.214	0	0.061	0.158
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1/9 of 8 in square cake

NDB No. 18117 Cake, marble, dry mix, pudding-type

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 517g	Measure 3*
Proximates:							
Water	g	3.10	0.048	13	0.88	16.03	
Energy	kcal	416		0	118	2151	
Energy	kj	1741		0	494	9001	
Protein (N x 5.95)	g	3.40	0.089	13	0.96	17.58	
Total lipid (fat)	g	11.70	0.205	13	3.32	60.49	
Carbohydrate, by difference	g	79.30		0	22.48	409.98	
Fiber, total dietary	g	2.9		0	0.8	15.0	
Ash	g	2.30	0.030	13	0.65	11.89	
Sugars, total	g						
Minerals:							
Calcium	mg	76	6.469	13	22	393	
Iron	mg	1.62	0.097	13	0.46	8.38	
Magnesium	mg	18	2.647	12	5	93	
Phosphorus	mg	275	5.217	13	78	1422	
Potassium	mg	123	6.400	8	35	636	
Sodium	mg	519	63.556	13	147	2683	
Zinc	mg	0.35	0.026	12	0.10	1.81	
Copper	mg	0.135	0.038	12	0.038	0.698	
Manganese	mg	0.139		0	0.039	0.719	
Selenium	：g	2.6		0	0.7	13.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.181	0.010	7	0.051	0.936	
Riboflavin	mg	0.130	0.004	4	0.037	0.672	
Niacin	mg	1.546	0.206	7	0.438	7.993	
Pantothenic acid	mg	0.096		0	0.027	0.496	
Vitamin B-6	mg	0.025		0	0.007	0.129	
Folate	：g	36		0	10	186	
Vitamin B-12	：g	0.00		1	0.00	0.00	
Vitamin A	IU	2		0	1	10	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.812		0	0.514	9.368	
Lipids:							
Saturated, total	g	2.450		0	0.695	12.667	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.012		0	0.003	0.062	
15.0	g						
16:0	g	1.422		0	0.403	7.352	
17:0	g						
18:0	g	1.005		0	0.285	5.196	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.750	0	1.347	24.558
14:1	g				
16:1	g	0.039	0	0.011	0.202
18:1	g	4.701	0	1.333	24.304
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.779	0	1.071	19.537
18:2	g	3.513	0	0.996	18.162
18:3	g	0.256	0	0.073	1.324
18:4	g	0.000	0	0.000	0.000
20:4	g				
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.049	0	0.014	0.253
Threonine	g	0.105	0	0.030	0.543
Isoleucine	g	0.127	0	0.036	0.657
Leucine	g	0.220	0	0.062	1.137
Lysine	g	0.133	0	0.038	0.688
Methionine	g	0.049	0	0.014	0.253
Cystine	g	0.062	0	0.018	0.321
Phenylalanine	g	0.158	0	0.045	0.817
Tyrosine	g	0.105	0	0.030	0.543
Valine	g	0.164	0	0.046	0.848
Arginine	g	0.147	0	0.042	0.760
Histidine	g	0.065	0	0.018	0.336
Alanine	g	0.118	0	0.033	0.610
Aspartic acid	g	0.201	0	0.057	1.039
Glutamic acid	g	0.909	0	0.258	4.700
Glycine	g	0.125	0	0.035	0.646
Proline	g	0.298	0	0.084	1.541
Serine	g	0.166	0	0.047	0.858
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 package (18.25 oz)

NDB No. 18119 Cake, pineapple upside-down, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 115g	Measure 3*
Proximates:							
Water	g	32.30		0	9.16	37.14	
Energy	kcal	319		0	90	367	
Energy	kj	1335		0	378	1535	
Protein (N x 5.95)	g	3.50		0	0.99	4.03	
Total lipid (fat)	g	12.10		0	3.43	13.91	
Carbohydrate, by difference	g	50.50		0	14.32	58.08	
Fiber, total dietary	g	0.8		0	0.2	0.9	
Ash	g	1.70		0	0.48	1.96	
Sugars, total	g						
Minerals:							
Calcium	mg	120		0	34	138	
Iron	mg	1.48		0	0.42	1.70	
Magnesium	mg	13		0	4	15	
Phosphorus	mg	82		0	23	94	
Potassium	mg	112		0	32	129	
Sodium	mg	319		0	90	367	
Zinc	mg	0.31		0	0.09	0.36	
Copper	mg	0.087		0	0.025	0.100	
Manganese	mg	0.350		0	0.099	0.403	
Selenium	:g	9.4		0	2.7	10.8	
Vitamins:							
Ascorbic acid	mg	1.2		0	0.3	1.4	
Thiamin	mg	0.153		0	0.043	0.176	
Riboflavin	mg	0.156		0	0.044	0.179	
Niacin	mg	1.190		0	0.337	1.369	
Pantothenic acid	mg	0.202		0	0.057	0.232	
Vitamin B-6	mg	0.034		0	0.010	0.039	
Folate	:g	26		0	7	30	
Vitamin B-12	:g	0.08		0	0.02	0.09	
Vitamin A	IU	253		0	72	291	
Vitamin A, RE	:g	65		0	18	75	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.341		0	0.380	1.542	
Lipids:							
Saturated, total	g	2.915		0	0.826	3.352	
4:0	g	0.011		0	0.003	0.013	
6.0	g	0.007		0	0.002	0.008	
8:0	g	0.004		0	0.001	0.005	
10:0	g	0.009		0	0.003	0.010	
12:0	g	0.010		0	0.003	0.012	
14:0	g	0.074		0	0.021	0.085	
15.0	g						
16:0	g	1.692		0	0.480	1.946	
17:0	g						
18:0	g	1.104		0	0.313	1.270	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.194	0	1.472	5.973
14:1	g				
16:1	g	0.022	0	0.006	0.025
18:1	g	5.169	0	1.465	5.944
20:1	g	0.001	0	0.000	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.282	0	0.930	3.774
18:2	g	3.094	0	0.877	3.558
18:3	g	0.179	0	0.051	0.206
18:4	g	0.000	0	0.000	0.000
20:4	g	0.007	0	0.002	0.008
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.002	0	0.001	0.002
Cholesterol	mg	22	0	6	25
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.043	0	0.012	0.049
Threonine	g	0.117	0	0.033	0.135
Isoleucine	g	0.147	0	0.042	0.169
Leucine	g	0.264	0	0.075	0.304
Lysine	g	0.143	0	0.041	0.164
Methionine	g	0.074	0	0.021	0.085
Cystine	g	0.066	0	0.019	0.076
Phenylalanine	g	0.173	0	0.049	0.199
Tyrosine	g	0.121	0	0.034	0.139
Valine	g	0.167	0	0.047	0.192
Arginine	g	0.148	0	0.042	0.170
Histidine	g	0.081	0	0.023	0.093
Alanine	g	0.128	0	0.036	0.147
Aspartic acid	g	0.216	0	0.061	0.248
Glutamic acid	g	0.949	0	0.269	1.091
Glycine	g	0.114	0	0.032	0.131
Proline	g	0.338	0	0.096	0.389
Serine	g	0.190	0	0.054	0.219
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1/9 of 8 in square cake

NDB No. 18120 Cake, pound, commercially prepared, butter

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	24.60	0.778	11	7.38	6.97	
Energy	kcal	388		0	116	110	
Energy	kj	1623		0	487	460	
Protein (N x 5.95)	g	5.50	0.164	11	1.65	1.56	
Total lipid (fat)	g	19.90	0.854	9	5.97	5.64	
Carbohydrate, by difference	g	48.80		0	14.64	13.83	
Fiber, total dietary	g	0.5		0	0.1	0.1	
Ash	g	1.20	0.069	11	0.36	0.34	
Sugars, total	g						
Minerals:							
Calcium	mg	35	3.868	7	11	10	
Iron	mg	1.38	0.156	7	0.41	0.39	
Magnesium	mg	11	2.063	7	3	3	
Phosphorus	mg	137	14.172	7	41	39	
Potassium	mg	119	18.629	5	36	34	
Sodium	mg	398	32.824	7	119	113	
Zinc	mg	0.46	0.000	2	0.14	0.13	
Copper	mg	0.035	0.005	2	0.011	0.010	
Manganese	mg	0.090	0.000	2	0.027	0.026	
Selenium	：g	8.8		0	2.6	2.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.137	0.027	7	0.041	0.039	
Riboflavin	mg	0.229	0.021	7	0.069	0.065	
Niacin	mg	1.311	0.276	7	0.393	0.372	
Pantothenic acid	mg	0.445		0	0.134	0.126	
Vitamin B-6	mg	0.042		0	0.013	0.012	
Folate	：g	41		0	12	12	
Vitamin B-12	：g	0.25		0	0.08	0.07	
Vitamin A	IU	606	66.576	5	182	172	
Vitamin A, RE	：g	156		0	47	44	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	11.559		0	3.468	3.277	
4:0	g	0.564		0	0.169	0.160	
6.0	g	0.334		0	0.100	0.095	
8:0	g	0.195		0	0.059	0.055	
10:0	g	0.437		0	0.131	0.124	
12:0	g	0.489		0	0.147	0.139	
14:0	g	1.757		0	0.527	0.498	
15.0	g						
16:0	g	5.108		0	1.532	1.448	
17:0	g						
18:0	g	2.285		0	0.686	0.648	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.900		0	1.770	1.673
14:1	g					
16:1	g	0.457		0	0.137	0.130
18:1	g	5.176		0	1.553	1.467
20:1	g	0.006		0	0.002	0.002
22.1	g	0.001		0	0.000	0.000
Polyunsaturated, total	g	1.067		0	0.320	0.302
18:2	g	0.759		0	0.228	0.215
18:3	g	0.267		0	0.080	0.076
18:4	g					
20:4	g	0.032		0	0.010	0.009
20:5	g	0.001		0	0.000	0.000
22:5	g					
22:6	g	0.008		0	0.002	0.002
Cholesterol	mg	221	2.494	2	66	63
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.072		0	0.022	0.020
Threonine	g	0.211		0	0.063	0.060
Isoleucine	g	0.261		0	0.078	0.074
Leucine	g	0.430		0	0.129	0.122
Lysine	g	0.307		0	0.092	0.087
Methionine	g	0.133		0	0.040	0.038
Cystine	g	0.115		0	0.035	0.033
Phenylalanine	g	0.274		0	0.082	0.078
Tyrosine	g	0.197		0	0.059	0.056
Valine	g	0.296		0	0.089	0.084
Arginine	g	0.260		0	0.078	0.074
Histidine	g	0.123		0	0.037	0.035
Alanine	g	0.231		0	0.069	0.065
Aspartic acid	g	0.393		0	0.118	0.111
Glutamic acid	g	1.229		0	0.369	0.348
Glycine	g	0.176		0	0.053	0.050
Proline	g	0.418		0	0.125	0.119
Serine	g	0.341		0	0.102	0.097
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 piece (1/10 of cake)
Measure 2: 1 piece (1/12 of 12 oz cake)

NDB No. 18121 Cake, pound, commercially prepared, other than all butter, enriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2* 28g	Measure 3* 71g
Proximates:							
Water	g	23.10	0.847	13	6.93	6.55	16.40
Energy	kcal	389		0	117	110	276
Energy	kj	1628		0	488	462	1156
Protein (N x 5.95)	g	5.20	0.091	13	1.56	1.47	3.69
Total lipid (fat)	g	17.90	1.056	14	5.37	5.07	12.71
Carbohydrate, by difference	g	52.50		0	15.75	14.88	37.27
Fiber, total dietary	g	1.0		0	0.3	0.3	0.7
Ash	g	1.40	0.110	12	0.42	0.40	0.99
Sugars, total	g						
Minerals:							
Calcium	mg	64	13.497	7	19	18	45
Iron	mg	1.62	0.131	6	0.49	0.46	1.15
Magnesium	mg	13	2.468	5	4	4	9
Phosphorus	mg	134	10.038	6	40	38	95
Potassium	mg	106	25.375	4	32	30	75
Sodium	mg	400	41.062	11	120	113	284
Zinc	mg	0.39	0.024	4	0.12	0.11	0.28
Copper	mg	0.054	0.011	4	0.016	0.015	0.038
Manganese	mg	0.088	0.011	4	0.026	0.025	0.062
Selenium	:g	6.8		0	2.0	1.9	4.8
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.0	0.1
Thiamin	mg	0.143	0.027	4	0.043	0.041	0.102
Riboflavin	mg	0.260	0.010	4	0.078	0.074	0.185
Niacin	mg	1.349	0.150	4	0.405	0.382	0.958
Pantothenic acid	mg	0.285	0.053	3	0.086	0.081	0.202
Vitamin B-6	mg	0.023		1	0.007	0.007	0.016
Folate	:g	36		0	11	10	26
Vitamin B-12	:g	0.14		1	0.04	0.04	0.10
Vitamin A	IU	118		0	35	33	84
Vitamin A, RE	:g	35		0	11	10	25
Vitamin D	IU						
Vitamin E, "-TE	mg	2.385		0	0.716	0.676	1.693
Lipids:							
Saturated, total	g	4.647		0	1.394	1.317	3.299
4:0	g	0.001		0	0.000	0.000	0.001
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.001		0	0.000	0.000	0.001
10:0	g	0.001		0	0.000	0.000	0.001
12:0	g	0.001		0	0.000	0.000	0.001
14:0	g	0.087		0	0.026	0.025	0.062
15.0	g						
16:0	g	2.478		0	0.743	0.703	1.759
17:0	g						
18:0	g	2.069		0	0.621	0.587	1.469
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.935		0	2.981	2.817	7.054
14:1	g						
16:1	g	0.049		0	0.015	0.014	0.035
18:1	g	9.880		0	2.964	2.801	7.015
20:1	g	0.004		0	0.001	0.001	0.003
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	2.251		0	0.675	0.638	1.598
18:2	g	2.114		0	0.634	0.599	1.501
18:3	g	0.108		0	0.032	0.031	0.077
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.023		0	0.007	0.007	0.016
20:5	g	0.001		0	0.000	0.000	0.001
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.006		0	0.002	0.002	0.004
Cholesterol	mg	58	25.910	6	17	16	41
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.069		0	0.021	0.020	0.049
Threonine	g	0.196		0	0.059	0.056	0.139
Isoleucine	g	0.244		0	0.073	0.069	0.173
Leucine	g	0.403		0	0.121	0.114	0.286
Lysine	g	0.283		0	0.085	0.080	0.201
Methionine	g	0.125		0	0.038	0.035	0.089
Cystine	g	0.111		0	0.033	0.031	0.079
Phenylalanine	g	0.259		0	0.078	0.073	0.184
Tyrosine	g	0.184		0	0.055	0.052	0.131
Valine	g	0.276		0	0.083	0.078	0.196
Arginine	g	0.247		0	0.074	0.070	0.175
Histidine	g	0.115		0	0.035	0.033	0.082
Alanine	g	0.216		0	0.065	0.061	0.153
Aspartic acid	g	0.367		0	0.110	0.104	0.261
Glutamic acid	g	1.194		0	0.358	0.338	0.848
Glycine	g	0.170		0	0.051	0.048	0.121
Proline	g	0.402		0	0.121	0.114	0.285
Serine	g	0.323		0	0.097	0.092	0.229
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 (1/10 of 10.6 oz cake)
Measure 2: 1 piece (1/12 of 12 oz cake)
Measure 3: 1 snack cake (2.5 oz)

NDB No. 18126 Cake, shortcake, biscuit-type, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 65g	Measure 3*
Proximates:							
Water	g	28.40		0	8.05	18.46	
Energy	kcal	346		0	98	225	
Energy	kj	1448		0	411	941	
Protein (N x 5.95)	g	6.10		0	1.73	3.96	
Total lipid (fat)	g	14.20		0	4.03	9.23	
Carbohydrate, by difference	g	48.50		0	13.75	31.52	
Fiber, total dietary	g						
Ash	g	2.80		0	0.79	1.82	
Sugars, total	g						
Minerals:							
Calcium	mg	205		0	58	133	
Iron	mg	2.54		0	0.72	1.65	
Magnesium	mg	16		0	5	10	
Phosphorus	mg	143		0	41	93	
Potassium	mg	106		0	30	69	
Sodium	mg	506		0	143	329	
Zinc	mg	0.48		0	0.14	0.31	
Copper	mg	0.076		0	0.022	0.049	
Manganese	mg	0.330		0	0.094	0.215	
Selenium	：g	17.0		0	4.8	11.1	
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.1	
Thiamin	mg	0.311		0	0.088	0.202	
Riboflavin	mg	0.272		0	0.077	0.177	
Niacin	mg	2.573		0	0.729	1.672	
Pantothenic acid	mg	0.248		0	0.070	0.161	
Vitamin B-6	mg	0.030		0	0.009	0.020	
Folate	：g	53		0	15	34	
Vitamin B-12	：g	0.07		0	0.02	0.05	
Vitamin A	IU	72		0	20	47	
Vitamin A, RE	：g	18		0	5	12	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.772		0	1.069	2.452	
4:0	g	0.022		0	0.006	0.014	
6.0	g	0.013		0	0.004	0.008	
8:0	g	0.008		0	0.002	0.005	
10:0	g	0.017		0	0.005	0.011	
12:0	g	0.020		0	0.006	0.013	
14:0	g	0.122		0	0.035	0.079	
15.0	g						
16:0	g	2.095		0	0.594	1.362	
17:0	g						
18:0	g	1.472		0	0.417	0.957	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.045	0	1.714	3.929
14:1	g				
16:1	g	0.016	0	0.005	0.010
18:1	g	6.028	0	1.709	3.918
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.632	0	1.030	2.361
18:2	g	3.402	0	0.964	2.211
18:3	g	0.230	0	0.065	0.150
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	3	0	1	2
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.076	0	0.022	0.049
Threonine	g	0.184	0	0.052	0.120
Isoleucine	g	0.238	0	0.067	0.155
Leucine	g	0.449	0	0.127	0.292
Lysine	g	0.197	0	0.056	0.128
Methionine	g	0.115	0	0.033	0.075
Cystine	g	0.115	0	0.033	0.075
Phenylalanine	g	0.302	0	0.086	0.196
Tyrosine	g	0.203	0	0.058	0.132
Valine	g	0.273	0	0.077	0.177
Arginine	g	0.240	0	0.068	0.156
Histidine	g	0.140	0	0.040	0.091
Alanine	g	0.197	0	0.056	0.128
Aspartic acid	g	0.292	0	0.083	0.190
Glutamic acid	g	1.897	0	0.538	1.233
Glycine	g	0.201	0	0.057	0.131
Proline	g	0.681	0	0.193	0.443
Serine	g	0.307	0	0.087	0.200
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 individual dessert shell or shortcake (approx 3" dia)

NDB No. 18127 Cake, snack cakes, creme-filled, chocolate with frosting

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 50g	Measure 3*
Proximates:							
Water	g	19.80	0.287	87	5.61	9.90	
Energy	kcal	376		0	107	188	
Energy	kj	1573		0	446	787	
Protein (N x 5.95)	g	3.40	0.045	82	0.96	1.70	
Total lipid (fat)	g	14.50	0.303	86	4.11	7.25	
Carbohydrate, by difference	g	60.30		0	17.10	30.15	
Fiber, total dietary	g	0.8		0	0.2	0.4	
Ash	g	2.00	0.034	73	0.57	1.00	
Sugars, total	g						
Minerals:							
Calcium	mg	73	3.232	89	21	37	
Iron	mg	3.36	0.113	86	0.95	1.68	
Magnesium	mg	41	1.350	2	12	21	
Phosphorus	mg	93		1	26	47	
Potassium	mg	122		1	35	61	
Sodium	mg	425	34.036	14	120	213	
Zinc	mg	0.51		0	0.14	0.26	
Copper	mg	0.208		0	0.059	0.104	
Manganese	mg	0.329		0	0.093	0.164	
Selenium	:g	2.7		0	0.8	1.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.221	0.013	79	0.063	0.111	
Riboflavin	mg	0.293	0.012	87	0.083	0.147	
Niacin	mg	2.429	0.103	89	0.689	1.214	
Pantothenic acid	mg	0.214		0	0.061	0.107	
Vitamin B-6	mg	0.023		0	0.007	0.012	
Folate	:g	29		0	8	15	
Vitamin B-12	:g	0.06		0	0.02	0.03	
Vitamin A	IU	17	8.179	4	5	9	
Vitamin A, RE	:g	5		0	1	3	
Vitamin D	IU						
Vitamin E, "-TE	mg	3.365		0	0.954	1.683	
Lipids:							
Saturated, total	g	2.858		0	0.810	1.429	
4:0	g	0.001		0	0.000	0.001	
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	0.008		0	0.002	0.004	
14:0	g	0.073		0	0.021	0.037	
15.0	g						
16:0	g	1.968		0	0.558	0.984	
17:0	g						
18:0	g	0.728		0	0.206	0.364	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.690		0	1.613	2.845
14:1	g					
16:1	g	0.098		0	0.028	0.049
18:1	g	5.463		0	1.549	2.731
20:1	g	0.075		0	0.021	0.038
22.1	g	0.026		0	0.007	0.013
Polyunsaturated, total	g	5.237		0	1.485	2.619
18:2	g	4.694		0	1.331	2.347
18:3	g	0.527		0	0.149	0.264
18:4	g	0.000		0	0.000	0.000
20:4	g	0.005		0	0.001	0.003
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.001		0	0.000	0.001
Cholesterol	mg	17	2.382	11	5	9
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.048		0	0.014	0.024
Threonine	g	0.112		0	0.032	0.056
Isoleucine	g	0.136		0	0.039	0.068
Leucine	g	0.234		0	0.066	0.117
Lysine	g	0.145		0	0.041	0.072
Methionine	g	0.057		0	0.016	0.029
Cystine	g	0.065		0	0.018	0.033
Phenylalanine	g	0.157		0	0.045	0.079
Tyrosine	g	0.106		0	0.030	0.053
Valine	g	0.164		0	0.046	0.082
Arginine	g	0.142		0	0.040	0.071
Histidine	g	0.068		0	0.019	0.034
Alanine	g	0.119		0	0.034	0.059
Aspartic acid	g	0.199		0	0.056	0.100
Glutamic acid	g	0.909		0	0.258	0.455
Glycine	g	0.117		0	0.033	0.059
Proline	g	0.305		0	0.086	0.153
Serine	g	0.175		0	0.050	0.088
Other:						
Caffeine	mg	3		0	1	2
Theobromine	mg	112		0	32	56
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cupcake

NDB No. 18128 Cake, snack cakes, creme-filled, sponge

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 43g	Measure 3*
Proximates:							
Water	g	20.20	0.673	14	5.73	8.59	
Energy	kcal	364		0	103	155	
Energy	kj	1523		0	432	647	
Protein (N x 5.95)	g	3.10	0.152	12	0.88	1.32	
Total lipid (fat)	g	11.40	0.593	14	3.23	4.84	
Carbohydrate, by difference	g	63.90		0	18.12	27.16	
Fiber, total dietary	g	0.4		0	0.1	0.2	
Ash	g	1.40	0.071	5	0.40	0.60	
Sugars, total	g						
Minerals:							
Calcium	mg	45	4.253	8	13	19	
Iron	mg	1.29	0.082	11	0.37	0.55	
Magnesium	mg	8		1	2	3	
Phosphorus	mg	187		0	53	79	
Potassium	mg	87		0	25	37	
Sodium	mg	365	19.881	7	103	155	
Zinc	mg	0.29		0	0.08	0.12	
Copper	mg	0.055		0	0.016	0.023	
Manganese	mg	0.168		0	0.048	0.071	
Selenium	:g	3.1		0	0.9	1.3	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.0	
Thiamin	mg	0.153	0.023	11	0.043	0.065	
Riboflavin	mg	0.134	0.009	11	0.038	0.057	
Niacin	mg	1.224	0.074	11	0.347	0.520	
Pantothenic acid	mg	0.274		0	0.078	0.116	
Vitamin B-6	mg	0.025		0	0.007	0.011	
Folate	:g	29		0	8	12	
Vitamin B-12	:g	0.11		0	0.03	0.05	
Vitamin A	IU	17		0	5	7	
Vitamin A, RE	:g	5		0	1	2	
Vitamin D	IU						
Vitamin E, "-TE	mg	2.030		0	0.576	0.863	
Lipids:							
Saturated, total	g	2.561		0	0.726	1.088	
4:0	g	0.001		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.001		0	0.000	0.000	
12:0	g	0.023		0	0.007	0.010	
14:0	g	0.119		0	0.034	0.051	
15.0	g						
16:0	g	1.648		0	0.467	0.700	
17:0	g						
18:0	g	0.718		0	0.204	0.305	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.073		0	1.155	1.731
14:1	g					
16:1	g	0.156		0	0.044	0.066
18:1	g	3.843		0	1.089	1.633
20:1	g	0.033		0	0.009	0.014
22.1	g	0.003		0	0.001	0.001
Polyunsaturated, total	g	3.303		0	0.936	1.404
18:2	g	2.912		0	0.826	1.238
18:3	g	0.369		0	0.105	0.157
18:4	g	0.000		0	0.000	0.000
20:4	g	0.006		0	0.002	0.003
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.001		0	0.000	0.000
Cholesterol	mg	16	1.000	2	5	7
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.044		0	0.012	0.019
Threonine	g	0.111		0	0.031	0.047
Isoleucine	g	0.144		0	0.041	0.061
Leucine	g	0.244		0	0.069	0.104
Lysine	g	0.160		0	0.045	0.068
Methionine	g	0.064		0	0.018	0.027
Cystine	g	0.059		0	0.017	0.025
Phenylalanine	g	0.149		0	0.042	0.063
Tyrosine	g	0.108		0	0.031	0.046
Valine	g	0.161		0	0.046	0.068
Arginine	g	0.125		0	0.035	0.053
Histidine	g	0.069		0	0.020	0.029
Alanine	g	0.108		0	0.031	0.046
Aspartic acid	g	0.183		0	0.052	0.078
Glutamic acid	g	0.856		0	0.243	0.364
Glycine	g	0.095		0	0.027	0.040
Proline	g	0.307		0	0.087	0.130
Serine	g	0.173		0	0.049	0.074
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cake

NDB No. 18131 Cake, white, dry mix, special dietary (includes lemon-flavored)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 227g	Measure 3*
Proximates:							
Water	g	6.00	0.010	2	1.70	13.61	
Energy	kcal	397		0	113	900	
Energy	kj	1661		0	471	3767	
Protein (N x 5.95)	g	3.00	0.006	2	0.85	6.80	
Total lipid (fat)	g	8.40	0.010	2	2.38	19.05	
Carbohydrate, by difference	g	79.60		0	22.57	180.53	
Fiber, total dietary	g						
Ash	g	2.90	0.073	2	0.82	6.58	
Sugars, total	g						
Minerals:							
Calcium	mg	26	0.050	2	7	59	
Iron	mg	1.99	0.005	2	0.56	4.51	
Magnesium	mg	10	0.023	2	3	23	
Phosphorus	mg	296	0.000	2	84	671	
Potassium	mg	149	0.000	2	42	338	
Sodium	mg	260	0.000	2	74	590	
Zinc	mg	0.30	0.001	2	0.09	0.68	
Copper	mg	0.057	0.000	2	0.016	0.129	
Manganese	mg	0.300		0	0.085	0.680	
Selenium	:g	2.5		0	0.7	5.7	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	2	0.0	0.0	
Thiamin	mg	0.289	0.001	2	0.082	0.655	
Riboflavin	mg	0.179	0.001	2	0.051	0.406	
Niacin	mg	2.395	0.005	2	0.679	5.432	
Pantothenic acid	mg	0.196	0.001	2	0.056	0.445	
Vitamin B-6	mg	0.018	0.000	2	0.005	0.041	
Folate	:g	69		0	20	156	
Vitamin B-12	:g	0.00	0.000	2	0.00	0.00	
Vitamin A	IU	0	0.000	2	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.251		0	0.355	2.837	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.008		0	0.002	0.018	
15.0	g						
16:0	g	0.836		0	0.237	1.896	
17:0	g						
18:0	g	0.403		0	0.114	0.914	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.480		0	0.987	7.893
14:1	g					
16:1	g	0.033		0	0.009	0.075
18:1	g	3.439		0	0.975	7.800
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.183		0	0.902	7.219
18:2	g	2.957		0	0.838	6.706
18:3	g	0.218		0	0.062	0.494
18:4	g					
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	0	0.000	2	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.044		0	0.012	0.100
Threonine	g	0.084		0	0.024	0.191
Isoleucine	g	0.115		0	0.033	0.261
Leucine	g	0.206		0	0.058	0.467
Lysine	g	0.105		0	0.030	0.238
Methionine	g	0.051		0	0.014	0.116
Cystine	g	0.066		0	0.019	0.150
Phenylalanine	g	0.144		0	0.041	0.327
Tyrosine	g	0.087		0	0.025	0.197
Valine	g	0.133		0	0.038	0.302
Arginine	g	0.116		0	0.033	0.263
Histidine	g	0.062		0	0.018	0.141
Alanine	g	0.092		0	0.026	0.209
Aspartic acid	g	0.127		0	0.036	0.288
Glutamic acid	g	1.002		0	0.284	2.273
Glycine	g	0.103		0	0.029	0.234
Proline	g	0.338		0	0.096	0.767
Serine	g	0.160		0	0.045	0.363
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 package (8 oz)

NDB No. 18133 Cake, sponge, commercially prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 38g	Measure 3*
Proximates:							
Water	g	29.70		0	8.42	11.29	
Energy	kcal	289		0	82	110	
Energy	kj	1209		0	343	459	
Protein (N x 5.95)	g	5.40		0	1.53	2.05	
Total lipid (fat)	g	2.70		0	0.77	1.03	
Carbohydrate, by difference	g	61.10		0	17.32	23.22	
Fiber, total dietary	g	0.5		0	0.2	0.2	
Ash	g	1.20		0	0.34	0.46	
Sugars, total	g						
Minerals:							
Calcium	mg	70		0	20	27	
Iron	mg	2.72		0	0.77	1.03	
Magnesium	mg	11		0	3	4	
Phosphorus	mg	137		0	39	52	
Potassium	mg	99		0	28	38	
Sodium	mg	244		0	69	93	
Zinc	mg	0.51		0	0.14	0.19	
Copper	mg	0.062		0	0.018	0.024	
Manganese	mg	0.210		0	0.060	0.080	
Selenium	:g	9.1		0	2.6	3.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.243		0	0.069	0.092	
Riboflavin	mg	0.269		0	0.076	0.102	
Niacin	mg	1.932		0	0.548	0.734	
Pantothenic acid	mg	0.478		0	0.136	0.182	
Vitamin B-6	mg	0.052		0	0.015	0.020	
Folate	:g	39		0	11	15	
Vitamin B-12	:g	0.24		0	0.07	0.09	
Vitamin A	IU	154		0	44	59	
Vitamin A, RE	:g	46		0	13	17	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.273		0	0.077	0.104	
Lipids:							
Saturated, total	g	0.802		0	0.227	0.305	
4:0	g	0.001		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.001		0	0.000	0.000	
10:0	g	0.001		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.011		0	0.003	0.004	
15.0	g						
16:0	g	0.580		0	0.164	0.220	
17:0	g						
18:0	g	0.193		0	0.055	0.073	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.949	0	0.269	0.361
14:1	g				
16:1	g	0.073	0	0.021	0.028
18:1	g	0.867	0	0.246	0.329
20:1	g	0.007	0	0.002	0.003
22.1	g	0.001	0	0.000	0.000
Polyunsaturated, total	g	0.448	0	0.127	0.170
18:2	g	0.389	0	0.110	0.148
18:3	g	0.015	0	0.004	0.006
18:4	g	0.000	0	0.000	0.000
20:4	g	0.034	0	0.010	0.013
20:5	g	0.001	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.009	0	0.003	0.003
Cholesterol	mg	102	0	29	39
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.072	0	0.020	0.027
Threonine	g	0.213	0	0.060	0.081
Isoleucine	g	0.251	0	0.071	0.095
Leucine	g	0.419	0	0.119	0.159
Lysine	g	0.297	0	0.084	0.113
Methionine	g	0.126	0	0.036	0.048
Cystine	g	0.119	0	0.034	0.045
Phenylalanine	g	0.263	0	0.075	0.100
Tyrosine	g	0.187	0	0.053	0.071
Valine	g	0.281	0	0.080	0.107
Arginine	g	0.264	0	0.075	0.100
Histidine	g	0.119	0	0.034	0.045
Alanine	g	0.231	0	0.065	0.088
Aspartic acid	g	0.391	0	0.111	0.149
Glutamic acid	g	1.223	0	0.347	0.465
Glycine	g	0.178	0	0.050	0.068
Proline	g	0.403	0	0.114	0.153
Serine	g	0.342	0	0.097	0.130
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/12 of 16 oz cake)

NDB No. 18134 Cake, sponge, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 63g	Measure 3*
Proximates:							
Water	g	29.40		0	8.33	18.52	
Energy	kcal	297		0	84	187	
Energy	kj	1243		0	352	783	
Protein (N x 5.95)	g	7.30		0	2.07	4.60	
Total lipid (fat)	g	4.30		0	1.22	2.71	
Carbohydrate, by difference	g	57.70		0	16.36	36.35	
Fiber, total dietary	g						
Ash	g	1.30		0	0.37	0.82	
Sugars, total	g						
Minerals:							
Calcium	mg	42		0	12	26	
Iron	mg	1.58		0	0.45	1.00	
Magnesium	mg	9		0	3	6	
Phosphorus	mg	100		0	28	63	
Potassium	mg	141		0	40	89	
Sodium	mg	228		0	65	144	
Zinc	mg	0.59		0	0.17	0.37	
Copper	mg	0.056		0	0.016	0.035	
Manganese	mg	0.167		0	0.047	0.105	
Selenium	:g	18.5		0	5.2	11.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.159		0	0.045	0.100	
Riboflavin	mg	0.301		0	0.085	0.190	
Niacin	mg	1.204		0	0.341	0.759	
Pantothenic acid	mg	0.546		0	0.155	0.344	
Vitamin B-6	mg	0.059		0	0.017	0.037	
Folate	:g	39		0	11	25	
Vitamin B-12	:g	0.37		0	0.10	0.23	
Vitamin A	IU	258		0	73	163	
Vitamin A, RE	:g	77		0	22	49	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.301		0	0.369	0.820	
4:0	g						
6.0	g						
8:0	g	0.001		0	0.000	0.001	
10:0	g	0.001		0	0.000	0.001	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.014		0	0.004	0.009	
15.0	g						
16:0	g	0.943		0	0.267	0.594	
17:0	g						
18:0	g	0.322		0	0.091	0.203	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.576	0	0.447	0.993
14:1	g				
16:1	g	0.122	0	0.035	0.077
18:1	g	1.439	0	0.408	0.907
20:1	g	0.011	0	0.003	0.007
22.1	g	0.001	0	0.000	0.001
Polyunsaturated, total	g	0.649	0	0.184	0.409
18:2	g	0.556	0	0.158	0.350
18:3	g	0.019	0	0.005	0.012
18:4	g				
20:4	g	0.058	0	0.016	0.037
20:5	g	0.001	0	0.000	0.001
22:5	g				
22:6	g	0.015	0	0.004	0.009
Cholesterol	mg	170	0	48	107
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.089	0	0.025	0.056
Threonine	g	0.308	0	0.087	0.194
Isoleucine	g	0.350	0	0.099	0.220
Leucine	g	0.590	0	0.167	0.372
Lysine	g	0.418	0	0.119	0.263
Methionine	g	0.192	0	0.054	0.121
Cystine	g	0.161	0	0.046	0.101
Phenylalanine	g	0.374	0	0.106	0.236
Tyrosine	g	0.277	0	0.079	0.175
Valine	g	0.395	0	0.112	0.249
Arginine	g	0.404	0	0.115	0.255
Histidine	g	0.172	0	0.049	0.108
Alanine	g	0.350	0	0.099	0.220
Aspartic acid	g	0.600	0	0.170	0.378
Glutamic acid	g	1.427	0	0.405	0.899
Glycine	g	0.250	0	0.071	0.158
Proline	g	0.468	0	0.133	0.295
Serine	g	0.498	0	0.141	0.314
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/12 of 16 oz cake)

NDB No. 18135 Cake, white, dry mix, pudding-type, enriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 524g	Measure 3*
Proximates:							
Water	g	3.50	0.045	16	0.99	18.34	
Energy	kcal	423		0	120	2217	
Energy	kj	1770		0	502	9275	
Protein (N x 5.95)	g	3.90	0.115	16	1.11	20.44	
Total lipid (fat)	g	9.50	0.171	16	2.69	49.78	
Carbohydrate, by difference	g	81.00		0	22.96	424.44	
Fiber, total dietary	g	0.7		0	0.2	3.7	
Ash	g	2.20	0.011	13	0.62	11.53	
Sugars, total	g						
Minerals:							
Calcium	mg	77	1.400	16	22	403	
Iron	mg	1.36	0.031	8	0.39	7.13	
Magnesium	mg	9	0.141	16	3	47	
Phosphorus	mg	277	6.455	16	79	1451	
Potassium	mg	72	9.520	8	20	377	
Sodium	mg	665	4.266	8	189	3485	
Zinc	mg	0.25	0.004	13	0.07	1.31	
Copper	mg	0.056	0.003	7	0.016	0.293	
Manganese	mg	0.278		0	0.079	1.457	
Selenium	：g	2.7		0	0.8	14.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.280	0.015	5	0.079	1.467	
Riboflavin	mg	0.180	0.015	8	0.051	0.943	
Niacin	mg	2.425	0.129	8	0.687	12.707	
Pantothenic acid	mg	0.233		0	0.066	1.221	
Vitamin B-6	mg	0.018		0	0.005	0.094	
Folate	：g	67		0	19	351	
Vitamin B-12	：g	0.04		0	0.01	0.21	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.781		0	0.221	4.092	
Lipids:							
Saturated, total	g	2.340		0	0.663	12.262	
4:0	g	0.001		0	0.000	0.005	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.005	
14:0	g	0.048		0	0.014	0.252	
15.0	g						
16:0	g	1.234		0	0.350	6.466	
17:0	g						
18:0	g	1.106		0	0.314	5.795	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.092	0	1.160	21.442
14:1	g				
16:1	g	0.002	0	0.001	0.010
18:1	g	4.091	0	1.160	21.437
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.544	0	0.721	13.331
18:2	g	1.180	0	0.335	6.183
18:3	g	0.064	0	0.018	0.335
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.055	0	0.016	0.288
Threonine	g	0.119	0	0.034	0.624
Isoleucine	g	0.162	0	0.046	0.849
Leucine	g	0.284	0	0.081	1.488
Lysine	g	0.165	0	0.047	0.865
Methionine	g	0.071	0	0.020	0.372
Cystine	g	0.075	0	0.021	0.393
Phenylalanine	g	0.183	0	0.052	0.959
Tyrosine	g	0.123	0	0.035	0.645
Valine	g	0.185	0	0.052	0.969
Arginine	g	0.146	0	0.041	0.765
Histidine	g	0.083	0	0.024	0.435
Alanine	g	0.119	0	0.034	0.624
Aspartic acid	g	0.184	0	0.052	0.964
Glutamic acid	g	1.194	0	0.338	6.257
Glycine	g	0.122	0	0.035	0.639
Proline	g	0.421	0	0.119	2.206
Serine	g	0.204	0	0.058	1.069
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 package (18.5 oz)

NDB No. 18137 Cake, white, dry mix, regular

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 524g	Measure 3*
Proximates:							
Water	g	4.00	0.095	20	1.13	20.96	
Energy	kcal	426		0	121	2232	
Energy	kj	1782		0	505	9338	
Protein (N x 5.95)	g	4.50	0.079	20	1.28	23.58	
Total lipid (fat)	g	10.90	0.379	20	3.09	57.12	
Carbohydrate, by difference	g	78.00		0	22.11	408.72	
Fiber, total dietary	g	0.9		0	0.3	4.9	
Ash	g	2.70	0.127	12	0.77	14.15	
Sugars, total	g						
Minerals:							
Calcium	mg	192	5.765	6	54	1006	
Iron	mg	1.39	0.057	15	0.39	7.28	
Magnesium	mg	11	0.645	12	3	58	
Phosphorus	mg	337	12.694	17	96	1766	
Potassium	mg	117	13.652	8	33	613	
Sodium	mg	664	13.701	15	188	3479	
Zinc	mg	0.46	0.105	12	0.13	2.41	
Copper	mg	0.081	0.006	12	0.023	0.424	
Manganese	mg	0.205		0	0.058	1.074	
Selenium	：g	8.6		0	2.4	45.1	
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	1.6	
Thiamin	mg	0.235	0.025	4	0.067	1.231	
Riboflavin	mg	0.197	0.013	9	0.056	1.032	
Niacin	mg	1.080	0.385	9	0.306	5.659	
Pantothenic acid	mg	0.294		0	0.083	1.541	
Vitamin B-6	mg	0.028		0	0.008	0.147	
Folate	：g	48		0	14	252	
Vitamin B-12	：g	0.18		0	0.05	0.94	
Vitamin A	IU	2		0	1	10	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.944		0	0.551	10.187	
Lipids:							
Saturated, total	g	1.643		0	0.466	8.609	
4:0	g	0.001		0	0.000	0.005	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.001		0	0.000	0.005	
12:0	g	0.001		0	0.000	0.005	
14:0	g	0.014		0	0.004	0.073	
15.0	g						
16:0	g	1.089		0	0.309	5.706	
17:0	g						
18:0	g	0.535		0	0.152	2.803	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.585	0	1.300	24.025
14:1	g				
16:1	g	0.044	0	0.012	0.231
18:1	g	4.530	0	1.284	23.737
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.101	0	1.163	21.489
18:2	g	3.808	0	1.080	19.954
18:3	g	0.282	0	0.080	1.478
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.060	0	0.017	0.314
Threonine	g	0.138	0	0.039	0.723
Isoleucine	g	0.182	0	0.052	0.954
Leucine	g	0.332	0	0.094	1.740
Lysine	g	0.165	0	0.047	0.865
Methionine	g	0.084	0	0.024	0.440
Cystine	g	0.087	0	0.025	0.456
Phenylalanine	g	0.221	0	0.063	1.158
Tyrosine	g	0.148	0	0.042	0.776
Valine	g	0.208	0	0.059	1.090
Arginine	g	0.176	0	0.050	0.922
Histidine	g	0.101	0	0.029	0.529
Alanine	g	0.143	0	0.041	0.749
Aspartic acid	g	0.218	0	0.062	1.142
Glutamic acid	g	1.397	0	0.396	7.320
Glycine	g	0.146	0	0.041	0.765
Proline	g	0.498	0	0.141	2.610
Serine	g	0.231	0	0.065	1.210
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 package (18.5 oz)

NDB No. 18139 Cake, white, prepared from recipe without frosting

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 887g	Measure 2* 74g	Measure 3*
Proximates:							
Water	g	23.30		0	206.67	17.24	
Energy	kcal	357		0	3167	264	
Energy	kj	1494		0	13252	1106	
Protein (N x 5.95)	g	5.40		0	47.90	4.00	
Total lipid (fat)	g	12.40		0	109.99	9.18	
Carbohydrate, by difference	g	57.20		0	507.36	42.33	
Fiber, total dietary	g	0.8		0	7.1	0.6	
Ash	g	1.80		0	15.97	1.33	
Sugars, total	g						
Minerals:							
Calcium	mg	130		0	1153	96	
Iron	mg	1.52		0	13.48	1.12	
Magnesium	mg	12		0	106	9	
Phosphorus	mg	93		0	825	69	
Potassium	mg	95		0	843	70	
Sodium	mg	327		0	2900	242	
Zinc	mg	0.32		0	2.84	0.24	
Copper	mg	0.059		0	0.523	0.044	
Manganese	mg	0.197		0	1.747	0.146	
Selenium	:g	13.0		0	115.3	9.6	
Vitamins:							
Ascorbic acid	mg	0.2		0	1.8	0.1	
Thiamin	mg	0.186		0	1.650	0.138	
Riboflavin	mg	0.242		0	2.147	0.179	
Niacin	mg	1.533		0	13.598	1.134	
Pantothenic acid	mg	0.184		0	1.632	0.136	
Vitamin B-6	mg	0.021		0	0.186	0.016	
Folate	:g	32		0	284	24	
Vitamin B-12	:g	0.08		0	0.71	0.06	
Vitamin A	IU	56		0	497	41	
Vitamin A, RE	:g	16		0	142	12	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.992		0	8.799	0.734	
Lipids:							
Saturated, total	g	3.269		0	28.996	2.419	
4:0	g	0.018		0	0.160	0.013	
6.0	g	0.011		0	0.098	0.008	
8:0	g	0.006		0	0.053	0.004	
10:0	g	0.014		0	0.124	0.010	
12:0	g	0.015		0	0.133	0.011	
14:0	g	0.101		0	0.896	0.075	
15.0	g						
16:0	g	1.812		0	16.072	1.341	
17:0	g						
18:0	g	1.291		0	11.451	0.955	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.309	0	47.091	3.929
14:1	g				
16:1	g	0.012	0	0.106	0.009
18:1	g	5.296	0	46.976	3.919
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.148	0	27.923	2.330
18:2	g	2.949	0	26.158	2.182
18:3	g	0.199	0	1.765	0.147
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	2	0	18	1
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.067	0	0.594	0.050
Threonine	g	0.190	0	1.685	0.141
Isoleucine	g	0.243	0	2.155	0.180
Leucine	g	0.419	0	3.717	0.310
Lysine	g	0.241	0	2.138	0.178
Methionine	g	0.128	0	1.135	0.095
Cystine	g	0.111	0	0.985	0.082
Phenylalanine	g	0.281	0	2.492	0.208
Tyrosine	g	0.191	0	1.694	0.141
Valine	g	0.276	0	2.448	0.204
Arginine	g	0.235	0	2.084	0.174
Histidine	g	0.124	0	1.100	0.092
Alanine	g	0.215	0	1.907	0.159
Aspartic acid	g	0.350	0	3.104	0.259
Glutamic acid	g	1.373	0	12.179	1.016
Glycine	g	0.179	0	1.588	0.132
Proline	g	0.483	0	4.284	0.357
Serine	g	0.302	0	2.679	0.223
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 2-layer cake (8" or 9" dia)
Measure 2: 1 piece (1/12 of 9" dia)

NDB No. 18140 Cake, yellow, commercially prepared, with chocolate frosting

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 64g	Measure 3*
Proximates:							
Water	g	21.90	0.935	5	6.21	14.02	
Energy	kcal	379		0	107	243	
Energy	kj	1586		0	450	1015	
Protein (N x 5.95)	g	3.80	0.241	7	1.08	2.43	
Total lipid (fat)	g	17.40	1.171	7	4.93	11.14	
Carbohydrate, by difference	g	55.40		0	15.71	35.46	
Fiber, total dietary	g	1.8		0	0.5	1.2	
Ash	g	1.30	0.058	5	0.37	0.83	
Sugars, total	g						
Minerals:							
Calcium	mg	37	12.010	5	10	24	
Iron	mg	2.08	0.489	5	0.59	1.33	
Magnesium	mg	30	1.150	3	9	19	
Phosphorus	mg	161	4.333	3	46	103	
Potassium	mg	178		1	50	114	
Sodium	mg	337	14.562	4	96	216	
Zinc	mg	0.62	0.001	2	0.18	0.40	
Copper	mg	0.188	0.003	2	0.053	0.120	
Manganese	mg	0.260	0.000	2	0.074	0.166	
Selenium	:g	3.4	0.585	4	1.0	2.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120	0.025	3	0.034	0.077	
Riboflavin	mg	0.157	0.023	3	0.045	0.100	
Niacin	mg	1.247	0.253	3	0.354	0.798	
Pantothenic acid	mg	0.282		0	0.080	0.180	
Vitamin B-6	mg	0.033		0	0.009	0.021	
Folate	:g	22		0	6	14	
Vitamin B-12	:g	0.17		0	0.05	0.11	
Vitamin A	IU	110		0	31	70	
Vitamin A, RE	:g	33		0	9	21	
Vitamin D	IU						
Vitamin E, "-TE	mg	2.273		0	0.644	1.455	
Lipids:							
Saturated, total	g	4.656		0	1.320	2.980	
4:0	g	0.001		0	0.000	0.001	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.001		0	0.000	0.001	
10:0	g	0.001		0	0.000	0.001	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.083		0	0.024	0.053	
15.0	g						
16:0	g	2.458		0	0.697	1.573	
17:0	g						
18:0	g	2.100		0	0.595	1.344	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.593		0	2.720	6.140
14:1	g					
16:1	g	0.046		0	0.013	0.029
18:1	g	9.540		0	2.705	6.106
20:1	g	0.004		0	0.001	0.003
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.113		0	0.599	1.352
18:2	g	1.985		0	0.563	1.270
18:3	g	0.100		0	0.028	0.064
18:4	g	0.000		0	0.000	0.000
20:4	g	0.022		0	0.006	0.014
20:5	g	0.001		0	0.000	0.001
22:5	g	0.000		0	0.000	0.000
22:6	g	0.006		0	0.002	0.004
Cholesterol	mg	55	0.498	2	16	35
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.050		0	0.014	0.032
Threonine	g	0.146		0	0.041	0.093
Isoleucine	g	0.173		0	0.049	0.111
Leucine	g	0.284		0	0.081	0.182
Lysine	g	0.209		0	0.059	0.134
Methionine	g	0.082		0	0.023	0.052
Cystine	g	0.073		0	0.021	0.047
Phenylalanine	g	0.185		0	0.052	0.118
Tyrosine	g	0.137		0	0.039	0.088
Valine	g	0.207		0	0.059	0.132
Arginine	g	0.185		0	0.052	0.118
Histidine	g	0.081		0	0.023	0.052
Alanine	g	0.161		0	0.046	0.103
Aspartic acid	g	0.290		0	0.082	0.186
Glutamic acid	g	0.781		0	0.221	0.500
Glycine	g	0.128		0	0.036	0.082
Proline	g	0.260		0	0.074	0.166
Serine	g	0.222		0	0.063	0.142
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/8 of 18 oz cake)

NDB No. 18141 Cake, yellow, commercially prepared, with vanilla frosting

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 64g	Measure 3*
Proximates:							
Water	g	22.10	1.326	4	6.27	14.14	
Energy	kcal	373		0	106	239	
Energy	kj	1561		0	443	999	
Protein (N x 5.95)	g	3.50	0.246	5	0.99	2.24	
Total lipid (fat)	g	14.50	1.399	6	4.11	9.28	
Carbohydrate, by difference	g	58.80		0	16.67	37.63	
Fiber, total dietary	g	0.3		0	0.1	0.2	
Ash	g	1.00	0.025	4	0.28	0.64	
Sugars, total	g						
Minerals:							
Calcium	mg	62	2.776	31	18	40	
Iron	mg	1.07	0.050	29	0.30	0.68	
Magnesium	mg	6	0.314	32	2	4	
Phosphorus	mg	143	3.702	31	41	92	
Potassium	mg	53	3.319	32	15	34	
Sodium	mg	344	5.681	32	98	220	
Zinc	mg	0.25	0.010	27	0.07	0.16	
Copper	mg	0.034	0.002	28	0.010	0.022	
Manganese	mg	0.095	0.004	28	0.027	0.061	
Selenium	ΐg	5.5		0	1.6	3.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		1	0.028	0.064	
Riboflavin	mg	0.070		1	0.020	0.045	
Niacin	mg	0.500		1	0.142	0.320	
Pantothenic acid	mg	0.350		0	0.099	0.224	
Vitamin B-6	mg	0.027		0	0.008	0.017	
Folate	ΐg	27		0	8	17	
Vitamin B-12	ΐg	0.15		0	0.04	0.10	
Vitamin A	IU	63	6.377	4	18	40	
Vitamin A, RE	ΐg	19		0	5	12	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.371		0	0.672	1.517	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.018		0	0.005	0.012	
15.0	g						
16:0	g	1.590		0	0.451	1.018	
17:0	g						
18:0	g	0.754		0	0.214	0.483	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.107	0	1.731	3.908
14:1	g				
16:1	g	0.092	0	0.026	0.059
18:1	g	5.998	0	1.700	3.839
20:1	g	0.004	0	0.001	0.003
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	5.150	0	1.460	3.296
18:2	g	4.766	0	1.351	3.050
18:3	g	0.347	0	0.098	0.222
18:4	g				
20:4	g	0.018	0	0.005	0.012
20:5	g	0.001	0	0.000	0.001
22:5	g				
22:6	g	0.005	0	0.001	0.003
Cholesterol	mg	55	0	16	35
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.046	0	0.013	0.029
Threonine	g	0.142	0	0.040	0.091
Isoleucine	g	0.177	0	0.050	0.113
Leucine	g	0.290	0	0.082	0.186
Lysine	g	0.216	0	0.061	0.138
Methionine	g	0.087	0	0.025	0.056
Cystine	g	0.067	0	0.019	0.043
Phenylalanine	g	0.174	0	0.049	0.111
Tyrosine	g	0.136	0	0.039	0.087
Valine	g	0.199	0	0.056	0.127
Arginine	g	0.163	0	0.046	0.104
Histidine	g	0.082	0	0.023	0.052
Alanine	g	0.147	0	0.042	0.094
Aspartic acid	g	0.263	0	0.075	0.168
Glutamic acid	g	0.751	0	0.213	0.481
Glycine	g	0.106	0	0.030	0.068
Proline	g	0.271	0	0.077	0.173
Serine	g	0.216	0	0.061	0.138
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/8 of 18 oz cake)

NDB No. 18142 Cake, yellow, dry mix, pudding-type

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 524g	Measure 3*
Proximates:							
Water	g	4.00	0.084	48	1.13	20.96	
Energy	kcal	423		0	120	2217	
Energy	kj	1770		0	502	9275	
Protein (N x 5.95)	g	4.00	0.103	46	1.13	20.96	
Total lipid (fat)	g	9.80	0.089	46	2.78	51.35	
Carbohydrate, by difference	g	79.90		0	22.65	418.68	
Fiber, total dietary	g	0.7		0	0.2	3.8	
Ash	g	2.20	0.012	45	0.62	11.53	
Sugars, total	g						
Minerals:							
Calcium	mg	115	7.275	44	33	603	
Iron	mg	1.57	0.081	43	0.45	8.23	
Magnesium	mg	9	0.143	32	3	47	
Phosphorus	mg	253	4.025	28	72	1326	
Potassium	mg	63	4.962	36	18	330	
Sodium	mg	687	12.856	44	195	3600	
Zinc	mg	0.27	0.008	26	0.08	1.41	
Copper	mg	0.058	0.004	20	0.016	0.304	
Manganese	mg	0.280		0	0.079	1.467	
Selenium	‡g	2.4		1	0.7	12.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.307	0.007	55	0.087	1.609	
Riboflavin	mg	0.188	0.005	55	0.053	0.985	
Niacin	mg	2.588	0.059	56	0.734	13.561	
Pantothenic acid	mg	0.242		0	0.069	1.268	
Vitamin B-6	mg	0.016	0.002	6	0.005	0.084	
Folate	‡g	68		0	19	356	
Vitamin B-12	‡g	0.05		0	0.01	0.26	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	‡g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.316		0	0.373	6.896	
Lipids:							
Saturated, total	g	2.472		0	0.701	12.953	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.049		0	0.014	0.257	
15.0	g						
16:0	g	1.277		0	0.362	6.691	
17:0	g						
18:0	g	1.143		0	0.324	5.989	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.496	0	1.558	28.799
14:1	g				
16:1	g	0.002	0	0.001	0.010
18:1	g	5.494	0	1.558	28.789
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.295	0	0.367	6.786
18:2	g	1.229	0	0.348	6.440
18:3	g	0.066	0	0.019	0.346
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.056	0	0.016	0.293
Threonine	g	0.120	0	0.034	0.629
Isoleucine	g	0.163	0	0.046	0.854
Leucine	g	0.286	0	0.081	1.499
Lysine	g	0.162	0	0.046	0.849
Methionine	g	0.072	0	0.020	0.377
Cystine	g	0.079	0	0.022	0.414
Phenylalanine	g	0.188	0	0.053	0.985
Tyrosine	g	0.124	0	0.035	0.650
Valine	g	0.186	0	0.053	0.975
Arginine	g	0.150	0	0.043	0.786
Histidine	g	0.084	0	0.024	0.440
Alanine	g	0.122	0	0.035	0.639
Aspartic acid	g	0.184	0	0.052	0.964
Glutamic acid	g	1.239	0	0.351	6.492
Glycine	g	0.127	0	0.036	0.665
Proline	g	0.433	0	0.123	2.269
Serine	g	0.209	0	0.059	1.095
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 package (18.5 oz)

NDB No. 18144 Cake, yellow, dry mix, regular, enriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 524g	Measure 3*
Proximates:							
Water	g	3.70	0.066	86	1.05	19.39	
Energy	kcal	432		0	122	2264	
Energy	kj	1807		0	512	9469	
Protein (N x 5.95)	g	4.40	0.057	80	1.25	23.06	
Total lipid (fat)	g	11.60	0.225	79	3.29	60.78	
Carbohydrate, by difference	g	78.10		0	22.14	409.24	
Fiber, total dietary	g	1.1		0	0.3	5.8	
Ash	g	2.30	0.041	61	0.65	12.05	
Sugars, total	g						
Minerals:							
Calcium	mg	135	6.465	50	38	707	
Iron	mg	1.50	0.053	60	0.43	7.86	
Magnesium	mg	10	0.456	46	3	52	
Phosphorus	mg	310	7.955	55	88	1624	
Potassium	mg	82	5.163	27	23	430	
Sodium	mg	657	18.708	61	186	3443	
Zinc	mg	0.27	0.009	43	0.08	1.41	
Copper	mg	0.072	0.003	37	0.020	0.377	
Manganese	mg	0.191	0.048	3	0.054	1.001	
Selenium	:g	3.0		0	0.9	15.7	
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	1.0	
Thiamin	mg	0.193	0.007	33	0.055	1.011	
Riboflavin	mg	0.200	0.019	33	0.057	1.048	
Niacin	mg	1.778	0.125	24	0.504	9.317	
Pantothenic acid	mg	0.364	0.071	4	0.103	1.907	
Vitamin B-6	mg	0.077	0.005	2	0.022	0.403	
Folate	:g	66		0	19	346	
Vitamin B-12	:g	0.10		0	0.03	0.52	
Vitamin A	IU	1		0	0	5	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	2.066		0	0.586	10.826	
Lipids:							
Saturated, total	g	1.738		0	0.493	9.107	
4:0	g	0.001		0	0.000	0.005	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.014		0	0.004	0.073	
15.0	g						
16:0	g	1.154		0	0.327	6.047	
17:0	g						
18:0	g	0.565		0	0.160	2.961	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.860		0	1.378	25.466
14:1	g					
16:1	g	0.047		0	0.013	0.246
18:1	g	4.802		0	1.361	25.162
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	4.378		0	1.241	22.941
18:2	g	4.066		0	1.153	21.306
18:3	g	0.301		0	0.085	1.577
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	2	0.235	2	1	10
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.061		0	0.017	0.320
Threonine	g	0.137		0	0.039	0.718
Isoleucine	g	0.187		0	0.053	0.980
Leucine	g	0.325		0	0.092	1.703
Lysine	g	0.197		0	0.056	1.032
Methionine	g	0.081		0	0.023	0.424
Cystine	g	0.079		0	0.022	0.414
Phenylalanine	g	0.204		0	0.058	1.069
Tyrosine	g	0.144		0	0.041	0.755
Valine	g	0.213		0	0.060	1.116
Arginine	g	0.162		0	0.046	0.849
Histidine	g	0.094		0	0.027	0.493
Alanine	g	0.134		0	0.038	0.702
Aspartic acid	g	0.216		0	0.061	1.132
Glutamic acid	g	1.288		0	0.365	6.749
Glycine	g	0.132		0	0.037	0.692
Proline	g	0.463		0	0.131	2.426
Serine	g	0.228		0	0.065	1.195
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 package (18.5 oz)

NDB No. 18146 Cake, yellow, prepared from recipe without frosting

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 817g	Measure 2* 68g	Measure 3*
Proximates:							
Water	g	25.10		0	205.07	17.07	
Energy	kcal	361		0	2949	245	
Energy	kj	1510		0	12337	1027	
Protein (N x 5.95)	g	5.30		0	43.30	3.60	
Total lipid (fat)	g	14.60		0	119.28	9.93	
Carbohydrate, by difference	g	53.00		0	433.01	36.04	
Fiber, total dietary	g	0.7		0	5.7	0.5	
Ash	g	1.90		0	15.52	1.29	
Sugars, total	g						
Minerals:							
Calcium	mg	146		0	1193	99	
Iron	mg	1.64		0	13.40	1.12	
Magnesium	mg	12		0	98	8	
Phosphorus	mg	117		0	956	80	
Potassium	mg	91		0	743	62	
Sodium	mg	343		0	2802	233	
Zinc	mg	0.45		0	3.68	0.31	
Copper	mg	0.056		0	0.458	0.038	
Manganese	mg	0.190		0	1.552	0.129	
Selenium	:g	13.7		0	111.9	9.3	
Vitamins:							
Ascorbic acid	mg	0.2		0	1.6	0.1	
Thiamin	mg	0.183		0	1.495	0.124	
Riboflavin	mg	0.233		0	1.904	0.158	
Niacin	mg	1.456		0	11.896	0.990	
Pantothenic acid	mg	0.310		0	2.533	0.211	
Vitamin B-6	mg	0.036		0	0.294	0.024	
Folate	:g	34		0	278	23	
Vitamin B-12	:g	0.16		0	1.31	0.11	
Vitamin A	IU	139		0	1136	95	
Vitamin A, RE	:g	40		0	327	27	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.204		0	9.837	0.819	
Lipids:							
Saturated, total	g	3.924		0	32.059	2.668	
4:0	g	0.019		0	0.155	0.013	
6.0	g	0.011		0	0.090	0.007	
8:0	g	0.007		0	0.057	0.005	
10:0	g	0.015		0	0.123	0.010	
12:0	g	0.017		0	0.139	0.012	
14:0	g	0.114		0	0.931	0.078	
15.0	g						
16:0	g	2.235		0	18.260	1.520	
17:0	g						
18:0	g	1.498		0	12.239	1.019	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.229	0	50.891	4.236
14:1	g				
16:1	g	0.050	0	0.409	0.034
18:1	g	6.173	0	50.433	4.198
20:1	g	0.003	0	0.025	0.002
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.570	0	29.167	2.428
18:2	g	3.328	0	27.190	2.263
18:3	g	0.219	0	1.789	0.149
18:4	g	0.000	0	0.000	0.000
20:4	g	0.017	0	0.139	0.012
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.005	0	0.041	0.003
Cholesterol	mg	54	0	441	37
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.066	0	0.539	0.045
Threonine	g	0.191	0	1.560	0.130
Isoleucine	g	0.236	0	1.928	0.160
Leucine	g	0.414	0	3.382	0.282
Lysine	g	0.246	0	2.010	0.167
Methionine	g	0.120	0	0.980	0.082
Cystine	g	0.103	0	0.842	0.070
Phenylalanine	g	0.266	0	2.173	0.181
Tyrosine	g	0.191	0	1.560	0.130
Valine	g	0.268	0	2.190	0.182
Arginine	g	0.238	0	1.944	0.162
Histidine	g	0.124	0	1.013	0.084
Alanine	g	0.206	0	1.683	0.140
Aspartic acid	g	0.342	0	2.794	0.233
Glutamic acid	g	1.329	0	10.858	0.904
Glycine	g	0.171	0	1.397	0.116
Proline	g	0.473	0	3.864	0.322
Serine	g	0.303	0	2.476	0.206
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 2-layer cake (8" dia)
Measure 2: 1 piece (1/12 of 8" dia)

NDB No. 18147 Cheesecake commercially prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 80g	Measure 3*
Proximates:							
Water	g	45.60	1.287	4	12.93	36.48	
Energy	kcal	321		0	91	257	
Energy	kj	1343		0	381	1074	
Protein (N x 5.95)	g	5.50	0.553	4	1.56	4.40	
Total lipid (fat)	g	22.50	1.514	5	6.38	18.00	
Carbohydrate, by difference	g	25.50		0	7.23	20.40	
Fiber, total dietary	g	0.4		0	0.1	0.3	
Ash	g	0.90	0.069	6	0.26	0.72	
Sugars, total	g						
Minerals:							
Calcium	mg	51	3.541	4	14	41	
Iron	mg	0.63	0.100	4	0.18	0.50	
Magnesium	mg	11	0.647	4	3	9	
Phosphorus	mg	93	8.299	4	26	74	
Potassium	mg	90	6.066	4	26	72	
Sodium	mg	207	25.604	4	59	166	
Zinc	mg	0.51	0.060	4	0.14	0.41	
Copper	mg	0.020	0.020	3	0.006	0.016	
Manganese	mg	0.140	0.014	2	0.040	0.112	
Selenium	:g	5.2		0	1.5	4.2	
Vitamins:							
Ascorbic acid	mg	0.4		0	0.1	0.3	
Thiamin	mg	0.028	0.001	10	0.008	0.022	
Riboflavin	mg	0.193	0.011	10	0.055	0.154	
Niacin	mg	0.195	0.049	10	0.055	0.156	
Pantothenic acid	mg	0.571	0.009	8	0.162	0.457	
Vitamin B-6	mg	0.052	0.000	8	0.015	0.042	
Folate	:g	18		0	5	14	
Vitamin B-12	:g	0.17	0.011	8	0.05	0.14	
Vitamin A	IU	547		0	155	438	
Vitamin A, RE	:g	146		0	41	117	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.581		0	0.448	1.265	
Lipids:							
Saturated, total	g	9.921		0	2.813	7.937	
4:0	g	0.354		0	0.100	0.283	
6.0	g	0.134		0	0.038	0.107	
8:0	g	0.119		0	0.034	0.095	
10:0	g	0.246		0	0.070	0.197	
12:0	g	0.207		0	0.059	0.166	
14:0	g	1.266		0	0.359	1.013	
15.0	g						
16:0	g	4.775		0	1.354	3.820	
17:0	g						
18:0	g	2.490		0	0.706	1.992	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.634		0	2.448	6.907
14:1	g					
16:1	g	0.346		0	0.098	0.277
18:1	g	8.119		0	2.302	6.495
20:1	g	0.002		0	0.001	0.002
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.602		0	0.454	1.282
18:2	g	1.364		0	0.387	1.091
18:3	g	0.223		0	0.063	0.178
18:4	g	0.000		0	0.000	0.000
20:4	g	0.012		0	0.003	0.010
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.005		0	0.001	0.004
Cholesterol	mg	55	21.000	2	16	44
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.064		0	0.018	0.051
Threonine	g	0.222		0	0.063	0.178
Isoleucine	g	0.281		0	0.080	0.225
Leucine	g	0.464		0	0.132	0.371
Lysine	g	0.372		0	0.105	0.298
Methionine	g	0.136		0	0.039	0.109
Cystine	g	0.071		0	0.020	0.057
Phenylalanine	g	0.258		0	0.073	0.206
Tyrosine	g	0.222		0	0.063	0.178
Valine	g	0.314		0	0.089	0.251
Arginine	g	0.251		0	0.071	0.201
Histidine	g	0.133		0	0.038	0.106
Alanine	g	0.252		0	0.071	0.202
Aspartic acid	g	0.406		0	0.115	0.325
Glutamic acid	g	1.022		0	0.290	0.818
Glycine	g	0.221		0	0.063	0.177
Proline	g	0.481		0	0.136	0.385
Serine	g	0.307		0	0.087	0.246
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1/6 of 17 oz cake

NDB No. 18148 Cheesecake prepared from mix, no-bake type

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 99g	Measure 3*
Proximates:							
Water	g	44.20	0.961	6	12.53	43.76	
Energy	kcal	274		0	78	271	
Energy	kj	1146		0	325	1135	
Protein (N x 5.95)	g	5.50	0.163	6	1.56	5.45	
Total lipid (fat)	g	12.70	0.571	7	3.60	12.57	
Carbohydrate, by difference	g	35.50		0	10.06	35.15	
Fiber, total dietary	g	1.9		0	0.5	1.9	
Ash	g	2.00	0.066	8	0.57	1.98	
Sugars, total	g						
Minerals:							
Calcium	mg	172	14.902	6	49	170	
Iron	mg	0.47	0.053	6	0.13	0.47	
Magnesium	mg	19	0.787	4	5	19	
Phosphorus	mg	234	18.645	6	66	232	
Potassium	mg	211	14.076	6	60	209	
Sodium	mg	380	52.785	6	108	376	
Zinc	mg	0.46	0.065	4	0.13	0.46	
Copper	mg	0.029	0.012	4	0.008	0.029	
Manganese	mg	0.120	0.021	2	0.034	0.119	
Selenium	：g	4.7		0	1.3	4.7	
Vitamins:							
Ascorbic acid	mg	0.5	0.080	2	0.1	0.5	
Thiamin	mg	0.121	0.013	12	0.034	0.120	
Riboflavin	mg	0.263	0.011	12	0.075	0.260	
Niacin	mg	0.493	0.031	12	0.140	0.488	
Pantothenic acid	mg	0.612	0.056	10	0.174	0.606	
Vitamin B-6	mg	0.052	0.002	10	0.015	0.051	
Folate	：g	30		0	9	30	
Vitamin B-12	：g	0.31	0.025	10	0.09	0.31	
Vitamin A	IU	366	35.454	4	104	362	
Vitamin A, RE	：g	99		0	28	98	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	6.691		0	1.897	6.624	
4:0	g	0.282		0	0.080	0.279	
6.0	g	0.120		0	0.034	0.119	
8:0	g	0.096		0	0.027	0.095	
10:0	g	0.201		0	0.057	0.199	
12:0	g	0.181		0	0.051	0.179	
14:0	g	0.969		0	0.275	0.959	
15.0	g						
16:0	g	3.109		0	0.881	3.078	
17:0	g						
18:0	g	1.487		0	0.422	1.472	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.519	0	1.281	4.474
14:1	g				
16:1	g	0.242	0	0.069	0.240
18:1	g	4.145	0	1.175	4.104
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.808	0	0.229	0.800
18:2	g	0.650	0	0.184	0.644
18:3	g	0.157	0	0.045	0.155
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	29	0	8	29
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.066	0	0.019	0.065
Threonine	g	0.209	0	0.059	0.207
Isoleucine	g	0.269	0	0.076	0.266
Leucine	g	0.468	0	0.133	0.463
Lysine	g	0.363	0	0.103	0.359
Methionine	g	0.116	0	0.033	0.115
Cystine	g	0.069	0	0.020	0.068
Phenylalanine	g	0.264	0	0.075	0.261
Tyrosine	g	0.220	0	0.062	0.218
Valine	g	0.302	0	0.086	0.299
Arginine	g	0.202	0	0.057	0.200
Histidine	g	0.147	0	0.042	0.146
Alanine	g	0.172	0	0.049	0.170
Aspartic acid	g	0.345	0	0.098	0.342
Glutamic acid	g	1.325	0	0.376	1.312
Glycine	g	0.132	0	0.037	0.131
Proline	g	0.519	0	0.147	0.514
Serine	g	0.279	0	0.079	0.276
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/12 of 9" dia)

NDB No. 18150 Cookies, animal crackers (includes arrowroot, tea biscuits)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 5g	Measure 3* 3g
Proximates:							
Water	g	3.90	0.182	42	1.11	0.19	0.10
Energy	kcal	446		0	126	22	11
Energy	kj	1866		0	529	91	47
Protein (N x 5.95)	g	6.90	0.155	46	1.96	0.34	0.17
Total lipid (fat)	g	13.80	0.229	46	3.91	0.68	0.35
Carbohydrate, by difference	g	74.10		0	21.01	3.63	1.85
Fiber, total dietary	g	1.1		0	0.3	0.1	0.0
Ash	g	1.30	0.028	44	0.37	0.06	0.03
Sugars, total	g						
Minerals:							
Calcium	mg	43	5.640	36	12	2	1
Iron	mg	2.75	0.067	37	0.78	0.13	0.07
Magnesium	mg	18	0.492	32	5	1	0
Phosphorus	mg	114	6.234	35	32	6	3
Potassium	mg	100	2.785	34	28	5	3
Sodium	mg	393	12.049	45	111	19	10
Zinc	mg	0.64	0.029	32	0.18	0.03	0.02
Copper	mg	0.157	0.012	31	0.045	0.008	0.004
Manganese	mg	0.423	0.015	27	0.120	0.021	0.011
Selenium	:g	7.0	2.000	4	2.0	0.3	0.2
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.350	0.015	37	0.099	0.017	0.009
Riboflavin	mg	0.326	0.015	34	0.092	0.016	0.008
Niacin	mg	3.470	0.124	35	0.984	0.170	0.087
Pantothenic acid	mg	0.376	0.164	2	0.107	0.018	0.009
Vitamin B-6	mg	0.022	0.002	2	0.006	0.001	0.001
Folate	:g	85		0	24	4	2
Vitamin B-12	:g	0.05		1	0.01	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	1.844		0	0.523	0.090	0.046
Lipids:							
Saturated, total	g	3.463		0	0.982	0.170	0.087
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	0.067		0	0.019	0.003	0.002
15.0	g						
16:0	g	1.797		0	0.509	0.088	0.045
17:0	g						
18:0	g	1.591		0	0.451	0.078	0.040
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.666	0	2.173	0.376	0.192
14:1	g					
16:1	g	0.003	0	0.001	0.000	0.000
18:1	g	7.663	0	2.172	0.375	0.192
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.873	0	0.531	0.092	0.047
18:2	g	1.776	0	0.503	0.087	0.044
18:3	g	0.096	0	0.027	0.005	0.002
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.099	0	0.028	0.005	0.002
Threonine	g	0.193	0	0.055	0.009	0.005
Isoleucine	g	0.263	0	0.075	0.013	0.007
Leucine	g	0.470	0	0.133	0.023	0.012
Lysine	g	0.242	0	0.069	0.012	0.006
Methionine	g	0.116	0	0.033	0.006	0.003
Cystine	g	0.149	0	0.042	0.007	0.004
Phenylalanine	g	0.324	0	0.092	0.016	0.008
Tyrosine	g	0.196	0	0.056	0.010	0.005
Valine	g	0.303	0	0.086	0.015	0.008
Arginine	g	0.263	0	0.075	0.013	0.007
Histidine	g	0.140	0	0.040	0.007	0.004
Alanine	g	0.209	0	0.059	0.010	0.005
Aspartic acid	g	0.292	0	0.083	0.014	0.007
Glutamic acid	g	2.262	0	0.641	0.111	0.057
Glycine	g	0.231	0	0.065	0.011	0.006
Proline	g	0.763	0	0.216	0.037	0.019
Serine	g	0.362	0	0.103	0.018	0.009
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 Arrowroot biscuit (Include Arrowroot cookie)
Measure 3: 1 cracker

NDB No. 18151 Cookies, brownies, commercially prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 56g	Measure 3* 61g
Proximates:							
Water	g	13.60	0.647	15	3.86	7.62	8.30
Energy	kcal	405		0	115	227	247
Energy	kj	1695		0	481	949	1034
Protein (N x 5.95)	g	4.80	0.173	19	1.36	2.69	2.93
Total lipid (fat)	g	16.30	0.610	21	4.62	9.13	9.94
Carbohydrate, by difference	g	63.90		0	18.12	35.78	38.98
Fiber, total dietary	g	2.1		0	0.6	1.2	1.3
Ash	g	1.30	0.083	16	0.37	0.73	0.79
Sugars, total	g						
Minerals:							
Calcium	mg	29	2.976	18	8	16	18
Iron	mg	2.25	0.156	18	0.64	1.26	1.37
Magnesium	mg	31	1.880	11	9	17	19
Phosphorus	mg	101	8.275	12	29	57	62
Potassium	mg	149	17.040	11	42	83	91
Sodium	mg	312	34.632	13	88	175	190
Zinc	mg	0.72	0.033	9	0.20	0.40	0.44
Copper	mg	0.224	0.021	10	0.064	0.125	0.137
Manganese	mg	0.128		0	0.036	0.072	0.078
Selenium	:g	6.3		0	1.8	3.5	3.8
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.255	0.034	16	0.072	0.143	0.156
Riboflavin	mg	0.210	0.016	18	0.060	0.118	0.128
Niacin	mg	1.721	0.234	17	0.488	0.964	1.050
Pantothenic acid	mg	0.547		1	0.155	0.306	0.334
Vitamin B-6	mg	0.035		1	0.010	0.020	0.021
Folate	:g	21		0	6	12	13
Vitamin B-12	:g	0.07		0	0.02	0.04	0.04
Vitamin A	IU	69		1	20	39	42
Vitamin A, RE	:g	6		0	2	3	4
Vitamin D	IU						
Vitamin E, "-TE	mg	2.091		0	0.593	1.171	1.276
Lipids:							
Saturated, total	g	4.235		0	1.201	2.372	2.583
4:0	g	0.001		0	0.000	0.001	0.001
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	0.078		0	0.022	0.044	0.048
15.0	g						
16:0	g	2.176		0	0.617	1.219	1.327
17:0	g						
18:0	g	1.973		0	0.559	1.105	1.204
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.965		0	2.542	5.020	5.469
14:1	g						
16:1	g	0.011		0	0.003	0.006	0.007
18:1	g	8.946		0	2.536	5.010	5.457
20:1	g	0.006		0	0.002	0.003	0.004
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	2.259		0	0.640	1.265	1.378
18:2	g	2.090		0	0.593	1.170	1.275
18:3	g	0.159		0	0.045	0.089	0.097
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.004		0	0.001	0.002	0.002
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	0.001		0	0.000	0.001	0.001
Cholesterol	mg	17	8.577	4	5	10	10
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.064		0	0.018	0.036	0.039
Threonine	g	0.189		0	0.054	0.106	0.115
Isoleucine	g	0.224		0	0.064	0.125	0.137
Leucine	g	0.361		0	0.102	0.202	0.220
Lysine	g	0.260		0	0.074	0.146	0.159
Methionine	g	0.112		0	0.032	0.063	0.068
Cystine	g	0.105		0	0.030	0.059	0.064
Phenylalanine	g	0.241		0	0.068	0.135	0.147
Tyrosine	g	0.166		0	0.047	0.093	0.101
Valine	g	0.264		0	0.075	0.148	0.161
Arginine	g	0.256		0	0.073	0.143	0.156
Histidine	g	0.102		0	0.029	0.057	0.062
Alanine	g	0.219		0	0.062	0.123	0.134
Aspartic acid	g	0.392		0	0.111	0.220	0.239
Glutamic acid	g	0.952		0	0.270	0.533	0.581
Glycine	g	0.171		0	0.048	0.096	0.104
Proline	g	0.298		0	0.084	0.167	0.182
Serine	g	0.285		0	0.081	0.160	0.174
Other:							
Caffeine	mg	2		0	1	1	1
Theobromine	mg	78		0	22	44	48
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 large (2-3/4" sq x 7/8")
Measure 3: 1 Little Debbie package (twin wrapped)

NDB No. 18152 Cookies, brownies, dry mix, regular

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 610g	Measure 3*
Proximates:							
Water	g	2.80	0.044	40	0.79	17.08	
Energy	kcal	434		0	123	2647	
Energy	kj	1816		0	515	11078	
Protein (N x 5.95)	g	4.00	0.047	37	1.13	24.40	
Total lipid (fat)	g	14.90	0.597	39	4.22	90.89	
Carbohydrate, by difference	g	76.60		0	21.72	467.26	
Fiber, total dietary	g						
Ash	g	1.30	0.023	29	0.37	7.93	
Sugars, total	g						
Minerals:							
Calcium	mg	19	0.571	36	5	116	
Iron	mg	1.99	0.075	32	0.56	12.14	
Magnesium	mg	40	1.046	25	11	244	
Phosphorus	mg	82	2.679	37	23	500	
Potassium	mg	219	14.627	29	62	1336	
Sodium	mg	303	13.419	37	86	1848	
Zinc	mg	0.64	0.022	25	0.18	3.90	
Copper	mg	0.276	0.011	22	0.078	1.684	
Manganese	mg	0.351		0	0.100	2.141	
Selenium	:g	2.6		0	0.7	15.9	
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	1.8	
Thiamin	mg	0.165	0.007	29	0.047	1.006	
Riboflavin	mg	0.162	0.009	29	0.046	0.988	
Niacin	mg	1.882	0.081	25	0.534	11.480	
Pantothenic acid	mg	0.131		0	0.037	0.799	
Vitamin B-6	mg	0.067		0	0.019	0.409	
Folate	:g	35		0	10	214	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	11		0	3	67	
Vitamin A, RE	:g	1		0	0	6	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.519		0	0.714	15.366	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.026		0	0.007	0.159	
15.0	g						
16:0	g	1.543		0	0.437	9.412	
17:0	g						
18:0	g	0.935		0	0.265	5.704	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.158	0	1.462	31.464
14:1	g				
16:1	g	0.046	0	0.013	0.281
18:1	g	5.045	0	1.430	30.774
20:1	g	0.042	0	0.012	0.256
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	6.373	0	1.807	38.875
18:2	g	5.549	0	1.573	33.849
18:3	g	0.771	0	0.219	4.703
18:4	g	0.000	0	0.000	0.000
20:4	g	0.002	0	0.001	0.012
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.058	0	0.016	0.354
Threonine	g	0.134	0	0.038	0.817
Isoleucine	g	0.154	0	0.044	0.939
Leucine	g	0.261	0	0.074	1.592
Lysine	g	0.165	0	0.047	1.006
Methionine	g	0.057	0	0.016	0.348
Cystine	g	0.071	0	0.020	0.433
Phenylalanine	g	0.191	0	0.054	1.165
Tyrosine	g	0.132	0	0.037	0.805
Valine	g	0.209	0	0.059	1.275
Arginine	g	0.228	0	0.065	1.391
Histidine	g	0.078	0	0.022	0.476
Alanine	g	0.155	0	0.044	0.946
Aspartic acid	g	0.297	0	0.084	1.812
Glutamic acid	g	0.952	0	0.270	5.807
Glycine	g	0.163	0	0.046	0.994
Proline	g	0.296	0	0.084	1.806
Serine	g	0.195	0	0.055	1.190
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 package (21.5 oz)

NDB No. 18154 Cookies, brownies, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 24g	Measure 3*
Proximates:							
Water	g	12.60		0	3.57	3.02	
Energy	kcal	466		0	132	112	
Energy	kj	1950		0	553	468	
Protein (N x 5.95)	g	6.20		0	1.76	1.49	
Total lipid (fat)	g	29.10		0	8.25	6.98	
Carbohydrate, by difference	g	50.20		0	14.23	12.05	
Fiber, total dietary	g						
Ash	g	1.60		0	0.45	0.38	
Sugars, total	g						
Minerals:							
Calcium	mg	57		0	16	14	
Iron	mg	1.84		0	0.52	0.44	
Magnesium	mg	53		0	15	13	
Phosphorus	mg	132		0	37	32	
Potassium	mg	176		0	50	42	
Sodium	mg	343		0	97	82	
Zinc	mg	0.97		0	0.27	0.23	
Copper	mg	0.388		0	0.110	0.093	
Manganese	mg	0.587		0	0.166	0.141	
Selenium	:g	11.5		0	3.3	2.8	
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	0.1	
Thiamin	mg	0.141		0	0.040	0.034	
Riboflavin	mg	0.190		0	0.054	0.046	
Niacin	mg	0.982		0	0.278	0.236	
Pantothenic acid	mg	0.328		0	0.093	0.079	
Vitamin B-6	mg	0.094		0	0.027	0.023	
Folate	:g	29		0	8	7	
Vitamin B-12	:g	0.16		0	0.05	0.04	
Vitamin A	IU	765		0	217	184	
Vitamin A, RE	:g	199		0	56	48	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	7.319		0	2.075	1.757	
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	0.000	0.000	
10:0	g	0.001		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.074		0	0.021	0.018	
15.0	g						
16:0	g	4.158		0	1.179	0.998	
17:0	g						
18:0	g	3.037		0	0.861	0.729	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.839	0	3.073	2.601
14:1	g				
16:1	g	0.068	0	0.019	0.016
18:1	g	10.710	0	3.036	2.570
20:1	g	0.059	0	0.017	0.014
22.1	g	0.001	0	0.000	0.000
Polyunsaturated, total	g	9.412	0	2.668	2.259
18:2	g	8.446	0	2.394	2.027
18:3	g	0.932	0	0.264	0.224
18:4	g	0.000	0	0.000	0.000
20:4	g	0.027	0	0.008	0.006
20:5	g	0.001	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.006	0	0.002	0.001
Cholesterol	mg	73	0	21	18
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.078	0	0.022	0.019
Threonine	g	0.228	0	0.065	0.055
Isoleucine	g	0.265	0	0.075	0.064
Leucine	g	0.447	0	0.127	0.107
Lysine	g	0.283	0	0.080	0.068
Methionine	g	0.132	0	0.037	0.032
Cystine	g	0.125	0	0.035	0.030
Phenylalanine	g	0.298	0	0.084	0.072
Tyrosine	g	0.215	0	0.061	0.052
Valine	g	0.323	0	0.092	0.078
Arginine	g	0.433	0	0.123	0.104
Histidine	g	0.136	0	0.039	0.033
Alanine	g	0.271	0	0.077	0.065
Aspartic acid	g	0.516	0	0.146	0.124
Glutamic acid	g	1.203	0	0.341	0.289
Glycine	g	0.238	0	0.067	0.057
Proline	g	0.362	0	0.103	0.087
Serine	g	0.352	0	0.100	0.084
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 brownie (2" square)

NDB No. 18155 Cookies, butter, commercially prepared, enriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 5g	Measure 3*
Proximates:							
Water	g	4.60	0.496	9	1.30	0.23	
Energy	kcal	467		0	132	23	
Energy	kj	1954		0	554	98	
Protein (N x 5.95)	g	6.10	0.411	10	1.73	0.31	
Total lipid (fat)	g	18.80	0.958	14	5.33	0.94	
Carbohydrate, by difference	g	68.90		0	19.53	3.44	
Fiber, total dietary	g	0.8		0	0.2	0.0	
Ash	g	1.50	0.103	12	0.43	0.08	
Sugars, total	g						
Minerals:							
Calcium	mg	29	6.020	5	8	1	
Iron	mg	2.22	0.207	3	0.63	0.11	
Magnesium	mg	12	3.067	3	3	1	
Phosphorus	mg	102	28.864	4	29	5	
Potassium	mg	111	20.070	3	31	6	
Sodium	mg	351	58.423	4	100	18	
Zinc	mg	0.38	0.060	3	0.11	0.02	
Copper	mg	0.200		1	0.057	0.010	
Manganese	mg	0.170	0.007	2	0.048	0.009	
Selenium	：g	8.4		0	2.4	0.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.370	0.060	2	0.105	0.019	
Riboflavin	mg	0.335	0.095	2	0.095	0.017	
Niacin	mg	3.190	0.140	2	0.904	0.160	
Pantothenic acid	mg	0.488	0.017	8	0.138	0.024	
Vitamin B-6	mg	0.036	0.000	8	0.010	0.002	
Folate	：g	39		0	11	2	
Vitamin B-12	：g	0.36		0	0.10	0.02	
Vitamin A	IU	673		0	191	34	
Vitamin A, RE	：g	168		0	48	8	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.527		0	0.149	0.026	
Lipids:							
Saturated, total	g	11.051		0	3.133	0.553	
4:0	g	0.546		0	0.155	0.027	
6.0	g	0.323		0	0.092	0.016	
8:0	g	0.188		0	0.053	0.009	
10:0	g	0.422		0	0.120	0.021	
12:0	g	0.473		0	0.134	0.024	
14:0	g	1.700		0	0.482	0.085	
15.0	g						
16:0	g	4.849		0	1.375	0.242	
17:0	g						
18:0	g	2.179		0	0.618	0.109	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.522	0	1.565	0.276
14:1	g				
16:1	g	0.420	0	0.119	0.021
18:1	g	4.845	0	1.374	0.242
20:1	g	0.005	0	0.001	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.982	0	0.278	0.049
18:2	g	0.681	0	0.193	0.034
18:3	g	0.256	0	0.073	0.013
18:4	g	0.002	0	0.001	0.000
20:4	g	0.023	0	0.007	0.001
20:5	g	0.011	0	0.003	0.001
22:5	g	0.000	0	0.000	0.000
22:6	g	0.007	0	0.002	0.000
Cholesterol	mg	117	0	33	6
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.084	0	0.024	0.004
Threonine	g	0.215	0	0.061	0.011
Isoleucine	g	0.277	0	0.079	0.014
Leucine	g	0.471	0	0.134	0.024
Lysine	g	0.308	0	0.087	0.015
Methionine	g	0.131	0	0.037	0.007
Cystine	g	0.122	0	0.035	0.006
Phenylalanine	g	0.299	0	0.085	0.015
Tyrosine	g	0.211	0	0.060	0.011
Valine	g	0.315	0	0.089	0.016
Arginine	g	0.261	0	0.074	0.013
Histidine	g	0.136	0	0.039	0.007
Alanine	g	0.224	0	0.064	0.011
Aspartic acid	g	0.371	0	0.105	0.019
Glutamic acid	g	1.618	0	0.459	0.081
Glycine	g	0.194	0	0.055	0.010
Proline	g	0.566	0	0.160	0.028
Serine	g	0.354	0	0.100	0.018
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cookie

NDB No. 18156 Cookies, fudge, cake-type (includes trolley cakes)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	11.80	0.225	35	3.35	2.48	
Energy	kcal	349		0	99	73	
Energy	kj	1460		0	414	307	
Protein (N x 5.95)	g	5.00	0.064	35	1.42	1.05	
Total lipid (fat)	g	3.70	0.088	35	1.05	0.78	
Carbohydrate, by difference	g	78.30		0	22.20	16.44	
Fiber, total dietary	g	2.8		0	0.8	0.6	
Ash	g	0.90	0.017	35	0.26	0.19	
Sugars, total	g						
Minerals:							
Calcium	mg	34	0.645	38	10	7	
Iron	mg	2.48	0.111	38	0.70	0.52	
Magnesium	mg	32	1.423	7	9	7	
Phosphorus	mg	83	1.230	38	24	17	
Potassium	mg	138	2.026	37	39	29	
Sodium	mg	192	3.213	38	54	40	
Zinc	mg	0.55	0.021	7	0.16	0.12	
Copper	mg	0.291	0.038	7	0.082	0.061	
Manganese	mg	0.322	0.015	6	0.091	0.068	
Selenium	:g	3.6		0	1.0	0.8	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.0	
Thiamin	mg	0.226	0.018	38	0.064	0.047	
Riboflavin	mg	0.194	0.006	38	0.055	0.041	
Niacin	mg	1.203	0.048	38	0.341	0.253	
Pantothenic acid	mg	0.244		0	0.069	0.051	
Vitamin B-6	mg	0.031		0	0.009	0.007	
Folate	:g	43		0	12	9	
Vitamin B-12	:g	0.08		0	0.02	0.02	
Vitamin A	IU	2		0	1	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.112		0	0.315	0.234	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.002		0	0.001	0.000	
15.0	g						
16:0	g	0.548		0	0.155	0.115	
17:0	g						
18:0	g	0.545		0	0.155	0.114	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.813	0	0.514	0.381
14:1	g				
16:1	g	0.005	0	0.001	0.001
18:1	g	1.807	0	0.512	0.379
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.466	0	0.132	0.098
18:2	g	0.453	0	0.128	0.095
18:3	g	0.013	0	0.004	0.003
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.055	0	0.016	0.012
Threonine	g	0.148	0	0.042	0.031
Isoleucine	g	0.174	0	0.049	0.037
Leucine	g	0.305	0	0.086	0.064
Lysine	g	0.225	0	0.064	0.047
Methionine	g	0.071	0	0.020	0.015
Cystine	g	0.067	0	0.019	0.014
Phenylalanine	g	0.207	0	0.059	0.043
Tyrosine	g	0.131	0	0.037	0.028
Valine	g	0.225	0	0.064	0.047
Arginine	g	0.269	0	0.076	0.056
Histidine	g	0.088	0	0.025	0.018
Alanine	g	0.263	0	0.075	0.055
Aspartic acid	g	0.314	0	0.089	0.066
Glutamic acid	g	1.162	0	0.329	0.244
Glycine	g	0.448	0	0.127	0.094
Proline	g	0.553	0	0.157	0.116
Serine	g	0.233	0	0.066	0.049
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cookie

NDB No. 18157 Cookies, chocolate wafers

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 112g	Measure 2* 28g	Measure 3* 6g
Proximates:							
Water	g	4.50	0.364	14	5.04	1.28	0.27
Energy	kcal	433		0	485	123	26
Energy	kj	1812		0	2029	514	109
Protein (N x 5.95)	g	6.60	0.141	17	7.39	1.87	0.40
Total lipid (fat)	g	14.20	1.022	15	15.90	4.03	0.85
Carbohydrate, by difference	g	72.40		0	81.09	20.53	4.34
Fiber, total dietary	g	3.4		0	3.8	1.0	0.2
Ash	g	2.00	0.115	14	2.24	0.57	0.12
Sugars, total	g						
Minerals:							
Calcium	mg	31	1.049	16	35	9	2
Iron	mg	4.01	0.225	17	4.49	1.14	0.24
Magnesium	mg	53	2.847	13	59	15	3
Phosphorus	mg	132	3.148	15	148	37	8
Potassium	mg	210	11.881	16	235	60	13
Sodium	mg	580	38.417	18	650	164	35
Zinc	mg	1.09	0.034	15	1.22	0.31	0.07
Copper	mg	0.463	0.036	13	0.519	0.131	0.028
Manganese	mg	0.696	0.044	9	0.780	0.197	0.042
Selenium	:g	5.7		0	6.4	1.6	0.3
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.203	0.032	14	0.227	0.058	0.012
Riboflavin	mg	0.266	0.018	17	0.298	0.075	0.016
Niacin	mg	2.858	0.150	17	3.201	0.810	0.171
Pantothenic acid	mg	0.381		0	0.427	0.108	0.023
Vitamin B-6	mg	0.051		0	0.057	0.014	0.003
Folate	:g	50		0	56	14	3
Vitamin B-12	:g	0.09		0	0.10	0.03	0.01
Vitamin A	IU	13		0	15	4	1
Vitamin A, RE	:g	3		0	3	1	0
Vitamin D	IU						
Vitamin E, "-TE	mg	1.565		0	1.753	0.444	0.094
Lipids:							
Saturated, total	g	4.241		0	4.750	1.202	0.254
4:0	g	0.001		0	0.001	0.000	0.000
6.0	g	0.011		0	0.012	0.003	0.001
8:0	g	0.128		0	0.143	0.036	0.008
10:0	g	0.102		0	0.114	0.029	0.006
12:0	g	0.760		0	0.851	0.215	0.046
14:0	g	0.305		0	0.342	0.086	0.018
15.0	g						
16:0	g	1.796		0	2.012	0.509	0.108
17:0	g						
18:0	g	1.125		0	1.260	0.319	0.068
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.865	0	5.449	1.379	0.292
14:1	g					
16:1	g	0.048	0	0.054	0.014	0.003
18:1	g	4.807	0	5.384	1.363	0.288
20:1	g	0.001	0	0.001	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	4.153	0	4.651	1.177	0.249
18:2	g	3.866	0	4.330	1.096	0.232
18:3	g	0.268	0	0.300	0.076	0.016
18:4	g	0.001	0	0.001	0.000	0.000
20:4	g	0.006	0	0.007	0.002	0.000
20:5	g	0.003	0	0.003	0.001	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.002	0	0.002	0.001	0.000
Cholesterol	mg	2	1	2	1	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.096	0	0.108	0.027	0.006
Threonine	g	0.220	0	0.246	0.062	0.013
Isoleucine	g	0.261	0	0.292	0.074	0.016
Leucine	g	0.447	0	0.501	0.127	0.027
Lysine	g	0.281	0	0.315	0.080	0.017
Methionine	g	0.105	0	0.118	0.030	0.006
Cystine	g	0.127	0	0.142	0.036	0.008
Phenylalanine	g	0.308	0	0.345	0.087	0.018
Tyrosine	g	0.205	0	0.230	0.058	0.012
Valine	g	0.323	0	0.362	0.092	0.019
Arginine	g	0.286	0	0.320	0.081	0.017
Histidine	g	0.128	0	0.143	0.036	0.008
Alanine	g	0.238	0	0.267	0.067	0.014
Aspartic acid	g	0.407	0	0.456	0.115	0.024
Glutamic acid	g	1.753	0	1.963	0.497	0.105
Glycine	g	0.236	0	0.264	0.067	0.014
Proline	g	0.577	0	0.646	0.164	0.035
Serine	g	0.335	0	0.375	0.095	0.020
Other:						
Caffeine	mg	7	0	8	2	0
Theobromine	mg	223	0	250	63	13
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup, crumbs
Measure 2: 1 oz
Measure 3: 1 wafer

NDB No. 18158 Cookies, chocolate chip, commercially prepared, regular, lower fat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	4.10	0.409	11	1.16	0.41	
Energy	kcal	453		0	128	45	
Energy	kj	1895		0	537	190	
Protein (N x 5.95)	g	5.80	0.118	12	1.64	0.58	
Total lipid (fat)	g	15.40	0.385	12	4.37	1.54	
Carbohydrate, by difference	g	73.30		0	20.78	7.33	
Fiber, total dietary	g	3.6		0	1.0	0.4	
Ash	g	1.30	0.077	11	0.37	0.13	
Sugars, total	g						
Minerals:							
Calcium	mg	19	3.216	11	5	2	
Iron	mg	3.07	0.273	11	0.87	0.31	
Magnesium	mg	28	1.991	8	8	3	
Phosphorus	mg	84	1.597	10	24	8	
Potassium	mg	123	11.316	10	35	12	
Sodium	mg	377	16.967	11	107	38	
Zinc	mg	0.70	0.048	8	0.20	0.07	
Copper	mg	0.247	0.025	7	0.070	0.025	
Manganese	mg	0.450	0.036	5	0.128	0.045	
Selenium	:g	6.0	0.687	27	1.7	0.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.289	0.026	7	0.082	0.029	
Riboflavin	mg	0.266	0.011	10	0.075	0.027	
Niacin	mg	2.767	0.122	10	0.784	0.277	
Pantothenic acid	mg	0.309		0	0.088	0.031	
Vitamin B-6	mg	0.262		1	0.074	0.026	
Folate	:g	70		0	20	7	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	2		0	1	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.810		0	1.080	0.381	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.007		0	0.002	0.001	
14:0	g	0.029		0	0.008	0.003	
15.0	g						
16:0	g	2.074		0	0.588	0.207	
17:0	g						
18:0	g	1.655		0	0.469	0.166	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.095	0	1.728	0.609
14:1	g				
16:1	g	0.058	0	0.016	0.006
18:1	g	6.027	0	1.709	0.603
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.649	0	1.318	0.465
18:2	g	4.320	0	1.225	0.432
18:3	g	0.318	0	0.090	0.032
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.083	0	0.024	0.008
Threonine	g	0.174	0	0.049	0.017
Isoleucine	g	0.234	0	0.066	0.023
Leucine	g	0.418	0	0.119	0.042
Lysine	g	0.223	0	0.063	0.022
Methionine	g	0.103	0	0.029	0.010
Cystine	g	0.114	0	0.032	0.011
Phenylalanine	g	0.282	0	0.080	0.028
Tyrosine	g	0.181	0	0.051	0.018
Valine	g	0.274	0	0.078	0.027
Arginine	g	0.216	0	0.061	0.022
Histidine	g	0.115	0	0.033	0.012
Alanine	g	0.180	0	0.051	0.018
Aspartic acid	g	0.279	0	0.079	0.028
Glutamic acid	g	1.829	0	0.519	0.183
Glycine	g	0.190	0	0.054	0.019
Proline	g	0.628	0	0.178	0.063
Serine	g	0.302	0	0.086	0.030
Other:					
Caffeine	mg	7	0	2	1
Theobromine	mg	55	0	16	6
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 cookie

NDB No. 18159 Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 12g	Measure 3* 40g
Proximates:							
Water	g	4.10	0.091	87	1.16	0.49	1.64
Energy	kcal	481		0	136	58	192
Energy	kj	2013		0	571	242	805
Protein (N x 5.95)	g	5.40	0.064	88	1.53	0.65	2.16
Total lipid (fat)	g	22.60	0.153	89	6.41	2.71	9.04
Carbohydrate, by difference	g	66.80		0	18.94	8.02	26.72
Fiber, total dietary	g	2.5		0	0.7	0.3	1.0
Ash	g	1.10	0.017	85	0.31	0.13	0.44
Sugars, total	g						
Minerals:							
Calcium	mg	25	0.774	115	7	3	10
Iron	mg	2.81	0.053	114	0.80	0.34	1.12
Magnesium	mg	31	0.551	110	9	4	12
Phosphorus	mg	108	1.778	110	31	13	43
Potassium	mg	135	2.448	107	38	16	54
Sodium	mg	315	4.625	112	89	38	126
Zinc	mg	0.64	0.011	107	0.18	0.08	0.26
Copper	mg	0.212	0.007	105	0.060	0.025	0.085
Manganese	mg	0.449	0.009	102	0.127	0.054	0.180
Selenium	:g	6.0	0.687	27	1.7	0.7	2.4
Vitamins:							
Ascorbic acid	mg	0.0	0.000	4	0.0	0.0	0.0
Thiamin	mg	0.221	0.006	81	0.063	0.027	0.088
Riboflavin	mg	0.284	0.023	83	0.081	0.034	0.114
Niacin	mg	2.718	0.037	84	0.771	0.326	1.087
Pantothenic acid	mg	0.229	0.114	2	0.065	0.027	0.092
Vitamin B-6	mg	0.056		1	0.016	0.007	0.022
Folate	:g	42		0	12	5	17
Vitamin B-12	:g	0.01		0	0.00	0.00	0.00
Vitamin A	IU	4		0	1	0	2
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	2.574		0	0.730	0.309	1.030
Lipids:							
Saturated, total	g	7.476		0	2.119	0.897	2.990
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	0.010		0	0.003	0.001	0.004
14:0	g	0.112		0	0.032	0.013	0.045
15.0	g						
16:0	g	3.594		0	1.019	0.431	1.438
17:0	g						
18:0	g	3.697		0	1.048	0.444	1.479
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.671	0	3.309	1.401	4.668
14:1	g					
16:1	g	0.017	0	0.005	0.002	0.007
18:1	g	11.656	0	3.304	1.399	4.662
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.367	0	0.671	0.284	0.947
18:2	g	2.246	0	0.637	0.270	0.898
18:3	g	0.122	0	0.035	0.015	0.049
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.073	0	0.021	0.009	0.029
Threonine	g	0.168	0	0.048	0.020	0.067
Isoleucine	g	0.222	0	0.063	0.027	0.089
Leucine	g	0.396	0	0.112	0.048	0.158
Lysine	g	0.219	0	0.062	0.026	0.088
Methionine	g	0.095	0	0.027	0.011	0.038
Cystine	g	0.095	0	0.027	0.011	0.038
Phenylalanine	g	0.261	0	0.074	0.031	0.104
Tyrosine	g	0.173	0	0.049	0.021	0.069
Valine	g	0.261	0	0.074	0.031	0.104
Arginine	g	0.191	0	0.054	0.023	0.076
Histidine	g	0.102	0	0.029	0.012	0.041
Alanine	g	0.168	0	0.048	0.020	0.067
Aspartic acid	g	0.277	0	0.079	0.033	0.111
Glutamic acid	g	1.602	0	0.454	0.192	0.641
Glycine	g	0.168	0	0.048	0.020	0.067
Proline	g	0.557	0	0.158	0.067	0.223
Serine	g	0.272	0	0.077	0.033	0.109
Other:						
Caffeine	mg	11	0	3	1	4
Theobromine	mg	83	0	24	10	33
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 Pepperidge Farm Chocolate Chunk Pecan Cookie
Measure 3: 1 big cookie (3-1/2" - 4" dia) (include Grandma brand)

NDB No. 18160 Cookies, chocolate chip, commercially prepared, soft-type

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 15g	Measure 3*
Proximates:							
Water	g	11.60	0.311	2	3.29	1.74	
Energy	kcal	458		0	130	69	
Energy	kj	1916		0	543	287	
Protein (N x 5.95)	g	3.50	0.177	2	0.99	0.53	
Total lipid (fat)	g	24.30	0.831	3	6.89	3.65	
Carbohydrate, by difference	g	59.10		0	16.75	8.87	
Fiber, total dietary	g	3.2		0	0.9	0.5	
Ash	g	1.30	0.025	4	0.37	0.20	
Sugars, total	g						
Minerals:							
Calcium	mg	15	2.489	2	4	2	
Iron	mg	2.41	0.255	2	0.68	0.36	
Magnesium	mg	35	8.598	2	10	5	
Phosphorus	mg	50	6.788	2	14	8	
Potassium	mg	93	15.238	2	26	14	
Sodium	mg	326	6.752	2	92	49	
Zinc	mg	0.46	0.106	2	0.13	0.07	
Copper	mg	0.160	0.035	2	0.045	0.024	
Manganese	mg	0.370	0.064	2	0.105	0.056	
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110	0.006	8	0.031	0.017	
Riboflavin	mg	0.201	0.003	8	0.057	0.030	
Niacin	mg	1.620	0.085	8	0.459	0.243	
Pantothenic acid	mg	0.275	0.007	8	0.078	0.041	
Vitamin B-6	mg	0.160	0.000	8	0.045	0.024	
Folate	΄g	39		0	11	6	
Vitamin B-12	΄g	0.00		0	0.00	0.00	
Vitamin A	IU	3		0	1	0	
Vitamin A, RE	΄g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	7.411		0	2.101	1.112	
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	0.007		0	0.002	0.001	
14:0	g	0.120		0	0.034	0.018	
15.0	g						
16:0	g	3.625		0	1.028	0.544	
17:0	g						
18:0	g	3.615		0	1.025	0.542	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.034	0	3.695	1.955
14:1	g				
16:1	g	0.012	0	0.003	0.002
18:1	g	13.023	0	3.692	1.953
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.500	0	0.992	0.525
18:2	g	2.556	0	0.725	0.383
18:3	g	0.137	0	0.039	0.021
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.051	0	0.014	0.008
Threonine	g	0.117	0	0.033	0.018
Isoleucine	g	0.154	0	0.044	0.023
Leucine	g	0.268	0	0.076	0.040
Lysine	g	0.156	0	0.044	0.023
Methionine	g	0.069	0	0.020	0.010
Cystine	g	0.069	0	0.020	0.010
Phenylalanine	g	0.177	0	0.050	0.027
Tyrosine	g	0.118	0	0.033	0.018
Valine	g	0.179	0	0.051	0.027
Arginine	g	0.140	0	0.040	0.021
Histidine	g	0.073	0	0.021	0.011
Alanine	g	0.119	0	0.034	0.018
Aspartic acid	g	0.195	0	0.055	0.029
Glutamic acid	g	1.061	0	0.301	0.159
Glycine	g	0.116	0	0.033	0.017
Proline	g	0.367	0	0.104	0.055
Serine	g	0.193	0	0.055	0.029
Other:					
Caffeine	mg	7	0	2	1
Theobromine	mg	58	0	16	9
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cookie

NDB No. 18161 Cookies, chocolate chip, 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* 28g	Measure 2* 496g	Measure 3*
Proximates:							
Water	g	3.00	0.126	2	0.85	14.88	
Energy	kcal	497		0	141	2465	
Energy	kj	2079		0	589	10312	
Protein (N x 5.95)	g	4.60	0.177	2	1.30	22.82	
Total lipid (fat)	g	25.20	0.810	2	7.14	124.99	
Carbohydrate, by difference	g	66.10		0	18.74	327.86	
Fiber, total dietary	g						
Ash	g	1.20	0.070	2	0.34	5.95	
Sugars, total	g						
Minerals:							
Calcium	mg	43	4.000	2	12	213	
Iron	mg	2.07	0.275	2	0.59	10.27	
Magnesium	mg	36		1	10	179	
Phosphorus	mg	80	3.750	2	23	397	
Potassium	mg	208	27.500	2	59	1032	
Sodium	mg	290	10.000	2	82	1438	
Zinc	mg	0.60		1	0.17	2.98	
Copper	mg	0.300		1	0.085	1.488	
Manganese	mg	0.363		0	0.103	1.800	
Selenium	΄g	2.4		0	0.7	11.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.195	0.045	2	0.055	0.967	
Riboflavin	mg	0.205	0.005	2	0.058	1.017	
Niacin	mg	1.990	0.290	2	0.564	9.870	
Pantothenic acid	mg	0.171		0	0.048	0.848	
Vitamin B-6	mg	0.017		0	0.005	0.084	
Folate	΄g	51		0	14	253	
Vitamin B-12	΄g	0.00		0	0.00	0.00	
Vitamin A	IU	4		0	1	20	
Vitamin A, RE	΄g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	8.316		0	2.358	41.247	
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	0.011		0	0.003	0.055	
14:0	g	0.125		0	0.035	0.620	
15.0	g						
16:0	g	3.996		0	1.133	19.820	
17:0	g						
18:0	g	4.116		0	1.167	20.415	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.077	0	3.707	64.862
14:1	g				
16:1	g	0.018	0	0.005	0.089
18:1	g	13.061	0	3.703	64.783
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.620	0	0.743	12.995
18:2	g	2.486	0	0.705	12.331
18:3	g	0.134	0	0.038	0.665
18:4	g	0.000	0	0.000	0.000
20:4	g				
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.064	0	0.018	0.317
Threonine	g	0.141	0	0.040	0.699
Isoleucine	g	0.189	0	0.054	0.937
Leucine	g	0.337	0	0.096	1.672
Lysine	g	0.184	0	0.052	0.913
Methionine	g	0.081	0	0.023	0.402
Cystine	g	0.084	0	0.024	0.417
Phenylalanine	g	0.224	0	0.064	1.111
Tyrosine	g	0.148	0	0.042	0.734
Valine	g	0.222	0	0.063	1.101
Arginine	g	0.166	0	0.047	0.823
Histidine	g	0.089	0	0.025	0.441
Alanine	g	0.143	0	0.041	0.709
Aspartic acid	g	0.232	0	0.066	1.151
Glutamic acid	g	1.397	0	0.396	6.929
Glycine	g	0.146	0	0.041	0.724
Proline	g	0.484	0	0.137	2.401
Serine	g	0.235	0	0.067	1.166
Other:					
Caffeine	mg	12	0	3	60
Theobromine	mg	91	0	26	451
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 package (17.5 oz)

NDB No. 18163 Cookies, chocolate chip, refrigerated dough

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 16g	Measure 3*
Proximates:							
Water	g	12.70	0.180	29	3.60	2.03	
Energy	kcal	443		0	126	71	
Energy	kj	1854		0	526	297	
Protein (N x 5.95)	g	4.40	0.142	27	1.25	0.70	
Total lipid (fat)	g	20.40	0.351	29	5.78	3.26	
Carbohydrate, by difference	g	61.40		0	17.41	9.82	
Fiber, total dietary	g	1.5		0	0.4	0.2	
Ash	g	1.10	0.026	29	0.31	0.18	
Sugars, total	g						
Minerals:							
Calcium	mg	25	1.199	17	7	4	
Iron	mg	2.25	0.162	19	0.64	0.36	
Magnesium	mg	24	1.122	9	7	4	
Phosphorus	mg	69	1.098	9	20	11	
Potassium	mg	180	27.864	19	51	29	
Sodium	mg	209	21.068	19	59	33	
Zinc	mg	0.50	0.012	9	0.14	0.08	
Copper	mg	0.180	0.013	5	0.051	0.029	
Manganese	mg	0.373		0	0.106	0.060	
Selenium	：g	5.0		0	1.4	0.8	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	4	0.0	0.0	
Thiamin	mg	0.187	0.052	15	0.053	0.030	
Riboflavin	mg	0.191	0.033	19	0.054	0.031	
Niacin	mg	1.975	0.126	19	0.560	0.316	
Pantothenic acid	mg	0.308		0	0.087	0.049	
Vitamin B-6	mg	0.038		0	0.011	0.006	
Folate	：g	57		0	16	9	
Vitamin B-12	：g	0.08		0	0.02	0.01	
Vitamin A	IU	59	3.121	8	17	9	
Vitamin A, RE	：g	17		0	5	3	
Vitamin D	IU						
Vitamin E, "-TE	mg	2.317		0	0.657	0.371	
Lipids:							
Saturated, total	g	6.729		0	1.908	1.077	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.100		0	0.028	0.016	
15.0	g						
16:0	g	3.298		0	0.935	0.528	
17:0	g						
18:0	g	3.267		0	0.926	0.523	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.414		0	2.952	1.666
14:1	g					
16:1	g	0.035		0	0.010	0.006
18:1	g	10.378		0	2.942	1.660
20:1	g	0.002		0	0.001	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.172		0	0.616	0.348
18:2	g	2.042		0	0.579	0.327
18:3	g	0.108		0	0.031	0.017
18:4	g	0.001		0	0.000	0.000
20:4	g	0.011		0	0.003	0.002
20:5	g	0.006		0	0.002	0.001
22:5	g	0.000		0	0.000	0.000
22:6	g	0.004		0	0.001	0.001
Cholesterol	mg	24	1.539	18	7	4
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.059		0	0.017	0.009
Threonine	g	0.149		0	0.042	0.024
Isoleucine	g	0.190		0	0.054	0.030
Leucine	g	0.328		0	0.093	0.052
Lysine	g	0.200		0	0.057	0.032
Methionine	g	0.089		0	0.025	0.014
Cystine	g	0.088		0	0.025	0.014
Phenylalanine	g	0.218		0	0.062	0.035
Tyrosine	g	0.146		0	0.041	0.023
Valine	g	0.220		0	0.062	0.035
Arginine	g	0.181		0	0.051	0.029
Histidine	g	0.090		0	0.026	0.014
Alanine	g	0.158		0	0.045	0.025
Aspartic acid	g	0.260		0	0.074	0.042
Glutamic acid	g	1.202		0	0.341	0.192
Glycine	g	0.143		0	0.041	0.023
Proline	g	0.409		0	0.116	0.065
Serine	g	0.246		0	0.070	0.039
Other:						
Caffeine	mg	9		0	3	1
Theobromine	mg	72		0	20	12
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: Dough for 1 cookie

NDB No. 18164 Cookies, chocolate chip, refrigerated dough, baked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 12g	Measure 3*
Proximates:							
Water	g	3.00		0	0.85	0.36	
Energy	kcal	492		0	139	59	
Energy	kj	2059		0	584	247	
Protein (N x 5.95)	g	4.90		0	1.39	0.59	
Total lipid (fat)	g	22.60		0	6.41	2.71	
Carbohydrate, by difference	g	68.20		0	19.33	8.18	
Fiber, total dietary	g	1.7		0	0.5	0.2	
Ash	g	1.20		0	0.34	0.14	
Sugars, total	g						
Minerals:							
Calcium	mg	28		0	8	3	
Iron	mg	2.50		0	0.71	0.30	
Magnesium	mg	27		0	8	3	
Phosphorus	mg	76		0	22	9	
Potassium	mg	200		0	57	24	
Sodium	mg	232		0	66	28	
Zinc	mg	0.56		0	0.16	0.07	
Copper	mg	0.200		0	0.057	0.024	
Manganese	mg	0.473		0	0.134	0.057	
Selenium	：g	5.6		0	1.6	0.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.166		0	0.047	0.020	
Riboflavin	mg	0.191		0	0.054	0.023	
Niacin	mg	1.975		0	0.560	0.237	
Pantothenic acid	mg	0.180		0	0.051	0.022	
Vitamin B-6	mg	0.005		0	0.001	0.001	
Folate	：g	44		0	12	5	
Vitamin B-12	：g	0.07		0	0.02	0.01	
Vitamin A	IU	59		0	17	7	
Vitamin A, RE	：g	17		0	5	2	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	7.759		0	2.200	0.931	
4:0	g						
6.0	g						
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.086		0	0.024	0.010	
15.0	g						
16:0	g	3.769		0	1.069	0.452	
17:0	g						
18:0	g	3.900		0	1.106	0.468	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.258	0	3.192	1.351
14:1	g				
16:1	g	0.043	0	0.012	0.005
18:1	g	11.213	0	3.179	1.346
20:1	g	0.003	0	0.001	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.319	0	0.657	0.278
18:2	g	2.190	0	0.621	0.263
18:3	g	0.111	0	0.031	0.013
18:4	g				
20:4	g	0.014	0	0.004	0.002
20:5	g	0.000	0	0.000	0.000
22:5	g				
22:6	g	0.004	0	0.001	0.000
Cholesterol	mg	27	0	8	3
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.066	0	0.019	0.008
Threonine	g	0.166	0	0.047	0.020
Isoleucine	g	0.212	0	0.060	0.025
Leucine	g	0.365	0	0.103	0.044
Lysine	g	0.222	0	0.063	0.027
Methionine	g	0.099	0	0.028	0.012
Cystine	g	0.098	0	0.028	0.012
Phenylalanine	g	0.242	0	0.069	0.029
Tyrosine	g	0.162	0	0.046	0.019
Valine	g	0.244	0	0.069	0.029
Arginine	g	0.202	0	0.057	0.024
Histidine	g	0.100	0	0.028	0.012
Alanine	g	0.176	0	0.050	0.021
Aspartic acid	g	0.289	0	0.082	0.035
Glutamic acid	g	1.336	0	0.379	0.160
Glycine	g	0.159	0	0.045	0.019
Proline	g	0.454	0	0.129	0.054
Serine	g	0.274	0	0.078	0.033
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 medium cookie (2-1/4" dia)

NDB No. 18165 Cookies, chocolate chip, prepared from recipe, made with margarine

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 32g	Measure 3* 16g
Proximates:							
Water	g	5.70		0	1.62	1.82	0.91
Energy	kcal	488		0	138	156	78
Energy	kj	2042		0	579	653	327
Protein (N x 5.95)	g	5.70		0	1.62	1.82	0.91
Total lipid (fat)	g	28.30		0	8.02	9.06	4.53
Carbohydrate, by difference	g	58.40		0	16.56	18.69	9.34
Fiber, total dietary	g	2.8		0	0.8	0.9	0.4
Ash	g	1.50		0	0.43	0.48	0.24
Sugars, total	g						
Minerals:							
Calcium	mg	39		0	11	12	6
Iron	mg	2.46		0	0.70	0.79	0.39
Magnesium	mg	55		0	16	18	9
Phosphorus	mg	100		0	28	32	16
Potassium	mg	224		0	64	72	36
Sodium	mg	361		0	102	116	58
Zinc	mg	0.93		0	0.26	0.30	0.15
Copper	mg	0.383		0	0.109	0.123	0.061
Manganese	mg	0.663		0	0.188	0.212	0.106
Selenium	:g	11.1		0	3.1	3.6	1.8
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	0.1	0.0
Thiamin	mg	0.185		0	0.052	0.059	0.030
Riboflavin	mg	0.178		0	0.050	0.057	0.028
Niacin	mg	1.362		0	0.386	0.436	0.218
Pantothenic acid	mg	0.255		0	0.072	0.082	0.041
Vitamin B-6	mg	0.085		0	0.024	0.027	0.014
Folate	:g	33		0	9	11	5
Vitamin B-12	:g	0.08		0	0.02	0.03	0.01
Vitamin A	IU	636		0	180	204	102
Vitamin A, RE	:g	164		0	46	52	26
Vitamin D	IU						
Vitamin E, "-TE	mg	2.870		0	0.814	0.918	0.459
Lipids:							
Saturated, total	g	8.074		0	2.289	2.584	1.292
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	0.068		0	0.019	0.022	0.011
15.0	g						
16:0	g	4.361		0	1.236	1.396	0.698
17:0	g						
18:0	g	3.582		0	1.015	1.146	0.573
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.377	0	2.942	3.321	1.660
14:1	g					
16:1	g	0.038	0	0.011	0.012	0.006
18:1	g	10.288	0	2.917	3.292	1.646
20:1	g	0.050	0	0.014	0.016	0.008
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	8.410	0	2.384	2.691	1.346
18:2	g	7.565	0	2.145	2.421	1.210
18:3	g	0.829	0	0.235	0.265	0.133
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.013	0	0.004	0.004	0.002
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	0.003	0	0.001	0.001	0.000
Cholesterol	mg	32	0	9	10	5
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.072	0	0.020	0.023	0.012
Threonine	g	0.191	0	0.054	0.061	0.031
Isoleucine	g	0.224	0	0.064	0.072	0.036
Leucine	g	0.392	0	0.111	0.125	0.063
Lysine	g	0.214	0	0.061	0.068	0.034
Methionine	g	0.106	0	0.030	0.034	0.017
Cystine	g	0.111	0	0.031	0.036	0.018
Phenylalanine	g	0.271	0	0.077	0.087	0.043
Tyrosine	g	0.188	0	0.053	0.060	0.030
Valine	g	0.279	0	0.079	0.089	0.045
Arginine	g	0.377	0	0.107	0.121	0.060
Histidine	g	0.123	0	0.035	0.039	0.020
Alanine	g	0.227	0	0.064	0.073	0.036
Aspartic acid	g	0.424	0	0.120	0.136	0.068
Glutamic acid	g	1.285	0	0.364	0.411	0.206
Glycine	g	0.223	0	0.063	0.071	0.036
Proline	g	0.399	0	0.113	0.128	0.064
Serine	g	0.298	0	0.084	0.095	0.048
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 bar (2" square)
Measure 3: 1 medium cookie (2-1/4" dia)

NDB No. 18166 Cookies, chocolate sandwich, with creme filling, regular

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	2.30	0.121	51	0.65	0.23	
Energy	kcal	472		0	134	47	
Energy	kj	1975		0	560	198	
Protein (N x 5.95)	g	4.70	0.065	54	1.33	0.47	
Total lipid (fat)	g	20.60	0.269	60	5.84	2.06	
Carbohydrate, by difference	g	70.30		0	19.93	7.03	
Fiber, total dietary	g	3.2		0	0.9	0.3	
Ash	g	1.90	0.042	53	0.54	0.19	
Sugars, total	g						
Minerals:							
Calcium	mg	26	1.068	80	7	3	
Iron	mg	3.88	0.155	81	1.10	0.39	
Magnesium	mg	45	0.783	74	13	5	
Phosphorus	mg	98	2.158	74	28	10	
Potassium	mg	175	2.895	74	50	18	
Sodium	mg	604	12.289	80	171	60	
Zinc	mg	0.81	0.016	73	0.23	0.08	
Copper	mg	0.351	0.009	70	0.100	0.035	
Manganese	mg	0.525	0.009	68	0.149	0.053	
Selenium	:g	5.0	0.900	16	1.4	0.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.079	0.008	52	0.022	0.008	
Riboflavin	mg	0.179	0.007	54	0.051	0.018	
Niacin	mg	2.074	0.061	54	0.588	0.207	
Pantothenic acid	mg	0.172	0.018	10	0.049	0.017	
Vitamin B-6	mg	0.019	0.003	9	0.005	0.002	
Folate	:g	43		0	12	4	
Vitamin B-12	:g	0.03		0	0.01	0.00	
Vitamin A	IU	2		0	1	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	3.460		0	0.981	0.346	
Lipids:							
Saturated, total	g	3.657		0	1.037	0.366	
4:0	g	0.001		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.022		0	0.006	0.002	
15.0	g						
16:0	g	2.255		0	0.639	0.225	
17:0	g						
18:0	g	1.367		0	0.388	0.137	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.557	0	2.426	0.856
14:1	g				
16:1	g	0.076	0	0.022	0.008
18:1	g	8.462	0	2.399	0.846
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	7.245	0	2.054	0.725
18:2	g	6.731	0	1.908	0.673
18:3	g	0.495	0	0.140	0.050
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.068	0	0.019	0.007
Threonine	g	0.150	0	0.043	0.015
Isoleucine	g	0.182	0	0.052	0.018
Leucine	g	0.321	0	0.091	0.032
Lysine	g	0.187	0	0.053	0.019
Methionine	g	0.072	0	0.020	0.007
Cystine	g	0.091	0	0.026	0.009
Phenylalanine	g	0.220	0	0.062	0.022
Tyrosine	g	0.146	0	0.041	0.015
Valine	g	0.226	0	0.064	0.023
Arginine	g	0.200	0	0.057	0.020
Histidine	g	0.093	0	0.026	0.009
Alanine	g	0.166	0	0.047	0.017
Aspartic acid	g	0.273	0	0.077	0.027
Glutamic acid	g	1.307	0	0.371	0.131
Glycine	g	0.170	0	0.048	0.017
Proline	g	0.435	0	0.123	0.044
Serine	g	0.236	0	0.067	0.024
Other:					
Caffeine	mg	13	0	4	1
Theobromine	mg	430	0	122	43
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 cookie

NDB No. 18167 Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 17g	Measure 3*
Proximates:							
Water	g	2.00	0.256	11	0.57	0.34	
Energy	kcal	481		0	136	82	
Energy	kj	2013		0	571	342	
Protein (N x 5.95)	g	3.60	0.177	11	1.02	0.61	
Total lipid (fat)	g	26.40	0.817	11	7.48	4.49	
Carbohydrate, by difference	g	66.10		0	18.74	11.24	
Fiber, total dietary	g	5.2		0	1.5	0.9	
Ash	g	1.60	0.138	11	0.45	0.27	
Sugars, total	g						
Minerals:							
Calcium	mg	35	1.565	11	10	6	
Iron	mg	3.13	0.252	10	0.89	0.53	
Magnesium	mg	39	1.292	11	11	7	
Phosphorus	mg	90	3.569	11	26	15	
Potassium	mg	240	15.591	11	68	41	
Sodium	mg	326	8.088	11	92	55	
Zinc	mg	0.58	0.027	11	0.16	0.10	
Copper	mg	0.315	0.021	10	0.089	0.054	
Manganese	mg	0.372	0.024	10	0.105	0.063	
Selenium	：g	3.2		0	0.9	0.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.095	0.014	10	0.027	0.016	
Riboflavin	mg	0.204	0.018	11	0.058	0.035	
Niacin	mg	1.373	0.067	11	0.389	0.233	
Pantothenic acid	mg	0.178		0	0.050	0.030	
Vitamin B-6	mg	0.044		0	0.012	0.007	
Folate	：g	18		0	5	3	
Vitamin B-12	：g	0.05		0	0.01	0.01	
Vitamin A	IU	3		0	1	1	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	3.322		0	0.942	0.565	
Lipids:							
Saturated, total	g	7.426		0	2.105	1.262	
4:0	g	0.001		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.124		0	0.035	0.021	
15.0	g						
16:0	g	3.714		0	1.053	0.631	
17:0	g						
18:0	g	3.571		0	1.012	0.607	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.584	0	4.135	2.479
14:1	g				
16:1	g	0.001	0	0.000	0.000
18:1	g	14.582	0	4.134	2.479
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.001	0	0.851	0.510
18:2	g	2.855	0	0.809	0.485
18:3	g	0.146	0	0.041	0.025
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.056	0	0.016	0.010
Threonine	g	0.149	0	0.042	0.025
Isoleucine	g	0.155	0	0.044	0.026
Leucine	g	0.258	0	0.073	0.044
Lysine	g	0.185	0	0.052	0.031
Methionine	g	0.051	0	0.014	0.009
Cystine	g	0.062	0	0.018	0.011
Phenylalanine	g	0.176	0	0.050	0.030
Tyrosine	g	0.128	0	0.036	0.022
Valine	g	0.207	0	0.059	0.035
Arginine	g	0.182	0	0.052	0.031
Histidine	g	0.070	0	0.020	0.012
Alanine	g	0.160	0	0.045	0.027
Aspartic acid	g	0.311	0	0.088	0.053
Glutamic acid	g	0.793	0	0.225	0.135
Glycine	g	0.148	0	0.042	0.025
Proline	g	0.253	0	0.072	0.043
Serine	g	0.178	0	0.050	0.030
Other:					
Caffeine	mg	1	0	0	0
Theobromine	mg	26	0	7	4
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cookie

NDB No. 18168 Cookies, chocolate sandwich, with extra creme filling

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 13g	Measure 3*
Proximates:							
Water	g	1.60	0.173	9	0.45	0.21	
Energy	kcal	500		0	142	65	
Energy	kj	2092		0	593	272	
Protein (N x 5.95)	g	3.60	0.068	9	1.02	0.47	
Total lipid (fat)	g	25.20	0.670	9	7.14	3.28	
Carbohydrate, by difference	g	68.10		0	19.31	8.85	
Fiber, total dietary	g	2.0		0	0.6	0.3	
Ash	g	1.40	0.026	9	0.40	0.18	
Sugars, total	g						
Minerals:							
Calcium	mg	24	2.131	8	7	3	
Iron	mg	2.85	0.311	9	0.81	0.37	
Magnesium	mg	34	1.266	8	10	4	
Phosphorus	mg	91	6.879	9	26	12	
Potassium	mg	122	5.624	9	35	16	
Sodium	mg	493	22.146	9	140	64	
Zinc	mg	0.65	0.022	8	0.18	0.08	
Copper	mg	0.347	0.033	8	0.098	0.045	
Manganese	mg	0.384	0.037	5	0.109	0.050	
Selenium	:g	2.6		0	0.7	0.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.059	0.008	8	0.017	0.008	
Riboflavin	mg	0.145	0.013	9	0.041	0.019	
Niacin	mg	1.566	0.089	8	0.444	0.204	
Pantothenic acid	mg	0.221		0	0.063	0.029	
Vitamin B-6	mg	0.022		0	0.006	0.003	
Folate	:g	43		0	12	6	
Vitamin B-12	:g	0.02		0	0.01	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	4.493		0	1.274	0.584	
Lipids:							
Saturated, total	g	3.874		0	1.098	0.504	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.026		0	0.007	0.003	
15.0	g						
16:0	g	2.528		0	0.717	0.329	
17:0	g						
18:0	g	1.315		0	0.373	0.171	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.679	0	3.027	1.388
14:1	g				
16:1	g	0.100	0	0.028	0.013
18:1	g	10.555	0	2.992	1.372
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	9.392	0	2.663	1.221
18:2	g	8.721	0	2.472	1.134
18:3	g	0.647	0	0.183	0.084
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.051	0	0.014	0.007
Threonine	g	0.114	0	0.032	0.015
Isoleucine	g	0.138	0	0.039	0.018
Leucine	g	0.248	0	0.070	0.032
Lysine	g	0.141	0	0.040	0.018
Methionine	g	0.056	0	0.016	0.007
Cystine	g	0.070	0	0.020	0.009
Phenylalanine	g	0.170	0	0.048	0.022
Tyrosine	g	0.111	0	0.031	0.014
Valine	g	0.173	0	0.049	0.022
Arginine	g	0.153	0	0.043	0.020
Histidine	g	0.073	0	0.021	0.009
Alanine	g	0.129	0	0.037	0.017
Aspartic acid	g	0.205	0	0.058	0.027
Glutamic acid	g	1.019	0	0.289	0.132
Glycine	g	0.130	0	0.037	0.017
Proline	g	0.340	0	0.096	0.044
Serine	g	0.182	0	0.052	0.024
Other:					
Caffeine	mg	5	0	1	1
Theobromine	mg	169	0	48	22
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cookie

NDB No. 18169 Cookies, coconut macaroons, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 24g	Measure 3*
Proximates:							
Water	g	10.60		0	3.01	2.54	
Energy	kcal	404		0	115	97	
Energy	kj	1690		0	479	406	
Protein (N x 5.95)	g	3.60		0	1.02	0.86	
Total lipid (fat)	g	12.70		0	3.60	3.05	
Carbohydrate, by difference	g	72.20		0	20.47	17.33	
Fiber, total dietary	g	1.8		0	0.5	0.4	
Ash	g	1.00		0	0.28	0.24	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	2	
Iron	mg	0.75		0	0.21	0.18	
Magnesium	mg	21		0	6	5	
Phosphorus	mg	43		0	12	10	
Potassium	mg	156		0	44	37	
Sodium	mg	247		0	70	59	
Zinc	mg	0.71		0	0.20	0.17	
Copper	mg	0.143		0	0.041	0.034	
Manganese	mg	0.947		0	0.268	0.227	
Selenium	:g	10.5		0	3.0	2.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.011		0	0.003	0.003	
Riboflavin	mg	0.110		0	0.031	0.026	
Niacin	mg	0.130		0	0.037	0.031	
Pantothenic acid	mg	0.270		0	0.077	0.065	
Vitamin B-6	mg	0.099		0	0.028	0.024	
Folate	:g	4		0	1	1	
Vitamin B-12	:g	0.03		0	0.01	0.01	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.288		0	0.082	0.069	
Lipids:							
Saturated, total	g	11.236		0	3.185	2.697	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.069		0	0.020	0.017	
8:0	g	0.865		0	0.245	0.208	
10:0	g	0.697		0	0.198	0.167	
12:0	g	5.614		0	1.592	1.347	
14:0	g	2.235		0	0.634	0.536	
15.0	g						
16:0	g	1.089		0	0.309	0.261	
17:0	g						
18:0	g	0.669		0	0.190	0.161	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.549	0	0.156	0.132
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.549	0	0.156	0.132
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.141	0	0.040	0.034
18:2	g	0.141	0	0.040	0.034
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.041	0	0.012	0.010
Threonine	g	0.143	0	0.041	0.034
Isoleucine	g	0.171	0	0.048	0.041
Leucine	g	0.273	0	0.077	0.066
Lysine	g	0.203	0	0.058	0.049
Methionine	g	0.099	0	0.028	0.024
Cystine	g	0.081	0	0.023	0.019
Phenylalanine	g	0.188	0	0.053	0.045
Tyrosine	g	0.122	0	0.035	0.029
Valine	g	0.211	0	0.060	0.051
Arginine	g	0.303	0	0.086	0.073
Histidine	g	0.076	0	0.022	0.018
Alanine	g	0.187	0	0.053	0.045
Aspartic acid	g	0.338	0	0.096	0.081
Glutamic acid	g	0.552	0	0.156	0.132
Glycine	g	0.131	0	0.037	0.031
Proline	g	0.133	0	0.038	0.032
Serine	g	0.213	0	0.060	0.051
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 medium cookie (2" dia)

NDB No. 18170 Cookies, fig bars

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 43g	Measure 3* 16g
Proximates:							
Water	g	16.50	0.304	26	4.68	7.09	2.64
Energy	kcal	348		0	99	150	56
Energy	kj	1456		0	413	626	233
Protein (N x 5.95)	g	3.70	0.075	29	1.05	1.59	0.59
Total lipid (fat)	g	7.30	0.285	31	2.07	3.14	1.17
Carbohydrate, by difference	g	70.90		0	20.10	30.49	11.34
Fiber, total dietary	g	4.6		0	1.3	2.0	0.7
Ash	g	1.60	0.055	25	0.45	0.69	0.26
Sugars, total	g						
Minerals:							
Calcium	mg	64	3.985	28	18	28	10
Iron	mg	2.90	0.129	29	0.82	1.25	0.46
Magnesium	mg	27	0.820	25	8	12	4
Phosphorus	mg	62	1.326	26	18	27	10
Potassium	mg	207	9.247	26	59	89	33
Sodium	mg	350	21.427	27	99	151	56
Zinc	mg	0.39	0.013	25	0.11	0.17	0.06
Copper	mg	0.147	0.013	25	0.042	0.063	0.024
Manganese	mg	0.343	0.012	21	0.097	0.147	0.055
Selenium	:g	3.3	0.297	2	0.9	1.4	0.5
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	0.1	0.0
Thiamin	mg	0.158	0.009	26	0.045	0.068	0.025
Riboflavin	mg	0.217	0.025	26	0.062	0.093	0.035
Niacin	mg	1.874	0.184	32	0.531	0.806	0.300
Pantothenic acid	mg	0.364	0.016	12	0.103	0.157	0.058
Vitamin B-6	mg	0.075	0.002	10	0.021	0.032	0.012
Folate	:g	27		0	8	12	4
Vitamin B-12	:g	0.09		0	0.03	0.04	0.01
Vitamin A	IU	33		0	9	14	5
Vitamin A, RE	:g	4		0	1	2	1
Vitamin D	IU						
Vitamin E, "-TE	mg	1.247		0	0.354	0.536	0.200
Lipids:							
Saturated, total	g	1.123		0	0.318	0.483	0.180
4:0	g	0.002		0	0.001	0.001	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.001		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.013		0	0.004	0.006	0.002
15.0	g						
16:0	g	0.747		0	0.212	0.321	0.120
17:0	g						
18:0	g	0.355		0	0.101	0.153	0.057
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.003	0	0.851	1.291	0.480
14:1	g					
16:1	g	0.029	0	0.008	0.012	0.005
18:1	g	2.966	0	0.841	1.275	0.475
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.772	0	0.786	1.192	0.444
18:2	g	2.583	0	0.732	1.111	0.413
18:3	g	0.182	0	0.052	0.078	0.029
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.046	0	0.013	0.020	0.007
Threonine	g	0.113	0	0.032	0.049	0.018
Isoleucine	g	0.132	0	0.037	0.057	0.021
Leucine	g	0.224	0	0.064	0.096	0.036
Lysine	g	0.140	0	0.040	0.060	0.022
Methionine	g	0.053	0	0.015	0.023	0.008
Cystine	g	0.073	0	0.021	0.031	0.012
Phenylalanine	g	0.145	0	0.041	0.062	0.023
Tyrosine	g	0.122	0	0.035	0.052	0.020
Valine	g	0.155	0	0.044	0.067	0.025
Arginine	g	0.121	0	0.034	0.052	0.019
Histidine	g	0.067	0	0.019	0.029	0.011
Alanine	g	0.148	0	0.042	0.064	0.024
Aspartic acid	g	0.387	0	0.110	0.166	0.062
Glutamic acid	g	0.914	0	0.259	0.393	0.146
Glycine	g	0.122	0	0.035	0.052	0.020
Proline	g	0.347	0	0.098	0.149	0.056
Serine	g	0.189	0	0.054	0.081	0.030
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 Figaroo (2 square halves)
Measure 3: 1 cookie

NDB No. 18171 Cookies, fortune

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 8g	Measure 3*
Proximates:							
Water	g	8.00	0.283	2	2.27	0.64	
Energy	kcal	378		0	107	30	
Energy	kj	1582		0	448	127	
Protein (N x 5.95)	g	4.20	0.084	2	1.19	0.34	
Total lipid (fat)	g	2.70	0.052	3	0.77	0.22	
Carbohydrate, by difference	g	84.00		0	23.81	6.72	
Fiber, total dietary	g	1.6		0	0.5	0.1	
Ash	g	0.90	0.015	4	0.26	0.07	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.622	2	3	1	
Iron	mg	1.44	0.085	2	0.41	0.12	
Magnesium	mg	7	0.318	2	2	1	
Phosphorus	mg	35	1.874	2	10	3	
Potassium	mg	41	2.949	2	12	3	
Sodium	mg	274	15.046	2	78	22	
Zinc	mg	0.17	0.042	2	0.05	0.01	
Copper	mg	0.060	0.002	2	0.017	0.005	
Manganese	mg	0.190	0.007	2	0.054	0.015	
Selenium	:g	2.9		0	0.8	0.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.182	0.005	8	0.052	0.015	
Riboflavin	mg	0.130	0.004	8	0.037	0.010	
Niacin	mg	1.840	0.117	8	0.522	0.147	
Pantothenic acid	mg	0.297	0.008	8	0.084	0.024	
Vitamin B-6	mg	0.013	0.000	8	0.004	0.001	
Folate	:g	55		0	16	4	
Vitamin B-12	:g	0.01		0	0.00	0.00	
Vitamin A	IU	3		0	1	0	
Vitamin A, RE	:g	1		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.339		0	0.096	0.027	
Lipids:							
Saturated, total	g	0.669		0	0.190	0.054	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.012		0	0.003	0.001	
15.0	g						
16:0	g	0.378		0	0.107	0.030	
17:0	g						
18:0	g	0.276		0	0.078	0.022	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.345	0	0.381	0.108
14:1	g				
16:1	g	0.008	0	0.002	0.001
18:1	g	1.337	0	0.379	0.107
20:1	g	0.001	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.466	0	0.132	0.037
18:2	g	0.438	0	0.124	0.035
18:3	g	0.024	0	0.007	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.003	0	0.001	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.001	0	0.000	0.000
Cholesterol	mg	2	0	1	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.061	0	0.017	0.005
Threonine	g	0.123	0	0.035	0.010
Isoleucine	g	0.165	0	0.047	0.013
Leucine	g	0.295	0	0.084	0.024
Lysine	g	0.157	0	0.045	0.013
Methionine	g	0.076	0	0.022	0.006
Cystine	g	0.093	0	0.026	0.007
Phenylalanine	g	0.203	0	0.058	0.016
Tyrosine	g	0.125	0	0.035	0.010
Valine	g	0.192	0	0.054	0.015
Arginine	g	0.168	0	0.048	0.013
Histidine	g	0.088	0	0.025	0.007
Alanine	g	0.135	0	0.038	0.011
Aspartic acid	g	0.193	0	0.055	0.015
Glutamic acid	g	1.359	0	0.385	0.109
Glycine	g	0.144	0	0.041	0.012
Proline	g	0.457	0	0.130	0.037
Serine	g	0.230	0	0.065	0.018
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cookie

NDB No. 18172 Cookies, gingersnaps

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 7g	Measure 3* 32g
Proximates:							
Water	g	5.30	0.283	23	1.50	0.37	1.70
Energy	kcal	416		0	118	29	133
Energy	kj	1741		0	494	122	557
Protein (N x 5.95)	g	5.60	0.117	25	1.59	0.39	1.79
Total lipid (fat)	g	9.80	0.219	25	2.78	0.69	3.14
Carbohydrate, by difference	g	76.90		0	21.80	5.38	24.61
Fiber, total dietary	g	2.2		0	0.6	0.2	0.7
Ash	g	2.40	0.082	24	0.68	0.17	0.77
Sugars, total	g						
Minerals:							
Calcium	mg	77	4.415	24	22	5	25
Iron	mg	6.40	0.301	24	1.81	0.45	2.05
Magnesium	mg	49	2.470	23	14	3	16
Phosphorus	mg	83	2.007	24	24	6	27
Potassium	mg	346	20.574	22	98	24	111
Sodium	mg	654	16.033	23	185	46	209
Zinc	mg	0.55	0.031	23	0.16	0.04	0.18
Copper	mg	0.305	0.025	22	0.086	0.021	0.098
Manganese	mg	1.555	0.116	18	0.441	0.109	0.498
Selenium	:g	5.1		0	1.4	0.4	1.6
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.200	0.013	21	0.057	0.014	0.064
Riboflavin	mg	0.293	0.014	24	0.083	0.021	0.094
Niacin	mg	3.235	0.097	24	0.917	0.226	1.035
Pantothenic acid	mg	0.380		0	0.108	0.027	0.122
Vitamin B-6	mg	0.098		0	0.028	0.007	0.031
Folate	:g	72		0	20	5	23
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	2		0	1	0	1
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	1.296		0	0.367	0.091	0.415
Lipids:							
Saturated, total	g	2.451		0	0.695	0.172	0.784
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	0.001		0	0.000	0.000	0.000
10:0	g	0.002		0	0.001	0.000	0.001
12:0	g	0.004		0	0.001	0.000	0.001
14:0	g	0.048		0	0.014	0.003	0.015
15.0	g						
16:0	g	1.279		0	0.363	0.090	0.409
17:0	g						
18:0	g	1.111		0	0.315	0.078	0.356
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.365	0	1.521	0.376	1.717
14:1	g					
16:1	g	0.002	0	0.001	0.000	0.001
18:1	g	5.363	0	1.520	0.375	1.716
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.372	0	0.389	0.096	0.439
18:2	g	1.298	0	0.368	0.091	0.415
18:3	g	0.073	0	0.021	0.005	0.023
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.080	0	0.023	0.006	0.026
Threonine	g	0.155	0	0.044	0.011	0.050
Isoleucine	g	0.212	0	0.060	0.015	0.068
Leucine	g	0.380	0	0.108	0.027	0.122
Lysine	g	0.195	0	0.055	0.014	0.062
Methionine	g	0.094	0	0.027	0.007	0.030
Cystine	g	0.120	0	0.034	0.008	0.038
Phenylalanine	g	0.263	0	0.075	0.018	0.084
Tyrosine	g	0.159	0	0.045	0.011	0.051
Valine	g	0.248	0	0.070	0.017	0.079
Arginine	g	0.213	0	0.060	0.015	0.068
Histidine	g	0.114	0	0.032	0.008	0.036
Alanine	g	0.169	0	0.048	0.012	0.054
Aspartic acid	g	0.248	0	0.070	0.017	0.079
Glutamic acid	g	1.825	0	0.517	0.128	0.584
Glycine	g	0.189	0	0.054	0.013	0.060
Proline	g	0.614	0	0.174	0.043	0.196
Serine	g	0.292	0	0.083	0.020	0.093
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cookie
Measure 3: 1 large (approx 3-1/2" - 4" dia)

NDB No. 18173 Cookies, graham crackers, plain or honey (includes cinnamon)

Refuse: 0%

Nutrients 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* 28g	Measure 3* 14g
Proximates:							
Water	g	4.40	0.128	67	3.70	1.25	0.62
Energy	kcal	423		0	355	120	59
Energy	kj	1770		0	1487	502	248
Protein (N x 5.95)	g	6.90	0.091	70	5.80	1.96	0.97
Total lipid (fat)	g	10.10	0.127	78	8.48	2.86	1.41
Carbohydrate, by difference	g	76.80		0	64.51	21.77	10.75
Fiber, total dietary	g	2.8		0	2.4	0.8	0.4
Ash	g	1.80	0.039	74	1.51	0.51	0.25
Sugars, total	g	18.50		1	15.54	5.24	2.59
Minerals:							
Calcium	mg	24	1.139	57	20	7	3
Iron	mg	3.73	0.080	50	3.13	1.06	0.52
Magnesium	mg	30	1.119	48	25	9	4
Phosphorus	mg	104	2.614	47	87	29	15
Potassium	mg	135	6.528	50	113	38	19
Sodium	mg	605	15.868	65	508	172	85
Zinc	mg	0.81	0.021	42	0.68	0.23	0.11
Copper	mg	0.202	0.011	41	0.170	0.057	0.028
Manganese	mg	0.804	0.026	35	0.675	0.228	0.113
Selenium	:g	10.2	0.886	11	8.6	2.9	1.4
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.222	0.017	62	0.186	0.063	0.031
Riboflavin	mg	0.314	0.013	73	0.264	0.089	0.044
Niacin	mg	4.122	0.096	67	3.462	1.169	0.577
Pantothenic acid	mg	0.537	0.011	18	0.451	0.152	0.075
Vitamin B-6	mg	0.065	0.002	2	0.055	0.018	0.009
Folate	:g	60		0	50	17	8
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	2.040		0	1.714	0.578	0.286
Lipids:							
Saturated, total	g	1.519		0	1.276	0.431	0.213
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	0.005		0	0.004	0.001	0.001
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		0	0.008	0.003	0.001
15.0	g						
16:0	g	1.029		0	0.864	0.292	0.144
17:0	g						
18:0	g	0.471		0	0.396	0.134	0.066
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.086		0	3.432	1.158	0.572
14:1	g						
16:1	g	0.041		0	0.034	0.012	0.006
18:1	g	4.036		0	3.390	1.144	0.565
20:1	g	0.000		0	0.000	0.000	0.000
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	3.832		0	3.219	1.086	0.536
18:2	g	3.563		0	2.993	1.010	0.499
18:3	g	0.259		0	0.218	0.073	0.036
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.001		0	0.001	0.000	0.000
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.000		0	0.000	0.000	0.000
Cholesterol	mg	0	0.233	9	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.091		0	0.076	0.026	0.013
Threonine	g	0.191		0	0.160	0.054	0.027
Isoleucine	g	0.243		0	0.204	0.069	0.034
Leucine	g	0.475		0	0.399	0.135	0.066
Lysine	g	0.162		0	0.136	0.046	0.023
Methionine	g	0.119		0	0.100	0.034	0.017
Cystine	g	0.150		0	0.126	0.043	0.021
Phenylalanine	g	0.345		0	0.290	0.098	0.048
Tyrosine	g	0.208		0	0.175	0.059	0.029
Valine	g	0.287		0	0.241	0.081	0.040
Arginine	g	0.292		0	0.245	0.083	0.041
Histidine	g	0.155		0	0.130	0.044	0.022
Alanine	g	0.227		0	0.191	0.064	0.032
Aspartic acid	g	0.308		0	0.259	0.087	0.043
Glutamic acid	g	2.301		0	1.933	0.652	0.322
Glycine	g	0.256		0	0.215	0.073	0.036
Proline	g	0.784		0	0.659	0.222	0.110
Serine	g	0.341		0	0.286	0.097	0.048
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 cup, crushed
Measure 2: 1 oz
Measure 3: 1 large rectangular piece or 2 squares or 4 small rectangular pieces

NDB No. 18174 Cookies, graham crackers, chocolate-coated

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	2.60	0.263	14	0.74	0.36	
Energy	kcal	484		0	137	68	
Energy	kj	2025		0	574	284	
Protein (N x 5.95)	g	5.80	0.323	14	1.64	0.81	
Total lipid (fat)	g	23.20	1.139	14	6.58	3.25	
Carbohydrate, by difference	g	66.50		0	18.85	9.31	
Fiber, total dietary	g	3.1		0	0.9	0.4	
Ash	g	1.80	0.249	14	0.51	0.25	
Sugars, total	g						
Minerals:							
Calcium	mg	58	14.374	14	16	8	
Iron	mg	3.58	0.303	14	1.01	0.50	
Magnesium	mg	58	8.217	13	16	8	
Phosphorus	mg	134	8.181	13	38	19	
Potassium	mg	209	18.789	13	59	29	
Sodium	mg	291	20.261	14	82	41	
Zinc	mg	0.97	0.107	13	0.27	0.14	
Copper	mg	0.430	0.060	13	0.122	0.060	
Manganese	mg	0.726	0.075	12	0.206	0.102	
Selenium	：g	14.2		0	4.0	2.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.144	0.014	14	0.041	0.020	
Riboflavin	mg	0.212	0.018	14	0.060	0.030	
Niacin	mg	2.176	0.137	14	0.617	0.305	
Pantothenic acid	mg	0.245		0	0.069	0.034	
Vitamin B-6	mg	0.074		0	0.021	0.010	
Folate	：g	17		0	5	2	
Vitamin B-12	：g	0.00		0	0.00	0.00	
Vitamin A	IU	16		0	5	2	
Vitamin A, RE	：g	1		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.125		0	0.319	0.158	
Lipids:							
Saturated, total	g	13.380		0	3.793	1.873	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.002		0	0.001	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.045		0	0.013	0.006	
14:0	g	0.113		0	0.032	0.016	
15.0	g						
16:0	g	5.859		0	1.661	0.820	
17:0	g						
18:0	g	7.098		0	2.012	0.994	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.687	0	2.179	1.076
14:1	g				
16:1	g	0.071	0	0.020	0.010
18:1	g	7.623	0	2.161	1.067
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.038	0	0.294	0.145
18:2	g	0.973	0	0.276	0.136
18:3	g	0.064	0	0.018	0.009
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.073	0	0.021	0.010
Threonine	g	0.198	0	0.056	0.028
Isoleucine	g	0.250	0	0.071	0.035
Leucine	g	0.460	0	0.130	0.064
Lysine	g	0.226	0	0.064	0.032
Methionine	g	0.110	0	0.031	0.015
Cystine	g	0.087	0	0.025	0.012
Phenylalanine	g	0.301	0	0.085	0.042
Tyrosine	g	0.213	0	0.060	0.030
Valine	g	0.302	0	0.086	0.042
Arginine	g	0.211	0	0.060	0.030
Histidine	g	0.112	0	0.032	0.016
Alanine	g	0.196	0	0.056	0.027
Aspartic acid	g	0.356	0	0.101	0.050
Glutamic acid	g	1.623	0	0.460	0.227
Glycine	g	0.184	0	0.052	0.026
Proline	g	0.584	0	0.166	0.082
Serine	g	0.279	0	0.079	0.039
Other:					
Caffeine	mg	46	0	13	6
Theobromine	mg	363	0	103	51
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 cracker (2-1/2" square)

NDB No. 18175 Cookies, ladyfingers, with lemon juice and rind

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 13g	Measure 3* 24g
Proximates:							
Water	g	19.50		0	5.53	2.54	4.68
Energy	kcal	365		0	103	47	88
Energy	kj	1527		0	433	199	366
Protein (N x 5.95)	g	10.60		0	3.01	1.38	2.54
Total lipid (fat)	g	9.10		0	2.58	1.18	2.18
Carbohydrate, by difference	g	59.70		0	16.92	7.76	14.33
Fiber, total dietary	g	1.0		0	0.3	0.1	0.2
Ash	g	1.10		0	0.31	0.14	0.26
Sugars, total	g						
Minerals:							
Calcium	mg	47		0	13	6	11
Iron	mg	3.58		0	1.01	0.47	0.86
Magnesium	mg	12		0	3	2	3
Phosphorus	mg	173		0	49	22	42
Potassium	mg	113		0	32	15	27
Sodium	mg	147		0	42	19	35
Zinc	mg	1.14		0	0.32	0.15	0.27
Copper	mg	0.095		0	0.027	0.012	0.023
Manganese	mg	0.240		0	0.068	0.031	0.058
Selenium	:g	21.1		0	6.0	2.7	5.1
Vitamins:							
Ascorbic acid	mg	3.7		0	1.0	0.5	0.9
Thiamin	mg	0.284		0	0.081	0.037	0.068
Riboflavin	mg	0.428		0	0.121	0.056	0.103
Niacin	mg	2.104		0	0.596	0.274	0.505
Pantothenic acid	mg	1.116		0	0.316	0.145	0.268
Vitamin B-6	mg	0.122		0	0.035	0.016	0.029
Folate	:g	77		0	22	10	18
Vitamin B-12	:g	0.75		0	0.21	0.10	0.18
Vitamin A	IU	556		0	158	72	133
Vitamin A, RE	:g	167		0	47	22	40
Vitamin D	IU						
Vitamin E, "-TE	mg	1.282		0	0.363	0.167	0.308
Lipids:							
Saturated, total	g	3.477		0	0.986	0.452	0.834
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	0.003		0	0.001	0.000	0.001
10:0	g	0.003		0	0.001	0.000	0.001
12:0	g	0.003		0	0.001	0.000	0.001
14:0	g	0.038		0	0.011	0.005	0.009
15.0	g						
16:0	g	2.503		0	0.710	0.325	0.601
17:0	g						
18:0	g	0.873		0	0.247	0.113	0.210
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.253	0	1.206	0.553	1.021
14:1	g					
16:1	g	0.332	0	0.094	0.043	0.080
18:1	g	3.877	0	1.099	0.504	0.930
20:1	g	0.031	0	0.009	0.004	0.007
22.1	g	0.003	0	0.001	0.000	0.001
Polyunsaturated, total	g	1.611	0	0.457	0.209	0.387
18:2	g	1.366	0	0.387	0.178	0.328
18:3	g	0.043	0	0.012	0.006	0.010
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.158	0	0.045	0.021	0.038
20:5	g	0.004	0	0.001	0.001	0.001
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.041	0	0.012	0.005	0.010
Cholesterol	mg	365	0	103	47	88
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.133	0	0.038	0.017	0.032
Threonine	g	0.467	0	0.132	0.061	0.112
Isoleucine	g	0.516	0	0.146	0.067	0.124
Leucine	g	0.861	0	0.244	0.112	0.207
Lysine	g	0.679	0	0.192	0.088	0.163
Methionine	g	0.268	0	0.076	0.035	0.064
Cystine	g	0.224	0	0.064	0.029	0.054
Phenylalanine	g	0.511	0	0.145	0.066	0.123
Tyrosine	g	0.408	0	0.116	0.053	0.098
Valine	g	0.579	0	0.164	0.075	0.139
Arginine	g	0.610	0	0.173	0.079	0.146
Histidine	g	0.248	0	0.070	0.032	0.060
Alanine	g	0.502	0	0.142	0.065	0.120
Aspartic acid	g	0.888	0	0.252	0.115	0.213
Glutamic acid	g	1.920	0	0.544	0.250	0.461
Glycine	g	0.346	0	0.098	0.045	0.083
Proline	g	0.625	0	0.177	0.081	0.150
Serine	g	0.761	0	0.216	0.099	0.183
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 anisette sponge (4" x 1-1/8" x 7/8")
Measure 3: 1 breakfast treat (approx 4" x 2" x 7/8")

NDB No. 18176 Cookies, marshmallow, chocolate-coated (includes marshmallow pies)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 28g	Measure 3* 39g
Proximates:							
Water	g	10.10	0.592	20	2.86	2.83	3.94
Energy	kcal	421		0	119	118	164
Energy	kj	1761		0	499	493	687
Protein (N x 5.95)	g	4.00	0.123	20	1.13	1.12	1.56
Total lipid (fat)	g	16.90	0.578	20	4.79	4.73	6.59
Carbohydrate, by difference	g	67.70		0	19.19	18.96	26.40
Fiber, total dietary	g	2.0		0	0.6	0.6	0.8
Ash	g	1.10	0.061	20	0.31	0.31	0.43
Sugars, total	g						
Minerals:							
Calcium	mg	46	3.554	21	13	13	18
Iron	mg	2.53	0.268	18	0.72	0.71	0.99
Magnesium	mg	36	3.794	21	10	10	14
Phosphorus	mg	97	3.615	21	27	27	38
Potassium	mg	182	5.627	21	52	51	71
Sodium	mg	168	6.125	21	48	47	66
Zinc	mg	0.65	0.079	18	0.18	0.18	0.25
Copper	mg	0.262	0.039	18	0.074	0.073	0.102
Manganese	mg	0.285	0.037	17	0.081	0.080	0.111
Selenium	:g	4.4		0	1.2	1.2	1.7
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.0	0.0
Thiamin	mg	0.093	0.007	17	0.026	0.026	0.036
Riboflavin	mg	0.208	0.013	20	0.059	0.058	0.081
Niacin	mg	0.784	0.132	17	0.222	0.220	0.306
Pantothenic acid	mg	0.476		0	0.135	0.133	0.186
Vitamin B-6	mg	0.062		0	0.018	0.017	0.024
Folate	:g	19		0	5	5	7
Vitamin B-12	:g	0.17		0	0.05	0.05	0.07
Vitamin A	IU	5		0	1	1	2
Vitamin A, RE	:g	1		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	2.139		0	0.606	0.599	0.834
Lipids:							
Saturated, total	g	4.722		0	1.339	1.322	1.842
4:0	g	0.004		0	0.001	0.001	0.002
6.0	g	0.001		0	0.000	0.000	0.000
8:0	g	0.001		0	0.000	0.000	0.000
10:0	g	0.001		0	0.000	0.000	0.000
12:0	g	0.001		0	0.000	0.000	0.000
14:0	g	0.086		0	0.024	0.024	0.034
15.0	g						
16:0	g	2.367		0	0.671	0.663	0.923
17:0	g						
18:0	g	2.249		0	0.638	0.630	0.877
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.345	0	2.649	2.617	3.645
14:1	g					
16:1	g	0.003	0	0.001	0.001	0.001
18:1	g	9.341	0	2.648	2.615	3.643
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.943	0	0.551	0.544	0.758
18:2	g	1.847	0	0.524	0.517	0.720
18:3	g	0.096	0	0.027	0.027	0.037
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.036	0	0.010	0.010	0.014
Threonine	g	0.128	0	0.036	0.036	0.050
Isoleucine	g	0.127	0	0.036	0.036	0.050
Leucine	g	0.225	0	0.064	0.063	0.088
Lysine	g	0.197	0	0.056	0.055	0.077
Methionine	g	0.049	0	0.014	0.014	0.019
Cystine	g	0.043	0	0.012	0.012	0.017
Phenylalanine	g	0.142	0	0.040	0.040	0.055
Tyrosine	g	0.083	0	0.024	0.023	0.032
Valine	g	0.170	0	0.048	0.048	0.066
Arginine	g	0.242	0	0.069	0.068	0.094
Histidine	g	0.059	0	0.017	0.017	0.023
Alanine	g	0.265	0	0.075	0.074	0.103
Aspartic acid	g	0.294	0	0.083	0.082	0.115
Glutamic acid	g	0.742	0	0.210	0.208	0.289
Glycine	g	0.487	0	0.138	0.136	0.190
Proline	g	0.442	0	0.125	0.124	0.172
Serine	g	0.172	0	0.049	0.048	0.067
Other:						
Caffeine	mg	5	0	1	1	2
Theobromine	mg	159	0	45	45	62
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 Fudge Marshmallow
Measure 3: 1 marshmallow pie (3" dia x 3/4")

NDB No. 18177 Cookies, molasses

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 32g	Measure 3* 15g
Proximates:							
Water	g	5.80	0.448	14	1.64	1.86	0.87
Energy	kcal	430		0	122	138	65
Energy	kj	1799		0	510	576	270
Protein (N x 5.95)	g	5.60	0.183	14	1.59	1.79	0.84
Total lipid (fat)	g	12.80	0.489	15	3.63	4.10	1.92
Carbohydrate, by difference	g	73.80		0	20.92	23.62	11.07
Fiber, total dietary	g	1.0		0	0.3	0.3	0.1
Ash	g	2.00	0.081	15	0.57	0.64	0.30
Sugars, total	g						
Minerals:							
Calcium	mg	74	5.223	14	21	24	11
Iron	mg	6.43	0.544	12	1.82	2.06	0.96
Magnesium	mg	52	3.644	9	15	17	8
Phosphorus	mg	95	5.257	10	27	30	14
Potassium	mg	346	30.901	12	98	111	52
Sodium	mg	459	21.240	13	130	147	69
Zinc	mg	0.45	0.038	9	0.13	0.14	0.07
Copper	mg	0.373	0.043	7	0.106	0.119	0.056
Manganese	mg	1.257	0.269	9	0.356	0.402	0.189
Selenium	΄g	5.6		0	1.6	1.8	0.8
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.355	0.064	13	0.101	0.114	0.053
Riboflavin	mg	0.264	0.014	14	0.075	0.084	0.040
Niacin	mg	3.031	0.162	13	0.859	0.970	0.455
Pantothenic acid	mg	0.411		0	0.117	0.132	0.062
Vitamin B-6	mg	0.104		0	0.029	0.033	0.016
Folate	΄g	74		0	21	24	11
Vitamin B-12	΄g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	΄g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	1.712		0	0.485	0.548	0.257
Lipids:							
Saturated, total	g	3.212		0	0.911	1.028	0.482
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	0.062		0	0.018	0.020	0.009
15.0	g						
16:0	g	1.666		0	0.472	0.533	0.250
17:0	g						
18:0	g	1.480		0	0.420	0.474	0.222
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.130	0	2.021	2.282	1.070
14:1	g					
16:1	g	0.002	0	0.001	0.001	0.000
18:1	g	7.128	0	2.021	2.281	1.069
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.729	0	0.490	0.553	0.259
18:2	g	1.641	0	0.465	0.525	0.246
18:3	g	0.088	0	0.025	0.028	0.013
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.080	0	0.023	0.026	0.012
Threonine	g	0.154	0	0.044	0.049	0.023
Isoleucine	g	0.210	0	0.060	0.067	0.032
Leucine	g	0.377	0	0.107	0.121	0.057
Lysine	g	0.193	0	0.055	0.062	0.029
Methionine	g	0.094	0	0.027	0.030	0.014
Cystine	g	0.120	0	0.034	0.038	0.018
Phenylalanine	g	0.263	0	0.075	0.084	0.039
Tyrosine	g	0.158	0	0.045	0.051	0.024
Valine	g	0.244	0	0.069	0.078	0.037
Arginine	g	0.212	0	0.060	0.068	0.032
Histidine	g	0.113	0	0.032	0.036	0.017
Alanine	g	0.167	0	0.047	0.053	0.025
Aspartic acid	g	0.238	0	0.067	0.076	0.036
Glutamic acid	g	1.824	0	0.517	0.584	0.274
Glycine	g	0.188	0	0.053	0.060	0.028
Proline	g	0.614	0	0.174	0.196	0.092
Serine	g	0.291	0	0.082	0.093	0.044
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 large (3-1/2" - 4" dia) (include Archway brand)
Measure 3: 1 medium

NDB No. 18178 Cookies, oatmeal, commercially prepared, regular

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 25g	Measure 3* 18g
Proximates:							
Water	g	5.70	0.171	28	1.62	1.43	1.03
Energy	kcal	450		0	128	113	81
Energy	kj	1883		0	534	471	339
Protein (N x 5.95)	g	6.20	0.104	32	1.76	1.55	1.12
Total lipid (fat)	g	18.10	0.382	31	5.13	4.53	3.26
Carbohydrate, by difference	g	68.70		0	19.48	17.18	12.37
Fiber, total dietary	g	2.8		0	0.8	0.7	0.5
Ash	g	1.40	0.032	28	0.40	0.35	0.25
Sugars, total	g						
Minerals:							
Calcium	mg	37	2.122	28	10	9	7
Iron	mg	2.58	0.099	24	0.73	0.65	0.46
Magnesium	mg	33	1.802	20	9	8	6
Phosphorus	mg	138	6.038	24	39	35	25
Potassium	mg	142	9.343	24	40	36	26
Sodium	mg	383	14.081	28	109	96	69
Zinc	mg	0.79	0.036	18	0.22	0.20	0.14
Copper	mg	0.134	0.007	16	0.038	0.034	0.024
Manganese	mg	0.839	0.025	13	0.238	0.210	0.151
Selenium	:g	9.8	0.208	7	2.8	2.5	1.8
Vitamins:							
Ascorbic acid	mg	0.5		0	0.1	0.1	0.1
Thiamin	mg	0.267	0.020	26	0.076	0.067	0.048
Riboflavin	mg	0.230	0.014	26	0.065	0.058	0.041
Niacin	mg	2.227	0.097	28	0.631	0.557	0.401
Pantothenic acid	mg	0.386		0	0.109	0.097	0.069
Vitamin B-6	mg	0.066		0	0.019	0.017	0.012
Folate	:g	45		0	13	11	8
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	18		0	5	5	3
Vitamin A, RE	:g	2		0	1	1	0
Vitamin D	IU						
Vitamin E, "-TE	mg	2.517		0	0.714	0.629	0.453
Lipids:							
Saturated, total	g	4.519		0	1.281	1.130	0.813
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	0.003		0	0.001	0.001	0.001
14:0	g	0.086		0	0.024	0.022	0.015
15.0	g						
16:0	g	2.383		0	0.676	0.596	0.429
17:0	g						
18:0	g	2.031		0	0.576	0.508	0.366
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.025	0	2.842	2.506	1.805
14:1	g					
16:1	g	0.003	0	0.001	0.001	0.001
18:1	g	10.022	0	2.841	2.506	1.804
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.543	0	0.721	0.636	0.458
18:2	g	2.413	0	0.684	0.603	0.434
18:3	g	0.129	0	0.037	0.032	0.023
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.099	0	0.028	0.025	0.018
Threonine	g	0.174	0	0.049	0.044	0.031
Isoleucine	g	0.221	0	0.063	0.055	0.040
Leucine	g	0.431	0	0.122	0.108	0.078
Lysine	g	0.237	0	0.067	0.059	0.043
Methionine	g	0.120	0	0.034	0.030	0.022
Cystine	g	0.168	0	0.048	0.042	0.030
Phenylalanine	g	0.295	0	0.084	0.074	0.053
Tyrosine	g	0.202	0	0.057	0.051	0.036
Valine	g	0.298	0	0.084	0.075	0.054
Arginine	g	0.365	0	0.103	0.091	0.066
Histidine	g	0.144	0	0.041	0.036	0.026
Alanine	g	0.255	0	0.072	0.064	0.046
Aspartic acid	g	0.452	0	0.128	0.113	0.081
Glutamic acid	g	1.618	0	0.459	0.405	0.291
Glycine	g	0.272	0	0.077	0.068	0.049
Proline	g	0.476	0	0.135	0.119	0.086
Serine	g	0.317	0	0.090	0.079	0.057
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 big cookie (3-1/2" - 4" dia) (include Archway brand, Grandma brand)
Measure 3: 1 large

NDB No. 18179 Cookies, oatmeal, commercially prepared, soft-type

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 15g	Measure 3*
Proximates:							
Water	g	11.00	0.505	5	3.12	1.65	
Energy	kcal	409		0	116	61	
Energy	kj	1711		0	485	257	
Protein (N x 5.95)	g	6.10	0.126	4	1.73	0.92	
Total lipid (fat)	g	14.70	0.475	4	4.17	2.21	
Carbohydrate, by difference	g	65.70		0	18.63	9.86	
Fiber, total dietary	g	2.7		0	0.8	0.4	
Ash	g	2.40	0.148	4	0.68	0.36	
Sugars, total	g						
Minerals:							
Calcium	mg	90	20.405	3	26	14	
Iron	mg	2.79	0.765	3	0.79	0.42	
Magnesium	mg	30	2.615	3	9	5	
Phosphorus	mg	209	4.806	3	59	31	
Potassium	mg	135	28.727	3	38	20	
Sodium	mg	349	43.247	3	99	52	
Zinc	mg	0.44	0.081	3	0.12	0.07	
Copper	mg	0.550	0.029	3	0.156	0.083	
Manganese	mg	0.421	0.017	3	0.119	0.063	
Selenium	：g	10.5		0	3.0	1.6	
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.0	
Thiamin	mg	0.186	0.012	4	0.053	0.028	
Riboflavin	mg	0.228	0.009	4	0.065	0.034	
Niacin	mg	1.823	0.159	4	0.517	0.273	
Pantothenic acid	mg	0.461		0	0.131	0.069	
Vitamin B-6	mg	0.085		0	0.024	0.013	
Folate	：g	34		0	10	5	
Vitamin B-12	：g	0.01		0	0.00	0.00	
Vitamin A	IU	32		0	9	5	
Vitamin A, RE	：g	5		0	1	1	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.630		0	1.029	0.545	
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	0.005		0	0.001	0.001	
14:0	g	0.068		0	0.019	0.010	
15.0	g						
16:0	g	1.956		0	0.555	0.293	
17:0	g						
18:0	g	1.581		0	0.448	0.237	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.988	0	2.265	1.198
14:1	g				
16:1	g	0.006	0	0.002	0.001
18:1	g	7.981	0	2.263	1.197
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.204	0	0.625	0.331
18:2	g	2.093	0	0.593	0.314
18:3	g	0.109	0	0.031	0.016
18:4	g	0.000	0	0.000	0.000
20:4	g	0.002	0	0.001	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	5	0	1	1
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.096	0	0.027	0.014
Threonine	g	0.193	0	0.055	0.029
Isoleucine	g	0.240	0	0.068	0.036
Leucine	g	0.450	0	0.128	0.068
Lysine	g	0.271	0	0.077	0.041
Methionine	g	0.130	0	0.037	0.020
Cystine	g	0.168	0	0.048	0.025
Phenylalanine	g	0.301	0	0.085	0.045
Tyrosine	g	0.213	0	0.060	0.032
Valine	g	0.314	0	0.089	0.047
Arginine	g	0.375	0	0.106	0.056
Histidine	g	0.142	0	0.040	0.021
Alanine	g	0.275	0	0.078	0.041
Aspartic acid	g	0.489	0	0.139	0.073
Glutamic acid	g	1.434	0	0.407	0.215
Glycine	g	0.268	0	0.076	0.040
Proline	g	0.416	0	0.118	0.062
Serine	g	0.337	0	0.096	0.051
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cookie

NDB No. 18180 Cookies, oatmeal, 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* 28g	Measure 2* 496g	Measure 3*
Proximates:							
Water	g	5.30	0.091	26	1.50	26.29	
Energy	kcal	462		0	131	2292	
Energy	kj	1933		0	548	9588	
Protein (N x 5.95)	g	6.50	0.108	27	1.84	32.24	
Total lipid (fat)	g	19.20	0.198	27	5.44	95.23	
Carbohydrate, by difference	g	67.30		0	19.08	333.81	
Fiber, total dietary	g						
Ash	g	1.70	0.022	27	0.48	8.43	
Sugars, total	g						
Minerals:							
Calcium	mg	25	4.052	13	7	124	
Iron	mg	2.22		1	0.63	11.01	
Magnesium	mg	48		1	14	238	
Phosphorus	mg	163	13.333	3	46	808	
Potassium	mg	183	9.425	9	52	908	
Sodium	mg	473	33.867	9	134	2346	
Zinc	mg	0.80		1	0.23	3.97	
Copper	mg	0.200		1	0.057	0.992	
Manganese	mg	1.230		0	0.349	6.101	
Selenium	:g	10.6		0	3.0	52.6	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.5	
Thiamin	mg	0.142		0	0.040	0.704	
Riboflavin	mg	0.140		1	0.040	0.694	
Niacin	mg	1.300		1	0.369	6.448	
Pantothenic acid	mg	0.457		0	0.130	2.267	
Vitamin B-6	mg	0.042		0	0.012	0.208	
Folate	:g	50		0	14	248	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	28		0	8	139	
Vitamin A, RE	:g	2		0	1	10	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.755		0	1.348	23.585	
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	0.006		0	0.002	0.030	
14:0	g	0.090		0	0.026	0.446	
15.0	g						
16:0	g	2.529		0	0.717	12.544	
17:0	g						
18:0	g	2.107		0	0.597	10.451	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.567	0	2.996	52.412
14:1	g				
16:1	g	0.004	0	0.001	0.020
18:1	g	10.563	0	2.995	52.392
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.792	0	0.792	13.848
18:2	g	2.656	0	0.753	13.174
18:3	g	0.136	0	0.039	0.675
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.113	0	0.032	0.560
Threonine	g	0.183	0	0.052	0.908
Isoleucine	g	0.247	0	0.070	1.225
Leucine	g	0.486	0	0.138	2.411
Lysine	g	0.262	0	0.074	1.300
Methionine	g	0.119	0	0.034	0.590
Cystine	g	0.188	0	0.053	0.932
Phenylalanine	g	0.327	0	0.093	1.622
Tyrosine	g	0.226	0	0.064	1.121
Valine	g	0.332	0	0.094	1.647
Arginine	g	0.394	0	0.112	1.954
Histidine	g	0.145	0	0.041	0.719
Alanine	g	0.277	0	0.079	1.374
Aspartic acid	g	0.473	0	0.134	2.346
Glutamic acid	g	1.662	0	0.471	8.244
Glycine	g	0.304	0	0.086	1.508
Proline	g	0.494	0	0.140	2.450
Serine	g	0.335	0	0.095	1.662
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 package (17.5 oz)

NDB No. 18182 Cookies, oatmeal, refrigerated dough

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 16g	Measure 3*
Proximates:							
Water	g	15.30	0.277	35	4.34	2.45	
Energy	kcal	424		0	120	68	
Energy	kj	1774		0	503	284	
Protein (N x 5.95)	g	5.40	0.108	34	1.53	0.86	
Total lipid (fat)	g	18.90	0.314	36	5.36	3.02	
Carbohydrate, by difference	g	59.10		0	16.75	9.46	
Fiber, total dietary	g	2.5		0	0.7	0.4	
Ash	g	1.30	0.055	35	0.37	0.21	
Sugars, total	g						
Minerals:							
Calcium	mg	31	1.478	26	9	5	
Iron	mg	2.14	0.100	22	0.61	0.34	
Magnesium	mg	28	1.284	17	8	4	
Phosphorus	mg	104	3.531	18	29	17	
Potassium	mg	147	15.432	18	42	24	
Sodium	mg	294	12.727	30	83	47	
Zinc	mg	0.64	0.036	17	0.18	0.10	
Copper	mg	0.110	0.010	16	0.031	0.018	
Manganese	mg	0.765		0	0.217	0.122	
Selenium	:g	9.1		0	2.6	1.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.234	0.021	22	0.066	0.037	
Riboflavin	mg	0.148	0.008	25	0.042	0.024	
Niacin	mg	1.865	0.123	23	0.529	0.298	
Pantothenic acid	mg	0.372		0	0.105	0.060	
Vitamin B-6	mg	0.041		0	0.012	0.007	
Folate	:g	35		0	10	6	
Vitamin B-12	:g	0.04		0	0.01	0.01	
Vitamin A	IU	70	9.072	6	20	11	
Vitamin A, RE	:g	13		0	4	2	
Vitamin D	IU						
Vitamin E, "-TE	mg	2.551		0	0.723	0.408	
Lipids:							
Saturated, total	g	4.751		0	1.347	0.760	
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	0.001	0.000	
14:0	g	0.090		0	0.026	0.014	
15.0	g						
16:0	g	2.509		0	0.711	0.401	
17:0	g						
18:0	g	2.134		0	0.605	0.341	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.531		0	2.986	1.685
14:1	g					
16:1	g	0.010		0	0.003	0.002
18:1	g	10.520		0	2.982	1.683
20:1	g	0.001		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.592		0	0.735	0.415
18:2	g	2.458		0	0.697	0.393
18:3	g	0.126		0	0.036	0.020
18:4	g	0.000		0	0.000	0.000
20:4	g	0.005		0	0.001	0.001
20:5	g	0.001		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.001		0	0.000	0.000
Cholesterol	mg	24	1.980	15	7	4
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.088		0	0.025	0.014
Threonine	g	0.177		0	0.050	0.028
Isoleucine	g	0.227		0	0.064	0.036
Leucine	g	0.414		0	0.117	0.066
Lysine	g	0.257		0	0.073	0.041
Methionine	g	0.122		0	0.035	0.020
Cystine	g	0.153		0	0.043	0.024
Phenylalanine	g	0.278		0	0.079	0.044
Tyrosine	g	0.195		0	0.055	0.031
Valine	g	0.291		0	0.082	0.047
Arginine	g	0.334		0	0.095	0.053
Histidine	g	0.125		0	0.035	0.020
Alanine	g	0.255		0	0.072	0.041
Aspartic acid	g	0.451		0	0.128	0.072
Glutamic acid	g	1.206		0	0.342	0.193
Glycine	g	0.241		0	0.068	0.039
Proline	g	0.348		0	0.099	0.056
Serine	g	0.305		0	0.086	0.049
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: Dough for 1 cookie

NDB No. 18183 Cookies, oatmeal, refrigerated dough, baked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 12g	Measure 3*
Proximates:							
Water	g	5.80		0	1.64	0.70	
Energy	kcal	471		0	134	57	
Energy	kj	1971		0	559	237	
Protein (N x 5.95)	g	6.00		0	1.70	0.72	
Total lipid (fat)	g	21.00		0	5.95	2.52	
Carbohydrate, by difference	g	65.70		0	18.63	7.88	
Fiber, total dietary	g	2.8		0	0.8	0.3	
Ash	g	1.40		0	0.40	0.17	
Sugars, total	g						
Minerals:							
Calcium	mg	35		0	10	4	
Iron	mg	2.38		0	0.67	0.29	
Magnesium	mg	32		0	9	4	
Phosphorus	mg	116		0	33	14	
Potassium	mg	163		0	46	20	
Sodium	mg	327		0	93	39	
Zinc	mg	0.71		0	0.20	0.09	
Copper	mg	0.122		0	0.035	0.015	
Manganese	mg	0.953		0	0.270	0.114	
Selenium	:g	10.1		0	2.9	1.2	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.0	
Thiamin	mg	0.208		0	0.059	0.025	
Riboflavin	mg	0.148		0	0.042	0.018	
Niacin	mg	1.865		0	0.529	0.224	
Pantothenic acid	mg	0.210		0	0.060	0.025	
Vitamin B-6	mg	0.055		0	0.016	0.007	
Folate	:g	27		0	8	3	
Vitamin B-12	:g	0.04		0	0.01	0.00	
Vitamin A	IU	70		0	20	8	
Vitamin A, RE	:g	13		0	4	2	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.339		0	1.514	0.641	
4:0	g						
6.0	g						
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.102		0	0.029	0.012	
15.0	g						
16:0	g	2.871		0	0.814	0.345	
17:0	g						
18:0	g	2.365		0	0.670	0.284	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.729	0	3.325	1.407
14:1	g				
16:1	g	0.015	0	0.004	0.002
18:1	g	11.713	0	3.321	1.406
20:1	g	0.001	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.976	0	0.844	0.357
18:2	g	2.818	0	0.799	0.338
18:3	g	0.152	0	0.043	0.018
18:4	g				
20:4	g	0.005	0	0.001	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g				
22:6	g	0.001	0	0.000	0.000
Cholesterol	mg	26	0	7	3
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.098	0	0.028	0.012
Threonine	g	0.197	0	0.056	0.024
Isoleucine	g	0.252	0	0.071	0.030
Leucine	g	0.460	0	0.130	0.055
Lysine	g	0.286	0	0.081	0.034
Methionine	g	0.136	0	0.039	0.016
Cystine	g	0.170	0	0.048	0.020
Phenylalanine	g	0.309	0	0.088	0.037
Tyrosine	g	0.217	0	0.062	0.026
Valine	g	0.323	0	0.092	0.039
Arginine	g	0.371	0	0.105	0.045
Histidine	g	0.139	0	0.039	0.017
Alanine	g	0.284	0	0.081	0.034
Aspartic acid	g	0.501	0	0.142	0.060
Glutamic acid	g	1.340	0	0.380	0.161
Glycine	g	0.268	0	0.076	0.032
Proline	g	0.387	0	0.110	0.046
Serine	g	0.339	0	0.096	0.041
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cookie

NDB No. 18184 Cookies, oatmeal, prepared from recipe, with raisins

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 15g	Measure 3*
Proximates:							
Water	g	6.40		0	1.81	0.96	
Energy	kcal	435		0	123	65	
Energy	kj	1820		0	516	273	
Protein (N x 5.95)	g	6.50		0	1.84	0.98	
Total lipid (fat)	g	16.20		0	4.59	2.43	
Carbohydrate, by difference	g	68.40		0	19.39	10.26	
Fiber, total dietary	g						
Ash	g	2.40		0	0.68	0.36	
Sugars, total	g						
Minerals:							
Calcium	mg	100		0	28	15	
Iron	mg	2.65		0	0.75	0.40	
Magnesium	mg	42		0	12	6	
Phosphorus	mg	161		0	46	24	
Potassium	mg	239		0	68	36	
Sodium	mg	538		0	153	81	
Zinc	mg	0.86		0	0.24	0.13	
Copper	mg	0.181		0	0.051	0.027	
Manganese	mg	0.987		0	0.280	0.148	
Selenium	:g	15.6		0	4.4	2.3	
Vitamins:							
Ascorbic acid	mg	0.5		0	0.1	0.1	
Thiamin	mg	0.249		0	0.071	0.037	
Riboflavin	mg	0.166		0	0.047	0.025	
Niacin	mg	1.259		0	0.357	0.189	
Pantothenic acid	mg	0.329		0	0.093	0.049	
Vitamin B-6	mg	0.071		0	0.020	0.011	
Folate	:g	30		0	9	5	
Vitamin B-12	:g	0.08		0	0.02	0.01	
Vitamin A	IU	641		0	182	96	
Vitamin A, RE	:g	164		0	46	25	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.232		0	0.916	0.485	
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	0.004		0	0.001	0.001	
14:0	g	0.041		0	0.012	0.006	
15.0	g						
16:0	g	2.072		0	0.587	0.311	
17:0	g						
18:0	g	1.098		0	0.311	0.165	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.888	0	1.953	1.033
14:1	g				
16:1	g	0.025	0	0.007	0.004
18:1	g	6.860	0	1.945	1.029
20:1	g	0.002	0	0.001	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	5.034	0	1.427	0.755
18:2	g	4.800	0	1.361	0.720
18:3	g	0.220	0	0.062	0.033
18:4	g	0.000	0	0.000	0.000
20:4	g	0.011	0	0.003	0.002
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.003	0	0.001	0.000
Cholesterol	mg	33	0	9	5
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.081	0	0.023	0.012
Threonine	g	0.217	0	0.062	0.033
Isoleucine	g	0.254	0	0.072	0.038
Leucine	g	0.466	0	0.132	0.070
Lysine	g	0.256	0	0.073	0.038
Methionine	g	0.135	0	0.038	0.020
Cystine	g	0.143	0	0.041	0.021
Phenylalanine	g	0.322	0	0.091	0.048
Tyrosine	g	0.213	0	0.060	0.032
Valine	g	0.322	0	0.091	0.048
Arginine	g	0.379	0	0.107	0.057
Histidine	g	0.155	0	0.044	0.023
Alanine	g	0.292	0	0.083	0.044
Aspartic acid	g	0.489	0	0.139	0.073
Glutamic acid	g	1.549	0	0.439	0.232
Glycine	g	0.254	0	0.072	0.038
Proline	g	0.446	0	0.126	0.067
Serine	g	0.310	0	0.088	0.047
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 cookie (2-5/8" dia)

NDB No. 18185 Cookies, peanut butter, commercially prepared, regular

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 15g	Measure 3*
Proximates:							
Water	g	6.10	0.648	6	1.73	0.92	
Energy	kcal	477		0	135	72	
Energy	kj	1996		0	566	299	
Protein (N x 5.95)	g	9.60	0.688	6	2.72	1.44	
Total lipid (fat)	g	23.60	0.682	6	6.69	3.54	
Carbohydrate, by difference	g	58.90		0	16.70	8.84	
Fiber, total dietary	g	1.8		0	0.5	0.3	
Ash	g	1.80	0.054	5	0.51	0.27	
Sugars, total	g						
Minerals:							
Calcium	mg	35	6.466	6	10	5	
Iron	mg	2.51	0.416	7	0.71	0.38	
Magnesium	mg	45	0.743	5	13	7	
Phosphorus	mg	86	12.021	5	24	13	
Potassium	mg	167	24.640	5	47	25	
Sodium	mg	415	27.519	6	118	62	
Zinc	mg	0.53	0.092	4	0.15	0.08	
Copper	mg	0.200		1	0.057	0.030	
Manganese	mg	0.280	0.032	3	0.079	0.042	
Selenium	:g	5.9	1.164	6	1.7	0.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.170	0.020	7	0.048	0.026	
Riboflavin	mg	0.180	0.020	7	0.051	0.027	
Niacin	mg	4.270	0.547	7	1.211	0.640	
Pantothenic acid	mg	0.582		0	0.165	0.087	
Vitamin B-6	mg	0.087		0	0.025	0.013	
Folate	:g	62		0	18	9	
Vitamin B-12	:g	0.04		0	0.01	0.01	
Vitamin A	IU	9		0	3	1	
Vitamin A, RE	:g	3		0	1	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	3.366		0	0.954	0.505	
Lipids:							
Saturated, total	g	4.485		0	1.271	0.673	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.057		0	0.016	0.009	
15.0	g						
16:0	g	2.772		0	0.786	0.416	
17:0	g						
18:0	g	1.504		0	0.426	0.226	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.368		0	3.506	1.855
14:1	g					
16:1	g	0.013		0	0.004	0.002
18:1	g	12.174		0	3.451	1.826
20:1	g	0.179		0	0.051	0.027
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	5.518		0	1.564	0.828
18:2	g	5.440		0	1.542	0.816
18:3	g	0.067		0	0.019	0.010
18:4	g	0.001		0	0.000	0.000
20:4	g	0.006		0	0.002	0.001
20:5	g	0.003		0	0.001	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.002		0	0.001	0.000
Cholesterol	mg	1	0.010	3	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.110		0	0.031	0.017
Threonine	g	0.323		0	0.092	0.048
Isoleucine	g	0.363		0	0.103	0.054
Leucine	g	0.652		0	0.185	0.098
Lysine	g	0.380		0	0.108	0.057
Methionine	g	0.148		0	0.042	0.022
Cystine	g	0.160		0	0.045	0.024
Phenylalanine	g	0.485		0	0.137	0.073
Tyrosine	g	0.353		0	0.100	0.053
Valine	g	0.425		0	0.120	0.064
Arginine	g	0.852		0	0.242	0.128
Histidine	g	0.225		0	0.064	0.034
Alanine	g	0.370		0	0.105	0.056
Aspartic acid	g	0.922		0	0.261	0.138
Glutamic acid	g	2.271		0	0.644	0.341
Glycine	g	0.477		0	0.135	0.072
Proline	g	0.612		0	0.174	0.092
Serine	g	0.504		0	0.143	0.076
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cookie

NDB No. 18186 Cookies, peanut butter, commercially prepared, soft-type

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 15g	Measure 3*
Proximates:							
Water	g	11.50	0.113	2	3.26	1.73	
Energy	kcal	457		0	130	69	
Energy	kj	1912		0	542	287	
Protein (N x 5.95)	g	5.30	0.023	2	1.50	0.80	
Total lipid (fat)	g	24.40	0.237	3	6.92	3.66	
Carbohydrate, by difference	g	57.70		0	16.36	8.65	
Fiber, total dietary	g	1.7		0	0.5	0.3	
Ash	g	1.10	0.042	2	0.31	0.17	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.170	2	3	2	
Iron	mg	0.89	0.014	2	0.25	0.13	
Magnesium	mg	32	0.643	2	9	5	
Phosphorus	mg	87	0.947	2	25	13	
Potassium	mg	107	3.450	2	30	16	
Sodium	mg	336	18.496	2	95	50	
Zinc	mg	0.55	0.007	2	0.16	0.08	
Copper	mg	0.080	0.000	2	0.023	0.012	
Manganese	mg	0.430	0.007	2	0.122	0.065	
Selenium	：g	4.4		1	1.2	0.7	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.248	0.008	8	0.070	0.037	
Riboflavin	mg	0.165	0.001	8	0.047	0.025	
Niacin	mg	2.160	0.042	8	0.612	0.324	
Pantothenic acid	mg	0.362	0.007	8	0.103	0.054	
Vitamin B-6	mg	0.027		0	0.008	0.004	
Folate	：g	67		0	19	10	
Vitamin B-12	：g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	6.149		0	1.743	0.922	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.002		0	0.001	0.000	
14:0	g	0.089		0	0.025	0.013	
15.0	g						
16:0	g	3.006		0	0.852	0.451	
17:0	g						
18:0	g	2.268		0	0.643	0.340	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.844	0	3.925	2.077
14:1	g				
16:1	g	0.001	0	0.000	0.000
18:1	g	13.169	0	3.733	1.975
20:1	g	0.098	0	0.028	0.015
22.1	g				
Polyunsaturated, total	g	3.181	0	0.902	0.477
18:2	g	4.243	0	1.203	0.636
18:3	g	0.113	0	0.032	0.017
18:4	g				
20:4	g	0.018	0	0.005	0.003
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.063	0	0.018	0.009
Threonine	g	0.174	0	0.049	0.026
Isoleucine	g	0.200	0	0.057	0.030
Leucine	g	0.360	0	0.102	0.054
Lysine	g	0.201	0	0.057	0.030
Methionine	g	0.069	0	0.020	0.010
Cystine	g	0.087	0	0.025	0.013
Phenylalanine	g	0.268	0	0.076	0.040
Tyrosine	g	0.194	0	0.055	0.029
Valine	g	0.234	0	0.066	0.035
Arginine	g	0.461	0	0.131	0.069
Histidine	g	0.126	0	0.036	0.019
Alanine	g	0.196	0	0.056	0.029
Aspartic acid	g	0.488	0	0.138	0.073
Glutamic acid	g	1.329	0	0.377	0.199
Glycine	g	0.262	0	0.074	0.039
Proline	g	0.368	0	0.104	0.055
Serine	g	0.274	0	0.078	0.041
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cookie

NDB No. 18187 Cookies, peanut butter, refrigerated dough

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 16g	Measure 3*
Proximates:							
Water	g	12.60	0.187	38	3.57	2.02	
Energy	kcal	458		0	130	73	
Energy	kj	1916		0	543	307	
Protein (N x 5.95)	g	8.20	0.171	38	2.32	1.31	
Total lipid (fat)	g	25.00	0.357	40	7.09	4.00	
Carbohydrate, by difference	g	52.10		0	14.77	8.34	
Fiber, total dietary	g	1.1		0	0.3	0.2	
Ash	g	2.00	0.086	38	0.57	0.32	
Sugars, total	g						
Minerals:							
Calcium	mg	101	8.905	34	29	16	
Iron	mg	1.70	0.083	30	0.48	0.27	
Magnesium	mg	37	1.046	22	10	6	
Phosphorus	mg	241	7.821	23	68	39	
Potassium	mg	308	31.025	26	87	49	
Sodium	mg	397	32.309	38	113	64	
Zinc	mg	0.68	0.021	22	0.19	0.11	
Copper	mg	0.151	0.006	22	0.043	0.024	
Manganese	mg	0.326		0	0.092	0.052	
Selenium	:g	5.0		0	1.4	0.8	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	4	0.0	0.0	
Thiamin	mg	0.191	0.025	15	0.054	0.031	
Riboflavin	mg	0.186	0.012	8	0.053	0.030	
Niacin	mg	4.143	0.186	30	1.175	0.663	
Pantothenic acid	mg	0.379		0	0.107	0.061	
Vitamin B-6	mg	0.142		0	0.040	0.023	
Folate	:g	57		0	16	9	
Vitamin B-12	:g	0.04		0	0.01	0.01	
Vitamin A	IU	47		1	13	8	
Vitamin A, RE	:g	14		0	4	2	
Vitamin D	IU						
Vitamin E, "-TE	mg	4.068		0	1.153	0.651	
Lipids:							
Saturated, total	g	5.791		0	1.642	0.927	
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	0.005		0	0.001	0.001	
14:0	g	0.115		0	0.033	0.018	
15.0	g						
16:0	g	3.083		0	0.874	0.493	
17:0	g						
18:0	g	2.205		0	0.625	0.353	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.124		0	3.721	2.100
14:1	g					
16:1	g	0.013		0	0.004	0.002
18:1	g	13.013		0	3.689	2.082
20:1	g	0.098		0	0.028	0.016
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	4.787		0	1.357	0.766
18:2	g	4.677		0	1.326	0.748
18:3	g	0.102		0	0.029	0.016
18:4	g	0.000		0	0.000	0.000
20:4	g	0.006		0	0.002	0.001
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.002		0	0.001	0.000
Cholesterol	mg	27	2.199	17	8	4
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.098		0	0.028	0.016
Threonine	g	0.278		0	0.079	0.044
Isoleucine	g	0.324		0	0.092	0.052
Leucine	g	0.571		0	0.162	0.091
Lysine	g	0.339		0	0.096	0.054
Methionine	g	0.129		0	0.037	0.021
Cystine	g	0.148		0	0.042	0.024
Phenylalanine	g	0.412		0	0.117	0.066
Tyrosine	g	0.292		0	0.083	0.047
Valine	g	0.378		0	0.107	0.060
Arginine	g	0.632		0	0.179	0.101
Histidine	g	0.190		0	0.054	0.030
Alanine	g	0.315		0	0.089	0.050
Aspartic acid	g	0.705		0	0.200	0.113
Glutamic acid	g	2.018		0	0.572	0.323
Glycine	g	0.370		0	0.105	0.059
Proline	g	0.582		0	0.165	0.093
Serine	g	0.450		0	0.128	0.072
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: Dough for 1 cookie

NDB No. 18188 Cookies, peanut butter, refrigerated dough, baked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 12g	Measure 3*
Proximates:							
Water	g	4.00		0	1.13	0.48	
Energy	kcal	503		0	143	60	
Energy	kj	2105		0	597	253	
Protein (N x 5.95)	g	9.10		0	2.58	1.09	
Total lipid (fat)	g	27.50		0	7.80	3.30	
Carbohydrate, by difference	g	57.30		0	16.24	6.88	
Fiber, total dietary	g	1.2		0	0.4	0.1	
Ash	g	2.10		0	0.60	0.25	
Sugars, total	g						
Minerals:							
Calcium	mg	111		0	31	13	
Iron	mg	1.87		0	0.53	0.22	
Magnesium	mg	41		0	12	5	
Phosphorus	mg	264		0	75	32	
Potassium	mg	338		0	96	41	
Sodium	mg	436		0	124	52	
Zinc	mg	0.75		0	0.21	0.09	
Copper	mg	0.166		0	0.047	0.020	
Manganese	mg	0.461		0	0.131	0.055	
Selenium	:g	5.1		1	1.4	0.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.168		0	0.048	0.020	
Riboflavin	mg	0.184		0	0.052	0.022	
Niacin	mg	4.098		0	1.162	0.492	
Pantothenic acid	mg	0.300		0	0.085	0.036	
Vitamin B-6	mg	0.064		0	0.018	0.008	
Folate	:g	44		0	12	5	
Vitamin B-12	:g	0.06		0	0.02	0.01	
Vitamin A	IU	46		0	13	6	
Vitamin A, RE	:g	14		0	4	2	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	6.199		0	1.757	0.744	
4:0	g						
6.0	g						
8:0	g	0.001		0	0.000	0.000	
10:0	g	0.001		0	0.000	0.000	
12:0	g	0.004		0	0.001	0.000	
14:0	g	0.099		0	0.028	0.012	
15.0	g						
16:0	g	3.539		0	1.003	0.425	
17:0	g						
18:0	g	2.552		0	0.723	0.306	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.526	0	4.118	1.743
14:1	g				
16:1	g	0.044	0	0.012	0.005
18:1	g	14.372	0	4.074	1.725
20:1	g	0.110	0	0.031	0.013
22.1	g	0.001	0	0.000	0.000
Polyunsaturated, total	g	4.889	0	1.386	0.587
18:2	g	4.700	0	1.332	0.564
18:3	g	0.131	0	0.037	0.016
18:4	g				
20:4	g	0.052	0	0.015	0.006
20:5	g	0.001	0	0.000	0.000
22:5	g				
22:6	g	0.005	0	0.001	0.001
Cholesterol	mg	30	0	9	4
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.108	0	0.031	0.013
Threonine	g	0.305	0	0.086	0.037
Isoleucine	g	0.356	0	0.101	0.043
Leucine	g	0.628	0	0.178	0.075
Lysine	g	0.372	0	0.105	0.045
Methionine	g	0.141	0	0.040	0.017
Cystine	g	0.162	0	0.046	0.019
Phenylalanine	g	0.453	0	0.128	0.054
Tyrosine	g	0.321	0	0.091	0.039
Valine	g	0.415	0	0.118	0.050
Arginine	g	0.695	0	0.197	0.083
Histidine	g	0.208	0	0.059	0.025
Alanine	g	0.347	0	0.098	0.042
Aspartic acid	g	0.774	0	0.219	0.093
Glutamic acid	g	2.218	0	0.629	0.266
Glycine	g	0.407	0	0.115	0.049
Proline	g	0.639	0	0.181	0.077
Serine	g	0.494	0	0.140	0.059
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cookie

NDB No. 18189 Cookies, peanut butter, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 20g	Measure 3*
Proximates:							
Water	g	5.90		0	1.67	1.18	
Energy	kcal	475		0	135	95	
Energy	kj	1987		0	563	397	
Protein (N x 5.95)	g	9.00		0	2.55	1.80	
Total lipid (fat)	g	23.80		0	6.75	4.76	
Carbohydrate, by difference	g	58.90		0	16.70	11.78	
Fiber, total dietary	g						
Ash	g	2.00		0	0.57	0.40	
Sugars, total	g						
Minerals:							
Calcium	mg	39		0	11	8	
Iron	mg	2.23		0	0.63	0.45	
Magnesium	mg	39		0	11	8	
Phosphorus	mg	116		0	33	23	
Potassium	mg	231		0	65	46	
Sodium	mg	518		0	147	104	
Zinc	mg	0.82		0	0.23	0.16	
Copper	mg	0.183		0	0.052	0.037	
Manganese	mg	0.570		0	0.162	0.114	
Selenium	：g	14.8		0	4.2	3.0	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.0	
Thiamin	mg	0.222		0	0.063	0.044	
Riboflavin	mg	0.210		0	0.060	0.042	
Niacin	mg	3.514		0	0.996	0.703	
Pantothenic acid	mg	0.345		0	0.098	0.069	
Vitamin B-6	mg	0.084		0	0.024	0.017	
Folate	：g	55		0	16	11	
Vitamin B-12	：g	0.09		0	0.03	0.02	
Vitamin A	IU	601		0	170	120	
Vitamin A, RE	：g	156		0	44	31	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.438		0	1.258	0.888	
4:0	g	0.003		0	0.001	0.001	
6.0	g	0.002		0	0.001	0.000	
8:0	g	0.001		0	0.000	0.000	
10:0	g	0.002		0	0.001	0.000	
12:0	g	0.007		0	0.002	0.001	
14:0	g	0.054		0	0.015	0.011	
15.0	g						
16:0	g	2.905		0	0.824	0.581	
17:0	g						
18:0	g	1.461		0	0.414	0.292	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.832	0	3.071	2.166
14:1	g				
16:1	g	0.024	0	0.007	0.005
18:1	g	10.684	0	3.029	2.137
20:1	g	0.123	0	0.035	0.025
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	7.223	0	2.048	1.445
18:2	g	6.966	0	1.975	1.393
18:3	g	0.207	0	0.059	0.041
18:4	g	0.000	0	0.000	0.000
20:4	g	0.047	0	0.013	0.009
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	0.001	0.001
Cholesterol	mg	31	0	9	6
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.099	0	0.028	0.020
Threonine	g	0.299	0	0.085	0.060
Isoleucine	g	0.338	0	0.096	0.068
Leucine	g	0.623	0	0.177	0.125
Lysine	g	0.321	0	0.091	0.064
Methionine	g	0.149	0	0.042	0.030
Cystine	g	0.151	0	0.043	0.030
Phenylalanine	g	0.460	0	0.130	0.092
Tyrosine	g	0.332	0	0.094	0.066
Valine	g	0.395	0	0.112	0.079
Arginine	g	0.734	0	0.208	0.147
Histidine	g	0.216	0	0.061	0.043
Alanine	g	0.344	0	0.098	0.069
Aspartic acid	g	0.799	0	0.227	0.160
Glutamic acid	g	2.223	0	0.630	0.445
Glycine	g	0.425	0	0.120	0.085
Proline	g	0.643	0	0.182	0.129
Serine	g	0.469	0	0.133	0.094
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cookie (3" dia)

NDB No. 18190 Cookies, peanut butter sandwich, regular

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	2.80	0.146	21	0.79	0.39	
Energy	kcal	478		0	136	67	
Energy	kj	2000		0	567	280	
Protein (N x 5.95)	g	8.80	0.171	21	2.49	1.23	
Total lipid (fat)	g	21.10	0.401	24	5.98	2.95	
Carbohydrate, by difference	g	65.60		0	18.60	9.18	
Fiber, total dietary	g	1.9		0	0.5	0.3	
Ash	g	1.60	0.042	22	0.45	0.22	
Sugars, total	g						
Minerals:							
Calcium	mg	53	1.900	19	15	7	
Iron	mg	2.60	0.060	19	0.74	0.36	
Magnesium	mg	49	0.999	19	14	7	
Phosphorus	mg	188	6.870	18	53	26	
Potassium	mg	192	4.326	19	54	27	
Sodium	mg	368	8.869	19	104	52	
Zinc	mg	1.06	0.019	19	0.30	0.15	
Copper	mg	0.237	0.015	19	0.067	0.033	
Manganese	mg	0.912	0.022	17	0.259	0.128	
Selenium	:g	7.7	1.570	3	2.2	1.1	
Vitamins:							
Ascorbic acid	mg	0.1	0.033	3	0.0	0.0	
Thiamin	mg	0.325	0.015	17	0.092	0.046	
Riboflavin	mg	0.263	0.013	18	0.075	0.037	
Niacin	mg	3.739	0.088	19	1.060	0.523	
Pantothenic acid	mg	0.915		0	0.259	0.128	
Vitamin B-6	mg	0.139		0	0.039	0.019	
Folate	:g	44		0	12	6	
Vitamin B-12	:g	0.23		0	0.07	0.03	
Vitamin A	IU	4	4.000	3	1	1	
Vitamin A, RE	:g	1		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	3.252		0	0.922	0.455	
Lipids:							
Saturated, total	g	4.995		0	1.416	0.699	
4:0	g	0.006		0	0.002	0.001	
6.0	g	0.001		0	0.000	0.000	
8:0	g	0.001		0	0.000	0.000	
10:0	g	0.002		0	0.001	0.000	
12:0	g	0.006		0	0.002	0.001	
14:0	g	0.107		0	0.030	0.015	
15.0	g						
16:0	g	2.649		0	0.751	0.371	
17:0	g						
18:0	g	1.980		0	0.561	0.277	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.191		0	3.173	1.567
14:1	g					
16:1	g	0.000		0	0.000	0.000
18:1	g	11.126		0	3.154	1.558
20:1	g	0.059		0	0.017	0.008
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.795		0	1.076	0.531
18:2	g	3.688		0	1.046	0.516
18:3	g	0.107		0	0.030	0.015
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	0	0.044	3	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.110		0	0.031	0.015
Threonine	g	0.297		0	0.084	0.042
Isoleucine	g	0.341		0	0.097	0.048
Leucine	g	0.617		0	0.175	0.086
Lysine	g	0.352		0	0.100	0.049
Methionine	g	0.128		0	0.036	0.018
Cystine	g	0.164		0	0.046	0.023
Phenylalanine	g	0.442		0	0.125	0.062
Tyrosine	g	0.319		0	0.090	0.045
Valine	g	0.402		0	0.114	0.056
Arginine	g	0.716		0	0.203	0.100
Histidine	g	0.205		0	0.058	0.029
Alanine	g	0.341		0	0.097	0.048
Aspartic acid	g	0.791		0	0.224	0.111
Glutamic acid	g	2.206		0	0.625	0.309
Glycine	g	0.420		0	0.119	0.059
Proline	g	0.622		0	0.176	0.087
Serine	g	0.462		0	0.131	0.065
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cookie

NDB No. 18191 Cookies, raisin, soft-type

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 15g	Measure 3*
Proximates:							
Water	g	13.10	1.368	4	3.71	1.97	
Energy	kcal	401		0	114	60	
Energy	kj	1678		0	476	252	
Protein (N x 5.95)	g	4.10	0.472	4	1.16	0.61	
Total lipid (fat)	g	13.60	1.300	4	3.86	2.04	
Carbohydrate, by difference	g	68.00		0	19.28	10.20	
Fiber, total dietary	g	1.2		0	0.3	0.2	
Ash	g	1.20	0.039	4	0.34	0.18	
Sugars, total	g						
Minerals:							
Calcium	mg	46	9.820	4	13	7	
Iron	mg	2.29	0.366	4	0.65	0.34	
Magnesium	mg	21	0.569	3	6	3	
Phosphorus	mg	83	14.226	3	24	12	
Potassium	mg	140	22.995	3	40	21	
Sodium	mg	338	42.721	4	96	51	
Zinc	mg	0.32	0.047	3	0.09	0.05	
Copper	mg	0.413	0.022	3	0.117	0.062	
Manganese	mg	0.305		0	0.086	0.046	
Selenium	:g	2.8		0	0.8	0.4	
Vitamins:							
Ascorbic acid	mg	0.4		0	0.1	0.1	
Thiamin	mg	0.216	0.032	4	0.061	0.032	
Riboflavin	mg	0.206	0.012	4	0.058	0.031	
Niacin	mg	1.967	0.143	4	0.558	0.295	
Pantothenic acid	mg	0.244		0	0.069	0.037	
Vitamin B-6	mg	0.052		0	0.015	0.008	
Folate	:g	44		0	12	7	
Vitamin B-12	:g	0.03		0	0.01	0.00	
Vitamin A	IU	5		0	1	1	
Vitamin A, RE	:g	1		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.918		0	0.544	0.288	
Lipids:							
Saturated, total	g	3.460		0	0.981	0.519	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.067		0	0.019	0.010	
15.0	g						
16:0	g	1.795		0	0.509	0.269	
17:0	g						
18:0	g	1.594		0	0.452	0.239	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.649	0	2.168	1.147
14:1	g				
16:1	g	0.006	0	0.002	0.001
18:1	g	7.642	0	2.167	1.146
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.756	0	0.498	0.263
18:2	g	1.660	0	0.471	0.249
18:3	g	0.092	0	0.026	0.014
18:4	g	0.000	0	0.000	0.000
20:4	g	0.002	0	0.001	0.000
20:5	g	0.001	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.001	0	0.000	0.000
Cholesterol	mg	2	1	1	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.054	0	0.015	0.008
Threonine	g	0.140	0	0.040	0.021
Isoleucine	g	0.165	0	0.047	0.025
Leucine	g	0.285	0	0.081	0.043
Lysine	g	0.183	0	0.052	0.027
Methionine	g	0.085	0	0.024	0.013
Cystine	g	0.086	0	0.024	0.013
Phenylalanine	g	0.187	0	0.053	0.028
Tyrosine	g	0.125	0	0.035	0.019
Valine	g	0.191	0	0.054	0.029
Arginine	g	0.189	0	0.054	0.028
Histidine	g	0.091	0	0.026	0.014
Alanine	g	0.154	0	0.044	0.023
Aspartic acid	g	0.270	0	0.077	0.041
Glutamic acid	g	1.095	0	0.310	0.164
Glycine	g	0.137	0	0.039	0.021
Proline	g	0.354	0	0.100	0.053
Serine	g	0.231	0	0.065	0.035
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cookie

NDB No. 18192 Cookies, shortbread, commercially prepared, plain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 8g	Measure 3*
Proximates:							
Water	g	3.70	0.364	17	1.05	0.30	
Energy	kcal	502		0	142	40	
Energy	kj	2100		0	595	168	
Protein (N x 5.95)	g	6.10	0.187	17	1.73	0.49	
Total lipid (fat)	g	24.10	0.485	18	6.83	1.93	
Carbohydrate, by difference	g	64.50		0	18.29	5.16	
Fiber, total dietary	g	1.8		0	0.5	0.1	
Ash	g	1.50	0.075	17	0.43	0.12	
Sugars, total	g						
Minerals:							
Calcium	mg	35	4.197	19	10	3	
Iron	mg	2.74	0.118	23	0.78	0.22	
Magnesium	mg	17	0.271	15	5	1	
Phosphorus	mg	108	5.517	15	31	9	
Potassium	mg	100	4.379	16	28	8	
Sodium	mg	455	18.596	17	129	36	
Zinc	mg	0.53	0.018	19	0.15	0.04	
Copper	mg	0.144	0.013	13	0.041	0.012	
Manganese	mg	0.428	0.018	8	0.121	0.034	
Selenium	:g	7.3		0	2.1	0.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.330	0.015	16	0.094	0.026	
Riboflavin	mg	0.329	0.014	16	0.093	0.026	
Niacin	mg	3.339	0.137	16	0.947	0.267	
Pantothenic acid	mg	0.302		0	0.086	0.024	
Vitamin B-6	mg	0.081		0	0.023	0.006	
Folate	:g	59		0	17	5	
Vitamin B-12	:g	0.09		0	0.03	0.01	
Vitamin A	IU	86		0	24	7	
Vitamin A, RE	:g	12		0	3	1	
Vitamin D	IU						
Vitamin E, "-TE	mg	3.208		0	0.909	0.257	
Lipids:							
Saturated, total	g	6.106		0	1.731	0.488	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.115		0	0.033	0.009	
15.0	g						
16:0	g	3.208		0	0.909	0.257	
17:0	g						
18:0	g	2.775		0	0.787	0.222	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.420		0	3.805	1.074
14:1	g					
16:1	g	0.022		0	0.006	0.002
18:1	g	13.395		0	3.797	1.072
20:1	g	0.002		0	0.001	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.233		0	0.917	0.259
18:2	g	3.057		0	0.867	0.245
18:3	g	0.155		0	0.044	0.012
18:4	g	0.001		0	0.000	0.000
20:4	g	0.011		0	0.003	0.001
20:5	g	0.006		0	0.002	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.004		0	0.001	0.000
Cholesterol	mg	20	6.607	3	6	2
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.084		0	0.024	0.007
Threonine	g	0.195		0	0.055	0.016
Isoleucine	g	0.251		0	0.071	0.020
Leucine	g	0.451		0	0.128	0.036
Lysine	g	0.253		0	0.072	0.020
Methionine	g	0.119		0	0.034	0.010
Cystine	g	0.134		0	0.038	0.011
Phenylalanine	g	0.295		0	0.084	0.024
Tyrosine	g	0.191		0	0.054	0.015
Valine	g	0.290		0	0.082	0.023
Arginine	g	0.259		0	0.073	0.021
Histidine	g	0.131		0	0.037	0.010
Alanine	g	0.224		0	0.064	0.018
Aspartic acid	g	0.327		0	0.093	0.026
Glutamic acid	g	1.768		0	0.501	0.141
Glycine	g	0.208		0	0.059	0.017
Proline	g	0.598		0	0.170	0.048
Serine	g	0.343		0	0.097	0.027
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 cookie (1-5/8" square)

NDB No. 18193 Cookies, shortbread, commercially prepared, pecan

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	3.30	0.163	23	0.94	0.46	
Energy	kcal	542		0	154	76	
Energy	kj	2268		0	643	318	
Protein (N x 5.95)	g	4.90	0.127	23	1.39	0.69	
Total lipid (fat)	g	32.50	0.332	24	9.21	4.55	
Carbohydrate, by difference	g	58.30		0	16.53	8.16	
Fiber, total dietary	g	1.8		0	0.5	0.3	
Ash	g	1.00	0.018	23	0.28	0.14	
Sugars, total	g						
Minerals:							
Calcium	mg	30	1.156	23	9	4	
Iron	mg	2.43	0.063	23	0.69	0.34	
Magnesium	mg	18	0.410	22	5	3	
Phosphorus	mg	85	1.814	23	24	12	
Potassium	mg	73	2.202	23	21	10	
Sodium	mg	281	5.292	23	80	39	
Zinc	mg	0.58	0.020	22	0.16	0.08	
Copper	mg	0.152	0.011	22	0.043	0.021	
Manganese	mg	0.617	0.021	17	0.175	0.086	
Selenium	：g	3.2		0	0.9	0.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.293	0.012	28	0.083	0.041	
Riboflavin	mg	0.220	0.011	28	0.062	0.031	
Niacin	mg	2.481	0.123	28	0.703	0.347	
Pantothenic acid	mg	0.377	0.009	8	0.107	0.053	
Vitamin B-6	mg	0.020	0.001	8	0.006	0.003	
Folate	：g	63		0	18	9	
Vitamin B-12	：g	0.01		0	0.00	0.00	
Vitamin A	IU	3		0	1	0	
Vitamin A, RE	：g	1		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	8.204		0	2.326	1.149	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.158		0	0.045	0.022	
15.0	g						
16:0	g	4.209		0	1.193	0.589	
17:0	g						
18:0	g	3.830		0	1.086	0.536	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	18.628	0	5.281	2.608
14:1	g				
16:1	g	0.035	0	0.010	0.005
18:1	g	18.618	0	5.278	2.607
20:1	g	0.047	0	0.013	0.007
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.122	0	1.169	0.577
18:2	g	3.913	0	1.109	0.548
18:3	g	0.206	0	0.058	0.029
18:4	g	0.000	0	0.000	0.000
20:4	g	0.001	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	33	1	9	5
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.080	0	0.023	0.011
Threonine	g	0.143	0	0.041	0.020
Isoleucine	g	0.192	0	0.054	0.027
Leucine	g	0.337	0	0.096	0.047
Lysine	g	0.178	0	0.050	0.025
Methionine	g	0.091	0	0.026	0.013
Cystine	g	0.112	0	0.032	0.016
Phenylalanine	g	0.239	0	0.068	0.033
Tyrosine	g	0.149	0	0.042	0.021
Valine	g	0.224	0	0.064	0.031
Arginine	g	0.276	0	0.078	0.039
Histidine	g	0.109	0	0.031	0.015
Alanine	g	0.163	0	0.046	0.023
Aspartic acid	g	0.252	0	0.071	0.035
Glutamic acid	g	1.509	0	0.428	0.211
Glycine	g	0.179	0	0.051	0.025
Proline	g	0.490	0	0.139	0.069
Serine	g	0.259	0	0.073	0.036
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cookie (2" dia)

NDB No. 18196 Cookies, brownies, dry mix, special dietary

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 241g	Measure 3*
Proximates:							
Water	g	3.50		1	0.99	8.44	
Energy	kcal	426		0	121	1027	
Energy	kj	1782		0	505	4295	
Protein (N x 5.95)	g	2.90		1	0.82	6.99	
Total lipid (fat)	g	12.50		1	3.54	30.13	
Carbohydrate, by difference	g	80.40		0	22.79	193.76	
Fiber, total dietary	g	4.2		0	1.2	10.1	
Ash	g	0.70		1	0.20	1.69	
Sugars, total	g						
Minerals:							
Calcium	mg	12		1	3	29	
Iron	mg	1.52		1	0.43	3.66	
Magnesium	mg	4		1	1	10	
Phosphorus	mg	57		1	16	137	
Potassium	mg	335		1	95	807	
Sodium	mg	83		1	24	200	
Zinc	mg	0.14		1	0.04	0.34	
Copper	mg	0.026		1	0.007	0.063	
Manganese	mg	0.201		0	0.057	0.484	
Selenium	:g	2.0		0	0.6	4.8	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.139		1	0.039	0.335	
Riboflavin	mg	0.109		1	0.031	0.263	
Niacin	mg	1.240		1	0.352	2.988	
Pantothenic acid	mg	0.091		1	0.026	0.219	
Vitamin B-6	mg	0.008		1	0.002	0.019	
Folate	:g	48		0	14	116	
Vitamin B-12	:g	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	2.179		0	0.618	5.251	
Lipids:							
Saturated, total	g	2.018		0	0.572	4.863	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.013		0	0.004	0.031	
15.0	g						
16:0	g	1.293		0	0.367	3.116	
17:0	g						
18:0	g	0.707		0	0.200	1.704	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.233	0	1.484	12.612
14:1	g				
16:1	g	0.048	0	0.014	0.116
18:1	g	5.173	0	1.467	12.467
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.577	0	1.298	11.031
18:2	g	4.251	0	1.205	10.245
18:3	g	0.315	0	0.089	0.759
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.041	0	0.012	0.099
Threonine	g	0.087	0	0.025	0.210
Isoleucine	g	0.109	0	0.031	0.263
Leucine	g	0.189	0	0.054	0.455
Lysine	g	0.109	0	0.031	0.263
Methionine	g	0.044	0	0.012	0.106
Cystine	g	0.056	0	0.016	0.135
Phenylalanine	g	0.136	0	0.039	0.328
Tyrosine	g	0.087	0	0.025	0.210
Valine	g	0.136	0	0.039	0.328
Arginine	g	0.121	0	0.034	0.292
Histidine	g	0.056	0	0.016	0.135
Alanine	g	0.096	0	0.027	0.231
Aspartic acid	g	0.156	0	0.044	0.376
Glutamic acid	g	0.830	0	0.235	2.000
Glycine	g	0.104	0	0.029	0.251
Proline	g	0.275	0	0.078	0.663
Serine	g	0.144	0	0.041	0.347
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 package (8.5 oz)

NDB No. 18197 Cookies, brownies, dry mix, special dietary, prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 22g	Measure 3*
Proximates:							
Water	g	13.00		0	3.69	2.86	
Energy	kcal	384		0	109	84	
Energy	kj	1607		0	456	354	
Protein (N x 5.95)	g	3.80		0	1.08	0.84	
Total lipid (fat)	g	11.10		0	3.15	2.44	
Carbohydrate, by difference	g	71.30		0	20.21	15.69	
Fiber, total dietary	g	3.7		0	1.0	0.8	
Ash	g	0.70		0	0.20	0.15	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	3	3	
Iron	mg	1.35		0	0.38	0.30	
Magnesium	mg	6		0	2	1	
Phosphorus	mg	52		0	15	11	
Potassium	mg	314		0	89	69	
Sodium	mg	94		0	27	21	
Zinc	mg	0.13		0	0.04	0.03	
Copper	mg	0.026		0	0.007	0.006	
Manganese	mg	0.406		0	0.115	0.089	
Selenium	:g	2.7		0	0.8	0.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.099		0	0.028	0.022	
Riboflavin	mg	0.140		0	0.040	0.031	
Niacin	mg	0.999		0	0.283	0.220	
Pantothenic acid	mg	0.066		0	0.019	0.015	
Vitamin B-6	mg	0.007		0	0.002	0.002	
Folate	:g	34		0	10	7	
Vitamin B-12	:g	0.02		0	0.01	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.650		0	0.468	0.363	
Lipids:							
Saturated, total	g	5.096		0	1.445	1.121	
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	0.095		0	0.027	0.021	
14:0	g	0.096		0	0.027	0.021	
15.0	g						
16:0	g	3.100		0	0.879	0.682	
17:0	g						
18:0	g	1.803		0	0.511	0.397	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.573	0	1.296	1.006
14:1	g				
16:1	g	0.003	0	0.001	0.001
18:1	g	4.570	0	1.296	1.005
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.806	0	0.229	0.177
18:2	g	0.759	0	0.215	0.167
18:3	g	0.046	0	0.013	0.010
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.053	0	0.015	0.012
Threonine	g	0.136	0	0.039	0.030
Isoleucine	g	0.169	0	0.048	0.037
Leucine	g	0.277	0	0.079	0.061
Lysine	g	0.185	0	0.052	0.041
Methionine	g	0.083	0	0.024	0.018
Cystine	g	0.083	0	0.024	0.018
Phenylalanine	g	0.195	0	0.055	0.043
Tyrosine	g	0.127	0	0.036	0.028
Valine	g	0.202	0	0.057	0.044
Arginine	g	0.177	0	0.050	0.039
Histidine	g	0.079	0	0.022	0.017
Alanine	g	0.160	0	0.045	0.035
Aspartic acid	g	0.270	0	0.077	0.059
Glutamic acid	g	0.906	0	0.257	0.199
Glycine	g	0.137	0	0.039	0.030
Proline	g	0.293	0	0.083	0.064
Serine	g	0.217	0	0.062	0.048
Other:					
Caffeine	mg	2	0	1	0
Theobromine	mg	51	0	14	11
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 brownie (2" square)

NDB No. 18198 Cookies, chocolate chip, commercially prepared, special dietary

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 7g	Measure 3*
Proximates:							
Water	g	5.10		1	1.45	0.36	
Energy	kcal	450		0	128	32	
Energy	kj	1883		0	534	132	
Protein (N x 5.95)	g	3.90		1	1.11	0.27	
Total lipid (fat)	g	16.80		1	4.76	1.18	
Carbohydrate, by difference	g	73.40		0	20.81	5.14	
Fiber, total dietary	g	1.6		0	0.5	0.1	
Ash	g	0.70		1	0.20	0.05	
Sugars, total	g						
Minerals:							
Calcium	mg	46		0	13	3	
Iron	mg	3.50		0	0.99	0.25	
Magnesium	mg	21		0	6	1	
Phosphorus	mg	109		0	31	8	
Potassium	mg	199		1	56	14	
Sodium	mg	11		1	3	1	
Zinc	mg	0.47		0	0.13	0.03	
Copper	mg	0.218		0	0.062	0.015	
Manganese	mg	0.365		0	0.103	0.026	
Selenium	：g	2.6		0	0.7	0.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.373		0	0.106	0.026	
Riboflavin	mg	0.188		0	0.053	0.013	
Niacin	mg	2.843		0	0.806	0.199	
Pantothenic acid	mg	0.201		0	0.057	0.014	
Vitamin B-6	mg	0.018		0	0.005	0.001	
Folate	：g	45		0	13	3	
Vitamin B-12	：g	0.00		0	0.00	0.00	
Vitamin A	IU	3		0	1	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	2.477		0	0.702	0.173	
Lipids:							
Saturated, total	g	4.183		0	1.186	0.293	
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	0.008		0	0.002	0.001	
14:0	g	0.032		0	0.009	0.002	
15.0	g						
16:0	g	2.263		0	0.642	0.158	
17:0	g						
18:0	g	1.832		0	0.519	0.128	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.730	0	1.908	0.471
14:1	g				
16:1	g	0.063	0	0.018	0.004
18:1	g	6.655	0	1.887	0.466
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	5.035	0	1.427	0.352
18:2	g	4.677	0	1.326	0.327
18:3	g	0.346	0	0.098	0.024
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.055	0	0.016	0.004
Threonine	g	0.120	0	0.034	0.008
Isoleucine	g	0.160	0	0.045	0.011
Leucine	g	0.285	0	0.081	0.020
Lysine	g	0.154	0	0.044	0.011
Methionine	g	0.069	0	0.020	0.005
Cystine	g	0.075	0	0.021	0.005
Phenylalanine	g	0.191	0	0.054	0.013
Tyrosine	g	0.125	0	0.035	0.009
Valine	g	0.188	0	0.053	0.013
Arginine	g	0.144	0	0.041	0.010
Histidine	g	0.077	0	0.022	0.005
Alanine	g	0.122	0	0.035	0.009
Aspartic acid	g	0.194	0	0.055	0.014
Glutamic acid	g	1.213	0	0.344	0.085
Glycine	g	0.127	0	0.036	0.009
Proline	g	0.418	0	0.119	0.029
Serine	g	0.202	0	0.057	0.014
Other:					
Caffeine	mg	8	0	2	1
Theobromine	mg	61	0	17	4
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 medium cookie (1-5/8" dia)

NDB No. 18199 Cookies, chocolate sandwich, with creme filling, special dietary

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	4.20		1	1.19	0.42	
Energy	kcal	461		0	131	46	
Energy	kj	1929		0	547	193	
Protein (N x 5.95)	g	4.50		1	1.28	0.45	
Total lipid (fat)	g	22.10		1	6.27	2.21	
Carbohydrate, by difference	g	67.70		0	19.19	6.77	
Fiber, total dietary	g	4.1		0	1.2	0.4	
Ash	g	1.20		1	0.34	0.12	
Sugars, total	g						
Minerals:							
Calcium	mg	98		0	28	10	
Iron	mg	4.72		0	1.34	0.47	
Magnesium	mg	26		0	7	3	
Phosphorus	mg	200		0	57	20	
Potassium	mg	295		1	84	30	
Sodium	mg	243		1	69	24	
Zinc	mg	0.58		0	0.16	0.06	
Copper	mg	0.220		0	0.062	0.022	
Manganese	mg	0.403		0	0.114	0.040	
Selenium	ΐg	3.7		0	1.0	0.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.524		0	0.149	0.052	
Riboflavin	mg	0.292		0	0.083	0.029	
Niacin	mg	3.971		0	1.126	0.397	
Pantothenic acid	mg	0.359		0	0.102	0.036	
Vitamin B-6	mg	0.033		0	0.009	0.003	
Folate	ΐg	62		0	18	6	
Vitamin B-12	ΐg	0.04		0	0.01	0.00	
Vitamin A	IU	3		0	1	0	
Vitamin A, RE	ΐg	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	3.779		0	1.071	0.378	
Lipids:							
Saturated, total	g	3.825		0	1.084	0.383	
4:0	g	0.001		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	0.181		0	0.051	0.018	
14:0	g	0.025		0	0.007	0.003	
15.0	g						
16:0	g	2.392		0	0.678	0.239	
17:0	g						
18:0	g	1.393		0	0.395	0.139	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.228	0	2.616	0.923
14:1	g				
16:1	g	0.084	0	0.024	0.008
18:1	g	9.123	0	2.586	0.912
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	7.940	0	2.251	0.794
18:2	g	7.375	0	2.091	0.738
18:3	g	0.544	0	0.154	0.054
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.066	0	0.019	0.007
Threonine	g	0.152	0	0.043	0.015
Isoleucine	g	0.180	0	0.051	0.018
Leucine	g	0.308	0	0.087	0.031
Lysine	g	0.193	0	0.055	0.019
Methionine	g	0.069	0	0.020	0.007
Cystine	g	0.082	0	0.023	0.008
Phenylalanine	g	0.213	0	0.060	0.021
Tyrosine	g	0.146	0	0.041	0.015
Valine	g	0.228	0	0.065	0.023
Arginine	g	0.194	0	0.055	0.019
Histidine	g	0.087	0	0.025	0.009
Alanine	g	0.163	0	0.046	0.016
Aspartic acid	g	0.290	0	0.082	0.029
Glutamic acid	g	1.187	0	0.337	0.119
Glycine	g	0.163	0	0.046	0.016
Proline	g	0.392	0	0.111	0.039
Serine	g	0.223	0	0.063	0.022
Other:					
Caffeine	mg	3	0	1	0
Theobromine	mg	20	0	6	2
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cookie

NDB No. 18200 Cookies, oatmeal, commercially prepared, special dietary

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 7g	Measure 3*
Proximates:							
Water	g	6.50		1	1.84	0.46	
Energy	kcal	449		0	127	31	
Energy	kj	1879		0	533	132	
Protein (N x 5.95)	g	4.80		1	1.36	0.34	
Total lipid (fat)	g	18.00		1	5.10	1.26	
Carbohydrate, by difference	g	69.90		0	19.82	4.89	
Fiber, total dietary	g	2.9		0	0.8	0.2	
Ash	g	0.70		1	0.20	0.05	
Sugars, total	g						
Minerals:							
Calcium	mg	54		0	15	4	
Iron	mg	4.07		0	1.15	0.28	
Magnesium	mg	17		0	5	1	
Phosphorus	mg	122		0	35	9	
Potassium	mg	175		1	50	12	
Sodium	mg	9		1	3	1	
Zinc	mg	0.49		0	0.14	0.03	
Copper	mg	0.151		0	0.043	0.011	
Manganese	mg	0.640		0	0.181	0.045	
Selenium	΄g	4.4		0	1.2	0.3	
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	0.0	
Thiamin	mg	0.460		0	0.130	0.032	
Riboflavin	mg	0.211		0	0.060	0.015	
Niacin	mg	3.236		0	0.917	0.227	
Pantothenic acid	mg	0.285		0	0.081	0.020	
Vitamin B-6	mg	0.026		0	0.007	0.002	
Folate	΄g	52		0	15	4	
Vitamin B-12	΄g	0.00		0	0.00	0.00	
Vitamin A	IU	8		0	2	1	
Vitamin A, RE	΄g	1		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	3.204		0	0.908	0.224	
Lipids:							
Saturated, total	g	2.693		0	0.763	0.189	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.019		0	0.005	0.001	
15.0	g						
16:0	g	1.798		0	0.510	0.126	
17:0	g						
18:0	g	0.867		0	0.246	0.061	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.550	0	2.140	0.529
14:1	g				
16:1	g	0.071	0	0.020	0.005
18:1	g	7.462	0	2.115	0.522
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	6.784	0	1.923	0.475
18:2	g	6.303	0	1.787	0.441
18:3	g	0.464	0	0.132	0.032
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.077	0	0.022	0.005
Threonine	g	0.137	0	0.039	0.010
Isoleucine	g	0.174	0	0.049	0.012
Leucine	g	0.337	0	0.096	0.024
Lysine	g	0.185	0	0.052	0.013
Methionine	g	0.093	0	0.026	0.007
Cystine	g	0.129	0	0.037	0.009
Phenylalanine	g	0.230	0	0.065	0.016
Tyrosine	g	0.157	0	0.045	0.011
Valine	g	0.232	0	0.066	0.016
Arginine	g	0.280	0	0.079	0.020
Histidine	g	0.112	0	0.032	0.008
Alanine	g	0.196	0	0.056	0.014
Aspartic acid	g	0.345	0	0.098	0.024
Glutamic acid	g	1.287	0	0.365	0.090
Glycine	g	0.210	0	0.060	0.015
Proline	g	0.383	0	0.109	0.027
Serine	g	0.250	0	0.071	0.018
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 medium cookie (1-5/8" dia)

NDB No. 18201 Cookies, peanut butter sandwich, special dietary

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	3.70		1	1.05	0.37	
Energy	kcal	535		0	152	54	
Energy	kj	2238		0	634	224	
Protein (N x 5.95)	g	10.00		1	2.84	1.00	
Total lipid (fat)	g	34.00		1	9.64	3.40	
Carbohydrate, by difference	g	50.80		0	14.40	5.08	
Fiber, total dietary	g						
Ash	g	1.40		1	0.40	0.14	
Sugars, total	g						
Minerals:							
Calcium	mg	43		0	12	4	
Iron	mg	2.55		0	0.72	0.26	
Magnesium	mg	51		0	14	5	
Phosphorus	mg	154		0	44	15	
Potassium	mg	294		1	83	29	
Sodium	mg	412		1	117	41	
Zinc	mg	1.03		0	0.29	0.10	
Copper	mg	0.267		0	0.076	0.027	
Manganese	mg	0.705		0	0.200	0.070	
Selenium	：g	3.5		0	1.0	0.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.346		0	0.098	0.035	
Riboflavin	mg	0.148		0	0.042	0.015	
Niacin	mg	5.259		0	1.491	0.526	
Pantothenic acid	mg	0.507		0	0.144	0.051	
Vitamin B-6	mg	0.078		0	0.022	0.008	
Folate	：g	54		0	15	5	
Vitamin B-12	：g	0.01		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	5.739		0	1.627	0.574	
Lipids:							
Saturated, total	g	4.937		0	1.400	0.494	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.028		0	0.008	0.003	
15.0	g						
16:0	g	3.426		0	0.971	0.343	
17:0	g						
18:0	g	1.335		0	0.378	0.134	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.391	0	4.363	1.539
14:1	g				
16:1	g	0.087	0	0.025	0.009
18:1	g	15.110	0	4.284	1.511
20:1	g	0.172	0	0.049	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	12.026	0	3.409	1.203
18:2	g	11.454	0	3.247	1.145
18:3	g	0.551	0	0.156	0.055
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.111	0	0.031	0.011
Threonine	g	0.334	0	0.095	0.033
Isoleucine	g	0.363	0	0.103	0.036
Leucine	g	0.668	0	0.189	0.067
Lysine	g	0.367	0	0.104	0.037
Methionine	g	0.109	0	0.031	0.011
Cystine	g	0.151	0	0.043	0.015
Phenylalanine	g	0.509	0	0.144	0.051
Tyrosine	g	0.379	0	0.107	0.038
Valine	g	0.429	0	0.122	0.043
Arginine	g	0.998	0	0.283	0.100
Histidine	g	0.243	0	0.069	0.024
Alanine	g	0.378	0	0.107	0.038
Aspartic acid	g	1.034	0	0.293	0.103
Glutamic acid	g	2.391	0	0.678	0.239
Glycine	g	0.538	0	0.153	0.054
Proline	g	0.607	0	0.172	0.061
Serine	g	0.505	0	0.143	0.051
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cookie

NDB No. 18202 Cookies, sugar wafers with creme filling, special dietary

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 4g	Measure 3*
Proximates:							
Water	g	4.40	0.287	3	1.25	0.18	
Energy	kcal	502		0	142	20	
Energy	kj	2100		0	595	84	
Protein (N x 5.95)	g	3.10	0.004	3	0.88	0.12	
Total lipid (fat)	g	25.70	0.751	3	7.29	1.03	
Carbohydrate, by difference	g	66.00		0	18.71	2.64	
Fiber, total dietary	g						
Ash	g	0.90	0.168	3	0.26	0.04	
Sugars, total	g						
Minerals:							
Calcium	mg	53	3.867	3	15	2	
Iron	mg	1.44	0.030	3	0.41	0.06	
Magnesium	mg	6	0.443	3	2	0	
Phosphorus	mg	34	6.017	3	10	1	
Potassium	mg	61	6.950	3	17	2	
Sodium	mg	9	8.111	3	3	0	
Zinc	mg	0.20	0.014	3	0.06	0.01	
Copper	mg	0.038	0.003	3	0.011	0.002	
Manganese	mg	0.254		0	0.072	0.010	
Selenium	：g	6.3		0	1.8	0.3	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	3	0.0	0.0	
Thiamin	mg	0.164	0.010	3	0.046	0.007	
Riboflavin	mg	0.107	0.002	3	0.030	0.004	
Niacin	mg	1.533	0.077	3	0.435	0.061	
Pantothenic acid	mg	0.098	0.007	3	0.028	0.004	
Vitamin B-6	mg	0.009	0.001	3	0.003	0.000	
Folate	：g	42		0	12	2	
Vitamin B-12	：g	0.00	0.000	3	0.00	0.00	
Vitamin A	IU	0	0.023	3	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.829		0	1.086	0.153	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.026		0	0.007	0.001	
15.0	g						
16:0	g	2.530		0	0.717	0.101	
17:0	g						
18:0	g	1.270		0	0.360	0.051	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.932		0	3.099	0.437
14:1	g					
16:1	g	0.103		0	0.029	0.004
18:1	g	10.804		0	3.063	0.432
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	9.684		0	2.745	0.387
18:2	g	8.991		0	2.549	0.360
18:3	g	0.668		0	0.189	0.027
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	0	0.000	3	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.044		0	0.012	0.002
Threonine	g	0.085		0	0.024	0.003
Isoleucine	g	0.116		0	0.033	0.005
Leucine	g	0.209		0	0.059	0.008
Lysine	g	0.107		0	0.030	0.004
Methionine	g	0.052		0	0.015	0.002
Cystine	g	0.067		0	0.019	0.003
Phenylalanine	g	0.145		0	0.041	0.006
Tyrosine	g	0.088		0	0.025	0.004
Valine	g	0.135		0	0.038	0.005
Arginine	g	0.117		0	0.033	0.005
Histidine	g	0.062		0	0.018	0.002
Alanine	g	0.093		0	0.026	0.004
Aspartic acid	g	0.128		0	0.036	0.005
Glutamic acid	g	1.014		0	0.287	0.041
Glycine	g	0.104		0	0.029	0.004
Proline	g	0.342		0	0.097	0.014
Serine	g	0.161		0	0.046	0.006
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 wafer

NDB No. 18203 Cookies, sugar, commercially prepared, special dietary

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 7g	Measure 3*
Proximates:							
Water	g	5.70		1	1.62	0.40	
Energy	kcal	431		0	122	30	
Energy	kj	1803		0	511	126	
Protein (N x 5.95)	g	4.10		1	1.16	0.29	
Total lipid (fat)	g	13.00		1	3.69	0.91	
Carbohydrate, by difference	g	76.80		0	21.77	5.38	
Fiber, total dietary	g	0.9		0	0.3	0.1	
Ash	g	0.40		1	0.11	0.03	
Sugars, total	g						
Minerals:							
Calcium	mg	25		0	7	2	
Iron	mg	4.01		0	1.14	0.28	
Magnesium	mg	9		0	3	1	
Phosphorus	mg	73		0	21	5	
Potassium	mg	104		1	29	7	
Sodium	mg	3		1	1	0	
Zinc	mg	0.34		0	0.10	0.02	
Copper	mg	0.150		0	0.043	0.011	
Manganese	mg	0.343		0	0.097	0.024	
Selenium	:g	2.8		0	0.8	0.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.481		0	0.136	0.034	
Riboflavin	mg	0.232		0	0.066	0.016	
Niacin	mg	3.659		0	1.037	0.256	
Pantothenic acid	mg	0.247		0	0.070	0.017	
Vitamin B-6	mg	0.018		0	0.005	0.001	
Folate	:g	58		0	16	4	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	2.234		0	0.633	0.156	
Lipids:							
Saturated, total	g	1.872		0	0.531	0.131	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.013		0	0.004	0.001	
15.0	g						
16:0	g	1.247		0	0.354	0.087	
17:0	g						
18:0	g	0.608		0	0.172	0.043	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.243	0	1.486	0.367
14:1	g				
16:1	g	0.050	0	0.014	0.004
18:1	g	5.180	0	1.469	0.363
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.755	0	1.348	0.333
18:2	g	4.416	0	1.252	0.309
18:3	g	0.327	0	0.093	0.023
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 medium cookie (1-5/8" dia)

NDB No. 18204 Cookies, sugar, commercially prepared, regular (includes vanilla)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 15g	Measure 3*
Proximates:							
Water	g	4.80	0.586	3	1.36	0.72	
Energy	kcal	478		0	136	72	
Energy	kj	2000		0	567	300	
Protein (N x 5.95)	g	5.10	0.316	8	1.45	0.77	
Total lipid (fat)	g	21.10	0.771	8	5.98	3.17	
Carbohydrate, by difference	g	67.90		0	19.25	10.19	
Fiber, total dietary	g	0.8		0	0.2	0.1	
Ash	g	1.20	0.129	4	0.34	0.18	
Sugars, total	g						
Minerals:							
Calcium	mg	21	4.514	5	6	3	
Iron	mg	2.14	0.171	5	0.61	0.32	
Magnesium	mg	12	2.413	3	3	2	
Phosphorus	mg	80	10.797	3	23	12	
Potassium	mg	63	5.000	2	18	9	
Sodium	mg	357	35.150	7	101	54	
Zinc	mg	0.43	0.135	2	0.12	0.06	
Copper	mg	0.073		0	0.021	0.011	
Manganese	mg	0.010		0	0.003	0.002	
Selenium	:g	2.1		2	0.6	0.3	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.0	
Thiamin	mg	0.233	0.051	5	0.066	0.035	
Riboflavin	mg	0.214	0.013	5	0.061	0.032	
Niacin	mg	2.691	0.204	4	0.763	0.404	
Pantothenic acid	mg	0.237		0	0.067	0.036	
Vitamin B-6	mg	0.056		1	0.016	0.008	
Folate	:g	45		0	13	7	
Vitamin B-12	:g	0.19		0	0.05	0.03	
Vitamin A	IU	90		1	26	14	
Vitamin A, RE	:g	27		0	8	4	
Vitamin D	IU						
Vitamin E, "-TE	mg	2.834		0	0.803	0.425	
Lipids:							
Saturated, total	g	5.435		0	1.541	0.815	
4:0	g	0.001		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.104		0	0.029	0.016	
15.0	g						
16:0	g	2.856		0	0.810	0.428	
17:0	g						
18:0	g	2.469		0	0.700	0.370	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.836	0	3.356	1.775
14:1	g				
16:1	g	0.030	0	0.009	0.004
18:1	g	11.802	0	3.346	1.770
20:1	g	0.003	0	0.001	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.660	0	0.754	0.399
18:2	g	2.500	0	0.709	0.375
18:3	g	0.130	0	0.037	0.020
18:4	g	0.002	0	0.001	0.000
20:4	g	0.016	0	0.005	0.002
20:5	g	0.008	0	0.002	0.001
22:5	g	0.000	0	0.000	0.000
22:6	g	0.005	0	0.001	0.001
Cholesterol	mg	51	1	14	8
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.070	0	0.020	0.011
Threonine	g	0.179	0	0.051	0.027
Isoleucine	g	0.230	0	0.065	0.035
Leucine	g	0.390	0	0.111	0.059
Lysine	g	0.256	0	0.073	0.038
Methionine	g	0.110	0	0.031	0.017
Cystine	g	0.104	0	0.029	0.016
Phenylalanine	g	0.250	0	0.071	0.038
Tyrosine	g	0.175	0	0.050	0.026
Valine	g	0.263	0	0.075	0.039
Arginine	g	0.221	0	0.063	0.033
Histidine	g	0.112	0	0.032	0.017
Alanine	g	0.190	0	0.054	0.029
Aspartic acid	g	0.310	0	0.088	0.047
Glutamic acid	g	1.355	0	0.384	0.203
Glycine	g	0.164	0	0.046	0.025
Proline	g	0.469	0	0.133	0.070
Serine	g	0.298	0	0.084	0.045
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cookie

NDB No. 18205 Cookies, sugar, refrigerated dough

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 16g	Measure 3*
Proximates:							
Water	g	14.50	0.169	28	4.11	2.32	
Energy	kcal	436		0	124	70	
Energy	kj	1824		0	517	292	
Protein (N x 5.95)	g	4.20	0.165	23	1.19	0.67	
Total lipid (fat)	g	20.70	0.465	25	5.87	3.31	
Carbohydrate, by difference	g	59.00		0	16.73	9.44	
Fiber, total dietary	g	0.7		0	0.2	0.1	
Ash	g	1.50	0.108	25	0.43	0.24	
Sugars, total	g						
Minerals:							
Calcium	mg	81	10.666	17	23	13	
Iron	mg	1.65	0.157	11	0.47	0.26	
Magnesium	mg	7	0.359	11	2	1	
Phosphorus	mg	169	5.121	11	48	27	
Potassium	mg	147	66.352	7	42	24	
Sodium	mg	422	39.068	19	120	68	
Zinc	mg	0.24	0.011	11	0.07	0.04	
Copper	mg	0.037	0.002	19	0.010	0.006	
Manganese	mg	0.308		0	0.087	0.049	
Selenium	:g	3.1		0	0.9	0.5	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	3	0.0	0.0	
Thiamin	mg	0.205	0.023	13	0.058	0.033	
Riboflavin	mg	0.122	0.011	15	0.035	0.020	
Niacin	mg	2.412	0.333	13	0.684	0.386	
Pantothenic acid	mg	0.246		0	0.070	0.039	
Vitamin B-6	mg	0.019		0	0.005	0.003	
Folate	:g	75		0	21	12	
Vitamin B-12	:g	0.02		0	0.01	0.00	
Vitamin A	IU	37		1	10	6	
Vitamin A, RE	:g	11		0	3	2	
Vitamin D	IU						
Vitamin E, "-TE	mg	2.802		0	0.794	0.448	
Lipids:							
Saturated, total	g	5.265		0	1.493	0.842	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.102		0	0.029	0.016	
15.0	g						
16:0	g	2.711		0	0.769	0.434	
17:0	g						
18:0	g	2.448		0	0.694	0.392	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.761		0	3.334	1.882
14:1	g					
16:1	g	0.007		0	0.002	0.001
18:1	g	11.753		0	3.332	1.880
20:1	g	0.001		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.620		0	0.743	0.419
18:2	g	2.485		0	0.704	0.398
18:3	g	0.132		0	0.037	0.021
18:4	g	0.000		0	0.000	0.000
20:4	g	0.003		0	0.001	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.001		0	0.000	0.000
Cholesterol	mg	29	2.106	13	8	5
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.059		0	0.017	0.009
Threonine	g	0.138		0	0.039	0.022
Isoleucine	g	0.178		0	0.050	0.028
Leucine	g	0.306		0	0.087	0.049
Lysine	g	0.185		0	0.052	0.030
Methionine	g	0.086		0	0.024	0.014
Cystine	g	0.094		0	0.027	0.015
Phenylalanine	g	0.207		0	0.059	0.033
Tyrosine	g	0.134		0	0.038	0.021
Valine	g	0.204		0	0.058	0.033
Arginine	g	0.184		0	0.052	0.029
Histidine	g	0.090		0	0.026	0.014
Alanine	g	0.154		0	0.044	0.025
Aspartic acid	g	0.236		0	0.067	0.038
Glutamic acid	g	1.207		0	0.342	0.193
Glycine	g	0.144		0	0.041	0.023
Proline	g	0.403		0	0.114	0.064
Serine	g	0.246		0	0.070	0.039
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: Dough for 1 cookie

NDB No. 18206 Cookies, sugar, refrigerated dough, baked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 12g	Measure 3*
Proximates:							
Water	g	5.00		0	1.42	0.60	
Energy	kcal	484		0	137	58	
Energy	kj	2025		0	574	243	
Protein (N x 5.95)	g	4.70		0	1.33	0.56	
Total lipid (fat)	g	23.10		0	6.55	2.77	
Carbohydrate, by difference	g	65.60		0	18.60	7.87	
Fiber, total dietary	g	0.8		0	0.2	0.1	
Ash	g	1.70		0	0.48	0.20	
Sugars, total	g						
Minerals:							
Calcium	mg	90		0	26	11	
Iron	mg	1.84		0	0.52	0.22	
Magnesium	mg	8		0	2	1	
Phosphorus	mg	187		0	53	22	
Potassium	mg	163		0	46	20	
Sodium	mg	468		0	133	56	
Zinc	mg	0.27		0	0.08	0.03	
Copper	mg	0.041		0	0.012	0.005	
Manganese	mg	0.289		0	0.082	0.035	
Selenium	:g	3.5		0	1.0	0.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.182		0	0.052	0.022	
Riboflavin	mg	0.122		0	0.035	0.015	
Niacin	mg	2.412		0	0.684	0.289	
Pantothenic acid	mg	0.151		0	0.043	0.018	
Vitamin B-6	mg	0.023		0	0.007	0.003	
Folate	:g	53		0	15	6	
Vitamin B-12	:g	0.07		0	0.02	0.01	
Vitamin A	IU	37		0	10	4	
Vitamin A, RE	:g	11		0	3	1	
Vitamin D	IU						
Vitamin E, "-TE	mg	3.197		0	0.906	0.384	
Lipids:							
Saturated, total	g	5.906		0	1.674	0.709	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.112		0	0.032	0.013	
15.0	g						
16:0	g	3.081		0	0.873	0.370	
17:0	g						
18:0	g	2.709		0	0.768	0.325	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.010	0	3.688	1.561
14:1	g				
16:1	g	0.028	0	0.008	0.003
18:1	g	12.979	0	3.680	1.557
20:1	g	0.003	0	0.001	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.891	0	0.820	0.347
18:2	g	2.731	0	0.774	0.328
18:3	g	0.143	0	0.041	0.017
18:4	g	0.000	0	0.000	0.000
20:4	g	0.013	0	0.004	0.002
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.003	0	0.001	0.000
Cholesterol	mg	32	0	9	4
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.066	0	0.019	0.008
Threonine	g	0.153	0	0.043	0.018
Isoleucine	g	0.197	0	0.056	0.024
Leucine	g	0.340	0	0.096	0.041
Lysine	g	0.205	0	0.058	0.025
Methionine	g	0.096	0	0.027	0.012
Cystine	g	0.105	0	0.030	0.013
Phenylalanine	g	0.230	0	0.065	0.028
Tyrosine	g	0.149	0	0.042	0.018
Valine	g	0.227	0	0.064	0.027
Arginine	g	0.205	0	0.058	0.025
Histidine	g	0.100	0	0.028	0.012
Alanine	g	0.171	0	0.048	0.021
Aspartic acid	g	0.262	0	0.074	0.031
Glutamic acid	g	1.341	0	0.380	0.161
Glycine	g	0.160	0	0.045	0.019
Proline	g	0.447	0	0.127	0.054
Serine	g	0.273	0	0.077	0.033
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cookie

NDB No. 18208 Cookies, sugar, prepared from recipe, made with margarine

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	8.90		0	2.52	1.25	
Energy	kcal	472		0	134	66	
Energy	kj	1975		0	560	277	
Protein (N x 5.95)	g	5.90		0	1.67	0.83	
Total lipid (fat)	g	23.40		0	6.63	3.28	
Carbohydrate, by difference	g	60.00		0	17.01	8.40	
Fiber, total dietary	g	1.2		0	0.3	0.2	
Ash	g	1.80		0	0.51	0.25	
Sugars, total	g						
Minerals:							
Calcium	mg	73		0	21	10	
Iron	mg	2.33		0	0.66	0.33	
Magnesium	mg	12		0	3	2	
Phosphorus	mg	90		0	26	13	
Potassium	mg	77		0	22	11	
Sodium	mg	491		0	139	69	
Zinc	mg	0.42		0	0.12	0.06	
Copper	mg	0.078		0	0.022	0.011	
Manganese	mg	0.316		0	0.090	0.044	
Selenium	:g	17.6		0	5.0	2.5	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.0	
Thiamin	mg	0.294		0	0.083	0.041	
Riboflavin	mg	0.257		0	0.073	0.036	
Niacin	mg	2.443		0	0.693	0.342	
Pantothenic acid	mg	0.240		0	0.068	0.034	
Vitamin B-6	mg	0.030		0	0.009	0.004	
Folate	:g	52		0	15	7	
Vitamin B-12	:g	0.09		0	0.03	0.01	
Vitamin A	IU	964		0	273	135	
Vitamin A, RE	:g	250		0	71	35	
Vitamin D	IU						
Vitamin E, "-TE	mg	3.631		0	1.029	0.508	
Lipids:							
Saturated, total	g	4.690		0	1.330	0.657	
4:0	g	0.004		0	0.001	0.001	
6.0	g	0.002		0	0.001	0.000	
8:0	g	0.001		0	0.000	0.000	
10:0	g	0.003		0	0.001	0.000	
12:0	g	0.003		0	0.001	0.000	
14:0	g	0.068		0	0.019	0.010	
15.0	g						
16:0	g	2.911		0	0.825	0.408	
17:0	g						
18:0	g	1.694		0	0.480	0.237	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.189	0	2.889	1.426
14:1	g				
16:1	g	0.021	0	0.006	0.003
18:1	g	10.166	0	2.882	1.423
20:1	g	0.002	0	0.001	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	7.290	0	2.067	1.021
18:2	g	6.962	0	1.974	0.975
18:3	g	0.318	0	0.090	0.045
18:4	g	0.000	0	0.000	0.000
20:4	g	0.009	0	0.003	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.002	0	0.001	0.000
Cholesterol	mg	26	0	7	4
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.073	0	0.021	0.010
Threonine	g	0.184	0	0.052	0.026
Isoleucine	g	0.230	0	0.065	0.032
Leucine	g	0.430	0	0.122	0.060
Lysine	g	0.192	0	0.054	0.027
Methionine	g	0.118	0	0.033	0.017
Cystine	g	0.122	0	0.035	0.017
Phenylalanine	g	0.298	0	0.084	0.042
Tyrosine	g	0.193	0	0.055	0.027
Valine	g	0.264	0	0.075	0.037
Arginine	g	0.251	0	0.071	0.035
Histidine	g	0.134	0	0.038	0.019
Alanine	g	0.208	0	0.059	0.029
Aspartic acid	g	0.307	0	0.087	0.043
Glutamic acid	g	1.775	0	0.503	0.248
Glycine	g	0.204	0	0.058	0.029
Proline	g	0.618	0	0.175	0.087
Serine	g	0.315	0	0.089	0.044
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cookie (3" dia)

NDB No. 18209 Cookies, sugar wafers with creme filling, regular

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 9g	Measure 3* 4g
Proximates:							
Water	g	1.00	0.189	12	0.28	0.09	0.04
Energy	kcal	511		0	145	46	18
Energy	kj	2138		0	606	192	75
Protein (N x 5.95)	g	4.10	0.219	16	1.16	0.37	0.14
Total lipid (fat)	g	24.30	0.764	15	6.89	2.19	0.85
Carbohydrate, by difference	g	70.10		0	19.87	6.31	2.45
Fiber, total dietary	g	0.6		0	0.2	0.1	0.0
Ash	g	0.50	0.048	12	0.14	0.05	0.02
Sugars, total	g						
Minerals:							
Calcium	mg	18	2.899	17	5	2	1
Iron	mg	1.95	0.234	16	0.55	0.18	0.07
Magnesium	mg	11	0.362	14	3	1	0
Phosphorus	mg	56	1.676	14	16	5	2
Potassium	mg	59	3.297	15	17	5	2
Sodium	mg	147	10.923	16	42	13	5
Zinc	mg	0.35	0.008	13	0.10	0.03	0.01
Copper	mg	0.091	0.008	14	0.026	0.008	0.003
Manganese	mg	0.276	0.013	6	0.078	0.025	0.010
Selenium	˙g	2.4		0	0.7	0.2	0.1
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.102	0.021	13	0.029	0.009	0.004
Riboflavin	mg	0.196	0.016	14	0.056	0.018	0.007
Niacin	mg	2.432	0.123	14	0.689	0.219	0.085
Pantothenic acid	mg	0.195		0	0.055	0.018	0.007
Vitamin B-6	mg	0.014		0	0.004	0.001	0.000
Folate	˙g	43		0	12	4	2
Vitamin B-12	˙g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	˙g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	4.381		0	1.242	0.394	0.153
Lipids:							
Saturated, total	g	3.622		0	1.027	0.326	0.127
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	0.025		0	0.007	0.002	0.001
15.0	g						
16:0	g	2.394		0	0.679	0.215	0.084
17:0	g						
18:0	g	1.200		0	0.340	0.108	0.042
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.331	0	2.929	0.930	0.362
14:1	g					
16:1	g	0.097	0	0.027	0.009	0.003
18:1	g	10.210	0	2.895	0.919	0.357
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	9.158	0	2.596	0.824	0.321
18:2	g	8.503	0	2.411	0.765	0.298
18:3	g	0.632	0	0.179	0.057	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	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.059	0	0.017	0.005	0.002
Threonine	g	0.115	0	0.033	0.010	0.004
Isoleucine	g	0.156	0	0.044	0.014	0.005
Leucine	g	0.281	0	0.080	0.025	0.010
Lysine	g	0.144	0	0.041	0.013	0.005
Methionine	g	0.070	0	0.020	0.006	0.002
Cystine	g	0.089	0	0.025	0.008	0.003
Phenylalanine	g	0.194	0	0.055	0.017	0.007
Tyrosine	g	0.118	0	0.033	0.011	0.004
Valine	g	0.181	0	0.051	0.016	0.006
Arginine	g	0.156	0	0.044	0.014	0.005
Histidine	g	0.083	0	0.024	0.007	0.003
Alanine	g	0.126	0	0.036	0.011	0.004
Aspartic acid	g	0.174	0	0.049	0.016	0.006
Glutamic acid	g	1.344	0	0.381	0.121	0.047
Glycine	g	0.138	0	0.039	0.012	0.005
Proline	g	0.453	0	0.128	0.041	0.016
Serine	g	0.215	0	0.061	0.019	0.008
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 large wafer (3-1/2" x 1" x 1/2")
Measure 3: 1 small wafer (2-1/2" X 3/4" X 1/4")

NDB No. 18210 Cookies, vanilla sandwich with creme filling

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 15g	Measure 3* 10g
Proximates:							
Water	g	2.20	0.098	32	0.62	0.33	0.22
Energy	kcal	483		0	137	72	48
Energy	kj	2021		0	573	303	202
Protein (N x 5.95)	g	4.50	0.093	39	1.28	0.68	0.45
Total lipid (fat)	g	20.00	0.306	40	5.67	3.00	2.00
Carbohydrate, by difference	g	72.10		0	20.44	10.81	7.21
Fiber, total dietary	g	1.5		0	0.4	0.2	0.2
Ash	g	1.20	0.048	34	0.34	0.18	0.12
Sugars, total	g						
Minerals:							
Calcium	mg	27	2.837	38	8	4	3
Iron	mg	2.21	0.060	40	0.63	0.33	0.22
Magnesium	mg	14	0.354	31	4	2	1
Phosphorus	mg	75	3.781	36	21	11	8
Potassium	mg	91	6.964	33	26	14	9
Sodium	mg	349	12.440	36	99	52	35
Zinc	mg	0.40	0.014	32	0.11	0.06	0.04
Copper	mg	0.114	0.011	30	0.032	0.017	0.011
Manganese	mg	0.292	0.014	24	0.083	0.044	0.029
Selenium	:g	3.0		0	0.9	0.5	0.3
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.261	0.024	40	0.074	0.039	0.026
Riboflavin	mg	0.243	0.009	41	0.069	0.036	0.024
Niacin	mg	2.690	0.088	40	0.763	0.404	0.269
Pantothenic acid	mg	0.394	0.008	8	0.112	0.059	0.039
Vitamin B-6	mg	0.018		0	0.005	0.003	0.002
Folate	:g	59		0	17	9	6
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	3.585		0	1.016	0.538	0.359
Lipids:							
Saturated, total	g	2.979		0	0.845	0.447	0.298
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	0.020		0	0.006	0.003	0.002
15.0	g						
16:0	g	1.976		0	0.560	0.296	0.198
17:0	g						
18:0	g	0.979		0	0.278	0.147	0.098
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.437	0	2.392	1.266	0.844
14:1	g					
16:1	g	0.080	0	0.023	0.012	0.008
18:1	g	8.338	0	2.364	1.251	0.834
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	7.551	0	2.141	1.133	0.755
18:2	g	7.011	0	1.988	1.052	0.701
18:3	g	0.520	0	0.147	0.078	0.052
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.064	0	0.018	0.010	0.006
Threonine	g	0.124	0	0.035	0.019	0.012
Isoleucine	g	0.170	0	0.048	0.026	0.017
Leucine	g	0.306	0	0.087	0.046	0.031
Lysine	g	0.156	0	0.044	0.023	0.016
Methionine	g	0.075	0	0.021	0.011	0.008
Cystine	g	0.097	0	0.027	0.015	0.010
Phenylalanine	g	0.212	0	0.060	0.032	0.021
Tyrosine	g	0.128	0	0.036	0.019	0.013
Valine	g	0.196	0	0.056	0.029	0.020
Arginine	g	0.171	0	0.048	0.026	0.017
Histidine	g	0.091	0	0.026	0.014	0.009
Alanine	g	0.135	0	0.038	0.020	0.014
Aspartic acid	g	0.187	0	0.053	0.028	0.019
Glutamic acid	g	1.479	0	0.419	0.222	0.148
Glycine	g	0.152	0	0.043	0.023	0.015
Proline	g	0.499	0	0.141	0.075	0.050
Serine	g	0.236	0	0.067	0.035	0.024
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 oval cookie (3-1/8" x 1-1/4" x 3/8")
Measure 3: 1 round cookie (1-3/4" dia)

NDB No. 18211 Puff pastry, frozen, ready-to-bake, baked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 245g	Measure 3* 40g
Proximates:							
Water	g	7.40		0	2.10	18.13	2.96
Energy	kcal	558		0	158	1367	223
Energy	kj	2335		0	662	5721	934
Protein (N x 5.95)	g	7.40		0	2.10	18.13	2.96
Total lipid (fat)	g	38.50		0	10.91	94.33	15.40
Carbohydrate, by difference	g	45.70		0	12.96	111.97	18.28
Fiber, total dietary	g	1.5		0	0.4	3.7	0.6
Ash	g	1.00		0	0.28	2.45	0.40
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	25	4
Iron	mg	2.60		0	0.74	6.37	1.04
Magnesium	mg	16		0	5	39	6
Phosphorus	mg	60		0	17	147	24
Potassium	mg	62		0	18	152	25
Sodium	mg	253		0	72	620	101
Zinc	mg	0.54		0	0.15	1.32	0.22
Copper	mg	0.115		0	0.033	0.282	0.046
Manganese	mg	0.495		0	0.140	1.213	0.198
Selenium	:g	24.5		0	6.9	60.0	9.8
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.323		0	0.092	0.791	0.129
Riboflavin	mg	0.258		0	0.073	0.632	0.103
Niacin	mg	3.800		0	1.077	9.310	1.520
Pantothenic acid	mg	0.000		0	0.000	0.000	0.000
Vitamin B-6	mg	0.019		0	0.005	0.047	0.008
Folate	:g	47		0	13	115	19
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	2.375		0	0.673	5.819	0.950
Lipids:							
Saturated, total	g	5.502		0	1.560	13.480	2.201
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	0.039		0	0.011	0.096	0.016
15.0	g						
16:0	g	4.016		0	1.139	9.839	1.606
17:0	g						
18:0	g	1.438		0	0.408	3.523	0.575
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.828	0	2.503	21.629	3.531
14:1	g					
16:1	g	0.078	0	0.022	0.191	0.031
18:1	g	8.674	0	2.459	21.251	3.470
20:1	g	0.075	0	0.021	0.184	0.030
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	22.228	0	6.302	54.459	8.891
18:2	g	19.640	0	5.568	48.118	7.856
18:3	g	2.588	0	0.734	6.341	1.035
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.086	0	0.024	0.211	0.034
Threonine	g	0.198	0	0.056	0.485	0.079
Isoleucine	g	0.275	0	0.078	0.674	0.110
Leucine	g	0.514	0	0.146	1.259	0.206
Lysine	g	0.144	0	0.041	0.353	0.058
Methionine	g	0.131	0	0.037	0.321	0.052
Cystine	g	0.167	0	0.047	0.409	0.067
Phenylalanine	g	0.367	0	0.104	0.899	0.147
Tyrosine	g	0.204	0	0.058	0.500	0.082
Valine	g	0.312	0	0.088	0.764	0.125
Arginine	g	0.259	0	0.073	0.635	0.104
Histidine	g	0.158	0	0.045	0.387	0.063
Alanine	g	0.227	0	0.064	0.556	0.091
Aspartic acid	g	0.300	0	0.085	0.735	0.120
Glutamic acid	g	2.607	0	0.739	6.387	1.043
Glycine	g	0.255	0	0.072	0.625	0.102
Proline	g	0.875	0	0.248	2.144	0.350
Serine	g	0.360	0	0.102	0.882	0.144
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 sheet
Measure 3: 1 shell

NDB No. 18212 Cookies, vanilla wafers, lower fat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 80g	Measure 2* 28g	Measure 3* 6g
Proximates:							
Water	g	5.10	0.111	47	4.08	1.45	0.31
Energy	kcal	441		0	353	125	26
Energy	kj	1845		0	1476	523	111
Protein (N x 5.95)	g	5.00	0.055	48	4.00	1.42	0.30
Total lipid (fat)	g	15.20	0.219	46	12.16	4.31	0.91
Carbohydrate, by difference	g	73.60		0	58.88	20.87	4.42
Fiber, total dietary	g	1.9		0	1.5	0.5	0.1
Ash	g	1.10	0.023	45	0.88	0.31	0.07
Sugars, total	g						
Minerals:							
Calcium	mg	48	1.163	51	38	14	3
Iron	mg	2.38	0.059	48	1.90	0.67	0.14
Magnesium	mg	14	0.624	47	11	4	1
Phosphorus	mg	104	1.755	47	83	29	6
Potassium	mg	97	1.863	46	78	27	6
Sodium	mg	312	6.630	47	250	88	19
Zinc	mg	0.36	0.012	49	0.29	0.10	0.02
Copper	mg	0.100	0.009	45	0.080	0.028	0.006
Manganese	mg	0.262	0.009	44	0.210	0.074	0.016
Selenium	:g	11.3	1.259	3	9.0	3.2	0.7
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.275	0.011	45	0.220	0.078	0.017
Riboflavin	mg	0.320	0.017	45	0.256	0.091	0.019
Niacin	mg	3.106	0.083	46	2.485	0.881	0.186
Pantothenic acid	mg	0.410	0.083	4	0.328	0.116	0.025
Vitamin B-6	mg	0.073	0.003	2	0.058	0.021	0.004
Folate	:g	50		0	40	14	3
Vitamin B-12	:g	0.13		0	0.10	0.04	0.01
Vitamin A	IU	27		0	22	8	2
Vitamin A, RE	:g	8		0	6	2	0
Vitamin D	IU						
Vitamin E, "-TE	mg	1.283		0	1.026	0.364	0.077
Lipids:							
Saturated, total	g	3.838		0	3.070	1.088	0.230
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	0.060		0	0.048	0.017	0.004
15.0	g						
16:0	g	2.244		0	1.795	0.636	0.135
17:0	g						
18:0	g	1.543		0	1.234	0.437	0.093
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.544	0	5.235	1.855	0.393
14:1	g					
16:1	g	0.031	0	0.025	0.009	0.002
18:1	g	6.508	0	5.206	1.845	0.390
20:1	g	0.003	0	0.002	0.001	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	3.887	0	3.110	1.102	0.233
18:2	g	3.625	0	2.900	1.028	0.218
18:3	g	0.231	0	0.185	0.065	0.014
18:4	g	0.002	0	0.002	0.001	0.000
20:4	g	0.017	0	0.014	0.005	0.001
20:5	g	0.008	0	0.006	0.002	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.005	0	0.004	0.001	0.000
Cholesterol	mg	51	0	41	14	3
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.068	0	0.054	0.019	0.004
Threonine	g	0.169	0	0.135	0.048	0.010
Isoleucine	g	0.213	0	0.170	0.060	0.013
Leucine	g	0.365	0	0.292	0.103	0.022
Lysine	g	0.230	0	0.184	0.065	0.014
Methionine	g	0.105	0	0.084	0.030	0.006
Cystine	g	0.110	0	0.088	0.031	0.007
Phenylalanine	g	0.243	0	0.194	0.069	0.015
Tyrosine	g	0.160	0	0.128	0.045	0.010
Valine	g	0.244	0	0.195	0.069	0.015
Arginine	g	0.221	0	0.177	0.063	0.013
Histidine	g	0.106	0	0.085	0.030	0.006
Alanine	g	0.188	0	0.150	0.053	0.011
Aspartic acid	g	0.297	0	0.238	0.084	0.018
Glutamic acid	g	1.335	0	1.068	0.378	0.080
Glycine	g	0.167	0	0.134	0.047	0.010
Proline	g	0.444	0	0.355	0.126	0.027
Serine	g	0.293	0	0.234	0.083	0.018
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup, crumbs
Measure 2: 1 oz
Measure 3: 1 large

NDB No. 18213 Cookies, vanilla wafers, higher fat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 6g	Measure 3*
Proximates:							
Water	g	4.20	0.297	14	1.19	0.25	
Energy	kcal	473		0	134	28	
Energy	kj	1979		0	561	119	
Protein (N x 5.95)	g	4.30	0.045	14	1.22	0.26	
Total lipid (fat)	g	19.40	0.340	14	5.50	1.16	
Carbohydrate, by difference	g	71.10		0	20.16	4.27	
Fiber, total dietary	g	2.0		0	0.6	0.1	
Ash	g	1.00	0.028	14	0.28	0.06	
Sugars, total	g						
Minerals:							
Calcium	mg	25	0.983	14	7	2	
Iron	mg	2.21	0.133	14	0.63	0.13	
Magnesium	mg	12	0.413	13	3	1	
Phosphorus	mg	64	1.527	14	18	4	
Potassium	mg	107	4.156	14	30	6	
Sodium	mg	306	6.537	14	87	18	
Zinc	mg	0.33	0.013	10	0.09	0.02	
Copper	mg	0.124	0.024	9	0.035	0.007	
Manganese	mg	0.384	0.153	8	0.109	0.023	
Selenium	:g	11.3	1.259	3	3.2	0.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.361	0.023	14	0.102	0.022	
Riboflavin	mg	0.209	0.015	14	0.059	0.013	
Niacin	mg	2.976	0.153	14	0.844	0.179	
Pantothenic acid	mg	0.284		0	0.081	0.017	
Vitamin B-6	mg	0.024		0	0.007	0.001	
Folate	:g	43		0	12	3	
Vitamin B-12	:g	0.04		0	0.01	0.00	
Vitamin A	IU	1		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.936		0	1.399	0.296	
4:0	g	0.001		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.097		0	0.027	0.006	
15.0	g						
16:0	g	2.526		0	0.716	0.152	
17:0	g						
18:0	g	2.307		0	0.654	0.138	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.076	0	3.140	0.665
14:1	g				
16:1	g	0.002	0	0.001	0.000
18:1	g	11.074	0	3.139	0.664
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.437	0	0.691	0.146
18:2	g	2.314	0	0.656	0.139
18:3	g	0.123	0	0.035	0.007
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.062	0	0.018	0.004
Threonine	g	0.131	0	0.037	0.008
Isoleucine	g	0.169	0	0.048	0.010
Leucine	g	0.303	0	0.086	0.018
Lysine	g	0.165	0	0.047	0.010
Methionine	g	0.073	0	0.021	0.004
Cystine	g	0.093	0	0.026	0.006
Phenylalanine	g	0.200	0	0.057	0.012
Tyrosine	g	0.123	0	0.035	0.007
Valine	g	0.193	0	0.055	0.012
Arginine	g	0.163	0	0.046	0.010
Histidine	g	0.087	0	0.025	0.005
Alanine	g	0.136	0	0.039	0.008
Aspartic acid	g	0.199	0	0.056	0.012
Glutamic acid	g	1.375	0	0.390	0.083
Glycine	g	0.141	0	0.040	0.008
Proline	g	0.465	0	0.132	0.028
Serine	g	0.226	0	0.064	0.014
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 wafer

NDB No. 18214 Crackers, cheese, regular

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 62g	Measure 2* 72g	Measure 3* 1g
Proximates:							
Water	g	3.10	0.124	48	1.92	2.23	0.02
Energy	kcal	503		0	312	362	3
Energy	kj	2105		0	1305	1516	13
Protein (N x 5.95)	g	10.10	0.228	47	6.26	7.27	0.06
Total lipid (fat)	g	25.30	0.541	51	15.69	18.22	0.15
Carbohydrate, by difference	g	58.20		0	36.08	41.90	0.35
Fiber, total dietary	g	2.4		0	1.5	1.7	0.0
Ash	g	3.30	0.117	43	2.05	2.38	0.02
Sugars, total	g						
Minerals:							
Calcium	mg	151	11.424	48	94	109	1
Iron	mg	4.77	0.206	45	2.96	3.43	0.03
Magnesium	mg	36	2.525	43	22	26	0
Phosphorus	mg	218	11.747	44	135	157	1
Potassium	mg	145	4.559	47	90	104	1
Sodium	mg	995	39.270	49	617	716	6
Zinc	mg	1.13	0.035	42	0.70	0.81	0.01
Copper	mg	0.210	0.017	42	0.130	0.151	0.001
Manganese	mg	0.629	0.013	36	0.390	0.453	0.004
Selenium	:g	8.6		1	5.3	6.2	0.1
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.570	0.018	42	0.353	0.410	0.003
Riboflavin	mg	0.428	0.015	42	0.265	0.308	0.003
Niacin	mg	4.671	0.104	41	2.896	3.363	0.028
Pantothenic acid	mg	0.526	0.107	4	0.326	0.379	0.003
Vitamin B-6	mg	0.553	0.424	3	0.343	0.398	0.003
Folate	:g	80		0	50	58	0
Vitamin B-12	:g	0.46		1	0.29	0.33	0.00
Vitamin A	IU	162		1	100	117	1
Vitamin A, RE	:g	30		0	19	22	0
Vitamin D	IU						
Vitamin E, "-TE	mg	2.641		0	1.637	1.902	0.016
Lipids:							
Saturated, total	g	9.371		0	5.810	6.747	0.056
4:0	g	0.268		0	0.166	0.193	0.002
6.0	g	0.135		0	0.084	0.097	0.001
8:0	g	0.071		0	0.044	0.051	0.000
10:0	g	0.154		0	0.095	0.111	0.001
12:0	g	0.154		0	0.095	0.111	0.001
14:0	g	0.875		0	0.543	0.630	0.005
15.0	g						
16:0	g	4.386		0	2.719	3.158	0.026
17:0	g						
18:0	g	3.007		0	1.864	2.165	0.018
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.105	0	7.505	8.716	0.073
14:1	g					
16:1	g	0.270	0	0.167	0.194	0.002
18:1	g	11.700	0	7.254	8.424	0.070
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.472	0	1.533	1.780	0.015
18:2	g	2.339	0	1.450	1.684	0.014
18:3	g	0.132	0	0.082	0.095	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	13	1	8	9	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.129	0	0.080	0.093	0.001
Threonine	g	0.295	0	0.183	0.212	0.002
Isoleucine	g	0.424	0	0.263	0.305	0.003
Leucine	g	0.744	0	0.461	0.536	0.004
Lysine	g	0.418	0	0.259	0.301	0.003
Methionine	g	0.194	0	0.120	0.140	0.001
Cystine	g	0.168	0	0.104	0.121	0.001
Phenylalanine	g	0.490	0	0.304	0.353	0.003
Tyrosine	g	0.340	0	0.211	0.245	0.002
Valine	g	0.478	0	0.296	0.344	0.003
Arginine	g	0.386	0	0.239	0.278	0.002
Histidine	g	0.245	0	0.152	0.176	0.001
Alanine	g	0.304	0	0.188	0.219	0.002
Aspartic acid	g	0.480	0	0.298	0.346	0.003
Glutamic acid	g	3.034	0	1.881	2.184	0.018
Glycine	g	0.302	0	0.187	0.217	0.002
Proline	g	1.110	0	0.688	0.799	0.007
Serine	g	0.521	0	0.323	0.375	0.003
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup, bite size
Measure 2: 1 cup, crushed
Measure 3: 1 gold fish

NDB No. 18215 Crackers, cheese, sandwich-type with peanut butter filling

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 83g	Measure 2* 7g	Measure 3* 14g
Proximates:							
Water	g	3.80	0.310	12	3.15	0.27	0.54
Energy	kcal	482		0	400	34	68
Energy	kj	2017		0	1674	141	286
Protein (N x 5.95)	g	12.60	0.474	13	10.46	0.88	1.79
Total lipid (fat)	g	23.20	0.781	16	19.26	1.62	3.29
Carbohydrate, by difference	g	57.00		0	47.31	3.99	8.08
Fiber, total dietary	g	2.8		0	2.3	0.2	0.4
Ash	g	3.30	0.168	12	2.74	0.23	0.47
Sugars, total	g						
Minerals:							
Calcium	mg	79	17.466	11	66	6	11
Iron	mg	2.92	0.131	12	2.42	0.20	0.41
Magnesium	mg	58	3.154	8	48	4	8
Phosphorus	mg	324	13.237	9	269	23	46
Potassium	mg	245	20.658	9	203	17	35
Sodium	mg	992	79.014	12	823	69	141
Zinc	mg	1.09	0.060	9	0.90	0.08	0.15
Copper	mg	0.234	0.024	9	0.194	0.016	0.033
Manganese	mg	0.750	0.047	7	0.623	0.053	0.106
Selenium	:g	18.2		0	15.1	1.3	2.6
Vitamins:							
Ascorbic acid	mg	0.4		0	0.3	0.0	0.1
Thiamin	mg	0.403	0.058	19	0.334	0.028	0.057
Riboflavin	mg	0.344	0.053	19	0.286	0.024	0.049
Niacin	mg	6.520	0.344	18	5.412	0.456	0.924
Pantothenic acid	mg	0.510	0.045	12	0.423	0.036	0.072
Vitamin B-6	mg	1.492	0.092	2	1.238	0.104	0.211
Folate	:g	88		0	73	6	12
Vitamin B-12	:g	0.01		0	0.01	0.00	0.00
Vitamin A	IU	319		0	265	22	45
Vitamin A, RE	:g	34		0	28	2	5
Vitamin D	IU						
Vitamin E, "-TE	mg	3.738		0	3.103	0.262	0.530
Lipids:							
Saturated, total	g	5.447		0	4.521	0.381	0.772
4:0	g	0.016		0	0.013	0.001	0.002
6.0	g	0.008		0	0.007	0.001	0.001
8:0	g	0.004		0	0.003	0.000	0.001
10:0	g	0.009		0	0.007	0.001	0.001
12:0	g	0.014		0	0.012	0.001	0.002
14:0	g	0.154		0	0.128	0.011	0.022
15.0	g						
16:0	g	2.898		0	2.405	0.203	0.411
17:0	g						
18:0	g	1.946		0	1.615	0.136	0.276
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.772		0	9.771	0.824	1.669
14:1	g						
16:1	g	0.019		0	0.016	0.001	0.003
18:1	g	11.649		0	9.669	0.815	1.651
20:1	g	0.097		0	0.081	0.007	0.014
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	4.685		0	3.889	0.328	0.664
18:2	g	4.579		0	3.801	0.321	0.649
18:3	g	0.106		0	0.088	0.007	0.015
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.000		0	0.000	0.000	0.000
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.000		0	0.000	0.000	0.000
Cholesterol	mg	5	0.500	2	4	0	1
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.142		0	0.118	0.010	0.020
Threonine	g	0.397		0	0.330	0.028	0.056
Isoleucine	g	0.467		0	0.388	0.033	0.066
Leucine	g	0.854		0	0.709	0.060	0.121
Lysine	g	0.442		0	0.367	0.031	0.063
Methionine	g	0.194		0	0.161	0.014	0.027
Cystine	g	0.212		0	0.176	0.015	0.030
Phenylalanine	g	0.631		0	0.524	0.044	0.089
Tyrosine	g	0.444		0	0.369	0.031	0.063
Valine	g	0.546		0	0.453	0.038	0.077
Arginine	g	0.951		0	0.789	0.067	0.135
Histidine	g	0.300		0	0.249	0.021	0.043
Alanine	g	0.458		0	0.380	0.032	0.065
Aspartic acid	g	1.017		0	0.844	0.071	0.144
Glutamic acid	g	3.373		0	2.800	0.236	0.478
Glycine	g	0.582		0	0.483	0.041	0.082
Proline	g	1.008		0	0.837	0.071	0.143
Serine	g	0.636		0	0.528	0.045	0.090
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 cup, crushed
Measure 2: 1 sandwich
Measure 3: 1/2 oz

NDB No. 18216 Crackers, crispbread, rye

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2* 10g	Measure 3* 2g
Proximates:							
Water	g	6.10	0.669	4	3.36	0.61	0.12
Energy	kcal	366		0	201	37	7
Energy	kj	1531		0	842	153	31
Protein (N x 5.95)	g	7.90	0.129	4	4.34	0.79	0.16
Total lipid (fat)	g	1.30	0.328	6	0.72	0.13	0.03
Carbohydrate, by difference	g	82.20		0	45.21	8.22	1.64
Fiber, total dietary	g	16.5		0	9.1	1.6	0.3
Ash	g	2.40	0.112	6	1.32	0.24	0.05
Sugars, total	g						
Minerals:							
Calcium	mg	31	3.837	4	17	3	1
Iron	mg	2.43	0.124	4	1.34	0.24	0.05
Magnesium	mg	78	3.814	4	43	8	2
Phosphorus	mg	269	19.040	4	148	27	5
Potassium	mg	319	34.499	4	175	32	6
Sodium	mg	264	48.831	4	145	26	5
Zinc	mg	2.39	0.225	4	1.31	0.24	0.05
Copper	mg	0.255	0.016	4	0.140	0.026	0.005
Manganese	mg	2.475	0.168	4	1.361	0.248	0.050
Selenium	:g	36.6		0	20.1	3.7	0.7
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.243	0.010	16	0.134	0.024	0.005
Riboflavin	mg	0.145	0.016	16	0.080	0.015	0.003
Niacin	mg	1.040	0.096	16	0.572	0.104	0.021
Pantothenic acid	mg	0.676	0.015	16	0.372	0.068	0.014
Vitamin B-6	mg	0.210	0.002	16	0.116	0.021	0.004
Folate	:g	47		0	26	5	1
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	1.349		0	0.742	0.135	0.027
Lipids:							
Saturated, total	g	0.145		0	0.080	0.015	0.003
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.002		0	0.001	0.000	0.000
15.0	g						
16:0	g	0.138		0	0.076	0.014	0.003
17:0	g						
18:0	g	0.005		0	0.003	0.001	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.165	0	0.091	0.017	0.003
14:1	g					
16:1	g	0.012	0	0.007	0.001	0.000
18:1	g	0.146	0	0.080	0.015	0.003
20:1	g	0.006	0	0.003	0.001	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.557	0	0.306	0.056	0.011
18:2	g	0.479	0	0.263	0.048	0.010
18:3	g	0.079	0	0.043	0.008	0.002
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	1	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.092	0	0.051	0.009	0.002
Threonine	g	0.285	0	0.157	0.028	0.006
Isoleucine	g	0.318	0	0.175	0.032	0.006
Leucine	g	0.556	0	0.306	0.056	0.011
Lysine	g	0.300	0	0.165	0.030	0.006
Methionine	g	0.121	0	0.067	0.012	0.002
Cystine	g	0.155	0	0.085	0.016	0.003
Phenylalanine	g	0.403	0	0.222	0.040	0.008
Tyrosine	g	0.168	0	0.092	0.017	0.003
Valine	g	0.404	0	0.222	0.040	0.008
Arginine	g	0.366	0	0.201	0.037	0.007
Histidine	g	0.179	0	0.098	0.018	0.004
Alanine	g	0.342	0	0.188	0.034	0.007
Aspartic acid	g	0.564	0	0.310	0.056	0.011
Glutamic acid	g	2.160	0	1.188	0.216	0.043
Glycine	g	0.310	0	0.171	0.031	0.006
Proline	g	0.822	0	0.452	0.082	0.016
Serine	g	0.431	0	0.237	0.043	0.009
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup, crushed
Measure 2: 1 crispbread or cracker
Measure 3: 1 thin wafer

NDB No. 18217 Crackers, matzo, plain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	4.30	0.615	9	1.22	0.61	
Energy	kcal	395		0	112	56	
Energy	kj	1653		0	469	234	
Protein (N x 5.95)	g	10.00	0.176	10	2.84	1.42	
Total lipid (fat)	g	1.40	0.127	10	0.40	0.20	
Carbohydrate, by difference	g	83.70		0	23.73	11.86	
Fiber, total dietary	g	3.0		0	0.9	0.4	
Ash	g	0.60	0.002	4	0.17	0.09	
Sugars, total	g						
Minerals:							
Calcium	mg	13	2.949	2	4	2	
Iron	mg	3.16	0.010	4	0.90	0.45	
Magnesium	mg	25	5.013	2	7	4	
Phosphorus	mg	89	18.561	2	25	13	
Potassium	mg	112	8.758	4	32	16	
Sodium	mg	2	0.277	6	1	0	
Zinc	mg	0.68	0.141	2	0.19	0.10	
Copper	mg	0.060	0.028	2	0.017	0.009	
Manganese	mg	0.650	0.127	2	0.184	0.092	
Selenium	:g	36.9		0	10.5	5.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.387	0.021	12	0.110	0.055	
Riboflavin	mg	0.291	0.001	4	0.082	0.041	
Niacin	mg	3.892	0.014	4	1.103	0.552	
Pantothenic acid	mg	0.443	0.016	8	0.126	0.063	
Vitamin B-6	mg	0.115	0.001	8	0.033	0.016	
Folate	:g	117		0	33	17	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.065		0	0.018	0.009	
Lipids:							
Saturated, total	g	0.226		0	0.064	0.032	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.216		0	0.061	0.031	
17:0	g						
18:0	g	0.010		0	0.003	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.127	0	0.036	0.018
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.127	0	0.036	0.018
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.603	0	0.171	0.085
18:2	g	0.570	0	0.162	0.081
18:3	g	0.032	0	0.009	0.005
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.116	0	0.033	0.016
Threonine	g	0.267	0	0.076	0.038
Isoleucine	g	0.371	0	0.105	0.053
Leucine	g	0.692	0	0.196	0.098
Lysine	g	0.193	0	0.055	0.027
Methionine	g	0.176	0	0.050	0.025
Cystine	g	0.225	0	0.064	0.032
Phenylalanine	g	0.494	0	0.140	0.070
Tyrosine	g	0.274	0	0.078	0.039
Valine	g	0.420	0	0.119	0.060
Arginine	g	0.348	0	0.099	0.049
Histidine	g	0.213	0	0.060	0.030
Alanine	g	0.306	0	0.087	0.043
Aspartic acid	g	0.404	0	0.115	0.057
Glutamic acid	g	3.509	0	0.995	0.497
Glycine	g	0.343	0	0.097	0.049
Proline	g	1.177	0	0.334	0.167
Serine	g	0.485	0	0.137	0.069
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

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

NDB No. 18218 Crackers, matzo, egg

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	6.40		1	1.81	0.91	
Energy	kcal	391		0	111	55	
Energy	kj	1636		0	464	232	
Protein (N x 5.95)	g	12.30		1	3.49	1.74	
Total lipid (fat)	g	2.10		1	0.60	0.30	
Carbohydrate, by difference	g	78.60		0	22.28	11.14	
Fiber, total dietary	g	2.8		0	0.8	0.4	
Ash	g	0.60		1	0.17	0.09	
Sugars, total	g						
Minerals:							
Calcium	mg	40		1	11	6	
Iron	mg	2.70		1	0.77	0.38	
Magnesium	mg	24		0	7	3	
Phosphorus	mg	148		0	42	21	
Potassium	mg	150		1	43	21	
Sodium	mg	21		1	6	3	
Zinc	mg	0.73		1	0.21	0.10	
Copper	mg	0.155		0	0.044	0.022	
Manganese	mg	0.600		1	0.170	0.085	
Selenium	：g	27.7		0	7.9	3.9	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.0	
Thiamin	mg	0.788		0	0.223	0.112	
Riboflavin	mg	0.618		1	0.175	0.088	
Niacin	mg	5.080		1	1.440	0.720	
Pantothenic acid	mg	0.435		1	0.123	0.062	
Vitamin B-6	mg	0.054		1	0.015	0.008	
Folate	：g	117		0	33	17	
Vitamin B-12	：g	0.19		0	0.05	0.03	
Vitamin A	IU	42		1	12	6	
Vitamin A, RE	：g	13		0	4	2	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.548		0	0.155	0.078	
4:0	g						
6.0	g						
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.005		0	0.001	0.001	
15.0	g						
16:0	g	0.423		0	0.120	0.060	
17:0	g						
18:0	g	0.119		0	0.034	0.017	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.612	0	0.174	0.087
14:1	g				
16:1	g	0.043	0	0.012	0.006
18:1	g	0.564	0	0.160	0.080
20:1	g	0.004	0	0.001	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.473	0	0.134	0.067
18:2	g	0.427	0	0.121	0.061
18:3	g	0.020	0	0.006	0.003
18:4	g				
20:4	g	0.021	0	0.006	0.003
20:5	g	0.001	0	0.000	0.000
22:5	g				
22:6	g	0.005	0	0.001	0.001
Cholesterol	mg	83	0	24	12
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.151	0	0.043	0.021
Threonine	g	0.384	0	0.109	0.054
Isoleucine	g	0.472	0	0.134	0.067
Leucine	g	0.886	0	0.251	0.126
Lysine	g	0.389	0	0.110	0.055
Methionine	g	0.248	0	0.070	0.035
Cystine	g	0.268	0	0.076	0.038
Phenylalanine	g	0.624	0	0.177	0.088
Tyrosine	g	0.397	0	0.113	0.056
Valine	g	0.544	0	0.154	0.077
Arginine	g	0.544	0	0.154	0.077
Histidine	g	0.278	0	0.079	0.039
Alanine	g	0.450	0	0.128	0.064
Aspartic acid	g	0.656	0	0.186	0.093
Glutamic acid	g	3.666	0	1.039	0.520
Glycine	g	0.438	0	0.124	0.062
Proline	g	1.251	0	0.355	0.177
Serine	g	0.673	0	0.191	0.095
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

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

NDB No. 18219 Crackers, matzo, whole-wheat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	4.80	0.517	4	1.36	0.68	
Energy	kcal	351		0	100	50	
Energy	kj	1469		0	416	208	
Protein (N x 5.95)	g	13.10	0.600	6	3.71	1.86	
Total lipid (fat)	g	1.50	0.227	6	0.43	0.21	
Carbohydrate, by difference	g	78.90		0	22.37	11.18	
Fiber, total dietary	g	11.8		0	3.3	1.7	
Ash	g	1.60	0.005	4	0.45	0.23	
Sugars, total	g						
Minerals:							
Calcium	mg	23	2.063	3	7	3	
Iron	mg	4.65	0.388	4	1.32	0.66	
Magnesium	mg	134	2.704	2	38	19	
Phosphorus	mg	305	3.998	2	86	43	
Potassium	mg	316	1.625	2	90	45	
Sodium	mg	2	0.368	5	1	0	
Zinc	mg	2.61	0.042	2	0.74	0.37	
Copper	mg	0.350	0.007	2	0.099	0.050	
Manganese	mg	3.500	0.042	2	0.992	0.496	
Selenium	:g	75.1		0	21.3	10.6	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.365	0.016	10	0.103	0.052	
Riboflavin	mg	0.271	0.022	2	0.077	0.038	
Niacin	mg	5.410	0.596	3	1.534	0.767	
Pantothenic acid	mg	1.235	0.041	8	0.350	0.175	
Vitamin B-6	mg	0.159	0.010	9	0.045	0.023	
Folate	:g	35	1.045	9	10	5	
Vitamin B-12	:g	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.337		0	0.379	0.190	
Lipids:							
Saturated, total	g	0.243		0	0.069	0.034	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.002		0	0.001	0.000	
15.0	g						
16:0	g	0.222		0	0.063	0.031	
17:0	g						
18:0	g	0.012		0	0.003	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.194	0	0.055	0.027
14:1	g				
16:1	g	0.010	0	0.003	0.001
18:1	g	0.184	0	0.052	0.026
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.653	0	0.185	0.093
18:2	g	0.618	0	0.175	0.088
18:3	g	0.033	0	0.009	0.005
18:4	g	0.000	0	0.000	0.000
20:4	g	0.002	0	0.001	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.206	0	0.058	0.029
Threonine	g	0.382	0	0.108	0.054
Isoleucine	g	0.489	0	0.139	0.069
Leucine	g	0.889	0	0.252	0.126
Lysine	g	0.371	0	0.105	0.053
Methionine	g	0.204	0	0.058	0.029
Cystine	g	0.308	0	0.087	0.044
Phenylalanine	g	0.620	0	0.176	0.088
Tyrosine	g	0.385	0	0.109	0.055
Valine	g	0.597	0	0.169	0.085
Arginine	g	0.631	0	0.179	0.089
Histidine	g	0.310	0	0.088	0.044
Alanine	g	0.475	0	0.135	0.067
Aspartic acid	g	0.688	0	0.195	0.098
Glutamic acid	g	4.112	0	1.166	0.583
Glycine	g	0.541	0	0.153	0.077
Proline	g	1.351	0	0.383	0.192
Serine	g	0.622	0	0.176	0.088
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

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

NDB No. 18220 Crackers, melba toast, plain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2* 33g	Measure 3* 3g
Proximates:							
Water	g	5.10	0.196	16	1.53	1.68	0.15
Energy	kcal	390		0	117	129	12
Energy	kj	1632		0	490	539	49
Protein (N x 5.95)	g	12.10	0.387	15	3.63	3.99	0.36
Total lipid (fat)	g	3.20	0.429	11	0.96	1.06	0.10
Carbohydrate, by difference	g	76.60		0	22.98	25.28	2.30
Fiber, total dietary	g	6.3		0	1.9	2.1	0.2
Ash	g	3.00	0.154	13	0.90	0.99	0.09
Sugars, total	g						
Minerals:							
Calcium	mg	93	14.161	15	28	31	3
Iron	mg	3.70	0.408	10	1.11	1.22	0.11
Magnesium	mg	59	6.585	8	18	19	2
Phosphorus	mg	196	7.975	12	59	65	6
Potassium	mg	202	10.786	13	61	67	6
Sodium	mg	829	112.068	9	249	274	25
Zinc	mg	2.01	0.295	7	0.60	0.66	0.06
Copper	mg	0.289	0.054	7	0.087	0.095	0.009
Manganese	mg	1.130	0.154	4	0.339	0.373	0.034
Selenium	:g	34.8		1	10.4	11.5	1.0
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.413	0.045	16	0.124	0.136	0.012
Riboflavin	mg	0.273	0.018	16	0.082	0.090	0.008
Niacin	mg	4.113	0.414	16	1.234	1.357	0.123
Pantothenic acid	mg	0.693	0.036	12	0.208	0.229	0.021
Vitamin B-6	mg	0.098	0.007	10	0.029	0.032	0.003
Folate	:g	124		0	37	41	4
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.056		0	0.017	0.018	0.002
Lipids:							
Saturated, total	g	0.445		0	0.134	0.147	0.013
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.002		0	0.001	0.001	0.000
15.0	g						
16:0	g	0.355		0	0.106	0.117	0.011
17:0	g						
18:0	g	0.088		0	0.026	0.029	0.003
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.782	0	0.235	0.258	0.023
14:1	g					
16:1	g	0.020	0	0.006	0.007	0.001
18:1	g	0.762	0	0.229	0.251	0.023
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.282	0	0.385	0.423	0.038
18:2	g	1.210	0	0.363	0.399	0.036
18:3	g	0.071	0	0.021	0.023	0.002
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.140	0	0.042	0.046	0.004
Threonine	g	0.342	0	0.103	0.113	0.010
Isoleucine	g	0.462	0	0.139	0.152	0.014
Leucine	g	0.844	0	0.253	0.279	0.025
Lysine	g	0.280	0	0.084	0.092	0.008
Methionine	g	0.214	0	0.064	0.071	0.006
Cystine	g	0.265	0	0.080	0.087	0.008
Phenylalanine	g	0.596	0	0.179	0.197	0.018
Tyrosine	g	0.339	0	0.102	0.112	0.010
Valine	g	0.520	0	0.156	0.172	0.016
Arginine	g	0.435	0	0.131	0.144	0.013
Histidine	g	0.261	0	0.078	0.086	0.008
Alanine	g	0.395	0	0.119	0.130	0.012
Aspartic acid	g	0.532	0	0.160	0.176	0.016
Glutamic acid	g	4.086	0	1.226	1.348	0.123
Glycine	g	0.424	0	0.127	0.140	0.013
Proline	g	1.366	0	0.410	0.451	0.041
Serine	g	0.586	0	0.176	0.193	0.018
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup, pieces
Measure 2: 1 cup, rounds
Measure 3: 1 melba round

NDB No. 18221 Crackers, melba toast, rye (includes pumpernickel)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 14g	Measure 2* 5g	Measure 3*
Proximates:							
Water	g	4.90	0.473	7	0.69	0.25	
Energy	kcal	389		0	55	19	
Energy	kj	1628		0	231	81	
Protein (N x 5.95)	g	11.60	0.298	8	1.64	0.58	
Total lipid (fat)	g	3.40	0.536	8	0.48	0.17	
Carbohydrate, by difference	g	77.30		0	10.96	3.87	
Fiber, total dietary	g	8.0		0	1.1	0.4	
Ash	g	2.90	0.140	8	0.41	0.14	
Sugars, total	g						
Minerals:							
Calcium	mg	78	15.069	8	11	4	
Iron	mg	3.68	0.384	5	0.52	0.18	
Magnesium	mg	39	4.465	3	6	2	
Phosphorus	mg	183	18.481	6	26	9	
Potassium	mg	193	21.727	6	27	10	
Sodium	mg	899	58.679	5	127	45	
Zinc	mg	1.36	0.323	3	0.19	0.07	
Copper	mg	0.401	0.161	3	0.057	0.020	
Manganese	mg	0.738	0.037	2	0.105	0.037	
Selenium	:g	38.7		0	5.5	1.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.473	0.042	11	0.067	0.024	
Riboflavin	mg	0.284	0.010	11	0.040	0.014	
Niacin	mg	4.718	0.429	11	0.669	0.236	
Pantothenic acid	mg	0.484	0.012	8	0.069	0.024	
Vitamin B-6	mg	0.086	0.001	8	0.012	0.004	
Folate	:g	85		0	12	4	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.645		0	0.091	0.032	
Lipids:							
Saturated, total	g	0.453		0	0.064	0.023	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.003		0	0.000	0.000	
15.0	g						
16:0	g	0.357		0	0.051	0.018	
17:0	g						
18:0	g	0.092		0	0.013	0.005	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.907	0	0.129	0.045
14:1	g				
16:1	g	0.025	0	0.004	0.001
18:1	g	0.879	0	0.125	0.044
20:1	g	0.004	0	0.001	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.347	0	0.191	0.067
18:2	g	1.241	0	0.176	0.062
18:3	g	0.106	0	0.015	0.005
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.132	0	0.019	0.007
Threonine	g	0.361	0	0.051	0.018
Isoleucine	g	0.445	0	0.063	0.022
Leucine	g	0.796	0	0.113	0.040
Lysine	g	0.337	0	0.048	0.017
Methionine	g	0.190	0	0.027	0.010
Cystine	g	0.237	0	0.034	0.012
Phenylalanine	g	0.569	0	0.081	0.028
Tyrosine	g	0.289	0	0.041	0.014
Valine	g	0.529	0	0.075	0.026
Arginine	g	0.459	0	0.065	0.023
Histidine	g	0.251	0	0.036	0.013
Alanine	g	0.425	0	0.060	0.021
Aspartic acid	g	0.634	0	0.090	0.032
Glutamic acid	g	3.525	0	0.500	0.176
Glycine	g	0.419	0	0.059	0.021
Proline	g	1.237	0	0.175	0.062
Serine	g	0.581	0	0.082	0.029
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

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

NDB No. 18222 Crackers, melba toast, wheat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 14g	Measure 2* 5g	Measure 3*
Proximates:							
Water	g	5.50	0.591	3	0.78	0.28	
Energy	kcal	374		0	53	19	
Energy	kj	1565		0	222	78	
Protein (N x 5.95)	g	12.90	0.382	3	1.83	0.65	
Total lipid (fat)	g	2.30	0.810	4	0.33	0.12	
Carbohydrate, by difference	g	76.40		0	10.83	3.82	
Fiber, total dietary	g	7.4		0	1.0	0.4	
Ash	g	2.90	0.088	5	0.41	0.14	
Sugars, total	g						
Minerals:							
Calcium	mg	43	3.521	3	6	2	
Iron	mg	4.50	0.557	3	0.64	0.23	
Magnesium	mg	56	5.961	2	8	3	
Phosphorus	mg	165	23.151	2	23	8	
Potassium	mg	148	21.249	2	21	7	
Sodium	mg	837	50.441	3	119	42	
Zinc	mg	1.50	0.452	2	0.21	0.08	
Copper	mg	0.265	0.141	2	0.038	0.013	
Manganese	mg	1.064	0.129	2	0.151	0.053	
Selenium	:g	55.0		0	7.8	2.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.422	0.018	9	0.060	0.021	
Riboflavin	mg	0.299	0.004	9	0.042	0.015	
Niacin	mg	5.083	0.340	9	0.721	0.254	
Pantothenic acid	mg	0.517	0.015	8	0.073	0.026	
Vitamin B-6	mg	0.103	0.001	8	0.015	0.005	
Folate	:g	132		0	19	7	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.337		0	0.048	0.017	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.002		0	0.000	0.000	
15.0	g						
16:0	g	0.275		0	0.039	0.014	
17:0	g						
18:0	g	0.056		0	0.008	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.544	0	0.077	0.027
14:1	g				
16:1	g	0.018	0	0.003	0.001
18:1	g	0.526	0	0.075	0.026
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.910	0	0.129	0.046
18:2	g	0.858	0	0.122	0.043
18:3	g	0.050	0	0.007	0.003
18:4	g				
20:4	g	0.001	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.171	0	0.024	0.009
Threonine	g	0.371	0	0.053	0.019
Isoleucine	g	0.489	0	0.069	0.024
Leucine	g	0.884	0	0.125	0.044
Lysine	g	0.344	0	0.049	0.017
Methionine	g	0.213	0	0.030	0.011
Cystine	g	0.284	0	0.040	0.014
Phenylalanine	g	0.615	0	0.087	0.031
Tyrosine	g	0.371	0	0.053	0.019
Valine	g	0.571	0	0.081	0.029
Arginine	g	0.533	0	0.076	0.027
Histidine	g	0.286	0	0.041	0.014
Alanine	g	0.446	0	0.063	0.022
Aspartic acid	g	0.628	0	0.089	0.031
Glutamic acid	g	4.122	0	0.584	0.206
Glycine	g	0.484	0	0.069	0.024
Proline	g	1.366	0	0.194	0.068
Serine	g	0.613	0	0.087	0.031
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

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

NDB No. 18223 Crackers, milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 11g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	4.70	0.442	10	0.52	0.67	
Energy	kcal	455		0	50	64	
Energy	kj	1904		0	209	270	
Protein (N x 5.95)	g	7.60	0.127	10	0.84	1.08	
Total lipid (fat)	g	15.80	0.456	10	1.74	2.24	
Carbohydrate, by difference	g	69.70		0	7.67	9.88	
Fiber, total dietary	g	1.9		0	0.2	0.3	
Ash	g	2.20	0.030	10	0.24	0.31	
Sugars, total	g						
Minerals:							
Calcium	mg	172	2.652	9	19	24	
Iron	mg	3.58	0.076	9	0.39	0.51	
Magnesium	mg	22	0.656	9	2	3	
Phosphorus	mg	303	4.473	9	33	43	
Potassium	mg	114	5.834	9	13	16	
Sodium	mg	592	11.450	10	65	84	
Zinc	mg	0.67	0.025	9	0.07	0.09	
Copper	mg	0.227	0.009	9	0.025	0.032	
Manganese	mg	0.552	0.033	7	0.061	0.078	
Selenium	:g	15.9		0	1.7	2.3	
Vitamins:							
Ascorbic acid	mg	0.2		0	0.0	0.0	
Thiamin	mg	0.538	0.031	9	0.059	0.076	
Riboflavin	mg	0.418	0.018	9	0.046	0.059	
Niacin	mg	4.430	0.119	9	0.487	0.628	
Pantothenic acid	mg	0.407		0	0.045	0.058	
Vitamin B-6	mg	0.037		0	0.004	0.005	
Folate	:g	82		0	9	12	
Vitamin B-12	:g	0.08		0	0.01	0.01	
Vitamin A	IU	23		0	3	3	
Vitamin A, RE	:g	7		0	1	1	
Vitamin D	IU						
Vitamin E, "-TE	mg	2.707		0	0.298	0.384	
Lipids:							
Saturated, total	g	2.633		0	0.290	0.373	
4:0	g	0.016		0	0.002	0.002	
6.0	g	0.005		0	0.001	0.001	
8:0	g	0.005		0	0.001	0.001	
10:0	g	0.011		0	0.001	0.002	
12:0	g	0.012		0	0.001	0.002	
14:0	g	0.068		0	0.007	0.010	
15.0	g						
16:0	g	1.700		0	0.187	0.241	
17:0	g						
18:0	g	0.795		0	0.087	0.113	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.479	0	0.713	0.918
14:1	g				
16:1	g	0.087	0	0.010	0.012
18:1	g	6.367	0	0.700	0.903
20:1	g	0.001	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	5.749	0	0.632	0.815
18:2	g	5.335	0	0.587	0.756
18:3	g	0.395	0	0.043	0.056
18:4	g	0.000	0	0.000	0.000
20:4	g	0.003	0	0.000	0.000
20:5	g	0.001	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.001	0	0.000	0.000
Cholesterol	mg	11	0	1	2
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.100	0	0.011	0.014
Threonine	g	0.221	0	0.024	0.031
Isoleucine	g	0.289	0	0.032	0.041
Leucine	g	0.541	0	0.060	0.077
Lysine	g	0.241	0	0.027	0.034
Methionine	g	0.138	0	0.015	0.020
Cystine	g	0.159	0	0.017	0.023
Phenylalanine	g	0.376	0	0.041	0.053
Tyrosine	g	0.237	0	0.026	0.034
Valine	g	0.333	0	0.037	0.047
Arginine	g	0.307	0	0.034	0.044
Histidine	g	0.167	0	0.018	0.024
Alanine	g	0.246	0	0.027	0.035
Aspartic acid	g	0.345	0	0.038	0.049
Glutamic acid	g	2.482	0	0.273	0.352
Glycine	g	0.264	0	0.029	0.037
Proline	g	0.858	0	0.094	0.122
Serine	g	0.399	0	0.044	0.057
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

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

NDB No. 18224 Crackers, rusk toast

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 10g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	5.50	0.222	15	0.55	0.78	
Energy	kcal	407		0	41	58	
Energy	kj	1703		0	170	241	
Protein (N x 5.95)	g	13.50	0.250	15	1.35	1.91	
Total lipid (fat)	g	7.20	0.180	15	0.72	1.02	
Carbohydrate, by difference	g	72.30		0	7.23	10.25	
Fiber, total dietary	g						
Ash	g	1.20	0.029	15	0.12	0.17	
Sugars, total	g						
Minerals:							
Calcium	mg	27	0.978	15	3	4	
Iron	mg	2.72	0.313	13	0.27	0.39	
Magnesium	mg	36	0.538	12	4	5	
Phosphorus	mg	153	1.922	15	15	22	
Potassium	mg	245	8.107	14	25	35	
Sodium	mg	253	6.439	15	25	36	
Zinc	mg	1.10	0.021	12	0.11	0.16	
Copper	mg	0.245	0.025	12	0.025	0.035	
Manganese	mg	0.439	0.022	8	0.044	0.062	
Selenium	:g	20.1		0	2.0	2.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.404	0.032	15	0.040	0.057	
Riboflavin	mg	0.399	0.039	15	0.040	0.057	
Niacin	mg	4.625	0.425	15	0.463	0.656	
Pantothenic acid	mg	0.605		0	0.061	0.086	
Vitamin B-6	mg	0.047		0	0.005	0.007	
Folate	:g	87		0	9	12	
Vitamin B-12	:g	0.18		0	0.02	0.03	
Vitamin A	IU	41		0	4	6	
Vitamin A, RE	:g	12		0	1	2	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.376		0	0.138	0.195	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.011		0	0.001	0.002	
15.0	g						
16:0	g	0.973		0	0.097	0.138	
17:0	g						
18:0	g	0.386		0	0.039	0.055	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.755	0	0.275	0.391
14:1	g				
16:1	g	0.065	0	0.007	0.009
18:1	g	2.678	0	0.268	0.380
20:1	g	0.005	0	0.001	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.310	0	0.231	0.327
18:2	g	2.114	0	0.211	0.300
18:3	g	0.143	0	0.014	0.020
18:4	g	0.003	0	0.000	0.000
20:4	g	0.026	0	0.003	0.004
20:5	g	0.013	0	0.001	0.002
22:5	g	0.000	0	0.000	0.000
22:6	g	0.008	0	0.001	0.001
Cholesterol	mg	78	0	8	11
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.171	0	0.017	0.024
Threonine	g	0.512	0	0.051	0.073
Isoleucine	g	0.610	0	0.061	0.086
Leucine	g	1.010	0	0.101	0.143
Lysine	g	0.684	0	0.068	0.097
Methionine	g	0.290	0	0.029	0.041
Cystine	g	0.272	0	0.027	0.039
Phenylalanine	g	0.668	0	0.067	0.095
Tyrosine	g	0.471	0	0.047	0.067
Valine	g	0.684	0	0.068	0.097
Arginine	g	0.649	0	0.065	0.092
Histidine	g	0.309	0	0.031	0.044
Alanine	g	0.606	0	0.061	0.086
Aspartic acid	g	0.944	0	0.094	0.134
Glutamic acid	g	3.192	0	0.319	0.452
Glycine	g	0.498	0	0.050	0.071
Proline	g	1.052	0	0.105	0.149
Serine	g	0.768	0	0.077	0.109
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

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

NDB No. 18225 Crackers, rye, sandwich-type with cheese filling

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 14g	Measure 2* 7g	Measure 3*
Proximates:							
Water	g	3.80	0.167	5	0.54	0.27	
Energy	kcal	481		0	68	34	
Energy	kj	2013		0	285	141	
Protein (N x 5.95)	g	9.20	0.486	5	1.30	0.64	
Total lipid (fat)	g	22.30	0.317	5	3.16	1.56	
Carbohydrate, by difference	g	60.80		0	8.62	4.26	
Fiber, total dietary	g	3.6		0	0.5	0.3	
Ash	g	3.90	0.082	5	0.55	0.27	
Sugars, total	g						
Minerals:							
Calcium	mg	222	18.575	5	31	16	
Iron	mg	2.45	0.120	5	0.35	0.17	
Magnesium	mg	37	0.744	4	5	3	
Phosphorus	mg	339	4.557	4	48	24	
Potassium	mg	342	61.985	5	48	24	
Sodium	mg	1044	73.130	5	148	73	
Zinc	mg	0.70	0.055	4	0.10	0.05	
Copper	mg	0.096	0.015	4	0.014	0.007	
Manganese	mg	0.635	0.029	4	0.090	0.044	
Selenium	:g	20.8		0	2.9	1.5	
Vitamins:							
Ascorbic acid	mg	0.4		0	0.1	0.0	
Thiamin	mg	0.612	0.172	5	0.087	0.043	
Riboflavin	mg	0.494	0.060	5	0.070	0.035	
Niacin	mg	3.570	0.205	5	0.506	0.250	
Pantothenic acid	mg	0.585		0	0.083	0.041	
Vitamin B-6	mg	0.076		0	0.011	0.005	
Folate	:g	81		0	11	6	
Vitamin B-12	:g	0.12		0	0.02	0.01	
Vitamin A	IU	334		0	47	23	
Vitamin A, RE	:g	39		0	6	3	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.987		0	0.849	0.419	
4:0	g	0.031		0	0.004	0.002	
6.0	g	0.015		0	0.002	0.001	
8:0	g	0.008		0	0.001	0.001	
10:0	g	0.018		0	0.003	0.001	
12:0	g	0.017		0	0.002	0.001	
14:0	g	0.202		0	0.029	0.014	
15.0	g						
16:0	g	3.063		0	0.434	0.214	
17:0	g						
18:0	g	2.602		0	0.369	0.182	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.236	0	1.734	0.857
14:1	g				
16:1	g	0.031	0	0.004	0.002
18:1	g	12.191	0	1.728	0.853
20:1	g	0.001	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.863	0	0.406	0.200
18:2	g	2.702	0	0.383	0.189
18:3	g	0.161	0	0.023	0.011
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	9	1	1	1
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.115	0	0.016	0.008
Threonine	g	0.286	0	0.041	0.020
Isoleucine	g	0.354	0	0.050	0.025
Leucine	g	0.649	0	0.092	0.045
Lysine	g	0.333	0	0.047	0.023
Methionine	g	0.161	0	0.023	0.011
Cystine	g	0.185	0	0.026	0.013
Phenylalanine	g	0.442	0	0.063	0.031
Tyrosine	g	0.273	0	0.039	0.019
Valine	g	0.417	0	0.059	0.029
Arginine	g	0.396	0	0.056	0.028
Histidine	g	0.208	0	0.029	0.015
Alanine	g	0.319	0	0.045	0.022
Aspartic acid	g	0.510	0	0.072	0.036
Glutamic acid	g	2.729	0	0.387	0.191
Glycine	g	0.330	0	0.047	0.023
Proline	g	0.972	0	0.138	0.068
Serine	g	0.459	0	0.065	0.032
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1/2 oz

Measure 2: 1 sandwich cracker

NDB No. 18226 Crackers, rye, wafers, plain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 61g	Measure 2* 11g	Measure 3* 14g
Proximates:							
Water	g	5.00		1	3.05	0.55	0.71
Energy	kcal	334		0	204	37	47
Energy	kj	1397		0	852	154	198
Protein (N x 5.95)	g	9.60	0.101	21	5.86	1.06	1.36
Total lipid (fat)	g	0.90	0.054	21	0.55	0.10	0.13
Carbohydrate, by difference	g	80.40		0	49.04	8.84	11.40
Fiber, total dietary	g	22.9		0	14.0	2.5	3.2
Ash	g	4.10	0.179	21	2.50	0.45	0.58
Sugars, total	g						
Minerals:							
Calcium	mg	40	1.353	21	24	4	6
Iron	mg	5.94	0.536	21	3.62	0.65	0.84
Magnesium	mg	121	1.361	21	74	13	17
Phosphorus	mg	334	9.126	21	204	37	47
Potassium	mg	495	18.150	2	302	54	70
Sodium	mg	794	11.515	21	484	87	113
Zinc	mg	2.80	0.096	21	1.71	0.31	0.40
Copper	mg	0.461	0.028	21	0.281	0.051	0.065
Manganese	mg	5.366		0	3.273	0.590	0.761
Selenium	:g	23.8	21.934	3	14.5	2.6	3.4
Vitamins:							
Ascorbic acid	mg	0.1		0	0.1	0.0	0.0
Thiamin	mg	0.427	0.056	14	0.260	0.047	0.061
Riboflavin	mg	0.289	0.029	14	0.176	0.032	0.041
Niacin	mg	1.581	0.103	21	0.964	0.174	0.224
Pantothenic acid	mg	0.569	0.032	17	0.347	0.063	0.081
Vitamin B-6	mg	0.271	0.017	21	0.165	0.030	0.038
Folate	:g	45	5.680	17	27	5	6
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	5		0	3	1	1
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	1.432		0	0.874	0.158	0.203
Lipids:							
Saturated, total	g	0.108		0	0.066	0.012	0.015
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		0	0.001	0.000	0.000
15.0	g						
16:0	g	0.101		0	0.062	0.011	0.014
17:0	g						
18:0	g	0.006		0	0.004	0.001	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.152	0	0.093	0.017	0.022
14:1	g					
16:1	g	0.003	0	0.002	0.000	0.000
18:1	g	0.145	0	0.088	0.016	0.021
20:1	g	0.004	0	0.002	0.000	0.001
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.397	0	0.242	0.044	0.056
18:2	g	0.349	0	0.213	0.038	0.049
18:3	g	0.048	0	0.029	0.005	0.007
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup, crushed
Measure 2: 1 cracker (4-1/2" x 2-1/2" x 1/8")
Measure 3: 1/2 oz

NDB No. 18227 Crackers, rye, wafers, seasoned

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 14g	Measure 2* 22g	Measure 3*
Proximates:							
Water	g	4.00	1.000	2	0.57	0.88	
Energy	kcal	381		0	54	84	
Energy	kj	1594		0	226	351	
Protein (N x 5.95)	g	9.00	0.147	7	1.28	1.98	
Total lipid (fat)	g	9.20	1.004	6	1.30	2.02	
Carbohydrate, by difference	g	73.80		0	10.46	16.24	
Fiber, total dietary	g	20.9		0	3.0	4.6	
Ash	g	4.00	0.359	3	0.57	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	44	4.717	5	6	10	
Iron	mg	3.04	0.199	6	0.43	0.67	
Magnesium	mg	106	5.237	5	15	23	
Phosphorus	mg	307	11.601	5	44	68	
Potassium	mg	454	9.327	5	64	100	
Sodium	mg	887	51.905	6	126	195	
Zinc	mg	2.55	0.093	5	0.36	0.56	
Copper	mg	0.495	0.026	5	0.070	0.109	
Manganese	mg	2.371		0	0.336	0.522	
Selenium	ΐg	32.5		0	4.6	7.2	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.0	
Thiamin	mg	0.316	0.035	6	0.045	0.070	
Riboflavin	mg	0.223	0.031	6	0.032	0.049	
Niacin	mg	2.474	0.528	6	0.351	0.544	
Pantothenic acid	mg	0.558	0.107	2	0.079	0.123	
Vitamin B-6	mg	0.190	0.004	2	0.027	0.042	
Folate	ΐg	52	7.500	2	7	11	
Vitamin B-12	ΐg	0.00		0	0.00	0.00	
Vitamin A	IU	8		0	1	2	
Vitamin A, RE	ΐg	1		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.287		0	0.182	0.283	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.921		0	0.131	0.203	
17:0	g						
18:0	g	0.352		0	0.050	0.077	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.270	0	0.464	0.719
14:1	g				
16:1	g	0.037	0	0.005	0.008
18:1	g	3.215	0	0.456	0.707
20:1	g	0.011	0	0.002	0.002
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.608	0	0.511	0.794
18:2	g	3.283	0	0.465	0.722
18:3	g	0.318	0	0.045	0.070
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1/2 oz

Measure 2: 1 triple cracker

NDB No. 18228 Crackers, saltines (includes oyster, soda, soup)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 70g	Measure 2* 45g	Measure 3* 3g
Proximates:							
Water	g	4.10	0.082	176	2.87	1.84	0.12
Energy	kcal	434		0	304	195	13
Energy	kj	1816		0	1271	817	54
Protein (N x 5.95)	g	9.20	0.056	155	6.44	4.14	0.28
Total lipid (fat)	g	11.80	0.142	161	8.26	5.31	0.35
Carbohydrate, by difference	g	71.50		0	50.05	32.17	2.15
Fiber, total dietary	g	3.0		0	2.1	1.4	0.1
Ash	g	3.30	0.080	153	2.31	1.49	0.10
Sugars, total	g						
Minerals:							
Calcium	mg	119	5.322	162	83	54	4
Iron	mg	5.40	0.080	171	3.78	2.43	0.16
Magnesium	mg	27	0.355	162	19	12	1
Phosphorus	mg	105	1.525	165	74	47	3
Potassium	mg	128	1.697	166	90	58	4
Sodium	mg	1302	26.093	129	911	586	39
Zinc	mg	0.77	0.011	161	0.54	0.35	0.02
Copper	mg	0.199	0.007	163	0.139	0.090	0.006
Manganese	mg	0.695	0.009	142	0.487	0.313	0.021
Selenium	:g	11.7	0.060	51	8.2	5.3	0.4
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.565	0.016	128	0.395	0.254	0.017
Riboflavin	mg	0.462	0.006	129	0.323	0.208	0.014
Niacin	mg	5.249	0.072	131	3.674	2.362	0.157
Pantothenic acid	mg	0.456	0.101	7	0.319	0.205	0.014
Vitamin B-6	mg	0.038	0.004	5	0.027	0.017	0.001
Folate	:g	124		0	87	56	4
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	1.554		0	1.088	0.699	0.047
Lipids:							
Saturated, total	g	2.932		0	2.052	1.319	0.088
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	0.055		0	0.039	0.025	0.002
15.0	g						
16:0	g	1.545		0	1.081	0.695	0.046
17:0	g						
18:0	g	1.329		0	0.930	0.598	0.040
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.422		0	4.495	2.890	0.193
14:1	g						
16:1	g	0.005		0	0.004	0.002	0.000
18:1	g	6.417		0	4.492	2.888	0.193
20:1	g	0.000		0	0.000	0.000	0.000
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	1.679		0	1.175	0.756	0.050
18:2	g	1.593		0	1.115	0.717	0.048
18:3	g	0.086		0	0.060	0.039	0.003
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.000		0	0.000	0.000	0.000
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.000		0	0.000	0.000	0.000
Cholesterol	mg	0	0.000	9	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.122		0	0.085	0.055	0.004
Threonine	g	0.256		0	0.179	0.115	0.008
Isoleucine	g	0.334		0	0.234	0.150	0.010
Leucine	g	0.632		0	0.442	0.284	0.019
Lysine	g	0.258		0	0.181	0.116	0.008
Methionine	g	0.159		0	0.111	0.072	0.005
Cystine	g	0.198		0	0.139	0.089	0.006
Phenylalanine	g	0.452		0	0.316	0.203	0.014
Tyrosine	g	0.274		0	0.192	0.123	0.008
Valine	g	0.387		0	0.271	0.174	0.012
Arginine	g	0.366		0	0.256	0.165	0.011
Histidine	g	0.198		0	0.139	0.089	0.006
Alanine	g	0.292		0	0.204	0.131	0.009
Aspartic acid	g	0.394		0	0.276	0.177	0.012
Glutamic acid	g	3.066		0	2.146	1.380	0.092
Glycine	g	0.324		0	0.227	0.146	0.010
Proline	g	1.046		0	0.732	0.471	0.031
Serine	g	0.472		0	0.330	0.212	0.014
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 cup, crushed
Measure 2: 1 cup, oyster crackers
Measure 3: 1 cracker

NDB No. 18229 Crackers, standard snack-type, regular

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 62g	Measure 2* 72g	Measure 3* 1g
Proximates:							
Water	g	3.50	0.078	157	2.17	2.52	0.02
Energy	kcal	502		0	311	361	3
Energy	kj	2100		0	1302	1512	13
Protein (N x 5.95)	g	7.40	0.093	159	4.59	5.33	0.04
Total lipid (fat)	g	25.30	0.329	169	15.69	18.22	0.15
Carbohydrate, by difference	g	61.00		0	37.82	43.92	0.37
Fiber, total dietary	g	1.6		0	1.0	1.2	0.0
Ash	g	2.80	0.056	149	1.74	2.02	0.02
Sugars, total	g						
Minerals:							
Calcium	mg	120	3.998	145	74	86	1
Iron	mg	3.60	0.056	147	2.23	2.59	0.02
Magnesium	mg	27	1.161	137	17	19	0
Phosphorus	mg	228	6.627	139	141	164	1
Potassium	mg	133	4.352	142	82	96	1
Sodium	mg	847	13.999	164	525	610	5
Zinc	mg	0.68	0.021	143	0.42	0.49	0.00
Copper	mg	0.213	0.011	138	0.132	0.153	0.001
Manganese	mg	0.556	0.014	123	0.345	0.400	0.003
Selenium	:g	6.6	0.653	6	4.1	4.8	0.0
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.408	0.009	129	0.253	0.294	0.002
Riboflavin	mg	0.342	0.006	131	0.212	0.246	0.002
Niacin	mg	4.048	0.048	133	2.510	2.915	0.024
Pantothenic acid	mg	0.271	0.028	5	0.168	0.195	0.002
Vitamin B-6	mg	0.053	0.003	3	0.033	0.038	0.000
Folate	:g	77		0	48	55	0
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	4.518		0	2.801	3.253	0.027
Lipids:							
Saturated, total	g	3.776		0	2.341	2.719	0.023
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.025		0	0.016	0.018	0.000
15.0	g						
16:0	g	2.516		0	1.560	1.812	0.015
17:0	g						
18:0	g	1.235		0	0.766	0.889	0.007
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.640		0	6.597	7.661	0.064
14:1	g						
16:1	g	0.098		0	0.061	0.071	0.001
18:1	g	10.517		0	6.521	7.572	0.063
20:1	g	0.000		0	0.000	0.000	0.000
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	9.545		0	5.918	6.872	0.057
18:2	g	8.865		0	5.496	6.383	0.053
18:3	g	0.655		0	0.406	0.472	0.004
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.000		0	0.000	0.000	0.000
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.000		0	0.000	0.000	0.000
Cholesterol	mg	0	0.000	7	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.091		0	0.056	0.066	0.001
Threonine	g	0.202		0	0.125	0.145	0.001
Isoleucine	g	0.255		0	0.158	0.184	0.002
Leucine	g	0.507		0	0.314	0.365	0.003
Lysine	g	0.164		0	0.102	0.118	0.001
Methionine	g	0.131		0	0.081	0.094	0.001
Cystine	g	0.157		0	0.097	0.113	0.001
Phenylalanine	g	0.371		0	0.230	0.267	0.002
Tyrosine	g	0.223		0	0.138	0.161	0.001
Valine	g	0.296		0	0.184	0.213	0.002
Arginine	g	0.298		0	0.185	0.215	0.002
Histidine	g	0.164		0	0.102	0.118	0.001
Alanine	g	0.238		0	0.148	0.171	0.001
Aspartic acid	g	0.313		0	0.194	0.225	0.002
Glutamic acid	g	2.475		0	1.535	1.782	0.015
Glycine	g	0.265		0	0.164	0.191	0.002
Proline	g	0.854		0	0.529	0.615	0.005
Serine	g	0.367		0	0.228	0.264	0.002
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 cup, bite size
Measure 2: 1 cup, crushed
Measure 3: 1 bite size

NDB No. 18230 Crackers, standard snack-type, sandwich, with cheese filling

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 14g	Measure 2* 7g	Measure 3*
Proximates:							
Water	g	3.90	0.278	7	0.55	0.27	
Energy	kcal	477		0	68	33	
Energy	kj	1996		0	283	140	
Protein (N x 5.95)	g	9.30	0.314	7	1.32	0.65	
Total lipid (fat)	g	21.10	0.579	7	2.99	1.48	
Carbohydrate, by difference	g	61.70		0	8.75	4.32	
Fiber, total dietary	g	1.9		0	0.3	0.1	
Ash	g	4.00	0.685	3	0.57	0.28	
Sugars, total	g						
Minerals:							
Calcium	mg	257	17.634	6	36	18	
Iron	mg	2.39	0.130	5	0.34	0.17	
Magnesium	mg	36	0.872	5	5	3	
Phosphorus	mg	406	9.721	5	58	28	
Potassium	mg	429	53.599	6	61	30	
Sodium	mg	1401	8.177	5	199	98	
Zinc	mg	0.62	0.036	5	0.09	0.04	
Copper	mg	0.082	0.002	5	0.012	0.006	
Manganese	mg	0.290	0.066	5	0.041	0.020	
Selenium	:g	21.5		0	3.0	1.5	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.0	
Thiamin	mg	0.446	0.015	7	0.063	0.031	
Riboflavin	mg	0.684	0.069	7	0.097	0.048	
Niacin	mg	3.766	0.101	7	0.534	0.264	
Pantothenic acid	mg	0.509		0	0.072	0.036	
Vitamin B-6	mg	0.049		0	0.007	0.003	
Folate	:g	84		0	12	6	
Vitamin B-12	:g	0.10		0	0.01	0.01	
Vitamin A	IU	72		0	10	5	
Vitamin A, RE	:g	19		0	3	1	
Vitamin D	IU						
Vitamin E, "-TE	mg	2.583		0	0.366	0.181	
Lipids:							
Saturated, total	g	6.125		0	0.868	0.429	
4:0	g	0.031		0	0.004	0.002	
6.0	g	0.017		0	0.002	0.001	
8:0	g	0.009		0	0.001	0.001	
10:0	g	0.020		0	0.003	0.001	
12:0	g	0.020		0	0.003	0.001	
14:0	g	0.196		0	0.028	0.014	
15.0	g						
16:0	g	2.911		0	0.413	0.204	
17:0	g						
18:0	g	2.446		0	0.347	0.171	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.254	0	1.595	0.788
14:1	g				
16:1	g	0.058	0	0.008	0.004
18:1	g	11.165	0	1.583	0.782
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.567	0	0.364	0.180
18:2	g	2.415	0	0.342	0.169
18:3	g	0.153	0	0.022	0.011
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	2	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.120	0	0.017	0.008
Threonine	g	0.266	0	0.038	0.019
Isoleucine	g	0.348	0	0.049	0.024
Leucine	g	0.649	0	0.092	0.045
Lysine	g	0.293	0	0.042	0.021
Methionine	g	0.165	0	0.023	0.012
Cystine	g	0.189	0	0.027	0.013
Phenylalanine	g	0.447	0	0.063	0.031
Tyrosine	g	0.279	0	0.040	0.020
Valine	g	0.398	0	0.056	0.028
Arginine	g	0.361	0	0.051	0.025
Histidine	g	0.204	0	0.029	0.014
Alanine	g	0.290	0	0.041	0.020
Aspartic acid	g	0.414	0	0.059	0.029
Glutamic acid	g	2.977	0	0.422	0.208
Glycine	g	0.309	0	0.044	0.022
Proline	g	1.031	0	0.146	0.072
Serine	g	0.470	0	0.067	0.033
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1/2 oz

Measure 2: 1 sandwich cracker

NDB No. 18231 Crackers, standard snack-type, sandwich, with peanut butter filling

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 14g	Measure 2* 7g	Measure 3*
Proximates:							
Water	g	3.10	0.115	20	0.44	0.22	
Energy	kcal	488		0	69	34	
Energy	kj	2042		0	289	143	
Protein (N x 5.95)	g	11.10	0.249	20	1.57	0.78	
Total lipid (fat)	g	23.90	0.585	20	3.39	1.67	
Carbohydrate, by difference	g	58.70		0	8.32	4.11	
Fiber, total dietary	g	2.8		0	0.4	0.2	
Ash	g	3.20	0.056	20	0.45	0.22	
Sugars, total	g						
Minerals:							
Calcium	mg	97	8.077	19	14	7	
Iron	mg	3.04	0.125	20	0.43	0.21	
Magnesium	mg	53	2.066	16	8	4	
Phosphorus	mg	241	12.110	18	34	17	
Potassium	mg	223	11.194	20	32	16	
Sodium	mg	942	50.906	20	134	66	
Zinc	mg	1.06	0.039	14	0.15	0.07	
Copper	mg	0.255	0.019	14	0.036	0.018	
Manganese	mg	0.776	0.017	13	0.110	0.054	
Selenium	:g	4.8	0.291	5	0.7	0.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.425	0.032	19	0.060	0.030	
Riboflavin	mg	0.337	0.018	19	0.048	0.024	
Niacin	mg	5.890	0.267	19	0.835	0.412	
Pantothenic acid	mg	0.453		0	0.064	0.032	
Vitamin B-6	mg	0.117		0	0.017	0.008	
Folate	:g	84		0	12	6	
Vitamin B-12	:g	0.01		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	3.734		0	0.529	0.261	
Lipids:							
Saturated, total	g	5.596		0	0.793	0.392	
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	0.004		0	0.001	0.000	
14:0	g	0.110		0	0.016	0.008	
15.0	g						
16:0	g	2.966		0	0.420	0.208	
17:0	g						
18:0	g	2.226		0	0.316	0.156	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.637	0	1.791	0.885
14:1	g				
16:1	g	0.001	0	0.000	0.000
18:1	g	12.563	0	1.781	0.879
20:1	g	0.074	0	0.010	0.005
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.368	0	0.619	0.306
18:2	g	4.252	0	0.603	0.298
18:3	g	0.116	0	0.016	0.008
18:4	g	0.000	0	0.000	0.000
20:4	g	0.035	0	0.005	0.002
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.070	0	0.010	0.005
Threonine	g	0.147	0	0.021	0.010
Isoleucine	g	0.195	0	0.028	0.014
Leucine	g	0.370	0	0.052	0.026
Lysine	g	0.147	0	0.021	0.010
Methionine	g	0.093	0	0.013	0.007
Cystine	g	0.117	0	0.017	0.008
Phenylalanine	g	0.266	0	0.038	0.019
Tyrosine	g	0.159	0	0.023	0.011
Valine	g	0.227	0	0.032	0.016
Arginine	g	0.213	0	0.030	0.015
Histidine	g	0.115	0	0.016	0.008
Alanine	g	0.169	0	0.024	0.012
Aspartic acid	g	0.227	0	0.032	0.016
Glutamic acid	g	1.807	0	0.256	0.126
Glycine	g	0.189	0	0.027	0.013
Proline	g	0.616	0	0.087	0.043
Serine	g	0.276	0	0.039	0.019
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1/2 oz

Measure 2: 1 sandwich cracker

NDB No. 18232 Crackers, wheat, regular

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 83g	Measure 2* 4g	Measure 3* 3g
Proximates:							
Water	g	3.10	0.095	57	2.57	0.12	0.09
Energy	kcal	473		0	393	19	14
Energy	kj	1979		0	1643	79	59
Protein (N x 5.95)	g	8.60	0.190	58	7.14	0.34	0.26
Total lipid (fat)	g	20.60	0.403	56	17.10	0.82	0.62
Carbohydrate, by difference	g	64.90		0	53.87	2.60	1.95
Fiber, total dietary	g	4.5		0	3.7	0.2	0.1
Ash	g	2.80	0.091	55	2.32	0.11	0.08
Sugars, total	g						
Minerals:							
Calcium	mg	49	4.931	55	41	2	1
Iron	mg	4.40	0.106	56	3.65	0.18	0.13
Magnesium	mg	62	1.667	52	51	2	2
Phosphorus	mg	220	9.705	53	183	9	7
Potassium	mg	183	6.332	55	152	7	5
Sodium	mg	795	26.881	56	660	32	24
Zinc	mg	1.60	0.067	52	1.33	0.06	0.05
Copper	mg	0.318	0.027	52	0.264	0.013	0.010
Manganese	mg	1.781	0.070	46	1.478	0.071	0.053
Selenium	:g	6.3	1.039	8	5.2	0.3	0.2
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.505	0.015	54	0.419	0.020	0.015
Riboflavin	mg	0.327	0.014	55	0.271	0.013	0.010
Niacin	mg	4.961	0.140	55	4.118	0.198	0.149
Pantothenic acid	mg	0.522	0.151	3	0.433	0.021	0.016
Vitamin B-6	mg	0.136	0.009	2	0.113	0.005	0.004
Folate	:g	44		0	37	2	1
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	3.227		0	2.678	0.129	0.097
Lipids:							
Saturated, total	g	5.178		0	4.298	0.207	0.155
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	0.008		0	0.007	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	0.099		0	0.082	0.004	0.003
15.0	g						
16:0	g	2.693		0	2.235	0.108	0.081
17:0	g						
18:0	g	2.371		0	1.968	0.095	0.071
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.448		0	9.502	0.458	0.343
14:1	g						
16:1	g	0.006		0	0.005	0.000	0.000
18:1	g	11.442		0	9.497	0.458	0.343
20:1	g	0.000		0	0.000	0.000	0.000
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	2.796		0	2.321	0.112	0.084
18:2	g	2.653		0	2.202	0.106	0.080
18:3	g	0.140		0	0.116	0.006	0.004
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.001		0	0.001	0.000	0.000
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.000		0	0.000	0.000	0.000
Cholesterol	mg	0	0.000	2	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.124		0	0.103	0.005	0.004
Threonine	g	0.242		0	0.201	0.010	0.007
Isoleucine	g	0.314		0	0.261	0.013	0.009
Leucine	g	0.582		0	0.483	0.023	0.017
Lysine	g	0.236		0	0.196	0.009	0.007
Methionine	g	0.138		0	0.115	0.006	0.004
Cystine	g	0.193		0	0.160	0.008	0.006
Phenylalanine	g	0.412		0	0.342	0.016	0.012
Tyrosine	g	0.250		0	0.208	0.010	0.008
Valine	g	0.375		0	0.311	0.015	0.011
Arginine	g	0.375		0	0.311	0.015	0.011
Histidine	g	0.193		0	0.160	0.008	0.006
Alanine	g	0.289		0	0.240	0.012	0.009
Aspartic acid	g	0.406		0	0.337	0.016	0.012
Glutamic acid	g	2.765		0	2.295	0.111	0.083
Glycine	g	0.328		0	0.272	0.013	0.010
Proline	g	0.925		0	0.768	0.037	0.028
Serine	g	0.418		0	0.347	0.017	0.013
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 cup, crushed
Measure 2: 1 Euphrates
Measure 3: 1 Harvest Wheat

NDB No. 18233 Crackers, wheat, sandwich, with cheese filling

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 14g	Measure 2* 7g	Measure 3*
Proximates:							
Water	g	3.20		1	0.45	0.22	
Energy	kcal	497		0	70	35	
Energy	kj	2079		0	295	146	
Protein (N x 5.95)	g	9.80	0.435	2	1.39	0.69	
Total lipid (fat)	g	25.00	0.745	2	3.54	1.75	
Carbohydrate, by difference	g	58.20		0	8.25	4.07	
Fiber, total dietary	g	3.1		0	0.4	0.2	
Ash	g	3.80	0.390	2	0.54	0.27	
Sugars, total	g						
Minerals:							
Calcium	mg	204	41.500	2	29	14	
Iron	mg	2.62	0.125	2	0.37	0.18	
Magnesium	mg	54		1	8	4	
Phosphorus	mg	382		1	54	27	
Potassium	mg	306	128.290	2	43	21	
Sodium	mg	913	235.000	2	129	64	
Zinc	mg	0.87		1	0.12	0.06	
Copper	mg	0.160		1	0.023	0.011	
Manganese	mg	1.083		0	0.154	0.076	
Selenium	:g	24.3		0	3.4	1.7	
Vitamins:							
Ascorbic acid	mg	1.5		1	0.2	0.1	
Thiamin	mg	0.358	0.042	2	0.051	0.025	
Riboflavin	mg	0.427	0.147	2	0.061	0.030	
Niacin	mg	3.185	0.285	2	0.451	0.223	
Pantothenic acid	mg	0.622		0	0.088	0.044	
Vitamin B-6	mg	0.261		1	0.037	0.018	
Folate	:g	64		0	9	4	
Vitamin B-12	:g	0.12		0	0.02	0.01	
Vitamin A	IU	71		1	10	5	
Vitamin A, RE	:g	9		0	1	1	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.129		0	0.585	0.289	
4:0	g	0.027		0	0.004	0.002	
6.0	g	0.014		0	0.002	0.001	
8:0	g	0.011		0	0.002	0.001	
10:0	g	0.017		0	0.002	0.001	
12:0	g	0.017		0	0.002	0.001	
14:0	g	0.107		0	0.015	0.007	
15.0	g						
16:0	g	2.639		0	0.374	0.185	
17:0	g						
18:0	g	1.271		0	0.180	0.089	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.351		0	1.467	0.725
14:1	g					
16:1	g	0.119		0	0.017	0.008
18:1	g	10.196		0	1.445	0.714
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	9.166		0	1.299	0.642
18:2	g	8.505		0	1.206	0.595
18:3	g	0.637		0	0.090	0.045
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	7	0.877	2	1	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.130		0	0.018	0.009
Threonine	g	0.298		0	0.042	0.021
Isoleucine	g	0.383		0	0.054	0.027
Leucine	g	0.698		0	0.099	0.049
Lysine	g	0.344		0	0.049	0.024
Methionine	g	0.167		0	0.024	0.012
Cystine	g	0.194		0	0.027	0.014
Phenylalanine	g	0.472		0	0.067	0.033
Tyrosine	g	0.300		0	0.043	0.021
Valine	g	0.438		0	0.062	0.031
Arginine	g	0.408		0	0.058	0.029
Histidine	g	0.219		0	0.031	0.015
Alanine	g	0.322		0	0.046	0.023
Aspartic acid	g	0.506		0	0.072	0.035
Glutamic acid	g	2.996		0	0.425	0.210
Glycine	g	0.339		0	0.048	0.024
Proline	g	1.036		0	0.147	0.073
Serine	g	0.494		0	0.070	0.035
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1/2 oz

Measure 2: 1 sandwich cracker

NDB No. 18234 Crackers, wheat, sandwich, with peanut butter filling

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 14g	Measure 2* 7g	Measure 3*
Proximates:							
Water	g	3.40	0.732	3	0.48	0.24	
Energy	kcal	495		0	70	35	
Energy	kj	2071		0	294	145	
Protein (N x 5.95)	g	13.50	0.545	4	1.91	0.95	
Total lipid (fat)	g	26.70	0.984	4	3.78	1.87	
Carbohydrate, by difference	g	53.80		0	7.63	3.77	
Fiber, total dietary	g	4.4		0	0.6	0.3	
Ash	g	2.60	0.224	4	0.37	0.18	
Sugars, total	g						
Minerals:							
Calcium	mg	170	70.050	2	24	12	
Iron	mg	2.67	0.225	2	0.38	0.19	
Magnesium	mg	38		1	5	3	
Phosphorus	mg	347		1	49	24	
Potassium	mg	297	116.450	2	42	21	
Sodium	mg	807	247.450	2	114	56	
Zinc	mg	0.82		1	0.12	0.06	
Copper	mg	0.055		1	0.008	0.004	
Manganese	mg	0.701		1	0.099	0.049	
Selenium	:g	21.8		0	3.1	1.5	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.389	0.031	4	0.055	0.027	
Riboflavin	mg	0.293	0.013	4	0.042	0.021	
Niacin	mg	5.877	0.272	3	0.833	0.411	
Pantothenic acid	mg	0.564		0	0.080	0.039	
Vitamin B-6	mg	0.137		1	0.019	0.010	
Folate	:g	70		0	10	5	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.602		0	0.652	0.322	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.003		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.005		0	0.001	0.000	
14:0	g	0.064		0	0.009	0.004	
15.0	g						
16:0	g	2.809		0	0.398	0.197	
17:0	g						
18:0	g	1.335		0	0.189	0.093	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.766	0	1.668	0.824
14:1	g				
16:1	g	0.061	0	0.009	0.004
18:1	g	11.594	0	1.643	0.812
20:1	g	0.097	0	0.014	0.007
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	8.862	0	1.256	0.620
18:2	g	8.436	0	1.196	0.591
18:3	g	0.411	0	0.058	0.029
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.164	0	0.023	0.011
Threonine	g	0.418	0	0.059	0.029
Isoleucine	g	0.488	0	0.069	0.034
Leucine	g	0.908	0	0.129	0.064
Lysine	g	0.437	0	0.062	0.031
Methionine	g	0.198	0	0.028	0.014
Cystine	g	0.239	0	0.034	0.017
Phenylalanine	g	0.674	0	0.096	0.047
Tyrosine	g	0.464	0	0.066	0.032
Valine	g	0.575	0	0.082	0.040
Arginine	g	1.034	0	0.147	0.072
Histidine	g	0.319	0	0.045	0.022
Alanine	g	0.490	0	0.069	0.034
Aspartic acid	g	1.092	0	0.155	0.076
Glutamic acid	g	3.667	0	0.520	0.257
Glycine	g	0.633	0	0.090	0.044
Proline	g	1.082	0	0.153	0.076
Serine	g	0.674	0	0.096	0.047
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1/2 oz

Measure 2: 1 sandwich cracker

NDB No. 18235 Crackers, whole-wheat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 94g	Measure 2* 4g	Measure 3* 10g
Proximates:							
Water	g	2.70	0.170	34	2.54	0.11	0.27
Energy	kcal	443		0	416	18	44
Energy	kj	1854		0	1743	74	185
Protein (N x 5.95)	g	8.80	0.309	16	8.27	0.35	0.88
Total lipid (fat)	g	17.20	0.532	23	16.17	0.69	1.72
Carbohydrate, by difference	g	68.60		0	64.48	2.74	6.86
Fiber, total dietary	g	10.5		0	9.9	0.4	1.1
Ash	g	2.70	0.131	18	2.54	0.11	0.27
Sugars, total	g						
Minerals:							
Calcium	mg	50	7.806	24	47	2	5
Iron	mg	3.08	0.199	24	2.90	0.12	0.31
Magnesium	mg	99	2.966	24	93	4	10
Phosphorus	mg	295	9.701	23	277	12	30
Potassium	mg	297	9.566	24	279	12	30
Sodium	mg	659	47.959	23	619	26	66
Zinc	mg	2.15	0.074	26	2.02	0.09	0.22
Copper	mg	0.444	0.032	25	0.417	0.018	0.044
Manganese	mg	2.247	0.102	21	2.112	0.090	0.225
Selenium	:g	14.7	7.683	5	13.8	0.6	1.5
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.201	0.007	21	0.189	0.008	0.020
Riboflavin	mg	0.100	0.018	22	0.094	0.004	0.010
Niacin	mg	4.519	0.103	15	4.248	0.181	0.452
Pantothenic acid	mg	0.813	0.026	10	0.764	0.033	0.081
Vitamin B-6	mg	0.183	0.004	9	0.172	0.007	0.018
Folate	:g	28	0.403	8	26	1	3
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	1.110		0	1.043	0.044	0.111
Lipids:							
Saturated, total	g	3.393		0	3.189	0.136	0.339
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	0.016		0	0.015	0.001	0.002
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.003		0	0.003	0.000	0.000
15.0	g						
16:0	g	1.744		0	1.639	0.070	0.174
17:0	g						
18:0	g	1.617		0	1.520	0.065	0.162
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.880	0	5.527	0.235	0.588
14:1	g					
16:1	g	0.012	0	0.011	0.000	0.001
18:1	g	5.868	0	5.516	0.235	0.587
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	6.596	0	6.200	0.264	0.660
18:2	g	6.218	0	5.845	0.249	0.622
18:3	g	0.376	0	0.353	0.015	0.038
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.002	0	0.002	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.137	0	0.129	0.005	0.014
Threonine	g	0.256	0	0.241	0.010	0.026
Isoleucine	g	0.329	0	0.309	0.013	0.033
Leucine	g	0.600	0	0.564	0.024	0.060
Lysine	g	0.245	0	0.230	0.010	0.025
Methionine	g	0.137	0	0.129	0.005	0.014
Cystine	g	0.206	0	0.194	0.008	0.021
Phenylalanine	g	0.419	0	0.394	0.017	0.042
Tyrosine	g	0.259	0	0.243	0.010	0.026
Valine	g	0.401	0	0.377	0.016	0.040
Arginine	g	0.416	0	0.391	0.017	0.042
Histidine	g	0.206	0	0.194	0.008	0.021
Alanine	g	0.315	0	0.296	0.013	0.032
Aspartic acid	g	0.456	0	0.429	0.018	0.046
Glutamic acid	g	2.804	0	2.636	0.112	0.280
Glycine	g	0.358	0	0.337	0.014	0.036
Proline	g	0.922	0	0.867	0.037	0.092
Serine	g	0.419	0	0.394	0.017	0.042
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup, crushed
Measure 2: 1 cracker
Measure 3: 10 Triscuit Bits

NDB No. 18236 Cracker 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* 115g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	7.60	0.456	13	8.74	2.15	
Energy	kcal	383		0	440	109	
Energy	kj	1602		0	1842	454	
Protein (N x 5.95)	g	9.30	0.267	16	10.70	2.64	
Total lipid (fat)	g	1.70	0.156	15	1.96	0.48	
Carbohydrate, by difference	g	80.90		0	93.03	22.94	
Fiber, total dietary	g	2.6		0	2.9	0.7	
Ash	g	0.60	0.094	13	0.69	0.17	
Sugars, total	g						
Minerals:							
Calcium	mg	23	1.096	15	26	7	
Iron	mg	4.64	0.143	16	5.34	1.32	
Magnesium	mg	24	0.894	15	28	7	
Phosphorus	mg	104	3.643	16	120	29	
Potassium	mg	115	4.413	14	132	33	
Sodium	mg	28	8.883	13	32	8	
Zinc	mg	0.69	0.042	15	0.79	0.20	
Copper	mg	0.225	0.031	15	0.259	0.064	
Manganese	mg	0.944	0.254	11	1.086	0.268	
Selenium	:g	42.3		0	48.6	12.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.696	0.036	14	0.800	0.197	
Riboflavin	mg	0.468	0.024	14	0.538	0.133	
Niacin	mg	5.707	0.157	15	6.563	1.618	
Pantothenic acid	mg	0.467		0	0.537	0.132	
Vitamin B-6	mg	0.039		0	0.045	0.011	
Folate	:g	115		0	132	33	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.053		0	0.061	0.015	
Lipids:							
Saturated, total	g	0.271		0	0.312	0.077	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.259		0	0.298	0.073	
17:0	g						
18:0	g	0.012		0	0.014	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.152	0	0.175	0.043
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.152	0	0.175	0.043
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.722	0	0.830	0.205
18:2	g	0.683	0	0.785	0.194
18:3	g	0.039	0	0.045	0.011
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.107	0	0.123	0.030
Threonine	g	0.247	0	0.284	0.070
Isoleucine	g	0.342	0	0.393	0.097
Leucine	g	0.639	0	0.735	0.181
Lysine	g	0.179	0	0.206	0.051
Methionine	g	0.162	0	0.186	0.046
Cystine	g	0.208	0	0.239	0.059
Phenylalanine	g	0.456	0	0.524	0.129
Tyrosine	g	0.253	0	0.291	0.072
Valine	g	0.388	0	0.446	0.110
Arginine	g	0.321	0	0.369	0.091
Histidine	g	0.196	0	0.225	0.056
Alanine	g	0.282	0	0.324	0.080
Aspartic acid	g	0.373	0	0.429	0.106
Glutamic acid	g	3.241	0	3.727	0.919
Glycine	g	0.316	0	0.363	0.090
Proline	g	1.087	0	1.250	0.308
Serine	g	0.448	0	0.515	0.127
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz

NDB No. 18237 Cream puffs, prepared from recipe, shell (includes eclair)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 48g	Measure 3* 66g
Proximates:							
Water	g	40.50		0	11.48	19.44	26.73
Energy	kcal	362		0	103	174	239
Energy	kj	1515		0	430	727	1000
Protein (N x 5.95)	g	9.00		0	2.55	4.32	5.94
Total lipid (fat)	g	25.90		0	7.34	12.43	17.09
Carbohydrate, by difference	g	22.80		0	6.46	10.94	15.05
Fiber, total dietary	g	0.8		0	0.2	0.4	0.5
Ash	g	1.80		0	0.51	0.86	1.19
Sugars, total	g						
Minerals:							
Calcium	mg	36		0	10	17	24
Iron	mg	2.02		0	0.57	0.97	1.33
Magnesium	mg	12		0	3	6	8
Phosphorus	mg	119		0	34	57	79
Potassium	mg	97		0	27	47	64
Sodium	mg	557		0	158	267	368
Zinc	mg	0.73		0	0.21	0.35	0.48
Copper	mg	0.051		0	0.014	0.024	0.034
Manganese	mg	0.211		0	0.060	0.101	0.139
Selenium	：g	24.0		0	6.8	11.5	15.8
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.206		0	0.058	0.099	0.136
Riboflavin	mg	0.360		0	0.102	0.173	0.238
Niacin	mg	1.567		0	0.444	0.752	1.034
Pantothenic acid	mg	0.624		0	0.177	0.300	0.412
Vitamin B-6	mg	0.075		0	0.021	0.036	0.050
Folate	：g	48		0	14	23	32
Vitamin B-12	：g	0.39		0	0.11	0.19	0.26
Vitamin A	IU	1157		0	328	555	764
Vitamin A, RE	：g	308		0	87	148	203
Vitamin D	IU						
Vitamin E, "-TE	mg	3.845		0	1.090	1.846	2.538
Lipids:							
Saturated, total	g	5.599		0	1.587	2.688	3.695
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	0.001		0	0.000	0.000	0.001
10:0	g	0.001		0	0.000	0.000	0.001
12:0	g	0.001		0	0.000	0.000	0.001
14:0	g	0.068		0	0.019	0.033	0.045
15.0	g						
16:0	g	3.601		0	1.021	1.728	2.377
17:0	g						
18:0	g	1.904		0	0.540	0.914	1.257
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.128	0	3.155	5.341	7.344
14:1	g					
16:1	g	0.137	0	0.039	0.066	0.090
18:1	g	10.973	0	3.111	5.267	7.242
20:1	g	0.013	0	0.004	0.006	0.009
22.1	g	0.001	0	0.000	0.000	0.001
Polyunsaturated, total	g	7.380	0	2.092	3.542	4.871
18:2	g	6.987	0	1.981	3.354	4.611
18:3	g	0.309	0	0.088	0.148	0.204
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.065	0	0.018	0.031	0.043
20:5	g	0.002	0	0.001	0.001	0.001
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.017	0	0.005	0.008	0.011
Cholesterol	mg	196	0	56	94	129
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.110	0	0.031	0.053	0.073
Threonine	g	0.367	0	0.104	0.176	0.242
Isoleucine	g	0.430	0	0.122	0.206	0.284
Leucine	g	0.718	0	0.204	0.345	0.474
Lysine	g	0.497	0	0.141	0.239	0.328
Methionine	g	0.238	0	0.067	0.114	0.157
Cystine	g	0.199	0	0.056	0.096	0.131
Phenylalanine	g	0.466	0	0.132	0.224	0.308
Tyrosine	g	0.335	0	0.095	0.161	0.221
Valine	g	0.485	0	0.137	0.233	0.320
Arginine	g	0.473	0	0.134	0.227	0.312
Histidine	g	0.209	0	0.059	0.100	0.138
Alanine	g	0.424	0	0.120	0.204	0.280
Aspartic acid	g	0.721	0	0.204	0.346	0.476
Glutamic acid	g	1.801	0	0.511	0.864	1.189
Glycine	g	0.305	0	0.086	0.146	0.201
Proline	g	0.596	0	0.169	0.286	0.393
Serine	g	0.589	0	0.167	0.283	0.389
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 eclair (5" x 2" x 1-3/4")
Measure 3: 1 cream puff shell

NDB No. 18238 Cream puffs, prepared from recipe, shell, with custard filling

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 130g	Measure 3* 90g
Proximates:							
Water	g	53.50		0	15.17	69.55	48.15
Energy	kcal	258		0	73	335	232
Energy	kj	1079		0	306	1403	971
Protein (N x 5.95)	g	6.70		0	1.90	8.71	6.03
Total lipid (fat)	g	15.50		0	4.39	20.15	13.95
Carbohydrate, by difference	g	22.90		0	6.49	29.77	20.61
Fiber, total dietary	g	0.4		0	0.1	0.5	0.4
Ash	g	1.30		0	0.37	1.69	1.17
Sugars, total	g						
Minerals:							
Calcium	mg	66		0	19	86	59
Iron	mg	1.17		0	0.33	1.52	1.05
Magnesium	mg	12		0	3	16	11
Phosphorus	mg	109		0	31	142	98
Potassium	mg	115		0	33	150	104
Sodium	mg	341		0	97	443	307
Zinc	mg	0.60		0	0.17	0.78	0.54
Copper	mg	0.035		0	0.010	0.046	0.032
Manganese	mg	0.112		0	0.032	0.146	0.101
Selenium	:g	15.4		0	4.4	20.0	13.9
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	0.4	0.3
Thiamin	mg	0.122		0	0.035	0.159	0.110
Riboflavin	mg	0.280		0	0.079	0.364	0.252
Niacin	mg	0.835		0	0.237	1.085	0.752
Pantothenic acid	mg	0.517		0	0.147	0.672	0.465
Vitamin B-6	mg	0.062		0	0.018	0.081	0.056
Folate	:g	28		0	8	36	25
Vitamin B-12	:g	0.36		0	0.10	0.47	0.32
Vitamin A	IU	745		0	211	969	671
Vitamin A, RE	:g	199		0	56	259	179
Vitamin D	IU						
Vitamin E, "-TE	mg	2.207		0	0.626	2.869	1.986
Lipids:							
Saturated, total	g	3.679		0	1.043	4.783	3.311
4:0	g	0.023		0	0.007	0.030	0.021
6.0	g	0.014		0	0.004	0.018	0.013
8:0	g	0.009		0	0.003	0.012	0.008
10:0	g	0.019		0	0.005	0.025	0.017
12:0	g	0.021		0	0.006	0.027	0.019
14:0	g	0.111		0	0.031	0.144	0.100
15.0	g						
16:0	g	2.290		0	0.649	2.977	2.061
17:0	g						
18:0	g	1.177		0	0.334	1.530	1.059
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.527	0	1.850	8.485	5.874
14:1	g					
16:1	g	0.108	0	0.031	0.140	0.097
18:1	g	6.406	0	1.816	8.328	5.765
20:1	g	0.009	0	0.003	0.012	0.008
22.1	g	0.001	0	0.000	0.001	0.001
Polyunsaturated, total	g	4.156	0	1.178	5.403	3.740
18:2	g	3.918	0	1.111	5.093	3.526
18:3	g	0.182	0	0.052	0.237	0.164
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.044	0	0.012	0.057	0.040
20:5	g	0.001	0	0.000	0.001	0.001
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.011	0	0.003	0.014	0.010
Cholesterol	mg	134	0	38	174	121
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.083	0	0.024	0.108	0.075
Threonine	g	0.283	0	0.080	0.368	0.255
Isoleucine	g	0.339	0	0.096	0.441	0.305
Leucine	g	0.558	0	0.158	0.725	0.502
Lysine	g	0.411	0	0.117	0.534	0.370
Methionine	g	0.179	0	0.051	0.233	0.161
Cystine	g	0.133	0	0.038	0.173	0.120
Phenylalanine	g	0.342	0	0.097	0.445	0.308
Tyrosine	g	0.264	0	0.075	0.343	0.238
Valine	g	0.381	0	0.108	0.495	0.343
Arginine	g	0.338	0	0.096	0.439	0.304
Histidine	g	0.160	0	0.045	0.208	0.144
Alanine	g	0.307	0	0.087	0.399	0.276
Aspartic acid	g	0.547	0	0.155	0.711	0.492
Glutamic acid	g	1.280	0	0.363	1.664	1.152
Glycine	g	0.211	0	0.060	0.274	0.190
Proline	g	0.452	0	0.128	0.588	0.407
Serine	g	0.431	0	0.122	0.560	0.388
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cream puff
Measure 3: 1 eclair (5" x 2" x 1-3/4")

NDB No. 18239 Croissants, butter

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 28g	Measure 3* 42g
Proximates:							
Water	g	23.20	0.731	6	6.58	6.58	9.74
Energy	kcal	406		0	115	115	171
Energy	kj	1699		0	482	482	714
Protein (N x 5.95)	g	8.20	0.030	26	2.32	2.32	3.44
Total lipid (fat)	g	21.00	0.307	27	5.95	5.95	8.82
Carbohydrate, by difference	g	45.80		0	12.98	12.98	19.24
Fiber, total dietary	g	2.6		0	0.7	0.7	1.1
Ash	g	1.60	0.049	6	0.45	0.45	0.67
Sugars, total	g						
Minerals:							
Calcium	mg	37	1.492	26	10	10	16
Iron	mg	2.03	0.583	4	0.58	0.58	0.85
Magnesium	mg	16	0.503	25	5	5	7
Phosphorus	mg	105	4.790	3	30	30	44
Potassium	mg	118	1.758	25	33	33	50
Sodium	mg	744	37.662	26	211	211	312
Zinc	mg	0.75	0.021	2	0.21	0.21	0.32
Copper	mg	0.080	0.002	2	0.023	0.023	0.034
Manganese	mg	0.330	0.007	2	0.094	0.094	0.139
Selenium	:g	22.7		0	6.4	6.4	9.5
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.1	0.1
Thiamin	mg	0.388	0.037	10	0.110	0.110	0.163
Riboflavin	mg	0.241	0.020	10	0.068	0.068	0.101
Niacin	mg	2.188	0.147	10	0.620	0.620	0.919
Pantothenic acid	mg	0.861	0.022	8	0.244	0.244	0.362
Vitamin B-6	mg	0.058	0.001	8	0.016	0.016	0.024
Folate	:g	62		0	18	18	26
Vitamin B-12	:g	0.16		0	0.05	0.05	0.07
Vitamin A	IU	744		0	211	211	312
Vitamin A, RE	:g	186		0	53	53	78
Vitamin D	IU						
Vitamin E, "-TE	mg	0.434		0	0.123	0.123	0.182
Lipids:							
Saturated, total	g	11.659		0	3.305	3.305	4.897
4:0	g	0.595		0	0.169	0.169	0.250
6.0	g	0.351		0	0.100	0.100	0.147
8:0	g	0.205		0	0.058	0.058	0.086
10:0	g	0.459		0	0.130	0.130	0.193
12:0	g	0.514		0	0.146	0.146	0.216
14:0	g	1.845		0	0.523	0.523	0.775
15.0	g						
16:0	g	5.023		0	1.424	1.424	2.110
17:0	g						
18:0	g	2.259		0	0.640	0.640	0.949
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.525	0	1.566	1.566	2.321
14:1	g					
16:1	g	0.429	0	0.122	0.122	0.180
18:1	g	4.822	0	1.367	1.367	2.025
20:1	g	0.001	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.094	0	0.310	0.310	0.459
18:2	g	0.795	0	0.225	0.225	0.334
18:3	g	0.289	0	0.082	0.082	0.121
18:4	g	0.001	0	0.000	0.000	0.000
20:4	g	0.006	0	0.002	0.002	0.003
20:5	g	0.003	0	0.001	0.001	0.001
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.002	0	0.001	0.001	0.001
Cholesterol	mg	67	0	19	19	28
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.099	0	0.028	0.028	0.042
Threonine	g	0.284	0	0.081	0.081	0.119
Isoleucine	g	0.365	0	0.103	0.103	0.153
Leucine	g	0.623	0	0.177	0.177	0.262
Lysine	g	0.329	0	0.093	0.093	0.138
Methionine	g	0.175	0	0.050	0.050	0.074
Cystine	g	0.172	0	0.049	0.049	0.072
Phenylalanine	g	0.416	0	0.118	0.118	0.175
Tyrosine	g	0.271	0	0.077	0.077	0.114
Valine	g	0.410	0	0.116	0.116	0.172
Arginine	g	0.339	0	0.096	0.096	0.142
Histidine	g	0.187	0	0.053	0.053	0.079
Alanine	g	0.325	0	0.092	0.092	0.137
Aspartic acid	g	0.501	0	0.142	0.142	0.210
Glutamic acid	g	2.300	0	0.652	0.652	0.966
Glycine	g	0.288	0	0.082	0.082	0.121
Proline	g	0.778	0	0.221	0.221	0.327
Serine	g	0.440	0	0.125	0.125	0.185
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 mini croissant
Measure 3: 1 small croissant

NDB No. 18240 Croissants, apple

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	45.60	3.436	2	12.93	25.99	
Energy	kcal	254		0	72	145	
Energy	kj	1063		0	301	606	
Protein (N x 5.95)	g	7.40	0.121	2	2.10	4.22	
Total lipid (fat)	g	8.70	0.294	3	2.47	4.96	
Carbohydrate, by difference	g	37.10		0	10.52	21.15	
Fiber, total dietary	g	2.5		0	0.7	1.4	
Ash	g	1.20	0.035	2	0.34	0.68	
Sugars, total	g						
Minerals:							
Calcium	mg	30	0.297	2	9	17	
Iron	mg	1.10	0.057	2	0.31	0.63	
Magnesium	mg	13	0.254	2	4	7	
Phosphorus	mg	58	0.556	2	16	33	
Potassium	mg	90	1.187	2	26	51	
Sodium	mg	274	10.499	2	78	156	
Zinc	mg	1.03	0.028	2	0.29	0.59	
Copper	mg	0.040	0.001	2	0.011	0.023	
Manganese	mg	0.210	0.007	2	0.060	0.120	
Selenium	:g	19.0		0	5.4	10.8	
Vitamins:							
Ascorbic acid	mg	0.5		0	0.1	0.3	
Thiamin	mg	0.232	0.007	8	0.066	0.132	
Riboflavin	mg	0.164	0.003	8	0.046	0.093	
Niacin	mg	1.600	0.053	8	0.454	0.912	
Pantothenic acid	mg	0.596	0.019	8	0.169	0.340	
Vitamin B-6	mg	0.032	0.000	8	0.009	0.018	
Folate	:g	57		0	16	32	
Vitamin B-12	:g	0.20		0	0.06	0.11	
Vitamin A	IU	380		0	108	217	
Vitamin A, RE	:g	98		0	28	56	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.994		0	1.416	2.847	
4:0	g	0.211		0	0.060	0.120	
6.0	g	0.125		0	0.035	0.071	
8:0	g	0.073		0	0.021	0.042	
10:0	g	0.165		0	0.047	0.094	
12:0	g	0.185		0	0.052	0.105	
14:0	g	0.663		0	0.188	0.378	
15.0	g						
16:0	g	2.115		0	0.600	1.206	
17:0	g						
18:0	g	0.908		0	0.257	0.518	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.393	0	0.678	1.364
14:1	g				
16:1	g	0.200	0	0.057	0.114
18:1	g	2.169	0	0.615	1.236
20:1	g	0.004	0	0.001	0.002
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.628	0	0.178	0.358
18:2	g	0.600	0	0.170	0.342
18:3	g	0.118	0	0.033	0.067
18:4	g				
20:4	g	0.019	0	0.005	0.011
20:5	g	0.001	0	0.000	0.001
22:5	g				
22:6	g	0.005	0	0.001	0.003
Cholesterol	mg	31	0	9	18
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.086	0	0.024	0.049
Threonine	g	0.256	0	0.073	0.146
Isoleucine	g	0.325	0	0.092	0.185
Leucine	g	0.556	0	0.158	0.317
Lysine	g	0.318	0	0.090	0.181
Methionine	g	0.151	0	0.043	0.086
Cystine	g	0.140	0	0.040	0.080
Phenylalanine	g	0.359	0	0.102	0.205
Tyrosine	g	0.243	0	0.069	0.139
Valine	g	0.368	0	0.104	0.210
Arginine	g	0.309	0	0.088	0.176
Histidine	g	0.166	0	0.047	0.095
Alanine	g	0.296	0	0.084	0.169
Aspartic acid	g	0.456	0	0.129	0.260
Glutamic acid	g	1.970	0	0.558	1.123
Glycine	g	0.296	0	0.084	0.169
Proline	g	0.712	0	0.202	0.406
Serine	g	0.383	0	0.109	0.218
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 medium croissant

NDB No. 18241 Croissants, cheese

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 42g	Measure 3* 57g
Proximates:							
Water	g	21.00	0.346	2	5.95	8.82	11.97
Energy	kcal	414		0	117	174	236
Energy	kj	1732		0	491	727	987
Protein (N x 5.95)	g	9.20	0.087	2	2.61	3.86	5.24
Total lipid (fat)	g	20.90	0.294	3	5.93	8.78	11.91
Carbohydrate, by difference	g	47.00		0	13.32	19.74	26.79
Fiber, total dietary	g	2.6		0	0.7	1.1	1.5
Ash	g	1.90	0.028	2	0.54	0.80	1.08
Sugars, total	g						
Minerals:							
Calcium	mg	53	1.831	2	15	22	30
Iron	mg	2.15	0.141	2	0.61	0.90	1.23
Magnesium	mg	24	2.192	2	7	10	14
Phosphorus	mg	130	13.698	2	37	55	74
Potassium	mg	132	18.548	2	37	55	75
Sodium	mg	555	61.548	2	157	233	316
Zinc	mg	0.94	0.106	2	0.27	0.39	0.54
Copper	mg	0.100	0.021	2	0.028	0.042	0.057
Manganese	mg	0.340	0.028	2	0.096	0.143	0.194
Selenium	：g	26.8		0	7.6	11.3	15.3
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.1	0.1
Thiamin	mg	0.523	0.003	8	0.148	0.220	0.298
Riboflavin	mg	0.325	0.011	8	0.092	0.137	0.185
Niacin	mg	2.160	0.074	8	0.612	0.907	1.231
Pantothenic acid	mg	0.842	0.024	8	0.239	0.354	0.480
Vitamin B-6	mg	0.073	0.001	8	0.021	0.031	0.042
Folate	：g	74		0	21	31	42
Vitamin B-12	：g	0.32	0.011	8	0.09	0.13	0.18
Vitamin A	IU	805		0	228	338	459
Vitamin A, RE	：g	197		0	56	83	112
Vitamin D	IU						
Vitamin E, "-TE	mg	1.036		0	0.294	0.435	0.591
Lipids:							
Saturated, total	g	10.628		0	3.013	4.464	6.058
4:0	g	0.497		0	0.141	0.209	0.283
6.0	g	0.293		0	0.083	0.123	0.167
8:0	g	0.170		0	0.048	0.071	0.097
10:0	g	0.382		0	0.108	0.160	0.218
12:0	g	0.426		0	0.121	0.179	0.243
14:0	g	1.553		0	0.440	0.652	0.885
15.0	g						
16:0	g	4.762		0	1.350	2.000	2.714
17:0	g						
18:0	g	2.198		0	0.623	0.923	1.253
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.509	0	1.845	2.734	3.710
14:1	g					
16:1	g	0.363	0	0.103	0.152	0.207
18:1	g	5.917	0	1.677	2.485	3.373
20:1	g	0.001	0	0.000	0.000	0.001
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.384	0	0.676	1.001	1.359
18:2	g	2.069	0	0.587	0.869	1.179
18:3	g	0.306	0	0.087	0.129	0.174
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.005	0	0.001	0.002	0.003
20:5	g	0.002	0	0.001	0.001	0.001
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.002	0	0.001	0.001	0.001
Cholesterol	mg	57	0	16	24	32
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.109	0	0.031	0.046	0.062
Threonine	g	0.304	0	0.086	0.128	0.173
Isoleucine	g	0.407	0	0.115	0.171	0.232
Leucine	g	0.692	0	0.196	0.291	0.394
Lysine	g	0.371	0	0.105	0.156	0.211
Methionine	g	0.187	0	0.053	0.079	0.107
Cystine	g	0.176	0	0.050	0.074	0.100
Phenylalanine	g	0.455	0	0.129	0.191	0.259
Tyrosine	g	0.302	0	0.086	0.127	0.172
Valine	g	0.453	0	0.128	0.190	0.258
Arginine	g	0.363	0	0.103	0.152	0.207
Histidine	g	0.212	0	0.060	0.089	0.121
Alanine	g	0.338	0	0.096	0.142	0.193
Aspartic acid	g	0.527	0	0.149	0.221	0.300
Glutamic acid	g	2.585	0	0.733	1.086	1.473
Glycine	g	0.301	0	0.085	0.126	0.172
Proline	g	0.894	0	0.253	0.375	0.510
Serine	g	0.478	0	0.136	0.201	0.272
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 small croissant
Measure 3: 1 medium croissant

NDB No. 18242 Croutons, plain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	5.50	0.306	5	1.65	0.78	
Energy	kcal	407		0	122	58	
Energy	kj	1703		0	511	241	
Protein (N x 5.95)	g	11.90	0.971	5	3.57	1.69	
Total lipid (fat)	g	6.60	3.084	6	1.98	0.94	
Carbohydrate, by difference	g	73.50		0	22.05	10.42	
Fiber, total dietary	g	5.1		0	1.5	0.7	
Ash	g	2.50	0.133	5	0.75	0.35	
Sugars, total	g						
Minerals:							
Calcium	mg	76	10.262	5	23	11	
Iron	mg	4.08	0.455	5	1.22	0.58	
Magnesium	mg	31	2.294	5	9	4	
Phosphorus	mg	115	6.373	4	35	16	
Potassium	mg	124	18.648	6	37	18	
Sodium	mg	698	60.698	6	209	99	
Zinc	mg	0.89	0.124	5	0.27	0.13	
Copper	mg	0.163	0.036	5	0.049	0.023	
Manganese	mg	0.500	0.013	4	0.150	0.071	
Selenium	：g	37.5		0	11.3	5.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.623	0.061	11	0.187	0.088	
Riboflavin	mg	0.272	0.031	11	0.082	0.039	
Niacin	mg	5.439	0.547	11	1.632	0.771	
Pantothenic acid	mg	0.429	0.049	12	0.129	0.061	
Vitamin B-6	mg	0.026	0.006	10	0.008	0.004	
Folate	：g	132		0	40	19	
Vitamin B-12	：g	0.00		1	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.510		0	0.453	0.214	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.026		0	0.008	0.004	
15.0	g						
16:0	g	0.857		0	0.257	0.121	
17:0	g						
18:0	g	0.613		0	0.184	0.087	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.059	0	0.918	0.434
14:1	g				
16:1	g	0.031	0	0.009	0.004
18:1	g	3.029	0	0.909	0.429
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.273	0	0.382	0.180
18:2	g	1.204	0	0.361	0.171
18:3	g	0.070	0	0.021	0.010
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.140	0	0.042	0.020
Threonine	g	0.337	0	0.101	0.048
Isoleucine	g	0.456	0	0.137	0.065
Leucine	g	0.832	0	0.250	0.118
Lysine	g	0.278	0	0.083	0.039
Methionine	g	0.211	0	0.063	0.030
Cystine	g	0.261	0	0.078	0.037
Phenylalanine	g	0.586	0	0.176	0.083
Tyrosine	g	0.337	0	0.101	0.048
Valine	g	0.514	0	0.154	0.073
Arginine	g	0.431	0	0.129	0.061
Histidine	g	0.255	0	0.077	0.036
Alanine	g	0.391	0	0.117	0.055
Aspartic acid	g	0.529	0	0.159	0.075
Glutamic acid	g	4.024	0	1.207	0.570
Glycine	g	0.418	0	0.125	0.059
Proline	g	1.345	0	0.404	0.191
Serine	g	0.579	0	0.174	0.082
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

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

NDB No. 18243 Croutons, seasoned

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 40g	Measure 2* 10g	Measure 3* 1g
Proximates:							
Water	g	3.60	0.319	9	1.44	0.36	0.04
Energy	kcal	465		0	186	47	5
Energy	kj	1946		0	778	195	19
Protein (N x 5.95)	g	10.80	0.146	40	4.32	1.08	0.11
Total lipid (fat)	g	18.30	0.346	40	7.32	1.83	0.18
Carbohydrate, by difference	g	63.50		0	25.40	6.35	0.64
Fiber, total dietary	g	5.0		0	2.0	0.5	0.1
Ash	g	3.80	0.197	11	1.52	0.38	0.04
Sugars, total	g						
Minerals:							
Calcium	mg	96	4.583	40	38	10	1
Iron	mg	2.82	0.089	40	1.13	0.28	0.03
Magnesium	mg	42	2.551	5	17	4	0
Phosphorus	mg	140	20.623	5	56	14	1
Potassium	mg	181	6.887	15	72	18	2
Sodium	mg	1238	43.584	20	495	124	12
Zinc	mg	0.94	0.101	5	0.38	0.09	0.01
Copper	mg	0.168	0.028	5	0.067	0.017	0.002
Manganese	mg	0.514	0.037	4	0.206	0.051	0.005
Selenium	：g	28.8		0	11.5	2.9	0.3
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.506	0.006	46	0.202	0.051	0.005
Riboflavin	mg	0.421	0.011	46	0.168	0.042	0.004
Niacin	mg	4.646	0.060	39	1.858	0.465	0.046
Pantothenic acid	mg	0.835	0.061	12	0.334	0.083	0.008
Vitamin B-6	mg	0.083	0.001	10	0.033	0.008	0.001
Folate	：g	88		0	35	9	1
Vitamin B-12	：g	0.14		0	0.06	0.01	0.00
Vitamin A	IU	39		0	16	4	0
Vitamin A, RE	：g	10		0	4	1	0
Vitamin D	IU						
Vitamin E, "-TE	mg	2.182		0	0.873	0.218	0.022
Lipids:							
Saturated, total	g	5.247		0	2.099	0.525	0.052
4:0	g	0.092		0	0.037	0.009	0.001
6.0	g	0.034		0	0.014	0.003	0.000
8:0	g	0.018		0	0.007	0.002	0.000
10:0	g	0.045		0	0.018	0.004	0.000
12:0	g	0.061		0	0.024	0.006	0.001
14:0	g	0.282		0	0.113	0.028	0.003
15.0	g						
16:0	g	2.634		0	1.054	0.263	0.026
17:0	g						
18:0	g	2.023		0	0.809	0.202	0.020
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.498	0	3.799	0.950	0.095
14:1	g					
16:1	g	0.047	0	0.019	0.005	0.000
18:1	g	9.451	0	3.780	0.945	0.095
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.368	0	0.947	0.237	0.024
18:2	g	2.227	0	0.891	0.223	0.022
18:3	g	0.142	0	0.057	0.014	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	7	0	3	1	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.125	0	0.050	0.013	0.001
Threonine	g	0.326	0	0.130	0.033	0.003
Isoleucine	g	0.428	0	0.171	0.043	0.004
Leucine	g	0.774	0	0.310	0.077	0.008
Lysine	g	0.344	0	0.138	0.034	0.003
Methionine	g	0.195	0	0.078	0.020	0.002
Cystine	g	0.218	0	0.087	0.022	0.002
Phenylalanine	g	0.525	0	0.210	0.053	0.005
Tyrosine	g	0.331	0	0.132	0.033	0.003
Valine	g	0.488	0	0.195	0.049	0.005
Arginine	g	0.402	0	0.161	0.040	0.004
Histidine	g	0.246	0	0.098	0.025	0.002
Alanine	g	0.357	0	0.143	0.036	0.004
Aspartic acid	g	0.540	0	0.216	0.054	0.005
Glutamic acid	g	3.378	0	1.351	0.338	0.034
Glycine	g	0.361	0	0.144	0.036	0.004
Proline	g	1.163	0	0.465	0.116	0.012
Serine	g	0.527	0	0.211	0.053	0.005
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fast food package
Measure 3: 4 cubes

NDB No. 18244 Danish pastry, cinnamon, enriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 142g	Measure 3* 35g
Proximates:							
Water	g	24.30	1.534	3	6.89	34.51	8.51
Energy	kcal	403		0	114	572	141
Energy	kj	1686		0	478	2394	590
Protein (N x 5.95)	g	7.00	0.511	3	1.98	9.94	2.45
Total lipid (fat)	g	22.40	1.634	3	6.35	31.81	7.84
Carbohydrate, by difference	g	44.60		0	12.64	63.33	15.61
Fiber, total dietary	g	1.3		0	0.4	1.8	0.5
Ash	g	1.70	0.103	5	0.48	2.41	0.60
Sugars, total	g						
Minerals:							
Calcium	mg	71	5.973	30	20	101	25
Iron	mg	1.96	0.096	29	0.56	2.78	0.69
Magnesium	mg	19	0.467	31	5	27	7
Phosphorus	mg	107	3.843	30	30	152	37
Potassium	mg	125	4.168	29	35	178	44
Sodium	mg	371	8.862	31	105	527	130
Zinc	mg	0.72	0.027	31	0.20	1.02	0.25
Copper	mg	0.100	0.004	30	0.028	0.142	0.035
Manganese	mg	0.362	0.017	30	0.103	0.514	0.127
Selenium	:g	17.0	0.755	33	4.8	24.1	6.0
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.1	0.0
Thiamin	mg	0.300	0.040	3	0.085	0.426	0.105
Riboflavin	mg	0.263	0.012	3	0.075	0.373	0.092
Niacin	mg	2.867	0.240	3	0.813	4.071	1.003
Pantothenic acid	mg	0.396		0	0.112	0.562	0.139
Vitamin B-6	mg	0.038		0	0.011	0.054	0.013
Folate	:g	62		0	18	88	22
Vitamin B-12	:g	0.10		0	0.03	0.14	0.04
Vitamin A	IU	12		0	3	17	4
Vitamin A, RE	:g	3		0	1	4	1
Vitamin D	IU						
Vitamin E, "-TE	mg	2.972		0	0.843	4.220	1.040
Lipids:							
Saturated, total	g	5.681		0	1.611	8.067	1.988
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	0.109		0	0.031	0.155	0.038
15.0	g						
16:0	g	2.961		0	0.839	4.205	1.036
17:0	g						
18:0	g	2.602		0	0.738	3.695	0.911
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.515	0	3.548	17.771	4.380
14:1	g					
16:1	g	0.022	0	0.006	0.031	0.008
18:1	g	12.491	0	3.541	17.737	4.372
20:1	g	0.001	0	0.000	0.001	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.933	0	0.832	4.165	1.027
18:2	g	2.772	0	0.786	3.936	0.970
18:3	g	0.148	0	0.042	0.210	0.052
18:4	g	0.001	0	0.000	0.001	0.000
20:4	g	0.007	0	0.002	0.010	0.002
20:5	g	0.003	0	0.001	0.004	0.001
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.002	0	0.001	0.003	0.001
Cholesterol	mg	21	0	6	30	7
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.084	0	0.024	0.119	0.029
Threonine	g	0.245	0	0.069	0.348	0.086
Isoleucine	g	0.310	0	0.088	0.440	0.109
Leucine	g	0.532	0	0.151	0.755	0.186
Lysine	g	0.296	0	0.084	0.420	0.104
Methionine	g	0.139	0	0.039	0.197	0.049
Cystine	g	0.139	0	0.039	0.197	0.049
Phenylalanine	g	0.348	0	0.099	0.494	0.122
Tyrosine	g	0.233	0	0.066	0.331	0.082
Valine	g	0.344	0	0.098	0.488	0.120
Arginine	g	0.312	0	0.088	0.443	0.109
Histidine	g	0.160	0	0.045	0.227	0.056
Alanine	g	0.274	0	0.078	0.389	0.096
Aspartic acid	g	0.463	0	0.131	0.657	0.162
Glutamic acid	g	1.882	0	0.534	2.672	0.659
Glycine	g	0.245	0	0.069	0.348	0.086
Proline	g	0.637	0	0.181	0.905	0.223
Serine	g	0.376	0	0.107	0.534	0.132
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 large (approx 7" dia)
Measure 3: 1 small or frozen (approx 3" dia)

NDB No. 18245 Danish pastry, cheese

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 71g	Measure 3*
Proximates:							
Water	g	31.40		1	8.90	22.29	
Energy	kcal	374		0	106	266	
Energy	kj	1565		0	444	1111	
Protein (N x 5.95)	g	8.00		1	2.27	5.68	
Total lipid (fat)	g	21.90		1	6.21	15.55	
Carbohydrate, by difference	g	37.20		0	10.55	26.41	
Fiber, total dietary	g	1.0		0	0.3	0.7	
Ash	g	1.50		1	0.43	1.06	
Sugars, total	g						
Minerals:							
Calcium	mg	35		1	10	25	
Iron	mg	1.60		1	0.45	1.14	
Magnesium	mg	15		1	4	11	
Phosphorus	mg	108		1	31	77	
Potassium	mg	98		1	28	70	
Sodium	mg	450		1	128	320	
Zinc	mg	0.70		0	0.20	0.50	
Copper	mg	0.089		0	0.025	0.063	
Manganese	mg	0.351		0	0.100	0.249	
Selenium	:g	18.9		0	5.4	13.4	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.1	
Thiamin	mg	0.190		1	0.054	0.135	
Riboflavin	mg	0.260		1	0.074	0.185	
Niacin	mg	2.000		1	0.567	1.420	
Pantothenic acid	mg	0.304		0	0.086	0.216	
Vitamin B-6	mg	0.040		0	0.011	0.028	
Folate	:g	60		0	17	43	
Vitamin B-12	:g	0.17		0	0.05	0.12	
Vitamin A	IU	146		0	41	104	
Vitamin A, RE	:g	45		0	13	32	
Vitamin D	IU						
Vitamin E, "-TE	mg	2.545		0	0.722	1.807	
Lipids:							
Saturated, total	g	6.794		0	1.926	4.824	
4:0	g	0.097		0	0.027	0.069	
6.0	g	0.028		0	0.008	0.020	
8:0	g	0.033		0	0.009	0.023	
10:0	g	0.065		0	0.018	0.046	
12:0	g	0.045		0	0.013	0.032	
14:0	g	0.438		0	0.124	0.311	
15.0	g						
16:0	g	3.439		0	0.975	2.442	
17:0	g						
18:0	g	2.542		0	0.721	1.805	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.313	0	3.207	8.032
14:1	g				
16:1	g	0.107	0	0.030	0.076
18:1	g	11.159	0	3.164	7.923
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.575	0	0.730	1.828
18:2	g	2.401	0	0.681	1.705
18:3	g	0.173	0	0.049	0.123
18:4	g	0.000	0	0.000	0.000
20:4	g	0.002	0	0.001	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	16	0	5	11
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.089	0	0.025	0.063
Threonine	g	0.293	0	0.083	0.208
Isoleucine	g	0.371	0	0.105	0.263
Leucine	g	0.644	0	0.183	0.457
Lysine	g	0.430	0	0.122	0.305
Methionine	g	0.174	0	0.049	0.124
Cystine	g	0.137	0	0.039	0.097
Phenylalanine	g	0.402	0	0.114	0.285
Tyrosine	g	0.293	0	0.083	0.208
Valine	g	0.412	0	0.117	0.293
Arginine	g	0.324	0	0.092	0.230
Histidine	g	0.205	0	0.058	0.146
Alanine	g	0.292	0	0.083	0.207
Aspartic acid	g	0.511	0	0.145	0.363
Glutamic acid	g	2.021	0	0.573	1.435
Glycine	g	0.239	0	0.068	0.170
Proline	g	0.717	0	0.203	0.509
Serine	g	0.428	0	0.121	0.304
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 pastry

NDB No. 18246 Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 142g	Measure 3* 35g
Proximates:							
Water	g	27.10	1.256	18	7.68	38.48	9.48
Energy	kcal	371		0	105	527	130
Energy	kj	1552		0	440	2204	543
Protein (N x 5.95)	g	5.40	0.230	18	1.53	7.67	1.89
Total lipid (fat)	g	18.50	0.710	15	5.24	26.27	6.47
Carbohydrate, by difference	g	47.80		0	13.55	67.88	16.73
Fiber, total dietary	g	1.9		0	0.5	2.7	0.7
Ash	g	1.20	0.040	18	0.34	1.70	0.42
Sugars, total	g						
Minerals:							
Calcium	mg	46	9.200	16	13	65	16
Iron	mg	1.77	0.101	14	0.50	2.51	0.62
Magnesium	mg	15	0.643	15	4	21	5
Phosphorus	mg	89	8.600	15	25	126	31
Potassium	mg	83	6.753	11	24	118	29
Sodium	mg	354	6.785	16	100	503	124
Zinc	mg	0.54	0.020	6	0.15	0.77	0.19
Copper	mg	0.065	0.005	6	0.018	0.092	0.023
Manganese	mg	0.253	0.012	6	0.072	0.359	0.089
Selenium	:g	14.8		0	4.2	21.0	5.2
Vitamins:							
Ascorbic acid	mg	3.9	1.837	15	1.1	5.5	1.4
Thiamin	mg	0.263	0.020	20	0.075	0.373	0.092
Riboflavin	mg	0.220	0.009	19	0.062	0.312	0.077
Niacin	mg	1.992	0.073	16	0.565	2.829	0.697
Pantothenic acid	mg	0.634	0.023	8	0.180	0.900	0.222
Vitamin B-6	mg	0.043		0	0.012	0.061	0.015
Folate	:g	33		0	9	47	12
Vitamin B-12	:g	0.09		0	0.03	0.13	0.03
Vitamin A	IU	74		0	21	105	26
Vitamin A, RE	:g	22		0	6	31	8
Vitamin D	IU						
Vitamin E, "-TE	mg	2.460		0	0.697	3.493	0.861
Lipids:							
Saturated, total	g	4.860		0	1.378	6.901	1.701
4:0	g	0.001		0	0.000	0.001	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	0.088		0	0.025	0.125	0.031
15.0	g						
16:0	g	2.668		0	0.756	3.789	0.934
17:0	g						
18:0	g	2.096		0	0.594	2.976	0.734
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.026	0	2.842	14.237	3.509
14:1	g					
16:1	g	0.069	0	0.020	0.098	0.024
18:1	g	9.947	0	2.820	14.125	3.481
20:1	g	0.008	0	0.002	0.011	0.003
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.364	0	0.670	3.357	0.827
18:2	g	2.184	0	0.619	3.101	0.764
18:3	g	0.108	0	0.031	0.153	0.038
18:4	g	0.004	0	0.001	0.006	0.001
20:4	g	0.038	0	0.011	0.054	0.013
20:5	g	0.019	0	0.005	0.027	0.007
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.012	0	0.003	0.017	0.004
Cholesterol	mg	114	0	32	162	40
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.064	0	0.018	0.091	0.022
Threonine	g	0.171	0	0.048	0.243	0.060
Isoleucine	g	0.224	0	0.064	0.318	0.078
Leucine	g	0.398	0	0.113	0.565	0.139
Lysine	g	0.177	0	0.050	0.251	0.062
Methionine	g	0.110	0	0.031	0.156	0.039
Cystine	g	0.118	0	0.033	0.168	0.041
Phenylalanine	g	0.267	0	0.076	0.379	0.093
Tyrosine	g	0.166	0	0.047	0.236	0.058
Valine	g	0.252	0	0.071	0.358	0.088
Arginine	g	0.209	0	0.059	0.297	0.073
Histidine	g	0.118	0	0.033	0.168	0.041
Alanine	g	0.191	0	0.054	0.271	0.067
Aspartic acid	g	0.300	0	0.085	0.426	0.105
Glutamic acid	g	1.603	0	0.454	2.276	0.561
Glycine	g	0.178	0	0.050	0.253	0.062
Proline	g	0.543	0	0.154	0.771	0.190
Serine	g	0.285	0	0.081	0.405	0.100
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 large (approx 7" dia)
Measure 3: 1 small or frozen (approx 3" dia)

NDB No. 18247 Danish pastry, nut (includes almond, raisin nut, cinnamon nut)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 65g	Measure 3* 53g
Proximates:							
Water	g	20.40	0.310	7	5.78	13.26	10.81
Energy	kcal	430		0	122	280	228
Energy	kj	1799		0	510	1169	953
Protein (N x 5.95)	g	7.10	0.185	7	2.01	4.62	3.76
Total lipid (fat)	g	25.20	0.583	7	7.14	16.38	13.36
Carbohydrate, by difference	g	45.70		0	12.96	29.70	24.22
Fiber, total dietary	g	2.0		0	0.6	1.3	1.1
Ash	g	1.50	0.061	7	0.43	0.98	0.80
Sugars, total	g						
Minerals:							
Calcium	mg	94	19.147	7	27	61	50
Iron	mg	1.80		1	0.51	1.17	0.95
Magnesium	mg	32	1.540	7	9	21	17
Phosphorus	mg	110	5.450	7	31	72	58
Potassium	mg	95		1	27	62	50
Sodium	mg	363	16.099	7	103	236	192
Zinc	mg	0.87	0.060	6	0.25	0.57	0.46
Copper	mg	0.195	0.005	6	0.055	0.127	0.103
Manganese	mg	0.845	0.049	6	0.240	0.549	0.448
Selenium	:g	14.2		0	4.0	9.2	7.5
Vitamins:							
Ascorbic acid	mg	1.7	0.044	6	0.5	1.1	0.9
Thiamin	mg	0.220		1	0.062	0.143	0.117
Riboflavin	mg	0.240		1	0.068	0.156	0.127
Niacin	mg	2.300		1	0.652	1.495	1.219
Pantothenic acid	mg	0.702		0	0.199	0.456	0.372
Vitamin B-6	mg	0.104		0	0.029	0.068	0.055
Folate	:g	83		0	24	54	44
Vitamin B-12	:g	0.21		0	0.06	0.14	0.11
Vitamin A	IU	52		1	15	34	28
Vitamin A, RE	:g	14		0	4	9	7
Vitamin D	IU						
Vitamin E, "-TE	mg	3.642		0	1.033	2.367	1.930
Lipids:							
Saturated, total	g	5.821		0	1.650	3.784	3.085
4:0	g	0.001		0	0.000	0.001	0.001
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.001		0	0.000	0.001	0.001
12:0	g	0.002		0	0.001	0.001	0.001
14:0	g	0.119		0	0.034	0.077	0.063
15.0	g						
16:0	g	3.128		0	0.887	2.033	1.658
17:0	g						
18:0	g	2.552		0	0.723	1.659	1.353
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.685	0	3.880	8.895	7.253
14:1	g					
16:1	g	0.083	0	0.024	0.054	0.044
18:1	g	13.562	0	3.845	8.815	7.188
20:1	g	0.024	0	0.007	0.016	0.013
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	4.281	0	1.214	2.783	2.269
18:2	g	3.903	0	1.107	2.537	2.069
18:3	g	0.342	0	0.097	0.222	0.181
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.014	0	0.004	0.009	0.007
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	0.003	0	0.001	0.002	0.002
Cholesterol	mg	46	1	13	30	24
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.088	0	0.025	0.057	0.047
Threonine	g	0.238	0	0.067	0.155	0.126
Isoleucine	g	0.305	0	0.086	0.198	0.162
Leucine	g	0.529	0	0.150	0.344	0.280
Lysine	g	0.271	0	0.077	0.176	0.144
Methionine	g	0.139	0	0.039	0.090	0.074
Cystine	g	0.139	0	0.039	0.090	0.074
Phenylalanine	g	0.337	0	0.096	0.219	0.179
Tyrosine	g	0.235	0	0.067	0.153	0.125
Valine	g	0.348	0	0.099	0.226	0.184
Arginine	g	0.430	0	0.122	0.279	0.228
Histidine	g	0.166	0	0.047	0.108	0.088
Alanine	g	0.268	0	0.076	0.174	0.142
Aspartic acid	g	0.479	0	0.136	0.311	0.254
Glutamic acid	g	1.895	0	0.537	1.232	1.004
Glycine	g	0.261	0	0.074	0.170	0.138
Proline	g	0.614	0	0.174	0.399	0.325
Serine	g	0.369	0	0.105	0.240	0.196
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 pastry, (4-1/4" dia)
Measure 3: 1 piece (1/8 of 15 oz ring)

NDB No. 18248 Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 52g	Measure 3* 52g
Proximates:							
Water	g	20.80	0.587	25	5.90	10.82	10.82
Energy	kcal	421		0	119	219	219
Energy	kj	1761		0	499	916	916
Protein (N x 5.95)	g	5.00	0.292	15	1.42	2.60	2.60
Total lipid (fat)	g	22.90	1.396	18	6.49	11.91	11.91
Carbohydrate, by difference	g	49.70		0	14.09	25.84	25.84
Fiber, total dietary	g	1.5		0	0.4	0.8	0.8
Ash	g	1.50	0.130	13	0.43	0.78	0.78
Sugars, total	g						
Minerals:							
Calcium	mg	44	1.550	36	12	23	23
Iron	mg	1.95	0.084	34	0.55	1.01	1.01
Magnesium	mg	20	0.506	34	6	10	10
Phosphorus	mg	269	5.640	28	76	140	140
Potassium	mg	127	4.793	32	36	66	66
Sodium	mg	546	10.069	36	155	284	284
Zinc	mg	0.55	0.023	31	0.16	0.29	0.29
Copper	mg	0.102	0.003	31	0.029	0.053	0.053
Manganese	mg	0.341	0.010	30	0.097	0.177	0.177
Selenium	：g	9.3	0.476	31	2.6	4.8	4.8
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.1	0.1
Thiamin	mg	0.222	0.015	11	0.063	0.115	0.115
Riboflavin	mg	0.240	0.041	11	0.068	0.125	0.125
Niacin	mg	1.853	0.194	11	0.525	0.964	0.964
Pantothenic acid	mg	0.276	0.043	4	0.078	0.144	0.144
Vitamin B-6	mg	0.056	0.009	2	0.016	0.029	0.029
Folate	：g	47		0	13	24	24
Vitamin B-12	：g	0.27		0	0.08	0.14	0.14
Vitamin A	IU	57	9.000	2	16	30	30
Vitamin A, RE	：g	17		0	5	9	9
Vitamin D	IU						
Vitamin E, "-TE	mg	3.833		0	1.087	1.993	1.993
Lipids:							
Saturated, total	g	3.625		0	1.028	1.885	1.885
4:0	g	0.002		0	0.001	0.001	0.001
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.001		0	0.000	0.001	0.001
10:0	g	0.001		0	0.000	0.001	0.001
12:0	g	0.001		0	0.000	0.001	0.001
14:0	g	0.030		0	0.009	0.016	0.016
15.0	g						
16:0	g	2.429		0	0.689	1.263	1.263
17:0	g						
18:0	g	1.148		0	0.325	0.597	0.597
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.297		0	2.636	4.834	4.834
14:1	g						
16:1	g	0.139		0	0.039	0.072	0.072
18:1	g	9.130		0	2.588	4.748	4.748
20:1	g	0.005		0	0.001	0.003	0.003
22.1	g	0.001		0	0.000	0.001	0.001
Polyunsaturated, total	g	7.881		0	2.234	4.098	4.098
18:2	g	7.295		0	2.068	3.793	3.793
18:3	g	0.532		0	0.151	0.277	0.277
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.027		0	0.008	0.014	0.014
20:5	g	0.001		0	0.000	0.001	0.001
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.007		0	0.002	0.004	0.004
Cholesterol	mg	37	4.333	3	10	19	19
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.065		0	0.018	0.034	0.034
Threonine	g	0.174		0	0.049	0.090	0.090
Isoleucine	g	0.213		0	0.060	0.111	0.111
Leucine	g	0.378		0	0.107	0.197	0.197
Lysine	g	0.231		0	0.065	0.120	0.120
Methionine	g	0.098		0	0.028	0.051	0.051
Cystine	g	0.096		0	0.027	0.050	0.050
Phenylalanine	g	0.231		0	0.065	0.120	0.120
Tyrosine	g	0.170		0	0.048	0.088	0.088
Valine	g	0.242		0	0.069	0.126	0.126
Arginine	g	0.218		0	0.062	0.113	0.113
Histidine	g	0.112		0	0.032	0.058	0.058
Alanine	g	0.174		0	0.049	0.090	0.090
Aspartic acid	g	0.286		0	0.081	0.149	0.149
Glutamic acid	g	1.351		0	0.383	0.703	0.703
Glycine	g	0.155		0	0.044	0.081	0.081
Proline	g	0.471		0	0.134	0.245	0.245
Serine	g	0.291		0	0.082	0.151	0.151
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 doughnut stick
Measure 3: 1 long type (twist) doughnut (4-1/2" long)

NDB No. 18249 Doughnuts, cake-type, plain, chocolate-coated or frosted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 28g	Measure 3* 43g
Proximates:							
Water	g	14.40	0.802	3	4.08	4.03	6.19
Energy	kcal	474		0	134	133	204
Energy	kj	1983		0	562	555	853
Protein (N x 5.95)	g	5.00	0.045	2	1.42	1.40	2.15
Total lipid (fat)	g	31.00	0.608	3	8.79	8.68	13.33
Carbohydrate, by difference	g	48.00		0	13.61	13.44	20.64
Fiber, total dietary	g	2.0		0	0.6	0.6	0.9
Ash	g	1.50	0.000	2	0.43	0.42	0.65
Sugars, total	g						
Minerals:							
Calcium	mg	35	0.404	3	10	10	15
Iron	mg	2.46	0.593	3	0.70	0.69	1.06
Magnesium	mg	40	0.450	2	11	11	17
Phosphorus	mg	202	0.468	2	57	57	87
Potassium	mg	196		0	56	55	84
Sodium	mg	429	50.363	3	122	120	184
Zinc	mg	0.61	0.005	2	0.17	0.17	0.26
Copper	mg	0.215	0.005	2	0.061	0.060	0.092
Manganese	mg	0.395	0.005	2	0.112	0.111	0.170
Selenium	:g	5.9		0	1.7	1.7	2.5
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.1	0.1
Thiamin	mg	0.127	0.027	3	0.036	0.036	0.055
Riboflavin	mg	0.105	0.007	3	0.030	0.029	0.045
Niacin	mg	1.300	0.100	3	0.369	0.364	0.559
Pantothenic acid	mg	0.424		0	0.120	0.119	0.182
Vitamin B-6	mg	0.050		0	0.014	0.014	0.022
Folate	:g	29		0	8	8	12
Vitamin B-12	:g	0.24		0	0.07	0.07	0.10
Vitamin A	IU	36		0	10	10	15
Vitamin A, RE	:g	11		0	3	3	5
Vitamin D	IU						
Vitamin E, "-TE	mg	4.163		0	1.180	1.166	1.790
Lipids:							
Saturated, total	g	8.107		0	2.298	2.270	3.486
4:0	g	0.001		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	0.153		0	0.043	0.043	0.066
15.0	g						
16:0	g	4.216		0	1.195	1.180	1.813
17:0	g						
18:0	g	3.729		0	1.057	1.044	1.603
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	17.502	0	4.962	4.901	7.526
14:1	g					
16:1	g	0.037	0	0.010	0.010	0.016
18:1	g	17.459	0	4.950	4.889	7.507
20:1	g	0.004	0	0.001	0.001	0.002
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	3.786	0	1.073	1.060	1.628
18:2	g	3.568	0	1.012	0.999	1.534
18:3	g	0.184	0	0.052	0.052	0.079
18:4	g	0.002	0	0.001	0.001	0.001
20:4	g	0.022	0	0.006	0.006	0.009
20:5	g	0.005	0	0.001	0.001	0.002
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.006	0	0.002	0.002	0.003
Cholesterol	mg	61	0	17	17	26
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.067	0	0.019	0.019	0.029
Threonine	g	0.187	0	0.053	0.052	0.080
Isoleucine	g	0.217	0	0.062	0.061	0.093
Leucine	g	0.373	0	0.106	0.104	0.160
Lysine	g	0.259	0	0.073	0.073	0.111
Methionine	g	0.085	0	0.024	0.024	0.037
Cystine	g	0.085	0	0.024	0.024	0.037
Phenylalanine	g	0.234	0	0.066	0.066	0.101
Tyrosine	g	0.177	0	0.050	0.050	0.076
Valine	g	0.254	0	0.072	0.071	0.109
Arginine	g	0.255	0	0.072	0.071	0.110
Histidine	g	0.112	0	0.032	0.031	0.048
Alanine	g	0.194	0	0.055	0.054	0.083
Aspartic acid	g	0.380	0	0.108	0.106	0.163
Glutamic acid	g	1.142	0	0.324	0.320	0.491
Glycine	g	0.175	0	0.050	0.049	0.075
Proline	g	0.389	0	0.110	0.109	0.167
Serine	g	0.280	0	0.079	0.078	0.120
Other:						
Caffeine	mg	2	0	1	1	1
Theobromine	mg	68	0	19	19	29
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 doughnut (2" dia)
Measure 3: 1 medium doughnut (approx 3" dia)

NDB No. 18250 Doughnuts, cake-type, plain, sugared or glazed

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 45g	Measure 3*
Proximates:							
Water	g	19.60	0.398	21	5.56	8.82	
Energy	kcal	426		0	121	192	
Energy	kj	1782		0	505	802	
Protein (N x 5.95)	g	5.20	0.332	15	1.47	2.34	
Total lipid (fat)	g	22.90	0.905	20	6.49	10.30	
Carbohydrate, by difference	g	50.80		0	14.40	22.86	
Fiber, total dietary	g	1.5		0	0.4	0.7	
Ash	g	1.50	0.056	13	0.43	0.68	
Sugars, total	g						
Minerals:							
Calcium	mg	60	12.662	15	17	27	
Iron	mg	1.06	0.072	11	0.30	0.48	
Magnesium	mg	17	0.517	7	5	8	
Phosphorus	mg	117	19.229	6	33	53	
Potassium	mg	102	5.941	6	29	46	
Sodium	mg	402	22.793	19	114	181	
Zinc	mg	0.44	0.028	7	0.12	0.20	
Copper	mg	0.101	0.010	7	0.029	0.045	
Manganese	mg	0.334	0.016	3	0.095	0.150	
Selenium	：g	9.6		0	2.7	4.3	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.0	
Thiamin	mg	0.233	0.038	12	0.066	0.105	
Riboflavin	mg	0.198	0.032	13	0.056	0.089	
Niacin	mg	1.512	0.067	12	0.429	0.680	
Pantothenic acid	mg	0.435		0	0.123	0.196	
Vitamin B-6	mg	0.027		1	0.008	0.012	
Folate	：g	46		0	13	21	
Vitamin B-12	：g	0.24		0	0.07	0.11	
Vitamin A	IU	10	0.000	2	3	5	
Vitamin A, RE	：g	3		0	1	1	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.926		0	1.680	2.667	
4:0	g	0.001		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.001		0	0.000	0.000	
10:0	g	0.001		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.112		0	0.032	0.050	
15.0	g						
16:0	g	3.153		0	0.894	1.419	
17:0	g						
18:0	g	2.643		0	0.749	1.189	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.697		0	3.600	5.714
14:1	g					
16:1	g	0.057		0	0.016	0.026
18:1	g	12.632		0	3.581	5.684
20:1	g	0.005		0	0.001	0.002
22.1	g	0.001		0	0.000	0.000
Polyunsaturated, total	g	2.909		0	0.825	1.309
18:2	g	2.735		0	0.775	1.231
18:3	g	0.141		0	0.040	0.063
18:4	g					
20:4	g	0.026		0	0.007	0.012
20:5	g	0.001		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.007		0	0.002	0.003
Cholesterol	mg	32	4.623	15	9	14
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.069		0	0.020	0.031
Threonine	g	0.189		0	0.054	0.085
Isoleucine	g	0.231		0	0.065	0.104
Leucine	g	0.405		0	0.115	0.182
Lysine	g	0.256		0	0.073	0.115
Methionine	g	0.105		0	0.030	0.047
Cystine	g	0.100		0	0.028	0.045
Phenylalanine	g	0.244		0	0.069	0.110
Tyrosine	g	0.183		0	0.052	0.082
Valine	g	0.261		0	0.074	0.117
Arginine	g	0.238		0	0.067	0.107
Histidine	g	0.120		0	0.034	0.054
Alanine	g	0.189		0	0.054	0.085
Aspartic acid	g	0.316		0	0.090	0.142
Glutamic acid	g	1.392		0	0.395	0.626
Glycine	g	0.164		0	0.046	0.074
Proline	g	0.488		0	0.138	0.220
Serine	g	0.314		0	0.089	0.141
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 medium doughnut (approx 3" dia)

NDB No. 18251 Doughnuts, cake-type, chocolate, sugared or glazed

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 60g	Measure 3* 42g
Proximates:							
Water	g	16.30	0.048	2	4.62	9.78	6.85
Energy	kcal	417		0	118	250	175
Energy	kj	1745		0	495	1047	733
Protein (N x 5.95)	g	4.50	0.004	2	1.28	2.70	1.89
Total lipid (fat)	g	19.90	0.048	2	5.64	11.94	8.36
Carbohydrate, by difference	g	57.40		0	16.27	34.44	24.11
Fiber, total dietary	g	2.2		0	0.6	1.3	0.9
Ash	g	1.80	0.000	2	0.51	1.08	0.76
Sugars, total	g						
Minerals:							
Calcium	mg	213	0.000	2	60	128	89
Iron	mg	2.27	0.000	2	0.64	1.36	0.95
Magnesium	mg	34	0.000	2	10	20	14
Phosphorus	mg	162	0.999	2	46	97	68
Potassium	mg	106		0	30	64	45
Sodium	mg	340	1.490	2	96	204	143
Zinc	mg	0.57	0.001	2	0.16	0.34	0.24
Copper	mg	0.191	0.002	2	0.054	0.115	0.080
Manganese	mg	0.370	0.000	2	0.105	0.222	0.155
Selenium	:g	4.1		0	1.2	2.5	1.7
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.1	0.0
Thiamin	mg	0.045	0.005	2	0.013	0.027	0.019
Riboflavin	mg	0.070	0.000	2	0.020	0.042	0.029
Niacin	mg	0.470	0.010	2	0.133	0.282	0.197
Pantothenic acid	mg	0.342		0	0.097	0.205	0.144
Vitamin B-6	mg	0.027		0	0.008	0.016	0.011
Folate	:g	38		0	11	23	16
Vitamin B-12	:g	0.10		0	0.03	0.06	0.04
Vitamin A	IU	39		0	11	23	16
Vitamin A, RE	:g	11		0	3	7	5
Vitamin D	IU						
Vitamin E, "-TE	mg	2.688		0	0.762	1.613	1.129
Lipids:							
Saturated, total	g	5.132		0	1.455	3.079	2.155
4:0	g	0.001		0	0.000	0.001	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.001		0	0.000	0.001	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.099		0	0.028	0.059	0.042
15.0	g						
16:0	g	2.649		0	0.751	1.589	1.113
17:0	g						
18:0	g	2.376		0	0.674	1.426	0.998
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.278	0	3.197	6.767	4.737
14:1	g					
16:1	g	0.013	0	0.004	0.008	0.005
18:1	g	11.263	0	3.193	6.758	4.730
20:1	g	0.001	0	0.000	0.001	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.477	0	0.702	1.486	1.040
18:2	g	2.343	0	0.664	1.406	0.984
18:3	g	0.123	0	0.035	0.074	0.052
18:4	g	0.001	0	0.000	0.001	0.000
20:4	g	0.007	0	0.002	0.004	0.003
20:5	g	0.002	0	0.001	0.001	0.001
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.002	0	0.001	0.001	0.001
Cholesterol	mg	57	0	16	34	24
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.058	0	0.016	0.035	0.024
Threonine	g	0.170	0	0.048	0.102	0.071
Isoleucine	g	0.205	0	0.058	0.123	0.086
Leucine	g	0.339	0	0.096	0.203	0.142
Lysine	g	0.234	0	0.066	0.140	0.098
Methionine	g	0.096	0	0.027	0.058	0.040
Cystine	g	0.091	0	0.026	0.055	0.038
Phenylalanine	g	0.224	0	0.064	0.134	0.094
Tyrosine	g	0.156	0	0.044	0.094	0.066
Valine	g	0.234	0	0.066	0.140	0.098
Arginine	g	0.227	0	0.064	0.136	0.095
Histidine	g	0.100	0	0.028	0.060	0.042
Alanine	g	0.190	0	0.054	0.114	0.080
Aspartic acid	g	0.352	0	0.100	0.211	0.148
Glutamic acid	g	0.998	0	0.283	0.599	0.419
Glycine	g	0.159	0	0.045	0.095	0.067
Proline	g	0.327	0	0.093	0.196	0.137
Serine	g	0.263	0	0.075	0.158	0.110
Other:						
Caffeine	mg	1	0	0	1	0
Theobromine	mg	21	0	6	13	9
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 doughnut (3-3/4" dia)
Measure 3: 1 medium doughnut (approx 3" dia)

NDB No. 18252 Doughnuts, cake-type, wheat, sugared or glazed

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 28g	Measure 3* 45g
Proximates:							
Water	g	29.80		1	8.45	8.34	13.41
Energy	kcal	360		0	102	101	162
Energy	kj	1506		0	427	422	678
Protein (N x 5.95)	g	6.30		1	1.79	1.76	2.84
Total lipid (fat)	g	19.30		1	5.47	5.40	8.69
Carbohydrate, by difference	g	42.60		0	12.08	11.93	19.17
Fiber, total dietary	g	2.2		0	0.6	0.6	1.0
Ash	g	2.10		1	0.60	0.59	0.95
Sugars, total	g						
Minerals:							
Calcium	mg	49		1	14	14	22
Iron	mg	1.10		1	0.31	0.31	0.50
Magnesium	mg	22		1	6	6	10
Phosphorus	mg	104		1	29	29	47
Potassium	mg	148		1	42	41	67
Sodium	mg	355		1	101	99	160
Zinc	mg	0.68		1	0.19	0.19	0.31
Copper	mg	0.110		1	0.031	0.031	0.050
Manganese	mg	0.864		0	0.245	0.242	0.389
Selenium	:g	19.4		0	5.5	5.4	8.7
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.1	0.1
Thiamin	mg	0.220		1	0.062	0.062	0.099
Riboflavin	mg	0.243		1	0.069	0.068	0.109
Niacin	mg	1.852		1	0.525	0.519	0.833
Pantothenic acid	mg	0.439		0	0.124	0.123	0.198
Vitamin B-6	mg	0.097		0	0.027	0.027	0.044
Folate	:g	20		0	6	6	9
Vitamin B-12	:g	0.17		0	0.05	0.05	0.08
Vitamin A	IU	53		0	15	15	24
Vitamin A, RE	:g	15		0	4	4	7
Vitamin D	IU						
Vitamin E, "-TE	mg	3.610		0	1.023	1.011	1.624
Lipids:							
Saturated, total	g	3.023		0	0.857	0.846	1.360
4:0	g	0.001		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.004		0	0.001	0.001	0.002
10:0	g	0.001		0	0.000	0.000	0.000
12:0	g	0.001		0	0.000	0.000	0.000
14:0	g	0.023		0	0.007	0.006	0.010
15.0	g						
16:0	g	2.018		0	0.572	0.565	0.908
17:0	g						
18:0	g	0.968		0	0.274	0.271	0.436
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.101	0	2.297	2.268	3.645
14:1	g					
16:1	g	0.100	0	0.028	0.028	0.045
18:1	g	7.980	0	2.262	2.234	3.591
20:1	g	0.002	0	0.001	0.001	0.001
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	7.077	0	2.006	1.982	3.185
18:2	g	6.563	0	1.861	1.838	2.953
18:3	g	0.481	0	0.136	0.135	0.216
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.012	0	0.003	0.003	0.005
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	0.003	0	0.001	0.001	0.001
Cholesterol	mg	20	1	6	6	9
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.088	0	0.025	0.025	0.040
Threonine	g	0.218	0	0.062	0.061	0.098
Isoleucine	g	0.273	0	0.077	0.076	0.123
Leucine	g	0.478	0	0.136	0.134	0.215
Lysine	g	0.284	0	0.081	0.080	0.128
Methionine	g	0.114	0	0.032	0.032	0.051
Cystine	g	0.120	0	0.034	0.034	0.054
Phenylalanine	g	0.296	0	0.084	0.083	0.133
Tyrosine	g	0.214	0	0.061	0.060	0.096
Valine	g	0.311	0	0.088	0.087	0.140
Arginine	g	0.294	0	0.083	0.082	0.132
Histidine	g	0.148	0	0.042	0.041	0.067
Alanine	g	0.226	0	0.064	0.063	0.102
Aspartic acid	g	0.395	0	0.112	0.111	0.178
Glutamic acid	g	1.709	0	0.485	0.479	0.769
Glycine	g	0.215	0	0.061	0.060	0.097
Proline	g	0.598	0	0.170	0.167	0.269
Serine	g	0.340	0	0.096	0.095	0.153
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 doughnut (2" dia)
Measure 3: 1 medium doughnut (approx 3" dia)

NDB No. 18253 Doughnuts, french crullers, glazed

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 41g	Measure 3*
Proximates:							
Water	g	17.90		1	5.07	7.34	
Energy	kcal	412		0	117	169	
Energy	kj	1724		0	489	707	
Protein (N x 5.95)	g	3.10		1	0.88	1.27	
Total lipid (fat)	g	18.30		1	5.19	7.50	
Carbohydrate, by difference	g	59.50		0	16.87	24.39	
Fiber, total dietary	g	1.2		0	0.3	0.5	
Ash	g	1.10		1	0.31	0.45	
Sugars, total	g						
Minerals:							
Calcium	mg	26		1	7	11	
Iron	mg	2.42		0	0.69	0.99	
Magnesium	mg	12		1	3	5	
Phosphorus	mg	123		1	35	50	
Potassium	mg	78		1	22	32	
Sodium	mg	345		1	98	141	
Zinc	mg	0.26		1	0.07	0.11	
Copper	mg	0.070		1	0.020	0.029	
Manganese	mg	0.215		0	0.061	0.088	
Selenium	:g	2.2		0	0.6	0.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.181		1	0.051	0.074	
Riboflavin	mg	0.230		1	0.065	0.094	
Niacin	mg	2.130		0	0.604	0.873	
Pantothenic acid	mg	0.216		0	0.061	0.089	
Vitamin B-6	mg	0.020		0	0.006	0.008	
Folate	:g	35		0	10	14	
Vitamin B-12	:g	0.05		0	0.01	0.02	
Vitamin A	IU	18		0	5	7	
Vitamin A, RE	:g	3		0	1	1	
Vitamin D	IU						
Vitamin E, "-TE	mg	2.483		0	0.704	1.018	
Lipids:							
Saturated, total	g	4.667		0	1.323	1.913	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.091		0	0.026	0.037	
15.0	g						
16:0	g	2.395		0	0.679	0.982	
17:0	g						
18:0	g	2.176		0	0.617	0.892	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.446	0	2.961	4.283
14:1	g				
16:1	g	0.006	0	0.002	0.002
18:1	g	10.440	0	2.960	4.280
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.285	0	0.648	0.937
18:2	g	2.167	0	0.614	0.888
18:3	g	0.115	0	0.033	0.047
18:4	g	0.000	0	0.000	0.000
20:4	g	0.002	0	0.001	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.001	0	0.000	0.000
Cholesterol	mg	11	1	3	5
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.045	0	0.013	0.018
Threonine	g	0.106	0	0.030	0.043
Isoleucine	g	0.132	0	0.037	0.054
Leucine	g	0.232	0	0.066	0.095
Lysine	g	0.146	0	0.041	0.060
Methionine	g	0.055	0	0.016	0.023
Cystine	g	0.060	0	0.017	0.025
Phenylalanine	g	0.147	0	0.042	0.060
Tyrosine	g	0.101	0	0.029	0.041
Valine	g	0.149	0	0.042	0.061
Arginine	g	0.137	0	0.039	0.056
Histidine	g	0.068	0	0.019	0.028
Alanine	g	0.107	0	0.030	0.044
Aspartic acid	g	0.189	0	0.054	0.077
Glutamic acid	g	0.891	0	0.253	0.365
Glycine	g	0.105	0	0.030	0.043
Proline	g	0.305	0	0.086	0.125
Serine	g	0.171	0	0.048	0.070
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 cruller (3" dia)

NDB No. 18254 Doughnuts, yeast-leavened, with creme filling

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	38.20	5.075	2	10.83	32.47	
Energy	kcal	361		0	102	307	
Energy	kj	1510		0	428	1284	
Protein (N x 5.95)	g	6.40	0.284	2	1.81	5.44	
Total lipid (fat)	g	24.50	0.285	2	6.95	20.82	
Carbohydrate, by difference	g	30.00		0	8.51	25.50	
Fiber, total dietary	g	0.8		0	0.2	0.7	
Ash	g	0.80	0.045	2	0.23	0.68	
Sugars, total	g						
Minerals:							
Calcium	mg	25	4.200	2	7	21	
Iron	mg	1.83	0.000	2	0.52	1.56	
Magnesium	mg	20	0.750	2	6	17	
Phosphorus	mg	76	5.650	2	22	65	
Potassium	mg	80	6.350	2	23	68	
Sodium	mg	309	8.500	2	88	263	
Zinc	mg	0.80	0.021	2	0.23	0.68	
Copper	mg	0.113	0.000	2	0.032	0.096	
Manganese	mg	0.225		0	0.064	0.191	
Selenium	‡g	10.8		0	3.1	9.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.338	0.000	2	0.096	0.287	
Riboflavin	mg	0.148	0.007	2	0.042	0.126	
Niacin	mg	2.242	0.014	2	0.636	1.906	
Pantothenic acid	mg	0.662		0	0.188	0.563	
Vitamin B-6	mg	0.068		0	0.019	0.058	
Folate	‡g	64		0	18	54	
Vitamin B-12	‡g	0.14		0	0.04	0.12	
Vitamin A	IU	65		0	18	55	
Vitamin A, RE	‡g	19		0	5	16	
Vitamin D	IU						
Vitamin E, "-TE	mg	2.764		0	0.784	2.349	
Lipids:							
Saturated, total	g	5.430		0	1.539	4.615	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.103		0	0.029	0.088	
15.0	g						
16:0	g	2.867		0	0.813	2.437	
17:0	g						
18:0	g	2.452		0	0.695	2.084	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.080		0	3.425	10.268
14:1	g					
16:1	g	0.073		0	0.021	0.062
18:1	g	12.008		0	3.404	10.207
20:1	g	0.002		0	0.001	0.002
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.082		0	0.874	2.620
18:2	g	2.900		0	0.822	2.465
18:3	g	0.162		0	0.046	0.138
18:4	g	0.000		0	0.000	0.000
20:4	g	0.012		0	0.003	0.010
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	0.001	0.003
Cholesterol	mg	24	1.000	2	7	20
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.078		0	0.022	0.066
Threonine	g	0.214		0	0.061	0.182
Isoleucine	g	0.271		0	0.077	0.230
Leucine	g	0.479		0	0.136	0.407
Lysine	g	0.241		0	0.068	0.205
Methionine	g	0.118		0	0.033	0.100
Cystine	g	0.127		0	0.036	0.108
Phenylalanine	g	0.311		0	0.088	0.264
Tyrosine	g	0.204		0	0.058	0.173
Valine	g	0.301		0	0.085	0.256
Arginine	g	0.270		0	0.077	0.230
Histidine	g	0.147		0	0.042	0.125
Alanine	g	0.236		0	0.067	0.201
Aspartic acid	g	0.382		0	0.108	0.325
Glutamic acid	g	1.865		0	0.529	1.585
Glycine	g	0.223		0	0.063	0.190
Proline	g	0.632		0	0.179	0.537
Serine	g	0.329		0	0.093	0.280
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 doughnut (3-1/2" x 2-1/2" oval)

NDB No. 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 13g	Measure 3* 56g
Proximates:							
Water	g	25.40	0.945	23	7.20	3.30	14.22
Energy	kcal	403		0	114	52	226
Energy	kj	1686		0	478	219	944
Protein (N x 5.95)	g	6.40	0.287	20	1.81	0.83	3.58
Total lipid (fat)	g	22.80	0.973	20	6.46	2.96	12.77
Carbohydrate, by difference	g	44.30		0	12.56	5.76	24.81
Fiber, total dietary	g	1.2		0	0.3	0.2	0.7
Ash	g	1.10	0.083	19	0.31	0.14	0.62
Sugars, total	g						
Minerals:							
Calcium	mg	43	9.647	13	12	6	24
Iron	mg	2.04	0.220	11	0.58	0.27	1.14
Magnesium	mg	22	0.749	7	6	3	12
Phosphorus	mg	93	2.900	7	26	12	52
Potassium	mg	108	6.546	7	31	14	60
Sodium	mg	342	30.988	14	97	44	192
Zinc	mg	0.77	0.146	6	0.22	0.10	0.43
Copper	mg	0.169	0.032	6	0.048	0.022	0.095
Manganese	mg	0.263	0.004	3	0.075	0.034	0.147
Selenium	:g	19.8	2.558	5	5.6	2.6	11.1
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.0	0.1
Thiamin	mg	0.364	0.032	10	0.103	0.047	0.204
Riboflavin	mg	0.215	0.020	10	0.061	0.028	0.120
Niacin	mg	2.852	0.216	10	0.809	0.371	1.597
Pantothenic acid	mg	0.473	0.029	12	0.134	0.061	0.265
Vitamin B-6	mg	0.057	0.005	2	0.016	0.007	0.032
Folate	:g	43		0	12	6	24
Vitamin B-12	:g	0.09		0	0.03	0.01	0.05
Vitamin A	IU	14		0	4	2	8
Vitamin A, RE	:g	4		0	1	1	2
Vitamin D	IU						
Vitamin E, "-TE	mg	3.057		0	0.867	0.397	1.712
Lipids:							
Saturated, total	g	5.813		0	1.648	0.756	3.255
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	0.112		0	0.032	0.015	0.063
15.0	g						
16:0	g	3.018		0	0.856	0.392	1.690
17:0	g						
18:0	g	2.676		0	0.759	0.348	1.499
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.865		0	3.647	1.672	7.204
14:1	g						
16:1	g	0.021		0	0.006	0.003	0.012
18:1	g	12.841		0	3.640	1.669	7.191
20:1	g	0.001		0	0.000	0.000	0.001
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	2.902		0	0.823	0.377	1.625
18:2	g	2.744		0	0.778	0.357	1.537
18:3	g	0.145		0	0.041	0.019	0.081
18:4	g	0.001		0	0.000	0.000	0.001
20:4	g	0.008		0	0.002	0.001	0.004
20:5	g	0.002		0	0.001	0.000	0.001
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.002		0	0.001	0.000	0.001
Cholesterol	mg	6	2.381	8	2	1	3
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.077		0	0.022	0.010	0.043
Threonine	g	0.213		0	0.060	0.028	0.119
Isoleucine	g	0.266		0	0.075	0.035	0.149
Leucine	g	0.468		0	0.133	0.061	0.262
Lysine	g	0.231		0	0.065	0.030	0.129
Methionine	g	0.114		0	0.032	0.015	0.064
Cystine	g	0.130		0	0.037	0.017	0.073
Phenylalanine	g	0.310		0	0.088	0.040	0.174
Tyrosine	g	0.200		0	0.057	0.026	0.112
Valine	g	0.295		0	0.084	0.038	0.165
Arginine	g	0.271		0	0.077	0.035	0.152
Histidine	g	0.144		0	0.041	0.019	0.081
Alanine	g	0.235		0	0.067	0.031	0.132
Aspartic acid	g	0.380		0	0.108	0.049	0.213
Glutamic acid	g	1.873		0	0.531	0.243	1.049
Glycine	g	0.227		0	0.064	0.030	0.127
Proline	g	0.626		0	0.177	0.081	0.351
Serine	g	0.330		0	0.094	0.043	0.185
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 doughnut hole
Measure 3: 1 doughnut stick

NDB No. 18256 Doughnuts, yeast-leavened, with jelly filling

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	35.60	1.495	2	10.09	30.26	
Energy	kcal	340		0	96	289	
Energy	kj	1423		0	403	1210	
Protein (N x 5.95)	g	5.90	0.137	2	1.67	5.02	
Total lipid (fat)	g	18.70	0.069	2	5.30	15.89	
Carbohydrate, by difference	g	39.00		0	11.06	33.15	
Fiber, total dietary	g	0.9		0	0.2	0.7	
Ash	g	0.80	0.021	2	0.23	0.68	
Sugars, total	g						
Minerals:							
Calcium	mg	25	2.070	2	7	21	
Iron	mg	1.76	0.136	2	0.50	1.50	
Magnesium	mg	20	0.650	2	6	17	
Phosphorus	mg	85	10.200	2	24	72	
Potassium	mg	79	4.730	2	22	67	
Sodium	mg	293	7.500	2	83	249	
Zinc	mg	0.75	0.007	2	0.21	0.64	
Copper	mg	0.136	0.000	2	0.039	0.116	
Manganese	mg	0.205		0	0.058	0.174	
Selenium	:g	12.5		0	3.5	10.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.312	0.000	2	0.088	0.265	
Riboflavin	mg	0.142	0.006	2	0.040	0.121	
Niacin	mg	2.137	0.007	2	0.606	1.816	
Pantothenic acid	mg	0.876		0	0.248	0.745	
Vitamin B-6	mg	0.100		0	0.028	0.085	
Folate	:g	62		0	18	53	
Vitamin B-12	:g	0.22		0	0.06	0.19	
Vitamin A	IU	54		0	15	46	
Vitamin A, RE	:g	16		0	5	14	
Vitamin D	IU						
Vitamin E, "-TE	mg	2.455		0	0.696	2.087	
Lipids:							
Saturated, total	g	4.843		0	1.373	4.117	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.087		0	0.025	0.074	
15.0	g						
16:0	g	2.637		0	0.748	2.241	
17:0	g						
18:0	g	2.111		0	0.598	1.794	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.226		0	2.899	8.692
14:1	g					
16:1	g	0.110		0	0.031	0.094
18:1	g	10.107		0	2.865	8.591
20:1	g	0.006		0	0.002	0.005
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.377		0	0.674	2.020
18:2	g	2.214		0	0.628	1.882
18:3	g	0.110		0	0.031	0.094
18:4	g	0.003		0	0.001	0.003
20:4	g	0.033		0	0.009	0.028
20:5	g	0.008		0	0.002	0.007
22:5	g	0.000		0	0.000	0.000
22:6	g	0.010		0	0.003	0.009
Cholesterol	mg	26	0.000	2	7	22
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.070		0	0.020	0.060
Threonine	g	0.194		0	0.055	0.165
Isoleucine	g	0.244		0	0.069	0.207
Leucine	g	0.431		0	0.122	0.366
Lysine	g	0.209		0	0.059	0.178
Methionine	g	0.105		0	0.030	0.089
Cystine	g	0.118		0	0.033	0.100
Phenylalanine	g	0.284		0	0.081	0.241
Tyrosine	g	0.183		0	0.052	0.156
Valine	g	0.269		0	0.076	0.229
Arginine	g	0.249		0	0.071	0.212
Histidine	g	0.132		0	0.037	0.112
Alanine	g	0.219		0	0.062	0.186
Aspartic acid	g	0.346		0	0.098	0.294
Glutamic acid	g	1.733		0	0.491	1.473
Glycine	g	0.213		0	0.060	0.181
Proline	g	0.583		0	0.165	0.496
Serine	g	0.304		0	0.086	0.258
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 doughnut (3-1/2" x 2-1/2" oval)

NDB No. 18257 Eclairs, custard-filled with chocolate glaze, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 112g	Measure 3* 100g
Proximates:							
Water	g	52.40		0	14.86	58.69	52.40
Energy	kcal	262		0	74	293	262
Energy	kj	1096		0	311	1228	1096
Protein (N x 5.95)	g	6.40		0	1.81	7.17	6.40
Total lipid (fat)	g	15.70		0	4.45	17.58	15.70
Carbohydrate, by difference	g	24.20		0	6.86	27.10	24.20
Fiber, total dietary	g	0.6		0	0.2	0.7	0.6
Ash	g	1.30		0	0.37	1.46	1.30
Sugars, total	g						
Minerals:							
Calcium	mg	63		0	18	71	63
Iron	mg	1.18		0	0.33	1.32	1.18
Magnesium	mg	15		0	4	17	15
Phosphorus	mg	107		0	30	120	107
Potassium	mg	117		0	33	131	117
Sodium	mg	337		0	96	377	337
Zinc	mg	0.61		0	0.17	0.68	0.61
Copper	mg	0.058		0	0.016	0.065	0.058
Manganese	mg	0.128		0	0.036	0.143	0.128
Selenium	:g	15.6		0	4.4	17.5	15.6
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	0.3	0.3
Thiamin	mg	0.115		0	0.033	0.129	0.115
Riboflavin	mg	0.266		0	0.075	0.298	0.266
Niacin	mg	0.799		0	0.227	0.895	0.799
Pantothenic acid	mg	0.489		0	0.139	0.548	0.489
Vitamin B-6	mg	0.059		0	0.017	0.066	0.059
Folate	:g	28		0	8	31	28
Vitamin B-12	:g	0.34		0	0.10	0.38	0.34
Vitamin A	IU	718		0	204	804	718
Vitamin A, RE	:g	191		0	54	214	191
Vitamin D	IU						
Vitamin E, "-TE	mg	2.097		0	0.594	2.349	2.097
Lipids:							
Saturated, total	g	4.119		0	1.168	4.613	4.119
4:0	g	0.037		0	0.010	0.041	0.037
6.0	g	0.022		0	0.006	0.025	0.022
8:0	g	0.013		0	0.004	0.015	0.013
10:0	g	0.029		0	0.008	0.032	0.029
12:0	g	0.033		0	0.009	0.037	0.033
14:0	g	0.152		0	0.043	0.170	0.152
15.0	g						
16:0	g	2.445		0	0.693	2.738	2.445
17:0	g						
18:0	g	1.358		0	0.385	1.521	1.358
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.484	0	1.838	7.262	6.484
14:1	g					
16:1	g	0.112	0	0.032	0.125	0.112
18:1	g	6.353	0	1.801	7.115	6.353
20:1	g	0.008	0	0.002	0.009	0.008
22.1	g	0.001	0	0.000	0.001	0.001
Polyunsaturated, total	g	3.948	0	1.119	4.422	3.948
18:2	g	3.717	0	1.054	4.163	3.717
18:3	g	0.178	0	0.050	0.199	0.178
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.041	0	0.012	0.046	0.041
20:5	g	0.001	0	0.000	0.001	0.001
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.011	0	0.003	0.012	0.011
Cholesterol	mg	127	0	36	142	127
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.080	0	0.023	0.090	0.080
Threonine	g	0.271	0	0.077	0.304	0.271
Isoleucine	g	0.324	0	0.092	0.363	0.324
Leucine	g	0.532	0	0.151	0.596	0.532
Lysine	g	0.392	0	0.111	0.439	0.392
Methionine	g	0.169	0	0.048	0.189	0.169
Cystine	g	0.127	0	0.036	0.142	0.127
Phenylalanine	g	0.328	0	0.093	0.367	0.328
Tyrosine	g	0.253	0	0.072	0.283	0.253
Valine	g	0.365	0	0.103	0.409	0.365
Arginine	g	0.325	0	0.092	0.364	0.325
Histidine	g	0.152	0	0.043	0.170	0.152
Alanine	g	0.294	0	0.083	0.329	0.294
Aspartic acid	g	0.527	0	0.149	0.590	0.527
Glutamic acid	g	1.223	0	0.347	1.370	1.223
Glycine	g	0.204	0	0.058	0.228	0.204
Proline	g	0.431	0	0.122	0.483	0.431
Serine	g	0.411	0	0.117	0.460	0.411
Other:						
Caffeine	mg	2	0	1	2	2
Theobromine	mg	14	0	4	16	14
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cream puff (3-1/2" x 2")
Measure 3: 1 eclair (5" x 2" x 1-3/4")

NDB No. 18258 English muffins, plain, enriched, with ca prop (includes sourdough)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	42.10	0.221	140	11.94	24.00	
Energy	kcal	235		0	67	134	
Energy	kj	983		0	279	560	
Protein (N x 5.95)	g	7.70	0.039	142	2.18	4.39	
Total lipid (fat)	g	1.80	0.031	141	0.51	1.03	
Carbohydrate, by difference	g	46.00		0	13.04	26.22	
Fiber, total dietary	g	2.7		0	0.8	1.5	
Ash	g	2.20	0.107	37	0.62	1.25	
Sugars, total	g						
Minerals:							
Calcium	mg	174	10.921	28	49	99	
Iron	mg	2.50	0.098	42	0.71	1.43	
Magnesium	mg	21	0.921	16	6	12	
Phosphorus	mg	133	16.347	11	38	76	
Potassium	mg	131	10.979	14	37	75	
Sodium	mg	464	21.312	20	132	264	
Zinc	mg	0.70	0.038	28	0.20	0.40	
Copper	mg	0.129	0.016	11	0.037	0.074	
Manganese	mg	0.357	0.031	10	0.101	0.203	
Selenium	:g	20.1	1.023	13	5.7	11.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.442	0.006	129	0.125	0.252	
Riboflavin	mg	0.281	0.013	33	0.080	0.160	
Niacin	mg	3.884	0.125	33	1.101	2.214	
Pantothenic acid	mg	0.446	0.041	9	0.126	0.254	
Vitamin B-6	mg	0.043	0.004	4	0.012	0.025	
Folate	:g	81		0	23	46	
Vitamin B-12	:g	0.04		0	0.01	0.02	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.170		0	0.048	0.097	
Lipids:							
Saturated, total	g	0.259		0	0.073	0.148	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.002		0	0.001	0.001	
15.0	g						
16:0	g	0.212		0	0.060	0.121	
17:0	g						
18:0	g	0.041		0	0.012	0.023	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.302		0	0.086	0.172
14:1	g					
16:1	g	0.027		0	0.008	0.015
18:1	g	0.274		0	0.078	0.156
20:1	g	0.002		0	0.001	0.001
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.888		0	0.252	0.506
18:2	g	0.813		0	0.230	0.463
18:3	g	0.075		0	0.021	0.043
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	0	0.015	4	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.092		0	0.026	0.052
Threonine	g	0.242		0	0.069	0.138
Isoleucine	g	0.315		0	0.089	0.180
Leucine	g	0.553		0	0.157	0.315
Lysine	g	0.241		0	0.068	0.137
Methionine	g	0.139		0	0.039	0.079
Cystine	g	0.160		0	0.045	0.091
Phenylalanine	g	0.379		0	0.107	0.216
Tyrosine	g	0.233		0	0.066	0.133
Valine	g	0.353		0	0.100	0.201
Arginine	g	0.295		0	0.084	0.168
Histidine	g	0.170		0	0.048	0.097
Alanine	g	0.281		0	0.080	0.160
Aspartic acid	g	0.398		0	0.113	0.227
Glutamic acid	g	2.419		0	0.686	1.379
Glycine	g	0.280		0	0.079	0.160
Proline	g	0.809		0	0.229	0.461
Serine	g	0.376		0	0.107	0.214
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 muffin

NDB No. 18259 English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 52g	Measure 3*
Proximates:							
Water	g	37.10		0	10.52	19.29	
Energy	kcal	255		0	72	133	
Energy	kj	1067		0	302	555	
Protein (N x 5.95)	g	8.40		0	2.38	4.37	
Total lipid (fat)	g	2.00		0	0.57	1.04	
Carbohydrate, by difference	g	50.00		0	14.18	26.00	
Fiber, total dietary	g	2.9		0	0.8	1.5	
Ash	g	2.40		0	0.68	1.25	
Sugars, total	g						
Minerals:							
Calcium	mg	189		0	54	98	
Iron	mg	2.72		0	0.77	1.41	
Magnesium	mg	22		0	6	11	
Phosphorus	mg	145		0	41	75	
Potassium	mg	143		0	41	74	
Sodium	mg	504		0	143	262	
Zinc	mg	0.76		0	0.22	0.40	
Copper	mg	0.140		0	0.040	0.073	
Manganese	mg	0.388		0	0.110	0.202	
Selenium	:g	27.0	5.745	3	7.7	14.0	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.1	
Thiamin	mg	0.384		0	0.109	0.200	
Riboflavin	mg	0.275		0	0.078	0.143	
Niacin	mg	3.799		0	1.077	1.975	
Pantothenic acid	mg	0.315		0	0.089	0.164	
Vitamin B-6	mg	0.042		0	0.012	0.022	
Folate	:g	74		0	21	38	
Vitamin B-12	:g	0.04		0	0.01	0.02	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.185		0	0.052	0.096	
Lipids:							
Saturated, total	g	0.281		0	0.080	0.146	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.002		0	0.001	0.001	
15.0	g						
16:0	g	0.230		0	0.065	0.120	
17:0	g						
18:0	g	0.045		0	0.013	0.023	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.329	0	0.093	0.171
14:1	g				
16:1	g	0.030	0	0.009	0.016
18:1	g	0.297	0	0.084	0.154
20:1	g	0.002	0	0.001	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.965	0	0.274	0.502
18:2	g	0.883	0	0.250	0.459
18:3	g	0.082	0	0.023	0.043
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.100	0	0.028	0.052
Threonine	g	0.263	0	0.075	0.137
Isoleucine	g	0.342	0	0.097	0.178
Leucine	g	0.601	0	0.170	0.313
Lysine	g	0.262	0	0.074	0.136
Methionine	g	0.151	0	0.043	0.079
Cystine	g	0.173	0	0.049	0.090
Phenylalanine	g	0.412	0	0.117	0.214
Tyrosine	g	0.253	0	0.072	0.132
Valine	g	0.384	0	0.109	0.200
Arginine	g	0.320	0	0.091	0.166
Histidine	g	0.185	0	0.052	0.096
Alanine	g	0.306	0	0.087	0.159
Aspartic acid	g	0.432	0	0.122	0.225
Glutamic acid	g	2.630	0	0.746	1.368
Glycine	g	0.304	0	0.086	0.158
Proline	g	0.879	0	0.249	0.457
Serine	g	0.409	0	0.116	0.213
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 muffin

NDB No. 18260 English muffins, mixed-grain (includes granola)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 66g	Measure 3*
Proximates:							
Water	g	40.20	1.788	2	11.40	26.53	
Energy	kcal	235		0	67	155	
Energy	kj	983		0	279	649	
Protein (N x 5.95)	g	9.10	0.261	10	2.58	6.01	
Total lipid (fat)	g	1.80	0.376	9	0.51	1.19	
Carbohydrate, by difference	g	46.30		0	13.13	30.56	
Fiber, total dietary	g	2.8		0	0.8	1.8	
Ash	g	2.50	0.218	6	0.71	1.65	
Sugars, total	g						
Minerals:							
Calcium	mg	196	18.699	10	56	129	
Iron	mg	3.02	0.221	10	0.86	1.99	
Magnesium	mg	41		0	12	27	
Phosphorus	mg	81		0	23	53	
Potassium	mg	156	23.400	2	44	103	
Sodium	mg	416	59.658	4	118	275	
Zinc	mg	1.39		0	0.39	0.92	
Copper	mg	0.243		0	0.069	0.160	
Manganese	mg	0.604		0	0.171	0.399	
Selenium	:g	25.5		0	7.2	16.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.430	0.038	3	0.122	0.284	
Riboflavin	mg	0.313	0.018	3	0.089	0.207	
Niacin	mg	3.583	0.508	3	1.016	2.365	
Pantothenic acid	mg	0.408		0	0.116	0.269	
Vitamin B-6	mg	0.038		0	0.011	0.025	
Folate	:g	80		0	23	53	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.272		0	0.077	0.180	
Lipids:							
Saturated, total	g	0.230		0	0.065	0.152	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.005		0	0.001	0.003	
15.0	g						
16:0	g	0.172		0	0.049	0.114	
17:0	g						
18:0	g	0.048		0	0.014	0.032	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.827		0	0.234	0.546
14:1	g					
16:1	g	0.014		0	0.004	0.009
18:1	g	0.813		0	0.230	0.537
20:1	g	0.001		0	0.000	0.001
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.559		0	0.158	0.369
18:2	g	0.531		0	0.151	0.350
18:3	g	0.029		0	0.008	0.019
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	0	0.000	4	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.118		0	0.033	0.078
Threonine	g	0.279		0	0.079	0.184
Isoleucine	g	0.361		0	0.102	0.238
Leucine	g	0.649		0	0.184	0.428
Lysine	g	0.291		0	0.082	0.192
Methionine	g	0.158		0	0.045	0.104
Cystine	g	0.199		0	0.056	0.131
Phenylalanine	g	0.449		0	0.127	0.296
Tyrosine	g	0.280		0	0.079	0.185
Valine	g	0.422		0	0.120	0.279
Arginine	g	0.441		0	0.125	0.291
Histidine	g	0.202		0	0.057	0.133
Alanine	g	0.353		0	0.100	0.233
Aspartic acid	g	0.549		0	0.156	0.362
Glutamic acid	g	2.671		0	0.757	1.763
Glycine	g	0.368		0	0.104	0.243
Proline	g	0.850		0	0.241	0.561
Serine	g	0.435		0	0.123	0.287
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 muffin

NDB No. 18261 English muffins, mixed-grain, toasted (includes granola)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 61g	Measure 3*
Proximates:							
Water	g	35.00		0	9.92	21.35	
Energy	kcal	255		0	72	156	
Energy	kj	1067		0	302	651	
Protein (N x 5.95)	g	9.90		0	2.81	6.04	
Total lipid (fat)	g	1.90		0	0.54	1.16	
Carbohydrate, by difference	g	50.30		0	14.26	30.68	
Fiber, total dietary	g	3.0		0	0.9	1.9	
Ash	g	2.70		0	0.77	1.65	
Sugars, total	g						
Minerals:							
Calcium	mg	213		0	60	130	
Iron	mg	3.29		0	0.93	2.01	
Magnesium	mg	48		0	14	29	
Phosphorus	mg	162		0	46	99	
Potassium	mg	169		0	48	103	
Sodium	mg	453		0	128	276	
Zinc	mg	1.05		0	0.30	0.64	
Copper	mg	0.254		0	0.072	0.155	
Manganese	mg	0.823		0	0.233	0.502	
Selenium	:g	27.7		0	7.9	16.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.374		0	0.106	0.228	
Riboflavin	mg	0.307		0	0.087	0.187	
Niacin	mg	3.505		0	0.994	2.138	
Pantothenic acid	mg	0.325		0	0.092	0.198	
Vitamin B-6	mg	0.103		0	0.029	0.063	
Folate	:g	67		0	19	41	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	6		0	2	4	
Vitamin A, RE	:g	1		0	0	1	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.245		0	0.353	0.759	
Lipids:							
Saturated, total	g	0.250		0	0.071	0.153	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.006		0	0.002	0.004	
15.0	g						
16:0	g	0.187		0	0.053	0.114	
17:0	g						
18:0	g	0.052		0	0.015	0.032	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.899	0	0.255	0.548
14:1	g				
16:1	g	0.015	0	0.004	0.009
18:1	g	0.884	0	0.251	0.539
20:1	g	0.001	0	0.000	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.608	0	0.172	0.371
18:2	g	0.577	0	0.164	0.352
18:3	g	0.031	0	0.009	0.019
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.128	0	0.036	0.078
Threonine	g	0.303	0	0.086	0.185
Isoleucine	g	0.393	0	0.111	0.240
Leucine	g	0.706	0	0.200	0.431
Lysine	g	0.317	0	0.090	0.193
Methionine	g	0.171	0	0.048	0.104
Cystine	g	0.216	0	0.061	0.132
Phenylalanine	g	0.488	0	0.138	0.298
Tyrosine	g	0.305	0	0.086	0.186
Valine	g	0.458	0	0.130	0.279
Arginine	g	0.479	0	0.136	0.292
Histidine	g	0.220	0	0.062	0.134
Alanine	g	0.384	0	0.109	0.234
Aspartic acid	g	0.597	0	0.169	0.364
Glutamic acid	g	2.903	0	0.823	1.771
Glycine	g	0.400	0	0.113	0.244
Proline	g	0.924	0	0.262	0.564
Serine	g	0.472	0	0.134	0.288
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 muffin

NDB No. 18262 English muffins, raisin-cinnamon (includes apple-cinnamon)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	38.60	0.783	9	10.94	22.00	
Energy	kcal	243		0	69	139	
Energy	kj	1017		0	288	580	
Protein (N x 5.95)	g	7.50	0.112	24	2.13	4.28	
Total lipid (fat)	g	2.70	0.112	25	0.77	1.54	
Carbohydrate, by difference	g	48.70		0	13.81	27.76	
Fiber, total dietary	g	2.9		0	0.8	1.7	
Ash	g	2.30	0.141	5	0.65	1.31	
Sugars, total	g						
Minerals:							
Calcium	mg	147	21.598	7	42	84	
Iron	mg	2.42	0.076	24	0.69	1.38	
Magnesium	mg	15		1	4	9	
Phosphorus	mg	69		0	20	39	
Potassium	mg	208	21.000	2	59	119	
Sodium	mg	447	55.373	8	127	255	
Zinc	mg	1.00		1	0.28	0.57	
Copper	mg	0.109		0	0.031	0.062	
Manganese	mg	0.342		0	0.097	0.195	
Selenium	:g	16.0		0	4.5	9.1	
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	0.2	
Thiamin	mg	0.380	0.016	24	0.108	0.217	
Riboflavin	mg	0.293	0.006	24	0.083	0.167	
Niacin	mg	3.553	0.085	24	1.007	2.025	
Pantothenic acid	mg	0.527		0	0.149	0.300	
Vitamin B-6	mg	0.064		0	0.018	0.036	
Folate	:g	81		0	23	46	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	1		0	0	1	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.409		0	0.116	0.233	
Lipids:							
Saturated, total	g	0.394		0	0.112	0.225	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.003		0	0.001	0.002	
15.0	g						
16:0	g	0.309		0	0.088	0.176	
17:0	g						
18:0	g	0.078		0	0.022	0.044	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.508		0	0.144	0.290
14:1	g					
16:1	g	0.028		0	0.008	0.016
18:1	g	0.477		0	0.135	0.272
20:1	g	0.003		0	0.001	0.002
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.374		0	0.390	0.783
18:2	g	1.234		0	0.350	0.703
18:3	g	0.140		0	0.040	0.080
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	0	0.000	2	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.085		0	0.024	0.048
Threonine	g	0.236		0	0.067	0.135
Isoleucine	g	0.295		0	0.084	0.168
Leucine	g	0.519		0	0.147	0.296
Lysine	g	0.234		0	0.066	0.133
Methionine	g	0.143		0	0.041	0.082
Cystine	g	0.155		0	0.044	0.088
Phenylalanine	g	0.360		0	0.102	0.205
Tyrosine	g	0.221		0	0.063	0.126
Valine	g	0.337		0	0.096	0.192
Arginine	g	0.307		0	0.087	0.175
Histidine	g	0.173		0	0.049	0.099
Alanine	g	0.285		0	0.081	0.162
Aspartic acid	g	0.423		0	0.120	0.241
Glutamic acid	g	2.312		0	0.655	1.318
Glycine	g	0.277		0	0.079	0.158
Proline	g	0.752		0	0.213	0.429
Serine	g	0.368		0	0.104	0.210
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 muffin

NDB No. 18263 English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 52g	Measure 3*
Proximates:							
Water	g	33.30		0	9.44	17.32	
Energy	kcal	264		0	75	137	
Energy	kj	1105		0	313	575	
Protein (N x 5.95)	g	8.20		0	2.32	4.26	
Total lipid (fat)	g	2.90		0	0.82	1.51	
Carbohydrate, by difference	g	53.00		0	15.03	27.56	
Fiber, total dietary	g	3.1		0	0.9	1.6	
Ash	g	2.50		0	0.71	1.30	
Sugars, total	g						
Minerals:							
Calcium	mg	159		0	45	83	
Iron	mg	2.63		0	0.75	1.37	
Magnesium	mg	17		0	5	9	
Phosphorus	mg	84		0	24	44	
Potassium	mg	226		0	64	118	
Sodium	mg	486		0	138	253	
Zinc	mg	1.09		0	0.31	0.57	
Copper	mg	0.147		0	0.042	0.076	
Manganese	mg	0.531		0	0.151	0.276	
Selenium	:g	17.4		0	4.9	9.0	
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	0.2	
Thiamin	mg	0.330		0	0.094	0.172	
Riboflavin	mg	0.287		0	0.081	0.149	
Niacin	mg	3.476		0	0.985	1.808	
Pantothenic acid	mg	0.173		0	0.049	0.090	
Vitamin B-6	mg	0.078		0	0.022	0.041	
Folate	:g	69		0	20	36	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	2		0	1	1	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.192		0	0.054	0.100	
Lipids:							
Saturated, total	g	0.428		0	0.121	0.223	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.004		0	0.001	0.002	
15.0	g						
16:0	g	0.336		0	0.095	0.175	
17:0	g						
18:0	g	0.085		0	0.024	0.044	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.552	0	0.156	0.287
14:1	g				
16:1	g	0.031	0	0.009	0.016
18:1	g	0.518	0	0.147	0.269
20:1	g	0.004	0	0.001	0.002
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.493	0	0.423	0.776
18:2	g	1.341	0	0.380	0.697
18:3	g	0.152	0	0.043	0.079
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.092	0	0.026	0.048
Threonine	g	0.256	0	0.073	0.133
Isoleucine	g	0.321	0	0.091	0.167
Leucine	g	0.564	0	0.160	0.293
Lysine	g	0.255	0	0.072	0.133
Methionine	g	0.155	0	0.044	0.081
Cystine	g	0.168	0	0.048	0.087
Phenylalanine	g	0.391	0	0.111	0.203
Tyrosine	g	0.240	0	0.068	0.125
Valine	g	0.367	0	0.104	0.191
Arginine	g	0.334	0	0.095	0.174
Histidine	g	0.188	0	0.053	0.098
Alanine	g	0.309	0	0.088	0.161
Aspartic acid	g	0.460	0	0.130	0.239
Glutamic acid	g	2.513	0	0.712	1.307
Glycine	g	0.301	0	0.085	0.157
Proline	g	0.817	0	0.232	0.425
Serine	g	0.400	0	0.113	0.208
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 muffin

NDB No. 18264 English muffins, wheat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	42.30	1.165	7	11.99	24.11	
Energy	kcal	223		0	63	127	
Energy	kj	933		0	265	532	
Protein (N x 5.95)	g	8.70	0.380	7	2.47	4.96	
Total lipid (fat)	g	2.00	0.246	6	0.57	1.14	
Carbohydrate, by difference	g	44.80		0	12.70	25.54	
Fiber, total dietary	g	4.6		0	1.3	2.6	
Ash	g	2.30	0.243	5	0.65	1.31	
Sugars, total	g						
Minerals:							
Calcium	mg	178	22.876	11	50	101	
Iron	mg	2.87	0.194	11	0.81	1.64	
Magnesium	mg	37		0	10	21	
Phosphorus	mg	107		0	30	61	
Potassium	mg	186		1	53	106	
Sodium	mg	382	10.800	2	108	218	
Zinc	mg	1.07		0	0.30	0.61	
Copper	mg	0.148		0	0.042	0.084	
Manganese	mg	1.001		0	0.284	0.571	
Selenium	:g	29.2		0	8.3	16.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.431	0.041	6	0.122	0.246	
Riboflavin	mg	0.292	0.034	5	0.083	0.166	
Niacin	mg	3.356	0.154	5	0.951	1.913	
Pantothenic acid	mg	0.444		0	0.126	0.253	
Vitamin B-6	mg	0.087		0	0.025	0.050	
Folate	:g	55		0	16	31	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	1		0	0	1	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.483		0	0.137	0.275	
Lipids:							
Saturated, total	g	0.287		0	0.081	0.164	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.002		0	0.001	0.001	
15.0	g						
16:0	g	0.254		0	0.072	0.145	
17:0	g						
18:0	g	0.024		0	0.007	0.014	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.280	0	0.079	0.160
14:1	g				
16:1	g	0.037	0	0.010	0.021
18:1	g	0.243	0	0.069	0.139
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.834	0	0.236	0.475
18:2	g	0.785	0	0.223	0.447
18:3	g	0.048	0	0.014	0.027
18:4	g	0.000	0	0.000	0.000
20:4	g	0.001	0	0.000	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.112	0	0.032	0.064
Threonine	g	0.266	0	0.075	0.152
Isoleucine	g	0.341	0	0.097	0.194
Leucine	g	0.596	0	0.169	0.340
Lysine	g	0.270	0	0.077	0.154
Methionine	g	0.145	0	0.041	0.083
Cystine	g	0.181	0	0.051	0.103
Phenylalanine	g	0.412	0	0.117	0.235
Tyrosine	g	0.255	0	0.072	0.145
Valine	g	0.391	0	0.111	0.223
Arginine	g	0.359	0	0.102	0.205
Histidine	g	0.193	0	0.055	0.110
Alanine	g	0.321	0	0.091	0.183
Aspartic acid	g	0.456	0	0.129	0.260
Glutamic acid	g	2.612	0	0.741	1.489
Glycine	g	0.327	0	0.093	0.186
Proline	g	0.862	0	0.244	0.491
Serine	g	0.409	0	0.116	0.233
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 muffin

NDB No. 18265 English muffins, wheat, toasted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 52g	Measure 3*
Proximates:							
Water	g	37.20		0	10.55	19.34	
Energy	kcal	243		0	69	126	
Energy	kj	1017		0	288	529	
Protein (N x 5.95)	g	9.40		0	2.66	4.89	
Total lipid (fat)	g	2.10		0	0.60	1.09	
Carbohydrate, by difference	g	48.70		0	13.81	25.32	
Fiber, total dietary	g	5.0		0	1.4	2.6	
Ash	g	2.50		0	0.71	1.30	
Sugars, total	g						
Minerals:							
Calcium	mg	193		0	55	100	
Iron	mg	3.12		0	0.88	1.62	
Magnesium	mg	42		0	12	22	
Phosphorus	mg	125		0	35	65	
Potassium	mg	202		0	57	105	
Sodium	mg	415		0	118	216	
Zinc	mg	1.22		0	0.35	0.63	
Copper	mg	0.163		0	0.046	0.085	
Manganese	mg	1.120		0	0.318	0.582	
Selenium	:g	31.8		0	9.0	16.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.375		0	0.106	0.195	
Riboflavin	mg	0.286		0	0.081	0.149	
Niacin	mg	3.283		0	0.931	1.707	
Pantothenic acid	mg	0.214		0	0.061	0.111	
Vitamin B-6	mg	0.098		0	0.028	0.051	
Folate	:g	46		0	13	24	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	2		0	1	1	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.337		0	0.096	0.175	
Lipids:							
Saturated, total	g	0.312		0	0.088	0.162	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.002		0	0.001	0.001	
15.0	g						
16:0	g	0.276		0	0.078	0.144	
17:0	g						
18:0	g	0.026		0	0.007	0.014	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.305	0	0.086	0.159
14:1	g				
16:1	g	0.040	0	0.011	0.021
18:1	g	0.264	0	0.075	0.137
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.906	0	0.257	0.471
18:2	g	0.853	0	0.242	0.444
18:3	g	0.052	0	0.015	0.027
18:4	g	0.000	0	0.000	0.000
20:4	g	0.001	0	0.000	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.122	0	0.035	0.063
Threonine	g	0.289	0	0.082	0.150
Isoleucine	g	0.370	0	0.105	0.192
Leucine	g	0.648	0	0.184	0.337
Lysine	g	0.294	0	0.083	0.153
Methionine	g	0.158	0	0.045	0.082
Cystine	g	0.197	0	0.056	0.102
Phenylalanine	g	0.448	0	0.127	0.233
Tyrosine	g	0.278	0	0.079	0.145
Valine	g	0.425	0	0.120	0.221
Arginine	g	0.390	0	0.111	0.203
Histidine	g	0.209	0	0.059	0.109
Alanine	g	0.349	0	0.099	0.181
Aspartic acid	g	0.495	0	0.140	0.257
Glutamic acid	g	2.839	0	0.805	1.476
Glycine	g	0.356	0	0.101	0.185
Proline	g	0.937	0	0.266	0.487
Serine	g	0.445	0	0.126	0.231
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 muffin

NDB No. 18266 English muffins, whole-wheat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 66g	Measure 3*
Proximates:							
Water	g	45.70	0.230	2	12.96	30.16	
Energy	kcal	203		0	58	134	
Energy	kj	849		0	241	560	
Protein (N x 5.95)	g	8.80		1	2.49	5.81	
Total lipid (fat)	g	2.10		1	0.60	1.39	
Carbohydrate, by difference	g	40.40		0	11.45	26.66	
Fiber, total dietary	g	6.7		0	1.9	4.4	
Ash	g	2.80	0.002	2	0.79	1.85	
Sugars, total	g						
Minerals:							
Calcium	mg	265		1	75	175	
Iron	mg	2.45		1	0.69	1.62	
Magnesium	mg	71		0	20	47	
Phosphorus	mg	282		0	80	186	
Potassium	mg	210		1	60	139	
Sodium	mg	637		1	181	420	
Zinc	mg	1.60		0	0.45	1.06	
Copper	mg	0.212		0	0.060	0.140	
Manganese	mg	1.790		0	0.507	1.181	
Selenium	:g	40.3		0	11.4	26.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.300		1	0.085	0.198	
Riboflavin	mg	0.140		1	0.040	0.092	
Niacin	mg	3.410		1	0.967	2.251	
Pantothenic acid	mg	0.695		0	0.197	0.459	
Vitamin B-6	mg	0.163		0	0.046	0.108	
Folate	:g	49		0	14	32	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.701		0	0.199	0.463	
Lipids:							
Saturated, total	g	0.334		0	0.095	0.220	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.003		0	0.001	0.002	
15.0	g						
16:0	g	0.276		0	0.078	0.182	
17:0	g						
18:0	g	0.049		0	0.014	0.032	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.513	0	0.145	0.339
14:1	g				
16:1	g	0.034	0	0.010	0.022
18:1	g	0.479	0	0.136	0.316
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.835	0	0.237	0.551
18:2	g	0.787	0	0.223	0.519
18:3	g	0.046	0	0.013	0.030
18:4	g	0.000	0	0.000	0.000
20:4	g	0.002	0	0.001	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.129	0	0.037	0.085
Threonine	g	0.283	0	0.080	0.187
Isoleucine	g	0.351	0	0.100	0.232
Leucine	g	0.610	0	0.173	0.403
Lysine	g	0.309	0	0.088	0.204
Methionine	g	0.141	0	0.040	0.093
Cystine	g	0.190	0	0.054	0.125
Phenylalanine	g	0.417	0	0.118	0.275
Tyrosine	g	0.272	0	0.077	0.180
Valine	g	0.414	0	0.117	0.273
Arginine	g	0.417	0	0.118	0.275
Histidine	g	0.205	0	0.058	0.135
Alanine	g	0.350	0	0.099	0.231
Aspartic acid	g	0.510	0	0.145	0.337
Glutamic acid	g	2.560	0	0.726	1.690
Glycine	g	0.362	0	0.103	0.239
Proline	g	0.841	0	0.238	0.555
Serine	g	0.415	0	0.118	0.274
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 muffin

NDB No. 18267 English muffins, whole-wheat, toasted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 61g	Measure 3*
Proximates:							
Water	g	41.00		0	11.62	25.01	
Energy	kcal	221		0	63	135	
Energy	kj	925		0	262	564	
Protein (N x 5.95)	g	9.60		0	2.72	5.86	
Total lipid (fat)	g	2.30		0	0.65	1.40	
Carbohydrate, by difference	g	44.10		0	12.50	26.90	
Fiber, total dietary	g	7.3		0	2.1	4.5	
Ash	g	3.00		0	0.85	1.83	
Sugars, total	g						
Minerals:							
Calcium	mg	288		0	82	176	
Iron	mg	2.66		0	0.75	1.62	
Magnesium	mg	77		0	22	47	
Phosphorus	mg	307		0	87	187	
Potassium	mg	228		0	65	139	
Sodium	mg	692		0	196	422	
Zinc	mg	1.74		0	0.49	1.06	
Copper	mg	0.225		0	0.064	0.137	
Manganese	mg	1.946		0	0.552	1.187	
Selenium	:g	43.8		0	12.4	26.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.261		0	0.074	0.159	
Riboflavin	mg	0.137		0	0.039	0.084	
Niacin	mg	3.336		0	0.946	2.035	
Pantothenic acid	mg	0.491		0	0.139	0.300	
Vitamin B-6	mg	0.159		0	0.045	0.097	
Folate	:g	37		0	10	23	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.762		0	0.216	0.465	
Lipids:							
Saturated, total	g	0.363		0	0.103	0.221	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.004		0	0.001	0.002	
15.0	g						
16:0	g	0.299		0	0.085	0.182	
17:0	g						
18:0	g	0.053		0	0.015	0.032	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.557	0	0.158	0.340
14:1	g				
16:1	g	0.037	0	0.010	0.023
18:1	g	0.521	0	0.148	0.318
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.908	0	0.257	0.554
18:2	g	0.856	0	0.243	0.522
18:3	g	0.050	0	0.014	0.031
18:4	g	0.000	0	0.000	0.000
20:4	g	0.002	0	0.001	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.141	0	0.040	0.086
Threonine	g	0.308	0	0.087	0.188
Isoleucine	g	0.382	0	0.108	0.233
Leucine	g	0.663	0	0.188	0.404
Lysine	g	0.336	0	0.095	0.205
Methionine	g	0.154	0	0.044	0.094
Cystine	g	0.207	0	0.059	0.126
Phenylalanine	g	0.453	0	0.128	0.276
Tyrosine	g	0.296	0	0.084	0.181
Valine	g	0.450	0	0.128	0.274
Arginine	g	0.453	0	0.128	0.276
Histidine	g	0.223	0	0.063	0.136
Alanine	g	0.380	0	0.108	0.232
Aspartic acid	g	0.554	0	0.157	0.338
Glutamic acid	g	2.782	0	0.789	1.697
Glycine	g	0.393	0	0.111	0.240
Proline	g	0.914	0	0.259	0.558
Serine	g	0.451	0	0.128	0.275
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 muffin

NDB No. 18268 French toast, frozen, ready-to-heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 59g	Measure 3*
Proximates:							
Water	g	52.60	0.330	66	14.91	31.03	
Energy	kcal	213		0	60	126	
Energy	kj	891		0	253	526	
Protein (N x 5.95)	g	7.40	0.058	54	2.10	4.37	
Total lipid (fat)	g	6.10	0.147	54	1.73	3.60	
Carbohydrate, by difference	g	32.10		0	9.10	18.94	
Fiber, total dietary	g	1.1		0	0.3	0.7	
Ash	g	1.80	0.028	54	0.51	1.06	
Sugars, total	g						
Minerals:							
Calcium	mg	107	2.773	52	30	63	
Iron	mg	2.21	0.059	63	0.63	1.30	
Magnesium	mg	17	0.839	26	5	10	
Phosphorus	mg	139	2.965	24	39	82	
Potassium	mg	134	3.480	46	38	79	
Sodium	mg	495	8.698	46	140	292	
Zinc	mg	0.77	0.016	15	0.22	0.45	
Copper	mg	0.084	0.008	24	0.024	0.050	
Manganese	mg	0.245	0.023	4	0.069	0.145	
Selenium	:g	16.7		1	4.7	9.9	
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	0.2	
Thiamin	mg	0.277	0.007	76	0.079	0.163	
Riboflavin	mg	0.381	0.011	76	0.108	0.225	
Niacin	mg	2.722	0.076	70	0.772	1.606	
Pantothenic acid	mg	0.940	0.072	32	0.266	0.555	
Vitamin B-6	mg	0.496	0.021	61	0.141	0.293	
Folate	:g	52		0	15	31	
Vitamin B-12	:g	1.68	0.087	64	0.48	0.99	
Vitamin A	IU	187	12.938	39	53	110	
Vitamin A, RE	:g	54		0	15	32	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.669		0	0.190	0.395	
Lipids:							
Saturated, total	g	1.533		0	0.435	0.904	
4:0	g	0.022		0	0.006	0.013	
6.0	g	0.013		0	0.004	0.008	
8:0	g	0.008		0	0.002	0.005	
10:0	g	0.017		0	0.005	0.010	
12:0	g	0.019		0	0.005	0.011	
14:0	g	0.077		0	0.022	0.045	
15.0	g						
16:0	g	0.971		0	0.275	0.573	
17:0	g						
18:0	g	0.380		0	0.108	0.224	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.040	0	0.578	1.204
14:1	g				
16:1	g	0.101	0	0.029	0.060
18:1	g	1.917	0	0.543	1.131
20:1	g	0.007	0	0.002	0.004
22.1	g	0.001	0	0.000	0.001
Polyunsaturated, total	g	1.227	0	0.348	0.724
18:2	g	1.103	0	0.313	0.651
18:3	g	0.076	0	0.022	0.045
18:4	g	0.000	0	0.000	0.000
20:4	g	0.036	0	0.010	0.021
20:5	g	0.001	0	0.000	0.001
22:5	g	0.000	0	0.000	0.000
22:6	g	0.009	0	0.003	0.005
Cholesterol	mg	82	1	23	48
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.094	0	0.027	0.055
Threonine	g	0.281	0	0.080	0.166
Isoleucine	g	0.339	0	0.096	0.200
Leucine	g	0.585	0	0.166	0.345
Lysine	g	0.370	0	0.105	0.218
Methionine	g	0.167	0	0.047	0.099
Cystine	g	0.142	0	0.040	0.084
Phenylalanine	g	0.366	0	0.104	0.216
Tyrosine	g	0.268	0	0.076	0.158
Valine	g	0.380	0	0.108	0.224
Arginine	g	0.336	0	0.095	0.198
Histidine	g	0.171	0	0.048	0.101
Alanine	g	0.297	0	0.084	0.175
Aspartic acid	g	0.509	0	0.144	0.300
Glutamic acid	g	1.784	0	0.506	1.053
Glycine	g	0.240	0	0.068	0.142
Proline	g	0.635	0	0.180	0.375
Serine	g	0.420	0	0.119	0.248
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 piece

NDB No. 18269 French toast, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 65g	Measure 3*
Proximates:							
Water	g	54.70		0	15.51	35.55	
Energy	kcal	229		0	65	149	
Energy	kj	958		0	272	623	
Protein (N x 5.95)	g	7.70		0	2.18	5.00	
Total lipid (fat)	g	10.80		0	3.06	7.02	
Carbohydrate, by difference	g	25.00		0	7.09	16.25	
Fiber, total dietary	g						
Ash	g	1.80		0	0.51	1.17	
Sugars, total	g						
Minerals:							
Calcium	mg	100		0	28	65	
Iron	mg	1.67		0	0.47	1.09	
Magnesium	mg	17		0	5	11	
Phosphorus	mg	117		0	33	76	
Potassium	mg	134		0	38	87	
Sodium	mg	479		0	136	311	
Zinc	mg	0.67		0	0.19	0.44	
Copper	mg	0.058		0	0.016	0.038	
Manganese	mg	0.188		0	0.053	0.122	
Selenium	:g	20.1		0	5.7	13.1	
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	0.2	
Thiamin	mg	0.204		0	0.058	0.133	
Riboflavin	mg	0.321		0	0.091	0.209	
Niacin	mg	1.628		0	0.462	1.058	
Pantothenic acid	mg	0.549		0	0.156	0.357	
Vitamin B-6	mg	0.074		0	0.021	0.048	
Folate	:g	43		0	12	28	
Vitamin B-12	:g	0.31		0	0.09	0.20	
Vitamin A	IU	484		0	137	315	
Vitamin A, RE	:g	132		0	37	86	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.723		0	0.772	1.770	
4:0	g	0.021		0	0.006	0.014	
6.0	g	0.012		0	0.003	0.008	
8:0	g	0.008		0	0.002	0.005	
10:0	g	0.017		0	0.005	0.011	
12:0	g	0.019		0	0.005	0.012	
14:0	g	0.094		0	0.027	0.061	
15.0	g						
16:0	g	1.677		0	0.475	1.090	
17:0	g						
18:0	g	0.860		0	0.244	0.559	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.524	0	1.283	2.941
14:1	g				
16:1	g	0.099	0	0.028	0.064
18:1	g	4.414	0	1.251	2.869
20:1	g	0.007	0	0.002	0.005
22.1	g	0.001	0	0.000	0.001
Polyunsaturated, total	g	2.594	0	0.735	1.686
18:2	g	2.431	0	0.689	1.580
18:3	g	0.115	0	0.033	0.075
18:4	g	0.000	0	0.000	0.000
20:4	g	0.038	0	0.011	0.025
20:5	g	0.001	0	0.000	0.001
22:5	g	0.000	0	0.000	0.000
22:6	g	0.010	0	0.003	0.007
Cholesterol	mg	116	0	33	75
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.094	0	0.027	0.061
Threonine	g	0.305	0	0.086	0.198
Isoleucine	g	0.375	0	0.106	0.244
Leucine	g	0.621	0	0.176	0.404
Lysine	g	0.413	0	0.117	0.268
Methionine	g	0.188	0	0.053	0.122
Cystine	g	0.156	0	0.044	0.101
Phenylalanine	g	0.389	0	0.110	0.253
Tyrosine	g	0.282	0	0.080	0.183
Valine	g	0.419	0	0.119	0.272
Arginine	g	0.364	0	0.103	0.237
Histidine	g	0.179	0	0.051	0.116
Alanine	g	0.334	0	0.095	0.217
Aspartic acid	g	0.578	0	0.164	0.376
Glutamic acid	g	1.718	0	0.487	1.117
Glycine	g	0.251	0	0.071	0.163
Proline	g	0.588	0	0.167	0.382
Serine	g	0.465	0	0.132	0.302
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18270 Hush puppies, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 152g	Measure 2* 28g	Measure 3* 22g
Proximates:							
Water	g	29.00		0	44.08	8.22	6.38
Energy	kcal	337		0	512	96	74
Energy	kj	1410		0	2143	400	310
Protein (N x 5.95)	g	7.70		0	11.70	2.18	1.69
Total lipid (fat)	g	13.50		0	20.52	3.83	2.97
Carbohydrate, by difference	g	46.00		0	69.92	13.04	10.12
Fiber, total dietary	g	2.8		0	4.3	0.8	0.6
Ash	g	3.90		0	5.93	1.11	0.86
Sugars, total	g						
Minerals:							
Calcium	mg	278		0	423	79	61
Iron	mg	3.04		0	4.62	0.86	0.67
Magnesium	mg	24		0	36	7	5
Phosphorus	mg	189		0	287	54	42
Potassium	mg	144		0	219	41	32
Sodium	mg	668		0	1015	189	147
Zinc	mg	0.66		0	1.00	0.19	0.15
Copper	mg	0.066		0	0.100	0.019	0.015
Manganese	mg	0.220		0	0.334	0.062	0.048
Selenium	：g	15.8		0	24.0	4.5	3.5
Vitamins:							
Ascorbic acid	mg	0.2		0	0.3	0.1	0.0
Thiamin	mg	0.352		0	0.535	0.100	0.077
Riboflavin	mg	0.332		0	0.505	0.094	0.073
Niacin	mg	2.782		0	4.229	0.789	0.612
Pantothenic acid	mg	0.357		0	0.543	0.101	0.079
Vitamin B-6	mg	0.102		0	0.155	0.029	0.022
Folate	：g	74		0	112	21	16
Vitamin B-12	：g	0.19		0	0.29	0.05	0.04
Vitamin A	IU	142		0	216	40	31
Vitamin A, RE	：g	43		0	65	12	9
Vitamin D	IU						
Vitamin E, "-TE	mg	2.382		0	3.621	0.675	0.524
Lipids:							
Saturated, total	g	2.108		0	3.204	0.598	0.464
4:0	g	0.001		0	0.002	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.001		0	0.002	0.000	0.000
10:0	g	0.001		0	0.002	0.000	0.000
12:0	g	0.001		0	0.002	0.000	0.000
14:0	g	0.018		0	0.027	0.005	0.004
15.0	g						
16:0	g	1.540		0	2.341	0.437	0.339
17:0	g						
18:0	g	0.538		0	0.818	0.153	0.118
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.263	0	4.960	0.925	0.718
14:1	g					
16:1	g	0.057	0	0.087	0.016	0.013
18:1	g	3.178	0	4.831	0.901	0.699
20:1	g	0.026	0	0.040	0.007	0.006
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	7.219	0	10.973	2.047	1.588
18:2	g	6.390	0	9.713	1.812	1.406
18:3	g	0.811	0	1.233	0.230	0.178
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.015	0	0.023	0.004	0.003
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	0.004	0	0.006	0.001	0.001
Cholesterol	mg	45	0	68	13	10
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.082	0	0.125	0.023	0.018
Threonine	g	0.279	0	0.424	0.079	0.061
Isoleucine	g	0.321	0	0.488	0.091	0.071
Leucine	g	0.710	0	1.079	0.201	0.156
Lysine	g	0.310	0	0.471	0.088	0.068
Methionine	g	0.169	0	0.257	0.048	0.037
Cystine	g	0.144	0	0.219	0.041	0.032
Phenylalanine	g	0.382	0	0.581	0.108	0.084
Tyrosine	g	0.289	0	0.439	0.082	0.064
Valine	g	0.388	0	0.590	0.110	0.085
Arginine	g	0.352	0	0.535	0.100	0.077
Histidine	g	0.197	0	0.299	0.056	0.043
Alanine	g	0.383	0	0.582	0.109	0.084
Aspartic acid	g	0.501	0	0.762	0.142	0.110
Glutamic acid	g	1.793	0	2.725	0.508	0.394
Glycine	g	0.268	0	0.407	0.076	0.059
Proline	g	0.693	0	1.053	0.196	0.152
Serine	g	0.412	0	0.626	0.117	0.091
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz
Measure 3: 1 hush puppy

NDB No. 18271 Ice cream cones, cake or wafer-type

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 4g	Measure 3* 29g
Proximates:							
Water	g	5.30	0.310	13	1.50	0.21	1.54
Energy	kcal	417		0	118	17	121
Energy	kj	1745		0	495	70	506
Protein (N x 5.95)	g	8.10	0.234	11	2.30	0.32	2.35
Total lipid (fat)	g	6.90	0.567	10	1.96	0.28	2.00
Carbohydrate, by difference	g	79.00		0	22.40	3.16	22.91
Fiber, total dietary	g	3.0		0	0.9	0.1	0.9
Ash	g	0.70	0.066	11	0.20	0.03	0.20
Sugars, total	g						
Minerals:							
Calcium	mg	25	1.229	13	7	1	7
Iron	mg	3.60	0.116	12	1.02	0.14	1.04
Magnesium	mg	26	1.518	13	7	1	8
Phosphorus	mg	97	3.302	13	27	4	28
Potassium	mg	112	5.610	13	32	4	32
Sodium	mg	143	16.931	13	41	6	41
Zinc	mg	0.67	0.038	14	0.19	0.03	0.19
Copper	mg	0.204	0.026	10	0.058	0.008	0.059
Manganese	mg	0.572	0.032	12	0.162	0.023	0.166
Selenium	:g	4.8		1	1.4	0.2	1.4
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.250	0.027	11	0.071	0.010	0.072
Riboflavin	mg	0.354	0.024	19	0.100	0.014	0.103
Niacin	mg	4.427	0.145	18	1.255	0.177	1.284
Pantothenic acid	mg	0.479	0.016	8	0.136	0.019	0.139
Vitamin B-6	mg	0.030	0.003	9	0.009	0.001	0.009
Folate	:g	102		0	29	4	30
Vitamin B-12	:g	0.00		1	0.00	0.00	0.00
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	1.744		0	0.494	0.070	0.506
Lipids:							
Saturated, total	g	1.222		0	0.346	0.049	0.354
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	0.018		0	0.005	0.001	0.005
15.0	g						
16:0	g	0.976		0	0.277	0.039	0.283
17:0	g						
18:0	g	0.228		0	0.065	0.009	0.066
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.845	0	0.523	0.074	0.535
14:1	g					
16:1	g	0.012	0	0.003	0.000	0.003
18:1	g	1.833	0	0.520	0.073	0.532
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	3.264	0	0.925	0.131	0.947
18:2	g	3.076	0	0.872	0.123	0.892
18:3	g	0.188	0	0.053	0.008	0.055
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.094	0	0.027	0.004	0.027
Threonine	g	0.217	0	0.062	0.009	0.063
Isoleucine	g	0.301	0	0.085	0.012	0.087
Leucine	g	0.561	0	0.159	0.022	0.163
Lysine	g	0.157	0	0.045	0.006	0.046
Methionine	g	0.142	0	0.040	0.006	0.041
Cystine	g	0.182	0	0.052	0.007	0.053
Phenylalanine	g	0.400	0	0.113	0.016	0.116
Tyrosine	g	0.222	0	0.063	0.009	0.064
Valine	g	0.340	0	0.096	0.014	0.099
Arginine	g	0.282	0	0.080	0.011	0.082
Histidine	g	0.172	0	0.049	0.007	0.050
Alanine	g	0.248	0	0.070	0.010	0.072
Aspartic acid	g	0.328	0	0.093	0.013	0.095
Glutamic acid	g	2.845	0	0.807	0.114	0.825
Glycine	g	0.278	0	0.079	0.011	0.081
Proline	g	0.954	0	0.270	0.038	0.277
Serine	g	0.393	0	0.111	0.016	0.114
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cone
Measure 3: 1 large waffle cone

NDB No. 18272 Ice cream cones, sugar, rolled-type

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	3.00	0.239	13	0.85	0.30	
Energy	kcal	402		0	114	40	
Energy	kj	1682		0	477	168	
Protein (N x 5.95)	g	7.90	0.212	13	2.24	0.79	
Total lipid (fat)	g	3.80	0.256	14	1.08	0.38	
Carbohydrate, by difference	g	84.10		0	23.84	8.41	
Fiber, total dietary	g	1.7		0	0.5	0.2	
Ash	g	1.10	0.098	13	0.31	0.11	
Sugars, total	g						
Minerals:							
Calcium	mg	44	3.403	13	12	4	
Iron	mg	4.43	0.422	13	1.26	0.44	
Magnesium	mg	31	1.440	13	9	3	
Phosphorus	mg	103	3.895	13	29	10	
Potassium	mg	145	6.380	13	41	15	
Sodium	mg	320	15.054	11	91	32	
Zinc	mg	0.75	0.037	14	0.21	0.08	
Copper	mg	0.268	0.050	10	0.076	0.027	
Manganese	mg	0.732	0.044	13	0.208	0.073	
Selenium	΄g	4.8		1	1.4	0.5	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.511	0.042	9	0.145	0.051	
Riboflavin	mg	0.405	0.038	9	0.115	0.041	
Niacin	mg	5.066	0.356	10	1.436	0.507	
Pantothenic acid	mg	0.429	0.029	9	0.122	0.043	
Vitamin B-6	mg	0.052	0.001	9	0.015	0.005	
Folate	΄g	83		0	24	8	
Vitamin B-12	΄g	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	΄g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.464		0	0.132	0.046	
Lipids:							
Saturated, total	g	0.573		0	0.162	0.057	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.003		0	0.001	0.000	
15.0	g						
16:0	g	0.400		0	0.113	0.040	
17:0	g						
18:0	g	0.170		0	0.048	0.017	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.470	0	0.417	0.147
14:1	g				
16:1	g	0.013	0	0.004	0.001
18:1	g	1.457	0	0.413	0.146
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.452	0	0.412	0.145
18:2	g	1.355	0	0.384	0.136
18:3	g	0.097	0	0.027	0.010
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.092	0	0.026	0.009
Threonine	g	0.211	0	0.060	0.021
Isoleucine	g	0.293	0	0.083	0.029
Leucine	g	0.547	0	0.155	0.055
Lysine	g	0.153	0	0.043	0.015
Methionine	g	0.139	0	0.039	0.014
Cystine	g	0.178	0	0.050	0.018
Phenylalanine	g	0.390	0	0.111	0.039
Tyrosine	g	0.217	0	0.062	0.022
Valine	g	0.332	0	0.094	0.033
Arginine	g	0.275	0	0.078	0.028
Histidine	g	0.168	0	0.048	0.017
Alanine	g	0.242	0	0.069	0.024
Aspartic acid	g	0.319	0	0.090	0.032
Glutamic acid	g	2.774	0	0.786	0.277
Glycine	g	0.271	0	0.077	0.027
Proline	g	0.931	0	0.264	0.093
Serine	g	0.383	0	0.109	0.038
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cone

NDB No. 18273 Muffins, plain, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	37.70		0	10.69	21.49	
Energy	kcal	296		0	84	169	
Energy	kj	1238		0	351	706	
Protein (N x 5.95)	g	6.90		0	1.96	3.93	
Total lipid (fat)	g	11.40		0	3.23	6.50	
Carbohydrate, by difference	g	41.40		0	11.74	23.60	
Fiber, total dietary	g	2.7		0	0.8	1.5	
Ash	g	2.70		0	0.77	1.54	
Sugars, total	g						
Minerals:							
Calcium	mg	200		0	57	114	
Iron	mg	2.39		0	0.68	1.36	
Magnesium	mg	17		0	5	10	
Phosphorus	mg	153		0	43	87	
Potassium	mg	121		0	34	69	
Sodium	mg	467		0	132	266	
Zinc	mg	0.56		0	0.16	0.32	
Copper	mg	0.069		0	0.020	0.039	
Manganese	mg	0.296		0	0.084	0.169	
Selenium	:g	18.0		0	5.1	10.3	
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	0.2	
Thiamin	mg	0.284		0	0.081	0.162	
Riboflavin	mg	0.301		0	0.085	0.172	
Niacin	mg	2.308		0	0.654	1.316	
Pantothenic acid	mg	0.351		0	0.100	0.200	
Vitamin B-6	mg	0.042		0	0.012	0.024	
Folate	:g	51		0	14	29	
Vitamin B-12	:g	0.15		0	0.04	0.09	
Vitamin A	IU	140		0	40	80	
Vitamin A, RE	:g	40		0	11	23	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.156		0	0.611	1.229	
4:0	g	0.027		0	0.008	0.015	
6.0	g	0.016		0	0.005	0.009	
8:0	g	0.009		0	0.003	0.005	
10:0	g	0.021		0	0.006	0.012	
12:0	g	0.024		0	0.007	0.014	
14:0	g	0.095		0	0.027	0.054	
15.0	g						
16:0	g	1.433		0	0.406	0.817	
17:0	g						
18:0	g	0.525		0	0.149	0.299	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.757	0	0.782	1.571
14:1	g				
16:1	g	0.063	0	0.018	0.036
18:1	g	2.671	0	0.757	1.522
20:1	g	0.021	0	0.006	0.012
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	5.721	0	1.622	3.261
18:2	g	5.046	0	1.431	2.876
18:3	g	0.659	0	0.187	0.376
18:4	g	0.000	0	0.000	0.000
20:4	g	0.012	0	0.003	0.007
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	0.001	0.002
Cholesterol	mg	39	0	11	22
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.086	0	0.024	0.049
Threonine	g	0.231	0	0.065	0.132
Isoleucine	g	0.290	0	0.082	0.165
Leucine	g	0.523	0	0.148	0.298
Lysine	g	0.279	0	0.079	0.159
Methionine	g	0.144	0	0.041	0.082
Cystine	g	0.130	0	0.037	0.074
Phenylalanine	g	0.342	0	0.097	0.195
Tyrosine	g	0.240	0	0.068	0.137
Valine	g	0.330	0	0.094	0.188
Arginine	g	0.290	0	0.082	0.165
Histidine	g	0.159	0	0.045	0.091
Alanine	g	0.246	0	0.070	0.140
Aspartic acid	g	0.393	0	0.111	0.224
Glutamic acid	g	1.900	0	0.539	1.083
Glycine	g	0.222	0	0.063	0.127
Proline	g	0.681	0	0.193	0.388
Serine	g	0.371	0	0.105	0.211
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 muffin

NDB No. 18274 Muffins, blueberry, commercially prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 11g	Measure 3* 71g
Proximates:							
Water	g	38.30	1.837	3	10.86	4.21	27.19
Energy	kcal	277		0	79	30	197
Energy	kj	1159		0	329	127	823
Protein (N x 5.95)	g	5.50		1	1.56	0.61	3.90
Total lipid (fat)	g	6.50	0.452	2	1.84	0.72	4.62
Carbohydrate, by difference	g	48.00		0	13.61	5.28	34.08
Fiber, total dietary	g	2.6		0	0.7	0.3	1.8
Ash	g	1.60		1	0.45	0.18	1.14
Sugars, total	g						
Minerals:							
Calcium	mg	57	5.270	29	16	6	40
Iron	mg	1.61	0.113	29	0.46	0.18	1.14
Magnesium	mg	16	1.401	28	5	2	11
Phosphorus	mg	197	9.644	28	56	22	140
Potassium	mg	123	8.118	28	35	14	87
Sodium	mg	447	16.071	30	127	49	317
Zinc	mg	0.49	0.032	28	0.14	0.05	0.35
Copper	mg	0.074	0.005	27	0.021	0.008	0.053
Manganese	mg	0.440	0.033	26	0.125	0.048	0.312
Selenium	：g	11.2	0.986	30	3.2	1.2	8.0
Vitamins:							
Ascorbic acid	mg	1.1	0.081	2	0.3	0.1	0.8
Thiamin	mg	0.140		1	0.040	0.015	0.099
Riboflavin	mg	0.120		1	0.034	0.013	0.085
Niacin	mg	1.100		1	0.312	0.121	0.781
Pantothenic acid	mg	0.335		1	0.095	0.037	0.238
Vitamin B-6	mg	0.022		1	0.006	0.002	0.016
Folate	：g	45		0	13	5	32
Vitamin B-12	：g	0.58		0	0.16	0.06	0.41
Vitamin A	IU	34		0	10	4	24
Vitamin A, RE	：g	9		0	3	1	6
Vitamin D	IU						
Vitamin E, "-TE	mg	1.049		0	0.297	0.115	0.745
Lipids:							
Saturated, total	g	1.397		0	0.396	0.154	0.992
4:0	g	0.001		0	0.000	0.000	0.001
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.001		0	0.000	0.000	0.001
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.022		0	0.006	0.002	0.016
15.0	g						
16:0	g	1.060		0	0.301	0.117	0.753
17:0	g						
18:0	g	0.306		0	0.087	0.034	0.217
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.972	0	0.559	0.217	1.400
14:1	g					
16:1	g	0.053	0	0.015	0.006	0.038
18:1	g	1.911	0	0.542	0.210	1.357
20:1	g	0.005	0	0.001	0.001	0.004
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.495	0	0.707	0.274	1.771
18:2	g	2.302	0	0.653	0.253	1.634
18:3	g	0.147	0	0.042	0.016	0.104
18:4	g	0.002	0	0.001	0.000	0.001
20:4	g	0.024	0	0.007	0.003	0.017
20:5	g	0.012	0	0.003	0.001	0.009
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.008	0	0.002	0.001	0.006
Cholesterol	mg	30	1	9	3	21
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.066	0	0.019	0.007	0.047
Threonine	g	0.181	0	0.051	0.020	0.129
Isoleucine	g	0.224	0	0.064	0.025	0.159
Leucine	g	0.421	0	0.119	0.046	0.299
Lysine	g	0.199	0	0.056	0.022	0.141
Methionine	g	0.115	0	0.033	0.013	0.082
Cystine	g	0.112	0	0.032	0.012	0.080
Phenylalanine	g	0.277	0	0.079	0.030	0.197
Tyrosine	g	0.184	0	0.052	0.020	0.131
Valine	g	0.257	0	0.073	0.028	0.182
Arginine	g	0.243	0	0.069	0.027	0.173
Histidine	g	0.128	0	0.036	0.014	0.091
Alanine	g	0.211	0	0.060	0.023	0.150
Aspartic acid	g	0.319	0	0.090	0.035	0.226
Glutamic acid	g	1.527	0	0.433	0.168	1.084
Glycine	g	0.189	0	0.054	0.021	0.134
Proline	g	0.535	0	0.152	0.059	0.380
Serine	g	0.299	0	0.085	0.033	0.212
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 miniature muffin (1-1/4" dia)
Measure 3: 1 large muffin (3-1/4" dia x 2-3/4")

NDB No. 18275 Muffins, blueberry, 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* 28g	Measure 2* 356g	Measure 3*
Proximates:							
Water	g	20.00	0.980	2	5.67	71.20	
Energy	kcal	366		0	104	1303	
Energy	kj	1531		0	434	5450	
Protein (N x 5.95)	g	4.90	0.294	2	1.39	17.44	
Total lipid (fat)	g	10.00		1	2.84	35.60	
Carbohydrate, by difference	g	63.20		0	17.92	224.99	
Fiber, total dietary	g						
Ash	g	2.00	0.099	2	0.57	7.12	
Sugars, total	g						
Minerals:							
Calcium	mg	25	7.750	2	7	89	
Iron	mg	1.26	0.035	2	0.36	4.49	
Magnesium	mg	13	1.950	2	4	46	
Phosphorus	mg	220	10.402	2	62	783	
Potassium	mg	84	25.600	2	24	299	
Sodium	mg	548	3.377	2	155	1951	
Zinc	mg	0.33	0.071	2	0.09	1.17	
Copper	mg	0.088	0.009	2	0.025	0.313	
Manganese	mg	0.276		1	0.078	0.983	
Selenium	:g	3.1		0	0.9	11.0	
Vitamins:							
Ascorbic acid	mg	0.4		0	0.1	1.4	
Thiamin	mg	0.233	0.037	3	0.066	0.829	
Riboflavin	mg	0.380	0.075	3	0.108	1.353	
Niacin	mg	3.212	0.352	3	0.911	11.435	
Pantothenic acid	mg	0.553	0.263	3	0.157	1.969	
Vitamin B-6	mg	0.082	0.013	2	0.023	0.292	
Folate	:g	92		0	26	328	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	12		0	3	43	
Vitamin A, RE	:g	1		0	0	4	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.489		0	0.706	8.861	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.048		0	0.014	0.171	
15.0	g						
16:0	g	1.294		0	0.367	4.607	
17:0	g						
18:0	g	1.142		0	0.324	4.066	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.507	0	1.561	19.605
14:1	g				
16:1	g	0.002	0	0.001	0.007
18:1	g	5.505	0	1.561	19.598
20:1	g	0.001	0	0.000	0.004
22.1	g				
Polyunsaturated, total	g	1.393	0	0.395	4.959
18:2	g	1.307	0	0.371	4.653
18:3	g	0.086	0	0.024	0.306
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.069	0	0.020	0.246
Threonine	g	0.135	0	0.038	0.481
Isoleucine	g	0.184	0	0.052	0.655
Leucine	g	0.330	0	0.094	1.175
Lysine	g	0.168	0	0.048	0.598
Methionine	g	0.082	0	0.023	0.292
Cystine	g	0.106	0	0.030	0.377
Phenylalanine	g	0.229	0	0.065	0.815
Tyrosine	g	0.138	0	0.039	0.491
Valine	g	0.213	0	0.060	0.758
Arginine	g	0.187	0	0.053	0.666
Histidine	g	0.099	0	0.028	0.352
Alanine	g	0.147	0	0.042	0.523
Aspartic acid	g	0.205	0	0.058	0.730
Glutamic acid	g	1.596	0	0.452	5.682
Glycine	g	0.165	0	0.047	0.587
Proline	g	0.538	0	0.153	1.915
Serine	g	0.255	0	0.072	0.908
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: mix + drained berries

NDB No. 18277 Muffins, blueberry, toaster-type

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 33g	Measure 3*
Proximates:							
Water	g	30.80	2.093	2	8.73	10.16	
Energy	kcal	313		0	89	103	
Energy	kj	1310		0	371	432	
Protein (N x 5.95)	g	4.60	0.162	2	1.30	1.52	
Total lipid (fat)	g	9.50	0.629	2	2.69	3.13	
Carbohydrate, by difference	g	53.30		0	15.11	17.59	
Fiber, total dietary	g	1.8		0	0.5	0.6	
Ash	g	1.80	0.021	2	0.51	0.59	
Sugars, total	g						
Minerals:							
Calcium	mg	13		1	4	4	
Iron	mg	0.51		1	0.14	0.17	
Magnesium	mg	12		0	3	4	
Phosphorus	mg	59		0	17	19	
Potassium	mg	83		1	24	27	
Sodium	mg	478		1	136	158	
Zinc	mg	0.39		0	0.11	0.13	
Copper	mg	0.083		0	0.024	0.027	
Manganese	mg	0.368		0	0.104	0.121	
Selenium	:g	17.6		0	5.0	5.8	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.240		1	0.068	0.079	
Riboflavin	mg	0.290		1	0.082	0.096	
Niacin	mg	2.020		1	0.573	0.667	
Pantothenic acid	mg	0.246		0	0.070	0.081	
Vitamin B-6	mg	0.027		0	0.008	0.009	
Folate	:g	55		0	16	18	
Vitamin B-12	:g	0.02		0	0.01	0.01	
Vitamin A	IU	318		1	90	105	
Vitamin A, RE	:g	67		0	19	22	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.739		0	0.493	0.574	
Lipids:							
Saturated, total	g	1.398		0	0.396	0.461	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.009		0	0.003	0.003	
15.0	g						
16:0	g	1.018		0	0.289	0.336	
17:0	g						
18:0	g	0.351		0	0.100	0.116	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.162	0	0.613	0.713
14:1	g				
16:1	g	0.022	0	0.006	0.007
18:1	g	2.113	0	0.599	0.697
20:1	g	0.018	0	0.005	0.006
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	5.351	0	1.517	1.766
18:2	g	4.722	0	1.339	1.558
18:3	g	0.617	0	0.175	0.204
18:4	g	0.000	0	0.000	0.000
20:4	g	0.002	0	0.001	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.001	0	0.000	0.000
Cholesterol	mg	6	0	2	2
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.062	0	0.018	0.020
Threonine	g	0.180	0	0.051	0.059
Isoleucine	g	0.205	0	0.058	0.068
Leucine	g	0.353	0	0.100	0.116
Lysine	g	0.259	0	0.073	0.085
Methionine	g	0.067	0	0.019	0.022
Cystine	g	0.076	0	0.022	0.025
Phenylalanine	g	0.228	0	0.065	0.075
Tyrosine	g	0.162	0	0.046	0.053
Valine	g	0.217	0	0.062	0.072
Arginine	g	0.304	0	0.086	0.100
Histidine	g	0.115	0	0.033	0.038
Alanine	g	0.196	0	0.056	0.065
Aspartic acid	g	0.479	0	0.136	0.158
Glutamic acid	g	0.967	0	0.274	0.319
Glycine	g	0.192	0	0.054	0.063
Proline	g	0.307	0	0.087	0.101
Serine	g	0.251	0	0.071	0.083
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 toaster muffin

NDB No. 18278 Muffins, blueberry, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	39.50		0	11.20	22.52	
Energy	kcal	285		0	81	162	
Energy	kj	1192		0	338	679	
Protein (N x 5.95)	g	6.50		0	1.84	3.71	
Total lipid (fat)	g	10.80		0	3.06	6.16	
Carbohydrate, by difference	g	40.70		0	11.54	23.20	
Fiber, total dietary	g						
Ash	g	2.50		0	0.71	1.43	
Sugars, total	g						
Minerals:							
Calcium	mg	189		0	54	108	
Iron	mg	2.27		0	0.64	1.29	
Magnesium	mg	16		0	5	9	
Phosphorus	mg	145		0	41	83	
Potassium	mg	123		0	35	70	
Sodium	mg	441		0	125	251	
Zinc	mg	0.54		0	0.15	0.31	
Copper	mg	0.071		0	0.020	0.040	
Manganese	mg	0.312		0	0.088	0.178	
Selenium	:g	17.1		0	4.8	9.7	
Vitamins:							
Ascorbic acid	mg	1.5		0	0.4	0.9	
Thiamin	mg	0.272		0	0.077	0.155	
Riboflavin	mg	0.289		0	0.082	0.165	
Niacin	mg	2.211		0	0.627	1.260	
Pantothenic acid	mg	0.341		0	0.097	0.194	
Vitamin B-6	mg	0.043		0	0.012	0.025	
Folate	:g	48		0	14	27	
Vitamin B-12	:g	0.14		0	0.04	0.08	
Vitamin A	IU	141		0	40	80	
Vitamin A, RE	:g	39		0	11	22	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.030		0	0.576	1.157	
4:0	g	0.025		0	0.007	0.014	
6.0	g	0.015		0	0.004	0.009	
8:0	g	0.009		0	0.003	0.005	
10:0	g	0.020		0	0.006	0.011	
12:0	g	0.022		0	0.006	0.013	
14:0	g	0.090		0	0.026	0.051	
15.0	g						
16:0	g	1.349		0	0.382	0.769	
17:0	g						
18:0	g	0.494		0	0.140	0.282	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.596	0	0.736	1.480
14:1	g				
16:1	g	0.059	0	0.017	0.034
18:1	g	2.515	0	0.713	1.434
20:1	g	0.020	0	0.006	0.011
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	5.388	0	1.527	3.071
18:2	g	4.752	0	1.347	2.709
18:3	g	0.621	0	0.176	0.354
18:4	g	0.000	0	0.000	0.000
20:4	g	0.011	0	0.003	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	0.001	0.002
Cholesterol	mg	37	0	10	21
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.081	0	0.023	0.046
Threonine	g	0.219	0	0.062	0.125
Isoleucine	g	0.276	0	0.078	0.157
Leucine	g	0.498	0	0.141	0.284
Lysine	g	0.264	0	0.075	0.150
Methionine	g	0.137	0	0.039	0.078
Cystine	g	0.124	0	0.035	0.071
Phenylalanine	g	0.325	0	0.092	0.185
Tyrosine	g	0.227	0	0.064	0.129
Valine	g	0.314	0	0.089	0.179
Arginine	g	0.277	0	0.079	0.158
Histidine	g	0.151	0	0.043	0.086
Alanine	g	0.235	0	0.067	0.134
Aspartic acid	g	0.376	0	0.107	0.214
Glutamic acid	g	1.799	0	0.510	1.025
Glycine	g	0.213	0	0.060	0.121
Proline	g	0.644	0	0.183	0.367
Serine	g	0.352	0	0.100	0.201
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 muffin

NDB No. 18279 Muffins, corn, commercially prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	32.60	1.403	6	9.24	18.58	
Energy	kcal	305		0	86	174	
Energy	kj	1276		0	362	727	
Protein (N x 5.95)	g	5.90	0.162	2	1.67	3.36	
Total lipid (fat)	g	8.40	0.710	2	2.38	4.79	
Carbohydrate, by difference	g	50.90		0	14.43	29.01	
Fiber, total dietary	g	3.4		0	1.0	1.9	
Ash	g	2.10	0.116	3	0.60	1.20	
Sugars, total	g						
Minerals:							
Calcium	mg	74	16.380	2	21	42	
Iron	mg	2.81		1	0.80	1.60	
Magnesium	mg	32		0	9	18	
Phosphorus	mg	284	51.715	2	81	162	
Potassium	mg	69		1	20	39	
Sodium	mg	521	56.017	2	148	297	
Zinc	mg	0.54		0	0.15	0.31	
Copper	mg	0.299		0	0.085	0.170	
Manganese	mg	0.355		0	0.101	0.202	
Selenium	:g	15.2	3.470	3	4.3	8.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.273		1	0.077	0.156	
Riboflavin	mg	0.326		1	0.092	0.186	
Niacin	mg	2.037		1	0.577	1.161	
Pantothenic acid	mg	0.444		1	0.126	0.253	
Vitamin B-6	mg	0.084		1	0.024	0.048	
Folate	:g	62		0	18	35	
Vitamin B-12	:g	0.09		0	0.03	0.05	
Vitamin A	IU	208	29.770	2	59	119	
Vitamin A, RE	:g	36		0	10	21	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.839		0	0.521	1.048	
Lipids:							
Saturated, total	g	1.354		0	0.384	0.772	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.021		0	0.006	0.012	
15.0	g						
16:0	g	1.048		0	0.297	0.597	
17:0	g						
18:0	g	0.278		0	0.079	0.158	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.104	0	0.596	1.199
14:1	g				
16:1	g	0.031	0	0.009	0.018
18:1	g	2.070	0	0.587	1.180
20:1	g	0.002	0	0.001	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.215	0	0.911	1.833
18:2	g	3.021	0	0.856	1.722
18:3	g	0.182	0	0.052	0.104
18:4	g	0.000	0	0.000	0.000
20:4	g	0.009	0	0.003	0.005
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.002	0	0.001	0.001
Cholesterol	mg	26	0	7	15
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.068	0	0.019	0.039
Threonine	g	0.226	0	0.064	0.129
Isoleucine	g	0.257	0	0.073	0.146
Leucine	g	0.516	0	0.146	0.294
Lysine	g	0.279	0	0.079	0.159
Methionine	g	0.117	0	0.033	0.067
Cystine	g	0.110	0	0.031	0.063
Phenylalanine	g	0.297	0	0.084	0.169
Tyrosine	g	0.218	0	0.062	0.124
Valine	g	0.294	0	0.083	0.168
Arginine	g	0.319	0	0.090	0.182
Histidine	g	0.151	0	0.043	0.086
Alanine	g	0.285	0	0.081	0.162
Aspartic acid	g	0.480	0	0.136	0.274
Glutamic acid	g	1.326	0	0.376	0.756
Glycine	g	0.224	0	0.064	0.128
Proline	g	0.477	0	0.135	0.272
Serine	g	0.325	0	0.092	0.185
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 muffin (2-1/2" dia x 2-1/4")

NDB No. 18280 Muffins, corn, dry mix, prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 50g	Measure 3*
Proximates:							
Water	g	30.50		0	8.65	15.25	
Energy	kcal	321		0	91	161	
Energy	kj	1343		0	381	672	
Protein (N x 5.95)	g	7.40		0	2.10	3.70	
Total lipid (fat)	g	10.20		0	2.89	5.10	
Carbohydrate, by difference	g	49.10		0	13.92	24.55	
Fiber, total dietary	g	2.4		0	0.7	1.2	
Ash	g	2.80		0	0.79	1.40	
Sugars, total	g						
Minerals:							
Calcium	mg	75		0	21	38	
Iron	mg	1.94		0	0.55	0.97	
Magnesium	mg	21		0	6	11	
Phosphorus	mg	384		0	109	192	
Potassium	mg	131		0	37	66	
Sodium	mg	795		0	225	398	
Zinc	mg	0.64		0	0.18	0.32	
Copper	mg	0.063		0	0.018	0.032	
Manganese	mg	0.221		0	0.063	0.111	
Selenium	:g	15.2	3.470	3	4.3	7.6	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.1	
Thiamin	mg	0.249		0	0.071	0.125	
Riboflavin	mg	0.276		0	0.078	0.138	
Niacin	mg	2.101		0	0.596	1.050	
Pantothenic acid	mg	0.451		0	0.128	0.226	
Vitamin B-6	mg	0.106		0	0.030	0.053	
Folate	:g	57		0	16	29	
Vitamin B-12	:g	0.16		0	0.05	0.08	
Vitamin A	IU	210		0	60	105	
Vitamin A, RE	:g	45		0	13	23	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.797		0	0.793	1.398	
4:0	g	0.017		0	0.005	0.009	
6.0	g	0.010		0	0.003	0.005	
8:0	g	0.006		0	0.002	0.003	
10:0	g	0.013		0	0.004	0.007	
12:0	g	0.015		0	0.004	0.008	
14:0	g	0.096		0	0.027	0.048	
15.0	g						
16:0	g	1.507		0	0.427	0.754	
17:0	g						
18:0	g	1.124		0	0.319	0.562	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.249	0	1.488	2.624
14:1	g				
16:1	g	0.054	0	0.015	0.027
18:1	g	5.189	0	1.471	2.595
20:1	g	0.004	0	0.001	0.002
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.250	0	0.354	0.625
18:2	g	1.159	0	0.329	0.580
18:3	g	0.064	0	0.018	0.032
18:4	g				
20:4	g	0.020	0	0.006	0.010
20:5	g	0.001	0	0.000	0.001
22:5	g				
22:6	g	0.005	0	0.001	0.003
Cholesterol	mg	62	0	18	31
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.081	0	0.023	0.041
Threonine	g	0.273	0	0.077	0.137
Isoleucine	g	0.317	0	0.090	0.159
Leucine	g	0.660	0	0.187	0.330
Lysine	g	0.323	0	0.092	0.162
Methionine	g	0.166	0	0.047	0.083
Cystine	g	0.139	0	0.039	0.070
Phenylalanine	g	0.367	0	0.104	0.184
Tyrosine	g	0.275	0	0.078	0.138
Valine	g	0.379	0	0.107	0.190
Arginine	g	0.341	0	0.097	0.171
Histidine	g	0.184	0	0.052	0.092
Alanine	g	0.356	0	0.101	0.178
Aspartic acid	g	0.498	0	0.141	0.249
Glutamic acid	g	1.659	0	0.470	0.830
Glycine	g	0.251	0	0.071	0.126
Proline	g	0.634	0	0.180	0.317
Serine	g	0.404	0	0.115	0.202
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 muffin (2-1/4" dia x 1-1/2")

NDB No. 18281 Muffins, corn, toaster-type

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 33g	Measure 3*
Proximates:							
Water	g	23.60	0.912	2	6.69	7.79	
Energy	kcal	346		0	98	114	
Energy	kj	1448		0	411	478	
Protein (N x 5.95)	g	5.30	0.000	2	1.50	1.75	
Total lipid (fat)	g	11.30	0.778	2	3.20	3.73	
Carbohydrate, by difference	g	57.90		0	16.41	19.11	
Fiber, total dietary	g	1.6		0	0.5	0.5	
Ash	g	1.90	0.262	2	0.54	0.63	
Sugars, total	g						
Minerals:							
Calcium	mg	19		1	5	6	
Iron	mg	1.47		1	0.42	0.49	
Magnesium	mg	14		0	4	5	
Phosphorus	mg	151		0	43	50	
Potassium	mg	92		1	26	30	
Sodium	mg	430		1	122	142	
Zinc	mg	0.39		0	0.11	0.13	
Copper	mg	0.072		0	0.020	0.024	
Manganese	mg	0.280		0	0.079	0.092	
Selenium	:g	15.2		0	4.3	5.0	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.310		1	0.088	0.102	
Riboflavin	mg	0.370		1	0.105	0.122	
Niacin	mg	2.310		1	0.655	0.762	
Pantothenic acid	mg	0.241		0	0.068	0.080	
Vitamin B-6	mg	0.048		0	0.014	0.016	
Folate	:g	57		0	16	19	
Vitamin B-12	:g	0.03		0	0.01	0.01	
Vitamin A	IU	97		1	27	32	
Vitamin A, RE	:g	20		0	6	7	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.681		0	0.477	0.555	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.012		0	0.003	0.004	
15.0	g						
16:0	g	1.220		0	0.346	0.403	
17:0	g						
18:0	g	0.426		0	0.121	0.141	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.625	0	0.744	0.866
14:1	g				
16:1	g	0.030	0	0.009	0.010
18:1	g	2.562	0	0.726	0.845
20:1	g	0.022	0	0.006	0.007
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	6.324	0	1.793	2.087
18:2	g	5.586	0	1.584	1.843
18:3	g	0.722	0	0.205	0.238
18:4	g	0.000	0	0.000	0.000
20:4	g	0.004	0	0.001	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.001	0	0.000	0.000
Cholesterol	mg	13	0	4	4
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.060	0	0.017	0.020
Threonine	g	0.186	0	0.053	0.061
Isoleucine	g	0.214	0	0.061	0.071
Leucine	g	0.441	0	0.125	0.146
Lysine	g	0.197	0	0.056	0.065
Methionine	g	0.118	0	0.033	0.039
Cystine	g	0.113	0	0.032	0.037
Phenylalanine	g	0.271	0	0.077	0.089
Tyrosine	g	0.186	0	0.053	0.061
Valine	g	0.254	0	0.072	0.084
Arginine	g	0.252	0	0.071	0.083
Histidine	g	0.129	0	0.037	0.043
Alanine	g	0.245	0	0.069	0.081
Aspartic acid	g	0.336	0	0.095	0.111
Glutamic acid	g	1.352	0	0.383	0.446
Glycine	g	0.192	0	0.054	0.063
Proline	g	0.478	0	0.136	0.158
Serine	g	0.300	0	0.085	0.099
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 toaster muffin

NDB No. 18282 Muffins, corn, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	33.00		0	9.36	18.81	
Energy	kcal	316		0	90	180	
Energy	kj	1322		0	375	754	
Protein (N x 5.95)	g	7.10		0	2.01	4.05	
Total lipid (fat)	g	12.30		0	3.49	7.01	
Carbohydrate, by difference	g	44.20		0	12.53	25.19	
Fiber, total dietary	g						
Ash	g	3.40		0	0.96	1.94	
Sugars, total	g						
Minerals:							
Calcium	mg	259		0	73	148	
Iron	mg	2.61		0	0.74	1.49	
Magnesium	mg	23		0	7	13	
Phosphorus	mg	177		0	50	101	
Potassium	mg	145		0	41	83	
Sodium	mg	585		0	166	333	
Zinc	mg	0.61		0	0.17	0.35	
Copper	mg	0.059		0	0.017	0.034	
Manganese	mg	0.186		0	0.053	0.106	
Selenium	:g	13.4		0	3.8	7.6	
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	0.2	
Thiamin	mg	0.303		0	0.086	0.173	
Riboflavin	mg	0.310		0	0.088	0.177	
Niacin	mg	2.382		0	0.675	1.358	
Pantothenic acid	mg	0.359		0	0.102	0.205	
Vitamin B-6	mg	0.093		0	0.026	0.053	
Folate	:g	62		0	18	35	
Vitamin B-12	:g	0.16		0	0.05	0.09	
Vitamin A	IU	241		0	68	137	
Vitamin A, RE	:g	51		0	14	29	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.311		0	0.655	1.317	
4:0	g	0.028		0	0.008	0.016	
6.0	g	0.017		0	0.005	0.010	
8:0	g	0.010		0	0.003	0.006	
10:0	g	0.022		0	0.006	0.013	
12:0	g	0.025		0	0.007	0.014	
14:0	g	0.102		0	0.029	0.058	
15.0	g						
16:0	g	1.535		0	0.435	0.875	
17:0	g						
18:0	g	0.562		0	0.159	0.320	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.012	0	0.854	1.717
14:1	g				
16:1	g	0.068	0	0.019	0.039
18:1	g	2.919	0	0.828	1.664
20:1	g	0.022	0	0.006	0.013
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	6.162	0	1.747	3.512
18:2	g	5.445	0	1.544	3.104
18:3	g	0.700	0	0.198	0.399
18:4	g	0.000	0	0.000	0.000
20:4	g	0.013	0	0.004	0.007
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	0.001	0.002
Cholesterol	mg	42	0	12	24
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.077	0	0.022	0.044
Threonine	g	0.261	0	0.074	0.149
Isoleucine	g	0.304	0	0.086	0.173
Leucine	g	0.655	0	0.186	0.373
Lysine	g	0.304	0	0.086	0.173
Methionine	g	0.156	0	0.044	0.089
Cystine	g	0.127	0	0.036	0.072
Phenylalanine	g	0.350	0	0.099	0.200
Tyrosine	g	0.271	0	0.077	0.154
Valine	g	0.364	0	0.103	0.207
Arginine	g	0.319	0	0.090	0.182
Histidine	g	0.182	0	0.052	0.104
Alanine	g	0.345	0	0.098	0.197
Aspartic acid	g	0.466	0	0.132	0.266
Glutamic acid	g	1.628	0	0.462	0.928
Glycine	g	0.239	0	0.068	0.136
Proline	g	0.637	0	0.181	0.363
Serine	g	0.378	0	0.107	0.215
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 muffin (2-3/4" dia x 2")

NDB No. 18283 Muffins, oat bran

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	35.00	0.404	2	9.92	19.95	
Energy	kcal	270		0	77	154	
Energy	kj	1130		0	320	644	
Protein (N x 5.95)	g	7.00	0.281	2	1.98	3.99	
Total lipid (fat)	g	7.40	0.081	3	2.10	4.22	
Carbohydrate, by difference	g	48.30		0	13.69	27.53	
Fiber, total dietary	g	4.6		0	1.3	2.6	
Ash	g	2.30	0.000	4	0.65	1.31	
Sugars, total	g						
Minerals:							
Calcium	mg	63	8.068	2	18	36	
Iron	mg	4.20	0.177	2	1.19	2.39	
Magnesium	mg	157	12.354	2	45	89	
Phosphorus	mg	376	7.698	2	107	214	
Potassium	mg	507	17.698	2	144	289	
Sodium	mg	393	11.348	2	111	224	
Zinc	mg	1.84	0.134	2	0.52	1.05	
Copper	mg	0.330	0.014	2	0.094	0.188	
Manganese	mg	2.630	0.113	2	0.746	1.499	
Selenium	ΐg	11.0		0	3.1	6.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.262	0.008	8	0.074	0.149	
Riboflavin	mg	0.095	0.002	8	0.027	0.054	
Niacin	mg	0.420	0.025	8	0.119	0.239	
Pantothenic acid	mg	1.010	0.025	8	0.286	0.576	
Vitamin B-6	mg	0.161		0	0.046	0.092	
Folate	ΐg	52		0	15	30	
Vitamin B-12	ΐg	0.01		0	0.00	0.01	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	ΐg	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.308		0	0.371	0.746	
Lipids:							
Saturated, total	g	1.087		0	0.308	0.620	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.002		0	0.001	0.001	
14:0	g	0.008		0	0.002	0.005	
15.0	g						
16:0	g	0.803		0	0.228	0.458	
17:0	g						
18:0	g	0.252		0	0.071	0.144	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.695	0	0.481	0.966
14:1	g				
16:1	g	0.016	0	0.005	0.009
18:1	g	1.661	0	0.471	0.947
20:1	g	0.013	0	0.004	0.007
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.129	0	1.171	2.354
18:2	g	3.664	0	1.039	2.088
18:3	g	0.458	0	0.130	0.261
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.105	0	0.030	0.060
Threonine	g	0.210	0	0.060	0.120
Isoleucine	g	0.262	0	0.074	0.149
Leucine	g	0.506	0	0.143	0.288
Lysine	g	0.277	0	0.079	0.158
Methionine	g	0.123	0	0.035	0.070
Cystine	g	0.182	0	0.052	0.104
Phenylalanine	g	0.346	0	0.098	0.197
Tyrosine	g	0.234	0	0.066	0.133
Valine	g	0.364	0	0.103	0.207
Arginine	g	0.472	0	0.134	0.269
Histidine	g	0.156	0	0.044	0.089
Alanine	g	0.337	0	0.096	0.192
Aspartic acid	g	0.576	0	0.163	0.328
Glutamic acid	g	1.430	0	0.405	0.815
Glycine	g	0.338	0	0.096	0.193
Proline	g	0.365	0	0.103	0.208
Serine	g	0.309	0	0.088	0.176
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 muffin (2-1/2" dia x 2-1/4")

NDB No. 18284 Muffins, wheat bran, 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* 28g	Measure 2* 198g	Measure 3*
Proximates:							
Water	g	4.80		1	1.36	9.50	
Energy	kcal	396		0	112	784	
Energy	kj	1657		0	470	3281	
Protein (N x 5.95)	g	7.10		1	2.01	14.06	
Total lipid (fat)	g	12.00		1	3.40	23.76	
Carbohydrate, by difference	g	73.00		0	20.70	144.54	
Fiber, total dietary	g						
Ash	g	3.10		1	0.88	6.14	
Sugars, total	g						
Minerals:							
Calcium	mg	36		1	10	71	
Iron	mg	3.60		1	1.02	7.13	
Magnesium	mg	87		1	25	172	
Phosphorus	mg	480		1	136	950	
Potassium	mg	200		1	57	396	
Sodium	mg	700		1	198	1386	
Zinc	mg	1.50		1	0.43	2.97	
Copper	mg	0.200		1	0.057	0.396	
Manganese	mg	2.666		0	0.756	5.279	
Selenium	:g	18.0		0	5.1	35.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.360		1	0.102	0.713	
Riboflavin	mg	0.280		1	0.079	0.554	
Niacin	mg	5.000		1	1.418	9.900	
Pantothenic acid	mg	0.669		0	0.190	1.325	
Vitamin B-6	mg	0.282		0	0.080	0.558	
Folate	:g	85		0	24	168	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.939		0	0.833	5.819	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.056		0	0.016	0.111	
15.0	g						
16:0	g	1.562		0	0.443	3.093	
17:0	g						
18:0	g	1.312		0	0.372	2.598	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.403	0	1.815	12.678
14:1	g				
16:1	g	0.005	0	0.001	0.010
18:1	g	6.398	0	1.814	12.668
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.904	0	0.540	3.770
18:2	g	1.795	0	0.509	3.554
18:3	g	0.108	0	0.031	0.214
18:4	g	0.000	0	0.000	0.000
20:4	g	0.001	0	0.000	0.002
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.115	0	0.033	0.228
Threonine	g	0.212	0	0.060	0.420
Isoleucine	g	0.245	0	0.069	0.485
Leucine	g	0.453	0	0.128	0.897
Lysine	g	0.259	0	0.073	0.513
Methionine	g	0.112	0	0.032	0.222
Cystine	g	0.162	0	0.046	0.321
Phenylalanine	g	0.303	0	0.086	0.600
Tyrosine	g	0.201	0	0.057	0.398
Valine	g	0.322	0	0.091	0.638
Arginine	g	0.385	0	0.109	0.762
Histidine	g	0.170	0	0.048	0.337
Alanine	g	0.282	0	0.080	0.558
Aspartic acid	g	0.406	0	0.115	0.804
Glutamic acid	g	1.823	0	0.517	3.610
Glycine	g	0.326	0	0.092	0.645
Proline	g	0.594	0	0.168	1.176
Serine	g	0.343	0	0.097	0.679
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 package (7 oz)

NDB No. 18286 Muffins, wheat bran, toaster-type with raisins

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 36g	Measure 3*
Proximates:							
Water	g	31.40	0.778	2	8.90	11.30	
Energy	kcal	295		0	84	106	
Energy	kj	1234		0	350	444	
Protein (N x 5.95)	g	5.20	0.057	2	1.47	1.87	
Total lipid (fat)	g	8.80	0.078	2	2.49	3.17	
Carbohydrate, by difference	g	52.20		0	14.80	18.79	
Fiber, total dietary	g	7.7		0	2.2	2.8	
Ash	g	2.40	0.134	2	0.68	0.86	
Sugars, total	g						
Minerals:							
Calcium	mg	37		1	10	13	
Iron	mg	2.66		1	0.75	0.96	
Magnesium	mg	31		0	9	11	
Phosphorus	mg	198		0	56	71	
Potassium	mg	166		1	47	60	
Sodium	mg	495		1	140	178	
Zinc	mg	0.65		0	0.18	0.23	
Copper	mg	0.137		0	0.039	0.049	
Manganese	mg	0.715		0	0.203	0.257	
Selenium	:g	19.1		0	5.4	6.9	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.240		1	0.068	0.086	
Riboflavin	mg	0.300		1	0.085	0.108	
Niacin	mg	2.420		1	0.686	0.871	
Pantothenic acid	mg	0.311		0	0.088	0.112	
Vitamin B-6	mg	0.098		0	0.028	0.035	
Folate	:g	32		0	9	12	
Vitamin B-12	:g	0.04		0	0.01	0.01	
Vitamin A	IU	178		1	50	64	
Vitamin A, RE	:g	50		0	14	18	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.734		0	0.492	0.624	
Lipids:							
Saturated, total	g	1.357		0	0.385	0.489	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.002		0	0.001	0.001	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.010		0	0.003	0.004	
15.0	g						
16:0	g	0.989		0	0.280	0.356	
17:0	g						
18:0	g	0.337		0	0.096	0.121	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.036	0	0.577	0.733
14:1	g				
16:1	g	0.027	0	0.008	0.010
18:1	g	1.983	0	0.562	0.714
20:1	g	0.017	0	0.005	0.006
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.822	0	1.367	1.736
18:2	g	4.254	0	1.206	1.531
18:3	g	0.549	0	0.156	0.198
18:4	g	0.001	0	0.000	0.000
20:4	g	0.006	0	0.002	0.002
20:5	g	0.003	0	0.001	0.001
22:5	g	0.000	0	0.000	0.000
22:6	g	0.002	0	0.001	0.001
Cholesterol	mg	17	0	5	6
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.070	0	0.020	0.025
Threonine	g	0.185	0	0.052	0.067
Isoleucine	g	0.206	0	0.058	0.074
Leucine	g	0.370	0	0.105	0.133
Lysine	g	0.235	0	0.067	0.085
Methionine	g	0.088	0	0.025	0.032
Cystine	g	0.100	0	0.028	0.036
Phenylalanine	g	0.247	0	0.070	0.089
Tyrosine	g	0.168	0	0.048	0.060
Valine	g	0.236	0	0.067	0.085
Arginine	g	0.306	0	0.087	0.110
Histidine	g	0.127	0	0.036	0.046
Alanine	g	0.216	0	0.061	0.078
Aspartic acid	g	0.433	0	0.123	0.156
Glutamic acid	g	1.200	0	0.340	0.432
Glycine	g	0.212	0	0.060	0.076
Proline	g	0.387	0	0.110	0.139
Serine	g	0.276	0	0.078	0.099
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 toaster muffin

NDB No. 18288 Pancakes plain, frozen, ready-to-heat (includes buttermilk)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 36g	Measure 3* 73g
Proximates:							
Water	g	45.20	0.526	2	12.81	16.27	33.00
Energy	kcal	229		0	65	82	167
Energy	kj	958		0	272	345	699
Protein (N x 5.95)	g	5.20	0.894	2	1.47	1.87	3.80
Total lipid (fat)	g	3.30	0.124	2	0.94	1.19	2.41
Carbohydrate, by difference	g	43.60		0	12.36	15.70	31.83
Fiber, total dietary	g	1.8		0	0.5	0.6	1.3
Ash	g	2.70	0.100	2	0.77	0.97	1.97
Sugars, total	g						
Minerals:							
Calcium	mg	62	0.244	2	18	22	45
Iron	mg	3.48		1	0.99	1.25	2.54
Magnesium	mg	14		1	4	5	10
Phosphorus	mg	372	0.453	3	105	134	272
Potassium	mg	73		1	21	26	53
Sodium	mg	509		1	144	183	372
Zinc	mg	0.66	0.155	2	0.19	0.24	0.48
Copper	mg	0.040		1	0.011	0.014	0.029
Manganese	mg	0.255		0	0.072	0.092	0.186
Selenium	:g	15.7		0	4.5	5.7	11.5
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	0.1	0.2
Thiamin	mg	0.379	0.057	3	0.107	0.136	0.277
Riboflavin	mg	0.469	0.055	3	0.133	0.169	0.342
Niacin	mg	4.010		1	1.137	1.444	2.927
Pantothenic acid	mg	0.431		0	0.122	0.155	0.315
Vitamin B-6	mg	0.080		0	0.023	0.029	0.058
Folate	:g	50		0	14	18	37
Vitamin B-12	:g	0.18		0	0.05	0.06	0.13
Vitamin A	IU	100		1	28	36	73
Vitamin A, RE	:g	29		0	8	10	21
Vitamin D	IU						
Vitamin E, "-TE	mg	0.398		0	0.113	0.143	0.291
Lipids:							
Saturated, total	g	0.767		0	0.217	0.276	0.560
4:0	g	0.010		0	0.003	0.004	0.007
6.0	g	0.006		0	0.002	0.002	0.004
8:0	g	0.004		0	0.001	0.001	0.003
10:0	g	0.008		0	0.002	0.003	0.006
12:0	g	0.009		0	0.003	0.003	0.007
14:0	g	0.035		0	0.010	0.013	0.026
15.0	g						
16:0	g	0.502		0	0.142	0.181	0.366
17:0	g						
18:0	g	0.194		0	0.055	0.070	0.142
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.207	0	0.342	0.435	0.881
14:1	g					
16:1	g	0.040	0	0.011	0.014	0.029
18:1	g	1.165	0	0.330	0.419	0.850
20:1	g	0.002	0	0.001	0.001	0.001
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.963	0	0.273	0.347	0.703
18:2	g	0.887	0	0.251	0.319	0.648
18:3	g	0.061	0	0.017	0.022	0.045
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.012	0	0.003	0.004	0.009
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	0.003	0	0.001	0.001	0.002
Cholesterol	mg	9	1	3	3	7
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.061	0	0.017	0.022	0.045
Threonine	g	0.184	0	0.052	0.066	0.134
Isoleucine	g	0.225	0	0.064	0.081	0.164
Leucine	g	0.416	0	0.118	0.150	0.304
Lysine	g	0.223	0	0.063	0.080	0.163
Methionine	g	0.112	0	0.032	0.040	0.082
Cystine	g	0.099	0	0.028	0.036	0.072
Phenylalanine	g	0.265	0	0.075	0.095	0.193
Tyrosine	g	0.181	0	0.051	0.065	0.132
Valine	g	0.262	0	0.074	0.094	0.191
Arginine	g	0.229	0	0.065	0.082	0.167
Histidine	g	0.125	0	0.035	0.045	0.091
Alanine	g	0.205	0	0.058	0.074	0.150
Aspartic acid	g	0.318	0	0.090	0.114	0.232
Glutamic acid	g	1.368	0	0.388	0.492	0.999
Glycine	g	0.173	0	0.049	0.062	0.126
Proline	g	0.505	0	0.143	0.182	0.369
Serine	g	0.283	0	0.080	0.102	0.207
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 pancake (4" dia)
Measure 3: 1 pancake (6" dia)

NDB No. 18289 Pancakes, plain, dry mix, complete (includes buttermilk)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 130g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	8.80	0.103	105	11.44	2.49	
Energy	kcal	376		0	489	107	
Energy	kj	1573		0	2045	446	
Protein (N x 5.95)	g	10.10	0.077	104	13.13	2.86	
Total lipid (fat)	g	4.90	0.077	102	6.37	1.39	
Carbohydrate, by difference	g	71.30		0	92.69	20.21	
Fiber, total dietary	g	2.7		0	3.5	0.8	
Ash	g	4.90	0.068	89	6.37	1.39	
Sugars, total	g						
Minerals:							
Calcium	mg	241	14.229	85	313	68	
Iron	mg	3.01	0.074	73	3.91	0.85	
Magnesium	mg	37	3.696	25	48	10	
Phosphorus	mg	649	12.261	95	844	184	
Potassium	mg	341	34.544	64	443	97	
Sodium	mg	1215	37.736	72	1580	344	
Zinc	mg	0.71	0.051	23	0.92	0.20	
Copper	mg	0.174	0.020	22	0.226	0.049	
Manganese	mg	0.527	0.048	4	0.685	0.149	
Selenium	:g	25.9		0	33.7	7.3	
Vitamins:							
Ascorbic acid	mg	0.4		0	0.5	0.1	
Thiamin	mg	0.511	0.015	74	0.664	0.145	
Riboflavin	mg	0.467	0.019	74	0.607	0.132	
Niacin	mg	3.690	0.097	73	4.797	1.046	
Pantothenic acid	mg	0.727	0.048	16	0.945	0.206	
Vitamin B-6	mg	0.197	0.016	13	0.256	0.056	
Folate	:g	101		0	131	29	
Vitamin B-12	:g	0.38	0.006	10	0.49	0.11	
Vitamin A	IU	68	3.424	10	88	19	
Vitamin A, RE	:g	20		0	26	6	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.984		0	1.279	0.279	
4:0	g	0.009		0	0.012	0.003	
6.0	g	0.005		0	0.007	0.001	
8:0	g	0.003		0	0.004	0.001	
10:0	g	0.007		0	0.009	0.002	
12:0	g	0.009		0	0.012	0.003	
14:0	g	0.035		0	0.046	0.010	
15.0	g						
16:0	g	0.669		0	0.870	0.190	
17:0	g						
18:0	g	0.243		0	0.316	0.069	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.710	0	2.223	0.485
14:1	g				
16:1	g	0.044	0	0.057	0.012
18:1	g	1.663	0	2.162	0.471
20:1	g	0.002	0	0.003	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.592	0	2.070	0.451
18:2	g	1.484	0	1.929	0.421
18:3	g	0.093	0	0.121	0.026
18:4	g				
20:4	g	0.012	0	0.016	0.003
20:5	g	0.000	0	0.000	0.000
22:5	g				
22:6	g	0.003	0	0.004	0.001
Cholesterol	mg	21	0	27	6
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.114	0	0.148	0.032
Threonine	g	0.360	0	0.468	0.102
Isoleucine	g	0.419	0	0.545	0.119
Leucine	g	0.863	0	1.122	0.245
Lysine	g	0.407	0	0.529	0.115
Methionine	g	0.204	0	0.265	0.058
Cystine	g	0.186	0	0.242	0.053
Phenylalanine	g	0.494	0	0.642	0.140
Tyrosine	g	0.352	0	0.458	0.100
Valine	g	0.501	0	0.651	0.142
Arginine	g	0.427	0	0.555	0.121
Histidine	g	0.245	0	0.319	0.069
Alanine	g	0.434	0	0.564	0.123
Aspartic acid	g	0.611	0	0.794	0.173
Glutamic acid	g	2.571	0	3.342	0.729
Glycine	g	0.332	0	0.432	0.094
Proline	g	0.978	0	1.271	0.277
Serine	g	0.516	0	0.671	0.146
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup, poured from box
Measure 2: 1 oz

NDB No. 18290 Pancakes, plain, dry mix, complete, prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 38g	Measure 3* 77g
Proximates:							
Water	g	53.00		0	15.03	20.14	40.81
Energy	kcal	194		0	55	74	149
Energy	kj	812		0	230	309	625
Protein (N x 5.95)	g	5.20		0	1.47	1.98	4.00
Total lipid (fat)	g	2.50		0	0.71	0.95	1.93
Carbohydrate, by difference	g	36.70		0	10.40	13.95	28.26
Fiber, total dietary	g	1.3		0	0.4	0.5	1.0
Ash	g	2.60		0	0.74	0.99	2.00
Sugars, total	g						
Minerals:							
Calcium	mg	126		0	36	48	97
Iron	mg	1.56		0	0.44	0.59	1.20
Magnesium	mg	20		0	6	8	15
Phosphorus	mg	334		0	95	127	257
Potassium	mg	175		0	50	67	135
Sodium	mg	628		0	178	239	484
Zinc	mg	0.39		0	0.11	0.15	0.30
Copper	mg	0.094		0	0.027	0.036	0.072
Manganese	mg	0.272		0	0.077	0.103	0.209
Selenium	:g	13.5		0	3.8	5.1	10.4
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.1	0.2
Thiamin	mg	0.211		0	0.060	0.080	0.162
Riboflavin	mg	0.217		0	0.062	0.082	0.167
Niacin	mg	1.711		0	0.485	0.650	1.317
Pantothenic acid	mg	0.243		0	0.069	0.092	0.187
Vitamin B-6	mg	0.091		0	0.026	0.035	0.070
Folate	:g	37		0	10	14	28
Vitamin B-12	:g	0.20		0	0.06	0.08	0.15
Vitamin A	IU	32		0	9	12	25
Vitamin A, RE	:g	9		0	3	3	7
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.507		0	0.144	0.193	0.390
4:0	g	0.005		0	0.001	0.002	0.004
6.0	g	0.003		0	0.001	0.001	0.002
8:0	g	0.002		0	0.001	0.001	0.002
10:0	g	0.004		0	0.001	0.002	0.003
12:0	g	0.005		0	0.001	0.002	0.004
14:0	g	0.018		0	0.005	0.007	0.014
15.0	g						
16:0	g	0.344		0	0.098	0.131	0.265
17:0	g						
18:0	g	0.125		0	0.035	0.048	0.096
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.881	0	0.250	0.335	0.678
14:1	g					
16:1	g	0.023	0	0.007	0.009	0.018
18:1	g	0.857	0	0.243	0.326	0.660
20:1	g	0.001	0	0.000	0.000	0.001
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.820	0	0.232	0.312	0.631
18:2	g	0.764	0	0.217	0.290	0.588
18:3	g	0.048	0	0.014	0.018	0.037
18:4	g					
20:4	g	0.006	0	0.002	0.002	0.005
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g					
22:6	g	0.002	0	0.001	0.001	0.002
Cholesterol	mg	12	0	3	5	9
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.059	0	0.017	0.022	0.045
Threonine	g	0.186	0	0.053	0.071	0.143
Isoleucine	g	0.216	0	0.061	0.082	0.166
Leucine	g	0.444	0	0.126	0.169	0.342
Lysine	g	0.210	0	0.060	0.080	0.162
Methionine	g	0.105	0	0.030	0.040	0.081
Cystine	g	0.096	0	0.027	0.036	0.074
Phenylalanine	g	0.255	0	0.072	0.097	0.196
Tyrosine	g	0.181	0	0.051	0.069	0.139
Valine	g	0.258	0	0.073	0.098	0.199
Arginine	g	0.220	0	0.062	0.084	0.169
Histidine	g	0.126	0	0.036	0.048	0.097
Alanine	g	0.223	0	0.063	0.085	0.172
Aspartic acid	g	0.315	0	0.089	0.120	0.243
Glutamic acid	g	1.325	0	0.376	0.504	1.020
Glycine	g	0.171	0	0.048	0.065	0.132
Proline	g	0.504	0	0.143	0.192	0.388
Serine	g	0.266	0	0.075	0.101	0.205
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 pancake (4" dia)
Measure 3: 1 pancake (6" dia)

NDB No. 18291 Pancakes, plain, dry mix, incomplete (includes buttermilk)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 112g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	9.10	0.119	124	10.19	2.58	
Energy	kcal	355		0	398	101	
Energy	kj	1485		0	1663	421	
Protein (N x 5.95)	g	10.00	0.117	129	11.20	2.84	
Total lipid (fat)	g	1.70	0.050	125	1.90	0.48	
Carbohydrate, by difference	g	73.60		0	82.43	20.87	
Fiber, total dietary	g	5.4		0	6.1	1.5	
Ash	g	5.60	0.042	110	6.27	1.59	
Sugars, total	g						
Minerals:							
Calcium	mg	342	13.692	134	383	97	
Iron	mg	3.05	0.128	104	3.42	0.86	
Magnesium	mg	31	1.925	60	35	9	
Phosphorus	mg	627	16.515	135	702	178	
Potassium	mg	191	3.867	82	214	54	
Sodium	mg	1310	52.597	100	1467	371	
Zinc	mg	0.84	0.025	58	0.94	0.24	
Copper	mg	0.115	0.007	57	0.129	0.033	
Manganese	mg	0.395	0.028	31	0.442	0.112	
Selenium	:g	12.9	0.845	8	14.4	3.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.610	0.021	61	0.683	0.173	
Riboflavin	mg	0.371	0.019	61	0.416	0.105	
Niacin	mg	3.758	0.137	61	4.209	1.065	
Pantothenic acid	mg	0.426	0.032	14	0.477	0.121	
Vitamin B-6	mg	0.183	0.013	12	0.205	0.052	
Folate	:g	115		0	129	33	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.174		0	0.195	0.049	
Lipids:							
Saturated, total	g	0.250		0	0.280	0.071	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.002		0	0.002	0.001	
14:0	g	0.001		0	0.001	0.000	
15.0	g						
16:0	g	0.222		0	0.249	0.063	
17:0	g						
18:0	g	0.017		0	0.019	0.005	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.324	0	0.363	0.092
14:1	g				
16:1	g	0.003	0	0.003	0.001
18:1	g	0.322	0	0.361	0.091
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.726	0	0.813	0.206
18:2	g	0.695	0	0.778	0.197
18:3	g	0.031	0	0.035	0.009
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.112	0	0.125	0.032
Threonine	g	0.293	0	0.328	0.083
Isoleucine	g	0.372	0	0.417	0.105
Leucine	g	0.767	0	0.859	0.217
Lysine	g	0.236	0	0.264	0.067
Methionine	g	0.179	0	0.200	0.051
Cystine	g	0.219	0	0.245	0.062
Phenylalanine	g	0.494	0	0.553	0.140
Tyrosine	g	0.296	0	0.332	0.084
Valine	g	0.447	0	0.501	0.127
Arginine	g	0.411	0	0.460	0.117
Histidine	g	0.227	0	0.254	0.064
Alanine	g	0.391	0	0.438	0.111
Aspartic acid	g	0.502	0	0.562	0.142
Glutamic acid	g	3.094	0	3.465	0.877
Glycine	g	0.370	0	0.414	0.105
Proline	g	1.055	0	1.182	0.299
Serine	g	0.480	0	0.538	0.136
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup, poured from box
Measure 2: 1 oz

NDB No. 18292 Pancakes, plain, dry mix, incomplete, prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 38g	Measure 3* 77g
Proximates:							
Water	g	52.90		0	15.00	20.10	40.73
Energy	kcal	218		0	62	83	168
Energy	kj	912		0	259	347	702
Protein (N x 5.95)	g	7.80		0	2.21	2.96	6.01
Total lipid (fat)	g	7.70		0	2.18	2.93	5.93
Carbohydrate, by difference	g	28.90		0	8.19	10.98	22.25
Fiber, total dietary	g	1.9		0	0.5	0.7	1.4
Ash	g	2.60		0	0.74	0.99	2.00
Sugars, total	g						
Minerals:							
Calcium	mg	215		0	61	82	166
Iron	mg	1.30		0	0.37	0.49	1.00
Magnesium	mg	22		0	6	8	17
Phosphorus	mg	313		0	89	119	241
Potassium	mg	199		0	56	76	153
Sodium	mg	505		0	143	192	389
Zinc	mg	0.75		0	0.21	0.28	0.58
Copper	mg	0.047		0	0.013	0.018	0.036
Manganese	mg	0.140		0	0.040	0.053	0.108
Selenium	΄g	9.8	0.506	28	2.8	3.7	7.5
Vitamins:							
Ascorbic acid	mg	0.6		0	0.2	0.2	0.5
Thiamin	mg	0.201		0	0.057	0.076	0.155
Riboflavin	mg	0.311		0	0.088	0.118	0.239
Niacin	mg	1.232		0	0.349	0.468	0.949
Pantothenic acid	mg	0.506		0	0.143	0.192	0.390
Vitamin B-6	mg	0.105		0	0.030	0.040	0.081
Folate	΄g	36		0	10	14	28
Vitamin B-12	΄g	0.34		0	0.10	0.13	0.26
Vitamin A	IU	250		0	71	95	193
Vitamin A, RE	΄g	72		0	20	27	55
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.045		0	0.580	0.777	1.575
4:0	g	0.048		0	0.014	0.018	0.037
6.0	g	0.029		0	0.008	0.011	0.022
8:0	g	0.017		0	0.005	0.006	0.013
10:0	g	0.037		0	0.010	0.014	0.028
12:0	g	0.043		0	0.012	0.016	0.033
14:0	g	0.159		0	0.045	0.060	0.122
15.0	g						
16:0	g	1.235		0	0.350	0.469	0.951
17:0	g						
18:0	g	0.464		0	0.132	0.176	0.357
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.070	0	0.587	0.787	1.594
14:1	g					
16:1	g	0.088	0	0.025	0.033	0.068
18:1	g	1.964	0	0.557	0.746	1.512
20:1	g	0.013	0	0.004	0.005	0.010
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.923	0	0.829	1.111	2.251
18:2	g	2.574	0	0.730	0.978	1.982
18:3	g	0.321	0	0.091	0.122	0.247
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.022	0	0.006	0.008	0.017
20:5	g	0.001	0	0.000	0.000	0.001
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.006	0	0.002	0.002	0.005
Cholesterol	mg	71	0	20	27	55
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.095	0	0.027	0.036	0.073
Threonine	g	0.298	0	0.084	0.113	0.229
Isoleucine	g	0.375	0	0.106	0.142	0.289
Leucine	g	0.657	0	0.186	0.250	0.506
Lysine	g	0.405	0	0.115	0.154	0.312
Methionine	g	0.180	0	0.051	0.068	0.139
Cystine	g	0.141	0	0.040	0.054	0.109
Phenylalanine	g	0.384	0	0.109	0.146	0.296
Tyrosine	g	0.293	0	0.083	0.111	0.226
Valine	g	0.428	0	0.121	0.163	0.330
Arginine	g	0.341	0	0.097	0.130	0.263
Histidine	g	0.187	0	0.053	0.071	0.144
Alanine	g	0.321	0	0.091	0.122	0.247
Aspartic acid	g	0.543	0	0.154	0.206	0.418
Glutamic acid	g	1.803	0	0.511	0.685	1.388
Glycine	g	0.241	0	0.068	0.092	0.186
Proline	g	0.666	0	0.189	0.253	0.513
Serine	g	0.435	0	0.123	0.165	0.335
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 pancake (4" dia)
Measure 3: 1 pancake (6" dia)

NDB No. 18293 Pancakes, plain, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 38g	Measure 3* 77g
Proximates:							
Water	g	52.90		0	15.00	20.10	40.73
Energy	kcal	227		0	64	86	175
Energy	kj	950		0	269	361	732
Protein (N x 5.95)	g	6.40		0	1.81	2.43	4.93
Total lipid (fat)	g	9.70		0	2.75	3.69	7.47
Carbohydrate, by difference	g	28.30		0	8.02	10.75	21.79
Fiber, total dietary	g						
Ash	g	2.60		0	0.74	0.99	2.00
Sugars, total	g						
Minerals:							
Calcium	mg	219		0	62	83	169
Iron	mg	1.80		0	0.51	0.68	1.39
Magnesium	mg	16		0	5	6	12
Phosphorus	mg	159		0	45	60	122
Potassium	mg	132		0	37	50	102
Sodium	mg	439		0	124	167	338
Zinc	mg	0.56		0	0.16	0.21	0.43
Copper	mg	0.049		0	0.014	0.019	0.038
Manganese	mg	0.200		0	0.057	0.076	0.154
Selenium	:g	14.9		0	4.2	5.7	11.5
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	0.1	0.2
Thiamin	mg	0.201		0	0.057	0.076	0.155
Riboflavin	mg	0.281		0	0.080	0.107	0.216
Niacin	mg	1.567		0	0.444	0.595	1.207
Pantothenic acid	mg	0.405		0	0.115	0.154	0.312
Vitamin B-6	mg	0.046		0	0.013	0.017	0.035
Folate	:g	38		0	11	14	29
Vitamin B-12	:g	0.22		0	0.06	0.08	0.17
Vitamin A	IU	196		0	56	74	151
Vitamin A, RE	:g	54		0	15	21	42
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.122		0	0.602	0.806	1.634
4:0	g	0.036		0	0.010	0.014	0.028
6.0	g	0.021		0	0.006	0.008	0.016
8:0	g	0.012		0	0.003	0.005	0.009
10:0	g	0.028		0	0.008	0.011	0.022
12:0	g	0.031		0	0.009	0.012	0.024
14:0	g	0.122		0	0.035	0.046	0.094
15.0	g						
16:0	g	1.354		0	0.384	0.515	1.043
17:0	g						
18:0	g	0.508		0	0.144	0.193	0.391
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.474	0	0.701	0.940	1.905
14:1	g					
16:1	g	0.078	0	0.022	0.030	0.060
18:1	g	2.375	0	0.673	0.903	1.829
20:1	g	0.018	0	0.005	0.007	0.014
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	4.447	0	1.261	1.690	3.424
18:2	g	3.913	0	1.109	1.487	3.013
18:3	g	0.510	0	0.145	0.194	0.393
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.018	0	0.005	0.007	0.014
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	0.005	0	0.001	0.002	0.004
Cholesterol	mg	59	0	17	22	45
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.080	0	0.023	0.030	0.062
Threonine	g	0.237	0	0.067	0.090	0.182
Isoleucine	g	0.297	0	0.084	0.113	0.229
Leucine	g	0.513	0	0.145	0.195	0.395
Lysine	g	0.321	0	0.091	0.122	0.247
Methionine	g	0.147	0	0.042	0.056	0.113
Cystine	g	0.116	0	0.033	0.044	0.089
Phenylalanine	g	0.319	0	0.090	0.121	0.246
Tyrosine	g	0.240	0	0.068	0.091	0.185
Valine	g	0.335	0	0.095	0.127	0.258
Arginine	g	0.280	0	0.079	0.106	0.216
Histidine	g	0.152	0	0.043	0.058	0.117
Alanine	g	0.245	0	0.069	0.093	0.189
Aspartic acid	g	0.420	0	0.119	0.160	0.323
Glutamic acid	g	1.570	0	0.445	0.597	1.209
Glycine	g	0.198	0	0.056	0.075	0.152
Proline	g	0.576	0	0.163	0.219	0.444
Serine	g	0.363	0	0.103	0.138	0.280
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 pancake (4" dia)
Measure 3: 1 pancake (6" dia)

NDB No. 18294 Pancakes, blueberry, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 38g	Measure 3* 77g
Proximates:							
Water	g	53.20		0	15.08	20.22	40.96
Energy	kcal	222		0	63	84	171
Energy	kj	929		0	263	353	715
Protein (N x 5.95)	g	6.10		0	1.73	2.32	4.70
Total lipid (fat)	g	9.20		0	2.61	3.50	7.08
Carbohydrate, by difference	g	29.00		0	8.22	11.02	22.33
Fiber, total dietary	g						
Ash	g	2.50		0	0.71	0.95	1.93
Sugars, total	g						
Minerals:							
Calcium	mg	206		0	58	78	159
Iron	mg	1.72		0	0.49	0.65	1.32
Magnesium	mg	16		0	5	6	12
Phosphorus	mg	151		0	43	57	116
Potassium	mg	138		0	39	52	106
Sodium	mg	412		0	117	157	317
Zinc	mg	0.54		0	0.15	0.21	0.42
Copper	mg	0.055		0	0.016	0.021	0.042
Manganese	mg	0.237		0	0.067	0.090	0.182
Selenium	:g	14.0		0	4.0	5.3	10.8
Vitamins:							
Ascorbic acid	mg	2.2		0	0.6	0.8	1.7
Thiamin	mg	0.195		0	0.055	0.074	0.150
Riboflavin	mg	0.272		0	0.077	0.103	0.209
Niacin	mg	1.524		0	0.432	0.579	1.173
Pantothenic acid	mg	0.395		0	0.112	0.150	0.304
Vitamin B-6	mg	0.049		0	0.014	0.019	0.038
Folate	:g	36		0	10	14	28
Vitamin B-12	:g	0.20		0	0.06	0.08	0.15
Vitamin A	IU	199		0	56	76	153
Vitamin A, RE	:g	51		0	14	19	39
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.986		0	0.563	0.755	1.529
4:0	g	0.033		0	0.009	0.013	0.025
6.0	g	0.020		0	0.006	0.008	0.015
8:0	g	0.012		0	0.003	0.005	0.009
10:0	g	0.026		0	0.007	0.010	0.020
12:0	g	0.029		0	0.008	0.011	0.022
14:0	g	0.114		0	0.032	0.043	0.088
15.0	g						
16:0	g	1.267		0	0.359	0.481	0.976
17:0	g						
18:0	g	0.475		0	0.135	0.181	0.366
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.316	0	0.657	0.880	1.783
14:1	g					
16:1	g	0.073	0	0.021	0.028	0.056
18:1	g	2.223	0	0.630	0.845	1.712
20:1	g	0.017	0	0.005	0.006	0.013
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	4.162	0	1.180	1.582	3.205
18:2	g	3.662	0	1.038	1.392	2.820
18:3	g	0.478	0	0.136	0.182	0.368
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.017	0	0.005	0.006	0.013
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	0.004	0	0.001	0.002	0.003
Cholesterol	mg	56	0	16	21	43
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.076	0	0.022	0.029	0.059
Threonine	g	0.225	0	0.064	0.086	0.173
Isoleucine	g	0.281	0	0.080	0.107	0.216
Leucine	g	0.487	0	0.138	0.185	0.375
Lysine	g	0.303	0	0.086	0.115	0.233
Methionine	g	0.139	0	0.039	0.053	0.107
Cystine	g	0.110	0	0.031	0.042	0.085
Phenylalanine	g	0.303	0	0.086	0.115	0.233
Tyrosine	g	0.226	0	0.064	0.086	0.174
Valine	g	0.318	0	0.090	0.121	0.245
Arginine	g	0.268	0	0.076	0.102	0.206
Histidine	g	0.144	0	0.041	0.055	0.111
Alanine	g	0.234	0	0.066	0.089	0.180
Aspartic acid	g	0.403	0	0.114	0.153	0.310
Glutamic acid	g	1.484	0	0.421	0.564	1.143
Glycine	g	0.190	0	0.054	0.072	0.146
Proline	g	0.543	0	0.154	0.206	0.418
Serine	g	0.343	0	0.097	0.130	0.264
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 pancake (4" dia)
Measure 3: 1 pancake (6" dia)

NDB No. 18295 Pancakes, buckwheat, dry mix, incomplete

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 122g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	9.10	0.172	43	11.10	2.58	
Energy	kcal	340		0	415	96	
Energy	kj	1423		0	1736	403	
Protein (N x 5.95)	g	10.90	0.152	43	13.30	3.09	
Total lipid (fat)	g	2.70	0.089	43	3.29	0.77	
Carbohydrate, by difference	g	71.30		0	86.99	20.21	
Fiber, total dietary	g	8.5		0	10.3	2.4	
Ash	g	6.00	0.045	34	7.32	1.70	
Sugars, total	g						
Minerals:							
Calcium	mg	476	4.463	33	581	135	
Iron	mg	4.73	0.152	26	5.77	1.34	
Magnesium	mg	190		0	232	54	
Phosphorus	mg	913	19.971	33	1114	259	
Potassium	mg	316	11.861	20	386	90	
Sodium	mg	1387	28.160	19	1692	393	
Zinc	mg	2.55		0	3.11	0.72	
Copper	mg	0.415		0	0.506	0.118	
Manganese	mg	1.656		0	2.020	0.469	
Selenium	΄g	13.1		0	16.0	3.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.542	0.013	26	0.661	0.154	
Riboflavin	mg	0.249	0.021	26	0.304	0.071	
Niacin	mg	4.095	0.112	25	4.996	1.161	
Pantothenic acid	mg	0.415		0	0.506	0.118	
Vitamin B-6	mg	0.438		0	0.534	0.124	
Folate	΄g	50		0	61	14	
Vitamin B-12	΄g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	΄g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.814		0	0.993	0.231	
Lipids:							
Saturated, total	g	0.439		0	0.536	0.124	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.011		0	0.013	0.003	
10:0	g	0.005		0	0.006	0.001	
12:0	g	0.004		0	0.005	0.001	
14:0	g	0.010		0	0.012	0.003	
15.0	g						
16:0	g	0.364		0	0.444	0.103	
17:0	g						
18:0	g	0.029		0	0.035	0.008	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.581	0	0.709	0.165
14:1	g				
16:1	g	0.014	0	0.017	0.004
18:1	g	0.564	0	0.688	0.160
20:1	g	0.000	0	0.000	0.000
22.1	g	0.003	0	0.004	0.001
Polyunsaturated, total	g	1.000	0	1.220	0.284
18:2	g	0.945	0	1.153	0.268
18:3	g	0.054	0	0.066	0.015
18:4	g	0.000	0	0.000	0.000
20:4	g	0.001	0	0.001	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.159	0	0.194	0.045
Threonine	g	0.352	0	0.429	0.100
Isoleucine	g	0.408	0	0.498	0.116
Leucine	g	0.756	0	0.922	0.214
Lysine	g	0.381	0	0.465	0.108
Methionine	g	0.166	0	0.203	0.047
Cystine	g	0.228	0	0.278	0.065
Phenylalanine	g	0.488	0	0.595	0.138
Tyrosine	g	0.286	0	0.349	0.081
Valine	g	0.514	0	0.627	0.146
Arginine	g	0.605	0	0.738	0.172
Histidine	g	0.257	0	0.314	0.073
Alanine	g	0.483	0	0.589	0.137
Aspartic acid	g	0.689	0	0.841	0.195
Glutamic acid	g	2.808	0	3.426	0.796
Glycine	g	0.570	0	0.695	0.162
Proline	g	0.895	0	1.092	0.254
Serine	g	0.530	0	0.647	0.150
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup, poured from box
Measure 2: 1 oz

NDB No. 18297 Pancakes, special dietary, 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* 28g	Measure 2* 227g	Measure 3*
Proximates:							
Water	g	10.80		1	3.06	24.49	
Energy	kcal	349		0	99	792	
Energy	kj	1460		0	414	3311	
Protein (N x 5.95)	g	8.90		1	2.52	20.19	
Total lipid (fat)	g	1.40		1	0.40	3.18	
Carbohydrate, by difference	g	73.90		0	20.95	167.61	
Fiber, total dietary	g						
Ash	g	5.00		1	1.42	11.34	
Sugars, total	g						
Minerals:							
Calcium	mg	99		1	28	225	
Iron	mg	3.05		1	0.86	6.92	
Magnesium	mg	47		1	13	107	
Phosphorus	mg	596		1	169	1352	
Potassium	mg	676		1	192	1533	
Sodium	mg	456		1	129	1034	
Zinc	mg	1.19		1	0.34	2.70	
Copper	mg	0.137		1	0.039	0.311	
Manganese	mg	0.578		0	0.164	1.311	
Selenium	:g	25.1		0	7.1	56.9	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.370		1	0.105	0.839	
Riboflavin	mg	0.209		1	0.059	0.474	
Niacin	mg	3.270		1	0.927	7.416	
Pantothenic acid	mg	0.364		1	0.103	0.826	
Vitamin B-6	mg	0.037		1	0.010	0.084	
Folate	:g	107		0	30	243	
Vitamin B-12	:g	0.00		1	0.00	0.00	
Vitamin A	IU	126		1	36	286	
Vitamin A, RE	:g	19		0	5	43	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.202		0	0.057	0.458	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.000	0.002	
14:0	g	0.001		0	0.000	0.002	
15.0	g						
16:0	g	0.177		0	0.050	0.401	
17:0	g						
18:0	g	0.018		0	0.005	0.041	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.276	0	0.078	0.626
14:1	g				
16:1	g	0.003	0	0.001	0.007
18:1	g	0.273	0	0.077	0.619
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.611	0	0.173	1.386
18:2	g	0.586	0	0.166	1.329
18:3	g	0.025	0	0.007	0.057
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.090	0	0.026	0.204
Threonine	g	0.271	0	0.077	0.615
Isoleucine	g	0.337	0	0.096	0.764
Leucine	g	0.796	0	0.226	1.805
Lysine	g	0.251	0	0.071	0.569
Methionine	g	0.158	0	0.045	0.358
Cystine	g	0.178	0	0.050	0.404
Phenylalanine	g	0.450	0	0.128	1.021
Tyrosine	g	0.295	0	0.084	0.669
Valine	g	0.394	0	0.112	0.894
Arginine	g	0.420	0	0.119	0.953
Histidine	g	0.223	0	0.063	0.506
Alanine	g	0.400	0	0.113	0.907
Aspartic acid	g	0.572	0	0.162	1.297
Glutamic acid	g	2.415	0	0.685	5.477
Glycine	g	0.322	0	0.091	0.730
Proline	g	0.878	0	0.249	1.991
Serine	g	0.429	0	0.122	0.973
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 package (8 oz)

NDB No. 18299 Pancakes, whole-wheat, dry mix, incomplete

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	8.80	0.097	19	12.32	2.49	
Energy	kcal	344		0	482	98	
Energy	kj	1439		0	2015	408	
Protein (N x 5.95)	g	12.80	0.062	19	17.92	3.63	
Total lipid (fat)	g	1.50	0.065	19	2.10	0.43	
Carbohydrate, by difference	g	71.00		0	99.40	20.13	
Fiber, total dietary	g						
Ash	g	5.90	0.034	19	8.26	1.67	
Sugars, total	g						
Minerals:							
Calcium	mg	449	11.622	19	629	127	
Iron	mg	7.84	0.136	19	10.98	2.22	
Magnesium	mg	104		0	146	29	
Phosphorus	mg	782	8.358	19	1095	222	
Potassium	mg	445	16.348	9	623	126	
Sodium	mg	1419	32.951	9	1987	402	
Zinc	mg	1.96		0	2.74	0.56	
Copper	mg	0.560		0	0.784	0.159	
Manganese	mg	2.236		0	3.130	0.634	
Selenium	:g	38.0		0	53.2	10.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.569	0.021	19	0.797	0.161	
Riboflavin	mg	1.083	0.058	19	1.516	0.307	
Niacin	mg	6.767	0.191	19	9.474	1.918	
Pantothenic acid	mg	0.750		0	1.050	0.213	
Vitamin B-6	mg	0.227		0	0.318	0.064	
Folate	:g	82		0	115	23	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	31	3.600	10	43	9	
Vitamin A, RE	:g	3		0	4	1	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.244		0	0.342	0.069	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.002		0	0.003	0.001	
14:0	g	0.002		0	0.003	0.001	
15.0	g						
16:0	g	0.217		0	0.304	0.062	
17:0	g						
18:0	g	0.012		0	0.017	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.279	0	0.391	0.079
14:1	g				
16:1	g	0.007	0	0.010	0.002
18:1	g	0.273	0	0.382	0.077
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.605	0	0.847	0.172
18:2	g	0.575	0	0.805	0.163
18:3	g	0.030	0	0.042	0.009
18:4	g				
20:4	g	0.001	0	0.001	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.187	0	0.262	0.053
Threonine	g	0.394	0	0.552	0.112
Isoleucine	g	0.496	0	0.694	0.141
Leucine	g	0.908	0	1.271	0.257
Lysine	g	0.430	0	0.602	0.122
Methionine	g	0.216	0	0.302	0.061
Cystine	g	0.300	0	0.420	0.085
Phenylalanine	g	0.634	0	0.888	0.180
Tyrosine	g	0.397	0	0.556	0.113
Valine	g	0.628	0	0.879	0.178
Arginine	g	0.705	0	0.987	0.200
Histidine	g	0.297	0	0.416	0.084
Alanine	g	0.529	0	0.741	0.150
Aspartic acid	g	0.813	0	1.138	0.230
Glutamic acid	g	3.602	0	5.043	1.021
Glycine	g	0.555	0	0.777	0.157
Proline	g	1.108	0	1.551	0.314
Serine	g	0.599	0	0.839	0.170
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup, poured from box
Measure 2: 1 oz

NDB No. 18300 Pancakes, whole-wheat, dry mix, incomplete, prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 44g	Measure 3* 129g
Proximates:							
Water	g	52.80		0	14.97	23.23	68.11
Energy	kcal	208		0	59	92	268
Energy	kj	870		0	247	383	1122
Protein (N x 5.95)	g	8.50		0	2.41	3.74	10.96
Total lipid (fat)	g	6.50		0	1.84	2.86	8.38
Carbohydrate, by difference	g	29.40		0	8.33	12.94	37.93
Fiber, total dietary	g	2.8		0	0.8	1.2	3.7
Ash	g	2.80		0	0.79	1.23	3.61
Sugars, total	g						
Minerals:							
Calcium	mg	250		0	71	110	323
Iron	mg	3.11		0	0.88	1.37	4.01
Magnesium	mg	46		0	13	20	59
Phosphorus	mg	373		0	106	164	481
Potassium	mg	279		0	79	123	360
Sodium	mg	572		0	162	252	738
Zinc	mg	1.04		0	0.29	0.46	1.34
Copper	mg	0.080		0	0.023	0.035	0.103
Manganese	mg	1.546		0	0.438	0.680	1.994
Selenium	΄g	19.4		0	5.5	8.5	25.0
Vitamins:							
Ascorbic acid	mg	0.5		0	0.1	0.2	0.6
Thiamin	mg	0.197		0	0.056	0.087	0.254
Riboflavin	mg	0.529		0	0.150	0.233	0.682
Niacin	mg	2.309		0	0.655	1.016	2.979
Pantothenic acid	mg	0.518		0	0.147	0.228	0.668
Vitamin B-6	mg	0.110		0	0.031	0.048	0.142
Folate	΄g	29		0	8	13	37
Vitamin B-12	΄g	0.29		0	0.08	0.13	0.37
Vitamin A	IU	226		0	64	99	292
Vitamin A, RE	΄g	64		0	18	28	83
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.749		0	0.496	0.770	2.256
4:0	g	0.041		0	0.012	0.018	0.053
6.0	g	0.025		0	0.007	0.011	0.032
8:0	g	0.014		0	0.004	0.006	0.018
10:0	g	0.032		0	0.009	0.014	0.041
12:0	g	0.037		0	0.010	0.016	0.048
14:0	g	0.137		0	0.039	0.060	0.177
15.0	g						
16:0	g	1.057		0	0.300	0.465	1.364
17:0	g						
18:0	g	0.391		0	0.111	0.172	0.504
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.742	0	0.494	0.766	2.247
14:1	g					
16:1	g	0.077	0	0.022	0.034	0.099
18:1	g	1.650	0	0.468	0.726	2.128
20:1	g	0.010	0	0.003	0.004	0.013
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.406	0	0.682	1.059	3.104
18:2	g	2.118	0	0.600	0.932	2.732
18:3	g	0.264	0	0.075	0.116	0.341
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.019	0	0.005	0.008	0.025
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	0.005	0	0.001	0.002	0.006
Cholesterol	mg	61	0	17	27	79
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.118	0	0.033	0.052	0.152
Threonine	g	0.316	0	0.090	0.139	0.408
Isoleucine	g	0.396	0	0.112	0.174	0.511
Leucine	g	0.675	0	0.191	0.297	0.871
Lysine	g	0.438	0	0.124	0.193	0.565
Methionine	g	0.182	0	0.052	0.080	0.235
Cystine	g	0.167	0	0.047	0.073	0.215
Phenylalanine	g	0.419	0	0.119	0.184	0.541
Tyrosine	g	0.312	0	0.088	0.137	0.402
Valine	g	0.468	0	0.133	0.206	0.604
Arginine	g	0.432	0	0.122	0.190	0.557
Histidine	g	0.204	0	0.058	0.090	0.263
Alanine	g	0.357	0	0.101	0.157	0.461
Aspartic acid	g	0.620	0	0.176	0.273	0.800
Glutamic acid	g	1.969	0	0.558	0.866	2.540
Glycine	g	0.303	0	0.086	0.133	0.391
Proline	g	0.671	0	0.190	0.295	0.866
Serine	g	0.454	0	0.129	0.200	0.586
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 pancake (4" dia)
Measure 3: 1 pancake (6" dia)

NDB No. 18301 Pie, apple, commercially prepared, enriched flour

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 125g	Measure 3* 117g
Proximates:							
Water	g	52.20	1.308	21	14.80	65.25	61.07
Energy	kcal	237		0	67	296	277
Energy	kj	992		0	281	1240	1161
Protein (N x 5.95)	g	1.90	0.103	17	0.54	2.38	2.22
Total lipid (fat)	g	11.00	0.514	21	3.12	13.75	12.87
Carbohydrate, by difference	g	34.00		0	9.64	42.50	39.78
Fiber, total dietary	g	1.6		0	0.5	2.0	1.9
Ash	g	0.90	0.097	23	0.26	1.13	1.05
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.328	40	3	14	13
Iron	mg	0.45	0.029	36	0.13	0.56	0.53
Magnesium	mg	7	0.289	36	2	9	8
Phosphorus	mg	24	0.530	35	7	30	28
Potassium	mg	65	1.999	39	18	81	76
Sodium	mg	266	7.937	41	75	333	311
Zinc	mg	0.16	0.008	36	0.05	0.20	0.19
Copper	mg	0.046	0.002	36	0.013	0.058	0.054
Manganese	mg	0.182	0.006	36	0.052	0.228	0.213
Selenium	:g	1.0	0.374	13	0.3	1.3	1.2
Vitamins:							
Ascorbic acid	mg	3.2	0.679	15	0.9	4.0	3.7
Thiamin	mg	0.028	0.006	16	0.008	0.035	0.033
Riboflavin	mg	0.027	0.003	15	0.008	0.034	0.032
Niacin	mg	0.263	0.053	15	0.075	0.329	0.308
Pantothenic acid	mg	0.119	0.007	5	0.034	0.149	0.139
Vitamin B-6	mg	0.038	0.004	5	0.011	0.048	0.044
Folate	:g	22		0	6	28	26
Vitamin B-12	:g	0.01		0	0.00	0.01	0.01
Vitamin A	IU	124	24.922	7	35	155	145
Vitamin A, RE	:g	30		0	9	38	35
Vitamin D	IU						
Vitamin E, "-TE	mg	0.068		0	0.019	0.085	0.080
Lipids:							
Saturated, total	g	3.797		0	1.076	4.746	4.442
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	0.021		0	0.006	0.026	0.025
14:0	g	0.126		0	0.036	0.158	0.147
15.0	g						
16:0	g	2.062		0	0.585	2.578	2.413
17:0	g						
18:0	g	1.534		0	0.435	1.918	1.795
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.388	0	1.244	5.485	5.134
14:1	g					
16:1	g	0.146	0	0.041	0.183	0.171
18:1	g	4.109	0	1.165	5.136	4.808
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.198	0	0.623	2.748	2.572
18:2	g	2.066	0	0.586	2.583	2.417
18:3	g	0.123	0	0.035	0.154	0.144
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.026	0	0.007	0.033	0.030
Threonine	g	0.054	0	0.015	0.068	0.063
Isoleucine	g	0.073	0	0.021	0.091	0.085
Leucine	g	0.129	0	0.037	0.161	0.151
Lysine	g	0.070	0	0.020	0.088	0.082
Methionine	g	0.032	0	0.009	0.040	0.037
Cystine	g	0.040	0	0.011	0.050	0.047
Phenylalanine	g	0.088	0	0.025	0.110	0.103
Tyrosine	g	0.054	0	0.015	0.068	0.063
Valine	g	0.084	0	0.024	0.105	0.098
Arginine	g	0.074	0	0.021	0.093	0.087
Histidine	g	0.038	0	0.011	0.048	0.044
Alanine	g	0.060	0	0.017	0.075	0.070
Aspartic acid	g	0.095	0	0.027	0.119	0.111
Glutamic acid	g	0.587	0	0.166	0.734	0.687
Glycine	g	0.065	0	0.018	0.081	0.076
Proline	g	0.199	0	0.056	0.249	0.233
Serine	g	0.099	0	0.028	0.124	0.116
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 piece (1/8 of 9" dia)
Measure 3: 1 piece (1/6 of 8" pie)

NDB No. 18302 Pie, apple, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 155g	Measure 3*
Proximates:							
Water	g	47.30		0	13.41	73.31	
Energy	kcal	265		0	75	411	
Energy	kj	1109		0	314	1719	
Protein (N x 5.95)	g	2.40		0	0.68	3.72	
Total lipid (fat)	g	12.50		0	3.54	19.38	
Carbohydrate, by difference	g	37.10		0	10.52	57.51	
Fiber, total dietary	g						
Ash	g	0.80		0	0.23	1.24	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	11	
Iron	mg	1.12		0	0.32	1.74	
Magnesium	mg	7		0	2	11	
Phosphorus	mg	28		0	8	43	
Potassium	mg	79		0	22	122	
Sodium	mg	211		0	60	327	
Zinc	mg	0.19		0	0.05	0.29	
Copper	mg	0.053		0	0.015	0.082	
Manganese	mg	0.185		0	0.052	0.287	
Selenium	:g	7.8		0	2.2	12.1	
Vitamins:							
Ascorbic acid	mg	1.7		0	0.5	2.6	
Thiamin	mg	0.148		0	0.042	0.229	
Riboflavin	mg	0.107		0	0.030	0.166	
Niacin	mg	1.230		0	0.349	1.907	
Pantothenic acid	mg	0.093		0	0.026	0.144	
Vitamin B-6	mg	0.032		0	0.009	0.050	
Folate	:g	24		0	7	37	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	58		0	16	90	
Vitamin A, RE	:g	12		0	3	19	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.050		0	0.865	4.728	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.002	
14:0	g	0.058		0	0.016	0.090	
15.0	g						
16:0	g	1.738		0	0.493	2.694	
17:0	g						
18:0	g	1.253		0	0.355	1.942	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.393	0	1.529	8.359
14:1	g				
16:1	g	0.001	0	0.000	0.002
18:1	g	5.392	0	1.529	8.358
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.338	0	0.946	5.174
18:2	g	3.134	0	0.888	4.858
18:3	g	0.204	0	0.058	0.316
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.029	0	0.008	0.045
Threonine	g	0.066	0	0.019	0.102
Isoleucine	g	0.083	0	0.024	0.129
Leucine	g	0.164	0	0.046	0.254
Lysine	g	0.056	0	0.016	0.087
Methionine	g	0.042	0	0.012	0.065
Cystine	g	0.050	0	0.014	0.078
Phenylalanine	g	0.118	0	0.033	0.183
Tyrosine	g	0.072	0	0.020	0.112
Valine	g	0.097	0	0.027	0.150
Arginine	g	0.096	0	0.027	0.149
Histidine	g	0.053	0	0.015	0.082
Alanine	g	0.077	0	0.022	0.119
Aspartic acid	g	0.111	0	0.031	0.172
Glutamic acid	g	0.786	0	0.223	1.218
Glycine	g	0.086	0	0.024	0.133
Proline	g	0.271	0	0.077	0.420
Serine	g	0.119	0	0.034	0.184
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/8 of 9" dia)

NDB No. 18303 Pie, banana cream, prepared from mix, no-bake type

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 92g	Measure 3* 123g
Proximates:							
Water	g	50.90		1	14.43	46.83	62.61
Energy	kcal	251		0	71	231	309
Energy	kj	1050		0	298	966	1292
Protein (N x 5.95)	g	3.40		1	0.96	3.13	4.18
Total lipid (fat)	g	12.90		1	3.66	11.87	15.87
Carbohydrate, by difference	g	31.60		0	8.96	29.07	38.87
Fiber, total dietary	g	0.6		0	0.2	0.6	0.8
Ash	g	1.10		1	0.31	1.01	1.35
Sugars, total	g						
Minerals:							
Calcium	mg	73		1	21	67	90
Iron	mg	0.46		1	0.13	0.42	0.57
Magnesium	mg	12		1	3	11	15
Phosphorus	mg	167		1	47	154	205
Potassium	mg	113		1	32	104	139
Sodium	mg	290		1	82	267	357
Zinc	mg	0.33		1	0.09	0.30	0.41
Copper	mg	0.043		1	0.012	0.040	0.053
Manganese	mg	0.107		0	0.030	0.098	0.132
Selenium	:g	4.9		0	1.4	4.5	6.0
Vitamins:							
Ascorbic acid	mg	0.5		1	0.1	0.5	0.6
Thiamin	mg	0.102		1	0.029	0.094	0.125
Riboflavin	mg	0.146		1	0.041	0.134	0.180
Niacin	mg	0.709		1	0.201	0.652	0.872
Pantothenic acid	mg	0.259		1	0.073	0.238	0.319
Vitamin B-6	mg	0.035		1	0.010	0.032	0.043
Folate	:g	21		0	6	19	26
Vitamin B-12	:g	0.21		1	0.06	0.19	0.26
Vitamin A	IU	408		1	116	375	502
Vitamin A, RE	:g	100		0	28	92	123
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	6.904		0	1.957	6.352	8.492
4:0	g	0.320		0	0.091	0.294	0.394
6.0	g	0.189		0	0.054	0.174	0.232
8:0	g	0.110		0	0.031	0.101	0.135
10:0	g	0.247		0	0.070	0.227	0.304
12:0	g	0.277		0	0.079	0.255	0.341
14:0	g	1.006		0	0.285	0.926	1.237
15.0	g						
16:0	g	2.991		0	0.848	2.752	3.679
17:0	g						
18:0	g	1.550		0	0.439	1.426	1.907
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.559	0	1.292	4.194	5.608
14:1	g					
16:1	g	0.221	0	0.063	0.203	0.272
18:1	g	4.191	0	1.188	3.856	5.155
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.764	0	0.217	0.703	0.940
18:2	g	0.600	0	0.170	0.552	0.738
18:3	g	0.164	0	0.046	0.151	0.202
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	29	0	8	27	36
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.046	0	0.013	0.042	0.057
Threonine	g	0.137	0	0.039	0.126	0.169
Isoleucine	g	0.168	0	0.048	0.155	0.207
Leucine	g	0.285	0	0.081	0.262	0.351
Lysine	g	0.202	0	0.057	0.186	0.248
Methionine	g	0.066	0	0.019	0.061	0.081
Cystine	g	0.050	0	0.014	0.046	0.062
Phenylalanine	g	0.161	0	0.046	0.148	0.198
Tyrosine	g	0.132	0	0.037	0.121	0.162
Valine	g	0.181	0	0.051	0.167	0.223
Arginine	g	0.156	0	0.044	0.144	0.192
Histidine	g	0.084	0	0.024	0.077	0.103
Alanine	g	0.125	0	0.035	0.115	0.154
Aspartic acid	g	0.265	0	0.075	0.244	0.326
Glutamic acid	g	0.792	0	0.225	0.729	0.974
Glycine	g	0.104	0	0.029	0.096	0.128
Proline	g	0.301	0	0.085	0.277	0.370
Serine	g	0.178	0	0.050	0.164	0.219
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 piece (1/8 of 9" dia)
Measure 3: 1 piece (1/6 of 8" pie)

NDB No. 18304 Pie, banana cream, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 1186g	Measure 3* 144g
Proximates:							
Water	g	47.90		0	13.58	568.09	68.98
Energy	kcal	269		0	76	3190	387
Energy	kj	1125		0	319	13343	1620
Protein (N x 5.95)	g	4.40		0	1.25	52.18	6.34
Total lipid (fat)	g	13.60		0	3.86	161.30	19.58
Carbohydrate, by difference	g	32.90		0	9.33	390.19	47.38
Fiber, total dietary	g	0.7		0	0.2	8.3	1.0
Ash	g	1.20		0	0.34	14.23	1.73
Sugars, total	g						
Minerals:							
Calcium	mg	75		0	21	890	108
Iron	mg	1.04		0	0.29	12.33	1.50
Magnesium	mg	16		0	5	190	23
Phosphorus	mg	92		0	26	1091	132
Potassium	mg	165		0	47	1957	238
Sodium	mg	240		0	68	2846	346
Zinc	mg	0.48		0	0.14	5.69	0.69
Copper	mg	0.052		0	0.015	0.617	0.075
Manganese	mg	0.152		0	0.043	1.803	0.219
Selenium	:g	9.1		0	2.6	107.9	13.1
Vitamins:							
Ascorbic acid	mg	1.6		0	0.5	19.0	2.3
Thiamin	mg	0.139		0	0.039	1.649	0.200
Riboflavin	mg	0.207		0	0.059	2.455	0.298
Niacin	mg	1.054		0	0.299	12.500	1.518
Pantothenic acid	mg	0.388		0	0.110	4.602	0.559
Vitamin B-6	mg	0.133		0	0.038	1.577	0.192
Folate	:g	27		0	8	320	39
Vitamin B-12	:g	0.25		0	0.07	2.96	0.36
Vitamin A	IU	261		0	74	3095	376
Vitamin A, RE	:g	70		0	20	830	101
Vitamin D	IU						
Vitamin E, "-TE	mg	1.472		0	0.417	17.458	2.120
Lipids:							
Saturated, total	g	3.758		0	1.065	44.570	5.412
4:0	g	0.034		0	0.010	0.403	0.049
6.0	g	0.020		0	0.006	0.237	0.029
8:0	g	0.012		0	0.003	0.142	0.017
10:0	g	0.027		0	0.008	0.320	0.039
12:0	g	0.031		0	0.009	0.368	0.045
14:0	g	0.153		0	0.043	1.815	0.220
15.0	g						
16:0	g	2.122		0	0.602	25.167	3.056
17:0	g						
18:0	g	1.350		0	0.383	16.011	1.944
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.719	0	1.621	67.827	8.235
14:1	g					
16:1	g	0.060	0	0.017	0.712	0.086
18:1	g	5.652	0	1.602	67.033	8.139
20:1	g	0.003	0	0.001	0.036	0.004
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	3.292	0	0.933	39.043	4.740
18:2	g	3.067	0	0.869	36.375	4.416
18:3	g	0.205	0	0.058	2.431	0.295
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.016	0	0.005	0.190	0.023
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	0.004	0	0.001	0.047	0.006
Cholesterol	mg	51	0	14	605	73
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.055	0	0.016	0.652	0.079
Threonine	g	0.165	0	0.047	1.957	0.238
Isoleucine	g	0.203	0	0.058	2.408	0.292
Leucine	g	0.358	0	0.101	4.246	0.516
Lysine	g	0.232	0	0.066	2.752	0.334
Methionine	g	0.092	0	0.026	1.091	0.132
Cystine	g	0.068	0	0.019	0.806	0.098
Phenylalanine	g	0.206	0	0.058	2.443	0.297
Tyrosine	g	0.168	0	0.048	1.992	0.242
Valine	g	0.229	0	0.065	2.716	0.330
Arginine	g	0.186	0	0.053	2.206	0.268
Histidine	g	0.116	0	0.033	1.376	0.167
Alanine	g	0.155	0	0.044	1.838	0.223
Aspartic acid	g	0.285	0	0.081	3.380	0.410
Glutamic acid	g	1.062	0	0.301	12.595	1.529
Glycine	g	0.126	0	0.036	1.494	0.181
Proline	g	0.407	0	0.115	4.827	0.586
Serine	g	0.243	0	0.069	2.882	0.350
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 pie (9" dia)
Measure 3: 1 piece (1/8 of 9" dia)

NDB No. 18305 Pie, blueberry, commercially prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 125g	Measure 3* 117g
Proximates:							
Water	g	52.50		1	14.88	65.63	61.42
Energy	kcal	232		0	66	290	271
Energy	kj	971		0	275	1214	1136
Protein (N x 5.95)	g	1.80		1	0.51	2.25	2.11
Total lipid (fat)	g	10.00		1	2.84	12.50	11.70
Carbohydrate, by difference	g	34.90		0	9.89	43.63	40.83
Fiber, total dietary	g	1.0		0	0.3	1.3	1.2
Ash	g	0.80		1	0.23	1.00	0.94
Sugars, total	g						
Minerals:							
Calcium	mg	8		1	2	10	9
Iron	mg	0.30		1	0.09	0.38	0.35
Magnesium	mg	5		0	1	6	6
Phosphorus	mg	23		0	7	29	27
Potassium	mg	50		1	14	63	59
Sodium	mg	325		1	92	406	380
Zinc	mg	0.16		0	0.05	0.20	0.19
Copper	mg	0.046		0	0.013	0.058	0.054
Manganese	mg	0.176		0	0.050	0.220	0.206
Selenium	：g	1.4		0	0.4	1.8	1.6
Vitamins:							
Ascorbic acid	mg	2.7		0	0.8	3.4	3.2
Thiamin	mg	0.010		1	0.003	0.013	0.012
Riboflavin	mg	0.030		1	0.009	0.038	0.035
Niacin	mg	0.300		1	0.085	0.375	0.351
Pantothenic acid	mg	0.136		0	0.039	0.170	0.159
Vitamin B-6	mg	0.037	0.006	3	0.010	0.046	0.043
Folate	：g	22		0	6	28	26
Vitamin B-12	：g	0.01		0	0.00	0.01	0.01
Vitamin A	IU	140		1	40	175	164
Vitamin A, RE	：g	34		0	10	43	40
Vitamin D	IU						
Vitamin E, "-TE	mg	1.995		0	0.566	2.494	2.334
Lipids:							
Saturated, total	g	1.679		0	0.476	2.099	1.964
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	0.016		0	0.005	0.020	0.019
15.0	g						
16:0	g	1.072		0	0.304	1.340	1.254
17:0	g						
18:0	g	0.585		0	0.166	0.731	0.684
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.244	0	1.203	5.305	4.965
14:1	g					
16:1	g	0.023	0	0.007	0.029	0.027
18:1	g	4.215	0	1.195	5.269	4.932
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	3.524	0	0.999	4.405	4.123
18:2	g	3.281	0	0.930	4.101	3.839
18:3	g	0.239	0	0.068	0.299	0.280
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.025	0	0.007	0.031	0.029
Threonine	g	0.051	0	0.014	0.064	0.060
Isoleucine	g	0.069	0	0.020	0.086	0.081
Leucine	g	0.125	0	0.035	0.156	0.146
Lysine	g	0.062	0	0.018	0.078	0.073
Methionine	g	0.031	0	0.009	0.039	0.036
Cystine	g	0.039	0	0.011	0.049	0.046
Phenylalanine	g	0.086	0	0.024	0.108	0.101
Tyrosine	g	0.051	0	0.014	0.064	0.060
Valine	g	0.080	0	0.023	0.100	0.094
Arginine	g	0.072	0	0.020	0.090	0.084
Histidine	g	0.037	0	0.010	0.046	0.043
Alanine	g	0.057	0	0.016	0.071	0.067
Aspartic acid	g	0.082	0	0.023	0.103	0.096
Glutamic acid	g	0.580	0	0.164	0.725	0.679
Glycine	g	0.063	0	0.018	0.079	0.074
Proline	g	0.195	0	0.055	0.244	0.228
Serine	g	0.094	0	0.027	0.118	0.110
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 piece (1/8 of 9" dia)
Measure 3: 1 piece (1/6 of 8" pie)

NDB No. 18306 Pie, blueberry, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 147g	Measure 3*
Proximates:							
Water	g	51.20		0	14.52	75.26	
Energy	kcal	245		0	69	360	
Energy	kj	1025		0	291	1507	
Protein (N x 5.95)	g	2.70		0	0.77	3.97	
Total lipid (fat)	g	11.90		0	3.37	17.49	
Carbohydrate, by difference	g	33.50		0	9.50	49.24	
Fiber, total dietary	g						
Ash	g	0.70		0	0.20	1.03	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	10	
Iron	mg	1.23		0	0.35	1.81	
Magnesium	mg	8		0	2	12	
Phosphorus	mg	30		0	9	44	
Potassium	mg	50		0	14	74	
Sodium	mg	185		0	52	272	
Zinc	mg	0.20		0	0.06	0.29	
Copper	mg	0.067		0	0.019	0.098	
Manganese	mg	0.300		0	0.085	0.441	
Selenium	：g	7.4		0	2.1	10.9	
Vitamins:							
Ascorbic acid	mg	0.7		0	0.2	1.0	
Thiamin	mg	0.153		0	0.043	0.225	
Riboflavin	mg	0.132		0	0.037	0.194	
Niacin	mg	1.194		0	0.338	1.755	
Pantothenic acid	mg	0.124		0	0.035	0.182	
Vitamin B-6	mg	0.034		0	0.010	0.050	
Folate	：g	23		0	7	34	
Vitamin B-12	：g	0.00		0	0.00	0.00	
Vitamin A	IU	42		0	12	62	
Vitamin A, RE	：g	4		0	1	6	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.911		0	0.825	4.279	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.046		0	0.013	0.068	
15.0	g						
16:0	g	1.648		0	0.467	2.423	
17:0	g						
18:0	g	1.217		0	0.345	1.789	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.121	0	1.452	7.528
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	5.121	0	1.452	7.528
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.080	0	0.873	4.528
18:2	g	2.892	0	0.820	4.251
18:3	g	0.188	0	0.053	0.276
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.029	0	0.008	0.043
Threonine	g	0.073	0	0.021	0.107
Isoleucine	g	0.090	0	0.026	0.132
Leucine	g	0.179	0	0.051	0.263
Lysine	g	0.057	0	0.016	0.084
Methionine	g	0.046	0	0.013	0.068
Cystine	g	0.051	0	0.014	0.075
Phenylalanine	g	0.127	0	0.036	0.187
Tyrosine	g	0.072	0	0.020	0.106
Valine	g	0.108	0	0.031	0.159
Arginine	g	0.113	0	0.032	0.166
Histidine	g	0.056	0	0.016	0.082
Alanine	g	0.091	0	0.026	0.134
Aspartic acid	g	0.130	0	0.037	0.191
Glutamic acid	g	0.793	0	0.225	1.166
Glycine	g	0.099	0	0.028	0.146
Proline	g	0.270	0	0.077	0.397
Serine	g	0.124	0	0.035	0.182
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/8 of 9" dia)

NDB No. 18308 Pie, cherry, commercially prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 125g	Measure 3* 117g
Proximates:							
Water	g	46.20	1.634	5	13.10	57.75	54.05
Energy	kcal	260		0	74	325	304
Energy	kj	1088		0	308	1360	1273
Protein (N x 5.95)	g	2.00	0.188	5	0.57	2.50	2.34
Total lipid (fat)	g	11.00	0.555	6	3.12	13.75	12.87
Carbohydrate, by difference	g	39.80		0	11.28	49.75	46.57
Fiber, total dietary	g	0.8		0	0.2	1.0	0.9
Ash	g	0.90	0.042	7	0.26	1.13	1.05
Sugars, total	g						
Minerals:							
Calcium	mg	12	2.275	5	3	15	14
Iron	mg	0.48	0.099	5	0.14	0.60	0.56
Magnesium	mg	8	0.361	2	2	10	9
Phosphorus	mg	29	0.686	2	8	36	34
Potassium	mg	81	8.946	5	23	101	95
Sodium	mg	246	43.379	5	70	308	288
Zinc	mg	0.18	0.102	3	0.05	0.23	0.21
Copper	mg	0.040	0.007	2	0.011	0.050	0.047
Manganese	mg	0.140	0.007	2	0.040	0.175	0.164
Selenium	:g	1.2		0	0.3	1.5	1.4
Vitamins:							
Ascorbic acid	mg	0.9		0	0.3	1.1	1.1
Thiamin	mg	0.023	0.002	11	0.007	0.029	0.027
Riboflavin	mg	0.029	0.008	11	0.008	0.036	0.034
Niacin	mg	0.200	0.028	11	0.057	0.250	0.234
Pantothenic acid	mg	0.319	0.019	8	0.090	0.399	0.373
Vitamin B-6	mg	0.041	0.000	8	0.012	0.051	0.048
Folate	:g	22		0	6	28	26
Vitamin B-12	:g	0.01		0	0.00	0.01	0.01
Vitamin A	IU	281		0	80	351	329
Vitamin A, RE	:g	54		0	15	68	63
Vitamin D	IU						
Vitamin E, "-TE	mg	1.503		0	0.426	1.879	1.759
Lipids:							
Saturated, total	g	2.562		0	0.726	3.203	2.998
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	0.042		0	0.012	0.053	0.049
15.0	g						
16:0	g	1.380		0	0.391	1.725	1.615
17:0	g						
18:0	g	1.138		0	0.323	1.423	1.331
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.837	0	1.655	7.296	6.829
14:1	g					
16:1	g	0.013	0	0.004	0.016	0.015
18:1	g	5.825	0	1.651	7.281	6.815
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.055	0	0.583	2.569	2.404
18:2	g	1.917	0	0.543	2.396	2.243
18:3	g	0.138	0	0.039	0.173	0.161
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.028	0	0.008	0.035	0.033
Threonine	g	0.078	0	0.022	0.098	0.091
Isoleucine	g	0.103	0	0.029	0.129	0.121
Leucine	g	0.173	0	0.049	0.216	0.202
Lysine	g	0.120	0	0.034	0.150	0.140
Methionine	g	0.043	0	0.012	0.054	0.050
Cystine	g	0.031	0	0.009	0.039	0.036
Phenylalanine	g	0.099	0	0.028	0.124	0.116
Tyrosine	g	0.080	0	0.023	0.100	0.094
Valine	g	0.119	0	0.034	0.149	0.139
Arginine	g	0.102	0	0.029	0.128	0.119
Histidine	g	0.050	0	0.014	0.063	0.059
Alanine	g	0.072	0	0.020	0.090	0.084
Aspartic acid	g	0.136	0	0.039	0.170	0.159
Glutamic acid	g	0.518	0	0.147	0.648	0.606
Glycine	g	0.059	0	0.017	0.074	0.069
Proline	g	0.196	0	0.056	0.245	0.229
Serine	g	0.108	0	0.031	0.135	0.126
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 piece (1/8 of 9" dia)
Measure 3: 1 piece (1/6 of 8" pie)

NDB No. 18309 Pie, cherry, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 180g	Measure 3*
Proximates:							
Water	g	45.80		0	12.98	82.44	
Energy	kcal	270		0	77	486	
Energy	kj	1130		0	320	2034	
Protein (N x 5.95)	g	2.80		0	0.79	5.04	
Total lipid (fat)	g	12.20		0	3.46	21.96	
Carbohydrate, by difference	g	38.50		0	10.91	69.30	
Fiber, total dietary	g						
Ash	g	0.70		0	0.20	1.26	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	18	
Iron	mg	1.85		0	0.52	3.33	
Magnesium	mg	9		0	3	16	
Phosphorus	mg	30		0	9	54	
Potassium	mg	77		0	22	139	
Sodium	mg	191		0	54	344	
Zinc	mg	0.20		0	0.06	0.36	
Copper	mg	0.077		0	0.022	0.139	
Manganese	mg	0.200		0	0.057	0.360	
Selenium	:g	7.8		0	2.2	14.0	
Vitamins:							
Ascorbic acid	mg	1.0		0	0.3	1.8	
Thiamin	mg	0.148		0	0.042	0.266	
Riboflavin	mg	0.125		0	0.035	0.225	
Niacin	mg	1.276		0	0.362	2.297	
Pantothenic acid	mg	0.123		0	0.035	0.221	
Vitamin B-6	mg	0.034		0	0.010	0.061	
Folate	:g	27		0	8	49	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	409		0	116	736	
Vitamin A, RE	:g	48		0	14	86	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.985		0	0.846	5.373	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.047		0	0.013	0.085	
15.0	g						
16:0	g	1.700		0	0.482	3.060	
17:0	g						
18:0	g	1.238		0	0.351	2.228	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.314	0	1.507	9.565
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	5.314	0	1.507	9.565
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.247	0	0.921	5.845
18:2	g	3.045	0	0.863	5.481
18:3	g	0.202	0	0.057	0.364
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.031	0	0.009	0.056
Threonine	g	0.072	0	0.020	0.130
Isoleucine	g	0.088	0	0.025	0.158
Leucine	g	0.170	0	0.048	0.306
Lysine	g	0.067	0	0.019	0.121
Methionine	g	0.043	0	0.012	0.077
Cystine	g	0.050	0	0.014	0.090
Phenylalanine	g	0.124	0	0.035	0.223
Tyrosine	g	0.075	0	0.021	0.135
Valine	g	0.104	0	0.029	0.187
Arginine	g	0.100	0	0.028	0.180
Histidine	g	0.057	0	0.016	0.103
Alanine	g	0.086	0	0.024	0.155
Aspartic acid	g	0.341	0	0.097	0.614
Glutamic acid	g	0.791	0	0.224	1.424
Glycine	g	0.092	0	0.026	0.166
Proline	g	0.280	0	0.079	0.504
Serine	g	0.128	0	0.036	0.230
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/8 of 9" dia)

NDB No. 18310 Pie, chocolate creme, commercially prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 99g	Measure 3* 113g
Proximates:							
Water	g	43.50	1.656	5	12.33	43.06	49.16
Energy	kcal	304		0	86	301	344
Energy	kj	1272		0	361	1259	1437
Protein (N x 5.95)	g	2.60	0.276	5	0.74	2.57	2.94
Total lipid (fat)	g	19.40	1.816	6	5.50	19.21	21.92
Carbohydrate, by difference	g	33.60		0	9.53	33.26	37.97
Fiber, total dietary	g	2.0		0	0.6	2.0	2.3
Ash	g	0.80	0.032	7	0.23	0.79	0.90
Sugars, total	g						
Minerals:							
Calcium	mg	36	9.208	5	10	36	41
Iron	mg	1.07	0.129	5	0.30	1.06	1.21
Magnesium	mg	21	3.096	4	6	21	24
Phosphorus	mg	68	5.830	4	19	67	77
Potassium	mg	127	26.951	5	36	126	144
Sodium	mg	136	36.259	5	39	135	154
Zinc	mg	0.23	0.028	2	0.07	0.23	0.26
Copper	mg	0.050	0.007	2	0.014	0.050	0.057
Manganese	mg	0.200	0.021	2	0.057	0.198	0.226
Selenium	:g	7.5		0	2.1	7.4	8.5
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.036	0.002	11	0.010	0.036	0.041
Riboflavin	mg	0.107	0.008	11	0.030	0.106	0.121
Niacin	mg	0.678	0.054	11	0.192	0.671	0.766
Pantothenic acid	mg	0.393	0.019	8	0.111	0.389	0.444
Vitamin B-6	mg	0.020	0.000	8	0.006	0.020	0.023
Folate	:g	13		0	4	13	15
Vitamin B-12	:g	0.01		0	0.00	0.01	0.01
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	2.734		0	0.775	2.707	3.089
Lipids:							
Saturated, total	g	4.968		0	1.408	4.918	5.614
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.002		0	0.001	0.002	0.002
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	0.096		0	0.027	0.095	0.108
15.0	g						
16:0	g	2.535		0	0.719	2.510	2.865
17:0	g						
18:0	g	2.331		0	0.661	2.308	2.634
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.117		0	3.152	11.006	12.562
14:1	g						
16:1	g	0.002		0	0.001	0.002	0.002
18:1	g	1.116		0	0.316	1.105	1.261
20:1	g	0.000		0	0.000	0.000	0.000
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	2.398		0	0.680	2.374	2.710
18:2	g	2.278		0	0.646	2.255	2.574
18:3	g	0.120		0	0.034	0.119	0.136
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.000		0	0.000	0.000	0.000
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.000		0	0.000	0.000	0.000
Cholesterol	mg	5	0.000	2	1	5	6
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.034		0	0.010	0.034	0.038
Threonine	g	0.088		0	0.025	0.087	0.099
Isoleucine	g	0.095		0	0.027	0.094	0.107
Leucine	g	0.165		0	0.047	0.163	0.186
Lysine	g	0.113		0	0.032	0.112	0.128
Methionine	g	0.035		0	0.010	0.035	0.040
Cystine	g	0.042		0	0.012	0.042	0.047
Phenylalanine	g	0.113		0	0.032	0.112	0.128
Tyrosine	g	0.072		0	0.020	0.071	0.081
Valine	g	0.125		0	0.035	0.124	0.141
Arginine	g	0.137		0	0.039	0.136	0.155
Histidine	g	0.048		0	0.014	0.048	0.054
Alanine	g	0.127		0	0.036	0.126	0.144
Aspartic acid	g	0.184		0	0.052	0.182	0.208
Glutamic acid	g	0.605		0	0.172	0.599	0.684
Glycine	g	0.180		0	0.051	0.178	0.203
Proline	g	0.245		0	0.069	0.243	0.277
Serine	g	0.120		0	0.034	0.119	0.136
Other:							
Caffeine	mg	0		0	0	0	0
Theobromine	mg	13		0	4	13	15
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 piece (1/4 of 6" pie)
Measure 3: 1 piece (1/6 of 8" pie)

NDB No. 18312 Pie, chocolate mousse, prepared from mix, no-bake type

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 95g	Measure 3*
Proximates:							
Water	g	49.70		1	14.09	47.22	
Energy	kcal	260		0	74	247	
Energy	kj	1088		0	308	1034	
Protein (N x 5.95)	g	3.50		1	0.99	3.33	
Total lipid (fat)	g	15.40		1	4.37	14.63	
Carbohydrate, by difference	g	29.60		0	8.39	28.12	
Fiber, total dietary	g						
Ash	g	1.70		1	0.48	1.62	
Sugars, total	g						
Minerals:							
Calcium	mg	77		1	22	73	
Iron	mg	1.08		1	0.31	1.03	
Magnesium	mg	32		1	9	30	
Phosphorus	mg	231		1	65	219	
Potassium	mg	285		1	81	271	
Sodium	mg	460		1	130	437	
Zinc	mg	0.60		1	0.17	0.57	
Copper	mg	0.203		1	0.058	0.193	
Manganese	mg	0.125		0	0.035	0.119	
Selenium	:g	6.1		0	1.7	5.8	
Vitamins:							
Ascorbic acid	mg	0.5		1	0.1	0.5	
Thiamin	mg	0.051		1	0.014	0.048	
Riboflavin	mg	0.147		1	0.042	0.140	
Niacin	mg	0.595		1	0.169	0.565	
Pantothenic acid	mg	0.202		1	0.057	0.192	
Vitamin B-6	mg	0.029		1	0.008	0.028	
Folate	:g	26		0	7	25	
Vitamin B-12	:g	0.21		1	0.06	0.20	
Vitamin A	IU	413		1	117	392	
Vitamin A, RE	:g	101		0	29	96	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	8.195		0	2.323	7.785	
4:0	g	0.387		0	0.110	0.368	
6.0	g	0.229		0	0.065	0.218	
8:0	g	0.133		0	0.038	0.126	
10:0	g	0.299		0	0.085	0.284	
12:0	g	0.335		0	0.095	0.318	
14:0	g	1.214		0	0.344	1.153	
15.0	g						
16:0	g	3.697		0	1.048	3.512	
17:0	g						
18:0	g	1.996		0	0.566	1.896	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.084	0	1.441	4.830
14:1	g				
16:1	g	0.267	0	0.076	0.254
18:1	g	4.732	0	1.342	4.495
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.814	0	0.231	0.773
18:2	g	0.633	0	0.179	0.601
18:3	g	0.192	0	0.054	0.182
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	0	10	33
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.048	0	0.014	0.046
Threonine	g	0.139	0	0.039	0.132
Isoleucine	g	0.165	0	0.047	0.157
Leucine	g	0.278	0	0.079	0.264
Lysine	g	0.201	0	0.057	0.191
Methionine	g	0.062	0	0.018	0.059
Cystine	g	0.050	0	0.014	0.048
Phenylalanine	g	0.166	0	0.047	0.158
Tyrosine	g	0.133	0	0.038	0.126
Valine	g	0.190	0	0.054	0.181
Arginine	g	0.167	0	0.047	0.159
Histidine	g	0.082	0	0.023	0.078
Alanine	g	0.133	0	0.038	0.126
Aspartic acid	g	0.284	0	0.081	0.270
Glutamic acid	g	0.769	0	0.218	0.731
Glycine	g	0.115	0	0.033	0.109
Proline	g	0.283	0	0.080	0.269
Serine	g	0.178	0	0.050	0.169
Other:					
Caffeine	mg	1	0	0	1
Theobromine	mg	8	0	2	8
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/8 of 9" dia)

NDB No. 18313 Pie, coconut creme, commercially prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 64g	Measure 3* 48g
Proximates:							
Water	g	43.20		1	12.25	27.65	20.74
Energy	kcal	298		0	84	191	143
Energy	kj	1247		0	354	798	599
Protein (N x 5.95)	g	2.10		1	0.60	1.34	1.01
Total lipid (fat)	g	16.60		1	4.71	10.62	7.97
Carbohydrate, by difference	g	37.20		0	10.55	23.81	17.86
Fiber, total dietary	g	1.3		0	0.4	0.8	0.6
Ash	g	0.80		1	0.23	0.51	0.38
Sugars, total	g						
Minerals:							
Calcium	mg	29		1	8	19	14
Iron	mg	0.80		1	0.23	0.51	0.38
Magnesium	mg	20		0	6	13	10
Phosphorus	mg	85		0	24	54	41
Potassium	mg	65		1	18	42	31
Sodium	mg	255		1	72	163	122
Zinc	mg	0.47		0	0.13	0.30	0.23
Copper	mg	0.068		0	0.019	0.044	0.033
Manganese	mg	0.438		0	0.124	0.280	0.210
Selenium	:g	5.3		0	1.5	3.4	2.5
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.050		1	0.014	0.032	0.024
Riboflavin	mg	0.080		1	0.023	0.051	0.038
Niacin	mg	0.200		1	0.057	0.128	0.096
Pantothenic acid	mg	0.240		0	0.068	0.154	0.115
Vitamin B-6	mg	0.068		0	0.019	0.044	0.033
Folate	:g	7		0	2	4	3
Vitamin B-12	:g	0.12		0	0.03	0.08	0.06
Vitamin A	IU	90		1	26	58	43
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	1.872		0	0.531	1.198	0.899
Lipids:							
Saturated, total	g	6.976		0	1.978	4.465	3.348
4:0	g	0.001		0	0.000	0.001	0.000
6.0	g	0.025		0	0.007	0.016	0.012
8:0	g	0.303		0	0.086	0.194	0.145
10:0	g	0.241		0	0.068	0.154	0.116
12:0	g	1.917		0	0.543	1.227	0.920
14:0	g	0.820		0	0.232	0.525	0.394
15.0	g						
16:0	g	1.967		0	0.558	1.259	0.944
17:0	g						
18:0	g	1.700		0	0.482	1.088	0.816
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.260	0	2.058	4.646	3.485
14:1	g					
16:1	g	0.001	0	0.000	0.001	0.000
18:1	g	7.258	0	2.058	4.645	3.484
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.544	0	0.438	0.988	0.741
18:2	g	1.469	0	0.416	0.940	0.705
18:3	g	0.075	0	0.021	0.048	0.036
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	1	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.029	0	0.008	0.019	0.014
Threonine	g	0.078	0	0.022	0.050	0.037
Isoleucine	g	0.103	0	0.029	0.066	0.049
Leucine	g	0.174	0	0.049	0.111	0.084
Lysine	g	0.119	0	0.034	0.076	0.057
Methionine	g	0.043	0	0.012	0.028	0.021
Cystine	g	0.030	0	0.009	0.019	0.014
Phenylalanine	g	0.098	0	0.028	0.063	0.047
Tyrosine	g	0.081	0	0.023	0.052	0.039
Valine	g	0.120	0	0.034	0.077	0.058
Arginine	g	0.108	0	0.031	0.069	0.052
Histidine	g	0.051	0	0.014	0.033	0.024
Alanine	g	0.074	0	0.021	0.047	0.036
Aspartic acid	g	0.140	0	0.040	0.090	0.067
Glutamic acid	g	0.507	0	0.144	0.324	0.243
Glycine	g	0.060	0	0.017	0.038	0.029
Proline	g	0.191	0	0.054	0.122	0.092
Serine	g	0.107	0	0.030	0.068	0.051
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 piece (1/6 of 7" pie)
Measure 3: 1 piece (1/8 of 7" pie)

NDB No. 18314 Pie, coconut cream, prepared from mix, no-bake type

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 94g	Measure 3*
Proximates:							
Water	g	49.70		1	14.09	46.72	
Energy	kcal	276		0	78	259	
Energy	kj	1155		0	327	1086	
Protein (N x 5.95)	g	2.80		1	0.79	2.63	
Total lipid (fat)	g	17.60		1	4.99	16.54	
Carbohydrate, by difference	g	28.50		0	8.08	26.79	
Fiber, total dietary	g	0.5		0	0.1	0.5	
Ash	g	1.30		1	0.37	1.22	
Sugars, total	g						
Minerals:							
Calcium	mg	72		1	20	68	
Iron	mg	0.40		1	0.11	0.38	
Magnesium	mg	17		1	5	16	
Phosphorus	mg	169		1	48	159	
Potassium	mg	141		1	40	133	
Sodium	mg	329		1	93	309	
Zinc	mg	0.38		1	0.11	0.36	
Copper	mg	0.080		1	0.023	0.075	
Manganese	mg	0.190		0	0.054	0.179	
Selenium	:g	5.0		0	1.4	4.7	
Vitamins:							
Ascorbic acid	mg	0.6		1	0.2	0.6	
Thiamin	mg	0.028		1	0.008	0.026	
Riboflavin	mg	0.104		1	0.029	0.098	
Niacin	mg	0.132		1	0.037	0.124	
Pantothenic acid	mg	0.257		1	0.073	0.242	
Vitamin B-6	mg	0.045		1	0.013	0.042	
Folate	:g	15		0	4	14	
Vitamin B-12	:g	0.21		1	0.06	0.20	
Vitamin A	IU	405		1	115	381	
Vitamin A, RE	:g	100		0	28	94	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	8.934		0	2.533	8.398	
4:0	g	0.248		0	0.070	0.233	
6.0	g	0.162		0	0.046	0.152	
8:0	g	0.266		0	0.075	0.250	
10:0	g	0.336		0	0.095	0.316	
12:0	g	1.362		0	0.386	1.280	
14:0	g	1.259		0	0.357	1.183	
15.0	g						
16:0	g	3.191		0	0.905	3.000	
17:0	g						
18:0	g	1.944		0	0.551	1.827	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.554	0	1.858	6.161
14:1	g				
16:1	g	0.171	0	0.048	0.161
18:1	g	6.269	0	1.777	5.893
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.217	0	0.345	1.144
18:2	g	1.060	0	0.301	0.996
18:3	g	0.157	0	0.045	0.148
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	23	0	7	22
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.037	0	0.010	0.035
Threonine	g	0.110	0	0.031	0.103
Isoleucine	g	0.137	0	0.039	0.129
Leucine	g	0.236	0	0.067	0.222
Lysine	g	0.159	0	0.045	0.149
Methionine	g	0.059	0	0.017	0.055
Cystine	g	0.041	0	0.012	0.039
Phenylalanine	g	0.130	0	0.037	0.122
Tyrosine	g	0.108	0	0.031	0.102
Valine	g	0.154	0	0.044	0.145
Arginine	g	0.119	0	0.034	0.112
Histidine	g	0.067	0	0.019	0.063
Alanine	g	0.097	0	0.027	0.091
Aspartic acid	g	0.184	0	0.052	0.173
Glutamic acid	g	0.690	0	0.196	0.649
Glycine	g	0.076	0	0.022	0.071
Proline	g	0.268	0	0.076	0.252
Serine	g	0.143	0	0.041	0.134
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/8 of 9" dia)

NDB No. 18316 Pie, coconut custard, commercially prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 104g	Measure 3*
Proximates:							
Water	g	49.20	3.683	3	13.95	51.17	
Energy	kcal	260		0	74	270	
Energy	kj	1088		0	308	1132	
Protein (N x 5.95)	g	5.90	0.055	3	1.67	6.14	
Total lipid (fat)	g	13.20	1.617	3	3.74	13.73	
Carbohydrate, by difference	g	30.20		0	8.56	31.41	
Fiber, total dietary	g	1.8		0	0.5	1.9	
Ash	g	1.40	0.030	3	0.40	1.46	
Sugars, total	g						
Minerals:							
Calcium	mg	81	0.000	3	23	84	
Iron	mg	0.80	0.049	3	0.23	0.83	
Magnesium	mg	18	0.099	2	5	19	
Phosphorus	mg	122	0.999	2	35	127	
Potassium	mg	175		1	50	182	
Sodium	mg	335	12.583	3	95	348	
Zinc	mg	0.68	0.000	2	0.19	0.71	
Copper	mg	0.063	0.000	2	0.018	0.066	
Manganese	mg	0.210	0.000	2	0.060	0.218	
Selenium	：g	6.4		0	1.8	6.7	
Vitamins:							
Ascorbic acid	mg	0.6		0	0.2	0.6	
Thiamin	mg	0.088	0.043	4	0.025	0.092	
Riboflavin	mg	0.148	0.026	4	0.042	0.154	
Niacin	mg	0.403	0.048	3	0.114	0.419	
Pantothenic acid	mg	0.238		0	0.067	0.248	
Vitamin B-6	mg	0.011		1	0.003	0.011	
Folate	：g	13		0	4	14	
Vitamin B-12	：g	0.09		0	0.03	0.09	
Vitamin A	IU	110		1	31	114	
Vitamin A, RE	：g	27		0	8	28	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.854		0	1.660	6.088	
4:0	g	0.054		0	0.015	0.056	
6.0	g	0.049		0	0.014	0.051	
8:0	g	0.228		0	0.065	0.237	
10:0	g	0.208		0	0.059	0.216	
12:0	g	1.368		0	0.388	1.423	
14:0	g	0.732		0	0.208	0.761	
15.0	g						
16:0	g	1.805		0	0.512	1.877	
17:0	g						
18:0	g	1.373		0	0.389	1.428	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.495		0	1.558	5.715
14:1	g					
16:1	g	0.038		0	0.011	0.040
18:1	g	5.431		0	1.540	5.648
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.170		0	0.332	1.217
18:2	g	1.092		0	0.310	1.136
18:3	g	0.078		0	0.022	0.081
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	35	0.000	2	10	36
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.079		0	0.022	0.082
Threonine	g	0.216		0	0.061	0.225
Isoleucine	g	0.286		0	0.081	0.297
Leucine	g	0.482		0	0.137	0.501
Lysine	g	0.335		0	0.095	0.348
Methionine	g	0.121		0	0.034	0.126
Cystine	g	0.085		0	0.024	0.088
Phenylalanine	g	0.274		0	0.078	0.285
Tyrosine	g	0.224		0	0.064	0.233
Valine	g	0.330		0	0.094	0.343
Arginine	g	0.284		0	0.081	0.295
Histidine	g	0.140		0	0.040	0.146
Alanine	g	0.199		0	0.056	0.207
Aspartic acid	g	0.378		0	0.107	0.393
Glutamic acid	g	1.441		0	0.409	1.499
Glycine	g	0.164		0	0.046	0.171
Proline	g	0.546		0	0.155	0.568
Serine	g	0.301		0	0.085	0.313
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/6 of 8" pie)

NDB No. 18317 Pie, egg custard, commercially prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 105g	Measure 3*
Proximates:							
Water	g	60.90	1.930	4	17.27	63.95	
Energy	kcal	210		0	60	221	
Energy	kj	879		0	249	923	
Protein (N x 5.95)	g	5.50	0.196	6	1.56	5.78	
Total lipid (fat)	g	11.60	0.241	6	3.29	12.18	
Carbohydrate, by difference	g	20.80		0	5.90	21.84	
Fiber, total dietary	g	1.6		0	0.5	1.7	
Ash	g	1.30	0.090	8	0.37	1.37	
Sugars, total	g						
Minerals:							
Calcium	mg	80	12.917	4	23	84	
Iron	mg	0.58	0.134	4	0.16	0.61	
Magnesium	mg	11	1.997	3	3	12	
Phosphorus	mg	112	4.648	3	32	118	
Potassium	mg	106	23.552	4	30	111	
Sodium	mg	240	42.840	4	68	252	
Zinc	mg	0.52	0.098	3	0.15	0.55	
Copper	mg	0.024	0.024	3	0.007	0.025	
Manganese	mg	0.060	0.010	3	0.017	0.063	
Selenium	：g	7.1		0	2.0	7.5	
Vitamins:							
Ascorbic acid	mg	0.6		0	0.2	0.6	
Thiamin	mg	0.039	0.008	11	0.011	0.041	
Riboflavin	mg	0.208	0.008	11	0.059	0.218	
Niacin	mg	0.292	0.099	11	0.083	0.307	
Pantothenic acid	mg	0.662	0.039	11	0.188	0.695	
Vitamin B-6	mg	0.048	0.001	10	0.014	0.050	
Folate	：g	20	0.407	8	6	21	
Vitamin B-12	：g	0.43	0.034	9	0.12	0.45	
Vitamin A	IU	232		0	66	244	
Vitamin A, RE	：g	67		0	19	70	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.874		0	0.531	1.968	
Lipids:							
Saturated, total	g	2.349		0	0.666	2.466	
4:0	g	0.024		0	0.007	0.025	
6.0	g	0.011		0	0.003	0.012	
8:0	g	0.008		0	0.002	0.008	
10:0	g	0.018		0	0.005	0.019	
12:0	g	0.019		0	0.005	0.020	
14:0	g	0.088		0	0.025	0.092	
15.0	g						
16:0	g	1.469		0	0.416	1.542	
17:0	g						
18:0	g	0.685		0	0.194	0.719	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.797		0	1.360	5.037
14:1	g					
16:1	g	0.099		0	0.028	0.104
18:1	g	4.673		0	1.325	4.907
20:1	g	0.004		0	0.001	0.004
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.723		0	1.055	3.909
18:2	g	3.438		0	0.975	3.610
18:3	g	0.249		0	0.071	0.261
18:4	g	0.000		0	0.000	0.000
20:4	g	0.021		0	0.006	0.022
20:5	g	0.001		0	0.000	0.001
22:5	g	0.000		0	0.000	0.000
22:6	g	0.006		0	0.002	0.006
Cholesterol	mg	33	5.933	6	9	35
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.071		0	0.020	0.075
Threonine	g	0.225		0	0.064	0.236
Isoleucine	g	0.281		0	0.080	0.295
Leucine	g	0.455		0	0.129	0.478
Lysine	g	0.348		0	0.099	0.365
Methionine	g	0.138		0	0.039	0.145
Cystine	g	0.099		0	0.028	0.104
Phenylalanine	g	0.269		0	0.076	0.282
Tyrosine	g	0.214		0	0.061	0.225
Valine	g	0.315		0	0.089	0.331
Arginine	g	0.251		0	0.071	0.264
Histidine	g	0.127		0	0.036	0.133
Alanine	g	0.229		0	0.065	0.240
Aspartic acid	g	0.421		0	0.119	0.442
Glutamic acid	g	1.085		0	0.308	1.139
Glycine	g	0.159		0	0.045	0.167
Proline	g	0.400		0	0.113	0.420
Serine	g	0.334		0	0.095	0.351
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/6 of 8" pie)

NDB No. 18319 Pie, fried pies, fruit

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 128g	Measure 3*
Proximates:							
Water	g	37.60	0.542	28	10.66	48.13	
Energy	kcal	316		0	90	404	
Energy	kj	1322		0	375	1692	
Protein (N x 5.95)	g	3.00	0.165	23	0.85	3.84	
Total lipid (fat)	g	16.10	0.484	30	4.56	20.61	
Carbohydrate, by difference	g	42.60		0	12.08	54.53	
Fiber, total dietary	g	2.6		0	0.7	3.3	
Ash	g	1.10	0.064	15	0.31	1.41	
Sugars, total	g						
Minerals:							
Calcium	mg	22	2.244	23	6	28	
Iron	mg	1.22	0.129	22	0.35	1.56	
Magnesium	mg	10	0.912	8	3	13	
Phosphorus	mg	43	6.343	11	12	55	
Potassium	mg	65	11.540	6	18	83	
Sodium	mg	374	12.764	23	106	479	
Zinc	mg	0.23	0.026	8	0.07	0.29	
Copper	mg	0.047	0.003	8	0.013	0.060	
Manganese	mg	0.224	0.036	8	0.064	0.287	
Selenium	:g	2.4		0	0.7	3.1	
Vitamins:							
Ascorbic acid	mg	1.3	0.163	6	0.4	1.7	
Thiamin	mg	0.141	0.020	22	0.040	0.180	
Riboflavin	mg	0.106	0.013	22	0.030	0.136	
Niacin	mg	1.425	0.171	22	0.404	1.824	
Pantothenic acid	mg	0.110	0.014	5	0.031	0.141	
Vitamin B-6	mg	0.030	0.009	7	0.009	0.038	
Folate	:g	18		0	5	23	
Vitamin B-12	:g	0.08	0.044	4	0.02	0.10	
Vitamin A	IU	27	8.236	5	8	35	
Vitamin A, RE	:g	3		0	1	4	
Vitamin D	IU						
Vitamin E, "-TE	mg	2.945		0	0.835	3.770	
Lipids:							
Saturated, total	g	2.457		0	0.697	3.145	
4:0	g	0.001		0	0.000	0.001	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.001		0	0.000	0.001	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.032		0	0.009	0.041	
15.0	g						
16:0	g	1.516		0	0.430	1.940	
17:0	g						
18:0	g	0.834		0	0.236	1.068	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.449	0	2.112	9.535
14:1	g				
16:1	g	0.012	0	0.003	0.015
18:1	g	7.299	0	2.069	9.343
20:1	g	0.089	0	0.025	0.114
22.1	g	0.032	0	0.009	0.041
Polyunsaturated, total	g	5.376	0	1.524	6.881
18:2	g	4.808	0	1.363	6.154
18:3	g	0.568	0	0.161	0.727
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.042	0	0.012	0.054
Threonine	g	0.089	0	0.025	0.114
Isoleucine	g	0.120	0	0.034	0.154
Leucine	g	0.211	0	0.060	0.270
Lysine	g	0.121	0	0.034	0.155
Methionine	g	0.052	0	0.015	0.067
Cystine	g	0.059	0	0.017	0.076
Phenylalanine	g	0.138	0	0.039	0.177
Tyrosine	g	0.090	0	0.026	0.115
Valine	g	0.138	0	0.039	0.177
Arginine	g	0.112	0	0.032	0.143
Histidine	g	0.062	0	0.018	0.079
Alanine	g	0.093	0	0.026	0.119
Aspartic acid	g	0.156	0	0.044	0.200
Glutamic acid	g	0.906	0	0.257	1.160
Glycine	g	0.098	0	0.028	0.125
Proline	g	0.314	0	0.089	0.402
Serine	g	0.154	0	0.044	0.197
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 fried pie (5" x 3-3/4")

NDB No. 18320 Pie, lemon meringue, commercially prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	41.70	2.582	5	11.82	47.12	
Energy	kcal	268		0	76	303	
Energy	kj	1121		0	318	1267	
Protein (N x 5.95)	g	1.50	0.207	3	0.43	1.70	
Total lipid (fat)	g	8.70	1.114	6	2.47	9.83	
Carbohydrate, by difference	g	47.20		0	13.38	53.34	
Fiber, total dietary	g	1.2		0	0.3	1.4	
Ash	g	0.90	0.114	7	0.26	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	56	21.880	3	16	63	
Iron	mg	0.61	0.087	3	0.17	0.69	
Magnesium	mg	15	0.863	2	4	17	
Phosphorus	mg	105	5.359	2	30	119	
Potassium	mg	89	29.958	3	25	101	
Sodium	mg	146	57.082	3	41	165	
Zinc	mg	0.49	0.014	2	0.14	0.55	
Copper	mg	0.001	0.001	2	0.000	0.001	
Manganese	mg	0.060	0.007	2	0.017	0.068	
Selenium	：g	3.0		0	0.9	3.4	
Vitamins:							
Ascorbic acid	mg	3.2	0.278	9	0.9	3.6	
Thiamin	mg	0.062	0.002	10	0.018	0.070	
Riboflavin	mg	0.209	0.025	10	0.059	0.236	
Niacin	mg	0.649	0.046	9	0.184	0.733	
Pantothenic acid	mg	0.793	0.020	8	0.225	0.896	
Vitamin B-6	mg	0.030	0.003	9	0.009	0.034	
Folate	：g	13		0	4	15	
Vitamin B-12	：g	0.17		0	0.05	0.19	
Vitamin A	IU	175		1	50	198	
Vitamin A, RE	：g	52		0	15	59	
Vitamin D	IU						
Vitamin E, "-TE	mg	2.170		0	0.615	2.452	
Lipids:							
Saturated, total	g	1.766		0	0.501	1.996	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.001		0	0.000	0.001	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.027		0	0.008	0.031	
15.0	g						
16:0	g	1.345		0	0.381	1.520	
17:0	g						
18:0	g	0.384		0	0.109	0.434	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.685		0	0.761	3.034
14:1	g					
16:1	g	0.060		0	0.017	0.068
18:1	g	2.619		0	0.742	2.959
20:1	g	0.004		0	0.001	0.005
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.648		0	1.034	4.122
18:2	g	3.414		0	0.968	3.858
18:3	g	0.205		0	0.058	0.232
18:4	g	0.000		0	0.000	0.000
20:4	g	0.022		0	0.006	0.025
20:5	g	0.001		0	0.000	0.001
22:5	g	0.000		0	0.000	0.000
22:6	g	0.006		0	0.002	0.007
Cholesterol	mg	45	15.000	2	13	51
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.019		0	0.005	0.021
Threonine	g	0.060		0	0.017	0.068
Isoleucine	g	0.066		0	0.019	0.075
Leucine	g	0.116		0	0.033	0.131
Lysine	g	0.084		0	0.024	0.095
Methionine	g	0.030		0	0.009	0.034
Cystine	g	0.029		0	0.008	0.033
Phenylalanine	g	0.066		0	0.019	0.075
Tyrosine	g	0.054		0	0.015	0.061
Valine	g	0.074		0	0.021	0.084
Arginine	g	0.081		0	0.023	0.092
Histidine	g	0.034		0	0.010	0.038
Alanine	g	0.061		0	0.017	0.069
Aspartic acid	g	0.106		0	0.030	0.120
Glutamic acid	g	0.342		0	0.097	0.386
Glycine	g	0.048		0	0.014	0.054
Proline	g	0.116		0	0.033	0.131
Serine	g	0.101		0	0.029	0.114
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/6 of 8" pie)

NDB No. 18321 Pie, lemon meringue, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 127g	Measure 3*
Proximates:							
Water	g	43.30		0	12.28	54.99	
Energy	kcal	285		0	81	362	
Energy	kj	1192		0	338	1514	
Protein (N x 5.95)	g	3.80		0	1.08	4.83	
Total lipid (fat)	g	12.90		0	3.66	16.38	
Carbohydrate, by difference	g	39.10		0	11.08	49.66	
Fiber, total dietary	g						
Ash	g	0.90		0	0.26	1.14	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	3	15	
Iron	mg	1.00		0	0.28	1.27	
Magnesium	mg	6		0	2	8	
Phosphorus	mg	42		0	12	53	
Potassium	mg	65		0	18	83	
Sodium	mg	242		0	69	307	
Zinc	mg	0.28		0	0.08	0.36	
Copper	mg	0.042		0	0.012	0.053	
Manganese	mg	0.128		0	0.036	0.163	
Selenium	:g	11.6		0	3.3	14.7	
Vitamins:							
Ascorbic acid	mg	3.3		0	0.9	4.2	
Thiamin	mg	0.118		0	0.033	0.150	
Riboflavin	mg	0.159		0	0.045	0.202	
Niacin	mg	0.944		0	0.268	1.199	
Pantothenic acid	mg	0.214		0	0.061	0.272	
Vitamin B-6	mg	0.027		0	0.008	0.034	
Folate	:g	25		0	7	32	
Vitamin B-12	:g	0.12		0	0.03	0.15	
Vitamin A	IU	160		0	45	203	
Vitamin A, RE	:g	44		0	12	56	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.185		0	0.903	4.045	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.047		0	0.013	0.060	
15.0	g						
16:0	g	1.881		0	0.533	2.389	
17:0	g						
18:0	g	1.249		0	0.354	1.586	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.582	0	1.582	7.089
14:1	g				
16:1	g	0.038	0	0.011	0.048
18:1	g	5.539	0	1.570	7.035
20:1	g	0.004	0	0.001	0.005
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.331	0	0.944	4.230
18:2	g	3.121	0	0.885	3.964
18:3	g	0.186	0	0.053	0.236
18:4	g	0.000	0	0.000	0.000
20:4	g	0.018	0	0.005	0.023
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.005	0	0.001	0.006
Cholesterol	mg	53	0	15	67
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.046	0	0.013	0.058
Threonine	g	0.143	0	0.041	0.182
Isoleucine	g	0.169	0	0.048	0.215
Leucine	g	0.292	0	0.083	0.371
Lysine	g	0.181	0	0.051	0.230
Methionine	g	0.092	0	0.026	0.117
Cystine	g	0.083	0	0.024	0.105
Phenylalanine	g	0.194	0	0.055	0.246
Tyrosine	g	0.135	0	0.038	0.171
Valine	g	0.192	0	0.054	0.244
Arginine	g	0.191	0	0.054	0.243
Histidine	g	0.087	0	0.025	0.110
Alanine	g	0.166	0	0.047	0.211
Aspartic acid	g	0.272	0	0.077	0.345
Glutamic acid	g	0.864	0	0.245	1.097
Glycine	g	0.130	0	0.037	0.165
Proline	g	0.288	0	0.082	0.366
Serine	g	0.236	0	0.067	0.300
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/8 of 9" dia)

NDB No. 18322 Pie, mince, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 165g	Measure 3*
Proximates:							
Water	g	37.40		0	10.60	61.71	
Energy	kcal	289		0	82	477	
Energy	kj	1209		0	343	1995	
Protein (N x 5.95)	g	2.60		0	0.74	4.29	
Total lipid (fat)	g	10.80		0	3.06	17.82	
Carbohydrate, by difference	g	48.00		0	13.61	79.20	
Fiber, total dietary	g	2.6		0	0.7	4.3	
Ash	g	1.20		0	0.34	1.98	
Sugars, total	g						
Minerals:							
Calcium	mg	22		0	6	36	
Iron	mg	1.49		0	0.42	2.46	
Magnesium	mg	14		0	4	23	
Phosphorus	mg	42		0	12	69	
Potassium	mg	203		0	58	335	
Sodium	mg	254		0	72	419	
Zinc	mg	0.22		0	0.06	0.36	
Copper	mg	0.113		0	0.032	0.186	
Manganese	mg	0.263		0	0.075	0.434	
Selenium	:g	6.6		0	1.9	10.9	
Vitamins:							
Ascorbic acid	mg	5.9		0	1.7	9.7	
Thiamin	mg	0.150		0	0.043	0.248	
Riboflavin	mg	0.105		0	0.030	0.173	
Niacin	mg	1.189		0	0.337	1.962	
Pantothenic acid	mg	0.100		0	0.028	0.165	
Vitamin B-6	mg	0.065		0	0.018	0.107	
Folate	:g	23		0	7	38	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	22		0	6	36	
Vitamin A, RE	:g	2		0	1	3	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.870		0	0.530	3.086	
Lipids:							
Saturated, total	g	2.682		0	0.760	4.425	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.043		0	0.012	0.071	
15.0	g						
16:0	g	1.529		0	0.433	2.523	
17:0	g						
18:0	g	1.110		0	0.315	1.832	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.654	0	1.319	7.679
14:1	g				
16:1	g	0.001	0	0.000	0.002
18:1	g	4.654	0	1.319	7.679
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.842	0	0.806	4.689
18:2	g	2.661	0	0.754	4.391
18:3	g	0.180	0	0.051	0.297
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.027	0	0.008	0.045
Threonine	g	0.070	0	0.020	0.116
Isoleucine	g	0.074	0	0.021	0.122
Leucine	g	0.149	0	0.042	0.246
Lysine	g	0.058	0	0.016	0.096
Methionine	g	0.053	0	0.015	0.087
Cystine	g	0.051	0	0.014	0.084
Phenylalanine	g	0.112	0	0.032	0.185
Tyrosine	g	0.070	0	0.020	0.116
Valine	g	0.096	0	0.027	0.158
Arginine	g	0.122	0	0.035	0.201
Histidine	g	0.064	0	0.018	0.106
Alanine	g	0.087	0	0.025	0.144
Aspartic acid	g	0.157	0	0.045	0.259
Glutamic acid	g	0.779	0	0.221	1.285
Glycine	g	0.073	0	0.021	0.120
Proline	g	0.232	0	0.066	0.383
Serine	g	0.101	0	0.029	0.167
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 piece (1/8 of 9" dia)

NDB No. 18323 Pie, peach

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 117g	Measure 3*
Proximates:							
Water	g	54.40	0.640	2	15.42	63.65	
Energy	kcal	223		0	63	261	
Energy	kj	933		0	265	1092	
Protein (N x 5.95)	g	1.90		1	0.54	2.22	
Total lipid (fat)	g	10.00		1	2.84	11.70	
Carbohydrate, by difference	g	32.90		0	9.33	38.49	
Fiber, total dietary	g	0.8		0	0.2	1.0	
Ash	g	0.80		1	0.23	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	8		1	2	9	
Iron	mg	0.50		1	0.14	0.59	
Magnesium	mg	6		0	2	7	
Phosphorus	mg	22		0	6	26	
Potassium	mg	125		1	35	146	
Sodium	mg	270		1	77	316	
Zinc	mg	0.09	0.005	2	0.03	0.11	
Copper	mg	0.053		0	0.015	0.062	
Manganese	mg	0.152		0	0.043	0.178	
Selenium	:g	1.3		0	0.4	1.5	
Vitamins:							
Ascorbic acid	mg	0.9		0	0.3	1.1	
Thiamin	mg	0.061	0.021	2	0.017	0.071	
Riboflavin	mg	0.033	0.013	2	0.009	0.039	
Niacin	mg	0.200		1	0.057	0.234	
Pantothenic acid	mg	0.114		0	0.032	0.133	
Vitamin B-6	mg	0.023		1	0.007	0.027	
Folate	:g	24		0	7	28	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	105		1	30	123	
Vitamin A, RE	:g	22		0	6	26	
Vitamin D	IU						
Vitamin E, "-TE	mg	2.070		0	0.587	2.422	
Lipids:							
Saturated, total	g	1.508		0	0.428	1.764	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.011		0	0.003	0.013	
15.0	g						
16:0	g	0.995		0	0.282	1.164	
17:0	g						
18:0	g	0.501		0	0.142	0.586	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.241	0	1.202	4.962
14:1	g				
16:1	g	0.038	0	0.011	0.044
18:1	g	4.193	0	1.189	4.906
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.749	0	1.063	4.386
18:2	g	3.485	0	0.988	4.077
18:3	g	0.255	0	0.072	0.298
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.022	0	0.006	0.026
Threonine	g	0.057	0	0.016	0.067
Isoleucine	g	0.067	0	0.019	0.078
Leucine	g	0.122	0	0.035	0.143
Lysine	g	0.064	0	0.018	0.075
Methionine	g	0.035	0	0.010	0.041
Cystine	g	0.035	0	0.010	0.041
Phenylalanine	g	0.081	0	0.023	0.095
Tyrosine	g	0.052	0	0.015	0.061
Valine	g	0.086	0	0.024	0.101
Arginine	g	0.066	0	0.019	0.077
Histidine	g	0.037	0	0.010	0.043
Alanine	g	0.069	0	0.020	0.081
Aspartic acid	g	0.132	0	0.037	0.154
Glutamic acid	g	0.538	0	0.153	0.629
Glycine	g	0.064	0	0.018	0.075
Proline	g	0.178	0	0.050	0.208
Serine	g	0.095	0	0.027	0.111
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/6 of 8" pie)

NDB No. 18324 Pie, pecan, commercially prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	19.30	1.065	8	5.47	21.81	
Energy	kcal	400		0	113	452	
Energy	kj	1674		0	475	1892	
Protein (N x 5.95)	g	4.00	0.316	8	1.13	4.52	
Total lipid (fat)	g	18.50	0.616	9	5.24	20.91	
Carbohydrate, by difference	g	57.20		0	16.22	64.64	
Fiber, total dietary	g	3.5		0	1.0	4.0	
Ash	g	0.90	0.081	10	0.26	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	17	1.907	7	5	19	
Iron	mg	1.04	0.268	8	0.29	1.18	
Magnesium	mg	18	1.808	6	5	20	
Phosphorus	mg	77	14.015	6	22	87	
Potassium	mg	74	5.321	7	21	84	
Sodium	mg	424	34.100	8	120	479	
Zinc	mg	0.57	0.080	6	0.16	0.64	
Copper	mg	0.195	0.028	6	0.055	0.220	
Manganese	mg	0.789	0.259	6	0.224	0.892	
Selenium	:g	5.0		0	1.4	5.7	
Vitamins:							
Ascorbic acid	mg	1.1	0.696	3	0.3	1.2	
Thiamin	mg	0.091	0.039	14	0.026	0.103	
Riboflavin	mg	0.122	0.017	14	0.035	0.138	
Niacin	mg	0.249	0.039	11	0.071	0.281	
Pantothenic acid	mg	0.424	0.019	8	0.120	0.479	
Vitamin B-6	mg	0.021	0.000	8	0.006	0.024	
Folate	:g	27		0	8	31	
Vitamin B-12	:g	0.10		0	0.03	0.11	
Vitamin A	IU	175	28.358	4	50	198	
Vitamin A, RE	:g	47		0	13	53	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.854		0	0.526	2.095	
Lipids:							
Saturated, total	g	3.545		0	1.005	4.006	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.055		0	0.016	0.062	
15.0	g						
16:0	g	2.020		0	0.573	2.283	
17:0	g						
18:0	g	1.434		0	0.407	1.620	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.741		0	3.045	12.137
14:1	g					
16:1	g	0.063		0	0.018	0.071
18:1	g	10.604		0	3.006	11.983
20:1	g	0.051		0	0.014	0.058
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.182		0	0.902	3.596
18:2	g	3.014		0	0.854	3.406
18:3	g	0.140		0	0.040	0.158
18:4	g	0.000		0	0.000	0.000
20:4	g	0.015		0	0.004	0.017
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.004		0	0.001	0.005
Cholesterol	mg	32	7.394	5	9	36
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.065		0	0.018	0.073
Threonine	g	0.148		0	0.042	0.167
Isoleucine	g	0.181		0	0.051	0.205
Leucine	g	0.299		0	0.085	0.338
Lysine	g	0.201		0	0.057	0.227
Methionine	g	0.097		0	0.027	0.110
Cystine	g	0.094		0	0.027	0.106
Phenylalanine	g	0.203		0	0.058	0.229
Tyrosine	g	0.141		0	0.040	0.159
Valine	g	0.208		0	0.059	0.235
Arginine	g	0.287		0	0.081	0.324
Histidine	g	0.095		0	0.027	0.107
Alanine	g	0.173		0	0.049	0.195
Aspartic acid	g	0.308		0	0.087	0.348
Glutamic acid	g	0.875		0	0.248	0.989
Glycine	g	0.148		0	0.042	0.167
Proline	g	0.269		0	0.076	0.304
Serine	g	0.241		0	0.068	0.272
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/6 of 8" pie)

NDB No. 18325 Pie, pecan, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 122g	Measure 3*
Proximates:							
Water	g	19.50		0	5.53	23.79	
Energy	kcal	412		0	117	503	
Energy	kj	1724		0	489	2103	
Protein (N x 5.95)	g	4.90		0	1.39	5.98	
Total lipid (fat)	g	22.20		0	6.29	27.08	
Carbohydrate, by difference	g	52.20		0	14.80	63.68	
Fiber, total dietary	g						
Ash	g	1.10		0	0.31	1.34	
Sugars, total	g						
Minerals:							
Calcium	mg	32		0	9	39	
Iron	mg	1.48		0	0.42	1.81	
Magnesium	mg	26		0	7	32	
Phosphorus	mg	94		0	27	115	
Potassium	mg	133		0	38	162	
Sodium	mg	262		0	74	320	
Zinc	mg	1.02		0	0.29	1.24	
Copper	mg	0.211		0	0.060	0.257	
Manganese	mg	0.712		0	0.202	0.869	
Selenium	:g	12.0		0	3.4	14.6	
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.2	
Thiamin	mg	0.188		0	0.053	0.229	
Riboflavin	mg	0.180		0	0.051	0.220	
Niacin	mg	0.847		0	0.240	1.033	
Pantothenic acid	mg	0.479		0	0.136	0.584	
Vitamin B-6	mg	0.060		0	0.017	0.073	
Folate	:g	26		0	7	32	
Vitamin B-12	:g	0.17		0	0.05	0.21	
Vitamin A	IU	336		0	95	410	
Vitamin A, RE	:g	89		0	25	109	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.989		0	1.131	4.867	
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	0.000	0.001	
10:0	g	0.001		0	0.000	0.001	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.047		0	0.013	0.057	
15.0	g						
16:0	g	2.549		0	0.723	3.110	
17:0	g						
18:0	g	1.382		0	0.392	1.686	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.181	0	3.170	13.641
14:1	g				
16:1	g	0.099	0	0.028	0.121
18:1	g	11.018	0	3.124	13.442
20:1	g	0.063	0	0.018	0.077
22.1	g	0.001	0	0.000	0.001
Polyunsaturated, total	g	5.710	0	1.619	6.966
18:2	g	5.402	0	1.531	6.590
18:3	g	0.271	0	0.077	0.331
18:4	g	0.000	0	0.000	0.000
20:4	g	0.029	0	0.008	0.035
20:5	g	0.001	0	0.000	0.001
22:5	g	0.000	0	0.000	0.000
22:6	g	0.008	0	0.002	0.010
Cholesterol	mg	87	0	25	106
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.069	0	0.020	0.084
Threonine	g	0.189	0	0.054	0.231
Isoleucine	g	0.223	0	0.063	0.272
Leucine	g	0.372	0	0.105	0.454
Lysine	g	0.248	0	0.070	0.303
Methionine	g	0.125	0	0.035	0.153
Cystine	g	0.111	0	0.031	0.135
Phenylalanine	g	0.250	0	0.071	0.305
Tyrosine	g	0.178	0	0.050	0.217
Valine	g	0.255	0	0.072	0.311
Arginine	g	0.325	0	0.092	0.397
Histidine	g	0.116	0	0.033	0.142
Alanine	g	0.223	0	0.063	0.272
Aspartic acid	g	0.392	0	0.111	0.478
Glutamic acid	g	0.972	0	0.276	1.186
Glycine	g	0.176	0	0.050	0.215
Proline	g	0.305	0	0.086	0.372
Serine	g	0.301	0	0.085	0.367
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/8 of 9" dia)

NDB No. 18326 Pie, pumpkin, commercially prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 109g	Measure 3*
Proximates:							
Water	g	58.10	0.104	3	16.47	63.33	
Energy	kcal	210		0	60	229	
Energy	kj	879		0	249	958	
Protein (N x 5.95)	g	3.90	0.134	3	1.11	4.25	
Total lipid (fat)	g	9.50	0.843	4	2.69	10.36	
Carbohydrate, by difference	g	27.30		0	7.74	29.76	
Fiber, total dietary	g	2.7		0	0.8	2.9	
Ash	g	1.10	0.051	5	0.31	1.20	
Sugars, total	g						
Minerals:							
Calcium	mg	60	2.309	30	17	65	
Iron	mg	0.79	0.044	31	0.22	0.86	
Magnesium	mg	15	0.506	30	4	16	
Phosphorus	mg	71	2.260	29	20	77	
Potassium	mg	154	4.917	31	44	168	
Sodium	mg	282	11.691	31	80	307	
Zinc	mg	0.45	0.021	29	0.13	0.49	
Copper	mg	0.048	0.003	30	0.014	0.052	
Manganese	mg	0.240	0.008	30	0.068	0.262	
Selenium	:g	2.6	0.389	11	0.7	2.8	
Vitamins:							
Ascorbic acid	mg	1.0		0	0.3	1.1	
Thiamin	mg	0.055	0.016	12	0.016	0.060	
Riboflavin	mg	0.153	0.011	12	0.043	0.167	
Niacin	mg	0.187	0.025	9	0.053	0.204	
Pantothenic acid	mg	0.507	0.010	8	0.144	0.553	
Vitamin B-6	mg	0.057	0.016	3	0.016	0.062	
Folate	:g	20		0	6	22	
Vitamin B-12	:g	0.26		0	0.07	0.28	
Vitamin A	IU	3434		0	974	3743	
Vitamin A, RE	:g	372		0	105	405	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.705		0	0.483	1.858	
Lipids:							
Saturated, total	g	1.785		0	0.506	1.946	
4:0	g	0.007		0	0.002	0.008	
6.0	g	0.003		0	0.001	0.003	
8:0	g	0.002		0	0.001	0.002	
10:0	g	0.005		0	0.001	0.005	
12:0	g	0.006		0	0.002	0.007	
14:0	g	0.039		0	0.011	0.043	
15.0	g						
16:0	g	1.127		0	0.320	1.228	
17:0	g						
18:0	g	0.586		0	0.166	0.639	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.032		0	1.143	4.395
14:1	g					
16:1	g	0.041		0	0.012	0.045
18:1	g	3.981		0	1.129	4.339
20:1	g	0.001		0	0.000	0.001
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.150		0	0.893	3.433
18:2	g	2.951		0	0.837	3.217
18:3	g	0.186		0	0.053	0.203
18:4	g	0.000		0	0.000	0.000
20:4	g	0.007		0	0.002	0.008
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.002		0	0.001	0.002
Cholesterol	mg	20	0.000	2	6	22
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.051		0	0.014	0.056
Threonine	g	0.159		0	0.045	0.173
Isoleucine	g	0.205		0	0.058	0.223
Leucine	g	0.335		0	0.095	0.365
Lysine	g	0.261		0	0.074	0.284
Methionine	g	0.092		0	0.026	0.100
Cystine	g	0.054		0	0.015	0.059
Phenylalanine	g	0.184		0	0.052	0.201
Tyrosine	g	0.163		0	0.046	0.178
Valine	g	0.229		0	0.065	0.250
Arginine	g	0.161		0	0.046	0.175
Histidine	g	0.094		0	0.027	0.102
Alanine	g	0.144		0	0.041	0.157
Aspartic acid	g	0.289		0	0.082	0.315
Glutamic acid	g	0.826		0	0.234	0.900
Glycine	g	0.100		0	0.028	0.109
Proline	g	0.327		0	0.093	0.356
Serine	g	0.219		0	0.062	0.239
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/6 of 8" pie)

NDB No. 18327 Pie, pumpkin, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 155g	Measure 3*
Proximates:							
Water	g	58.50		0	16.58	90.67	
Energy	kcal	204		0	58	316	
Energy	kj	854		0	242	1324	
Protein (N x 5.95)	g	4.50		0	1.28	6.97	
Total lipid (fat)	g	9.30		0	2.64	14.41	
Carbohydrate, by difference	g	26.40		0	7.48	40.92	
Fiber, total dietary	g						
Ash	g	1.30		0	0.37	2.02	
Sugars, total	g						
Minerals:							
Calcium	mg	94		0	27	146	
Iron	mg	1.27		0	0.36	1.97	
Magnesium	mg	19		0	5	29	
Phosphorus	mg	98		0	28	152	
Potassium	mg	186		0	53	288	
Sodium	mg	225		0	64	349	
Zinc	mg	0.46		0	0.13	0.71	
Copper	mg	0.066		0	0.019	0.102	
Manganese	mg	0.198		0	0.056	0.307	
Selenium	΄g	7.1		0	2.0	11.0	
Vitamins:							
Ascorbic acid	mg	1.7		0	0.5	2.6	
Thiamin	mg	0.092		0	0.026	0.143	
Riboflavin	mg	0.201		0	0.057	0.312	
Niacin	mg	0.782		0	0.222	1.212	
Pantothenic acid	mg	0.445		0	0.126	0.690	
Vitamin B-6	mg	0.047		0	0.013	0.073	
Folate	΄g	21		0	6	33	
Vitamin B-12	΄g	0.09		0	0.03	0.14	
Vitamin A	IU	7634		0	2164	11833	
Vitamin A, RE	΄g	782		0	222	1212	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.171		0	0.899	4.915	
4:0	g	0.057		0	0.016	0.088	
6.0	g	0.039		0	0.011	0.060	
8:0	g	0.016		0	0.005	0.025	
10:0	g	0.032		0	0.009	0.050	
12:0	g	0.049		0	0.014	0.076	
14:0	g	0.247		0	0.070	0.383	
15.0	g						
16:0	g	1.675		0	0.475	2.596	
17:0	g						
18:0	g	0.977		0	0.277	1.514	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.697	0	1.048	5.730
14:1	g				
16:1	g	0.077	0	0.022	0.119
18:1	g	3.594	0	1.019	5.571
20:1	g	0.002	0	0.001	0.003
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.810	0	0.513	2.806
18:2	g	1.668	0	0.473	2.585
18:3	g	0.128	0	0.036	0.198
18:4	g	0.000	0	0.000	0.000
20:4	g	0.011	0	0.003	0.017
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	0.001	0.005
Cholesterol	mg	42	0	12	65
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.059	0	0.017	0.091
Threonine	g	0.180	0	0.051	0.279
Isoleucine	g	0.226	0	0.064	0.350
Leucine	g	0.376	0	0.107	0.583
Lysine	g	0.276	0	0.078	0.428
Methionine	g	0.105	0	0.030	0.163
Cystine	g	0.067	0	0.019	0.104
Phenylalanine	g	0.219	0	0.062	0.339
Tyrosine	g	0.187	0	0.053	0.290
Valine	g	0.253	0	0.072	0.392
Arginine	g	0.199	0	0.056	0.308
Histidine	g	0.109	0	0.031	0.169
Alanine	g	0.171	0	0.048	0.265
Aspartic acid	g	0.339	0	0.096	0.525
Glutamic acid	g	1.004	0	0.285	1.556
Glycine	g	0.127	0	0.036	0.197
Proline	g	0.375	0	0.106	0.581
Serine	g	0.256	0	0.073	0.397
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/8 of 9" dia)

NDB No. 18328 Pie, vanilla cream, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 126g	Measure 3*
Proximates:							
Water	g	47.00		0	13.32	59.22	
Energy	kcal	278		0	79	350	
Energy	kj	1163		0	330	1465	
Protein (N x 5.95)	g	4.80		0	1.36	6.05	
Total lipid (fat)	g	14.40		0	4.08	18.14	
Carbohydrate, by difference	g	32.60		0	9.24	41.08	
Fiber, total dietary	g	0.6		0	0.2	0.8	
Ash	g	1.20		0	0.34	1.51	
Sugars, total	g						
Minerals:							
Calcium	mg	90		0	26	113	
Iron	mg	1.02		0	0.29	1.29	
Magnesium	mg	13		0	4	16	
Phosphorus	mg	104		0	29	131	
Potassium	mg	126		0	36	159	
Sodium	mg	260		0	74	328	
Zinc	mg	0.53		0	0.15	0.67	
Copper	mg	0.039		0	0.011	0.049	
Manganese	mg	0.128		0	0.036	0.161	
Selenium	：g	9.5		0	2.7	12.0	
Vitamins:							
Ascorbic acid	mg	0.5		0	0.1	0.6	
Thiamin	mg	0.139		0	0.039	0.175	
Riboflavin	mg	0.216		0	0.061	0.272	
Niacin	mg	0.984		0	0.279	1.240	
Pantothenic acid	mg	0.415		0	0.118	0.523	
Vitamin B-6	mg	0.049		0	0.014	0.062	
Folate	：g	26		0	7	33	
Vitamin B-12	：g	0.30		0	0.09	0.38	
Vitamin A	IU	306		0	87	386	
Vitamin A, RE	：g	85		0	24	107	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.350		0	0.383	1.701	
Lipids:							
Saturated, total	g	4.030		0	1.143	5.078	
4:0	g	0.042		0	0.012	0.053	
6.0	g	0.025		0	0.007	0.032	
8:0	g	0.015		0	0.004	0.019	
10:0	g	0.033		0	0.009	0.042	
12:0	g	0.037		0	0.010	0.047	
14:0	g	0.179		0	0.051	0.226	
15.0	g						
16:0	g	2.263		0	0.642	2.851	
17:0	g						
18:0	g	1.426		0	0.404	1.797	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.043	0	1.713	7.614
14:1	g				
16:1	g	0.070	0	0.020	0.088
18:1	g	5.965	0	1.691	7.516
20:1	g	0.004	0	0.001	0.005
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.438	0	0.975	4.332
18:2	g	3.205	0	0.909	4.038
18:3	g	0.208	0	0.059	0.262
18:4	g	0.000	0	0.000	0.000
20:4	g	0.020	0	0.006	0.025
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.005	0	0.001	0.006
Cholesterol	mg	62	0	18	78
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.060	0	0.017	0.076
Threonine	g	0.184	0	0.052	0.232
Isoleucine	g	0.228	0	0.065	0.287
Leucine	g	0.397	0	0.113	0.500
Lysine	g	0.266	0	0.075	0.335
Methionine	g	0.103	0	0.029	0.130
Cystine	g	0.071	0	0.020	0.089
Phenylalanine	g	0.224	0	0.064	0.282
Tyrosine	g	0.189	0	0.054	0.238
Valine	g	0.255	0	0.072	0.321
Arginine	g	0.203	0	0.058	0.256
Histidine	g	0.117	0	0.033	0.147
Alanine	g	0.169	0	0.048	0.213
Aspartic acid	g	0.309	0	0.088	0.389
Glutamic acid	g	1.143	0	0.324	1.440
Glycine	g	0.133	0	0.038	0.168
Proline	g	0.444	0	0.126	0.559
Serine	g	0.269	0	0.076	0.339
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 piece (1/8 of 9" dia)

NDB No. 18330 Pie crust, cookie-type, prepared from recipe, graham cracker, baked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 210g	Measure 2* 22g	Measure 3* 239g
Proximates:							
Water	g	4.20		0	8.82	0.92	10.04
Energy	kcal	494		0	1037	109	1181
Energy	kj	2067		0	4341	455	4940
Protein (N x 5.95)	g	4.20		0	8.82	0.92	10.04
Total lipid (fat)	g	24.90		0	52.29	5.48	59.51
Carbohydrate, by difference	g	65.20		0	136.92	14.34	155.83
Fiber, total dietary	g	1.5		0	3.1	0.3	3.6
Ash	g	1.50		0	3.15	0.33	3.59
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	44	5	50
Iron	mg	2.17		0	4.56	0.48	5.19
Magnesium	mg	18		0	38	4	43
Phosphorus	mg	65		0	137	14	155
Potassium	mg	88		0	185	19	210
Sodium	mg	571		0	1199	126	1365
Zinc	mg	0.47		0	0.99	0.10	1.12
Copper	mg	0.125		0	0.263	0.028	0.299
Manganese	mg	0.463		0	0.972	0.102	1.107
Selenium	:g	6.0		0	12.6	1.3	14.3
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.104		0	0.218	0.023	0.249
Riboflavin	mg	0.175		0	0.368	0.039	0.418
Niacin	mg	2.133		0	4.479	0.469	5.098
Pantothenic acid	mg	0.220		0	0.462	0.048	0.526
Vitamin B-6	mg	0.036		0	0.076	0.008	0.086
Folate	:g	24		0	50	5	57
Vitamin B-12	:g	0.02		0	0.04	0.00	0.05
Vitamin A	IU	785		0	1649	173	1876
Vitamin A, RE	:g	202		0	424	44	483
Vitamin D	IU						
Vitamin E, "-TE	mg	4.084		0	8.576	0.898	9.761
Lipids:							
Saturated, total	g	5.196		0	10.912	1.143	12.418
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	0.003		0	0.006	0.001	0.007
12:0	g	0.003		0	0.006	0.001	0.007
14:0	g	0.074		0	0.155	0.016	0.177
15.0	g						
16:0	g	3.157		0	6.630	0.695	7.545
17:0	g						
18:0	g	1.942		0	4.078	0.427	4.641
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.370	0	23.877	2.501	27.174
14:1	g					
16:1	g	0.050	0	0.105	0.011	0.120
18:1	g	11.320	0	23.772	2.490	27.055
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	6.908	0	14.507	1.520	16.510
18:2	g	6.608	0	13.877	1.454	15.793
18:3	g	0.300	0	0.630	0.066	0.717
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.055	0	0.116	0.012	0.131
Threonine	g	0.119	0	0.250	0.026	0.284
Isoleucine	g	0.152	0	0.319	0.033	0.363
Leucine	g	0.293	0	0.615	0.064	0.700
Lysine	g	0.109	0	0.229	0.024	0.261
Methionine	g	0.073	0	0.153	0.016	0.174
Cystine	g	0.088	0	0.185	0.019	0.210
Phenylalanine	g	0.208	0	0.437	0.046	0.497
Tyrosine	g	0.129	0	0.271	0.028	0.308
Valine	g	0.178	0	0.374	0.039	0.425
Arginine	g	0.175	0	0.368	0.039	0.418
Histidine	g	0.094	0	0.197	0.021	0.225
Alanine	g	0.137	0	0.288	0.030	0.327
Aspartic acid	g	0.192	0	0.403	0.042	0.459
Glutamic acid	g	1.362	0	2.860	0.300	3.255
Glycine	g	0.151	0	0.317	0.033	0.361
Proline	g	0.469	0	0.985	0.103	1.121
Serine	g	0.207	0	0.435	0.046	0.495
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 pie shell (9" dia)
Measure 2: 1 tart shell
Measure 3: Single 9" crust

NDB No. 18332 Pie crust, standard-type, 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* 28g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	7.60	0.302	28	2.15	21.58	
Energy	kcal	518		0	147	1471	
Energy	kj	2167		0	614	6154	
Protein (N x 5.95)	g	6.90	0.152	30	1.96	19.60	
Total lipid (fat)	g	31.40	0.442	34	8.90	89.18	
Carbohydrate, by difference	g	52.10		0	14.77	147.96	
Fiber, total dietary	g						
Ash	g	2.00	0.044	28	0.57	5.68	
Sugars, total	g						
Minerals:							
Calcium	mg	61	12.444	20	17	173	
Iron	mg	2.22	0.094	20	0.63	6.30	
Magnesium	mg	15	1.364	15	4	43	
Phosphorus	mg	86	6.061	21	24	244	
Potassium	mg	64	2.769	8	18	182	
Sodium	mg	753	22.024	16	213	2139	
Zinc	mg	0.40	0.049	10	0.11	1.14	
Copper	mg	0.075	0.007	10	0.021	0.213	
Manganese	mg	0.315	0.035	2	0.089	0.895	
Selenium	΄g	22.9		0	6.5	65.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.392	0.010	20	0.111	1.113	
Riboflavin	mg	0.213	0.017	20	0.060	0.605	
Niacin	mg	2.727	0.099	20	0.773	7.745	
Pantothenic acid	mg	0.268	0.087	3	0.076	0.761	
Vitamin B-6	mg	0.064	0.010	2	0.018	0.182	
Folate	΄g	104		0	29	295	
Vitamin B-12	΄g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	΄g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	7.974		0	2.261	22.646	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.154		0	0.044	0.437	
15.0	g						
16:0	g	4.096		0	1.161	11.633	
17:0	g						
18:0	g	3.724		0	1.056	10.576	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	17.887	0	5.071	50.799
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	17.887	0	5.071	50.799
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.968	0	1.125	11.269
18:2	g	3.768	0	1.068	10.701
18:3	g	0.199	0	0.056	0.565
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.080	0	0.023	0.227
Threonine	g	0.184	0	0.052	0.523
Isoleucine	g	0.255	0	0.072	0.724
Leucine	g	0.476	0	0.135	1.352
Lysine	g	0.133	0	0.038	0.378
Methionine	g	0.121	0	0.034	0.344
Cystine	g	0.155	0	0.044	0.440
Phenylalanine	g	0.339	0	0.096	0.963
Tyrosine	g	0.188	0	0.053	0.534
Valine	g	0.289	0	0.082	0.821
Arginine	g	0.239	0	0.068	0.679
Histidine	g	0.146	0	0.041	0.415
Alanine	g	0.210	0	0.060	0.596
Aspartic acid	g	0.278	0	0.079	0.790
Glutamic acid	g	2.412	0	0.684	6.850
Glycine	g	0.236	0	0.067	0.670
Proline	g	0.809	0	0.229	2.298
Serine	g	0.333	0	0.094	0.946
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

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

NDB No. 18333 Pie crust, standard-type, dry mix, prepared, baked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 160g	Measure 2* 20g	Measure 3*
Proximates:							
Water	g	10.60		0	16.96	2.12	
Energy	kcal	501		0	802	100	
Energy	kj	2096		0	3354	419	
Protein (N x 5.95)	g	6.70		0	10.72	1.34	
Total lipid (fat)	g	30.40		0	48.64	6.08	
Carbohydrate, by difference	g	50.40		0	80.64	10.08	
Fiber, total dietary	g	1.8		0	2.8	0.4	
Ash	g	2.00		0	3.20	0.40	
Sugars, total	g						
Minerals:							
Calcium	mg	60		0	96	12	
Iron	mg	2.15		0	3.44	0.43	
Magnesium	mg	15		0	24	3	
Phosphorus	mg	84		0	134	17	
Potassium	mg	62		0	99	12	
Sodium	mg	729		0	1166	146	
Zinc	mg	0.39		0	0.62	0.08	
Copper	mg	0.074		0	0.118	0.015	
Manganese	mg	0.305		0	0.488	0.061	
Selenium	:g	22.1		0	35.4	4.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.303		0	0.485	0.061	
Riboflavin	mg	0.186		0	0.298	0.037	
Niacin	mg	2.373		0	3.797	0.475	
Pantothenic acid	mg	0.168		0	0.269	0.034	
Vitamin B-6	mg	0.056		0	0.090	0.011	
Folate	:g	70		0	112	14	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	7.711		0	12.338	1.542	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.149		0	0.238	0.030	
15.0	g						
16:0	g	3.963		0	6.341	0.793	
17:0	g						
18:0	g	3.599		0	5.758	0.720	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	17.289	0	27.662	3.458
14:1	g				
16:1	g				
18:1	g	17.289	0	27.662	3.458
20:1	g				
22.1	g				
Polyunsaturated, total	g	3.847	0	6.155	0.769
18:2	g	3.654	0	5.846	0.731
18:3	g	0.193	0	0.309	0.039
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.077	0	0.123	0.015
Threonine	g	0.178	0	0.285	0.036
Isoleucine	g	0.247	0	0.395	0.049
Leucine	g	0.460	0	0.736	0.092
Lysine	g	0.129	0	0.206	0.026
Methionine	g	0.117	0	0.187	0.023
Cystine	g	0.150	0	0.240	0.030
Phenylalanine	g	0.328	0	0.525	0.066
Tyrosine	g	0.182	0	0.291	0.036
Valine	g	0.279	0	0.446	0.056
Arginine	g	0.231	0	0.370	0.046
Histidine	g	0.141	0	0.226	0.028
Alanine	g	0.203	0	0.325	0.041
Aspartic acid	g	0.269	0	0.430	0.054
Glutamic acid	g	2.333	0	3.733	0.467
Glycine	g	0.228	0	0.365	0.046
Proline	g	0.783	0	1.253	0.157
Serine	g	0.322	0	0.515	0.064
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: Single 9" crust
Measure 2: 1/8 of 9 in crust

NDB No. 18334 Pie crust, standard-type, frozen, ready-to-bake, enriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 142g	Measure 2* 18g	Measure 3*
Proximates:							
Water	g	21.00	0.166	7	29.82	3.78	
Energy	kcal	457		0	649	82	
Energy	kj	1912		0	2715	344	
Protein (N x 5.95)	g	3.90	0.505	7	5.54	0.70	
Total lipid (fat)	g	29.20	0.270	4	41.46	5.26	
Carbohydrate, by difference	g	44.10		0	62.62	7.94	
Fiber, total dietary	g	0.9		0	1.3	0.2	
Ash	g	1.80	0.274	7	2.56	0.32	
Sugars, total	g						
Minerals:							
Calcium	mg	18	5.004	7	26	3	
Iron	mg	2.01	0.210	2	2.85	0.36	
Magnesium	mg	16	4.416	7	23	3	
Phosphorus	mg	53	7.776	7	75	10	
Potassium	mg	98	18.739	7	139	18	
Sodium	mg	576	60.193	7	818	104	
Zinc	mg	0.30	0.055	7	0.43	0.05	
Copper	mg	0.068	0.017	7	0.097	0.012	
Manganese	mg	0.547	0.065	3	0.777	0.098	
Selenium	：g	2.7		0	3.8	0.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.312	0.069	3	0.443	0.056	
Riboflavin	mg	0.377	0.052	3	0.535	0.068	
Niacin	mg	2.409	0.085	2	3.421	0.434	
Pantothenic acid	mg	0.231	0.036	6	0.328	0.042	
Vitamin B-6	mg	0.071	0.005	3	0.101	0.013	
Folate	：g	70		0	99	13	
Vitamin B-12	：g	0.03		0	0.04	0.01	
Vitamin A	IU	1		0	1	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	5.265		0	7.476	0.948	
Lipids:							
Saturated, total	g	4.357		0	6.187	0.784	
4:0	g	0.001		0	0.001	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.031		0	0.044	0.006	
15.0	g						
16:0	g	2.878		0	4.087	0.518	
17:0	g						
18:0	g	1.443		0	2.049	0.260	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.419	0	17.635	2.235
14:1	g				
16:1	g	0.117	0	0.166	0.021
18:1	g	12.273	0	17.428	2.209
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	11.000	0	15.620	1.980
18:2	g	10.212	0	14.501	1.838
18:3	g	0.759	0	1.078	0.137
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.056	0	0.080	0.010
Threonine	g	0.112	0	0.159	0.020
Isoleucine	g	0.150	0	0.213	0.027
Leucine	g	0.267	0	0.379	0.048
Lysine	g	0.140	0	0.199	0.025
Methionine	g	0.065	0	0.092	0.012
Cystine	g	0.085	0	0.121	0.015
Phenylalanine	g	0.182	0	0.258	0.033
Tyrosine	g	0.111	0	0.158	0.020
Valine	g	0.172	0	0.244	0.031
Arginine	g	0.148	0	0.210	0.027
Histidine	g	0.079	0	0.112	0.014
Alanine	g	0.119	0	0.169	0.021
Aspartic acid	g	0.169	0	0.240	0.030
Glutamic acid	g	1.266	0	1.798	0.228
Glycine	g	0.131	0	0.186	0.024
Proline	g	0.427	0	0.606	0.077
Serine	g	0.205	0	0.291	0.037
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: Single 9" crust
Measure 2: 1/8 of 9 in crust

NDB No. 18335 Pie crust, standard-type, frozen, ready-to-bake, baked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 126g	Measure 2* 16g	Measure 3*
Proximates:							
Water	g	11.20		0	14.11	1.79	
Energy	kcal	514		0	648	82	
Energy	kj	2151		0	2710	344	
Protein (N x 5.95)	g	4.40		0	5.54	0.70	
Total lipid (fat)	g	32.80		0	41.33	5.25	
Carbohydrate, by difference	g	49.60		0	62.50	7.94	
Fiber, total dietary	g	1.0		0	1.3	0.2	
Ash	g	2.00		0	2.52	0.32	
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	26	3	
Iron	mg	2.26		0	2.85	0.36	
Magnesium	mg	18		0	23	3	
Phosphorus	mg	59		0	74	9	
Potassium	mg	110		0	139	18	
Sodium	mg	647		0	815	104	
Zinc	mg	0.34		0	0.43	0.05	
Copper	mg	0.076		0	0.096	0.012	
Manganese	mg	0.615		0	0.775	0.098	
Selenium	:g	3.0		0	3.8	0.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.280		0	0.353	0.045	
Riboflavin	mg	0.381		0	0.480	0.061	
Niacin	mg	2.436		0	3.069	0.390	
Pantothenic acid	mg	0.169		0	0.213	0.027	
Vitamin B-6	mg	0.071		0	0.089	0.011	
Folate	:g	39		0	49	6	
Vitamin B-12	:g	0.02		0	0.03	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	5.094		0	6.418	0.815	
Lipids:							
Saturated, total	g	10.583		0	13.335	1.693	
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	0.023		0	0.029	0.004	
12:0	g	0.045		0	0.057	0.007	
14:0	g	0.295		0	0.372	0.047	
15.0	g						
16:0	g	6.353		0	8.005	1.016	
17:0	g						
18:0	g	3.812		0	4.803	0.610	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.715	0	19.801	2.514
14:1	g				
16:1	g	0.622	0	0.784	0.100
18:1	g	15.093	0	19.017	2.415
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.034	0	5.083	0.645
18:2	g	3.788	0	4.773	0.606
18:3	g	0.245	0	0.309	0.039
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.063	0	0.079	0.010
Threonine	g	0.126	0	0.159	0.020
Isoleucine	g	0.168	0	0.212	0.027
Leucine	g	0.300	0	0.378	0.048
Lysine	g	0.157	0	0.198	0.025
Methionine	g	0.073	0	0.092	0.012
Cystine	g	0.095	0	0.120	0.015
Phenylalanine	g	0.205	0	0.258	0.033
Tyrosine	g	0.125	0	0.158	0.020
Valine	g	0.193	0	0.243	0.031
Arginine	g	0.166	0	0.209	0.027
Histidine	g	0.089	0	0.112	0.014
Alanine	g	0.134	0	0.169	0.021
Aspartic acid	g	0.190	0	0.239	0.030
Glutamic acid	g	1.422	0	1.792	0.228
Glycine	g	0.147	0	0.185	0.024
Proline	g	0.480	0	0.605	0.077
Serine	g	0.230	0	0.290	0.037
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: Single 9" crust
Measure 2: 1/8 of 9 in crust

NDB No. 18336 Pie crust, standard-type, prepared from recipe, baked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 180g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	9.80		0	17.64	2.25	
Energy	kcal	527		0	949	121	
Energy	kj	2205		0	3969	507	
Protein (N x 5.95)	g	6.40		0	11.52	1.47	
Total lipid (fat)	g	34.60		0	62.28	7.96	
Carbohydrate, by difference	g	47.50		0	85.50	10.93	
Fiber, total dietary	g	1.7		0	3.0	0.4	
Ash	g	1.70		0	3.06	0.39	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	18	2	
Iron	mg	2.89		0	5.20	0.66	
Magnesium	mg	14		0	25	3	
Phosphorus	mg	67		0	121	15	
Potassium	mg	67		0	121	15	
Sodium	mg	542		0	976	125	
Zinc	mg	0.44		0	0.79	0.10	
Copper	mg	0.091		0	0.164	0.021	
Manganese	mg	0.430		0	0.774	0.099	
Selenium	：g	21.1		0	38.0	4.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.391		0	0.704	0.090	
Riboflavin	mg	0.277		0	0.499	0.064	
Niacin	mg	3.307		0	5.953	0.761	
Pantothenic acid	mg	0.177		0	0.319	0.041	
Vitamin B-6	mg	0.025		0	0.045	0.006	
Folate	：g	67		0	121	15	
Vitamin B-12	：g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	8.622		0	15.520	1.983	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.136		0	0.245	0.031	
15.0	g						
16:0	g	4.882		0	8.788	1.123	
17:0	g						
18:0	g	3.605		0	6.489	0.829	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.169	0	27.304	3.489
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	15.169	0	27.304	3.489
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	9.122	0	16.420	2.098
18:2	g	8.565	0	15.417	1.970
18:3	g	0.557	0	1.003	0.128
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.079	0	0.142	0.018
Threonine	g	0.175	0	0.315	0.040
Isoleucine	g	0.222	0	0.400	0.051
Leucine	g	0.442	0	0.796	0.102
Lysine	g	0.142	0	0.256	0.033
Methionine	g	0.114	0	0.205	0.026
Cystine	g	0.136	0	0.245	0.031
Phenylalanine	g	0.324	0	0.583	0.075
Tyrosine	g	0.194	0	0.349	0.045
Valine	g	0.258	0	0.464	0.059
Arginine	g	0.259	0	0.466	0.060
Histidine	g	0.143	0	0.257	0.033
Alanine	g	0.206	0	0.371	0.047
Aspartic acid	g	0.271	0	0.488	0.062
Glutamic acid	g	2.165	0	3.897	0.498
Glycine	g	0.231	0	0.416	0.053
Proline	g	0.745	0	1.341	0.171
Serine	g	0.321	0	0.578	0.074
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: Single 9" crust
Measure 2: 1/8 of 9 in crust

NDB No. 18337 Puff pastry, frozen, ready-to-bake

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 47g	Measure 3*
Proximates:							
Water	g	8.50		0	2.41	4.00	
Energy	kcal	551		0	156	259	
Energy	kj	2305		0	653	1083	
Protein (N x 5.95)	g	7.30		0	2.07	3.43	
Total lipid (fat)	g	38.10		0	10.80	17.91	
Carbohydrate, by difference	g	45.10		0	12.79	21.20	
Fiber, total dietary	g	1.5		0	0.4	0.7	
Ash	g	1.00		0	0.28	0.47	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	5	
Iron	mg	2.56		0	0.73	1.20	
Magnesium	mg	16		0	5	8	
Phosphorus	mg	60		0	17	28	
Potassium	mg	61		0	17	29	
Sodium	mg	249		0	71	117	
Zinc	mg	0.53		0	0.15	0.25	
Copper	mg	0.114		0	0.032	0.054	
Manganese	mg	0.488		0	0.138	0.229	
Selenium	:g	24.2		0	6.9	11.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.398		0	0.113	0.187	
Riboflavin	mg	0.283		0	0.080	0.133	
Niacin	mg	4.168		0	1.182	1.959	
Pantothenic acid	mg	0.000		0	0.000	0.000	
Vitamin B-6	mg	0.021		0	0.006	0.010	
Folate	:g	94		0	27	44	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	5.112		0	1.449	2.403	
Lipids:							
Saturated, total	g	9.643		0	2.734	4.532	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.186		0	0.053	0.087	
15.0	g						
16:0	g	4.954		0	1.404	2.328	
17:0	g						
18:0	g	4.494		0	1.274	2.112	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	21.597	0	6.123	10.151
14:1	g				
16:1	g	0.003	0	0.001	0.001
18:1	g	21.594	0	6.122	10.149
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.894	0	1.387	2.300
18:2	g	4.645	0	1.317	2.183
18:3	g	0.249	0	0.071	0.117
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.085	0	0.024	0.040
Threonine	g	0.196	0	0.056	0.092
Isoleucine	g	0.272	0	0.077	0.128
Leucine	g	0.508	0	0.144	0.239
Lysine	g	0.142	0	0.040	0.067
Methionine	g	0.129	0	0.037	0.061
Cystine	g	0.165	0	0.047	0.078
Phenylalanine	g	0.362	0	0.103	0.170
Tyrosine	g	0.201	0	0.057	0.094
Valine	g	0.308	0	0.087	0.145
Arginine	g	0.255	0	0.072	0.120
Histidine	g	0.156	0	0.044	0.073
Alanine	g	0.224	0	0.064	0.105
Aspartic acid	g	0.296	0	0.084	0.139
Glutamic acid	g	2.574	0	0.730	1.210
Glycine	g	0.251	0	0.071	0.118
Proline	g	0.864	0	0.245	0.406
Serine	g	0.356	0	0.101	0.167
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 shell

NDB No. 18338 Phyllo dough

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 19g	Measure 3*
Proximates:							
Water	g	32.60		0	9.24	6.19	
Energy	kcal	299		0	85	57	
Energy	kj	1251		0	355	238	
Protein (N x 5.95)	g	7.10		0	2.01	1.35	
Total lipid (fat)	g	6.00		0	1.70	1.14	
Carbohydrate, by difference	g	52.60		0	14.91	9.99	
Fiber, total dietary	g	1.9		0	0.5	0.4	
Ash	g	1.60		0	0.45	0.30	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	3	2	
Iron	mg	3.21		0	0.91	0.61	
Magnesium	mg	15		0	4	3	
Phosphorus	mg	75		0	21	14	
Potassium	mg	74		0	21	14	
Sodium	mg	483		0	137	92	
Zinc	mg	0.49		0	0.14	0.09	
Copper	mg	0.101		0	0.029	0.019	
Manganese	mg	0.476		0	0.135	0.090	
Selenium	΄g	23.3		0	6.6	4.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.541		0	0.153	0.103	
Riboflavin	mg	0.341		0	0.097	0.065	
Niacin	mg	4.073		0	1.155	0.774	
Pantothenic acid	mg	0.302		0	0.086	0.057	
Vitamin B-6	mg	0.030		0	0.009	0.006	
Folate	΄g	74		0	21	14	
Vitamin B-12	΄g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	΄g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.991		0	0.281	0.188	
Lipids:							
Saturated, total	g	1.470		0	0.417	0.279	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.027		0	0.008	0.005	
15.0	g						
16:0	g	0.794		0	0.225	0.151	
17:0	g						
18:0	g	0.649		0	0.184	0.123	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.149	0	0.893	0.598
14:1	g				
16:1	g	0.011	0	0.003	0.002
18:1	g	3.149	0	0.893	0.598
20:1	g	0.011	0	0.003	0.002
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.923	0	0.262	0.175
18:2	g	0.876	0	0.248	0.166
18:3	g	0.047	0	0.013	0.009
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.088	0	0.025	0.017
Threonine	g	0.194	0	0.055	0.037
Isoleucine	g	0.246	0	0.070	0.047
Leucine	g	0.490	0	0.139	0.093
Lysine	g	0.158	0	0.045	0.030
Methionine	g	0.126	0	0.036	0.024
Cystine	g	0.151	0	0.043	0.029
Phenylalanine	g	0.359	0	0.102	0.068
Tyrosine	g	0.215	0	0.061	0.041
Valine	g	0.286	0	0.081	0.054
Arginine	g	0.288	0	0.082	0.055
Histidine	g	0.159	0	0.045	0.030
Alanine	g	0.229	0	0.065	0.044
Aspartic acid	g	0.300	0	0.085	0.057
Glutamic acid	g	2.400	0	0.680	0.456
Glycine	g	0.256	0	0.073	0.049
Proline	g	0.826	0	0.234	0.157
Serine	g	0.356	0	0.101	0.068
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 sheet dough

NDB No. 18339 Popovers, dry mix, enriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 170g	Measure 3*
Proximates:							
Water	g	11.70	0.123	19	3.32	19.89	
Energy	kcal	371		0	105	631	
Energy	kj	1552		0	440	2638	
Protein (N x 5.95)	g	10.40	0.079	15	2.95	17.68	
Total lipid (fat)	g	4.30	0.133	19	1.22	7.31	
Carbohydrate, by difference	g	71.00		0	20.13	120.70	
Fiber, total dietary	g						
Ash	g	2.60	0.033	11	0.74	4.42	
Sugars, total	g						
Minerals:							
Calcium	mg	32	0.853	11	9	54	
Iron	mg	2.97	0.583	4	0.84	5.05	
Magnesium	mg	25	0.707	5	7	43	
Phosphorus	mg	100	2.288	11	28	170	
Potassium	mg	100	2.639	5	28	170	
Sodium	mg	906	34.871	5	257	1540	
Zinc	mg	0.88		0	0.25	1.50	
Copper	mg	0.171		0	0.048	0.291	
Manganese	mg	0.741		0	0.210	1.260	
Selenium	:g	37.6		0	10.7	63.9	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.2	
Thiamin	mg	0.430	0.098	5	0.122	0.731	
Riboflavin	mg	0.147	0.028	5	0.042	0.250	
Niacin	mg	3.378	0.567	4	0.958	5.743	
Pantothenic acid	mg	0.480		0	0.136	0.816	
Vitamin B-6	mg	0.042		0	0.012	0.071	
Folate	:g	145		0	41	247	
Vitamin B-12	:g	0.08		0	0.02	0.14	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.983		0	0.279	1.671	
4:0	g	0.001		0	0.000	0.002	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.018		0	0.005	0.031	
15.0	g						
16:0	g	0.555		0	0.157	0.944	
17:0	g						
18:0	g	0.408		0	0.116	0.694	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.984	0	0.562	3.373
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	1.984	0	0.562	3.373
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.823	0	0.233	1.399
18:2	g	0.784	0	0.222	1.333
18:3	g	0.039	0	0.011	0.066
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.123	0	0.035	0.209
Threonine	g	0.293	0	0.083	0.498
Isoleucine	g	0.407	0	0.115	0.692
Leucine	g	0.747	0	0.212	1.270
Lysine	g	0.249	0	0.071	0.423
Methionine	g	0.191	0	0.054	0.325
Cystine	g	0.225	0	0.064	0.383
Phenylalanine	g	0.517	0	0.147	0.879
Tyrosine	g	0.304	0	0.086	0.517
Valine	g	0.458	0	0.130	0.779
Arginine	g	0.365	0	0.103	0.620
Histidine	g	0.229	0	0.065	0.389
Alanine	g	0.324	0	0.092	0.551
Aspartic acid	g	0.451	0	0.128	0.767
Glutamic acid	g	3.565	0	1.011	6.060
Glycine	g	0.348	0	0.099	0.592
Proline	g	1.216	0	0.345	2.067
Serine	g	0.513	0	0.145	0.872
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

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

NDB No. 18342 Rolls, dinner, plain, commercially prepared (includes brown-and-serve)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 86g	Measure 2* 43g	Measure 3* 28g
Proximates:							
Water	g	31.90	0.330	130	27.43	13.72	8.93
Energy	kcal	300		0	258	129	84
Energy	kj	1255		0	1079	540	351
Protein (N x 5.95)	g	8.40	0.051	144	7.22	3.61	2.35
Total lipid (fat)	g	7.30	0.219	149	6.28	3.14	2.04
Carbohydrate, by difference	g	50.40		0	43.34	21.67	14.11
Fiber, total dietary	g	3.0		0	2.6	1.3	0.8
Ash	g	2.00	0.024	141	1.72	0.86	0.56
Sugars, total	g						
Minerals:							
Calcium	mg	119	3.514	201	102	51	33
Iron	mg	3.13	0.053	156	2.69	1.35	0.88
Magnesium	mg	23	0.389	112	20	10	6
Phosphorus	mg	116	3.041	42	100	50	32
Potassium	mg	133	2.456	71	114	57	37
Sodium	mg	521	7.106	96	448	224	146
Zinc	mg	0.77	0.022	96	0.66	0.33	0.22
Copper	mg	0.152	0.011	40	0.131	0.065	0.043
Manganese	mg	0.466	0.010	31	0.401	0.200	0.130
Selenium	:g	27.2	1.414	32	23.4	11.7	7.6
Vitamins:							
Ascorbic acid	mg	0.1		0	0.1	0.0	0.0
Thiamin	mg	0.493	0.010	132	0.424	0.212	0.138
Riboflavin	mg	0.319	0.005	142	0.274	0.137	0.089
Niacin	mg	4.034	0.050	128	3.469	1.735	1.130
Pantothenic acid	mg	0.505	0.114	4	0.434	0.217	0.141
Vitamin B-6	mg	0.054	0.002	2	0.046	0.023	0.015
Folate	:g	95		0	82	41	27
Vitamin B-12	:g	0.06		0	0.05	0.03	0.02
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.881		0	0.758	0.379	0.247
Lipids:							
Saturated, total	g	1.753		0	1.508	0.754	0.491
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.033		0	0.028	0.014	0.009
15.0	g						
16:0	g	0.951		0	0.818	0.409	0.266
17:0	g						
18:0	g	0.757		0	0.651	0.326	0.212
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.702		0	3.184	1.592	1.037
14:1	g						
16:1	g	0.015		0	0.013	0.006	0.004
18:1	g	3.687		0	3.171	1.585	1.032
20:1	g	0.000		0	0.000	0.000	0.000
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	1.209		0	1.040	0.520	0.339
18:2	g	1.145		0	0.985	0.492	0.321
18:3	g	0.065		0	0.056	0.028	0.018
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.000		0	0.000	0.000	0.000
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.000		0	0.000	0.000	0.000
Cholesterol	mg	1	0.059	7	1	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.099		0	0.085	0.043	0.028
Threonine	g	0.251		0	0.216	0.108	0.070
Isoleucine	g	0.338		0	0.291	0.145	0.095
Leucine	g	0.604		0	0.519	0.260	0.169
Lysine	g	0.236		0	0.203	0.101	0.066
Methionine	g	0.152		0	0.131	0.065	0.043
Cystine	g	0.177		0	0.152	0.076	0.050
Phenylalanine	g	0.416		0	0.358	0.179	0.116
Tyrosine	g	0.251		0	0.216	0.108	0.070
Valine	g	0.379		0	0.326	0.163	0.106
Arginine	g	0.310		0	0.267	0.133	0.087
Histidine	g	0.184		0	0.158	0.079	0.052
Alanine	g	0.286		0	0.246	0.123	0.080
Aspartic acid	g	0.401		0	0.345	0.172	0.112
Glutamic acid	g	2.744		0	2.360	1.180	0.768
Glycine	g	0.294		0	0.253	0.126	0.082
Proline	g	0.927		0	0.797	0.399	0.260
Serine	g	0.412		0	0.354	0.177	0.115
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 foot long frankfurter roll
Measure 2: 1 hamburger, frankfurter, onion roll, bun, large roll
Measure 3: 1 pan, dinner, or small roll (2" square, 2" high)

NDB No. 18344 Rolls, dinner, egg

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 35g	Measure 3*
Proximates:							
Water	g	30.40	0.269	2	8.62	10.64	
Energy	kcal	307		0	87	107	
Energy	kj	1284		0	364	449	
Protein (N x 5.95)	g	9.50	0.154	3	2.69	3.33	
Total lipid (fat)	g	6.40	0.122	4	1.81	2.24	
Carbohydrate, by difference	g	52.00		0	14.74	18.20	
Fiber, total dietary	g	3.7		0	1.0	1.3	
Ash	g	1.70	0.015	4	0.48	0.60	
Sugars, total	g						
Minerals:							
Calcium	mg	59	3.882	2	17	21	
Iron	mg	3.52	0.544	3	1.00	1.23	
Magnesium	mg	25	1.683	2	7	9	
Phosphorus	mg	101		0	29	35	
Potassium	mg	104		0	29	36	
Sodium	mg	545		1	155	191	
Zinc	mg	1.12		0	0.32	0.39	
Copper	mg	0.133		0	0.038	0.047	
Manganese	mg	0.527		0	0.149	0.184	
Selenium	:g	29.6		0	8.4	10.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.527	0.095	3	0.149	0.184	
Riboflavin	mg	0.517	0.092	3	0.147	0.181	
Niacin	mg	3.287	0.268	3	0.932	1.150	
Pantothenic acid	mg	0.655		0	0.186	0.229	
Vitamin B-6	mg	0.053		0	0.015	0.019	
Folate	:g	105		0	30	37	
Vitamin B-12	:g	0.24	0.007	8	0.07	0.08	
Vitamin A	IU	26		0	7	9	
Vitamin A, RE	:g	8		0	2	3	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.718		0	0.204	0.251	
Lipids:							
Saturated, total	g	1.577		0	0.447	0.552	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.025		0	0.007	0.009	
15.0	g						
16:0	g	0.945		0	0.268	0.331	
17:0	g						
18:0	g	0.595		0	0.169	0.208	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.930	0	0.831	1.026
14:1	g				
16:1	g	0.055	0	0.016	0.019
18:1	g	2.870	0	0.814	1.004
20:1	g	0.003	0	0.001	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.128	0	0.320	0.395
18:2	g	1.041	0	0.295	0.364
18:3	g	0.055	0	0.016	0.019
18:4	g	0.002	0	0.001	0.001
20:4	g	0.017	0	0.005	0.006
20:5	g	0.008	0	0.002	0.003
22:5	g	0.000	0	0.000	0.000
22:6	g	0.005	0	0.001	0.002
Cholesterol	mg	50	0	14	18
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.111	0	0.031	0.039
Threonine	g	0.310	0	0.088	0.109
Isoleucine	g	0.395	0	0.112	0.138
Leucine	g	0.686	0	0.194	0.240
Lysine	g	0.328	0	0.093	0.115
Methionine	g	0.186	0	0.053	0.065
Cystine	g	0.201	0	0.057	0.070
Phenylalanine	g	0.467	0	0.132	0.163
Tyrosine	g	0.292	0	0.083	0.102
Valine	g	0.443	0	0.126	0.155
Arginine	g	0.384	0	0.109	0.134
Histidine	g	0.209	0	0.059	0.073
Alanine	g	0.364	0	0.103	0.127
Aspartic acid	g	0.533	0	0.151	0.187
Glutamic acid	g	2.769	0	0.785	0.969
Glycine	g	0.338	0	0.096	0.118
Proline	g	0.915	0	0.259	0.320
Serine	g	0.490	0	0.139	0.172
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 roll, (2-1/2" dia)

NDB No. 18345 Rolls, dinner, oat bran

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 33g	Measure 3*
Proximates:							
Water	g	44.00		1	12.47	14.52	
Energy	kcal	236		0	67	78	
Energy	kj	987		0	280	326	
Protein (N x 5.95)	g	9.50		1	2.69	3.13	
Total lipid (fat)	g	4.60		1	1.30	1.52	
Carbohydrate, by difference	g	40.20		0	11.40	13.27	
Fiber, total dietary	g	4.1		0	1.2	1.4	
Ash	g	1.70		1	0.48	0.56	
Sugars, total	g						
Minerals:							
Calcium	mg	85		1	24	28	
Iron	mg	4.14		1	1.17	1.37	
Magnesium	mg	33		0	9	11	
Phosphorus	mg	115		0	33	38	
Potassium	mg	121		0	34	40	
Sodium	mg	413		1	117	136	
Zinc	mg	1.02		0	0.29	0.34	
Copper	mg	0.136		0	0.039	0.045	
Manganese	mg	0.754		0	0.214	0.249	
Selenium	΄g	29.3		0	8.3	9.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.448		1	0.127	0.148	
Riboflavin	mg	0.289		1	0.082	0.095	
Niacin	mg	4.954		1	1.404	1.635	
Pantothenic acid	mg	0.428		0	0.121	0.141	
Vitamin B-6	mg	0.045		0	0.013	0.015	
Folate	΄g	95		0	27	31	
Vitamin B-12	΄g	0.00		0	0.00	0.00	
Vitamin A	IU	5		0	1	2	
Vitamin A, RE	΄g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.689		0	0.195	0.227	
Lipids:							
Saturated, total	g	0.619		0	0.175	0.204	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.002		0	0.001	0.001	
14:0	g	0.004		0	0.001	0.001	
15.0	g						
16:0	g	0.448		0	0.127	0.148	
17:0	g						
18:0	g	0.157		0	0.045	0.052	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.488	0	0.422	0.491
14:1	g				
16:1	g	0.030	0	0.009	0.010
18:1	g	1.458	0	0.413	0.481
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.568	0	0.445	0.517
18:2	g	1.471	0	0.417	0.485
18:3	g	0.097	0	0.027	0.032
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.120	0	0.034	0.040
Threonine	g	0.274	0	0.078	0.090
Isoleucine	g	0.367	0	0.104	0.121
Leucine	g	0.672	0	0.191	0.222
Lysine	g	0.270	0	0.077	0.089
Methionine	g	0.164	0	0.046	0.054
Cystine	g	0.215	0	0.061	0.071
Phenylalanine	g	0.475	0	0.135	0.157
Tyrosine	g	0.297	0	0.084	0.098
Valine	g	0.423	0	0.120	0.140
Arginine	g	0.408	0	0.116	0.135
Histidine	g	0.206	0	0.058	0.068
Alanine	g	0.339	0	0.096	0.112
Aspartic acid	g	0.500	0	0.142	0.165
Glutamic acid	g	2.902	0	0.823	0.958
Glycine	g	0.360	0	0.102	0.119
Proline	g	0.970	0	0.275	0.320
Serine	g	0.460	0	0.130	0.152
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 roll

NDB No. 18346 Rolls, dinner, rye

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 43g	Measure 2* 36g	Measure 3* 28g
Proximates:							
Water	g	30.10		1	12.94	10.84	8.53
Energy	kcal	286		0	123	103	81
Energy	kj	1197		0	515	431	339
Protein (N x 5.95)	g	10.30		1	4.43	3.71	2.92
Total lipid (fat)	g	3.40		1	1.46	1.22	0.96
Carbohydrate, by difference	g	53.10		0	22.83	19.12	15.05
Fiber, total dietary	g	4.9		0	2.1	1.8	1.4
Ash	g	2.90		1	1.25	1.04	0.82
Sugars, total	g						
Minerals:							
Calcium	mg	30		1	13	11	9
Iron	mg	2.70		1	1.16	0.97	0.77
Magnesium	mg	54		1	23	19	15
Phosphorus	mg	159		1	68	57	45
Potassium	mg	180		1	77	65	51
Sodium	mg	892		1	384	321	253
Zinc	mg	0.97		0	0.42	0.35	0.27
Copper	mg	0.201		0	0.086	0.072	0.057
Manganese	mg	0.702		0	0.302	0.253	0.199
Selenium	：g	27.8		0	12.0	10.0	7.9
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.380		1	0.163	0.137	0.108
Riboflavin	mg	0.270		1	0.116	0.097	0.077
Niacin	mg	3.900		1	1.677	1.404	1.106
Pantothenic acid	mg	0.383		0	0.165	0.138	0.109
Vitamin B-6	mg	0.062		0	0.027	0.022	0.018
Folate	：g	86		0	37	31	24
Vitamin B-12	：g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	7		0	3	3	2
Vitamin A, RE	：g	1		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.363		0	0.156	0.131	0.103
Lipids:							
Saturated, total	g	0.605		0	0.260	0.218	0.172
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		0	0.004	0.004	0.003
15.0	g						
16:0	g	0.367		0	0.158	0.132	0.104
17:0	g						
18:0	g	0.227		0	0.098	0.082	0.064
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.236	0	0.531	0.445	0.350
14:1	g					
16:1	g	0.009	0	0.004	0.003	0.003
18:1	g	1.225	0	0.527	0.441	0.347
20:1	g	0.002	0	0.001	0.001	0.001
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.708	0	0.304	0.255	0.201
18:2	g	0.656	0	0.282	0.236	0.186
18:3	g	0.052	0	0.022	0.019	0.015
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.119	0	0.051	0.043	0.034
Threonine	g	0.313	0	0.135	0.113	0.089
Isoleucine	g	0.396	0	0.170	0.143	0.112
Leucine	g	0.712	0	0.306	0.256	0.202
Lysine	g	0.282	0	0.121	0.102	0.080
Methionine	g	0.172	0	0.074	0.062	0.049
Cystine	g	0.215	0	0.092	0.077	0.061
Phenylalanine	g	0.510	0	0.219	0.184	0.145
Tyrosine	g	0.262	0	0.113	0.094	0.074
Valine	g	0.468	0	0.201	0.168	0.133
Arginine	g	0.403	0	0.173	0.145	0.114
Histidine	g	0.224	0	0.096	0.081	0.064
Alanine	g	0.362	0	0.156	0.130	0.103
Aspartic acid	g	0.532	0	0.229	0.192	0.151
Glutamic acid	g	3.231	0	1.389	1.163	0.916
Glycine	g	0.369	0	0.159	0.133	0.105
Proline	g	1.125	0	0.484	0.405	0.319
Serine	g	0.512	0	0.220	0.184	0.145
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 large (approx 3-1/2" - 4" dia)
Measure 2: 1 medium
Measure 3: 1 small (2-3/8" dia)

NDB No. 18347 Rolls, dinner, wheat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	37.00	1.000	2	10.49		
Energy	kcal	273		0	77		
Energy	kj	1142		0	324		
Protein (N x 5.95)	g	8.60		1	2.44		
Total lipid (fat)	g	6.30	1.655	2	1.79		
Carbohydrate, by difference	g	46.00		0	13.04		
Fiber, total dietary	g	3.8		0	1.1		
Ash	g	2.10		1	0.60		
Sugars, total	g						
Minerals:							
Calcium	mg	176	5.905	2	50		
Iron	mg	3.55	0.550	2	1.01		
Magnesium	mg	36		0	10		
Phosphorus	mg	104		0	29		
Potassium	mg	115		0	33		
Sodium	mg	340	85.160	2	96		
Zinc	mg	0.90		0	0.26		
Copper	mg	0.150		0	0.043		
Manganese	mg	1.023		0	0.290		
Selenium	ΐg	33.0		0	9.4		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.433	0.034	2	0.123		
Riboflavin	mg	0.273	0.023	2	0.077		
Niacin	mg	4.072	0.573	2	1.154		
Pantothenic acid	mg	0.364		0	0.103		
Vitamin B-6	mg	0.076		0	0.022		
Folate	ΐg	51		0	14		
Vitamin B-12	ΐg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	ΐg	0		0	0		
Vitamin D	IU						
Vitamin E, "-TE	mg	0.948		0	0.269		
Lipids:							
Saturated, total	g	1.497		0	0.424		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.003		0	0.001		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.027		0	0.008		
15.0	g						
16:0	g	0.825		0	0.234		
17:0	g						
18:0	g	0.633		0	0.179		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.109	0	0.881
14:1	g			
16:1	g	0.005	0	0.001
18:1	g	3.104	0	0.880
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.107	0	0.314
18:2	g	1.049	0	0.297
18:3	g	0.058	0	0.016
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.118	0	0.033
Threonine	g	0.241	0	0.068
Isoleucine	g	0.321	0	0.091
Leucine	g	0.594	0	0.168
Lysine	g	0.205	0	0.058
Methionine	g	0.145	0	0.041
Cystine	g	0.199	0	0.056
Phenylalanine	g	0.419	0	0.119
Tyrosine	g	0.246	0	0.070
Valine	g	0.379	0	0.107
Arginine	g	0.353	0	0.100
Histidine	g	0.193	0	0.055
Alanine	g	0.287	0	0.081
Aspartic acid	g	0.400	0	0.113
Glutamic acid	g	2.897	0	0.821
Glycine	g	0.324	0	0.092
Proline	g	0.964	0	0.273
Serine	g	0.416	0	0.118
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 roll (1 oz)

NDB No. 18348 Rolls, dinner, whole-wheat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 43g	Measure 2* 135g	Measure 3* 36g
Proximates:							
Water	g	33.10		0	14.23	44.69	11.92
Energy	kcal	266		0	114	359	96
Energy	kj	1113		0	479	1503	401
Protein (N x 5.95)	g	8.70		0	3.74	11.74	3.13
Total lipid (fat)	g	4.70		0	2.02	6.34	1.69
Carbohydrate, by difference	g	51.10		0	21.97	68.98	18.40
Fiber, total dietary	g	7.5		0	3.2	10.2	2.7
Ash	g	2.30		0	0.99	3.10	0.83
Sugars, total	g						
Minerals:							
Calcium	mg	106		0	46	143	38
Iron	mg	2.42		0	1.04	3.27	0.87
Magnesium	mg	85		0	37	115	31
Phosphorus	mg	224		0	96	302	81
Potassium	mg	272		0	117	367	98
Sodium	mg	478		0	206	645	172
Zinc	mg	2.01		0	0.86	2.71	0.72
Copper	mg	0.239		0	0.103	0.323	0.086
Manganese	mg	2.298		0	0.988	3.102	0.827
Selenium	:g	49.4		0	21.2	66.7	17.8
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.248		0	0.107	0.335	0.089
Riboflavin	mg	0.152		0	0.065	0.205	0.055
Niacin	mg	3.677		0	1.581	4.964	1.324
Pantothenic acid	mg	0.489		0	0.210	0.660	0.176
Vitamin B-6	mg	0.195		0	0.084	0.263	0.070
Folate	:g	30		0	13	41	11
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	1.361		0	0.585	1.837	0.490
Lipids:							
Saturated, total	g	0.836		0	0.359	1.129	0.301
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	0.011		0	0.005	0.015	0.004
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.000	0.001	0.000
14:0	g	0.013		0	0.006	0.018	0.005
15.0	g						
16:0	g	0.661		0	0.284	0.892	0.238
17:0	g						
18:0	g	0.141		0	0.061	0.190	0.051
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.199	0	0.516	1.619	0.432
14:1	g					
16:1	g	0.026	0	0.011	0.035	0.009
18:1	g	1.173	0	0.504	1.584	0.422
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.161	0	0.929	2.917	0.778
18:2	g	2.038	0	0.876	2.751	0.734
18:3	g	0.121	0	0.052	0.163	0.044
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.001	0	0.000	0.001	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.134	0	0.058	0.181	0.048
Threonine	g	0.260	0	0.112	0.351	0.094
Isoleucine	g	0.333	0	0.143	0.450	0.120
Leucine	g	0.601	0	0.258	0.811	0.216
Lysine	g	0.266	0	0.114	0.359	0.096
Methionine	g	0.138	0	0.059	0.186	0.050
Cystine	g	0.196	0	0.084	0.265	0.071
Phenylalanine	g	0.412	0	0.177	0.556	0.148
Tyrosine	g	0.262	0	0.113	0.354	0.094
Valine	g	0.403	0	0.173	0.544	0.145
Arginine	g	0.407	0	0.175	0.549	0.147
Histidine	g	0.204	0	0.088	0.275	0.073
Alanine	g	0.314	0	0.135	0.424	0.113
Aspartic acid	g	0.463	0	0.199	0.625	0.167
Glutamic acid	g	2.692	0	1.158	3.634	0.969
Glycine	g	0.347	0	0.149	0.468	0.125
Proline	g	0.893	0	0.384	1.206	0.321
Serine	g	0.414	0	0.178	0.559	0.149
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 hamburger, frankfurter roll
Measure 2: 1 large submarine, hoagie roll
Measure 3: 1 medium (2-1/2" dia)

NDB No. 18349 Rolls, french

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 38g	Measure 3*
Proximates:							
Water	g	34.80	0.477	31	9.87	13.22	
Energy	kcal	277		0	79	105	
Energy	kj	1159		0	329	440	
Protein (N x 5.95)	g	8.60	0.354	13	2.44	3.27	
Total lipid (fat)	g	4.30	0.398	14	1.22	1.63	
Carbohydrate, by difference	g	50.20		0	14.23	19.08	
Fiber, total dietary	g	3.2		0	0.9	1.2	
Ash	g	1.90	0.048	27	0.54	0.72	
Sugars, total	g						
Minerals:							
Calcium	mg	91	6.946	27	26	35	
Iron	mg	2.71	0.090	27	0.77	1.03	
Magnesium	mg	20		1	6	8	
Phosphorus	mg	84		1	24	32	
Potassium	mg	114	10.125	6	32	43	
Sodium	mg	609	28.031	8	173	231	
Zinc	mg	0.90		0	0.26	0.34	
Copper	mg	0.135		0	0.038	0.051	
Manganese	mg	0.559		0	0.158	0.212	
Selenium	:g	27.9		0	7.9	10.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.523	0.014	28	0.148	0.199	
Riboflavin	mg	0.300	0.010	20	0.085	0.114	
Niacin	mg	4.352	0.138	27	1.234	1.654	
Pantothenic acid	mg	0.452		0	0.128	0.172	
Vitamin B-6	mg	0.039		0	0.011	0.015	
Folate	:g	95		0	27	36	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.449		0	0.127	0.171	
Lipids:							
Saturated, total	g	0.962		0	0.273	0.366	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.016		0	0.005	0.006	
15.0	g						
16:0	g	0.549		0	0.156	0.209	
17:0	g						
18:0	g	0.396		0	0.112	0.150	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.961	0	0.556	0.745
14:1	g				
16:1	g	0.019	0	0.005	0.007
18:1	g	1.942	0	0.551	0.738
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.834	0	0.236	0.317
18:2	g	0.795	0	0.225	0.302
18:3	g	0.039	0	0.011	0.015
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.099	0	0.028	0.038
Threonine	g	0.255	0	0.072	0.097
Isoleucine	g	0.336	0	0.095	0.128
Leucine	g	0.608	0	0.172	0.231
Lysine	g	0.231	0	0.065	0.088
Methionine	g	0.153	0	0.043	0.058
Cystine	g	0.182	0	0.052	0.069
Phenylalanine	g	0.422	0	0.120	0.160
Tyrosine	g	0.249	0	0.071	0.095
Valine	g	0.380	0	0.108	0.144
Arginine	g	0.320	0	0.091	0.122
Histidine	g	0.188	0	0.053	0.071
Alanine	g	0.302	0	0.086	0.115
Aspartic acid	g	0.414	0	0.117	0.157
Glutamic acid	g	2.772	0	0.786	1.053
Glycine	g	0.309	0	0.088	0.117
Proline	g	0.926	0	0.263	0.352
Serine	g	0.416	0	0.118	0.158
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 roll

NDB No. 18350 Rolls, hamburger or hotdog, plain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 43g	Measure 3*
Proximates:							
Water	g	34.00	0.095	285	9.64	14.62	
Energy	kcal	286		0	81	123	
Energy	kj	1197		0	339	515	
Protein (N x 5.95)	g	8.50	0.031	253	2.41	3.65	
Total lipid (fat)	g	5.10	0.052	251	1.45	2.19	
Carbohydrate, by difference	g	50.30		0	14.26	21.63	
Fiber, total dietary	g	2.7		0	0.8	1.2	
Ash	g	2.00	0.014	276	0.57	0.86	
Sugars, total	g						
Minerals:							
Calcium	mg	139	2.983	267	39	60	
Iron	mg	3.17	0.022	234	0.90	1.36	
Magnesium	mg	20	0.226	151	6	9	
Phosphorus	mg	88		0	25	38	
Potassium	mg	141	6.739	4	40	61	
Sodium	mg	560	17.572	8	159	241	
Zinc	mg	0.62	0.010	165	0.18	0.27	
Copper	mg	0.113	0.020	6	0.032	0.049	
Manganese	mg	0.327	0.045	6	0.093	0.141	
Selenium	:g	26.5	4.602	5	7.5	11.4	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.0	
Thiamin	mg	0.484	0.004	212	0.137	0.208	
Riboflavin	mg	0.312	0.004	233	0.088	0.134	
Niacin	mg	3.933	0.027	208	1.115	1.691	
Pantothenic acid	mg	0.529	0.042	3	0.150	0.227	
Vitamin B-6	mg	0.045		0	0.013	0.019	
Folate	:g	95		1	27	41	
Vitamin B-12	:g	0.06		0	0.02	0.03	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.560		0	0.442	0.671	
Lipids:							
Saturated, total	g	1.201		0	0.340	0.516	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.034		0	0.010	0.015	
15.0	g						
16:0	g	1.050		0	0.298	0.452	
17:0	g						
18:0	g	0.102		0	0.029	0.044	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.841	0	0.238	0.362
14:1	g				
16:1	g	0.057	0	0.016	0.025
18:1	g	0.783	0	0.222	0.337
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.519	0	0.714	1.083
18:2	g	2.477	0	0.702	1.065
18:3	g	0.035	0	0.010	0.015
18:4	g	0.000	0	0.000	0.000
20:4	g	0.004	0	0.001	0.002
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.100	0	0.028	0.043
Threonine	g	0.247	0	0.070	0.106
Isoleucine	g	0.332	0	0.094	0.143
Leucine	g	0.600	0	0.170	0.258
Lysine	g	0.220	0	0.062	0.095
Methionine	g	0.152	0	0.043	0.065
Cystine	g	0.182	0	0.052	0.078
Phenylalanine	g	0.417	0	0.118	0.179
Tyrosine	g	0.246	0	0.070	0.106
Valine	g	0.375	0	0.106	0.161
Arginine	g	0.310	0	0.088	0.133
Histidine	g	0.186	0	0.053	0.080
Alanine	g	0.284	0	0.081	0.122
Aspartic acid	g	0.391	0	0.111	0.168
Glutamic acid	g	2.810	0	0.797	1.208
Glycine	g	0.298	0	0.084	0.128
Proline	g	0.944	0	0.268	0.406
Serine	g	0.412	0	0.117	0.177
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 roll

NDB No. 18351 Rolls, hamburger or hotdog, mixed-grain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 43g	Measure 3*
Proximates:							
Water	g	38.00	0.152	3	10.77	16.34	
Energy	kcal	263		0	75	113	
Energy	kj	1100		0	312	473	
Protein (N x 5.95)	g	9.60	0.215	15	2.72	4.13	
Total lipid (fat)	g	6.00	0.587	15	1.70	2.58	
Carbohydrate, by difference	g	44.60		0	12.64	19.18	
Fiber, total dietary	g	3.8		0	1.1	1.6	
Ash	g	1.80	0.207	9	0.51	0.77	
Sugars, total	g						
Minerals:							
Calcium	mg	95	8.221	15	27	41	
Iron	mg	3.95	0.243	15	1.12	1.70	
Magnesium	mg	44		0	12	19	
Phosphorus	mg	122		0	35	52	
Potassium	mg	160		0	45	69	
Sodium	mg	458	18.078	3	130	197	
Zinc	mg	1.05		0	0.30	0.45	
Copper	mg	0.216		0	0.061	0.093	
Manganese	mg	1.015		0	0.288	0.436	
Selenium	:g	31.8		0	9.0	13.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.463	0.030	15	0.131	0.199	
Riboflavin	mg	0.310	0.023	15	0.088	0.133	
Niacin	mg	4.468	0.203	15	1.267	1.921	
Pantothenic acid	mg	0.492		0	0.139	0.212	
Vitamin B-6	mg	0.092	0.004	3	0.026	0.040	
Folate	:g	95		0	27	41	
Vitamin B-12	:g	0.01		0	0.00	0.00	
Vitamin A	IU	1		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.570		0	0.162	0.245	
Lipids:							
Saturated, total	g	1.390		0	0.394	0.598	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.001		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.025		0	0.007	0.011	
15.0	g						
16:0	g	0.781		0	0.221	0.336	
17:0	g						
18:0	g	0.572		0	0.162	0.246	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.839	0	0.805	1.221
14:1	g				
16:1	g	0.013	0	0.004	0.006
18:1	g	2.825	0	0.801	1.215
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.153	0	0.327	0.496
18:2	g	1.087	0	0.308	0.467
18:3	g	0.066	0	0.019	0.028
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.121	0	0.034	0.052
Threonine	g	0.282	0	0.080	0.121
Isoleucine	g	0.357	0	0.101	0.154
Leucine	g	0.655	0	0.186	0.282
Lysine	g	0.254	0	0.072	0.109
Methionine	g	0.161	0	0.046	0.069
Cystine	g	0.214	0	0.061	0.092
Phenylalanine	g	0.459	0	0.130	0.197
Tyrosine	g	0.264	0	0.075	0.114
Valine	g	0.425	0	0.120	0.183
Arginine	g	0.405	0	0.115	0.174
Histidine	g	0.212	0	0.060	0.091
Alanine	g	0.342	0	0.097	0.147
Aspartic acid	g	0.491	0	0.139	0.211
Glutamic acid	g	3.015	0	0.855	1.296
Glycine	g	0.371	0	0.105	0.160
Proline	g	1.030	0	0.292	0.443
Serine	g	0.458	0	0.130	0.197
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 roll

NDB No. 18352 Rolls, hamburger or hotdog, reduced-calorie

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 43g	Measure 3*
Proximates:							
Water	g	46.00		1	13.04	19.78	
Energy	kcal	196		0	56	84	
Energy	kj	820		0	232	353	
Protein (N x 5.95)	g	8.30		1	2.35	3.57	
Total lipid (fat)	g	2.00		1	0.57	0.86	
Carbohydrate, by difference	g	42.10		0	11.94	18.10	
Fiber, total dietary	g	6.2		0	1.8	2.7	
Ash	g	1.60		1	0.45	0.69	
Sugars, total	g						
Minerals:							
Calcium	mg	59		1	17	25	
Iron	mg	2.99		1	0.85	1.29	
Magnesium	mg	20		0	6	9	
Phosphorus	mg	84		0	24	36	
Potassium	mg	78		1	22	34	
Sodium	mg	442		1	125	190	
Zinc	mg	0.68		0	0.19	0.29	
Copper	mg	0.143		0	0.041	0.061	
Manganese	mg	0.449		0	0.127	0.193	
Selenium	:g	23.5		0	6.7	10.1	
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.1	
Thiamin	mg	0.393		1	0.111	0.169	
Riboflavin	mg	0.175		1	0.050	0.075	
Niacin	mg	4.935		1	1.399	2.122	
Pantothenic acid	mg	0.380		0	0.108	0.163	
Vitamin B-6	mg	0.038		0	0.011	0.016	
Folate	:g	95		0	27	41	
Vitamin B-12	:g	0.10		0	0.03	0.04	
Vitamin A	IU	1		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.171		0	0.048	0.074	
Lipids:							
Saturated, total	g	0.325		0	0.092	0.140	
4:0	g	0.003		0	0.001	0.001	
6.0	g	0.002		0	0.001	0.001	
8:0	g	0.001		0	0.000	0.000	
10:0	g	0.002		0	0.001	0.001	
12:0	g	0.003		0	0.001	0.001	
14:0	g	0.011		0	0.003	0.005	
15.0	g						
16:0	g	0.233		0	0.066	0.100	
17:0	g						
18:0	g	0.068		0	0.019	0.029	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.524	0	0.149	0.225
14:1	g				
16:1	g	0.023	0	0.007	0.010
18:1	g	0.501	0	0.142	0.215
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.763	0	0.216	0.328
18:2	g	0.714	0	0.202	0.307
18:3	g	0.048	0	0.014	0.021
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.083	0	0.024	0.036
Threonine	g	0.229	0	0.065	0.098
Isoleucine	g	0.296	0	0.084	0.127
Leucine	g	0.512	0	0.145	0.220
Lysine	g	0.299	0	0.085	0.129
Methionine	g	0.119	0	0.034	0.051
Cystine	g	0.112	0	0.032	0.048
Phenylalanine	g	0.321	0	0.091	0.138
Tyrosine	g	0.229	0	0.065	0.098
Valine	g	0.324	0	0.092	0.139
Arginine	g				
Histidine	g	0.157	0	0.045	0.068
Alanine	g	0.229	0	0.065	0.098
Aspartic acid	g	0.452	0	0.128	0.194
Glutamic acid	g	1.777	0	0.504	0.764
Glycine	g	0.216	0	0.061	0.093
Proline	g	0.632	0	0.179	0.272
Serine	g	0.337	0	0.096	0.145
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 roll

NDB No. 18353 Rolls, hard (includes kaiser)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	31.00	0.454	46	8.79	17.67	
Energy	kcal	293		0	83	167	
Energy	kj	1226		0	348	699	
Protein (N x 5.95)	g	9.90	0.185	29	2.81	5.64	
Total lipid (fat)	g	4.30	0.191	26	1.22	2.45	
Carbohydrate, by difference	g	52.70		0	14.94	30.04	
Fiber, total dietary	g	2.3		0	0.7	1.3	
Ash	g	2.00	0.046	39	0.57	1.14	
Sugars, total	g						
Minerals:							
Calcium	mg	95	6.497	35	27	54	
Iron	mg	3.28	0.083	23	0.93	1.87	
Magnesium	mg	27	1.611	9	8	15	
Phosphorus	mg	100	6.081	6	28	57	
Potassium	mg	108	5.048	9	31	62	
Sodium	mg	544	28.954	5	154	310	
Zinc	mg	0.94	0.052	9	0.27	0.54	
Copper	mg	0.163	0.024	8	0.046	0.093	
Manganese	mg	0.460	0.021	8	0.130	0.262	
Selenium	:g	39.1	3.412	5	11.1	22.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.478	0.017	22	0.136	0.272	
Riboflavin	mg	0.336	0.019	20	0.095	0.192	
Niacin	mg	4.239	0.188	18	1.202	2.416	
Pantothenic acid	mg	0.410		0	0.116	0.234	
Vitamin B-6	mg	0.035		0	0.010	0.020	
Folate	:g	95		0	27	54	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.328		0	0.093	0.187	
Lipids:							
Saturated, total	g	0.606		0	0.172	0.345	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.002		0	0.001	0.001	
15.0	g						
16:0	g	0.476		0	0.135	0.271	
17:0	g						
18:0	g	0.127		0	0.036	0.072	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.133	0	0.321	0.646
14:1	g				
16:1	g	0.033	0	0.009	0.019
18:1	g	1.100	0	0.312	0.627
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.719	0	0.487	0.980
18:2	g	1.621	0	0.460	0.924
18:3	g	0.097	0	0.027	0.055
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.117	0	0.033	0.067
Threonine	g	0.285	0	0.081	0.162
Isoleucine	g	0.383	0	0.109	0.218
Leucine	g	0.693	0	0.196	0.395
Lysine	g	0.242	0	0.069	0.138
Methionine	g	0.176	0	0.050	0.100
Cystine	g	0.216	0	0.061	0.123
Phenylalanine	g	0.489	0	0.139	0.279
Tyrosine	g	0.284	0	0.081	0.162
Valine	g	0.432	0	0.122	0.246
Arginine	g	0.360	0	0.102	0.205
Histidine	g	0.214	0	0.061	0.122
Alanine	g	0.331	0	0.094	0.189
Aspartic acid	g	0.449	0	0.127	0.256
Glutamic acid	g	3.314	0	0.940	1.889
Glycine	g	0.350	0	0.099	0.200
Proline	g	1.105	0	0.313	0.630
Serine	g	0.480	0	0.136	0.274
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 roll (3-1/2" dia)

NDB No. 18354 Strudel, apple

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 71g	Measure 3*
Proximates:							
Water	g	43.50	0.152	2	12.33	30.89	
Energy	kcal	274		0	78	195	
Energy	kj	1146		0	325	814	
Protein (N x 5.95)	g	3.30	0.003	2	0.94	2.34	
Total lipid (fat)	g	11.20	0.050	2	3.18	7.95	
Carbohydrate, by difference	g	41.10		0	11.65	29.18	
Fiber, total dietary	g	2.2		0	0.6	1.6	
Ash	g	0.80	0.001	2	0.23	0.57	
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.450	2	4	11	
Iron	mg	0.42	0.090	2	0.12	0.30	
Magnesium	mg	9	0.011	2	3	6	
Phosphorus	mg	33	0.102	2	9	23	
Potassium	mg	149		0	42	106	
Sodium	mg	269	1.992	2	76	191	
Zinc	mg	0.19	0.000	2	0.05	0.13	
Copper	mg	0.030	0.000	2	0.009	0.021	
Manganese	mg	0.190	0.000	2	0.054	0.135	
Selenium	ΐg	6.1		0	1.7	4.3	
Vitamins:							
Ascorbic acid	mg	1.7	0.000	2	0.5	1.2	
Thiamin	mg	0.040	0.001	2	0.011	0.028	
Riboflavin	mg	0.025	0.005	2	0.007	0.018	
Niacin	mg	0.330	0.000	2	0.094	0.234	
Pantothenic acid	mg	0.270		0	0.077	0.192	
Vitamin B-6	mg	0.046		0	0.013	0.033	
Folate	ΐg	14		0	4	10	
Vitamin B-12	ΐg	0.22		0	0.06	0.16	
Vitamin A	IU	30	0.000	2	9	21	
Vitamin A, RE	ΐg	9		0	3	6	
Vitamin D	IU						
Vitamin E, "-TE	mg	3.077		0	0.872	2.185	
Lipids:							
Saturated, total	g	2.044		0	0.579	1.451	
4:0	g	0.001		0	0.000	0.001	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.001		0	0.000	0.001	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.037		0	0.010	0.026	
15.0	g						
16:0	g	1.583		0	0.449	1.124	
17:0	g						
18:0	g	0.416		0	0.118	0.295	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.267	0	0.926	2.320
14:1	g				
16:1	g	0.026	0	0.007	0.018
18:1	g	3.240	0	0.919	2.300
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	5.315	0	1.507	3.774
18:2	g	5.002	0	1.418	3.551
18:3	g	0.310	0	0.088	0.220
18:4	g	0.000	0	0.000	0.000
20:4	g	0.002	0	0.001	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.001	0	0.000	0.001
Cholesterol	mg	6	0	2	4
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.039	0	0.011	0.028
Threonine	g	0.119	0	0.034	0.084
Isoleucine	g	0.147	0	0.042	0.104
Leucine	g	0.257	0	0.073	0.182
Lysine	g	0.153	0	0.043	0.109
Methionine	g	0.067	0	0.019	0.048
Cystine	g	0.058	0	0.016	0.041
Phenylalanine	g	0.151	0	0.043	0.107
Tyrosine	g	0.115	0	0.033	0.082
Valine	g	0.164	0	0.046	0.116
Arginine	g	0.135	0	0.038	0.096
Histidine	g	0.076	0	0.022	0.054
Alanine	g	0.116	0	0.033	0.082
Aspartic acid	g	0.206	0	0.058	0.146
Glutamic acid	g	0.848	0	0.240	0.602
Glycine	g	0.097	0	0.027	0.069
Proline	g	0.305	0	0.086	0.217
Serine	g	0.183	0	0.052	0.130
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 piece

NDB No. 18355 Sweet rolls, cheese

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 66g	Measure 3*
Proximates:							
Water	g	29.40	0.049	2	8.33	19.40	
Energy	kcal	360		0	102	238	
Energy	kj	1506		0	427	994	
Protein (N x 5.95)	g	7.10	0.048	2	2.01	4.69	
Total lipid (fat)	g	18.30	0.048	2	5.19	12.08	
Carbohydrate, by difference	g	43.70		0	12.39	28.84	
Fiber, total dietary	g	1.2		0	0.3	0.8	
Ash	g	1.40	0.050	2	0.40	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	118	0.999	2	33	78	
Iron	mg	0.76	0.050	2	0.22	0.50	
Magnesium	mg	19	0.099	2	5	13	
Phosphorus	mg	98	0.547	2	28	65	
Potassium	mg	137		0	39	90	
Sodium	mg	357	1.992	2	101	236	
Zinc	mg	0.63	0.005	2	0.18	0.42	
Copper	mg	0.095	0.015	2	0.027	0.063	
Manganese	mg	0.210	0.000	2	0.060	0.139	
Selenium	:g	11.9		0	3.4	7.9	
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.1	
Thiamin	mg	0.150	0.000	2	0.043	0.099	
Riboflavin	mg	0.130	0.000	2	0.037	0.086	
Niacin	mg	0.830	0.030	2	0.235	0.548	
Pantothenic acid	mg	0.416		0	0.118	0.275	
Vitamin B-6	mg	0.069		0	0.020	0.046	
Folate	:g	43		0	12	28	
Vitamin B-12	:g	0.30		0	0.09	0.20	
Vitamin A	IU	254		0	72	168	
Vitamin A, RE	:g	77		0	22	51	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	6.059		0	1.718	3.999	
4:0	g	0.102		0	0.029	0.067	
6.0	g	0.030		0	0.009	0.020	
8:0	g	0.035		0	0.010	0.023	
10:0	g	0.069		0	0.020	0.046	
12:0	g	0.048		0	0.014	0.032	
14:0	g	0.437		0	0.124	0.288	
15.0	g						
16:0	g	3.138		0	0.890	2.071	
17:0	g						
18:0	g	2.084		0	0.591	1.375	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.057	0	2.568	5.978
14:1	g				
16:1	g	0.159	0	0.045	0.105
18:1	g	8.843	0	2.507	5.836
20:1	g	0.004	0	0.001	0.003
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.032	0	0.576	1.341
18:2	g	1.861	0	0.528	1.228
18:3	g	0.142	0	0.040	0.094
18:4	g	0.000	0	0.000	0.000
20:4	g	0.022	0	0.006	0.015
20:5	g	0.001	0	0.000	0.001
22:5	g	0.000	0	0.000	0.000
22:6	g	0.006	0	0.002	0.004
Cholesterol	mg	76	0	22	50
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.078	0	0.022	0.051
Threonine	g	0.262	0	0.074	0.173
Isoleucine	g	0.319	0	0.090	0.211
Leucine	g	0.555	0	0.157	0.366
Lysine	g	0.388	0	0.110	0.256
Methionine	g	0.142	0	0.040	0.094
Cystine	g	0.112	0	0.032	0.074
Phenylalanine	g	0.343	0	0.097	0.226
Tyrosine	g	0.256	0	0.073	0.169
Valine	g	0.354	0	0.100	0.234
Arginine	g	0.313	0	0.089	0.207
Histidine	g	0.183	0	0.052	0.121
Alanine	g	0.267	0	0.076	0.176
Aspartic acid	g	0.485	0	0.137	0.320
Glutamic acid	g	1.725	0	0.489	1.139
Glycine	g	0.221	0	0.063	0.146
Proline	g	0.600	0	0.170	0.396
Serine	g	0.374	0	0.106	0.247
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 roll

NDB No. 18356 Sweet rolls, cinnamon, commercially prepared with raisins

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 83g	Measure 3* 60g
Proximates:							
Water	g	24.80	0.752	12	7.03	20.58	14.88
Energy	kcal	372		0	105	309	223
Energy	kj	1556		0	441	1291	934
Protein (N x 5.95)	g	6.20	0.312	8	1.76	5.15	3.72
Total lipid (fat)	g	16.40	1.183	8	4.65	13.61	9.84
Carbohydrate, by difference	g	50.90		0	14.43	42.25	30.54
Fiber, total dietary	g	2.4		0	0.7	2.0	1.4
Ash	g	1.70	0.144	8	0.48	1.41	1.02
Sugars, total	g						
Minerals:							
Calcium	mg	72	19.482	10	20	60	43
Iron	mg	1.60	0.065	13	0.45	1.33	0.96
Magnesium	mg	17	1.067	10	5	14	10
Phosphorus	mg	76	4.955	10	22	63	46
Potassium	mg	111	6.286	8	31	92	67
Sodium	mg	383	15.935	6	109	318	230
Zinc	mg	0.59	0.045	6	0.17	0.49	0.35
Copper	mg	0.088	0.005	6	0.025	0.073	0.053
Manganese	mg	0.300	0.011	6	0.085	0.249	0.180
Selenium	:g	17.0	0.755	33	4.8	14.1	10.2
Vitamins:							
Ascorbic acid	mg	2.0	0.200	2	0.6	1.7	1.2
Thiamin	mg	0.324	0.054	12	0.092	0.269	0.194
Riboflavin	mg	0.265	0.046	9	0.075	0.220	0.159
Niacin	mg	2.384	0.100	10	0.676	1.979	1.430
Pantothenic acid	mg	0.406		0	0.115	0.337	0.244
Vitamin B-6	mg	0.107		1	0.030	0.089	0.064
Folate	:g	52		0	15	43	31
Vitamin B-12	:g	0.14		0	0.04	0.12	0.08
Vitamin A	IU	215	36.603	6	61	178	129
Vitamin A, RE	:g	64		0	18	53	38
Vitamin D	IU						
Vitamin E, "-TE	mg	4.322		0	1.225	3.587	2.593
Lipids:							
Saturated, total	g	3.079		0	0.873	2.556	1.847
4:0	g	0.001		0	0.000	0.001	0.001
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.001		0	0.000	0.001	0.001
12:0	g	0.001		0	0.000	0.001	0.001
14:0	g	0.049		0	0.014	0.041	0.029
15.0	g						
16:0	g	2.383		0	0.676	1.978	1.430
17:0	g						
18:0	g	0.633		0	0.179	0.525	0.380
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.797		0	1.360	3.982	2.878
14:1	g						
16:1	g	0.070		0	0.020	0.058	0.042
18:1	g	4.724		0	1.339	3.921	2.834
20:1	g	0.003		0	0.001	0.002	0.002
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	7.473		0	2.119	6.203	4.484
18:2	g	7.021		0	1.990	5.827	4.213
18:3	g	0.433		0	0.123	0.359	0.260
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.015		0	0.004	0.012	0.009
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	0.004		0	0.001	0.003	0.002
Cholesterol	mg	66	2.915	2	19	55	40
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.074		0	0.021	0.061	0.044
Threonine	g	0.211		0	0.060	0.175	0.127
Isoleucine	g	0.259		0	0.073	0.215	0.155
Leucine	g	0.458		0	0.130	0.380	0.275
Lysine	g	0.243		0	0.069	0.202	0.146
Methionine	g	0.117		0	0.033	0.097	0.070
Cystine	g	0.120		0	0.034	0.100	0.072
Phenylalanine	g	0.300		0	0.085	0.249	0.180
Tyrosine	g	0.200		0	0.057	0.166	0.120
Valine	g	0.291		0	0.082	0.242	0.175
Arginine	g	0.283		0	0.080	0.235	0.170
Histidine	g	0.145		0	0.041	0.120	0.087
Alanine	g	0.233		0	0.066	0.193	0.140
Aspartic acid	g	0.407		0	0.115	0.338	0.244
Glutamic acid	g	1.732		0	0.491	1.438	1.039
Glycine	g	0.219		0	0.062	0.182	0.131
Proline	g	0.582		0	0.165	0.483	0.349
Serine	g	0.331		0	0.094	0.275	0.199
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 large
Measure 3: 1 roll (2-3/4" square)

NDB No. 18357 Sweet rolls, cinnamon, refrigerated dough with frosting

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 30g	Measure 3*
Proximates:							
Water	g	28.90	0.671	16	8.19	8.67	
Energy	kcal	333		0	94	100	
Energy	kj	1393		0	395	418	
Protein (N x 5.95)	g	5.00	0.138	16	1.42	1.50	
Total lipid (fat)	g	12.20	0.640	16	3.46	3.66	
Carbohydrate, by difference	g	51.60		0	14.63	15.48	
Fiber, total dietary	g						
Ash	g	2.40	0.043	16	0.68	0.72	
Sugars, total	g						
Minerals:							
Calcium	mg	31	10.831	14	9	9	
Iron	mg	2.44	0.163	10	0.69	0.73	
Magnesium	mg	11	0.344	11	3	3	
Phosphorus	mg	321	10.313	11	91	96	
Potassium	mg	58	8.078	11	16	17	
Sodium	mg	765	15.494	14	217	230	
Zinc	mg	0.31	0.017	8	0.09	0.09	
Copper	mg	0.065	0.004	11	0.018	0.020	
Manganese	mg	0.415		0	0.118	0.125	
Selenium	:g	16.3		0	4.6	4.9	
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.1	
Thiamin	mg	0.470	0.068	10	0.133	0.141	
Riboflavin	mg	0.249	0.028	10	0.071	0.075	
Niacin	mg	3.703	0.331	10	1.050	1.111	
Pantothenic acid	mg	0.260		0	0.074	0.078	
Vitamin B-6	mg	0.031		0	0.009	0.009	
Folate	:g	50		0	14	15	
Vitamin B-12	:g	0.02		0	0.01	0.01	
Vitamin A	IU	2		0	1	1	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.081		0	0.873	0.924	
4:0	g	0.001		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.060		0	0.017	0.018	
15.0	g						
16:0	g	1.599		0	0.453	0.480	
17:0	g						
18:0	g	1.421		0	0.403	0.426	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.839	0	1.939	2.052
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	6.838	0	1.939	2.051
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.604	0	0.455	0.481
18:2	g	1.523	0	0.432	0.457
18:3	g	0.081	0	0.023	0.024
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.063	0	0.018	0.019
Threonine	g	0.147	0	0.042	0.044
Isoleucine	g	0.180	0	0.051	0.054
Leucine	g	0.351	0	0.100	0.105
Lysine	g	0.128	0	0.036	0.038
Methionine	g	0.089	0	0.025	0.027
Cystine	g	0.105	0	0.030	0.032
Phenylalanine	g	0.245	0	0.069	0.074
Tyrosine	g	0.152	0	0.043	0.046
Valine	g	0.205	0	0.058	0.061
Arginine	g	0.200	0	0.057	0.060
Histidine	g	0.110	0	0.031	0.033
Alanine	g	0.166	0	0.047	0.050
Aspartic acid	g	0.231	0	0.065	0.069
Glutamic acid	g	1.613	0	0.457	0.484
Glycine	g	0.175	0	0.050	0.053
Proline	g	0.555	0	0.157	0.167
Serine	g	0.248	0	0.070	0.074
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 roll

NDB No. 18358 Sweet rolls, cinnamon, refrigerated dough with frosting, baked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 30g	Measure 3*
Proximates:							
Water	g	22.70		0	6.44	6.81	
Energy	kcal	362		0	103	109	
Energy	kj	1515		0	430	455	
Protein (N x 5.95)	g	5.40		0	1.53	1.62	
Total lipid (fat)	g	13.20		0	3.74	3.96	
Carbohydrate, by difference	g	56.10		0	15.90	16.83	
Fiber, total dietary	g						
Ash	g	2.60		0	0.74	0.78	
Sugars, total	g						
Minerals:							
Calcium	mg	34		0	10	10	
Iron	mg	2.65		0	0.75	0.80	
Magnesium	mg	12		0	3	4	
Phosphorus	mg	348		0	99	104	
Potassium	mg	63		0	18	19	
Sodium	mg	832		0	236	250	
Zinc	mg	0.34		0	0.10	0.10	
Copper	mg	0.071		0	0.020	0.021	
Manganese	mg	0.418		0	0.119	0.125	
Selenium	：g	17.7		0	5.0	5.3	
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.1	
Thiamin	mg	0.409		0	0.116	0.123	
Riboflavin	mg	0.244		0	0.069	0.073	
Niacin	mg	3.622		0	1.027	1.087	
Pantothenic acid	mg	0.266		0	0.075	0.080	
Vitamin B-6	mg	0.034		0	0.010	0.010	
Folate	：g	55		0	16	17	
Vitamin B-12	：g	0.05		0	0.01	0.02	
Vitamin A	IU	2		0	1	1	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.348		0	0.949	1.004	
4:0	g	0.001		0	0.000	0.000	
6.0	g	0.001		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.001		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.067		0	0.019	0.020	
15.0	g						
16:0	g	1.734		0	0.492	0.520	
17:0	g						
18:0	g	1.544		0	0.438	0.463	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.421	0	2.104	2.226
14:1	g				
16:1	g	0.001	0	0.000	0.000
18:1	g	7.420	0	2.104	2.226
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.728	0	0.490	0.518
18:2	g	1.641	0	0.465	0.492
18:3	g	0.088	0	0.025	0.026
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.068	0	0.019	0.020
Threonine	g	0.160	0	0.045	0.048
Isoleucine	g	0.195	0	0.055	0.059
Leucine	g	0.382	0	0.108	0.115
Lysine	g	0.139	0	0.039	0.042
Methionine	g	0.097	0	0.027	0.029
Cystine	g	0.115	0	0.033	0.035
Phenylalanine	g	0.266	0	0.075	0.080
Tyrosine	g	0.165	0	0.047	0.050
Valine	g	0.223	0	0.063	0.067
Arginine	g	0.218	0	0.062	0.065
Histidine	g	0.119	0	0.034	0.036
Alanine	g	0.181	0	0.051	0.054
Aspartic acid	g	0.251	0	0.071	0.075
Glutamic acid	g	1.753	0	0.497	0.526
Glycine	g	0.190	0	0.054	0.057
Proline	g	0.603	0	0.171	0.181
Serine	g	0.270	0	0.077	0.081
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 roll

NDB No. 18360 Taco shells, baked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 21g	Measure 3* 13g
Proximates:							
Water	g	6.00	0.396	5	1.70	1.26	0.80
Energy	kcal	468		0	133	98	62
Energy	kj	1958		0	555	411	260
Protein (N x 5.95)	g	7.20	0.543	3	2.04	1.51	0.96
Total lipid (fat)	g	22.60	0.156	3	6.41	4.75	3.01
Carbohydrate, by difference	g	62.40		0	17.69	13.10	8.30
Fiber, total dietary	g	7.5		0	2.1	1.6	1.0
Ash	g	1.80	0.218	3	0.51	0.38	0.24
Sugars, total	g						
Minerals:							
Calcium	mg	160	45.511	3	45	34	21
Iron	mg	2.50	1.097	3	0.71	0.53	0.33
Magnesium	mg	105	15.717	3	30	22	14
Phosphorus	mg	248	25.045	3	70	52	33
Potassium	mg	179	35.176	3	51	38	24
Sodium	mg	367	55.847	2	104	77	49
Zinc	mg	1.40	0.099	3	0.40	0.29	0.19
Copper	mg	0.120	0.042	3	0.034	0.025	0.016
Manganese	mg	0.435	0.029	3	0.123	0.091	0.058
Selenium	:g	12.0		0	3.4	2.5	1.6
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.228	0.015	9	0.065	0.048	0.030
Riboflavin	mg	0.053	0.001	8	0.015	0.011	0.007
Niacin	mg	1.350	0.067	8	0.383	0.284	0.180
Pantothenic acid	mg	0.470	0.035	9	0.133	0.099	0.063
Vitamin B-6	mg	0.296		0	0.084	0.062	0.039
Folate	:g	105		0	30	22	14
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	3.642		0	1.033	0.765	0.484
Lipids:							
Saturated, total	g	3.245		0	0.920	0.681	0.432
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	0.019		0	0.005	0.004	0.003
15.0	g						
16:0	g	2.217		0	0.629	0.466	0.295
17:0	g						
18:0	g	0.994		0	0.282	0.209	0.132
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.934	0	2.533	1.876	1.188
14:1	g					
16:1	g	0.078	0	0.022	0.016	0.010
18:1	g	8.837	0	2.505	1.856	1.175
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	8.494	0	2.408	1.784	1.130
18:2	g	7.941	0	2.251	1.668	1.056
18:3	g	0.534	0	0.151	0.112	0.071
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.052	0	0.015	0.011	0.007
Threonine	g	0.271	0	0.077	0.057	0.036
Isoleucine	g	0.259	0	0.073	0.054	0.034
Leucine	g	0.886	0	0.251	0.186	0.118
Lysine	g	0.203	0	0.058	0.043	0.027
Methionine	g	0.151	0	0.043	0.032	0.020
Cystine	g	0.130	0	0.037	0.027	0.017
Phenylalanine	g	0.354	0	0.100	0.074	0.047
Tyrosine	g	0.294	0	0.083	0.062	0.039
Valine	g	0.366	0	0.104	0.077	0.049
Arginine	g	0.360	0	0.102	0.076	0.048
Histidine	g	0.221	0	0.063	0.046	0.029
Alanine	g	0.540	0	0.153	0.113	0.072
Aspartic acid	g	0.502	0	0.142	0.105	0.067
Glutamic acid	g	1.354	0	0.384	0.284	0.180
Glycine	g	0.297	0	0.084	0.062	0.040
Proline	g	0.630	0	0.179	0.132	0.084
Serine	g	0.343	0	0.097	0.072	0.046
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 large (6-1/2" dia)
Measure 3: 1 medium (approx 5" dia)

NDB No. 18361 Toaster pastries, brown-sugar-cinnamon

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 50g	Measure 3*
Proximates:							
Water	g	10.80	0.624	4	3.06	5.40	
Energy	kcal	412		0	117	206	
Energy	kj	1724		0	489	862	
Protein (N x 5.95)	g	5.10	0.280	4	1.45	2.55	
Total lipid (fat)	g	14.20	1.089	4	4.03	7.10	
Carbohydrate, by difference	g	68.10		0	19.31	34.05	
Fiber, total dietary	g	1.0		0	0.3	0.5	
Ash	g	1.80	0.231	2	0.51	0.90	
Sugars, total	g						
Minerals:							
Calcium	mg	34	7.560	2	10	17	
Iron	mg	4.03	0.278	5	1.14	2.02	
Magnesium	mg	24	2.850	4	7	12	
Phosphorus	mg	133	54.550	2	38	67	
Potassium	mg	114	21.433	4	32	57	
Sodium	mg	424	17.242	4	120	212	
Zinc	mg	0.63	0.090	5	0.18	0.32	
Copper	mg	0.132	0.007	5	0.037	0.066	
Manganese	mg	0.322	0.024	3	0.091	0.161	
Selenium	΄g	12.6		0	3.6	6.3	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.1	
Thiamin	mg	0.373	0.046	4	0.106	0.187	
Riboflavin	mg	0.576	0.137	4	0.163	0.288	
Niacin	mg	4.574	0.347	4	1.297	2.287	
Pantothenic acid	mg	0.265	0.025	4	0.075	0.133	
Vitamin B-6	mg	0.425	0.015	4	0.120	0.213	
Folate	΄g	29		0	8	15	
Vitamin B-12	΄g	0.22		0	0.06	0.11	
Vitamin A	IU	986	24.000	2	280	493	
Vitamin A, RE	΄g	224		0	64	112	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.639		0	1.032	1.819	
4:0	g	0.005		0	0.001	0.003	
6.0	g	0.001		0	0.000	0.001	
8:0	g	0.001		0	0.000	0.001	
10:0	g	0.002		0	0.001	0.001	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.078		0	0.022	0.039	
15.0	g						
16:0	g	1.871		0	0.530	0.936	
17:0	g						
18:0	g	1.675		0	0.475	0.838	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.032	0	2.277	4.016
14:1	g				
16:1	g	0.003	0	0.001	0.002
18:1	g	8.027	0	2.276	4.013
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.802	0	0.511	0.901
18:2	g	1.711	0	0.485	0.856
18:3	g	0.091	0	0.026	0.046
18:4	g	0.000	0	0.000	0.000
20:4	g				
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.057	0	0.016	0.029
Threonine	g	0.146	0	0.041	0.073
Isoleucine	g	0.169	0	0.048	0.085
Leucine	g	0.324	0	0.092	0.162
Lysine	g	0.137	0	0.039	0.069
Methionine	g	0.080	0	0.023	0.040
Cystine	g	0.094	0	0.027	0.047
Phenylalanine	g	0.214	0	0.061	0.107
Tyrosine	g	0.134	0	0.038	0.067
Valine	g	0.189	0	0.054	0.094
Arginine	g	0.174	0	0.049	0.087
Histidine	g	0.098	0	0.028	0.049
Alanine	g	0.153	0	0.043	0.077
Aspartic acid	g	0.226	0	0.064	0.113
Glutamic acid	g	1.405	0	0.398	0.703
Glycine	g	0.152	0	0.043	0.076
Proline	g	0.484	0	0.137	0.242
Serine	g	0.223	0	0.063	0.112
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 toaster pastry

NDB No. 18362 Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 52g	Measure 3* 52g
Proximates:							
Water	g	12.30	0.208	10	3.49	6.40	6.40
Energy	kcal	393		0	111	204	204
Energy	kj	1644		0	466	855	855
Protein (N x 5.95)	g	4.70	0.070	20	1.33	2.44	2.44
Total lipid (fat)	g	10.20	0.270	20	2.89	5.30	5.30
Carbohydrate, by difference	g	71.10		0	20.16	36.97	36.97
Fiber, total dietary	g	2.1		0	0.6	1.1	1.1
Ash	g	1.60	0.064	11	0.45	0.83	0.83
Sugars, total	g						
Minerals:							
Calcium	mg	26	0.582	15	7	14	14
Iron	mg	3.49	0.006	19	0.99	1.81	1.81
Magnesium	mg	18	0.576	20	5	9	9
Phosphorus	mg	111	7.467	17	31	58	58
Potassium	mg	112	3.805	20	32	58	58
Sodium	mg	419	3.378	19	119	218	218
Zinc	mg	0.66	0.025	20	0.19	0.34	0.34
Copper	mg	0.189	0.017	19	0.054	0.098	0.098
Manganese	mg	0.296	0.011	2	0.084	0.154	0.154
Selenium	：g	4.4		1	1.2	2.3	2.3
Vitamins:							
Ascorbic acid	mg	0.6		0	0.2	0.3	0.3
Thiamin	mg	0.293	0.003	20	0.083	0.152	0.152
Riboflavin	mg	0.363	0.024	20	0.103	0.189	0.189
Niacin	mg	3.942	0.021	20	1.118	2.050	2.050
Pantothenic acid	mg	0.551	0.143	4	0.156	0.287	0.287
Vitamin B-6	mg	0.389	0.003	20	0.110	0.202	0.202
Folate	：g	65		0	18	34	34
Vitamin B-12	：g	0.01		0	0.00	0.01	0.01
Vitamin A	IU	964	2.692	18	273	501	501
Vitamin A, RE	：g	3		0	1	2	2
Vitamin D	IU						
Vitamin E, "-TE	mg	2.294		0	0.650	1.193	1.193
Lipids:							
Saturated, total	g	1.518		0	0.430	0.789	0.789
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		0	0.003	0.005	0.005
15.0	g						
16:0	g	1.024		0	0.290	0.532	0.532
17:0	g						
18:0	g	0.479		0	0.136	0.249	0.249
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.135	0	1.172	2.150	2.150
14:1	g					
16:1	g	0.039	0	0.011	0.020	0.020
18:1	g	4.087	0	1.159	2.125	2.125
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	3.870	0	1.097	2.012	2.012
18:2	g	3.572	0	1.013	1.857	1.857
18:3	g	0.289	0	0.082	0.150	0.150
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.057	0	0.016	0.030	0.030
Threonine	g	0.135	0	0.038	0.070	0.070
Isoleucine	g	0.166	0	0.047	0.086	0.086
Leucine	g	0.327	0	0.093	0.170	0.170
Lysine	g	0.115	0	0.033	0.060	0.060
Methionine	g	0.084	0	0.024	0.044	0.044
Cystine	g	0.098	0	0.028	0.051	0.051
Phenylalanine	g	0.231	0	0.065	0.120	0.120
Tyrosine	g	0.140	0	0.040	0.073	0.073
Valine	g	0.191	0	0.054	0.099	0.099
Arginine	g	0.188	0	0.053	0.098	0.098
Histidine	g	0.103	0	0.029	0.054	0.054
Alanine	g	0.154	0	0.044	0.080	0.080
Aspartic acid	g	0.211	0	0.060	0.110	0.110
Glutamic acid	g	1.537	0	0.436	0.799	0.799
Glycine	g	0.167	0	0.047	0.087	0.087
Proline	g	0.528	0	0.150	0.275	0.275
Serine	g	0.233	0	0.066	0.121	0.121
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 Pop Tart
Measure 3: 1 toaster pastry

NDB No. 18363 Tortillas, ready-to-bake or -fry, corn

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 26g	Measure 3*
Proximates:							
Water	g	44.10	0.662	42	12.50	11.47	
Energy	kcal	222		0	63	58	
Energy	kj	929		0	263	242	
Protein (N x 5.95)	g	5.70	0.128	29	1.62	1.48	
Total lipid (fat)	g	2.50	0.238	25	0.71	0.65	
Carbohydrate, by difference	g	46.60		0	13.21	12.12	
Fiber, total dietary	g	5.2		0	1.5	1.4	
Ash	g	1.20	0.058	29	0.34	0.31	
Sugars, total	g						
Minerals:							
Calcium	mg	175	7.154	53	50	46	
Iron	mg	1.40	0.071	44	0.40	0.36	
Magnesium	mg	65	1.531	30	18	17	
Phosphorus	mg	314	26.162	42	89	82	
Potassium	mg	154	7.238	35	44	40	
Sodium	mg	161	15.026	3	46	42	
Zinc	mg	0.94	0.076	33	0.27	0.24	
Copper	mg	0.154	0.015	13	0.044	0.040	
Manganese	mg	0.402	0.011	12	0.114	0.105	
Selenium	:g	5.5	1.091	5	1.6	1.4	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	5	0.0	0.0	
Thiamin	mg	0.112	0.015	31	0.032	0.029	
Riboflavin	mg	0.073	0.008	23	0.021	0.019	
Niacin	mg	1.498	0.096	33	0.425	0.389	
Pantothenic acid	mg	0.194	0.014	12	0.055	0.050	
Vitamin B-6	mg	0.219	0.027	11	0.062	0.057	
Folate	:g	114		0	32	30	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.153		0	0.043	0.040	
Lipids:							
Saturated, total	g	0.334		0	0.095	0.087	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.295		0	0.084	0.077	
17:0	g						
18:0	g	0.039		0	0.011	0.010	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.649	0	0.184	0.169
14:1	g				
16:1	g	0.002	0	0.001	0.001
18:1	g	0.647	0	0.183	0.168
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.122	0	0.318	0.292
18:2	g	1.088	0	0.308	0.283
18:3	g	0.034	0	0.010	0.009
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.042	0	0.012	0.011
Threonine	g	0.218	0	0.062	0.057
Isoleucine	g	0.208	0	0.059	0.054
Leucine	g	0.711	0	0.202	0.185
Lysine	g	0.163	0	0.046	0.042
Methionine	g	0.121	0	0.034	0.031
Cystine	g	0.105	0	0.030	0.027
Phenylalanine	g	0.285	0	0.081	0.074
Tyrosine	g	0.236	0	0.067	0.061
Valine	g	0.294	0	0.083	0.076
Arginine	g	0.289	0	0.082	0.075
Histidine	g	0.177	0	0.050	0.046
Alanine	g	0.434	0	0.123	0.113
Aspartic acid	g	0.403	0	0.114	0.105
Glutamic acid	g	1.087	0	0.308	0.283
Glycine	g	0.238	0	0.067	0.062
Proline	g	0.506	0	0.143	0.132
Serine	g	0.275	0	0.078	0.072
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 medium tortilla (approx 6" dia)

NDB No. 18364 Tortillas, ready-to-bake or -fry, flour

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 32g	Measure 3* 72g
Proximates:							
Water	g	26.80	0.901	14	7.60	8.58	19.30
Energy	kcal	325		0	92	104	234
Energy	kj	1360		0	386	435	979
Protein (N x 5.95)	g	8.70	0.581	12	2.47	2.78	6.26
Total lipid (fat)	g	7.10	0.579	11	2.01	2.27	5.11
Carbohydrate, by difference	g	55.60		0	15.76	17.79	40.03
Fiber, total dietary	g	3.3		0	0.9	1.1	2.4
Ash	g	1.80	0.151	12	0.51	0.58	1.30
Sugars, total	g						
Minerals:							
Calcium	mg	125	7.475	20	35	40	90
Iron	mg	3.30	0.125	38	0.94	1.06	2.38
Magnesium	mg	26	1.328	38	7	8	19
Phosphorus	mg	124	7.926	38	35	40	89
Potassium	mg	131	7.293	40	37	42	94
Sodium	mg	478	24.050	40	136	153	344
Zinc	mg	0.71	0.083	40	0.20	0.23	0.51
Copper	mg	0.267	0.141	36	0.076	0.085	0.192
Manganese	mg	0.462	0.011	35	0.131	0.148	0.333
Selenium	:g	23.4	2.389	34	6.6	7.5	16.8
Vitamins:							
Ascorbic acid	mg	0.0	0.000	4	0.0	0.0	0.0
Thiamin	mg	0.531	0.025	14	0.151	0.170	0.382
Riboflavin	mg	0.293	0.069	14	0.083	0.094	0.211
Niacin	mg	3.572	0.135	14	1.013	1.143	2.572
Pantothenic acid	mg	0.582	0.061	12	0.165	0.186	0.419
Vitamin B-6	mg	0.050	0.000	2	0.014	0.016	0.036
Folate	:g	123		0	35	39	89
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.916		0	0.260	0.293	0.660
Lipids:							
Saturated, total	g	1.745		0	0.495	0.558	1.256
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	0.032		0	0.009	0.010	0.023
15.0	g						
16:0	g	0.937		0	0.266	0.300	0.675
17:0	g						
18:0	g	0.776		0	0.220	0.248	0.559
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.768	0	1.068	1.206	2.713
14:1	g					
16:1	g	0.008	0	0.002	0.003	0.006
18:1	g	3.760	0	1.066	1.203	2.707
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.063	0	0.301	0.340	0.765
18:2	g	1.009	0	0.286	0.323	0.726
18:3	g	0.054	0	0.015	0.017	0.039
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.106	0	0.030	0.034	0.076
Threonine	g	0.245	0	0.069	0.078	0.176
Isoleucine	g	0.307	0	0.087	0.098	0.221
Leucine	g	0.600	0	0.170	0.192	0.432
Lysine	g	0.213	0	0.060	0.068	0.153
Methionine	g	0.155	0	0.044	0.050	0.112
Cystine	g	0.181	0	0.051	0.058	0.130
Phenylalanine	g	0.435	0	0.123	0.139	0.313
Tyrosine	g	0.266	0	0.075	0.085	0.192
Valine	g	0.356	0	0.101	0.114	0.256
Arginine	g	0.356	0	0.101	0.114	0.256
Histidine	g	0.195	0	0.055	0.062	0.140
Alanine	g	0.289	0	0.082	0.092	0.208
Aspartic acid	g	0.386	0	0.109	0.124	0.278
Glutamic acid	g	2.850	0	0.808	0.912	2.052
Glycine	g	0.316	0	0.090	0.101	0.228
Proline	g	0.979	0	0.278	0.313	0.705
Serine	g	0.432	0	0.122	0.138	0.311
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 medium tortilla (approx 6" dia)
Measure 3: 1 tortilla (approx 10" dia)

NDB No. 18365 Waffles, plain, frozen, ready-to-heat (includes buttermilk)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 35g	Measure 3*
Proximates:							
Water	g	44.90	0.190	132	12.73	15.71	
Energy	kcal	251		0	71	88	
Energy	kj	1050		0	298	368	
Protein (N x 5.95)	g	5.90	0.046	98	1.67	2.06	
Total lipid (fat)	g	7.80	0.224	98	2.21	2.73	
Carbohydrate, by difference	g	38.60		0	10.94	13.51	
Fiber, total dietary	g	2.2		0	0.6	0.8	
Ash	g	2.80	0.029	80	0.79	0.98	
Sugars, total	g						
Minerals:							
Calcium	mg	221	7.001	84	63	77	
Iron	mg	4.25	0.108	113	1.20	1.49	
Magnesium	mg	21	0.517	29	6	7	
Phosphorus	mg	399	13.081	35	113	140	
Potassium	mg	122	2.547	58	35	43	
Sodium	mg	748	12.695	53	212	262	
Zinc	mg	0.55	0.006	30	0.16	0.19	
Copper	mg	0.073	0.001	30	0.021	0.026	
Manganese	mg	0.324		0	0.092	0.113	
Selenium	:g	18.5		0	5.2	6.5	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	3	0.0	0.0	
Thiamin	mg	0.457	0.012	95	0.130	0.160	
Riboflavin	mg	0.503	0.017	94	0.143	0.176	
Niacin	mg	4.681	0.155	95	1.327	1.638	
Pantothenic acid	mg	0.589	0.035	30	0.167	0.206	
Vitamin B-6	mg	0.945	0.019	72	0.268	0.331	
Folate	:g	53		0	15	19	
Vitamin B-12	:g	2.38	0.061	84	0.67	0.83	
Vitamin A	IU	1281	0.490	5	363	448	
Vitamin A, RE	:g	384		0	109	134	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.304		0	0.370	0.456	
Lipids:							
Saturated, total	g	1.296		0	0.367	0.454	
4:0	g	0.001		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.011		0	0.003	0.004	
15.0	g						
16:0	g	0.889		0	0.252	0.311	
17:0	g						
18:0	g	0.394		0	0.112	0.138	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.153	0	0.894	1.104
14:1	g				
16:1	g	0.045	0	0.013	0.016
18:1	g	3.098	0	0.878	1.084
20:1	g	0.002	0	0.001	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.771	0	0.786	0.970
18:2	g	2.561	0	0.726	0.896
18:3	g	0.183	0	0.052	0.064
18:4	g	0.001	0	0.000	0.000
20:4	g	0.011	0	0.003	0.004
20:5	g	0.005	0	0.001	0.002
22:5	g	0.000	0	0.000	0.000
22:6	g	0.003	0	0.001	0.001
Cholesterol	mg	32	0	9	11
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.072	0	0.020	0.025
Threonine	g	0.184	0	0.052	0.064
Isoleucine	g	0.225	0	0.064	0.079
Leucine	g	0.423	0	0.120	0.148
Lysine	g	0.185	0	0.052	0.065
Methionine	g	0.117	0	0.033	0.041
Cystine	g	0.126	0	0.036	0.044
Phenylalanine	g	0.294	0	0.083	0.103
Tyrosine	g	0.187	0	0.053	0.065
Valine	g	0.258	0	0.073	0.090
Arginine	g	0.254	0	0.072	0.089
Histidine	g	0.131	0	0.037	0.046
Alanine	g	0.212	0	0.060	0.074
Aspartic acid	g	0.310	0	0.088	0.109
Glutamic acid	g	1.755	0	0.498	0.614
Glycine	g	0.207	0	0.059	0.072
Proline	g	0.601	0	0.170	0.210
Serine	g	0.317	0	0.090	0.111
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 square waffle (4" square) (include frozen)

NDB No. 18367 Waffles, plain, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 75g	Measure 3*
Proximates:							
Water	g	42.00		0	11.91	31.50	
Energy	kcal	291		0	82	218	
Energy	kj	1218		0	345	914	
Protein (N x 5.95)	g	7.90		0	2.24	5.92	
Total lipid (fat)	g	14.10		0	4.00	10.57	
Carbohydrate, by difference	g	32.90		0	9.33	24.68	
Fiber, total dietary	g						
Ash	g	3.10		0	0.88	2.33	
Sugars, total	g						
Minerals:							
Calcium	mg	255		0	72	191	
Iron	mg	2.31		0	0.65	1.73	
Magnesium	mg	19		0	5	14	
Phosphorus	mg	190		0	54	143	
Potassium	mg	159		0	45	119	
Sodium	mg	511		0	145	383	
Zinc	mg	0.68		0	0.19	0.51	
Copper	mg	0.062		0	0.018	0.047	
Manganese	mg	0.265		0	0.075	0.199	
Selenium	：g	46.2		0	13.1	34.6	
Vitamins:							
Ascorbic acid	mg	0.4		0	0.1	0.3	
Thiamin	mg	0.263		0	0.075	0.197	
Riboflavin	mg	0.347		0	0.098	0.260	
Niacin	mg	2.073		0	0.588	1.555	
Pantothenic acid	mg	0.485		0	0.137	0.364	
Vitamin B-6	mg	0.056		0	0.016	0.042	
Folate	：g	46		0	13	35	
Vitamin B-12	：g	0.25		0	0.07	0.19	
Vitamin A	IU	228		0	65	171	
Vitamin A, RE	：g	65		0	18	49	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.866		0	0.813	2.150	
4:0	g	0.041		0	0.012	0.031	
6.0	g	0.025		0	0.007	0.019	
8:0	g	0.014		0	0.004	0.011	
10:0	g	0.032		0	0.009	0.024	
12:0	g	0.036		0	0.010	0.027	
14:0	g	0.145		0	0.041	0.109	
15.0	g						
16:0	g	1.865		0	0.529	1.399	
17:0	g						
18:0	g	0.696		0	0.197	0.522	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.521	0	0.998	2.641
14:1	g				
16:1	g	0.096	0	0.027	0.072
18:1	g	3.395	0	0.962	2.546
20:1	g	0.026	0	0.007	0.020
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	6.785	0	1.924	5.089
18:2	g	5.975	0	1.694	4.481
18:3	g	0.782	0	0.222	0.587
18:4	g	0.000	0	0.000	0.000
20:4	g	0.021	0	0.006	0.016
20:5	g	0.001	0	0.000	0.001
22:5	g	0.000	0	0.000	0.000
22:6	g	0.006	0	0.002	0.005
Cholesterol	mg	69	0	20	52
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.099	0	0.028	0.074
Threonine	g	0.289	0	0.082	0.217
Isoleucine	g	0.362	0	0.103	0.271
Leucine	g	0.630	0	0.179	0.473
Lysine	g	0.384	0	0.109	0.288
Methionine	g	0.179	0	0.051	0.134
Cystine	g	0.145	0	0.041	0.109
Phenylalanine	g	0.395	0	0.112	0.296
Tyrosine	g	0.293	0	0.083	0.220
Valine	g	0.409	0	0.116	0.307
Arginine	g	0.345	0	0.098	0.259
Histidine	g	0.187	0	0.053	0.140
Alanine	g	0.301	0	0.085	0.226
Aspartic acid	g	0.509	0	0.144	0.382
Glutamic acid	g	1.989	0	0.564	1.492
Glycine	g	0.247	0	0.070	0.185
Proline	g	0.726	0	0.206	0.545
Serine	g	0.447	0	0.127	0.335
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 round waffle (7" dia)

NDB No. 18368 Wonton wrappers (includes egg roll wrappers)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 32g	Measure 3* 8g
Proximates:							
Water	g	28.80		0	8.16	9.22	2.30
Energy	kcal	291		0	82	93	23
Energy	kj	1218		0	345	390	97
Protein (N x 5.95)	g	9.80		0	2.78	3.14	0.78
Total lipid (fat)	g	1.50		0	0.43	0.48	0.12
Carbohydrate, by difference	g	57.90		0	16.41	18.53	4.63
Fiber, total dietary	g	1.8		0	0.5	0.6	0.1
Ash	g	1.90		0	0.54	0.61	0.15
Sugars, total	g						
Minerals:							
Calcium	mg	47		0	13	15	4
Iron	mg	3.36		0	0.95	1.08	0.27
Magnesium	mg	20		0	6	6	2
Phosphorus	mg	81		0	23	26	6
Potassium	mg	82		0	23	26	7
Sodium	mg	572		0	162	183	46
Zinc	mg	0.71		0	0.20	0.23	0.06
Copper	mg	0.147		0	0.042	0.047	0.012
Manganese	mg	0.638		0	0.181	0.204	0.051
Selenium	：g	28.2		0	8.0	9.0	2.3
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.519		0	0.147	0.166	0.042
Riboflavin	mg	0.378		0	0.107	0.121	0.030
Niacin	mg	5.424		0	1.538	1.736	0.434
Pantothenic acid	mg	0.025		0	0.007	0.008	0.002
Vitamin B-6	mg	0.030		0	0.009	0.010	0.002
Folate	：g	86		0	24	28	7
Vitamin B-12	：g	0.02		0	0.01	0.01	0.00
Vitamin A	IU	14		0	4	4	1
Vitamin A, RE	：g	4		0	1	1	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.100		0	0.028	0.032	0.008
Lipids:							
Saturated, total	g	0.263		0	0.075	0.084	0.021
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.002		0	0.001	0.001	0.000
15.0	g						
16:0	g	0.223		0	0.063	0.071	0.018
17:0	g						
18:0	g	0.025		0	0.007	0.008	0.002
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.195	0	0.055	0.062	0.016
14:1	g					
16:1	g	0.010	0	0.003	0.003	0.001
18:1	g	0.183	0	0.052	0.059	0.015
20:1	g	0.001	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.610	0	0.173	0.195	0.049
18:2	g	0.571	0	0.162	0.183	0.046
18:3	g	0.035	0	0.010	0.011	0.003
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.003	0	0.001	0.001	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	0.001	0	0.000	0.000	0.000
Cholesterol	mg	9	0	3	3	1
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.114	0	0.032	0.036	0.009
Threonine	g	0.268	0	0.076	0.086	0.021
Isoleucine	g	0.369	0	0.105	0.118	0.030
Leucine	g	0.684	0	0.194	0.219	0.055
Lysine	g	0.204	0	0.058	0.065	0.016
Methionine	g	0.176	0	0.050	0.056	0.014
Cystine	g	0.221	0	0.063	0.071	0.018
Phenylalanine	g	0.486	0	0.138	0.156	0.039
Tyrosine	g	0.273	0	0.077	0.087	0.022
Valine	g	0.417	0	0.118	0.133	0.033
Arginine	g	0.348	0	0.099	0.111	0.028
Histidine	g	0.209	0	0.059	0.067	0.017
Alanine	g	0.307	0	0.087	0.098	0.025
Aspartic acid	g	0.413	0	0.117	0.132	0.033
Glutamic acid	g	3.384	0	0.959	1.083	0.271
Glycine	g	0.336	0	0.095	0.108	0.027
Proline	g	1.134	0	0.321	0.363	0.091
Serine	g	0.483	0	0.137	0.155	0.039
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 eggroll wrapper (7" square)
Measure 3: 1 wonton wrapper (3-1/2" square)

NDB No. 18369 Leavening agents, baking powder, double-acting, sodium aluminum sulfate

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 5g	Measure 2* 2g	Measure 3*
Proximates:							
Water	g	5.00		1	0.23	0.12	
Energy	kcal	53		0	2	1	
Energy	kj	222		0	10	5	
Protein (N x 5.95)	g	0.00		1	0.00	0.00	
Total lipid (fat)	g	0.00		1	0.00	0.00	
Carbohydrate, by difference	g	27.70		0	1.27	0.64	
Fiber, total dietary	g	0.2		0	0.0	0.0	
Ash	g	67.30		1	3.10	1.55	
Sugars, total	g						
Minerals:							
Calcium	mg	5876	72.415	2	270	135	
Iron	mg	11.02	1.171	4	0.51	0.25	
Magnesium	mg	27	1.895	4	1	1	
Phosphorus	mg	2191	40.266	4	101	50	
Potassium	mg	20		1	1	0	
Sodium	mg	10600	5.657	2	488	244	
Zinc	mg	0.01		0	0.00	0.00	
Copper	mg	0.010		0	0.000	0.000	
Manganese	mg	0.011		0	0.001	0.000	
Selenium	΄g	0.2		0	0.0	0.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.000		0	0.000	0.000	
Riboflavin	mg	0.000		0	0.000	0.000	
Niacin	mg	0.000		0	0.000	0.000	
Pantothenic acid	mg	0.000		0	0.000	0.000	
Vitamin B-6	mg	0.000		0	0.000	0.000	
Folate	΄g	0		0	0	0	
Vitamin B-12	΄g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	΄g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.000		0	0.000	0.000	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

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

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

*** Common Measures:**

Measure 1: 1 teaspoon
Measure 2: 1/2 teaspoon

NDB No. 18370 Leavening agents, baking powder, double-acting, straight phosphate

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 5g	Measure 2* 2g	Measure 3*
Proximates:							
Water	g	4.00	0.350	2	0.18	0.09	
Energy	kcal	51		0	2	1	
Energy	kj	213		0	10	5	
Protein (N x 5.95)	g	0.10		1	0.00	0.00	
Total lipid (fat)	g	0.00		1	0.00	0.00	
Carbohydrate, by difference	g	24.10		0	1.11	0.55	
Fiber, total dietary	g	0.2		0	0.0	0.0	
Ash	g	71.80		1	3.30	1.65	
Sugars, total	g						
Minerals:							
Calcium	mg	7364	32.166	3	339	169	
Iron	mg	11.27	2.867	3	0.52	0.26	
Magnesium	mg	39	12.657	3	2	1	
Phosphorus	mg	9918	309.356	3	456	228	
Potassium	mg	5		1	0	0	
Sodium	mg	7893	404.206	3	363	182	
Zinc	mg	0.02		0	0.00	0.00	
Copper	mg	0.013		0	0.001	0.000	
Manganese	mg	0.014		0	0.001	0.000	
Selenium	:g	0.2		0	0.0	0.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.000		0	0.000	0.000	
Riboflavin	mg	0.000		0	0.000	0.000	
Niacin	mg	0.000		0	0.000	0.000	
Pantothenic acid	mg	0.000		0	0.000	0.000	
Vitamin B-6	mg	0.000		0	0.000	0.000	
Folate	:g	0		0	0	0	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.000		0	0.000	0.000	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

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

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

*** Common Measures:**

Measure 1: 1 teaspoon
Measure 2: 1/2 teaspoon

NDB No. 18371 Leavening agents, baking powder, low-sodium

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 5g	Measure 2* 3g	Measure 3*
Proximates:							
Water	g	6.20	0.040	2	0.31	0.16	
Energy	kcal	97		0	5	2	
Energy	kj	406		0	20	10	
Protein (N x 5.95)	g	0.10		1	0.01	0.00	
Total lipid (fat)	g	0.40	0.033	3	0.02	0.01	
Carbohydrate, by difference	g	46.90		0	2.35	1.17	
Fiber, total dietary	g	2.2		0	0.1	0.1	
Ash	g	46.40	1.915	2	2.32	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	4332	321.994	2	217	108	
Iron	mg	8.17	0.410	2	0.41	0.20	
Magnesium	mg	29	0.149	2	1	1	
Phosphorus	mg	6869	18.439	2	343	172	
Potassium	mg	10100		1	505	253	
Sodium	mg	90		1	5	2	
Zinc	mg	0.72	0.055	2	0.04	0.02	
Copper	mg	0.019	0.002	2	0.001	0.000	
Manganese	mg	0.420	0.000	2	0.021	0.011	
Selenium	：g	0.2		0	0.0	0.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.000		0	0.000	0.000	
Riboflavin	mg	0.000		0	0.000	0.000	
Niacin	mg	0.000		0	0.000	0.000	
Pantothenic acid	mg	0.000		0	0.000	0.000	
Vitamin B-6	mg	0.000		0	0.000	0.000	
Folate	：g	0		0	0	0	
Vitamin B-12	：g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.088		0	0.004	0.002	
Lipids:							
Saturated, total	g	0.073		0	0.004	0.002	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.002		0	0.000	0.000	
12:0	g	0.009		0	0.000	0.000	
14:0	g	0.002		0	0.000	0.000	
15.0	g						
16:0	g	0.046		0	0.002	0.001	
17:0	g						
18:0	g	0.009		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.006	0	0.000	0.000
14:1	g				
16:1	g	0.002	0	0.000	0.000
18:1	g	0.003	0	0.000	0.000
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.121	0	0.006	0.003
18:2	g	0.090	0	0.004	0.002
18:3	g	0.029	0	0.001	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 teaspoon
Measure 2: 1/2 teaspoon

NDB No. 18372 Leavening agents, baking soda

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 5g	Measure 2* 2g	Measure 3*
Proximates:							
Water	g	0.20		1	0.01	0.00	
Energy	kcal	0		0	0	0	
Energy	kj	0		0	0	0	
Protein (N x 5.95)	g	0.00		1	0.00	0.00	
Total lipid (fat)	g	0.00		1	0.00	0.00	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	36.90		1	1.70	0.85	
Sugars, total	g						
Minerals:							
Calcium	mg	0		1	0	0	
Iron	mg	0.00		1	0.00	0.00	
Magnesium	mg	0		1	0	0	
Phosphorus	mg	0		1	0	0	
Potassium	mg	0		1	0	0	
Sodium	mg	27360		1	1259	629	
Zinc	mg	0.00		1	0.00	0.00	
Copper	mg	0.000		1	0.000	0.000	
Manganese	mg	0.000		1	0.000	0.000	
Selenium	:g	0.2		0	0.0	0.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.000		0	0.000	0.000	
Riboflavin	mg	0.000		0	0.000	0.000	
Niacin	mg	0.000		0	0.000	0.000	
Pantothenic acid	mg	0.000		0	0.000	0.000	
Vitamin B-6	mg	0.000		0	0.000	0.000	
Folate	:g	0		0	0	0	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.000		0	0.000	0.000	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

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

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

*** Common Measures:**

Measure 1: 1 teaspoon
Measure 2: 1/2 teaspoon

NDB No. 18373 Leavening agents, cream of tartar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 3g	Measure 2* 2g	Measure 3*
Proximates:							
Water	g	1.70		1	0.05	0.03	
Energy	kcal	258		0	8	4	
Energy	kj	1079		0	32	16	
Protein (N x 5.95)	g	0.00		1	0.00	0.00	
Total lipid (fat)	g	0.00		1	0.00	0.00	
Carbohydrate, by difference	g	61.50		0	1.85	0.92	
Fiber, total dietary	g	0.2		0	0.0	0.0	
Ash	g	36.80	0.027	2	1.10	0.55	
Sugars, total	g						
Minerals:							
Calcium	mg	8	2.900	2	0	0	
Iron	mg	3.72	0.245	2	0.11	0.06	
Magnesium	mg	2	0.250	2	0	0	
Phosphorus	mg	5	0.000	2	0	0	
Potassium	mg	16500		1	495	248	
Sodium	mg	52	32.000	2	2	1	
Zinc	mg	0.42	0.110	2	0.01	0.01	
Copper	mg	0.195	0.025	2	0.006	0.003	
Manganese	mg	0.205	0.015	2	0.006	0.003	
Selenium	：g	0.2		0	0.0	0.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.000		0	0.000	0.000	
Riboflavin	mg	0.000		0	0.000	0.000	
Niacin	mg	0.000		0	0.000	0.000	
Pantothenic acid	mg	0.000		0	0.000	0.000	
Vitamin B-6	mg	0.000		0	0.000	0.000	
Folate	：g	0		0	0	0	
Vitamin B-12	：g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.000		0	0.000	0.000	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

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

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

*** Common Measures:**

Measure 1: 1 teaspoon
Measure 2: 1/2 teaspoon

NDB No. 18374 Leavening agents, yeast, baker's, compressed

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 17g	Measure 2*	Measure 3*
Proximates:							
Water	g	69.00		1	11.73		
Energy	kcal	105		0	18		
Energy	kj	439		0	75		
Protein (N x 5.95)	g	8.40		1	1.43		
Total lipid (fat)	g	1.90		1	0.32		
Carbohydrate, by difference	g	18.10		0	3.08		
Fiber, total dietary	g	8.1		0	1.4		
Ash	g	1.80	0.050	2	0.31		
Sugars, total	g						
Minerals:							
Calcium	mg	19	0.800	2	3		
Iron	mg	3.25	0.175	2	0.55		
Magnesium	mg	40	6.600	2	7		
Phosphorus	mg	336		1	57		
Potassium	mg	601		1	102		
Sodium	mg	30		1	5		
Zinc	mg	9.97		1	1.69		
Copper	mg	0.148		1	0.025		
Manganese	mg	0.200		1	0.034		
Selenium	：g	8.1	3.627	2	1.4		
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0		
Thiamin	mg	1.880		1	0.320		
Riboflavin	mg	1.130	0.070	2	0.192		
Niacin	mg	12.300		1	2.091		
Pantothenic acid	mg	4.900		1	0.833		
Vitamin B-6	mg	0.430		1	0.073		
Folate	：g	785		1	133		
Vitamin B-12	：g	0.01		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	：g	0		0	0		
Vitamin D	IU						
Vitamin E, "-TE	mg	0.080		0	0.014		
Lipids:							
Saturated, total	g	0.243		0	0.041		
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	0.012		0	0.002		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.172		0	0.029		
17:0	g						
18:0	g	0.060		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.047	0	0.178
14:1	g			
16:1	g	0.556	0	0.095
18:1	g	0.491	0	0.083
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.004	0	0.001
18:2	g	0.004	0	0.001
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	1	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.106	0	0.018
Threonine	g	0.435	0	0.074
Isoleucine	g	0.476	0	0.081
Leucine	g	0.668	0	0.114
Lysine	g	0.690	0	0.117
Methionine	g	0.166	0	0.028
Cystine	g	0.112	0	0.019
Phenylalanine	g	0.407	0	0.069
Tyrosine	g	0.345	0	0.059
Valine	g	0.512	0	0.087
Arginine	g	0.462	0	0.079
Histidine	g	0.217	0	0.037
Alanine	g	0.553	0	0.094
Aspartic acid	g	0.853	0	0.145
Glutamic acid	g	1.235	0	0.210
Glycine	g	0.407	0	0.069
Proline	g	0.357	0	0.061
Serine	g	0.413	0	0.070
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 cake (0.6 oz)

NDB No. 18375 Leavening agents, yeast, baker's, active dry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 12g	Measure 2* 4g	Measure 3* 7g
Proximates:							
Water	g	7.60		1	0.91	0.30	0.53
Energy	kcal	295		0	35	12	21
Energy	kj	1234		0	148	49	86
Protein (N x 5.95)	g	38.30		1	4.60	1.53	2.68
Total lipid (fat)	g	4.60		1	0.55	0.18	0.32
Carbohydrate, by difference	g	38.20		0	4.58	1.53	2.67
Fiber, total dietary	g	21.0		0	2.5	0.8	1.5
Ash	g	7.00		1	0.84	0.28	0.49
Sugars, total	g						
Minerals:							
Calcium	mg	64	21.428	2	8	3	4
Iron	mg	16.60		1	1.99	0.66	1.16
Magnesium	mg	98		1	12	4	7
Phosphorus	mg	1290		1	155	52	90
Potassium	mg	2000		1	240	80	140
Sodium	mg	50		1	6	2	4
Zinc	mg	6.40		1	0.77	0.26	0.45
Copper	mg	0.500		1	0.060	0.020	0.035
Manganese	mg	0.550	0.010	2	0.066	0.022	0.039
Selenium	：g	24.1		0	2.9	1.0	1.7
Vitamins:							
Ascorbic acid	mg	0.3		1	0.0	0.0	0.0
Thiamin	mg	2.360		1	0.283	0.094	0.165
Riboflavin	mg	5.470		1	0.656	0.219	0.383
Niacin	mg	39.750	2.750	2	4.770	1.590	2.783
Pantothenic acid	mg	11.300		1	1.356	0.452	0.791
Vitamin B-6	mg	1.550	0.350	2	0.186	0.062	0.109
Folate	：g	2340		1	281	94	164
Vitamin B-12	：g	0.02		1	0.00	0.00	0.00
Vitamin A	IU	1		1	0	0	0
Vitamin A, RE	：g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.080		0	0.010	0.003	0.006
Lipids:							
Saturated, total	g	0.595		0	0.071	0.024	0.042
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	0.029		0	0.003	0.001	0.002
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.420		0	0.050	0.017	0.029
17:0	g						
18:0	g	0.146		0	0.018	0.006	0.010
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.562	0	0.307	0.102	0.179
14:1	g					
16:1	g	1.361	0	0.163	0.054	0.095
18:1	g	1.201	0	0.144	0.048	0.084
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.010	0	0.001	0.000	0.001
18:2	g	0.010	0	0.001	0.000	0.001
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	1	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.484	0	0.058	0.019	0.034
Threonine	g	1.989	0	0.239	0.080	0.139
Isoleucine	g	2.177	0	0.261	0.087	0.152
Leucine	g	3.057	0	0.367	0.122	0.214
Lysine	g	3.158	0	0.379	0.126	0.221
Methionine	g	0.759	0	0.091	0.030	0.053
Cystine	g	0.511	0	0.061	0.020	0.036
Phenylalanine	g	1.861	0	0.223	0.074	0.130
Tyrosine	g	1.579	0	0.189	0.063	0.111
Valine	g	2.345	0	0.281	0.094	0.164
Arginine	g	2.116	0	0.254	0.085	0.148
Histidine	g	0.994	0	0.119	0.040	0.070
Alanine	g	2.533	0	0.304	0.101	0.177
Aspartic acid	g	3.904	0	0.468	0.156	0.273
Glutamic acid	g	5.651	0	0.678	0.226	0.396
Glycine	g	1.861	0	0.223	0.074	0.130
Proline	g	1.633	0	0.196	0.065	0.114
Serine	g	1.888	0	0.227	0.076	0.132
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 teaspoon
Measure 3: 1 package

NDB No. 18376 Bread crumbs, dry, grated, seasoned

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 120g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	5.60		1	6.72	1.59	
Energy	kcal	367		0	440	104	
Energy	kj	1536		0	1843	435	
Protein (N x 5.95)	g	14.20		1	17.04	4.03	
Total lipid (fat)	g	2.60		1	3.12	0.74	
Carbohydrate, by difference	g	70.40		0	84.48	19.96	
Fiber, total dietary	g	4.2		0	5.0	1.2	
Ash	g	7.20		1	8.64	2.04	
Sugars, total	g						
Minerals:							
Calcium	mg	99		1	119	28	
Iron	mg	3.18		1	3.82	0.90	
Magnesium	mg	38		1	46	11	
Phosphorus	mg	133		1	160	38	
Potassium	mg	270		1	324	77	
Sodium	mg	2650		1	3180	751	
Zinc	mg	0.91		1	1.09	0.26	
Copper	mg	0.158		0	0.190	0.045	
Manganese	mg	0.765		0	0.918	0.217	
Selenium	:g	35.3		0	42.4	10.0	
Vitamins:							
Ascorbic acid	mg	0.4		0	0.5	0.1	
Thiamin	mg	0.160		1	0.192	0.045	
Riboflavin	mg	0.170		1	0.204	0.048	
Niacin	mg	2.730		1	3.276	0.774	
Pantothenic acid	mg	0.289		0	0.347	0.082	
Vitamin B-6	mg	0.148		0	0.178	0.042	
Folate	:g	109		0	131	31	
Vitamin B-12	:g	0.04		0	0.05	0.01	
Vitamin A	IU	13		0	16	4	
Vitamin A, RE	:g	3		0	4	1	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.726		0	0.871	0.206	
4:0	g	0.017		0	0.020	0.005	
6.0	g	0.006		0	0.007	0.002	
8:0	g	0.003		0	0.004	0.001	
10:0	g	0.008		0	0.010	0.002	
12:0	g	0.011		0	0.013	0.003	
14:0	g	0.045		0	0.054	0.013	
15.0	g						
16:0	g	0.402		0	0.482	0.114	
17:0	g						
18:0	g	0.233		0	0.280	0.066	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.966	0	1.159	0.274
14:1	g				
16:1	g	0.010	0	0.012	0.003
18:1	g	0.956	0	1.147	0.271
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.659	0	0.791	0.187
18:2	g	0.617	0	0.740	0.175
18:3	g	0.041	0	0.049	0.012
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	1	0	1	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.171	0	0.205	0.048
Threonine	g	0.424	0	0.509	0.120
Isoleucine	g	0.586	0	0.703	0.166
Leucine	g	1.007	0	1.208	0.285
Lysine	g	0.446	0	0.535	0.126
Methionine	g	0.233	0	0.280	0.066
Cystine	g	0.235	0	0.282	0.067
Phenylalanine	g	0.703	0	0.844	0.199
Tyrosine	g	0.360	0	0.432	0.102
Valine	g	0.723	0	0.868	0.205
Arginine	g	0.603	0	0.724	0.171
Histidine	g	0.318	0	0.382	0.090
Alanine	g	0.497	0	0.596	0.141
Aspartic acid	g	0.767	0	0.920	0.217
Glutamic acid	g	4.290	0	5.148	1.216
Glycine	g	0.539	0	0.647	0.153
Proline	g	1.497	0	1.796	0.424
Serine	g	0.720	0	0.864	0.204
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz

NDB No. 18377 Cookies, oatmeal, prepared from recipe, without raisins

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 15g	Measure 3*
Proximates:							
Water	g	6.20		0	1.76	0.93	
Energy	kcal	447		0	127	67	
Energy	kj	1870		0	530	281	
Protein (N x 5.95)	g	6.80		0	1.93	1.02	
Total lipid (fat)	g	17.90		0	5.07	2.69	
Carbohydrate, by difference	g	66.40		0	18.82	9.96	
Fiber, total dietary	g						
Ash	g	2.40		0	0.68	0.36	
Sugars, total	g						
Minerals:							
Calcium	mg	105		0	30	16	
Iron	mg	2.70		0	0.77	0.41	
Magnesium	mg	43		0	12	6	
Phosphorus	mg	167		0	47	25	
Potassium	mg	182		0	52	27	
Sodium	mg	598		0	170	90	
Zinc	mg	0.93		0	0.26	0.14	
Copper	mg	0.168		0	0.048	0.025	
Manganese	mg	1.061		0	0.301	0.159	
Selenium	:g	17.2		0	4.9	2.6	
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.0	
Thiamin	mg	0.262		0	0.074	0.039	
Riboflavin	mg	0.174		0	0.049	0.026	
Niacin	mg	1.311		0	0.372	0.197	
Pantothenic acid	mg	0.361		0	0.102	0.054	
Vitamin B-6	mg	0.050		0	0.014	0.008	
Folate	:g	33		0	9	5	
Vitamin B-12	:g	0.09		0	0.03	0.01	
Vitamin A	IU	713		0	202	107	
Vitamin A, RE	:g	183		0	52	27	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.581		0	1.015	0.537	
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	0.005		0	0.001	0.001	
14:0	g	0.045		0	0.013	0.007	
15.0	g						
16:0	g	2.291		0	0.649	0.344	
17:0	g						
18:0	g	1.221		0	0.346	0.183	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.669	0	2.174	1.150
14:1	g				
16:1	g	0.028	0	0.008	0.004
18:1	g	7.638	0	2.165	1.146
20:1	g	0.002	0	0.001	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	5.589	0	1.584	0.838
18:2	g	5.333	0	1.512	0.800
18:3	g	0.241	0	0.068	0.036
18:4	g	0.000	0	0.000	0.000
20:4	g	0.012	0	0.003	0.002
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.003	0	0.001	0.000
Cholesterol	mg	36	0	10	5
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.088	0	0.025	0.013
Threonine	g	0.231	0	0.065	0.035
Isoleucine	g	0.280	0	0.079	0.042
Leucine	g	0.510	0	0.145	0.077
Lysine	g	0.276	0	0.078	0.041
Methionine	g	0.137	0	0.039	0.021
Cystine	g	0.153	0	0.043	0.023
Phenylalanine	g	0.351	0	0.100	0.053
Tyrosine	g	0.230	0	0.065	0.035
Valine	g	0.348	0	0.099	0.052
Arginine	g	0.392	0	0.111	0.059
Histidine	g	0.158	0	0.045	0.024
Alanine	g	0.308	0	0.087	0.046
Aspartic acid	g	0.496	0	0.141	0.074
Glutamic acid	g	1.643	0	0.466	0.246
Glycine	g	0.283	0	0.080	0.042
Proline	g	0.497	0	0.141	0.075
Serine	g	0.345	0	0.098	0.052
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 cookie (2-5/8" dia)

NDB No. 18378 Cookies, chocolate chip, prepared from recipe, made with butter

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 16g	Measure 3*
Proximates:							
Water	g	5.70		0	1.62	0.91	
Energy	kcal	488		0	138	78	
Energy	kj	2042		0	579	327	
Protein (N x 5.95)	g	5.70		0	1.62	0.91	
Total lipid (fat)	g	28.40		0	8.05	4.54	
Carbohydrate, by difference	g	58.20		0	16.50	9.31	
Fiber, total dietary	g						
Ash	g	1.50		0	0.43	0.24	
Sugars, total	g						
Minerals:							
Calcium	mg	38		0	11	6	
Iron	mg	2.48		0	0.70	0.40	
Magnesium	mg	55		0	16	9	
Phosphorus	mg	100		0	28	16	
Potassium	mg	221		0	63	35	
Sodium	mg	341		0	97	55	
Zinc	mg	0.94		0	0.27	0.15	
Copper	mg	0.386		0	0.109	0.062	
Manganese	mg	0.663		0	0.188	0.106	
Selenium	:g	11.2		0	3.2	1.8	
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.0	
Thiamin	mg	0.184		0	0.052	0.029	
Riboflavin	mg	0.177		0	0.050	0.028	
Niacin	mg	1.365		0	0.387	0.218	
Pantothenic acid	mg	0.259		0	0.073	0.041	
Vitamin B-6	mg	0.084		0	0.024	0.013	
Folate	:g	33		0	9	5	
Vitamin B-12	:g	0.08		0	0.02	0.01	
Vitamin A	IU	594		0	168	95	
Vitamin A, RE	:g	147		0	42	24	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	14.071		0	3.989	2.251	
4:0	g	0.455		0	0.129	0.073	
6.0	g	0.269		0	0.076	0.043	
8:0	g	0.157		0	0.045	0.025	
10:0	g	0.352		0	0.100	0.056	
12:0	g	0.394		0	0.112	0.063	
14:0	g	1.444		0	0.409	0.231	
15.0	g						
16:0	g	6.373		0	1.807	1.020	
17:0	g						
18:0	g	4.262		0	1.208	0.682	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.241	0	2.336	1.319
14:1	g				
16:1	g	0.352	0	0.100	0.056
18:1	g	7.629	0	2.163	1.221
20:1	g	0.050	0	0.014	0.008
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.541	0	1.287	0.727
18:2	g	3.682	0	1.044	0.589
18:3	g	0.843	0	0.239	0.135
18:4	g				
20:4	g	0.013	0	0.004	0.002
20:5	g	0.000	0	0.000	0.000
22:5	g				
22:6	g	0.003	0	0.001	0.000
Cholesterol	mg	70	0	20	11
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.072	0	0.020	0.012
Threonine	g	0.191	0	0.054	0.031
Isoleucine	g	0.224	0	0.064	0.036
Leucine	g	0.391	0	0.111	0.063
Lysine	g	0.214	0	0.061	0.034
Methionine	g	0.106	0	0.030	0.017
Cystine	g	0.111	0	0.031	0.018
Phenylalanine	g	0.270	0	0.077	0.043
Tyrosine	g	0.188	0	0.053	0.030
Valine	g	0.279	0	0.079	0.045
Arginine	g	0.377	0	0.107	0.060
Histidine	g	0.123	0	0.035	0.020
Alanine	g	0.227	0	0.064	0.036
Aspartic acid	g	0.424	0	0.120	0.068
Glutamic acid	g	1.283	0	0.364	0.205
Glycine	g	0.223	0	0.063	0.036
Proline	g	0.398	0	0.113	0.064
Serine	g	0.297	0	0.084	0.048
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 medium cookie (2-1/4" dia)

NDB No. 18383 Bread, protein, toasted (includes gluten)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 17g	Measure 3*
Proximates:							
Water	g	34.00		0	9.64	5.78	
Energy	kcal	270		0	77	46	
Energy	kj	1130		0	320	192	
Protein (N x 5.95)	g	13.20		0	3.74	2.24	
Total lipid (fat)	g	2.40		0	0.68	0.41	
Carbohydrate, by difference	g	48.10		0	13.64	8.18	
Fiber, total dietary	g	3.3		0	0.9	0.6	
Ash	g	2.10		0	0.60	0.36	
Sugars, total	g						
Minerals:							
Calcium	mg	136		0	39	23	
Iron	mg	4.56		0	1.29	0.78	
Magnesium	mg	56		0	16	10	
Phosphorus	mg	189		0	54	32	
Potassium	mg	346		0	98	59	
Sodium	mg	601		0	170	102	
Zinc	mg	1.17		0	0.33	0.20	
Copper	mg	0.205		0	0.058	0.035	
Manganese	mg	0.803		0	0.228	0.137	
Selenium	:g	36.2		0	10.3	6.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.317		0	0.090	0.054	
Riboflavin	mg	0.389		0	0.110	0.066	
Niacin	mg	4.241		0	1.202	0.721	
Pantothenic acid	mg	0.300		0	0.085	0.051	
Vitamin B-6	mg	0.070		0	0.020	0.012	
Folate	:g	77		0	22	13	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	2		0	1	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.085		0	0.024	0.014	
Lipids:							
Saturated, total	g	0.364		0	0.103	0.062	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.002		0	0.001	0.000	
15.0	g						
16:0	g	0.315		0	0.089	0.054	
17:0	g						
18:0	g	0.023		0	0.007	0.004	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.201	0	0.057	0.034
14:1	g				
16:1	g	0.001	0	0.000	0.000
18:1	g	0.200	0	0.057	0.034
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.109	0	0.314	0.189
18:2	g	1.044	0	0.296	0.177
18:3	g	0.065	0	0.018	0.011
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.163	0	0.046	0.028
Threonine	g	0.402	0	0.114	0.068
Isoleucine	g	0.518	0	0.147	0.088
Leucine	g	0.943	0	0.267	0.160
Lysine	g	0.409	0	0.116	0.070
Methionine	g	0.218	0	0.062	0.037
Cystine	g	0.272	0	0.077	0.046
Phenylalanine	g	0.655	0	0.186	0.111
Tyrosine	g	0.397	0	0.113	0.067
Valine	g	0.569	0	0.161	0.097
Arginine	g	0.602	0	0.171	0.102
Histidine	g	0.297	0	0.084	0.050
Alanine	g	0.455	0	0.129	0.077
Aspartic acid	g	0.806	0	0.229	0.137
Glutamic acid	g	4.054	0	1.149	0.689
Glycine	g	0.488	0	0.138	0.083
Proline	g	1.343	0	0.381	0.228
Serine	g	0.664	0	0.188	0.113
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18384 Bread, rice bran, toasted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 25g	Measure 3*
Proximates:							
Water	g	35.90		0	10.18	8.97	
Energy	kcal	264		0	75	66	
Energy	kj	1105		0	313	276	
Protein (N x 5.95)	g	9.70		0	2.75	2.42	
Total lipid (fat)	g	5.00		0	1.42	1.25	
Carbohydrate, by difference	g	47.30		0	13.41	11.82	
Fiber, total dietary	g	5.3		0	1.5	1.3	
Ash	g	2.20		0	0.62	0.55	
Sugars, total	g						
Minerals:							
Calcium	mg	75		0	21	19	
Iron	mg	3.92		0	1.11	0.98	
Magnesium	mg	76		0	22	19	
Phosphorus	mg	174		0	49	44	
Potassium	mg	212		0	60	53	
Sodium	mg	478		0	136	120	
Zinc	mg	1.38		0	0.39	0.35	
Copper	mg	0.182		0	0.052	0.046	
Manganese	mg	1.521		0	0.431	0.380	
Selenium	：g	31.2		0	8.8	7.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.568		0	0.161	0.142	
Riboflavin	mg	0.293		0	0.083	0.073	
Niacin	mg	6.662		0	1.889	1.666	
Pantothenic acid	mg	0.260		0	0.074	0.065	
Vitamin B-6	mg	0.208		0	0.059	0.052	
Folate	：g	55		0	16	14	
Vitamin B-12	：g	0.00		0	0.00	0.00	
Vitamin A	IU	2		0	1	1	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.779		0	0.221	0.195	
Lipids:							
Saturated, total	g	0.771		0	0.219	0.193	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.006		0	0.002	0.002	
15.0	g						
16:0	g	0.576		0	0.163	0.144	
17:0	g						
18:0	g	0.179		0	0.051	0.045	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.798	0	0.510	0.450
14:1	g				
16:1	g	0.036	0	0.010	0.009
18:1	g	1.762	0	0.500	0.440
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.913	0	0.542	0.478
18:2	g	1.797	0	0.509	0.449
18:3	g	0.115	0	0.033	0.029
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.116	0	0.033	0.029
Threonine	g	0.292	0	0.083	0.073
Isoleucine	g	0.377	0	0.107	0.094
Leucine	g	0.679	0	0.192	0.170
Lysine	g	0.282	0	0.080	0.070
Methionine	g	0.169	0	0.048	0.042
Cystine	g	0.206	0	0.058	0.052
Phenylalanine	g	0.478	0	0.136	0.120
Tyrosine	g	0.295	0	0.084	0.074
Valine	g	0.437	0	0.124	0.109
Arginine	g	0.412	0	0.117	0.103
Histidine	g	0.215	0	0.061	0.054
Alanine	g	0.357	0	0.101	0.089
Aspartic acid	g	0.504	0	0.143	0.126
Glutamic acid	g	2.938	0	0.833	0.735
Glycine	g	0.374	0	0.106	0.094
Proline	g	0.989	0	0.280	0.247
Serine	g	0.471	0	0.134	0.118
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18385 Bread, wheat germ, toasted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 25g	Measure 3*
Proximates:							
Water	g	29.30		0	8.31	7.33	
Energy	kcal	293		0	83	73	
Energy	kj	1226		0	348	307	
Protein (N x 5.95)	g	10.70		0	3.03	2.67	
Total lipid (fat)	g	3.30		0	0.94	0.83	
Carbohydrate, by difference	g	54.30		0	15.39	13.57	
Fiber, total dietary	g	2.3		0	0.7	0.6	
Ash	g	2.40		0	0.68	0.60	
Sugars, total	g						
Minerals:							
Calcium	mg	100		0	28	25	
Iron	mg	3.88		0	1.10	0.97	
Magnesium	mg	38		0	11	10	
Phosphorus	mg	175		0	50	44	
Potassium	mg	285		0	81	71	
Sodium	mg	621		0	176	155	
Zinc	mg	1.46		0	0.41	0.37	
Copper	mg	0.202		0	0.057	0.051	
Manganese	mg	1.259		0	0.357	0.315	
Selenium	:g	30.5		0	8.6	7.6	
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	0.1	
Thiamin	mg	0.332		0	0.094	0.083	
Riboflavin	mg	0.379		0	0.107	0.095	
Niacin	mg	4.548		0	1.289	1.137	
Pantothenic acid	mg	0.340		0	0.096	0.085	
Vitamin B-6	mg	0.096		0	0.027	0.024	
Folate	:g	80		0	23	20	
Vitamin B-12	:g	0.07		0	0.02	0.02	
Vitamin A	IU	1		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.978		0	0.277	0.245	
Lipids:							
Saturated, total	g	0.738		0	0.209	0.185	
4:0	g	0.001		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.014		0	0.004	0.004	
15.0	g						
16:0	g	0.436		0	0.124	0.109	
17:0	g						
18:0	g	0.286		0	0.081	0.071	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.432	0	0.406	0.358
14:1	g				
16:1	g	0.010	0	0.003	0.003
18:1	g	1.422	0	0.403	0.356
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.751	0	0.213	0.188
18:2	g	0.700	0	0.198	0.175
18:3	g	0.051	0	0.014	0.013
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	1	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.128	0	0.036	0.032
Threonine	g	0.339	0	0.096	0.085
Isoleucine	g	0.433	0	0.123	0.108
Leucine	g	0.770	0	0.218	0.193
Lysine	g	0.367	0	0.104	0.092
Methionine	g	0.191	0	0.054	0.048
Cystine	g	0.211	0	0.060	0.053
Phenylalanine	g	0.515	0	0.146	0.129
Tyrosine	g	0.330	0	0.094	0.083
Valine	g	0.493	0	0.140	0.123
Arginine	g	0.446	0	0.126	0.112
Histidine	g	0.243	0	0.069	0.061
Alanine	g	0.385	0	0.109	0.096
Aspartic acid	g	0.591	0	0.168	0.148
Glutamic acid	g	3.195	0	0.906	0.799
Glycine	g	0.389	0	0.110	0.097
Proline	g	1.091	0	0.309	0.273
Serine	g	0.526	0	0.149	0.132
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18386 Muffins, blueberry, toaster-type, toasted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	26.40		0	7.48	8.18	
Energy	kcal	333		0	94	103	
Energy	kj	1393		0	395	432	
Protein (N x 5.95)	g	4.90		0	1.39	1.52	
Total lipid (fat)	g	10.10		0	2.86	3.13	
Carbohydrate, by difference	g	56.70		0	16.07	17.58	
Fiber, total dietary	g	1.9		0	0.5	0.6	
Ash	g	1.90		0	0.54	0.59	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	4	4	
Iron	mg	0.54		0	0.15	0.17	
Magnesium	mg	15		0	4	5	
Phosphorus	mg	192		0	54	60	
Potassium	mg	88		0	25	27	
Sodium	mg	509		0	144	158	
Zinc	mg	0.48		0	0.14	0.15	
Copper	mg	0.100		0	0.028	0.031	
Manganese	mg	0.470		0	0.133	0.146	
Selenium	:g	18.7		0	5.3	5.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.204		0	0.058	0.063	
Riboflavin	mg	0.278		0	0.079	0.086	
Niacin	mg	1.934		0	0.548	0.600	
Pantothenic acid	mg	0.205		0	0.058	0.064	
Vitamin B-6	mg	0.028		0	0.008	0.009	
Folate	:g	47		0	13	15	
Vitamin B-12	:g	0.01		0	0.00	0.00	
Vitamin A	IU	304		0	86	94	
Vitamin A, RE	:g	64		0	18	20	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.762		0	0.216	0.236	
Lipids:							
Saturated, total	g	1.551		0	0.440	0.481	
4:0	g	0.001		0	0.000	0.000	
6.0	g	0.001		0	0.000	0.000	
8:0	g	0.001		0	0.000	0.000	
10:0	g	0.001		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.015		0	0.004	0.005	
15.0	g						
16:0	g	1.135		0	0.322	0.352	
17:0	g						
18:0	g	0.397		0	0.113	0.123	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.371	0	0.672	0.735
14:1	g				
16:1	g	0.037	0	0.010	0.011
18:1	g	2.314	0	0.656	0.717
20:1	g	0.019	0	0.005	0.006
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	5.477	0	1.553	1.698
18:2	g	4.839	0	1.372	1.500
18:3	g	0.627	0	0.178	0.194
18:4	g	0.000	0	0.000	0.000
20:4	g	0.009	0	0.003	0.003
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.002	0	0.001	0.001
Cholesterol	mg	5	0	1	2
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.066	0	0.019	0.020
Threonine	g	0.192	0	0.054	0.060
Isoleucine	g	0.218	0	0.062	0.068
Leucine	g	0.375	0	0.106	0.116
Lysine	g	0.276	0	0.078	0.086
Methionine	g	0.071	0	0.020	0.022
Cystine	g	0.080	0	0.023	0.025
Phenylalanine	g	0.242	0	0.069	0.075
Tyrosine	g	0.172	0	0.049	0.053
Valine	g	0.231	0	0.065	0.072
Arginine	g	0.324	0	0.092	0.100
Histidine	g	0.122	0	0.035	0.038
Alanine	g	0.208	0	0.059	0.064
Aspartic acid	g	0.510	0	0.145	0.158
Glutamic acid	g	1.029	0	0.292	0.319
Glycine	g	0.204	0	0.058	0.063
Proline	g	0.326	0	0.092	0.101
Serine	g	0.267	0	0.076	0.083
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 toaster muffin

NDB No. 18388 Muffins, wheat bran, toaster-type with raisins, toasted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 34g	Measure 3*
Proximates:							
Water	g	27.00		0	7.65	9.18	
Energy	kcal	313		0	89	106	
Energy	kj	1310		0	371	445	
Protein (N x 5.95)	g	5.50		0	1.56	1.87	
Total lipid (fat)	g	9.40		0	2.66	3.20	
Carbohydrate, by difference	g	55.50		0	15.73	18.87	
Fiber, total dietary	g	8.2		0	2.3	2.8	
Ash	g	2.60		0	0.74	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	39		0	11	13	
Iron	mg	2.83		0	0.80	0.96	
Magnesium	mg	21		0	6	7	
Phosphorus	mg	284		0	81	97	
Potassium	mg	177		0	50	60	
Sodium	mg	527		0	149	179	
Zinc	mg	0.44		0	0.12	0.15	
Copper	mg	0.120		0	0.034	0.041	
Manganese	mg	0.433		0	0.123	0.147	
Selenium	:g	20.3		0	5.8	6.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.204		0	0.058	0.069	
Riboflavin	mg	0.287		0	0.081	0.098	
Niacin	mg	2.317		0	0.657	0.788	
Pantothenic acid	mg	0.180		0	0.051	0.061	
Vitamin B-6	mg	0.056		0	0.016	0.019	
Folate	:g	22		0	6	7	
Vitamin B-12	:g	0.02		0	0.01	0.01	
Vitamin A	IU	170		0	48	58	
Vitamin A, RE	:g	48		0	14	16	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.229		0	0.348	0.418	
Lipids:							
Saturated, total	g	1.500		0	0.425	0.510	
4:0	g	0.001		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.001		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.014		0	0.004	0.005	
15.0	g						
16:0	g	1.110		0	0.315	0.377	
17:0	g						
18:0	g	0.372		0	0.105	0.126	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.221	0	0.630	0.755
14:1	g				
16:1	g	0.044	0	0.012	0.015
18:1	g	2.158	0	0.612	0.734
20:1	g	0.018	0	0.005	0.006
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.918	0	1.394	1.672
18:2	g	4.350	0	1.233	1.479
18:3	g	0.551	0	0.156	0.187
18:4	g	0.000	0	0.000	0.000
20:4	g	0.013	0	0.004	0.004
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.003	0	0.001	0.001
Cholesterol	mg	9	0	3	3
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.074	0	0.021	0.025
Threonine	g	0.197	0	0.056	0.067
Isoleucine	g	0.219	0	0.062	0.074
Leucine	g	0.394	0	0.112	0.134
Lysine	g	0.250	0	0.071	0.085
Methionine	g	0.094	0	0.027	0.032
Cystine	g	0.106	0	0.030	0.036
Phenylalanine	g	0.263	0	0.075	0.089
Tyrosine	g	0.179	0	0.051	0.061
Valine	g	0.251	0	0.071	0.085
Arginine	g	0.325	0	0.092	0.111
Histidine	g	0.135	0	0.038	0.046
Alanine	g	0.230	0	0.065	0.078
Aspartic acid	g	0.460	0	0.130	0.156
Glutamic acid	g	1.277	0	0.362	0.434
Glycine	g	0.225	0	0.064	0.077
Proline	g	0.412	0	0.117	0.140
Serine	g	0.293	0	0.083	0.100
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 toaster muffin

NDB No. 18390 Pancakes, buttermilk, prepared from recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 38g	Measure 3* 77g
Proximates:							
Water	g	52.50		0	14.88	19.95	40.42
Energy	kcal	227		0	64	86	175
Energy	kj	950		0	269	361	732
Protein (N x 5.95)	g	6.80		0	1.93	2.58	5.24
Total lipid (fat)	g	9.30		0	2.64	3.53	7.16
Carbohydrate, by difference	g	28.70		0	8.14	10.91	22.10
Fiber, total dietary	g						
Ash	g	2.20		0	0.62	0.84	1.69
Sugars, total	g						
Minerals:							
Calcium	mg	157		0	45	60	121
Iron	mg	1.70		0	0.48	0.65	1.31
Magnesium	mg	15		0	4	6	12
Phosphorus	mg	139		0	39	53	107
Potassium	mg	145		0	41	55	112
Sodium	mg	522		0	148	198	402
Zinc	mg	0.62		0	0.18	0.24	0.48
Copper	mg	0.052		0	0.015	0.020	0.040
Manganese	mg	0.203		0	0.058	0.077	0.156
Selenium	:g	15.1		0	4.3	5.7	11.6
Vitamins:							
Ascorbic acid	mg	0.4		0	0.1	0.2	0.3
Thiamin	mg	0.204		0	0.058	0.078	0.157
Riboflavin	mg	0.292		0	0.083	0.111	0.225
Niacin	mg	1.577		0	0.447	0.599	1.214
Pantothenic acid	mg	0.408		0	0.116	0.155	0.314
Vitamin B-6	mg	0.045		0	0.013	0.017	0.035
Folate	:g	38		0	11	14	29
Vitamin B-12	:g	0.18		0	0.05	0.07	0.14
Vitamin A	IU	105		0	30	40	81
Vitamin A, RE	:g	30		0	9	11	23
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.832		0	0.519	0.696	1.411
4:0	g	0.019		0	0.005	0.007	0.015
6.0	g	0.011		0	0.003	0.004	0.008
8:0	g	0.007		0	0.002	0.003	0.005
10:0	g	0.015		0	0.004	0.006	0.012
12:0	g	0.017		0	0.005	0.006	0.013
14:0	g	0.069		0	0.020	0.026	0.053
15.0	g						
16:0	g	1.228		0	0.348	0.467	0.946
17:0	g						
18:0	g	0.448		0	0.127	0.170	0.345
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.361	0	0.669	0.897	1.818
14:1	g					
16:1	g	0.067	0	0.019	0.025	0.052
18:1	g	2.268	0	0.643	0.862	1.746
20:1	g	0.018	0	0.005	0.007	0.014
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	4.486	0	1.272	1.705	3.454
18:2	g	3.953	0	1.121	1.502	3.044
18:3	g	0.509	0	0.144	0.193	0.392
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.019	0	0.005	0.007	0.015
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	0.005	0	0.001	0.002	0.004
Cholesterol	mg	58	0	16	22	45
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.082	0	0.023	0.031	0.063
Threonine	g	0.254	0	0.072	0.097	0.196
Isoleucine	g	0.316	0	0.090	0.120	0.243
Leucine	g	0.545	0	0.155	0.207	0.420
Lysine	g	0.349	0	0.099	0.133	0.269
Methionine	g	0.154	0	0.044	0.059	0.119
Cystine	g	0.120	0	0.034	0.046	0.092
Phenylalanine	g	0.339	0	0.096	0.129	0.261
Tyrosine	g	0.248	0	0.070	0.094	0.191
Valine	g	0.362	0	0.103	0.138	0.279
Arginine	g	0.294	0	0.083	0.112	0.226
Histidine	g	0.162	0	0.046	0.062	0.125
Alanine	g	0.258	0	0.073	0.098	0.199
Aspartic acid	g	0.448	0	0.127	0.170	0.345
Glutamic acid	g	1.627	0	0.461	0.618	1.253
Glycine	g	0.206	0	0.058	0.078	0.159
Proline	g	0.611	0	0.173	0.232	0.470
Serine	g	0.379	0	0.107	0.144	0.292
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 pancake (4" dia)
Measure 3: 1 pancake (6" dia)

NDB No. 18396 Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 43g	Measure 3* 35g
Proximates:							
Water	g	29.10		0	8.25	12.51	10.19
Energy	kcal	316		0	90	136	111
Energy	kj	1322		0	375	568	463
Protein (N x 5.95)	g	8.50		0	2.41	3.65	2.98
Total lipid (fat)	g	7.30		0	2.07	3.14	2.56
Carbohydrate, by difference	g	53.40		0	15.14	22.96	18.69
Fiber, total dietary	g	1.9		0	0.5	0.8	0.7
Ash	g	1.70		0	0.48	0.73	0.60
Sugars, total	g						
Minerals:							
Calcium	mg	60		0	17	26	21
Iron	mg	2.96		0	0.84	1.27	1.04
Magnesium	mg	19		0	5	8	7
Phosphorus	mg	126		0	36	54	44
Potassium	mg	152		0	43	65	53
Sodium	mg	415		0	118	178	145
Zinc	mg	0.70		0	0.20	0.30	0.25
Copper	mg	0.114		0	0.032	0.049	0.040
Manganese	mg	0.401		0	0.114	0.172	0.140
Selenium	:g	22.8		0	6.5	9.8	8.0
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.1	0.1
Thiamin	mg	0.393		0	0.111	0.169	0.138
Riboflavin	mg	0.408		0	0.116	0.175	0.143
Niacin	mg	3.448		0	0.978	1.483	1.207
Pantothenic acid	mg	0.450		0	0.128	0.194	0.158
Vitamin B-6	mg	0.060		0	0.017	0.026	0.021
Folate	:g	90		0	26	39	32
Vitamin B-12	:g	0.14		0	0.04	0.06	0.05
Vitamin A	IU	338		0	96	145	118
Vitamin A, RE	:g	90		0	26	39	32
Vitamin D	IU						
Vitamin E, "-TE	mg	0.968		0	0.274	0.416	0.339
Lipids:							
Saturated, total	g	1.795		0	0.509	0.772	0.628
4:0	g	0.024		0	0.007	0.010	0.008
6.0	g	0.014		0	0.004	0.006	0.005
8:0	g	0.008		0	0.002	0.003	0.003
10:0	g	0.019		0	0.005	0.008	0.007
12:0	g	0.021		0	0.006	0.009	0.007
14:0	g	0.089		0	0.025	0.038	0.031
15.0	g						
16:0	g	1.078		0	0.306	0.464	0.377
17:0	g						
18:0	g	0.535		0	0.152	0.230	0.187
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.881	0	0.817	1.239	1.008
14:1	g					
16:1	g	0.054	0	0.015	0.023	0.019
18:1	g	2.823	0	0.800	1.214	0.988
20:1	g	0.002	0	0.001	0.001	0.001
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.006	0	0.569	0.863	0.702
18:2	g	1.896	0	0.538	0.815	0.664
18:3	g	0.097	0	0.027	0.042	0.034
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.011	0	0.003	0.005	0.004
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	0.003	0	0.001	0.001	0.001
Cholesterol	mg	35	0	10	15	12
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.106	0	0.030	0.046	0.037
Threonine	g	0.282	0	0.080	0.121	0.099
Isoleucine	g	0.353	0	0.100	0.152	0.124
Leucine	g	0.639	0	0.181	0.275	0.224
Lysine	g	0.330	0	0.094	0.142	0.116
Methionine	g	0.173	0	0.049	0.074	0.061
Cystine	g	0.164	0	0.046	0.071	0.057
Phenylalanine	g	0.426	0	0.121	0.183	0.149
Tyrosine	g	0.293	0	0.083	0.126	0.103
Valine	g	0.402	0	0.114	0.173	0.141
Arginine	g	0.362	0	0.103	0.156	0.127
Histidine	g	0.198	0	0.056	0.085	0.069
Alanine	g	0.311	0	0.088	0.134	0.109
Aspartic acid	g	0.478	0	0.136	0.206	0.167
Glutamic acid	g	2.425	0	0.687	1.043	0.849
Glycine	g	0.290	0	0.082	0.125	0.101
Proline	g	0.857	0	0.243	0.369	0.300
Serine	g	0.452	0	0.128	0.194	0.158
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 large roll or bun (3-1/2" dia)
Measure 3: 1 roll, (2-1/2" dia)

NDB No. 18398 Pie crust, cookie-type, prepared from recipe, chocolate wafer, chilled

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 223g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	7.30		0	16.28	2.04	
Energy	kcal	506		0	1128	142	
Energy	kj	2117		0	4721	593	
Protein (N x 5.95)	g	5.10		0	11.37	1.43	
Total lipid (fat)	g	31.10		0	69.35	8.71	
Carbohydrate, by difference	g	54.40		0	121.31	15.23	
Fiber, total dietary	g	1.5		0	3.3	0.4	
Ash	g	2.00		0	4.46	0.56	
Sugars, total	g						
Minerals:							
Calcium	mg	30		0	67	8	
Iron	mg	3.00		0	6.69	0.84	
Magnesium	mg	40		0	89	11	
Phosphorus	mg	105		0	234	29	
Potassium	mg	168		0	375	47	
Sodium	mg	672		0	1499	188	
Zinc	mg	0.82		0	1.83	0.23	
Copper	mg	0.346		0	0.772	0.097	
Manganese	mg	0.519		0	1.157	0.145	
Selenium	:g	4.3		0	9.6	1.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.154		0	0.343	0.043	
Riboflavin	mg	0.208		0	0.464	0.058	
Niacin	mg	2.138		0	4.768	0.599	
Pantothenic acid	mg	0.275		0	0.613	0.077	
Vitamin B-6	mg	0.002		0	0.004	0.001	
Folate	:g	53		0	118	15	
Vitamin B-12	:g	0.02		0	0.04	0.01	
Vitamin A	IU	839		0	1871	235	
Vitamin A, RE	:g	219		0	488	61	
Vitamin D	IU						
Vitamin E, "-TE	mg	5.166		0	11.520	1.446	
Lipids:							
Saturated, total	g	6.732		0	15.012	1.885	
4:0	g	0.001		0	0.002	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.001		0	0.002	0.000	
12:0	g	0.001		0	0.002	0.000	
14:0	g	0.056		0	0.125	0.016	
15.0	g						
16:0	g	3.835		0	8.552	1.074	
17:0	g						
18:0	g	2.789		0	6.219	0.781	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.729	0	32.846	4.124
14:1	g				
16:1	g	0.018	0	0.040	0.005
18:1	g	14.711	0	32.806	4.119
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	7.713	0	17.200	2.160
18:2	g	7.407	0	16.518	2.074
18:3	g	0.304	0	0.678	0.085
18:4	g	0.000	0	0.000	0.000
20:4	g	0.002	0	0.004	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.001	0	0.002	0.000
Cholesterol	mg	1	0	2	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.075	0	0.167	0.021
Threonine	g	0.174	0	0.388	0.049
Isoleucine	g	0.208	0	0.464	0.058
Leucine	g	0.355	0	0.792	0.099
Lysine	g	0.227	0	0.506	0.064
Methionine	g	0.084	0	0.187	0.024
Cystine	g	0.097	0	0.216	0.027
Phenylalanine	g	0.240	0	0.535	0.067
Tyrosine	g	0.163	0	0.363	0.046
Valine	g	0.256	0	0.571	0.072
Arginine	g	0.221	0	0.493	0.062
Histidine	g	0.101	0	0.225	0.028
Alanine	g	0.185	0	0.413	0.052
Aspartic acid	g	0.320	0	0.714	0.090
Glutamic acid	g	1.353	0	3.017	0.379
Glycine	g	0.181	0	0.404	0.051
Proline	g	0.452	0	1.008	0.127
Serine	g	0.262	0	0.584	0.073
Other:					
Caffeine	mg	5	0	11	1
Theobromine	mg	166	0	370	46
Alcohol	g				

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

*** Common Measures:**

Measure 1: Single 9" crust
Measure 2: 1/8 of 9 in crust

NDB No. 18399 Pie crust, cookie-type, prepared from recipe, graham cracker, chilled

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 30g	Measure 3*
Proximates:							
Water	g	6.10		0	14.88	1.83	
Energy	kcal	484		0	1181	145	
Energy	kj	2025		0	4941	608	
Protein (N x 5.95)	g	4.10		0	10.00	1.23	
Total lipid (fat)	g	24.40		0	59.54	7.32	
Carbohydrate, by difference	g	63.90		0	155.92	19.17	
Fiber, total dietary	g	1.5		0	3.7	0.5	
Ash	g	1.50		0	3.66	0.45	
Sugars, total	g						
Minerals:							
Calcium	mg	20		0	49	6	
Iron	mg	2.12		0	5.17	0.64	
Magnesium	mg	18		0	44	5	
Phosphorus	mg	64		0	156	19	
Potassium	mg	86		0	210	26	
Sodium	mg	560		0	1366	168	
Zinc	mg	0.46		0	1.12	0.14	
Copper	mg	0.122		0	0.298	0.037	
Manganese	mg	0.453		0	1.105	0.136	
Selenium	‡g	5.9		0	14.4	1.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.102		0	0.249	0.031	
Riboflavin	mg	0.172		0	0.420	0.052	
Niacin	mg	2.091		0	5.102	0.627	
Pantothenic acid	mg	0.216		0	0.527	0.065	
Vitamin B-6	mg	0.035		0	0.085	0.011	
Folate	‡g	34		0	83	10	
Vitamin B-12	‡g	0.02		0	0.05	0.01	
Vitamin A	IU	769		0	1876	231	
Vitamin A, RE	‡g	198		0	483	59	
Vitamin D	IU						
Vitamin E, "-TE	mg	4.050		0	9.882	1.215	
Lipids:							
Saturated, total	g	5.092		0	12.424	1.528	
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	0.003		0	0.007	0.001	
12:0	g	0.003		0	0.007	0.001	
14:0	g	0.073		0	0.178	0.022	
15.0	g						
16:0	g	3.094		0	7.549	0.928	
17:0	g						
18:0	g	1.903		0	4.643	0.571	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.142	0	27.186	3.343
14:1	g				
16:1	g	0.049	0	0.120	0.015
18:1	g	11.094	0	27.069	3.328
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	6.769	0	16.516	2.031
18:2	g	6.475	0	15.799	1.942
18:3	g	0.294	0	0.717	0.088
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.054	0	0.132	0.016
Threonine	g	0.117	0	0.285	0.035
Isoleucine	g	0.149	0	0.364	0.045
Leucine	g	0.287	0	0.700	0.086
Lysine	g	0.107	0	0.261	0.032
Methionine	g	0.072	0	0.176	0.022
Cystine	g	0.086	0	0.210	0.026
Phenylalanine	g	0.203	0	0.495	0.061
Tyrosine	g	0.127	0	0.310	0.038
Valine	g	0.174	0	0.425	0.052
Arginine	g	0.171	0	0.417	0.051
Histidine	g	0.092	0	0.224	0.028
Alanine	g	0.135	0	0.329	0.041
Aspartic acid	g	0.189	0	0.461	0.057
Glutamic acid	g	1.335	0	3.257	0.401
Glycine	g	0.148	0	0.361	0.044
Proline	g	0.460	0	1.122	0.138
Serine	g	0.202	0	0.493	0.061
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: Single 9" crust
Measure 2: 1/8 of 9 in crust

NDB No. 18400 Crackers, matzo, egg and onion

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	7.20	1.578	3	2.04	1.02	
Energy	kcal	391		0	111	55	
Energy	kj	1636		0	464	232	
Protein (N x 5.95)	g	10.00	0.425	3	2.84	1.42	
Total lipid (fat)	g	3.90	0.203	4	1.11	0.55	
Carbohydrate, by difference	g	77.10		0	21.86	10.93	
Fiber, total dietary	g	5.0		0	1.4	0.7	
Ash	g	1.80	0.045	4	0.51	0.26	
Sugars, total	g						
Minerals:							
Calcium	mg	36	1.831	2	10	5	
Iron	mg	4.37	0.383	3	1.24	0.62	
Magnesium	mg	30	1.563	2	9	4	
Phosphorus	mg	89	3.153	2	25	13	
Potassium	mg	83	4.157	2	24	12	
Sodium	mg	285	0.935	2	81	40	
Zinc	mg	0.73	0.028	2	0.21	0.10	
Copper	mg	0.080	0.007	2	0.023	0.011	
Manganese	mg	0.820	0.042	2	0.232	0.116	
Selenium	:g	36.5		0	10.3	5.2	
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.0	
Thiamin	mg	0.558	0.012	9	0.158	0.079	
Riboflavin	mg	0.437	0.012	9	0.124	0.062	
Niacin	mg	4.891	0.173	9	1.387	0.693	
Pantothenic acid	mg	0.577	0.013	8	0.164	0.082	
Vitamin B-6	mg	0.111	0.001	8	0.031	0.016	
Folate	:g	158		0	45	22	
Vitamin B-12	:g	0.22	0.018	8	0.06	0.03	
Vitamin A	IU	24		0	7	3	
Vitamin A, RE	:g	7		0	2	1	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.936		0	0.265	0.133	
4:0	g						
6.0	g						
8:0	g	0.001		0	0.000	0.000	
10:0	g	0.001		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.008		0	0.002	0.001	
15.0	g						
16:0	g	0.742		0	0.210	0.105	
17:0	g						
18:0	g	0.184		0	0.052	0.026	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.987	0	0.280	0.140
14:1	g				
16:1	g	0.066	0	0.019	0.009
18:1	g	0.914	0	0.259	0.130
20:1	g	0.006	0	0.002	0.001
22.1	g	0.001	0	0.000	0.000
Polyunsaturated, total	g	1.001	0	0.284	0.142
18:2	g	0.916	0	0.260	0.130
18:3	g	0.045	0	0.013	0.006
18:4	g				
20:4	g	0.031	0	0.009	0.004
20:5	g	0.001	0	0.000	0.000
22:5	g				
22:6	g	0.008	0	0.002	0.001
Cholesterol	mg	45	0	13	6
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.123	0	0.035	0.017
Threonine	g	0.297	0	0.084	0.042
Isoleucine	g	0.370	0	0.105	0.052
Leucine	g	0.702	0	0.199	0.100
Lysine	g	0.282	0	0.080	0.040
Methionine	g	0.190	0	0.054	0.027
Cystine	g	0.213	0	0.060	0.030
Phenylalanine	g	0.501	0	0.142	0.071
Tyrosine	g	0.315	0	0.089	0.045
Valine	g	0.425	0	0.120	0.060
Arginine	g	0.434	0	0.123	0.062
Histidine	g	0.223	0	0.063	0.032
Alanine	g	0.348	0	0.099	0.049
Aspartic acid	g	0.493	0	0.140	0.070
Glutamic acid	g	3.087	0	0.875	0.438
Glycine	g	0.358	0	0.101	0.051
Proline	g	1.055	0	0.299	0.150
Serine	g	0.526	0	0.149	0.075
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

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

NDB No. 18401 Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 129g	Measure 2* 176g	Measure 3* 22g
Proximates:							
Water	g	8.50		0	10.96	14.96	1.87
Energy	kcal	531		0	685	935	117
Energy	kj	2222		0	2866	3911	489
Protein (N x 5.95)	g	3.70		0	4.77	6.51	0.81
Total lipid (fat)	g	36.20		0	46.70	63.71	7.96
Carbohydrate, by difference	g	50.20		0	64.76	88.35	11.04
Fiber, total dietary	g	0.1		0	0.1	0.2	0.0
Ash	g	1.40		0	1.81	2.46	0.31
Sugars, total	g						
Minerals:							
Calcium	mg	42		0	54	74	9
Iron	mg	1.63		0	2.10	2.87	0.36
Magnesium	mg	10		0	13	18	2
Phosphorus	mg	78		0	101	137	17
Potassium	mg	79		0	102	139	17
Sodium	mg	515		0	664	906	113
Zinc	mg	0.24		0	0.31	0.42	0.05
Copper	mg	0.068		0	0.088	0.120	0.015
Manganese	mg	0.178		0	0.230	0.313	0.039
Selenium	:g	7.7		0	9.9	13.6	1.7
Vitamins:							
Ascorbic acid	mg	0.1		0	0.1	0.2	0.0
Thiamin	mg	0.189		0	0.244	0.333	0.042
Riboflavin	mg	0.229		0	0.295	0.403	0.050
Niacin	mg	2.113		0	2.726	3.719	0.465
Pantothenic acid	mg	0.305		0	0.393	0.537	0.067
Vitamin B-6	mg	0.052		0	0.067	0.092	0.011
Folate	:g	49		0	63	86	11
Vitamin B-12	:g	0.09		0	0.12	0.16	0.02
Vitamin A	IU	1105		0	1425	1945	243
Vitamin A, RE	:g	285		0	368	502	63
Vitamin D	IU						
Vitamin E, "-TE	mg	5.040		0	6.502	8.870	1.109
Lipids:							
Saturated, total	g	7.434		0	9.590	13.084	1.635
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	0.102		0	0.132	0.180	0.022
15.0	g						
16:0	g	4.453		0	5.744	7.837	0.980
17:0	g						
18:0	g	2.878		0	3.713	5.065	0.633
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.647	0	20.185	27.539	3.442
14:1	g					
16:1	g	0.001	0	0.001	0.002	0.000
18:1	g	15.646	0	20.183	27.537	3.442
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	10.682	0	13.780	18.800	2.350
18:2	g	10.175	0	13.126	17.908	2.239
18:3	g	0.508	0	0.655	0.894	0.112
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	39	0	50	69	9
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.050	0	0.065	0.088	0.011
Threonine	g	0.127	0	0.164	0.224	0.028
Isoleucine	g	0.161	0	0.208	0.283	0.035
Leucine	g	0.274	0	0.353	0.482	0.060
Lysine	g	0.178	0	0.230	0.313	0.039
Methionine	g	0.078	0	0.101	0.137	0.017
Cystine	g	0.077	0	0.099	0.136	0.017
Phenylalanine	g	0.178	0	0.230	0.313	0.039
Tyrosine	g	0.122	0	0.157	0.215	0.027
Valine	g	0.184	0	0.237	0.324	0.040
Arginine	g	0.160	0	0.206	0.282	0.035
Histidine	g	0.079	0	0.102	0.139	0.017
Alanine	g	0.137	0	0.177	0.241	0.030
Aspartic acid	g	0.222	0	0.286	0.391	0.049
Glutamic acid	g	0.963	0	1.242	1.695	0.212
Glycine	g	0.119	0	0.154	0.209	0.026
Proline	g	0.328	0	0.423	0.577	0.072
Serine	g	0.213	0	0.275	0.375	0.047
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: Single 9" crust
Measure 3: 1/8 of 9 in crust

NDB No. 18402 Pie crust, standard-type, prepared from recipe, unbaked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 194g	Measure 2* 24g	Measure 3*
Proximates:							
Water	g	19.70		0	38.22	4.73	
Energy	kcal	469		0	910	113	
Energy	kj	1962		0	3806	471	
Protein (N x 5.95)	g	5.70		0	11.06	1.37	
Total lipid (fat)	g	30.80		0	59.75	7.39	
Carbohydrate, by difference	g	42.30		0	82.06	10.15	
Fiber, total dietary	g	3.4		0	6.6	0.8	
Ash	g	1.50		0	2.91	0.36	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	17	2	
Iron	mg	2.57		0	4.99	0.62	
Magnesium	mg	12		0	23	3	
Phosphorus	mg	60		0	116	14	
Potassium	mg	59		0	114	14	
Sodium	mg	482		0	935	116	
Zinc	mg	0.39		0	0.76	0.09	
Copper	mg	0.081		0	0.157	0.019	
Manganese	mg	0.383		0	0.743	0.092	
Selenium	：g	18.8		0	36.5	4.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.348		0	0.675	0.084	
Riboflavin	mg	0.246		0	0.477	0.059	
Niacin	mg	2.943		0	5.709	0.706	
Pantothenic acid	mg	0.158		0	0.307	0.038	
Vitamin B-6	mg	0.022		0	0.043	0.005	
Folate	：g	63		0	122	15	
Vitamin B-12	：g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	2.539		0	4.926	0.609	
Lipids:							
Saturated, total	g	7.674		0	14.888	1.842	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.121		0	0.235	0.029	
15.0	g						
16:0	g	4.345		0	8.429	1.043	
17:0	g						
18:0	g	3.208		0	6.224	0.770	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.500	0	26.190	3.240
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	13.500	0	26.190	3.240
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	8.119	0	15.751	1.949
18:2	g	7.623	0	14.789	1.830
18:3	g	0.496	0	0.962	0.119
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.070	0	0.136	0.017
Threonine	g	0.156	0	0.303	0.037
Isoleucine	g	0.198	0	0.384	0.048
Leucine	g	0.393	0	0.762	0.094
Lysine	g	0.126	0	0.244	0.030
Methionine	g	0.101	0	0.196	0.024
Cystine	g	0.121	0	0.235	0.029
Phenylalanine	g	0.288	0	0.559	0.069
Tyrosine	g	0.173	0	0.336	0.042
Valine	g	0.230	0	0.446	0.055
Arginine	g	0.231	0	0.448	0.055
Histidine	g	0.127	0	0.246	0.030
Alanine	g	0.184	0	0.357	0.044
Aspartic acid	g	0.241	0	0.468	0.058
Glutamic acid	g	1.927	0	3.738	0.462
Glycine	g	0.206	0	0.400	0.049
Proline	g	0.663	0	1.286	0.159
Serine	g	0.286	0	0.555	0.069
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: Single 9" crust
Measure 2: 1/8 of 9 in crust

NDB No. 18403 Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 33g	Measure 3* 33g
Proximates:							
Water	g	42.10		0	11.94	13.89	13.89
Energy	kcal	264		0	75	87	87
Energy	kj	1105		0	313	365	365
Protein (N x 5.95)	g	6.20		0	1.76	2.05	2.05
Total lipid (fat)	g	8.20		0	2.32	2.71	2.71
Carbohydrate, by difference	g	40.70		0	11.54	13.43	13.43
Fiber, total dietary	g	2.3		0	0.7	0.8	0.8
Ash	g	2.90		0	0.82	0.96	0.96
Sugars, total	g						
Minerals:							
Calcium	mg	232		0	66	77	77
Iron	mg	4.47		0	1.27	1.48	1.48
Magnesium	mg	22		0	6	7	7
Phosphorus	mg	420		0	119	139	139
Potassium	mg	128		0	36	42	42
Sodium	mg	787		0	223	260	260
Zinc	mg	0.58		0	0.16	0.19	0.19
Copper	mg	0.076		0	0.022	0.025	0.025
Manganese	mg	0.367		0	0.104	0.121	0.121
Selenium	:g	16.0	0.332	10	4.5	5.3	5.3
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.385		0	0.109	0.127	0.127
Riboflavin	mg	0.476		0	0.135	0.157	0.157
Niacin	mg	4.435		0	1.257	1.464	1.464
Pantothenic acid	mg	0.403		0	0.114	0.133	0.133
Vitamin B-6	mg	0.895		0	0.254	0.295	0.295
Folate	:g	45		0	13	15	15
Vitamin B-12	:g	2.51		0	0.71	0.83	0.83
Vitamin A	IU	1213		0	344	400	400
Vitamin A, RE	:g	364		0	103	120	120
Vitamin D	IU						
Vitamin E, "-TE	mg	0.832		0	0.236	0.275	0.275
Lipids:							
Saturated, total	g	1.439		0	0.408	0.475	0.475
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	0.001		0	0.000	0.000	0.000
10:0	g	0.001		0	0.000	0.000	0.000
12:0	g	0.001		0	0.000	0.000	0.000
14:0	g	0.012		0	0.003	0.004	0.004
15.0	g						
16:0	g	1.005		0	0.285	0.332	0.332
17:0	g						
18:0	g	0.418		0	0.119	0.138	0.138
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.210	0	0.910	1.059	1.059
14:1	g					
16:1	g	0.064	0	0.018	0.021	0.021
18:1	g	3.142	0	0.891	1.037	1.037
20:1	g	0.004	0	0.001	0.001	0.001
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.782	0	0.789	0.918	0.918
18:2	g	2.578	0	0.731	0.851	0.851
18:3	g	0.180	0	0.051	0.059	0.059
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.019	0	0.005	0.006	0.006
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	0.005	0	0.001	0.002	0.002
Cholesterol	mg	24	0	7	8	8
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.076	0	0.022	0.025	0.025
Threonine	g	0.194	0	0.055	0.064	0.064
Isoleucine	g	0.236	0	0.067	0.078	0.078
Leucine	g	0.445	0	0.126	0.147	0.147
Lysine	g	0.195	0	0.055	0.064	0.064
Methionine	g	0.123	0	0.035	0.041	0.041
Cystine	g	0.133	0	0.038	0.044	0.044
Phenylalanine	g	0.310	0	0.088	0.102	0.102
Tyrosine	g	0.197	0	0.056	0.065	0.065
Valine	g	0.271	0	0.077	0.089	0.089
Arginine	g	0.267	0	0.076	0.088	0.088
Histidine	g	0.138	0	0.039	0.046	0.046
Alanine	g	0.224	0	0.064	0.074	0.074
Aspartic acid	g	0.327	0	0.093	0.108	0.108
Glutamic acid	g	1.847	0	0.524	0.610	0.610
Glycine	g	0.218	0	0.062	0.072	0.072
Proline	g	0.632	0	0.179	0.209	0.209
Serine	g	0.333	0	0.094	0.110	0.110
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 round waffle (4" dia) (include frozen)
Measure 3: 1 square waffle (4" square) (include frozen)

NDB No. 18406 Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3* 71g
Proximates:							
Water	g	32.60	0.572	23	9.24	18.58	23.15
Energy	kcal	275		0	78	157	195
Energy	kj	1151		0	326	656	817
Protein (N x 5.95)	g	10.50	0.180	21	2.98	5.99	7.46
Total lipid (fat)	g	1.60	0.089	21	0.45	0.91	1.14
Carbohydrate, by difference	g	53.40		0	15.14	30.44	37.91
Fiber, total dietary	g	2.3		0	0.7	1.3	1.6
Ash	g	1.80	0.042	17	0.51	1.03	1.28
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	5	10	13
Iron	mg	3.56	0.174	22	1.01	2.03	2.53
Magnesium	mg	29	1.378	17	8	17	21
Phosphorus	mg	96	3.526	17	27	55	68
Potassium	mg	101	2.267	18	29	58	72
Sodium	mg	534	17.593	22	151	304	379
Zinc	mg	0.88	0.025	18	0.25	0.50	0.62
Copper	mg	0.163	0.009	17	0.046	0.093	0.116
Manganese	mg	0.540	0.020	17	0.153	0.308	0.383
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0	0.000	3	0.0	0.0	0.0
Thiamin	mg	0.538	0.032	18	0.153	0.307	0.382
Riboflavin	mg	0.315	0.023	18	0.089	0.180	0.224
Niacin	mg	4.562	0.293	18	1.293	2.600	3.239
Pantothenic acid	mg	0.363	0.020	13	0.103	0.207	0.258
Vitamin B-6	mg	0.051	0.004	12	0.014	0.029	0.036
Folate	:g	88		0	25	50	62
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0	0.000	3	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.038		0	0.011	0.022	0.027
Lipids:							
Saturated, total	g	0.220		0	0.062	0.125	0.156
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g						
15.0	g						
16:0	g	0.207		0	0.059	0.118	0.147
17:0	g						
18:0	g	0.012		0	0.003	0.007	0.009
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.131		0	0.037	0.075	0.093
14:1	g						
16:1	g	0.014		0	0.004	0.008	0.010
18:1	g	0.117		0	0.033	0.067	0.083
20:1	g						
22.1	g						
Polyunsaturated, total	g	0.696		0	0.197	0.397	0.494
18:2	g	0.660		0	0.187	0.376	0.469
18:3	g	0.036		0	0.010	0.021	0.026
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0	0.000	4	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.124		0	0.035	0.071	0.088
Threonine	g	0.301		0	0.085	0.172	0.214
Isoleucine	g	0.404		0	0.115	0.230	0.287
Leucine	g	0.735		0	0.208	0.419	0.522
Lysine	g	0.251		0	0.071	0.143	0.178
Methionine	g	0.188		0	0.053	0.107	0.133
Cystine	g	0.225		0	0.064	0.128	0.160
Phenylalanine	g	0.519		0	0.147	0.296	0.368
Tyrosine	g	0.301		0	0.085	0.172	0.214
Valine	g	0.456		0	0.129	0.260	0.324
Arginine	g	0.384		0	0.109	0.219	0.273
Histidine	g	0.227		0	0.064	0.129	0.161
Alanine	g	0.347		0	0.098	0.198	0.246
Aspartic acid	g	0.478		0	0.136	0.272	0.339
Glutamic acid	g	3.504		0	0.993	1.997	2.488
Glycine	g	0.373		0	0.106	0.213	0.265
Proline	g	1.180		0	0.335	0.673	0.838
Serine	g	0.508		0	0.144	0.290	0.361
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 bagel (3" dia)
Measure 3: 1 bagel (3-1/2" dia)

NDB No. 18407 Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3* 71g
Proximates:							
Water	g	32.60	0.572	23	9.24	18.58	23.15
Energy	kcal	275		0	78	157	195
Energy	kj	1151		0	326	656	817
Protein (N x 5.95)	g	10.50	0.180	21	2.98	5.99	7.46
Total lipid (fat)	g	1.60	0.089	21	0.45	0.91	1.14
Carbohydrate, by difference	g	53.40		0	15.14	30.44	37.91
Fiber, total dietary	g	2.3		0	0.7	1.3	1.6
Ash	g	1.80	0.042	17	0.51	1.03	1.28
Sugars, total	g						
Minerals:							
Calcium	mg	74	5.938	8	21	42	53
Iron	mg	1.36		0	0.39	0.78	0.97
Magnesium	mg	29	1.378	17	8	17	21
Phosphorus	mg	96	3.526	17	27	55	68
Potassium	mg	101	2.267	18	29	58	72
Sodium	mg	534	17.593	22	151	304	379
Zinc	mg	0.88	0.025	18	0.25	0.50	0.62
Copper	mg	0.163	0.009	17	0.046	0.093	0.116
Manganese	mg	0.540	0.020	17	0.153	0.308	0.383
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0	0.000	3	0.0	0.0	0.0
Thiamin	mg	0.163		0	0.046	0.093	0.116
Riboflavin	mg	0.052		0	0.015	0.030	0.037
Niacin	mg	1.758		0	0.498	1.002	1.248
Pantothenic acid	mg	0.363	0.020	13	0.103	0.207	0.258
Vitamin B-6	mg	0.051	0.004	12	0.014	0.029	0.036
Folate	:g	22	1.946	11	6	13	16
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0	0.000	3	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.038		0	0.011	0.022	0.027
Lipids:							
Saturated, total	g	0.220		0	0.062	0.125	0.156
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g						
15.0	g						
16:0	g	0.207		0	0.059	0.118	0.147
17:0	g						
18:0	g	0.012		0	0.003	0.007	0.009
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.131		0	0.037	0.075	0.093
14:1	g						
16:1	g	0.014		0	0.004	0.008	0.010
18:1	g	0.117		0	0.033	0.067	0.083
20:1	g						
22.1	g						
Polyunsaturated, total	g	0.696		0	0.197	0.397	0.494
18:2	g	0.660		0	0.187	0.376	0.469
18:3	g	0.036		0	0.010	0.021	0.026
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0	0.000	4	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.124		0	0.035	0.071	0.088
Threonine	g	0.301		0	0.085	0.172	0.214
Isoleucine	g	0.404		0	0.115	0.230	0.287
Leucine	g	0.735		0	0.208	0.419	0.522
Lysine	g	0.251		0	0.071	0.143	0.178
Methionine	g	0.188		0	0.053	0.107	0.133
Cystine	g	0.225		0	0.064	0.128	0.160
Phenylalanine	g	0.519		0	0.147	0.296	0.368
Tyrosine	g	0.301		0	0.085	0.172	0.214
Valine	g	0.456		0	0.129	0.260	0.324
Arginine	g	0.384		0	0.109	0.219	0.273
Histidine	g	0.227		0	0.064	0.129	0.161
Alanine	g	0.347		0	0.098	0.198	0.246
Aspartic acid	g	0.478		0	0.136	0.272	0.339
Glutamic acid	g	3.504		0	0.993	1.997	2.488
Glycine	g	0.373		0	0.106	0.213	0.265
Proline	g	1.180		0	0.335	0.673	0.838
Serine	g	0.508		0	0.144	0.290	0.361
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 bagel (3" dia)
Measure 3: 1 bagel (3-1/2" dia)

NDB No. 18408 Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3* 71g
Proximates:							
Water	g	32.60	0.572	23	9.24	18.58	23.15
Energy	kcal	275		0	78	157	195
Energy	kj	1151		0	326	656	817
Protein (N x 5.95)	g	10.50	0.180	21	2.98	5.99	7.46
Total lipid (fat)	g	1.60	0.089	21	0.45	0.91	1.14
Carbohydrate, by difference	g	53.40		0	15.14	30.44	37.91
Fiber, total dietary	g	2.3		0	0.7	1.3	1.6
Ash	g	1.80	0.042	17	0.51	1.03	1.28
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	5	10	13
Iron	mg	1.36		0	0.39	0.78	0.97
Magnesium	mg	29	1.378	17	8	17	21
Phosphorus	mg	96	3.526	17	27	55	68
Potassium	mg	101	2.267	18	29	58	72
Sodium	mg	534	17.593	22	151	304	379
Zinc	mg	0.88	0.025	18	0.25	0.50	0.62
Copper	mg	0.163	0.009	17	0.046	0.093	0.116
Manganese	mg	0.540	0.020	17	0.153	0.308	0.383
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0	0.000	3	0.0	0.0	0.0
Thiamin	mg	0.163		0	0.046	0.093	0.116
Riboflavin	mg	0.052		0	0.015	0.030	0.037
Niacin	mg	1.758		0	0.498	1.002	1.248
Pantothenic acid	mg	0.363	0.020	13	0.103	0.207	0.258
Vitamin B-6	mg	0.051	0.004	12	0.014	0.029	0.036
Folate	:g	22	1.946	11	6	13	16
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0	0.000	3	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.038		0	0.011	0.022	0.027
Lipids:							
Saturated, total	g	0.220		0	0.062	0.125	0.156
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g						
15.0	g						
16:0	g	0.207		0	0.059	0.118	0.147
17:0	g						
18:0	g	0.012		0	0.003	0.007	0.009
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.131		0	0.037	0.075	0.093
14:1	g						
16:1	g	0.014		0	0.004	0.008	0.010
18:1	g	0.117		0	0.033	0.067	0.083
20:1	g						
22.1	g						
Polyunsaturated, total	g	0.696		0	0.197	0.397	0.494
18:2	g	0.660		0	0.187	0.376	0.469
18:3	g	0.036		0	0.010	0.021	0.026
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0	0.000	4	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.124		0	0.035	0.071	0.088
Threonine	g	0.301		0	0.085	0.172	0.214
Isoleucine	g	0.404		0	0.115	0.230	0.287
Leucine	g	0.735		0	0.208	0.419	0.522
Lysine	g	0.251		0	0.071	0.143	0.178
Methionine	g	0.188		0	0.053	0.107	0.133
Cystine	g	0.225		0	0.064	0.128	0.160
Phenylalanine	g	0.519		0	0.147	0.296	0.368
Tyrosine	g	0.301		0	0.085	0.172	0.214
Valine	g	0.456		0	0.129	0.260	0.324
Arginine	g	0.384		0	0.109	0.219	0.273
Histidine	g	0.227		0	0.064	0.129	0.161
Alanine	g	0.347		0	0.098	0.198	0.246
Aspartic acid	g	0.478		0	0.136	0.272	0.339
Glutamic acid	g	3.504		0	0.993	1.997	2.488
Glycine	g	0.373		0	0.106	0.213	0.265
Proline	g	1.180		0	0.335	0.673	0.838
Serine	g	0.508		0	0.144	0.290	0.361
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 bagel (3" dia)
Measure 3: 1 bagel (3-1/2" dia)

NDB No. 18412 Bread, cornbread, dry mix, unenriched (includes corn muffin mix)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 241g	Measure 3*
Proximates:							
Water	g	7.80	0.162	46	2.21	18.80	
Energy	kcal	418		0	119	1007	
Energy	kj	1749		0	496	4215	
Protein (N x 5.95)	g	7.00	0.077	56	1.98	16.87	
Total lipid (fat)	g	12.20	0.128	54	3.46	29.40	
Carbohydrate, by difference	g	69.50		0	19.70	167.50	
Fiber, total dietary	g	6.5		0	1.8	15.7	
Ash	g	3.60	0.059	46	1.02	8.68	
Sugars, total	g						
Minerals:							
Calcium	mg	57	3.755	29	16	137	
Iron	mg	0.59		0	0.17	1.42	
Magnesium	mg	24	1.229	21	7	58	
Phosphorus	mg	489	11.566	45	139	1178	
Potassium	mg	113	3.064	43	32	272	
Sodium	mg	1111	34.871	43	315	2678	
Zinc	mg	0.57	0.025	22	0.16	1.37	
Copper	mg	0.085	0.002	22	0.024	0.205	
Manganese	mg	0.315	0.025	2	0.089	0.759	
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.2	
Thiamin	mg	0.046		0	0.013	0.111	
Riboflavin	mg	0.020		0	0.006	0.048	
Niacin	mg	0.937		0	0.266	2.258	
Pantothenic acid	mg	0.480	0.079	20	0.136	1.157	
Vitamin B-6	mg	0.128	0.011	20	0.036	0.308	
Folate	:g	11	0.918	13	3	27	
Vitamin B-12	:g	0.09		0	0.03	0.22	
Vitamin A	IU	115	33.732	3	33	277	
Vitamin A, RE	:g	12		0	3	29	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.649		0	0.467	3.974	
Lipids:							
Saturated, total	g	3.091		0	0.876	7.449	
4:0	g	0.004		0	0.001	0.010	
6.0	g	0.003		0	0.001	0.007	
8:0	g	0.001		0	0.000	0.002	
10:0	g	0.003		0	0.001	0.007	
12:0	g	0.004		0	0.001	0.010	
14:0	g	0.070		0	0.020	0.169	
15.0	g						
16:0	g	1.607		0	0.456	3.873	
17:0	g						
18:0	g	1.393		0	0.395	3.357	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.719	0	1.905	16.193
14:1	g				
16:1	g	0.004	0	0.001	0.010
18:1	g	6.714	0	1.903	16.181
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.682	0	0.477	4.054
18:2	g	1.599	0	0.453	3.854
18:3	g	0.083	0	0.024	0.200
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	2	0	1	5
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.071	0	0.020	0.171
Threonine	g	0.224	0	0.064	0.540
Isoleucine	g	0.254	0	0.072	0.612
Leucine	g	0.632	0	0.179	1.523
Lysine	g	0.198	0	0.056	0.477
Methionine	g	0.133	0	0.038	0.321
Cystine	g	0.132	0	0.037	0.318
Phenylalanine	g	0.343	0	0.097	0.827
Tyrosine	g	0.241	0	0.068	0.581
Valine	g	0.320	0	0.091	0.771
Arginine	g	0.302	0	0.086	0.728
Histidine	g	0.177	0	0.050	0.427
Alanine	g	0.336	0	0.095	0.810
Aspartic acid	g	0.382	0	0.108	0.921
Glutamic acid	g	1.847	0	0.524	4.451
Glycine	g	0.254	0	0.072	0.612
Proline	g	0.715	0	0.203	1.723
Serine	g	0.336	0	0.095	0.810
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 package (8.5 oz)

NDB No. 18413 Bread, pita, white, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 60g	Measure 3*
Proximates:							
Water	g	32.10	1.012	17	9.10	19.26	
Energy	kcal	275		0	78	165	
Energy	kj	1151		0	326	691	
Protein (N x 5.95)	g	9.10	0.098	37	2.58	5.46	
Total lipid (fat)	g	1.20	0.040	36	0.34	0.72	
Carbohydrate, by difference	g	55.70		0	15.79	33.42	
Fiber, total dietary	g	2.2		0	0.6	1.3	
Ash	g	1.90	0.094	14	0.54	1.14	
Sugars, total	g						
Minerals:							
Calcium	mg	86	2.853	38	24	52	
Iron	mg	1.40		0	0.40	0.84	
Magnesium	mg	26	1.034	13	7	16	
Phosphorus	mg	97	2.804	13	27	58	
Potassium	mg	120	6.316	17	34	72	
Sodium	mg	536	16.930	24	152	322	
Zinc	mg	0.84	0.041	13	0.24	0.50	
Copper	mg	0.168	0.012	13	0.048	0.101	
Manganese	mg	0.481	0.018	13	0.136	0.289	
Selenium	˙g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.267		0	0.076	0.160	
Riboflavin	mg	0.097		0	0.027	0.058	
Niacin	mg	2.142		0	0.607	1.285	
Pantothenic acid	mg	0.397	0.020	12	0.113	0.238	
Vitamin B-6	mg	0.034	0.005	11	0.010	0.020	
Folate	˙g	24	2.596	10	7	14	
Vitamin B-12	˙g	0.00		1	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	˙g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.038		0	0.011	0.023	
Lipids:							
Saturated, total	g	0.166		0	0.047	0.100	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000	0.000	
14:0	g						
15.0	g						
16:0	g	0.156		0	0.044	0.094	
17:0	g						
18:0	g	0.009		0	0.003	0.005	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.105		0	0.030	0.063
14:1	g					
16:1	g	0.013		0	0.004	0.008
18:1	g	0.092		0	0.026	0.055
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.535		0	0.152	0.321
18:2	g	0.511		0	0.145	0.307
18:3	g	0.024		0	0.007	0.014
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0.000	2	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.105		0	0.030	0.063
Threonine	g	0.257		0	0.073	0.154
Isoleucine	g	0.349		0	0.099	0.209
Leucine	g	0.634		0	0.180	0.380
Lysine	g	0.219		0	0.062	0.131
Methionine	g	0.160		0	0.045	0.096
Cystine	g	0.197		0	0.056	0.118
Phenylalanine	g	0.446		0	0.126	0.268
Tyrosine	g	0.257		0	0.073	0.154
Valine	g	0.394		0	0.112	0.236
Arginine	g	0.329		0	0.093	0.197
Histidine	g	0.195		0	0.055	0.117
Alanine	g	0.302		0	0.086	0.181
Aspartic acid	g	0.408		0	0.116	0.245
Glutamic acid	g	3.033		0	0.860	1.820
Glycine	g	0.319		0	0.090	0.191
Proline	g	1.012		0	0.287	0.607
Serine	g	0.438		0	0.124	0.263
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 large pita (6-1/2" dia)

NDB No. 18414 Bread, raisin, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 32g	Measure 3* 26g
Proximates:							
Water	g	33.60	0.286	47	9.53	10.75	8.74
Energy	kcal	274		0	78	88	71
Energy	kj	1146		0	325	367	298
Protein (N x 5.95)	g	7.90	0.086	55	2.24	2.53	2.05
Total lipid (fat)	g	4.40	0.143	54	1.25	1.41	1.14
Carbohydrate, by difference	g	52.30		0	14.83	16.74	13.60
Fiber, total dietary	g	4.3		0	1.2	1.4	1.1
Ash	g	1.80	0.036	22	0.51	0.58	0.47
Sugars, total	g						
Minerals:							
Calcium	mg	66	5.711	29	19	21	17
Iron	mg	1.83		0	0.52	0.59	0.48
Magnesium	mg	26	1.166	13	7	8	7
Phosphorus	mg	109	5.060	13	31	35	28
Potassium	mg	227	11.005	15	64	73	59
Sodium	mg	390	9.864	20	111	125	101
Zinc	mg	0.72	0.045	13	0.20	0.23	0.19
Copper	mg	0.198	0.009	13	0.056	0.063	0.051
Manganese	mg	0.501	0.024	13	0.142	0.160	0.130
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.0	0.0
Thiamin	mg	0.177		0	0.050	0.057	0.046
Riboflavin	mg	0.173		0	0.049	0.055	0.045
Niacin	mg	1.495		0	0.424	0.478	0.389
Pantothenic acid	mg	0.387	0.042	15	0.110	0.124	0.101
Vitamin B-6	mg	0.069	0.009	13	0.020	0.022	0.018
Folate	:g	34	1.369	11	10	11	9
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.507		0	0.144	0.162	0.132
Lipids:							
Saturated, total	g	1.081		0	0.306	0.346	0.281
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.020		0	0.006	0.006	0.005
15.0	g						
16:0	g	0.584		0	0.166	0.187	0.152
17:0	g						
18:0	g	0.476		0	0.135	0.152	0.124
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.294		0	0.650	0.734	0.596
14:1	g						
16:1	g	0.006		0	0.002	0.002	0.002
18:1	g	2.288		0	0.649	0.732	0.595
20:1	g						
22.1	g						
Polyunsaturated, total	g	0.679		0	0.192	0.217	0.177
18:2	g	0.641		0	0.182	0.205	0.167
18:3	g	0.038		0	0.011	0.012	0.010
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0	0.000	2	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.083		0	0.024	0.027	0.022
Threonine	g	0.222		0	0.063	0.071	0.058
Isoleucine	g	0.287		0	0.081	0.092	0.075
Leucine	g	0.516		0	0.146	0.165	0.134
Lysine	g	0.200		0	0.057	0.064	0.052
Methionine	g	0.128		0	0.036	0.041	0.033
Cystine	g	0.152		0	0.043	0.049	0.040
Phenylalanine	g	0.361		0	0.102	0.116	0.094
Tyrosine	g	0.204		0	0.058	0.065	0.053
Valine	g	0.329		0	0.093	0.105	0.086
Arginine	g	0.362		0	0.103	0.116	0.094
Histidine	g	0.167		0	0.047	0.053	0.043
Alanine	g	0.267		0	0.076	0.085	0.069
Aspartic acid	g	0.351		0	0.100	0.112	0.091
Glutamic acid	g	2.355		0	0.668	0.754	0.612
Glycine	g	0.269		0	0.076	0.086	0.070
Proline	g	0.828		0	0.235	0.265	0.215
Serine	g	0.357		0	0.101	0.114	0.093
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 large slice
Measure 3: 1 slice

NDB No. 18416 Bread, white, commercially prepared, low sodium no salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 45g	Measure 2* 35g	Measure 3* 28g
Proximates:							
Water	g	36.70	0.101	302	16.52	12.85	10.40
Energy	kcal	267		0	120	93	76
Energy	kj	1117		0	503	391	317
Protein (N x 5.95)	g	8.20	0.050	218	3.69	2.87	2.32
Total lipid (fat)	g	3.60	0.076	224	1.62	1.26	1.02
Carbohydrate, by difference	g	49.50		0	22.27	17.32	14.03
Fiber, total dietary	g	2.3		0	1.0	0.8	0.7
Ash	g	1.90	0.016	286	0.86	0.67	0.54
Sugars, total	g						
Minerals:							
Calcium	mg	108	2.643	250	49	38	31
Iron	mg	3.03	0.033	256	1.36	1.06	0.86
Magnesium	mg	24	0.430	108	11	8	7
Phosphorus	mg	94	1.679	96	42	33	27
Potassium	mg	119	2.041	105	54	42	34
Sodium	mg	27		0	12	9	8
Zinc	mg	0.62	0.015	111	0.28	0.22	0.18
Copper	mg	0.126	0.003	102	0.057	0.044	0.036
Manganese	mg	0.383	0.007	103	0.172	0.134	0.109
Selenium	:g	22.6		0	10.2	7.9	6.4
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.472	0.005	190	0.212	0.165	0.134
Riboflavin	mg	0.341	0.006	177	0.153	0.119	0.097
Niacin	mg	3.969	0.034	198	1.786	1.389	1.125
Pantothenic acid	mg	0.390	0.015	25	0.176	0.137	0.111
Vitamin B-6	mg	0.064	0.005	6	0.029	0.022	0.018
Folate	:g	95		0	43	33	27
Vitamin B-12	:g	0.03		0	0.01	0.01	0.01
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.381		0	0.171	0.133	0.108
Lipids:							
Saturated, total	g	0.811		0	0.365	0.284	0.230
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.000	0.000	0.000
14:0	g	0.014		0	0.006	0.005	0.004
15.0	g						
16:0	g	0.469		0	0.211	0.164	0.133
17:0	g						
18:0	g	0.326		0	0.147	0.114	0.092
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.612		0	0.725	0.564	0.457
14:1	g						
16:1	g	0.013		0	0.006	0.005	0.004
18:1	g	1.599		0	0.720	0.560	0.453
20:1	g	0.000		0	0.000	0.000	0.000
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	0.744		0	0.335	0.260	0.211
18:2	g	0.709		0	0.319	0.248	0.201
18:3	g	0.035		0	0.016	0.012	0.010
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.000		0	0.000	0.000	0.000
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.000		0	0.000	0.000	0.000
Cholesterol	mg	1	0.281	11	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.096		0	0.043	0.034	0.027
Threonine	g	0.243		0	0.109	0.085	0.069
Isoleucine	g	0.322		0	0.145	0.113	0.091
Leucine	g	0.580		0	0.261	0.203	0.164
Lysine	g	0.223		0	0.100	0.078	0.063
Methionine	g	0.144		0	0.065	0.050	0.041
Cystine	g	0.174		0	0.078	0.061	0.049
Phenylalanine	g	0.404		0	0.182	0.141	0.115
Tyrosine	g	0.237		0	0.107	0.083	0.067
Valine	g	0.361		0	0.162	0.126	0.102
Arginine	g	0.315		0	0.142	0.110	0.089
Histidine	g	0.178		0	0.080	0.062	0.050
Alanine	g	0.281		0	0.126	0.098	0.080
Aspartic acid	g	0.409		0	0.184	0.143	0.116
Glutamic acid	g	2.657		0	1.196	0.930	0.753
Glycine	g	0.294		0	0.132	0.103	0.083
Proline	g	0.882		0	0.397	0.309	0.250
Serine	g	0.400		0	0.180	0.140	0.113
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 cup, crumbs
Measure 2: 1 cup, cubes
Measure 3: 1 oz

NDB No. 18417 Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3* 63g
Proximates:							
Water	g	21.90	1.785	9	6.21	12.48	13.80
Energy	kcal	418		0	119	238	263
Energy	kj	1749		0	496	997	1102
Protein (N x 5.95)	g	6.80	0.166	8	1.93	3.88	4.28
Total lipid (fat)	g	23.30	1.742	10	6.61	13.28	14.68
Carbohydrate, by difference	g	46.70		0	13.24	26.62	29.42
Fiber, total dietary	g	2.0		0	0.6	1.1	1.3
Ash	g	1.40	0.070	10	0.40	0.80	0.88
Sugars, total	g						
Minerals:							
Calcium	mg	54	4.602	34	15	31	34
Iron	mg	0.78		0	0.22	0.44	0.49
Magnesium	mg	22	0.678	34	6	13	14
Phosphorus	mg	108	3.116	33	31	62	68
Potassium	mg	123	3.595	32	35	70	77
Sodium	mg	351	13.121	35	100	200	221
Zinc	mg	0.81	0.035	33	0.23	0.46	0.51
Copper	mg	0.125	0.006	32	0.035	0.071	0.079
Manganese	mg	0.451	0.022	32	0.128	0.257	0.284
Selenium	：g						
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	0.2	0.2
Thiamin	mg	0.135		0	0.038	0.077	0.085
Riboflavin	mg	0.095		0	0.027	0.054	0.060
Niacin	mg	0.880		0	0.249	0.502	0.554
Pantothenic acid	mg	0.655	0.011	8	0.186	0.373	0.413
Vitamin B-6	mg	0.027	0.000	8	0.008	0.015	0.017
Folate	：g	32	0.898	8	9	18	20
Vitamin B-12	：g	0.18		0	0.05	0.10	0.11
Vitamin A	IU	111		0	31	63	70
Vitamin A, RE	：g	33		0	9	19	21
Vitamin D	IU						
Vitamin E, "-TE	mg	3.409		0	0.966	1.943	2.148
Lipids:							
Saturated, total	g	5.797		0	1.643	3.304	3.652
4:0	g	0.001		0	0.000	0.001	0.001
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.001		0	0.000	0.001	0.001
10:0	g	0.001		0	0.000	0.001	0.001
12:0	g	0.001		0	0.000	0.001	0.001
14:0	g	0.114		0	0.032	0.065	0.072
15.0	g						
16:0	g	3.086		0	0.875	1.759	1.944
17:0	g						
18:0	g	2.575		0	0.730	1.468	1.622
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.976		0	3.679	7.396	8.175
14:1	g						
16:1	g	0.059		0	0.017	0.034	0.037
18:1	g	12.905		0	3.659	7.356	8.130
20:1	g	0.005		0	0.001	0.003	0.003
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	3.120		0	0.885	1.778	1.966
18:2	g	2.944		0	0.835	1.678	1.855
18:3	g	0.151		0	0.043	0.086	0.095
18:4	g						
20:4	g	0.019		0	0.005	0.011	0.012
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g						
22:6	g	0.005		0	0.001	0.003	0.003
Cholesterol	mg	32	1.155	3	9	18	20
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.082		0	0.023	0.047	0.052
Threonine	g	0.227		0	0.064	0.129	0.143
Isoleucine	g	0.287		0	0.081	0.164	0.181
Leucine	g	0.500		0	0.142	0.285	0.315
Lysine	g	0.260		0	0.074	0.148	0.164
Methionine	g	0.122		0	0.035	0.070	0.077
Cystine	g	0.127		0	0.036	0.072	0.080
Phenylalanine	g	0.324		0	0.092	0.185	0.204
Tyrosine	g	0.218		0	0.062	0.124	0.137
Valine	g	0.318		0	0.090	0.181	0.200
Arginine	g	0.310		0	0.088	0.177	0.195
Histidine	g	0.154		0	0.044	0.088	0.097
Alanine	g	0.248		0	0.070	0.141	0.156
Aspartic acid	g	0.415		0	0.118	0.237	0.261
Glutamic acid	g	1.897		0	0.538	1.081	1.195
Glycine	g	0.237		0	0.067	0.135	0.149
Proline	g	0.634		0	0.180	0.361	0.399
Serine	g	0.346		0	0.098	0.197	0.218
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 individual cake
Measure 3: 1 piece (1/9 of 20 oz cake)

NDB No. 18418 Cake, pound, commercially prepared, other than all butter, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2* 28g	Measure 3* 71g
Proximates:							
Water	g	23.10	0.847	13	6.93	6.55	16.40
Energy	kcal	389		0	117	110	276
Energy	kj	1628		0	488	462	1156
Protein (N x 5.95)	g	5.20	0.091	13	1.56	1.47	3.69
Total lipid (fat)	g	17.90	1.056	14	5.37	5.07	12.71
Carbohydrate, by difference	g	52.50		0	15.75	14.88	37.27
Fiber, total dietary	g	1.0		0	0.3	0.3	0.7
Ash	g	1.40	0.110	12	0.42	0.40	0.99
Sugars, total	g						
Minerals:							
Calcium	mg	64	13.497	7	19	18	45
Iron	mg	0.60		0	0.18	0.17	0.43
Magnesium	mg	13	2.468	5	4	4	9
Phosphorus	mg	134	10.038	6	40	38	95
Potassium	mg	106	25.375	4	32	30	75
Sodium	mg	400	41.062	11	120	113	284
Zinc	mg	0.39	0.024	4	0.12	0.11	0.28
Copper	mg	0.054	0.011	4	0.016	0.015	0.038
Manganese	mg	0.088	0.011	4	0.026	0.025	0.062
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.0	0.1
Thiamin	mg	0.024		0	0.007	0.007	0.017
Riboflavin	mg	0.124		0	0.037	0.035	0.088
Niacin	mg	0.342		0	0.103	0.097	0.243
Pantothenic acid	mg	0.285	0.053	3	0.086	0.081	0.202
Vitamin B-6	mg	0.023		1	0.007	0.007	0.016
Folate	:g	9		0	3	3	6
Vitamin B-12	:g	0.14		1	0.04	0.04	0.10
Vitamin A	IU	118		0	35	33	84
Vitamin A, RE	:g	35		0	11	10	25
Vitamin D	IU						
Vitamin E, "-TE	mg	2.385		0	0.716	0.676	1.693
Lipids:							
Saturated, total	g	4.647		0	1.394	1.317	3.299
4:0	g	0.001		0	0.000	0.000	0.001
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.001		0	0.000	0.000	0.001
10:0	g	0.001		0	0.000	0.000	0.001
12:0	g	0.001		0	0.000	0.000	0.001
14:0	g	0.087		0	0.026	0.025	0.062
15.0	g						
16:0	g	2.478		0	0.743	0.703	1.759
17:0	g						
18:0	g	2.069		0	0.621	0.587	1.469
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.935		0	2.981	2.817	7.054
14:1	g						
16:1	g	0.049		0	0.015	0.014	0.035
18:1	g	9.880		0	2.964	2.801	7.015
20:1	g	0.004		0	0.001	0.001	0.003
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	2.251		0	0.675	0.638	1.598
18:2	g	2.114		0	0.634	0.599	1.501
18:3	g	0.108		0	0.032	0.031	0.077
18:4	g						
20:4	g	0.023		0	0.007	0.007	0.016
20:5	g	0.001		0	0.000	0.000	0.001
22:5	g						
22:6	g	0.006		0	0.002	0.002	0.004
Cholesterol	mg	58	25.910	6	17	16	41
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.069		0	0.021	0.020	0.049
Threonine	g	0.196		0	0.059	0.056	0.139
Isoleucine	g	0.244		0	0.073	0.069	0.173
Leucine	g	0.403		0	0.121	0.114	0.286
Lysine	g	0.283		0	0.085	0.080	0.201
Methionine	g	0.125		0	0.038	0.035	0.089
Cystine	g	0.111		0	0.033	0.031	0.079
Phenylalanine	g	0.259		0	0.078	0.073	0.184
Tyrosine	g	0.184		0	0.055	0.052	0.131
Valine	g	0.276		0	0.083	0.078	0.196
Arginine	g	0.247		0	0.074	0.070	0.175
Histidine	g	0.115		0	0.035	0.033	0.082
Alanine	g	0.216		0	0.065	0.061	0.153
Aspartic acid	g	0.367		0	0.110	0.104	0.261
Glutamic acid	g	1.194		0	0.358	0.338	0.848
Glycine	g	0.170		0	0.051	0.048	0.121
Proline	g	0.402		0	0.121	0.114	0.285
Serine	g	0.323		0	0.097	0.092	0.229
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 (1/10 of 10.6 oz cake)
Measure 2: 1 piece (1/12 of 12 oz cake)
Measure 3: 1 snack cake (2.5 oz)

NDB No. 18419 Cake, white, dry mix, pudding-type, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 524g	Measure 3*
Proximates:							
Water	g	3.50	0.045	16	0.99	18.34	
Energy	kcal	423		0	120	2217	
Energy	kj	1770		0	502	9275	
Protein (N x 5.95)	g	3.90	0.115	16	1.11	20.44	
Total lipid (fat)	g	9.50	0.171	16	2.69	49.78	
Carbohydrate, by difference	g	81.00		0	22.96	424.44	
Fiber, total dietary	g	0.7		0	0.2	3.7	
Ash	g	2.20	0.011	13	0.62	11.53	
Sugars, total	g						
Minerals:							
Calcium	mg	77	1.400	16	22	403	
Iron	mg	0.52		0	0.15	2.72	
Magnesium	mg	9	0.141	16	3	47	
Phosphorus	mg	277	6.455	16	79	1451	
Potassium	mg	72	9.520	8	20	377	
Sodium	mg	665	4.266	8	189	3485	
Zinc	mg	0.25	0.004	13	0.07	1.31	
Copper	mg	0.056	0.003	7	0.016	0.293	
Manganese	mg	0.278		0	0.079	1.457	
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.419	
Riboflavin	mg	0.060		0	0.017	0.314	
Niacin	mg	0.970		0	0.275	5.083	
Pantothenic acid	mg	0.233		0	0.066	1.221	
Vitamin B-6	mg	0.018		0	0.005	0.094	
Folate	:g	9		0	3	47	
Vitamin B-12	:g	0.04		0	0.01	0.21	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.781		0	0.221	4.092	
Lipids:							
Saturated, total	g	2.340		0	0.663	12.262	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.038		0	0.011	0.199	
15.0	g						
16:0	g	1.338		0	0.379	7.011	
17:0	g						
18:0	g	0.970		0	0.275	5.083	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.092	0	1.160	21.442
14:1	g				
16:1	g	0.002	0	0.001	0.010
18:1	g	4.091	0	1.160	21.437
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.544	0	0.721	13.331
18:2	g	2.389	0	0.677	12.518
18:3	g	0.156	0	0.044	0.817
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.055	0	0.016	0.288
Threonine	g	0.119	0	0.034	0.624
Isoleucine	g	0.162	0	0.046	0.849
Leucine	g	0.284	0	0.081	1.488
Lysine	g	0.165	0	0.047	0.865
Methionine	g	0.071	0	0.020	0.372
Cystine	g	0.075	0	0.021	0.393
Phenylalanine	g	0.183	0	0.052	0.959
Tyrosine	g	0.123	0	0.035	0.645
Valine	g	0.185	0	0.052	0.969
Arginine	g	0.146	0	0.041	0.765
Histidine	g	0.083	0	0.024	0.435
Alanine	g	0.119	0	0.034	0.624
Aspartic acid	g	0.184	0	0.052	0.964
Glutamic acid	g	1.194	0	0.338	6.257
Glycine	g	0.122	0	0.035	0.639
Proline	g	0.421	0	0.119	2.206
Serine	g	0.204	0	0.058	1.069
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 package (18.5 oz)

NDB No. 18420 Cake, yellow, dry mix, regular, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 524g	Measure 3*
Proximates:							
Water	g	3.70	0.066	86	1.05	19.39	
Energy	kcal	432		0	122	2264	
Energy	kj	1807		0	512	9469	
Protein (N x 5.95)	g	4.40	0.057	80	1.25	23.06	
Total lipid (fat)	g	11.60	0.225	79	3.29	60.78	
Carbohydrate, by difference	g	78.10		0	22.14	409.24	
Fiber, total dietary	g	1.1		0	0.3	5.8	
Ash	g	2.30	0.041	61	0.65	12.05	
Sugars, total	g						
Minerals:							
Calcium	mg	135	6.465	50	38	707	
Iron	mg	0.48		0	0.14	2.52	
Magnesium	mg	10	0.456	46	3	52	
Phosphorus	mg	310	7.955	55	88	1624	
Potassium	mg	82	5.163	27	23	430	
Sodium	mg	657	18.708	61	186	3443	
Zinc	mg	0.27	0.009	43	0.08	1.41	
Copper	mg	0.072	0.003	37	0.020	0.377	
Manganese	mg	0.191	0.048	3	0.054	1.001	
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	1.0	
Thiamin	mg	0.082		0	0.023	0.430	
Riboflavin	mg	0.049		0	0.014	0.257	
Niacin	mg	0.309		0	0.088	1.619	
Pantothenic acid	mg	0.364	0.071	4	0.103	1.907	
Vitamin B-6	mg	0.077	0.005	2	0.022	0.403	
Folate	:g	9		0	3	47	
Vitamin B-12	:g	0.10		0	0.03	0.52	
Vitamin A	IU	1		0	0	5	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	2.066		0	0.586	10.826	
Lipids:							
Saturated, total	g	1.738		0	0.493	9.107	
4:0	g	0.001		0	0.000	0.005	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.014		0	0.004	0.073	
15.0	g						
16:0	g	1.154		0	0.327	6.047	
17:0	g						
18:0	g	0.565		0	0.160	2.961	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.860		0	1.378	25.466
14:1	g					
16:1	g	0.047		0	0.013	0.246
18:1	g	4.802		0	1.361	25.162
20:1	g					
22.1	g					
Polyunsaturated, total	g	4.378		0	1.241	22.941
18:2	g	4.066		0	1.153	21.306
18:3	g	0.301		0	0.085	1.577
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	2	0.235	2	1	10
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.061		0	0.017	0.320
Threonine	g	0.137		0	0.039	0.718
Isoleucine	g	0.187		0	0.053	0.980
Leucine	g	0.325		0	0.092	1.703
Lysine	g	0.197		0	0.056	1.032
Methionine	g	0.081		0	0.023	0.424
Cystine	g	0.079		0	0.022	0.414
Phenylalanine	g	0.204		0	0.058	1.069
Tyrosine	g	0.144		0	0.041	0.755
Valine	g	0.213		0	0.060	1.116
Arginine	g	0.162		0	0.046	0.849
Histidine	g	0.094		0	0.027	0.493
Alanine	g	0.134		0	0.038	0.702
Aspartic acid	g	0.216		0	0.061	1.132
Glutamic acid	g	1.288		0	0.365	6.749
Glycine	g	0.132		0	0.037	0.692
Proline	g	0.463		0	0.131	2.426
Serine	g	0.228		0	0.065	1.195
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 package (18.5 oz)

NDB No. 18421 Cookies, butter, commercially prepared, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 5g	Measure 3*
Proximates:							
Water	g	4.60	0.496	9	1.30	0.23	
Energy	kcal	467		0	132	23	
Energy	kj	1954		0	554	98	
Protein (N x 5.95)	g	6.10	0.411	10	1.73	0.31	
Total lipid (fat)	g	18.80	0.958	14	5.33	0.94	
Carbohydrate, by difference	g	68.90		0	19.53	3.44	
Fiber, total dietary	g	0.8		0	0.2	0.0	
Ash	g	1.50	0.103	12	0.43	0.08	
Sugars, total	g						
Minerals:							
Calcium	mg	29	6.020	5	8	1	
Iron	mg	0.29		0	0.08	0.01	
Magnesium	mg	12	3.067	3	3	1	
Phosphorus	mg	102	28.864	4	29	5	
Potassium	mg	111	20.070	3	31	6	
Sodium	mg	351	58.423	4	100	18	
Zinc	mg	0.38	0.060	3	0.11	0.02	
Copper	mg	0.200		1	0.057	0.010	
Manganese	mg	0.170	0.007	2	0.048	0.009	
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.066		0	0.019	0.003	
Riboflavin	mg	0.071		0	0.020	0.004	
Niacin	mg	0.320		0	0.091	0.016	
Pantothenic acid	mg	0.488	0.017	8	0.138	0.024	
Vitamin B-6	mg	0.036	0.000	8	0.010	0.002	
Folate	΄g	6	0.138	8	2	0	
Vitamin B-12	΄g	0.36		0	0.10	0.02	
Vitamin A	IU	673		0	191	34	
Vitamin A, RE	΄g	168		0	48	8	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.527		0	0.149	0.026	
Lipids:							
Saturated, total	g	11.051		0	3.133	0.553	
4:0	g	0.546		0	0.155	0.027	
6.0	g	0.323		0	0.092	0.016	
8:0	g	0.188		0	0.053	0.009	
10:0	g	0.422		0	0.120	0.021	
12:0	g	0.473		0	0.134	0.024	
14:0	g	1.700		0	0.482	0.085	
15.0	g						
16:0	g	4.849		0	1.375	0.242	
17:0	g						
18:0	g	2.179		0	0.618	0.109	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.522	0	1.565	0.276
14:1	g				
16:1	g	0.420	0	0.119	0.021
18:1	g	4.845	0	1.374	0.242
20:1	g	0.005	0	0.001	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.982	0	0.278	0.049
18:2	g	0.681	0	0.193	0.034
18:3	g	0.256	0	0.073	0.013
18:4	g	0.002	0	0.001	0.000
20:4	g	0.023	0	0.007	0.001
20:5	g	0.011	0	0.003	0.001
22:5	g				
22:6	g	0.007	0	0.002	0.000
Cholesterol	mg	117	0	33	6
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.084	0	0.024	0.004
Threonine	g	0.215	0	0.061	0.011
Isoleucine	g	0.277	0	0.079	0.014
Leucine	g	0.471	0	0.134	0.024
Lysine	g	0.308	0	0.087	0.015
Methionine	g	0.131	0	0.037	0.007
Cystine	g	0.122	0	0.035	0.006
Phenylalanine	g	0.299	0	0.085	0.015
Tyrosine	g	0.211	0	0.060	0.011
Valine	g	0.315	0	0.089	0.016
Arginine	g	0.261	0	0.074	0.013
Histidine	g	0.136	0	0.039	0.007
Alanine	g	0.224	0	0.064	0.011
Aspartic acid	g	0.371	0	0.105	0.019
Glutamic acid	g	1.618	0	0.459	0.081
Glycine	g	0.194	0	0.055	0.010
Proline	g	0.566	0	0.160	0.028
Serine	g	0.354	0	0.100	0.018
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cookie

NDB No. 18422 Cookies, chocolate chip, commercially prepared, reg, higher fat, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 10g	Measure 3* 2g
Proximates:							
Water	g	4.10	0.091	87	1.16	0.41	0.09
Energy	kcal	481		0	136	48	11
Energy	kj	2013		0	571	201	44
Protein (N x 5.95)	g	5.40	0.064	88	1.53	0.54	0.12
Total lipid (fat)	g	22.60	0.153	89	6.41	2.26	0.50
Carbohydrate, by difference	g	66.80		0	18.94	6.68	1.47
Fiber, total dietary	g	2.5		0	0.7	0.3	0.1
Ash	g	1.10	0.017	85	0.31	0.11	0.02
Sugars, total	g						
Minerals:							
Calcium	mg	25	0.774	115	7	3	1
Iron	mg	1.00		0	0.28	0.10	0.02
Magnesium	mg	31	0.551	110	9	3	1
Phosphorus	mg	108	1.778	110	31	11	2
Potassium	mg	135	2.448	107	38	14	3
Sodium	mg	315	4.625	112	89	32	7
Zinc	mg	0.64	0.011	107	0.18	0.06	0.01
Copper	mg	0.212	0.007	105	0.060	0.021	0.005
Manganese	mg	0.449	0.009	102	0.127	0.045	0.010
Selenium	‡g						
Vitamins:							
Ascorbic acid	mg	0.0	0.000	4	0.0	0.0	0.0
Thiamin	mg	0.059		0	0.017	0.006	0.001
Riboflavin	mg	0.060		0	0.017	0.006	0.001
Niacin	mg	0.473		0	0.134	0.047	0.010
Pantothenic acid	mg	0.229	0.114	2	0.065	0.023	0.005
Vitamin B-6	mg	0.056		1	0.016	0.006	0.001
Folate	‡g	9	0.102	3	3	1	0
Vitamin B-12	‡g	0.01		0	0.00	0.00	0.00
Vitamin A	IU	4		0	1	0	0
Vitamin A, RE	‡g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	2.574		0	0.730	0.257	0.057
Lipids:							
Saturated, total	g	7.476		0	2.119	0.748	0.164
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010		0	0.003	0.001	0.000
14:0	g	0.112		0	0.032	0.011	0.002
15.0	g						
16:0	g	0.594		0	0.168	0.059	0.013
17:0	g						
18:0	g	3.697		0	1.048	0.370	0.081
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.671	0	3.309	1.167	0.257
14:1	g					
16:1	g	0.017	0	0.005	0.002	0.000
18:1	g	11.656	0	3.304	1.166	0.256
20:1	g					
22.1	g					
Polyunsaturated, total	g	2.367	0	0.671	0.237	0.052
18:2	g	2.246	0	0.637	0.225	0.049
18:3	g	0.122	0	0.035	0.012	0.003
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.073	0	0.021	0.007	0.002
Threonine	g	0.168	0	0.048	0.017	0.004
Isoleucine	g	0.222	0	0.063	0.022	0.005
Leucine	g	0.396	0	0.112	0.040	0.009
Lysine	g	0.219	0	0.062	0.022	0.005
Methionine	g	0.095	0	0.027	0.010	0.002
Cystine	g	0.095	0	0.027	0.010	0.002
Phenylalanine	g	0.261	0	0.074	0.026	0.006
Tyrosine	g	0.173	0	0.049	0.017	0.004
Valine	g	0.261	0	0.074	0.026	0.006
Arginine	g	0.191	0	0.054	0.019	0.004
Histidine	g	0.102	0	0.029	0.010	0.002
Alanine	g	0.168	0	0.048	0.017	0.004
Aspartic acid	g	0.277	0	0.079	0.028	0.006
Glutamic acid	g	1.602	0	0.454	0.160	0.035
Glycine	g	0.168	0	0.048	0.017	0.004
Proline	g	0.557	0	0.158	0.056	0.012
Serine	g	0.272	0	0.077	0.027	0.006
Other:						
Caffeine	mg	11	0	3	1	0
Theobromine	mg	83	0	24	8	2
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 medium cookie (2-1/4" dia)
Measure 3: 1 bite size (include Mini Chips Ahoy!)

NDB No. 18423 Cookies, ladyfingers, without lemon juice and rind

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 13g	Measure 3* 24g
Proximates:							
Water	g	19.50		0	5.53	2.54	4.68
Energy	kcal	365		0	103	47	88
Energy	kj	1527		0	433	199	366
Protein (N x 5.95)	g	10.60		0	3.01	1.38	2.54
Total lipid (fat)	g	9.10		0	2.58	1.18	2.18
Carbohydrate, by difference	g	59.70		0	16.92	7.76	14.33
Fiber, total dietary	g	1.0		0	0.3	0.1	0.2
Ash	g	1.10		0	0.31	0.14	0.26
Sugars, total	g						
Minerals:							
Calcium	mg	47		0	13	6	11
Iron	mg	3.58		0	1.01	0.47	0.86
Magnesium	mg	12		0	3	2	3
Phosphorus	mg	173		0	49	22	42
Potassium	mg	113		0	32	15	27
Sodium	mg	147		0	42	19	35
Zinc	mg	1.14		0	0.32	0.15	0.27
Copper	mg	0.095		0	0.027	0.012	0.023
Manganese	mg	0.240		0	0.068	0.031	0.058
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.284		0	0.081	0.037	0.068
Riboflavin	mg	0.428		0	0.121	0.056	0.103
Niacin	mg	2.104		0	0.596	0.274	0.505
Pantothenic acid	mg	1.116		0	0.316	0.145	0.268
Vitamin B-6	mg	0.122		0	0.035	0.016	0.029
Folate	:g	77		0	22	10	18
Vitamin B-12	:g	0.75		0	0.21	0.10	0.18
Vitamin A	IU	556		0	158	72	133
Vitamin A, RE	:g	167		0	47	22	40
Vitamin D	IU						
Vitamin E, "-TE	mg	1.282		0	0.363	0.167	0.308
Lipids:							
Saturated, total	g	3.477		0	0.986	0.452	0.834
4:0	g						
6.0	g						
8:0	g	0.003		0	0.001	0.000	0.001
10:0	g	0.003		0	0.001	0.000	0.001
12:0	g	0.003		0	0.001	0.000	0.001
14:0	g	0.038		0	0.011	0.005	0.009
15.0	g						
16:0	g	2.503		0	0.710	0.325	0.601
17:0	g						
18:0	g	0.873		0	0.247	0.113	0.210
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.253	0	1.206	0.553	1.021
14:1	g					
16:1	g	0.332	0	0.094	0.043	0.080
18:1	g	3.877	0	1.099	0.504	0.930
20:1	g	0.031	0	0.009	0.004	0.007
22.1	g	0.003	0	0.001	0.000	0.001
Polyunsaturated, total	g	1.611	0	0.457	0.209	0.387
18:2	g	1.366	0	0.387	0.178	0.328
18:3	g	0.043	0	0.012	0.006	0.010
18:4	g					
20:4	g	0.158	0	0.045	0.021	0.038
20:5	g	0.004	0	0.001	0.001	0.001
22:5	g					
22:6	g	0.041	0	0.012	0.005	0.010
Cholesterol	mg	365	0	103	47	88
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.133	0	0.038	0.017	0.032
Threonine	g	0.467	0	0.132	0.061	0.112
Isoleucine	g	0.516	0	0.146	0.067	0.124
Leucine	g	0.861	0	0.244	0.112	0.207
Lysine	g	0.679	0	0.192	0.088	0.163
Methionine	g	0.268	0	0.076	0.035	0.064
Cystine	g	0.224	0	0.064	0.029	0.054
Phenylalanine	g	0.511	0	0.145	0.066	0.123
Tyrosine	g	0.408	0	0.116	0.053	0.098
Valine	g	0.579	0	0.164	0.075	0.139
Arginine	g	0.610	0	0.173	0.079	0.146
Histidine	g	0.248	0	0.070	0.032	0.060
Alanine	g	0.502	0	0.142	0.065	0.120
Aspartic acid	g	0.888	0	0.252	0.115	0.213
Glutamic acid	g	1.920	0	0.544	0.250	0.461
Glycine	g	0.346	0	0.098	0.045	0.083
Proline	g	0.625	0	0.177	0.081	0.150
Serine	g	0.761	0	0.216	0.099	0.183
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 anisette sponge (4" x 1-1/8" x 7/8")
Measure 3: 1 breakfast treat (approx 4" x 2" x 7/8")

NDB No. 18424 Crackers, melba toast, plain, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 70g	Measure 2* 30g	Measure 3* 33g
Proximates:							
Water	g	5.10	0.196	16	3.57	1.53	1.68
Energy	kcal	390		0	273	117	129
Energy	kj	1632		0	1142	490	539
Protein (N x 5.95)	g	12.10	0.387	15	8.47	3.63	3.99
Total lipid (fat)	g	3.20	0.429	11	2.24	0.96	1.06
Carbohydrate, by difference	g	76.60		0	53.62	22.98	25.28
Fiber, total dietary	g	6.3		0	4.4	1.9	2.1
Ash	g	3.00	0.154	13	2.10	0.90	0.99
Sugars, total	g						
Minerals:							
Calcium	mg	93	14.161	15	65	28	31
Iron	mg	3.70	0.408	10	2.59	1.11	1.22
Magnesium	mg	59	6.585	8	41	18	19
Phosphorus	mg	196	7.975	12	137	59	65
Potassium	mg	202	10.786	13	141	61	67
Sodium	mg	19		0	13	6	6
Zinc	mg	2.01	0.295	7	1.41	0.60	0.66
Copper	mg	0.289	0.054	7	0.202	0.087	0.095
Manganese	mg	1.130	0.154	4	0.791	0.339	0.373
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.413	0.045	16	0.289	0.124	0.136
Riboflavin	mg	0.273	0.018	16	0.191	0.082	0.090
Niacin	mg	4.113	0.414	16	2.879	1.234	1.357
Pantothenic acid	mg	0.693	0.036	12	0.485	0.208	0.229
Vitamin B-6	mg	0.098	0.007	10	0.069	0.029	0.032
Folate	΄g	124		0	87	37	41
Vitamin B-12	΄g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	΄g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.056		0	0.039	0.017	0.018
Lipids:							
Saturated, total	g	0.445		0	0.312	0.134	0.147
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.002		0	0.001	0.001	0.001
15.0	g						
16:0	g	0.355		0	0.248	0.106	0.117
17:0	g						
18:0	g	0.088		0	0.062	0.026	0.029
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.782	0	0.547	0.235	0.258
14:1	g					
16:1	g	0.020	0	0.014	0.006	0.007
18:1	g	0.762	0	0.533	0.229	0.251
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.282	0	0.897	0.385	0.423
18:2	g	1.210	0	0.847	0.363	0.399
18:3	g	0.071	0	0.050	0.021	0.023
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.140	0	0.098	0.042	0.046
Threonine	g	0.342	0	0.239	0.103	0.113
Isoleucine	g	0.462	0	0.323	0.139	0.152
Leucine	g	0.844	0	0.591	0.253	0.279
Lysine	g	0.280	0	0.196	0.084	0.092
Methionine	g	0.214	0	0.150	0.064	0.071
Cystine	g	0.265	0	0.186	0.080	0.087
Phenylalanine	g	0.596	0	0.417	0.179	0.197
Tyrosine	g	0.339	0	0.237	0.102	0.112
Valine	g	0.520	0	0.364	0.156	0.172
Arginine	g	0.435	0	0.305	0.131	0.144
Histidine	g	0.261	0	0.183	0.078	0.086
Alanine	g	0.395	0	0.277	0.119	0.130
Aspartic acid	g	0.532	0	0.372	0.160	0.176
Glutamic acid	g	4.086	0	2.860	1.226	1.348
Glycine	g	0.424	0	0.297	0.127	0.140
Proline	g	1.366	0	0.956	0.410	0.451
Serine	g	0.586	0	0.410	0.176	0.193
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup, crushed
Measure 2: 1 cup, pieces
Measure 3: 1 cup, rounds

NDB No. 18425 Crackers, saltines, low salt (includes oyster, soda, soup)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 45g	Measure 2* 3g	Measure 3* 10g
Proximates:							
Water	g	4.10	0.082	176	1.84	0.12	0.41
Energy	kcal	434		0	195	13	43
Energy	kj	1816		0	817	54	182
Protein (N x 5.95)	g	9.20	0.056	155	4.14	0.28	0.92
Total lipid (fat)	g	11.80	0.142	161	5.31	0.35	1.18
Carbohydrate, by difference	g	71.50		0	32.17	2.15	7.15
Fiber, total dietary	g	3.0		0	1.4	0.1	0.3
Ash	g	3.30	0.080	153	1.49	0.10	0.33
Sugars, total	g						
Minerals:							
Calcium	mg	119	5.322	162	54	4	12
Iron	mg	5.40	0.080	171	2.43	0.16	0.54
Magnesium	mg	27	0.355	162	12	1	3
Phosphorus	mg	105	1.525	165	47	3	11
Potassium	mg	724		0	326	22	72
Sodium	mg	636		0	286	19	64
Zinc	mg	0.77	0.011	161	0.35	0.02	0.08
Copper	mg	0.199	0.007	163	0.090	0.006	0.020
Manganese	mg	0.695	0.009	142	0.313	0.021	0.069
Selenium	:g	19.6		0	8.8	0.6	2.0
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.565	0.016	128	0.254	0.017	0.056
Riboflavin	mg	0.462	0.006	129	0.208	0.014	0.046
Niacin	mg	5.249	0.072	131	2.362	0.157	0.525
Pantothenic acid	mg	0.456	0.101	7	0.205	0.014	0.046
Vitamin B-6	mg	0.038	0.004	5	0.017	0.001	0.004
Folate	:g	124		0	56	4	12
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	1.554		0	0.699	0.047	0.155
Lipids:							
Saturated, total	g	2.932		0	1.319	0.088	0.293
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	0.055		0	0.025	0.002	0.006
15.0	g						
16:0	g	1.545		0	0.695	0.046	0.155
17:0	g						
18:0	g	1.329		0	0.598	0.040	0.133
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.422		0	2.890	0.193	0.642
14:1	g						
16:1	g	0.005		0	0.002	0.000	0.001
18:1	g	6.417		0	2.888	0.193	0.642
20:1	g	0.000		0	0.000	0.000	0.000
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	1.679		0	0.756	0.050	0.168
18:2	g	1.593		0	0.717	0.048	0.159
18:3	g	0.086		0	0.039	0.003	0.009
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.000		0	0.000	0.000	0.000
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.000		0	0.000	0.000	0.000
Cholesterol	mg	0	0.000	9	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.122		0	0.055	0.004	0.012
Threonine	g	0.256		0	0.115	0.008	0.026
Isoleucine	g	0.334		0	0.150	0.010	0.033
Leucine	g	0.632		0	0.284	0.019	0.063
Lysine	g	0.258		0	0.116	0.008	0.026
Methionine	g	0.159		0	0.072	0.005	0.016
Cystine	g	0.198		0	0.089	0.006	0.020
Phenylalanine	g	0.452		0	0.203	0.014	0.045
Tyrosine	g	0.274		0	0.123	0.008	0.027
Valine	g	0.387		0	0.174	0.012	0.039
Arginine	g	0.366		0	0.165	0.011	0.037
Histidine	g	0.198		0	0.089	0.006	0.020
Alanine	g	0.292		0	0.131	0.009	0.029
Aspartic acid	g	0.394		0	0.177	0.012	0.039
Glutamic acid	g	3.066		0	1.380	0.092	0.307
Glycine	g	0.324		0	0.146	0.010	0.032
Proline	g	1.046		0	0.471	0.031	0.105
Serine	g	0.472		0	0.212	0.014	0.047
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 cup, oyster crackers
Measure 2: 1 cracker
Measure 3: 1 large round cracker

NDB No. 18426 Crackers, saltines, unsalted tops (includes oyster, soda, soup)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 3g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	4.10	0.082	176	0.12	0.58	
Energy	kcal	434		0	13	62	
Energy	kj	1816		0	54	257	
Protein (N x 5.95)	g	9.20	0.056	155	0.28	1.30	
Total lipid (fat)	g	11.80	0.142	161	0.35	1.67	
Carbohydrate, by difference	g	71.50		0	2.15	10.14	
Fiber, total dietary	g	3.0		0	0.1	0.4	
Ash	g	3.30	0.080	153	0.10	0.47	
Sugars, total	g						
Minerals:							
Calcium	mg	119	5.322	162	4	17	
Iron	mg	5.40	0.080	171	0.16	0.77	
Magnesium	mg	27	0.355	162	1	4	
Phosphorus	mg	105	1.525	165	3	15	
Potassium	mg	128	1.697	166	4	18	
Sodium	mg	766		0	23	109	
Zinc	mg	0.77	0.011	161	0.02	0.11	
Copper	mg	0.199	0.007	163	0.006	0.028	
Manganese	mg	0.695	0.009	142	0.021	0.099	
Selenium	ΐg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.565	0.016	128	0.017	0.080	
Riboflavin	mg	0.462	0.006	129	0.014	0.065	
Niacin	mg	5.249	0.072	131	0.157	0.744	
Pantothenic acid	mg	0.456	0.101	7	0.014	0.065	
Vitamin B-6	mg	0.038	0.004	5	0.001	0.005	
Folate	ΐg	124		0	4	18	
Vitamin B-12	ΐg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	ΐg	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.554		0	0.047	0.220	
Lipids:							
Saturated, total	g	2.932		0	0.088	0.416	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.055		0	0.002	0.008	
15.0	g						
16:0	g	1.545		0	0.046	0.219	
17:0	g						
18:0	g	1.329		0	0.040	0.188	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.422		0	0.193	0.910
14:1	g					
16:1	g	0.005		0	0.000	0.001
18:1	g	6.417		0	0.193	0.910
20:1	g					
22.1	g					
Polyunsaturated, total	g	1.679		0	0.050	0.238
18:2	g	1.593		0	0.048	0.226
18:3	g	0.086		0	0.003	0.012
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0.000	9	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.122		0	0.004	0.017
Threonine	g	0.256		0	0.008	0.036
Isoleucine	g	0.334		0	0.010	0.047
Leucine	g	0.632		0	0.019	0.090
Lysine	g	0.258		0	0.008	0.037
Methionine	g	0.159		0	0.005	0.023
Cystine	g	0.198		0	0.006	0.028
Phenylalanine	g	0.452		0	0.014	0.064
Tyrosine	g	0.274		0	0.008	0.039
Valine	g	0.387		0	0.012	0.055
Arginine	g	0.366		0	0.011	0.052
Histidine	g	0.198		0	0.006	0.028
Alanine	g	0.292		0	0.009	0.041
Aspartic acid	g	0.394		0	0.012	0.056
Glutamic acid	g	3.066		0	0.092	0.435
Glycine	g	0.324		0	0.010	0.046
Proline	g	1.046		0	0.031	0.148
Serine	g	0.472		0	0.014	0.067
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

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

NDB No. 18427 Crackers, standard snack-type, regular, low salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 62g	Measure 2* 72g	Measure 3* 1g
Proximates:							
Water	g	3.50	0.078	157	2.17	2.52	0.02
Energy	kcal	502		0	311	361	3
Energy	kj	2100		0	1302	1512	13
Protein (N x 5.95)	g	7.40	0.093	159	4.59	5.33	0.04
Total lipid (fat)	g	25.30	0.329	169	15.69	18.22	0.15
Carbohydrate, by difference	g	61.00		0	37.82	43.92	0.37
Fiber, total dietary	g	1.6		0	1.0	1.2	0.0
Ash	g	2.80	0.056	149	1.74	2.02	0.02
Sugars, total	g						
Minerals:							
Calcium	mg	120	3.998	145	74	86	1
Iron	mg	3.60	0.056	147	2.23	2.59	0.02
Magnesium	mg	27	1.161	137	17	19	0
Phosphorus	mg	228	6.627	139	141	164	1
Potassium	mg	355		0	220	256	2
Sodium	mg	373		0	231	269	2
Zinc	mg	0.68	0.021	143	0.42	0.49	0.00
Copper	mg	0.213	0.011	138	0.132	0.153	0.001
Manganese	mg	0.556	0.014	123	0.345	0.400	0.003
Selenium	:g	6.6	0.653	6	4.1	4.8	0.0
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.408	0.009	129	0.253	0.294	0.002
Riboflavin	mg	0.342	0.006	131	0.212	0.246	0.002
Niacin	mg	4.048	0.048	133	2.510	2.915	0.024
Pantothenic acid	mg	0.271	0.028	5	0.168	0.195	0.002
Vitamin B-6	mg	0.053	0.003	3	0.033	0.038	0.000
Folate	:g	77		0	48	55	0
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	4.518		0	2.801	3.253	0.027
Lipids:							
Saturated, total	g	3.776		0	2.341	2.719	0.023
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.025		0	0.016	0.018	0.000
15.0	g						
16:0	g	2.516		0	1.560	1.812	0.015
17:0	g						
18:0	g	1.235		0	0.766	0.889	0.007
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.640		0	6.597	7.661	0.064
14:1	g						
16:1	g	0.098		0	0.061	0.071	0.001
18:1	g	10.517		0	6.521	7.572	0.063
20:1	g	0.000		0	0.000	0.000	0.000
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	9.545		0	5.918	6.872	0.057
18:2	g	8.865		0	5.496	6.383	0.053
18:3	g	0.655		0	0.406	0.472	0.004
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.000		0	0.000	0.000	0.000
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.000		0	0.000	0.000	0.000
Cholesterol	mg	0	0.000	7	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.091		0	0.056	0.066	0.001
Threonine	g	0.202		0	0.125	0.145	0.001
Isoleucine	g	0.255		0	0.158	0.184	0.002
Leucine	g	0.507		0	0.314	0.365	0.003
Lysine	g	0.164		0	0.102	0.118	0.001
Methionine	g	0.131		0	0.081	0.094	0.001
Cystine	g	0.157		0	0.097	0.113	0.001
Phenylalanine	g	0.371		0	0.230	0.267	0.002
Tyrosine	g	0.223		0	0.138	0.161	0.001
Valine	g	0.296		0	0.184	0.213	0.002
Arginine	g	0.298		0	0.185	0.215	0.002
Histidine	g	0.164		0	0.102	0.118	0.001
Alanine	g	0.238		0	0.148	0.171	0.001
Aspartic acid	g	0.313		0	0.194	0.225	0.002
Glutamic acid	g	2.475		0	1.535	1.782	0.015
Glycine	g	0.265		0	0.164	0.191	0.002
Proline	g	0.854		0	0.529	0.615	0.005
Serine	g	0.367		0	0.228	0.264	0.002
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 cup, bite size
Measure 2: 1 cup, crushed
Measure 3: 1 bite size

NDB No. 18428 Crackers, wheat, low salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 3g	Measure 2* 4g	Measure 3* 3g
Proximates:							
Water	g	3.10	0.095	57	0.09	0.12	0.09
Energy	kcal	473		0	14	19	14
Energy	kj	1979		0	59	79	59
Protein (N x 5.95)	g	8.60	0.190	58	0.26	0.34	0.26
Total lipid (fat)	g	20.60	0.403	56	0.62	0.82	0.62
Carbohydrate, by difference	g	64.90		0	1.95	2.60	1.95
Fiber, total dietary	g	4.5		0	0.1	0.2	0.1
Ash	g	2.80	0.091	55	0.08	0.11	0.08
Sugars, total	g						
Minerals:							
Calcium	mg	49	4.931	55	1	2	1
Iron	mg	4.40	0.106	56	0.13	0.18	0.13
Magnesium	mg	62	1.667	52	2	2	2
Phosphorus	mg	220	9.705	53	7	9	7
Potassium	mg	203		0	6	8	6
Sodium	mg	283		0	8	11	8
Zinc	mg	1.60	0.067	52	0.05	0.06	0.05
Copper	mg	0.318	0.027	52	0.010	0.013	0.010
Manganese	mg	1.781	0.070	46	0.053	0.071	0.053
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.505	0.015	54	0.015	0.020	0.015
Riboflavin	mg	0.327	0.014	55	0.010	0.013	0.010
Niacin	mg	4.961	0.140	55	0.149	0.198	0.149
Pantothenic acid	mg	0.522	0.151	3	0.016	0.021	0.016
Vitamin B-6	mg	0.136	0.009	2	0.004	0.005	0.004
Folate	:g	44		0	1	2	1
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	3.227		0	0.097	0.129	0.097
Lipids:							
Saturated, total	g	5.178		0	0.155	0.207	0.155
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	0.008		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	0.099		0	0.003	0.004	0.003
15.0	g						
16:0	g	2.693		0	0.081	0.108	0.081
17:0	g						
18:0	g	2.371		0	0.071	0.095	0.071
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.448		0	0.343	0.458	0.343
14:1	g						
16:1	g	0.006		0	0.000	0.000	0.000
18:1	g	11.442		0	0.343	0.458	0.343
20:1	g	0.000		0	0.000	0.000	0.000
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	2.796		0	0.084	0.112	0.084
18:2	g	2.653		0	0.080	0.106	0.080
18:3	g	0.140		0	0.004	0.006	0.004
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.001		0	0.000	0.000	0.000
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.000		0	0.000	0.000	0.000
Cholesterol	mg	0	0.000	2	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.124		0	0.004	0.005	0.004
Threonine	g	0.242		0	0.007	0.010	0.007
Isoleucine	g	0.314		0	0.009	0.013	0.009
Leucine	g	0.582		0	0.017	0.023	0.017
Lysine	g	0.236		0	0.007	0.009	0.007
Methionine	g	0.138		0	0.004	0.006	0.004
Cystine	g	0.193		0	0.006	0.008	0.006
Phenylalanine	g	0.412		0	0.012	0.016	0.012
Tyrosine	g	0.250		0	0.008	0.010	0.008
Valine	g	0.375		0	0.011	0.015	0.011
Arginine	g	0.375		0	0.011	0.015	0.011
Histidine	g	0.193		0	0.006	0.008	0.006
Alanine	g	0.289		0	0.009	0.012	0.009
Aspartic acid	g	0.406		0	0.012	0.016	0.012
Glutamic acid	g	2.765		0	0.083	0.111	0.083
Glycine	g	0.328		0	0.010	0.013	0.010
Proline	g	0.925		0	0.028	0.037	0.028
Serine	g	0.418		0	0.013	0.017	0.013
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 cup, crushed
Measure 2: 1 Euphrates
Measure 3: 1 Harvest Wheat

NDB No. 18429 Crackers, whole-wheat, low salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 94g	Measure 2* 4g	Measure 3* 4g
Proximates:							
Water	g	2.70	0.170	34	2.54	0.11	0.11
Energy	kcal	443		0	416	18	18
Energy	kj	1854		0	1743	74	74
Protein (N x 5.95)	g	8.80	0.309	16	8.27	0.35	0.35
Total lipid (fat)	g	17.20	0.532	23	16.17	0.69	0.69
Carbohydrate, by difference	g	68.60		0	64.48	2.74	2.74
Fiber, total dietary	g	10.5		0	9.9	0.4	0.4
Ash	g	2.70	0.131	18	2.54	0.11	0.11
Sugars, total	g						
Minerals:							
Calcium	mg	50	7.806	24	47	2	2
Iron	mg	3.08	0.199	24	2.90	0.12	0.12
Magnesium	mg	99	2.966	24	93	4	4
Phosphorus	mg	295	9.701	23	277	12	12
Potassium	mg	297	9.566	24	279	12	12
Sodium	mg	247		0	232	10	10
Zinc	mg	2.15	0.074	26	2.02	0.09	0.09
Copper	mg	0.444	0.032	25	0.417	0.018	0.018
Manganese	mg	2.247	0.102	21	2.112	0.090	0.090
Selenium	：g	14.7	7.683	5	13.8	0.6	0.6
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.201	0.007	21	0.189	0.008	0.008
Riboflavin	mg	0.100	0.018	22	0.094	0.004	0.004
Niacin	mg	4.519	0.103	15	4.248	0.181	0.181
Pantothenic acid	mg	0.813	0.026	10	0.764	0.033	0.033
Vitamin B-6	mg	0.183	0.004	9	0.172	0.007	0.007
Folate	：g	28	0.403	8	26	1	1
Vitamin B-12	：g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	：g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	1.110		0	1.043	0.044	0.044
Lipids:							
Saturated, total	g	3.393		0	3.189	0.136	0.136
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	0.016		0	0.015	0.001	0.001
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.003		0	0.003	0.000	0.000
15.0	g						
16:0	g	1.744		0	1.639	0.070	0.070
17:0	g						
18:0	g	1.617		0	1.520	0.065	0.065
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.880	0	5.527	0.235	0.235
14:1	g					
16:1	g	0.012	0	0.011	0.000	0.000
18:1	g	5.868	0	5.516	0.235	0.235
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	6.596	0	6.200	0.264	0.264
18:2	g	6.218	0	5.845	0.249	0.249
18:3	g	0.376	0	0.353	0.015	0.015
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.002	0	0.002	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.137	0	0.129	0.005	0.005
Threonine	g	0.256	0	0.241	0.010	0.010
Isoleucine	g	0.329	0	0.309	0.013	0.013
Leucine	g	0.600	0	0.564	0.024	0.024
Lysine	g	0.245	0	0.230	0.010	0.010
Methionine	g	0.137	0	0.129	0.005	0.005
Cystine	g	0.206	0	0.194	0.008	0.008
Phenylalanine	g	0.419	0	0.394	0.017	0.017
Tyrosine	g	0.259	0	0.243	0.010	0.010
Valine	g	0.401	0	0.377	0.016	0.016
Arginine	g	0.416	0	0.391	0.017	0.017
Histidine	g	0.206	0	0.194	0.008	0.008
Alanine	g	0.315	0	0.296	0.013	0.013
Aspartic acid	g	0.456	0	0.429	0.018	0.018
Glutamic acid	g	2.804	0	2.636	0.112	0.112
Glycine	g	0.358	0	0.337	0.014	0.014
Proline	g	0.922	0	0.867	0.037	0.037
Serine	g	0.419	0	0.394	0.017	0.017
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup, crushed
Measure 2: 1 cracker
Measure 3: 1 square cracker

NDB No. 18430 Danish pastry, cinnamon, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 142g	Measure 3* 35g
Proximates:							
Water	g	24.30	1.534	3	6.89	34.51	8.51
Energy	kcal	403		0	114	572	141
Energy	kj	1686		0	478	2394	590
Protein (N x 5.95)	g	7.00	0.511	3	1.98	9.94	2.45
Total lipid (fat)	g	22.40	1.634	3	6.35	31.81	7.84
Carbohydrate, by difference	g	44.60		0	12.64	63.33	15.61
Fiber, total dietary	g	1.2		0	0.3	1.7	0.4
Ash	g	1.70	0.103	5	0.48	2.41	0.60
Sugars, total	g						
Minerals:							
Calcium	mg	71	5.973	30	20	101	25
Iron	mg	0.78		0	0.22	1.11	0.27
Magnesium	mg	19	0.467	31	5	27	7
Phosphorus	mg	107	3.843	30	30	152	37
Potassium	mg	125	4.168	29	35	178	44
Sodium	mg	371	8.862	31	105	527	130
Zinc	mg	0.72	0.027	31	0.20	1.02	0.25
Copper	mg	0.100	0.004	30	0.028	0.142	0.035
Manganese	mg	0.362	0.017	30	0.103	0.514	0.127
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.3	0.1
Thiamin	mg	0.180		0	0.051	0.256	0.063
Riboflavin	mg	0.100		0	0.028	0.142	0.035
Niacin	mg	1.100		0	0.312	1.562	0.385
Pantothenic acid	mg	0.396		0	0.112	0.562	0.139
Vitamin B-6	mg	0.038		0	0.011	0.054	0.013
Folate	:g	33		0	9	47	12
Vitamin B-12	:g	0.10		0	0.03	0.14	0.04
Vitamin A	IU	12		0	3	17	4
Vitamin A, RE	:g	3		0	1	4	1
Vitamin D	IU						
Vitamin E, "-TE	mg	2.972		0	0.843	4.220	1.040
Lipids:							
Saturated, total	g	5.681		0	1.611	8.067	1.988
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	0.109		0	0.031	0.155	0.038
15.0	g						
16:0	g	2.961		0	0.839	4.205	1.036
17:0	g						
18:0	g	2.602		0	0.738	3.695	0.911
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.515	0	3.548	17.771	4.380
14:1	g					
16:1	g	0.022	0	0.006	0.031	0.008
18:1	g	12.491	0	3.541	17.737	4.372
20:1	g	0.001	0	0.000	0.001	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.933	0	0.832	4.165	1.027
18:2	g	2.772	0	0.786	3.936	0.970
18:3	g	0.148	0	0.042	0.210	0.052
18:4	g	0.001	0	0.000	0.001	0.000
20:4	g	0.007	0	0.002	0.010	0.002
20:5	g	0.003	0	0.001	0.004	0.001
22:5	g					
22:6	g	0.002	0	0.001	0.003	0.001
Cholesterol	mg	21	0	6	30	7
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.084	0	0.024	0.119	0.029
Threonine	g	0.245	0	0.069	0.348	0.086
Isoleucine	g	0.310	0	0.088	0.440	0.109
Leucine	g	0.532	0	0.151	0.755	0.186
Lysine	g	0.296	0	0.084	0.420	0.104
Methionine	g	0.139	0	0.039	0.197	0.049
Cystine	g	0.139	0	0.039	0.197	0.049
Phenylalanine	g	0.348	0	0.099	0.494	0.122
Tyrosine	g	0.233	0	0.066	0.331	0.082
Valine	g	0.344	0	0.098	0.488	0.120
Arginine	g	0.312	0	0.088	0.443	0.109
Histidine	g	0.160	0	0.045	0.227	0.056
Alanine	g	0.274	0	0.078	0.389	0.096
Aspartic acid	g	0.463	0	0.131	0.657	0.162
Glutamic acid	g	1.882	0	0.534	2.672	0.659
Glycine	g	0.245	0	0.069	0.348	0.086
Proline	g	0.637	0	0.181	0.905	0.223
Serine	g	0.376	0	0.107	0.534	0.132
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 large (approx 7" dia)
Measure 3: 1 small or frozen (approx 3" dia)

NDB No. 18431 Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 142g	Measure 3* 35g
Proximates:							
Water	g	27.10	1.256	18	7.68	38.48	9.48
Energy	kcal	371		0	105	527	130
Energy	kj	1552		0	440	2204	543
Protein (N x 5.95)	g	5.40	0.230	18	1.53	7.67	1.89
Total lipid (fat)	g	18.50	0.710	15	5.24	26.27	6.47
Carbohydrate, by difference	g	47.80		0	13.55	67.88	16.73
Fiber, total dietary	g	1.9		0	0.5	2.7	0.7
Ash	g	1.20	0.040	18	0.34	1.70	0.42
Sugars, total	g						
Minerals:							
Calcium	mg	46	9.200	16	13	65	16
Iron	mg	0.75		0	0.21	1.06	0.26
Magnesium	mg	15	0.643	15	4	21	5
Phosphorus	mg	89	8.600	15	25	126	31
Potassium	mg	83	6.753	11	24	118	29
Sodium	mg	354	6.785	16	100	503	124
Zinc	mg	0.54	0.020	6	0.15	0.77	0.19
Copper	mg	0.065	0.005	6	0.018	0.092	0.023
Manganese	mg	0.253	0.012	6	0.072	0.359	0.089
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	3.9	1.837	15	1.1	5.5	1.4
Thiamin	mg	0.065		0	0.018	0.092	0.023
Riboflavin	mg	0.092		0	0.026	0.131	0.032
Niacin	mg	0.769		0	0.218	1.092	0.269
Pantothenic acid	mg	0.634	0.023	8	0.180	0.900	0.222
Vitamin B-6	mg	0.040		0	0.011	0.057	0.014
Folate	:g	16	1.032	8	5	23	6
Vitamin B-12	:g	0.13		0	0.04	0.18	0.05
Vitamin A	IU	74		0	21	105	26
Vitamin A, RE	:g	24		0	7	34	8
Vitamin D	IU						
Vitamin E, "-TE	mg	1.477		0	0.419	2.097	0.517
Lipids:							
Saturated, total	g	2.826		0	0.801	4.013	0.989
4:0	g	0.001		0	0.000	0.001	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.001		0	0.000	0.001	0.000
12:0	g	0.001		0	0.000	0.001	0.000
14:0	g	0.053		0	0.015	0.075	0.019
15.0	g						
16:0	g	1.527		0	0.433	2.168	0.534
17:0	g						
18:0	g	1.233		0	0.350	1.751	0.432
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.937	0	1.683	8.431	2.078
14:1	g					
16:1	g	0.031	0	0.009	0.044	0.011
18:1	g	5.903	0	1.674	8.382	2.066
20:1	g	0.003	0	0.001	0.004	0.001
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.508	0	0.428	2.141	0.528
18:2	g	1.416	0	0.401	2.011	0.496
18:3	g	0.075	0	0.021	0.107	0.026
18:4	g					
20:4	g	0.014	0	0.004	0.020	0.005
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g					
22:6	g	0.004	0	0.001	0.006	0.001
Cholesterol	mg	40	0	11	57	14
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.064	0	0.018	0.091	0.022
Threonine	g	0.171	0	0.048	0.243	0.060
Isoleucine	g	0.224	0	0.064	0.318	0.078
Leucine	g	0.398	0	0.113	0.565	0.139
Lysine	g	0.177	0	0.050	0.251	0.062
Methionine	g	0.110	0	0.031	0.156	0.039
Cystine	g	0.118	0	0.033	0.168	0.041
Phenylalanine	g	0.267	0	0.076	0.379	0.093
Tyrosine	g	0.166	0	0.047	0.236	0.058
Valine	g	0.252	0	0.071	0.358	0.088
Arginine	g	0.209	0	0.059	0.297	0.073
Histidine	g	0.118	0	0.033	0.168	0.041
Alanine	g	0.191	0	0.054	0.271	0.067
Aspartic acid	g	0.300	0	0.085	0.426	0.105
Glutamic acid	g	1.603	0	0.454	2.276	0.561
Glycine	g	0.178	0	0.050	0.253	0.062
Proline	g	0.543	0	0.154	0.771	0.190
Serine	g	0.285	0	0.081	0.405	0.100
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 container (3 oz)
Measure 3: 1 small or frozen (approx 3" dia)

NDB No. 18432 Bread, white, commercially prepared, toasted, low sodium no salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	30.40		0	8.62	6.99	
Energy	kcal	293		0	83	67	
Energy	kj	1226		0	348	282	
Protein (N x 5.95)	g	9.00		0	2.55	2.07	
Total lipid (fat)	g	4.00		0	1.13	0.92	
Carbohydrate, by difference	g	54.40		0	15.42	12.51	
Fiber, total dietary	g						
Ash	g	2.10		0	0.60	0.48	
Sugars, total	g						
Minerals:							
Calcium	mg	119		0	34	27	
Iron	mg	3.33		0	0.94	0.77	
Magnesium	mg	26		0	7	6	
Phosphorus	mg	103		0	29	24	
Potassium	mg	131		0	37	30	
Sodium	mg	30		0	9	7	
Zinc	mg	0.68		0	0.19	0.16	
Copper	mg	0.138		0	0.039	0.032	
Manganese	mg	0.421		0	0.119	0.097	
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.415		0	0.118	0.095	
Riboflavin	mg	0.337		0	0.096	0.078	
Niacin	mg	3.926		0	1.113	0.903	
Pantothenic acid	mg	0.278		0	0.079	0.064	
Vitamin B-6	mg	0.063		0	0.018	0.014	
Folate	:g	95		0	27	22	
Vitamin B-12	:g	0.02		0	0.01	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.892		0	0.253	0.205	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.016		0	0.005	0.004	
15.0	g						
16:0	g	0.516		0	0.146	0.119	
17:0	g						
18:0	g	0.359		0	0.102	0.083	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.771	0	0.502	0.407
14:1	g				
16:1	g	0.014	0	0.004	0.003
18:1	g	1.757	0	0.498	0.404
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.818	0	0.232	0.188
18:2	g	0.779	0	0.221	0.179
18:3	g	0.039	0	0.011	0.009
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	1	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.106	0	0.030	0.024
Threonine	g	0.267	0	0.076	0.061
Isoleucine	g	0.354	0	0.100	0.081
Leucine	g	0.637	0	0.181	0.147
Lysine	g	0.245	0	0.069	0.056
Methionine	g	0.158	0	0.045	0.036
Cystine	g	0.191	0	0.054	0.044
Phenylalanine	g	0.444	0	0.126	0.102
Tyrosine	g	0.261	0	0.074	0.060
Valine	g	0.397	0	0.113	0.091
Arginine	g	0.346	0	0.098	0.080
Histidine	g	0.196	0	0.056	0.045
Alanine	g	0.308	0	0.087	0.071
Aspartic acid	g	0.449	0	0.127	0.103
Glutamic acid	g	2.920	0	0.828	0.672
Glycine	g	0.323	0	0.092	0.074
Proline	g	0.970	0	0.275	0.223
Serine	g	0.440	0	0.125	0.101
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 18433 Danish pastry, lemon, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 71g	Measure 3*
Proximates:							
Water	g	27.10	1.256	18	7.68	19.24	
Energy	kcal	371		0	105	263	
Energy	kj	1552		0	440	1102	
Protein (N x 5.95)	g	5.40	0.230	18	1.53	3.83	
Total lipid (fat)	g	18.50	0.710	15	5.24	13.13	
Carbohydrate, by difference	g	47.80		0	13.55	33.94	
Fiber, total dietary	g	1.9		0	0.5	1.3	
Ash	g	1.20	0.040	18	0.34	0.85	
Sugars, total	g						
Minerals:							
Calcium	mg	46	9.200	16	13	33	
Iron	mg	0.75		0	0.21	0.53	
Magnesium	mg	15	0.643	15	4	11	
Phosphorus	mg	89	8.600	15	25	63	
Potassium	mg	83	6.753	11	24	59	
Sodium	mg	354	6.785	16	100	251	
Zinc	mg	0.54	0.020	6	0.15	0.38	
Copper	mg	0.065	0.005	6	0.018	0.046	
Manganese	mg	0.253	0.012	6	0.072	0.180	
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	3.9	1.837	15	1.1	2.8	
Thiamin	mg	0.065		0	0.018	0.046	
Riboflavin	mg	0.092		0	0.026	0.065	
Niacin	mg	0.769		0	0.218	0.546	
Pantothenic acid	mg	0.634	0.023	8	0.180	0.450	
Vitamin B-6	mg	0.040		0	0.011	0.028	
Folate	΄g	16	1.032	8	5	11	
Vitamin B-12	΄g	0.09		0	0.03	0.06	
Vitamin A	IU	175		0	50	124	
Vitamin A, RE	΄g	53		0	15	38	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.477		0	0.419	1.049	
Lipids:							
Saturated, total	g	2.826		0	0.801	2.006	
4:0	g	0.001		0	0.000	0.001	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.001		0	0.000	0.001	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.053		0	0.015	0.038	
15.0	g						
16:0	g	1.527		0	0.433	1.084	
17:0	g						
18:0	g	1.233		0	0.350	0.875	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.937	0	1.683	4.215
14:1	g				
16:1	g	0.031	0	0.009	0.022
18:1	g	5.903	0	1.674	4.191
20:1	g	0.003	0	0.001	0.002
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.508	0	0.428	1.071
18:2	g	1.416	0	0.401	1.005
18:3	g	0.075	0	0.021	0.053
18:4	g				
20:4	g	0.014	0	0.004	0.010
20:5	g	0.000	0	0.000	0.000
22:5	g				
22:6	g	0.004	0	0.001	0.003
Cholesterol	mg	40	0	11	28
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.064	0	0.018	0.045
Threonine	g	0.171	0	0.048	0.121
Isoleucine	g	0.224	0	0.064	0.159
Leucine	g	0.398	0	0.113	0.283
Lysine	g	0.177	0	0.050	0.126
Methionine	g	0.110	0	0.031	0.078
Cystine	g	0.118	0	0.033	0.084
Phenylalanine	g	0.267	0	0.076	0.190
Tyrosine	g	0.166	0	0.047	0.118
Valine	g	0.252	0	0.071	0.179
Arginine	g	0.209	0	0.059	0.148
Histidine	g	0.118	0	0.033	0.084
Alanine	g	0.191	0	0.054	0.136
Aspartic acid	g	0.300	0	0.085	0.213
Glutamic acid	g	1.603	0	0.454	1.138
Glycine	g	0.178	0	0.050	0.126
Proline	g	0.543	0	0.154	0.386
Serine	g	0.285	0	0.081	0.202
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 pastry

NDB No. 18434 Crackers, cheese, low sodium

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 62g	Measure 2* 72g	Measure 3* 1g
Proximates:							
Water	g	3.10	0.124	48	1.92	2.23	0.02
Energy	kcal	503		0	312	362	3
Energy	kj	2105		0	1305	1516	13
Protein (N x 5.95)	g	10.10	0.228	47	6.26	7.27	0.06
Total lipid (fat)	g	25.30	0.541	51	15.69	18.22	0.15
Carbohydrate, by difference	g	58.20		0	36.08	41.90	0.35
Fiber, total dietary	g	2.4		0	1.5	1.7	0.0
Ash	g	3.30	0.117	43	2.05	2.38	0.02
Sugars, total	g						
Minerals:							
Calcium	mg	151	11.424	48	94	109	1
Iron	mg	4.77	0.206	45	2.96	3.43	0.03
Magnesium	mg	36	2.525	43	22	26	0
Phosphorus	mg	218	11.747	44	135	157	1
Potassium	mg	106		0	66	76	1
Sodium	mg	458		0	284	330	3
Zinc	mg	1.13	0.035	42	0.70	0.81	0.01
Copper	mg	0.210	0.017	42	0.130	0.151	0.001
Manganese	mg	0.629	0.013	36	0.390	0.453	0.004
Selenium	:g	8.6		1	5.3	6.2	0.1
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.570	0.018	42	0.353	0.410	0.003
Riboflavin	mg	0.428	0.015	42	0.265	0.308	0.003
Niacin	mg	4.671	0.104	41	2.896	3.363	0.028
Pantothenic acid	mg	0.526	0.107	4	0.326	0.379	0.003
Vitamin B-6	mg	0.553	0.424	3	0.343	0.398	0.003
Folate	:g	80		0	50	58	0
Vitamin B-12	:g	0.46		1	0.29	0.33	0.00
Vitamin A	IU	162		1	100	117	1
Vitamin A, RE	:g	30		0	19	22	0
Vitamin D	IU						
Vitamin E, "-TE	mg	2.350		0	1.457	1.692	0.014
Lipids:							
Saturated, total	g	9.638		0	5.976	6.939	0.058
4:0	g	0.268		0	0.166	0.193	0.002
6.0	g	0.135		0	0.084	0.097	0.001
8:0	g	0.071		0	0.044	0.051	0.000
10:0	g	0.154		0	0.095	0.111	0.001
12:0	g	0.139		0	0.086	0.100	0.001
14:0	g	0.935		0	0.580	0.673	0.006
15.0	g						
16:0	g	4.700		0	2.914	3.384	0.028
17:0	g						
18:0	g	2.989		0	1.853	2.152	0.018
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.852	0	7.348	8.533	0.071
14:1	g					
16:1	g	0.262	0	0.162	0.189	0.002
18:1	g	11.467	0	7.110	8.256	0.069
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.457	0	1.523	1.769	0.015
18:2	g	2.250	0	1.395	1.620	0.013
18:3	g	0.207	0	0.128	0.149	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	13	1	8	9	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.129	0	0.080	0.093	0.001
Threonine	g	0.295	0	0.183	0.212	0.002
Isoleucine	g	0.424	0	0.263	0.305	0.003
Leucine	g	0.744	0	0.461	0.536	0.004
Lysine	g	0.418	0	0.259	0.301	0.003
Methionine	g	0.194	0	0.120	0.140	0.001
Cystine	g	0.168	0	0.104	0.121	0.001
Phenylalanine	g	0.490	0	0.304	0.353	0.003
Tyrosine	g	0.340	0	0.211	0.245	0.002
Valine	g	0.478	0	0.296	0.344	0.003
Arginine	g	0.386	0	0.239	0.278	0.002
Histidine	g	0.245	0	0.152	0.176	0.001
Alanine	g	0.304	0	0.188	0.219	0.002
Aspartic acid	g	0.480	0	0.298	0.346	0.003
Glutamic acid	g	3.034	0	1.881	2.184	0.018
Glycine	g	0.302	0	0.187	0.217	0.002
Proline	g	1.110	0	0.688	0.799	0.007
Serine	g	0.521	0	0.323	0.375	0.003
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup, Cheez-its
Measure 2: 1 cup, crushed
Measure 3: 1 gold fish

NDB No. 18435 Danish pastry, raspberry, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 71g	Measure 3*
Proximates:							
Water	g	27.10	1.256	18	7.68	19.24	
Energy	kcal	371		0	105	263	
Energy	kj	1552		0	440	1102	
Protein (N x 5.95)	g	5.40	0.230	18	1.53	3.83	
Total lipid (fat)	g	18.50	0.710	15	5.24	13.13	
Carbohydrate, by difference	g	47.80		0	13.55	33.94	
Fiber, total dietary	g	1.9		0	0.5	1.3	
Ash	g	1.20	0.040	18	0.34	0.85	
Sugars, total	g						
Minerals:							
Calcium	mg	46	9.200	16	13	33	
Iron	mg	0.75		0	0.21	0.53	
Magnesium	mg	15	0.643	15	4	11	
Phosphorus	mg	89	8.600	15	25	63	
Potassium	mg	83	6.753	11	24	59	
Sodium	mg	354	6.785	16	100	251	
Zinc	mg	0.54	0.020	6	0.15	0.38	
Copper	mg	0.065	0.005	6	0.018	0.046	
Manganese	mg	0.253	0.012	6	0.072	0.180	
Selenium	ΐg						
Vitamins:							
Ascorbic acid	mg	3.9	1.837	15	1.1	2.8	
Thiamin	mg	0.065		0	0.018	0.046	
Riboflavin	mg	0.092		0	0.026	0.065	
Niacin	mg	0.769		0	0.218	0.546	
Pantothenic acid	mg	0.634	0.023	8	0.180	0.450	
Vitamin B-6	mg	0.040		0	0.011	0.028	
Folate	ΐg	16	1.032	8	5	11	
Vitamin B-12	ΐg	0.09		0	0.03	0.06	
Vitamin A	IU	200		0	57	142	
Vitamin A, RE	ΐg	60		0	17	43	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.477		0	0.419	1.049	
Lipids:							
Saturated, total	g	2.826		0	0.801	2.006	
4:0	g	0.001		0	0.000	0.001	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.001		0	0.000	0.001	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.053		0	0.015	0.038	
15.0	g						
16:0	g	1.527		0	0.433	1.084	
17:0	g						
18:0	g	1.233		0	0.350	0.875	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.937	0	1.683	4.215
14:1	g				
16:1	g	0.031	0	0.009	0.022
18:1	g	5.903	0	1.674	4.191
20:1	g	0.003	0	0.001	0.002
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.508	0	0.428	1.071
18:2	g	1.416	0	0.401	1.005
18:3	g	0.075	0	0.021	0.053
18:4	g				
20:4	g	0.014	0	0.004	0.010
20:5	g	0.000	0	0.000	0.000
22:5	g				
22:6	g	0.004	0	0.001	0.003
Cholesterol	mg	40	0	11	28
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.064	0	0.018	0.045
Threonine	g	0.171	0	0.048	0.121
Isoleucine	g	0.224	0	0.064	0.159
Leucine	g	0.398	0	0.113	0.283
Lysine	g	0.177	0	0.050	0.126
Methionine	g	0.110	0	0.031	0.078
Cystine	g	0.118	0	0.033	0.084
Phenylalanine	g	0.267	0	0.076	0.190
Tyrosine	g	0.166	0	0.047	0.118
Valine	g	0.252	0	0.071	0.179
Arginine	g	0.209	0	0.059	0.148
Histidine	g	0.118	0	0.033	0.084
Alanine	g	0.191	0	0.054	0.136
Aspartic acid	g	0.300	0	0.085	0.213
Glutamic acid	g	1.603	0	0.454	1.138
Glycine	g	0.178	0	0.050	0.126
Proline	g	0.543	0	0.154	0.386
Serine	g	0.285	0	0.081	0.202
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 pastry, (4-1/4" dia)

NDB No. 18436 Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 60g	Measure 3*
Proximates:							
Water	g	25.40	0.945	23	7.20	15.24	
Energy	kcal	403		0	114	242	
Energy	kj	1686		0	478	1012	
Protein (N x 5.95)	g	6.40	0.287	20	1.81	3.84	
Total lipid (fat)	g	22.80	0.973	20	6.46	13.68	
Carbohydrate, by difference	g	44.30		0	12.56	26.58	
Fiber, total dietary	g	1.2		0	0.3	0.7	
Ash	g	1.10	0.083	19	0.31	0.66	
Sugars, total	g						
Minerals:							
Calcium	mg	43	9.647	13	12	26	
Iron	mg	0.60		0	0.17	0.36	
Magnesium	mg	22	0.749	7	6	13	
Phosphorus	mg	93	2.900	7	26	56	
Potassium	mg	108	6.546	7	31	65	
Sodium	mg	342	30.988	14	97	205	
Zinc	mg	0.77	0.146	6	0.22	0.46	
Copper	mg	0.169	0.032	6	0.048	0.101	
Manganese	mg	0.263	0.004	3	0.075	0.158	
Selenium	：g						
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.1	
Thiamin	mg	0.890		0	0.252	0.534	
Riboflavin	mg	0.067		0	0.019	0.040	
Niacin	mg	0.650		0	0.184	0.390	
Pantothenic acid	mg	0.473	0.029	12	0.134	0.284	
Vitamin B-6	mg	0.057	0.005	2	0.016	0.034	
Folate	：g	22	3.819	3	6	13	
Vitamin B-12	：g	0.09		0	0.03	0.05	
Vitamin A	IU	14		0	4	8	
Vitamin A, RE	：g	4		0	1	2	
Vitamin D	IU						
Vitamin E, "-TE	mg	3.057		0	0.867	1.834	
Lipids:							
Saturated, total	g	5.813		0	1.648	3.488	
4:0	g						
6.0	g						
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.112		0	0.032	0.067	
15.0	g						
16:0	g	3.018		0	0.856	1.811	
17:0	g						
18:0	g	2.676		0	0.759	1.606	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.865		0	3.647	7.719
14:1	g					
16:1	g	0.021		0	0.006	0.013
18:1	g	12.841		0	3.640	7.705
20:1	g	0.001		0	0.000	0.001
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.902		0	0.823	1.741
18:2	g	2.744		0	0.778	1.646
18:3	g	0.145		0	0.041	0.087
18:4	g	0.001		0	0.000	0.001
20:4	g	0.008		0	0.002	0.005
20:5	g	0.002		0	0.001	0.001
22:5	g					
22:6	g	0.002		0	0.001	0.001
Cholesterol	mg	6	2.381	8	2	4
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.077		0	0.022	0.046
Threonine	g	0.213		0	0.060	0.128
Isoleucine	g	0.266		0	0.075	0.160
Leucine	g	0.468		0	0.133	0.281
Lysine	g	0.231		0	0.065	0.139
Methionine	g	0.114		0	0.032	0.068
Cystine	g	0.130		0	0.037	0.078
Phenylalanine	g	0.310		0	0.088	0.186
Tyrosine	g	0.200		0	0.057	0.120
Valine	g	0.295		0	0.084	0.177
Arginine	g	0.271		0	0.077	0.163
Histidine	g	0.144		0	0.041	0.086
Alanine	g	0.235		0	0.067	0.141
Aspartic acid	g	0.380		0	0.108	0.228
Glutamic acid	g	1.873		0	0.531	1.124
Glycine	g	0.227		0	0.064	0.136
Proline	g	0.626		0	0.177	0.376
Serine	g	0.330		0	0.094	0.198
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 medium doughnut (3-1/4" dia)

NDB No. 18437 English muffins, plain, enriched, without calcium propionate(includes sourdough)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	42.10	0.221	140	11.94	24.00	
Energy	kcal	235		0	67	134	
Energy	kj	983		0	279	560	
Protein (N x 5.95)	g	7.70	0.039	142	2.18	4.39	
Total lipid (fat)	g	1.80	0.031	141	0.51	1.03	
Carbohydrate, by difference	g	46.00		0	13.04	26.22	
Fiber, total dietary	g	2.7		0	0.8	1.5	
Ash	g	2.20	0.107	37	0.62	1.25	
Sugars, total	g						
Minerals:							
Calcium	mg	52		0	15	30	
Iron	mg	2.50	0.098	42	0.71	1.43	
Magnesium	mg	21	0.921	16	6	12	
Phosphorus	mg	133	16.347	11	38	76	
Potassium	mg	131	10.979	14	37	75	
Sodium	mg	464	21.312	20	132	264	
Zinc	mg	0.70	0.038	28	0.20	0.40	
Copper	mg	0.129	0.016	11	0.037	0.074	
Manganese	mg	0.357	0.031	10	0.101	0.203	
Selenium	：g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.442	0.006	129	0.125	0.252	
Riboflavin	mg	0.281	0.013	33	0.080	0.160	
Niacin	mg	3.884	0.125	33	1.101	2.214	
Pantothenic acid	mg	0.446	0.041	9	0.126	0.254	
Vitamin B-6	mg	0.043	0.004	4	0.012	0.025	
Folate	：g	74		0	21	42	
Vitamin B-12	：g	0.04		0	0.01	0.02	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.170		0	0.048	0.097	
Lipids:							
Saturated, total	g	0.259		0	0.073	0.148	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.002		0	0.001	0.001	
15.0	g						
16:0	g	0.212		0	0.060	0.121	
17:0	g						
18:0	g	0.041		0	0.012	0.023	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.302		0	0.086	0.172
14:1	g					
16:1	g	0.027		0	0.008	0.015
18:1	g	0.274		0	0.078	0.156
20:1	g	0.002		0	0.001	0.001
22.1	g					
Polyunsaturated, total	g	0.888		0	0.252	0.506
18:2	g	0.813		0	0.230	0.463
18:3	g	0.075		0	0.021	0.043
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0.015	4	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.092		0	0.026	0.052
Threonine	g	0.242		0	0.069	0.138
Isoleucine	g	0.315		0	0.089	0.180
Leucine	g	0.553		0	0.157	0.315
Lysine	g	0.241		0	0.068	0.137
Methionine	g	0.139		0	0.039	0.079
Cystine	g	0.160		0	0.045	0.091
Phenylalanine	g	0.379		0	0.107	0.216
Tyrosine	g	0.233		0	0.066	0.133
Valine	g	0.353		0	0.100	0.201
Arginine	g	0.295		0	0.084	0.168
Histidine	g	0.170		0	0.048	0.097
Alanine	g	0.281		0	0.080	0.160
Aspartic acid	g	0.398		0	0.113	0.227
Glutamic acid	g	2.419		0	0.686	1.379
Glycine	g	0.280		0	0.079	0.160
Proline	g	0.809		0	0.229	0.461
Serine	g	0.376		0	0.107	0.214
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 muffin

NDB No. 18438 English muffins, plain, unenriched, with calcium propionate (includes sourdough)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	42.10	0.221	140	11.94	24.00	
Energy	kcal	235		0	67	134	
Energy	kj	983		0	279	560	
Protein (N x 5.95)	g	7.70	0.039	142	2.18	4.39	
Total lipid (fat)	g	1.80	0.031	141	0.51	1.03	
Carbohydrate, by difference	g	46.00		0	13.04	26.22	
Fiber, total dietary	g	2.7		0	0.8	1.5	
Ash	g	2.20	0.107	37	0.62	1.25	
Sugars, total	g						
Minerals:							
Calcium	mg	174	10.921	28	49	99	
Iron	mg	0.89		0	0.25	0.51	
Magnesium	mg	21	0.921	16	6	12	
Phosphorus	mg	133	16.347	11	38	76	
Potassium	mg	131	10.979	14	37	75	
Sodium	mg	464	21.312	20	132	264	
Zinc	mg	0.70	0.038	28	0.20	0.40	
Copper	mg	0.129	0.016	11	0.037	0.074	
Manganese	mg	0.357	0.031	10	0.101	0.203	
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.181		0	0.051	0.103	
Riboflavin	mg	0.154		0	0.044	0.088	
Niacin	mg	1.566		0	0.444	0.893	
Pantothenic acid	mg	0.446	0.041	9	0.126	0.254	
Vitamin B-6	mg	0.043	0.004	4	0.012	0.025	
Folate	:g	37		0	10	21	
Vitamin B-12	:g	0.04		0	0.01	0.02	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.170		0	0.048	0.097	
Lipids:							
Saturated, total	g	0.259		0	0.073	0.148	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.002		0	0.001	0.001	
15.0	g						
16:0	g	0.212		0	0.060	0.121	
17:0	g						
18:0	g	0.041		0	0.012	0.023	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.302		0	0.086	0.172
14:1	g					
16:1	g	0.027		0	0.008	0.015
18:1	g	0.274		0	0.078	0.156
20:1	g	0.002		0	0.001	0.001
22.1	g					
Polyunsaturated, total	g	0.888		0	0.252	0.506
18:2	g	0.813		0	0.230	0.463
18:3	g	0.075		0	0.021	0.043
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0.015	4	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.092		0	0.026	0.052
Threonine	g	0.242		0	0.069	0.138
Isoleucine	g	0.315		0	0.089	0.180
Leucine	g	0.553		0	0.157	0.315
Lysine	g	0.241		0	0.068	0.137
Methionine	g	0.139		0	0.039	0.079
Cystine	g	0.160		0	0.045	0.091
Phenylalanine	g	0.379		0	0.107	0.216
Tyrosine	g	0.233		0	0.066	0.133
Valine	g	0.353		0	0.100	0.201
Arginine	g	0.295		0	0.084	0.168
Histidine	g	0.170		0	0.048	0.097
Alanine	g	0.281		0	0.080	0.160
Aspartic acid	g	0.398		0	0.113	0.227
Glutamic acid	g	2.419		0	0.686	1.379
Glycine	g	0.280		0	0.079	0.160
Proline	g	0.809		0	0.229	0.461
Serine	g	0.376		0	0.107	0.214
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 muffin

NDB No. 18439 English muffins, plain, unenriched, without calcium propionate (includes sourdough)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	42.10	0.221	140	11.94	24.00	
Energy	kcal	235		0	67	134	
Energy	kj	983		0	279	560	
Protein (N x 5.95)	g	7.70	0.039	142	2.18	4.39	
Total lipid (fat)	g	1.80	0.031	141	0.51	1.03	
Carbohydrate, by difference	g	46.00		0	13.04	26.22	
Fiber, total dietary	g	2.7		0	0.8	1.5	
Ash	g	2.20	0.107	37	0.62	1.25	
Sugars, total	g						
Minerals:							
Calcium	mg	52		0	15	30	
Iron	mg	0.89		0	0.25	0.51	
Magnesium	mg	21	0.921	16	6	12	
Phosphorus	mg	133	16.347	11	38	76	
Potassium	mg	131	10.979	14	37	75	
Sodium	mg	464	21.312	20	132	264	
Zinc	mg	0.70	0.038	28	0.20	0.40	
Copper	mg	0.129	0.016	11	0.037	0.074	
Manganese	mg	0.357	0.031	10	0.101	0.203	
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.1	
Thiamin	mg	0.181		0	0.051	0.103	
Riboflavin	mg	0.154		0	0.044	0.088	
Niacin	mg	1.566		0	0.444	0.893	
Pantothenic acid	mg	0.446	0.041	9	0.126	0.254	
Vitamin B-6	mg	0.043	0.004	4	0.012	0.025	
Folate	:g	37		0	10	21	
Vitamin B-12	:g	0.04		0	0.01	0.02	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.170		0	0.048	0.097	
Lipids:							
Saturated, total	g	0.259		0	0.073	0.148	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.002		0	0.001	0.001	
15.0	g						
16:0	g	0.212		0	0.060	0.121	
17:0	g						
18:0	g	0.041		0	0.012	0.023	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.302		0	0.086	0.172
14:1	g					
16:1	g	0.027		0	0.008	0.015
18:1	g	0.274		0	0.078	0.156
20:1	g	0.002		0	0.001	0.001
22.1	g					
Polyunsaturated, total	g	0.888		0	0.252	0.506
18:2	g	0.813		0	0.230	0.463
18:3	g	0.075		0	0.021	0.043
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0.015	4	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.092		0	0.026	0.052
Threonine	g	0.242		0	0.069	0.138
Isoleucine	g	0.315		0	0.089	0.180
Leucine	g	0.553		0	0.157	0.315
Lysine	g	0.241		0	0.068	0.137
Methionine	g	0.139		0	0.039	0.079
Cystine	g	0.160		0	0.045	0.091
Phenylalanine	g	0.379		0	0.107	0.216
Tyrosine	g	0.233		0	0.066	0.133
Valine	g	0.353		0	0.100	0.201
Arginine	g	0.295		0	0.084	0.168
Histidine	g	0.170		0	0.048	0.097
Alanine	g	0.281		0	0.080	0.160
Aspartic acid	g	0.398		0	0.113	0.227
Glutamic acid	g	2.419		0	0.686	1.379
Glycine	g	0.280		0	0.079	0.160
Proline	g	0.809		0	0.229	0.461
Serine	g	0.376		0	0.107	0.214
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 muffin

NDB No. 18443 Pie, apple, commercially prepared, unenriched flour

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 125g	Measure 3* 117g
Proximates:							
Water	g	52.20	1.308	21	14.80	65.25	61.07
Energy	kcal	237		0	67	296	277
Energy	kj	992		0	281	1240	1161
Protein (N x 5.95)	g	1.90	0.103	17	0.54	2.38	2.22
Total lipid (fat)	g	11.00	0.514	21	3.12	13.75	12.87
Carbohydrate, by difference	g	34.00		0	9.64	42.50	39.78
Fiber, total dietary	g	1.6		0	0.5	2.0	1.9
Ash	g	0.90	0.097	23	0.26	1.13	1.05
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.328	40	3	14	13
Iron	mg	1.21		0	0.34	1.51	1.42
Magnesium	mg	7	0.289	36	2	9	8
Phosphorus	mg	24	0.530	35	7	30	28
Potassium	mg	65	1.999	39	18	81	76
Sodium	mg	266	7.937	41	75	333	311
Zinc	mg	0.16	0.008	36	0.05	0.20	0.19
Copper	mg	0.046	0.002	36	0.013	0.058	0.054
Manganese	mg	0.182	0.006	36	0.052	0.228	0.213
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	3.2	0.679	15	0.9	4.0	3.7
Thiamin	mg	0.134		0	0.038	0.168	0.157
Riboflavin	mg	0.158		0	0.045	0.198	0.185
Niacin	mg	1.123		0	0.318	1.404	1.314
Pantothenic acid	mg	0.119	0.007	5	0.034	0.149	0.139
Vitamin B-6	mg	0.038	0.004	5	0.011	0.048	0.044
Folate	:g	4	0.246	11	1	5	5
Vitamin B-12	:g	0.01		0	0.00	0.01	0.01
Vitamin A	IU	124	24.922	7	35	155	145
Vitamin A, RE	:g	30		0	9	38	35
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.797		0	1.076	4.746	4.442
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	0.021		0	0.006	0.026	0.025
14:0	g	0.126		0	0.036	0.158	0.147
15.0	g						
16:0	g	2.062		0	0.585	2.578	2.413
17:0	g						
18:0	g	1.534		0	0.435	1.918	1.795
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.388	0	1.244	5.485	5.134
14:1	g					
16:1	g	0.146	0	0.041	0.183	0.171
18:1	g	4.109	0	1.165	5.136	4.808
20:1	g	0.061	0	0.017	0.076	0.071
22.1	g					
Polyunsaturated, total	g	2.198	0	0.623	2.748	2.572
18:2	g	2.066	0	0.586	2.583	2.417
18:3	g	0.123	0	0.035	0.154	0.144
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.026	0	0.007	0.033	0.030
Threonine	g	0.054	0	0.015	0.068	0.063
Isoleucine	g	0.073	0	0.021	0.091	0.085
Leucine	g	0.129	0	0.037	0.161	0.151
Lysine	g	0.070	0	0.020	0.088	0.082
Methionine	g	0.032	0	0.009	0.040	0.037
Cystine	g	0.040	0	0.011	0.050	0.047
Phenylalanine	g	0.088	0	0.025	0.110	0.103
Tyrosine	g	0.054	0	0.015	0.068	0.063
Valine	g	0.084	0	0.024	0.105	0.098
Arginine	g	0.074	0	0.021	0.093	0.087
Histidine	g	0.038	0	0.011	0.048	0.044
Alanine	g	0.060	0	0.017	0.075	0.070
Aspartic acid	g	0.095	0	0.027	0.119	0.111
Glutamic acid	g	0.587	0	0.166	0.734	0.687
Glycine	g	0.065	0	0.018	0.081	0.076
Proline	g	0.199	0	0.056	0.249	0.233
Serine	g	0.099	0	0.028	0.124	0.116
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 piece (1/8 of 9" dia)
Measure 3: 1 piece (1/6 of 8" pie)

NDB No. 18444 Pie, fried pies, cherry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 128g	Measure 3*
Proximates:							
Water	g	37.60	0.542	28	10.66	48.13	
Energy	kcal	316		0	90	404	
Energy	kj	1322		0	375	1692	
Protein (N x 5.95)	g	3.00	0.165	23	0.85	3.84	
Total lipid (fat)	g	16.10	0.484	30	4.56	20.61	
Carbohydrate, by difference	g	42.60		0	12.08	54.53	
Fiber, total dietary	g	2.6		0	0.7	3.3	
Ash	g	1.10	0.064	15	0.31	1.41	
Sugars, total	g						
Minerals:							
Calcium	mg	22	2.244	23	6	28	
Iron	mg	1.22	0.129	22	0.35	1.56	
Magnesium	mg	10	0.912	8	3	13	
Phosphorus	mg	43	6.343	11	12	55	
Potassium	mg	65	11.540	6	18	83	
Sodium	mg	374	12.764	23	106	479	
Zinc	mg	0.23	0.026	8	0.07	0.29	
Copper	mg	0.047	0.003	8	0.013	0.060	
Manganese	mg	0.224	0.036	8	0.064	0.287	
Selenium	:g	2.4		0	0.7	3.1	
Vitamins:							
Ascorbic acid	mg	1.3	0.163	6	0.4	1.7	
Thiamin	mg	0.141	0.020	22	0.040	0.180	
Riboflavin	mg	0.106	0.013	22	0.030	0.136	
Niacin	mg	1.425	0.171	22	0.404	1.824	
Pantothenic acid	mg	0.110	0.014	5	0.031	0.141	
Vitamin B-6	mg	0.030	0.009	7	0.009	0.038	
Folate	:g	18		0	5	23	
Vitamin B-12	:g	0.08	0.044	4	0.02	0.10	
Vitamin A	IU	172		0	49	220	
Vitamin A, RE	:g	17		0	5	22	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.457		0	0.697	3.145	
4:0	g	0.001		0	0.000	0.001	
6.0	g						
8:0	g						
10:0	g	0.001		0	0.000	0.001	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.032		0	0.009	0.041	
15.0	g						
16:0	g	1.516		0	0.430	1.940	
17:0	g						
18:0	g	0.834		0	0.236	1.068	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.449	0	2.112	9.535
14:1	g				
16:1	g	0.012	0	0.003	0.015
18:1	g	7.299	0	2.069	9.343
20:1	g	0.089	0	0.025	0.114
22.1	g	0.032	0	0.009	0.041
Polyunsaturated, total	g	5.376	0	1.524	6.881
18:2	g	4.808	0	1.363	6.154
18:3	g	0.568	0	0.161	0.727
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.042	0	0.012	0.054
Threonine	g	0.089	0	0.025	0.114
Isoleucine	g	0.120	0	0.034	0.154
Leucine	g	0.211	0	0.060	0.270
Lysine	g	0.121	0	0.034	0.155
Methionine	g	0.052	0	0.015	0.067
Cystine	g	0.059	0	0.017	0.076
Phenylalanine	g	0.138	0	0.039	0.177
Tyrosine	g	0.090	0	0.026	0.115
Valine	g	0.138	0	0.039	0.177
Arginine	g	0.112	0	0.032	0.143
Histidine	g	0.062	0	0.018	0.079
Alanine	g	0.093	0	0.026	0.119
Aspartic acid	g	0.156	0	0.044	0.200
Glutamic acid	g	0.906	0	0.257	1.160
Glycine	g	0.098	0	0.028	0.125
Proline	g	0.314	0	0.089	0.402
Serine	g	0.154	0	0.044	0.197
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 fried pie (5" x 3-3/4")

NDB No. 18445 Pie, fried pies, lemon

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 128g	Measure 3*
Proximates:							
Water	g	37.60	0.542	28	10.66	48.13	
Energy	kcal	316		0	90	404	
Energy	kj	1322		0	375	1692	
Protein (N x 5.95)	g	3.00	0.165	23	0.85	3.84	
Total lipid (fat)	g	16.10	0.484	30	4.56	20.61	
Carbohydrate, by difference	g	42.60		0	12.08	54.53	
Fiber, total dietary	g	2.6		0	0.7	3.3	
Ash	g	1.10	0.064	15	0.31	1.41	
Sugars, total	g						
Minerals:							
Calcium	mg	22	2.244	23	6	28	
Iron	mg	1.22	0.129	22	0.35	1.56	
Magnesium	mg	10	0.912	8	3	13	
Phosphorus	mg	43	6.343	11	12	55	
Potassium	mg	65	11.540	6	18	83	
Sodium	mg	374	12.764	23	106	479	
Zinc	mg	0.23	0.026	8	0.07	0.29	
Copper	mg	0.047	0.003	8	0.013	0.060	
Manganese	mg	0.224	0.036	8	0.064	0.287	
Selenium	:g	2.4		0	0.7	3.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.141	0.020	22	0.040	0.180	
Riboflavin	mg	0.106	0.013	22	0.030	0.136	
Niacin	mg	1.425	0.171	22	0.404	1.824	
Pantothenic acid	mg	0.110	0.014	5	0.031	0.141	
Vitamin B-6	mg	0.030	0.009	7	0.009	0.038	
Folate	:g	18		0	5	23	
Vitamin B-12	:g	0.08	0.044	4	0.02	0.10	
Vitamin A	IU	32		0	9	41	
Vitamin A, RE	:g	3		0	1	4	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.457		0	0.697	3.145	
4:0	g	0.001		0	0.000	0.001	
6.0	g						
8:0	g						
10:0	g	0.001		0	0.000	0.001	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.032		0	0.009	0.041	
15.0	g						
16:0	g	1.516		0	0.430	1.940	
17:0	g						
18:0	g	0.834		0	0.236	1.068	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.449	0	2.112	9.535
14:1	g				
16:1	g	0.012	0	0.003	0.015
18:1	g	7.299	0	2.069	9.343
20:1	g	0.089	0	0.025	0.114
22.1	g	0.032	0	0.009	0.041
Polyunsaturated, total	g	5.376	0	1.524	6.881
18:2	g	4.808	0	1.363	6.154
18:3	g	0.568	0	0.161	0.727
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.042	0	0.012	0.054
Threonine	g	0.089	0	0.025	0.114
Isoleucine	g	0.120	0	0.034	0.154
Leucine	g	0.211	0	0.060	0.270
Lysine	g	0.121	0	0.034	0.155
Methionine	g	0.052	0	0.015	0.067
Cystine	g	0.059	0	0.017	0.076
Phenylalanine	g	0.138	0	0.039	0.177
Tyrosine	g	0.090	0	0.026	0.115
Valine	g	0.138	0	0.039	0.177
Arginine	g	0.112	0	0.032	0.143
Histidine	g	0.062	0	0.018	0.079
Alanine	g	0.093	0	0.026	0.119
Aspartic acid	g	0.156	0	0.044	0.200
Glutamic acid	g	0.906	0	0.257	1.160
Glycine	g	0.098	0	0.028	0.125
Proline	g	0.314	0	0.089	0.402
Serine	g	0.154	0	0.044	0.197
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 fried pie (5" x 3-3/4")

NDB No. 18446 Pie crust, standard-type, frozen, ready-to-bake, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 142g	Measure 2* 16g	Measure 3*
Proximates:							
Water	g	21.00	0.166	7	29.82	3.36	
Energy	kcal	457		0	649	73	
Energy	kj	1912		0	2715	306	
Protein (N x 5.95)	g	3.90	0.505	7	5.54	0.62	
Total lipid (fat)	g	29.20	0.270	4	41.46	4.67	
Carbohydrate, by difference	g	44.10		0	62.62	7.06	
Fiber, total dietary	g	0.9		0	1.3	0.1	
Ash	g	1.80	0.274	7	2.56	0.29	
Sugars, total	g						
Minerals:							
Calcium	mg	18	5.004	7	26	3	
Iron	mg	0.38		0	0.54	0.06	
Magnesium	mg	16	4.416	7	23	3	
Phosphorus	mg	53	7.776	7	75	8	
Potassium	mg	98	18.739	7	139	16	
Sodium	mg	576	60.193	7	818	92	
Zinc	mg	0.30	0.055	7	0.43	0.05	
Copper	mg	0.068	0.017	7	0.097	0.011	
Manganese	mg	0.547	0.065	3	0.777	0.088	
Selenium	：g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.050		0	0.071	0.008	
Riboflavin	mg	0.010		0	0.014	0.002	
Niacin	mg	0.550		0	0.781	0.088	
Pantothenic acid	mg	0.231	0.036	6	0.328	0.037	
Vitamin B-6	mg	0.071	0.005	3	0.101	0.011	
Folate	：g	10		0	14	2	
Vitamin B-12	：g	0.03		0	0.04	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	5.265		0	7.476	0.842	
Lipids:							
Saturated, total	g	4.357		0	6.187	0.697	
4:0	g	0.001		0	0.001	0.000	
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.031		0	0.044	0.005	
15.0	g						
16:0	g	2.878		0	4.087	0.460	
17:0	g						
18:0	g	1.443		0	2.049	0.231	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.414	0	17.628	1.986
14:1	g				
16:1	g	0.117	0	0.166	0.019
18:1	g	12.273	0	17.428	1.964
20:1	g				
22.1	g				
Polyunsaturated, total	g	11.000	0	15.620	1.760
18:2	g	10.212	0	14.501	1.634
18:3	g	0.759	0	1.078	0.121
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.056	0	0.080	0.009
Threonine	g	0.112	0	0.159	0.018
Isoleucine	g	0.150	0	0.213	0.024
Leucine	g	0.267	0	0.379	0.043
Lysine	g	0.140	0	0.199	0.022
Methionine	g	0.065	0	0.092	0.010
Cystine	g	0.085	0	0.121	0.014
Phenylalanine	g	0.182	0	0.258	0.029
Tyrosine	g	0.111	0	0.158	0.018
Valine	g	0.172	0	0.244	0.028
Arginine	g	0.148	0	0.210	0.024
Histidine	g	0.079	0	0.112	0.013
Alanine	g	0.119	0	0.169	0.019
Aspartic acid	g	0.169	0	0.240	0.027
Glutamic acid	g	1.266	0	1.798	0.203
Glycine	g	0.131	0	0.186	0.021
Proline	g	0.427	0	0.606	0.068
Serine	g	0.205	0	0.291	0.033
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: Single 9" crust
Measure 2: 1/8 of 9 in crust

NDB No. 18447 Popovers, dry mix, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 170g	Measure 3*
Proximates:							
Water	g	11.70	0.123	19	3.32	19.89	
Energy	kcal	371		0	105	631	
Energy	kj	1552		0	440	2638	
Protein (N x 5.95)	g	10.40	0.079	15	2.95	17.68	
Total lipid (fat)	g	4.30	0.133	19	1.22	7.31	
Carbohydrate, by difference	g	71.00		0	20.13	120.70	
Fiber, total dietary	g						
Ash	g	2.60	0.033	11	0.74	4.42	
Sugars, total	g						
Minerals:							
Calcium	mg	32	0.853	11	9	54	
Iron	mg	0.82		0	0.23	1.39	
Magnesium	mg	25	0.707	5	7	43	
Phosphorus	mg	100	2.288	11	28	170	
Potassium	mg	100	2.639	5	28	170	
Sodium	mg	906	34.871	5	257	1540	
Zinc	mg	0.88		0	0.25	1.50	
Copper	mg	0.174		0	0.049	0.296	
Manganese	mg	0.741		0	0.210	1.260	
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.2	
Thiamin	mg	0.101		0	0.029	0.172	
Riboflavin	mg	0.026		0	0.007	0.044	
Niacin	mg	1.041		0	0.295	1.770	
Pantothenic acid	mg	0.480		0	0.136	0.816	
Vitamin B-6	mg	0.042		0	0.012	0.071	
Folate	:g	25		0	7	43	
Vitamin B-12	:g	0.08		0	0.02	0.14	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.983		0	0.279	1.671	
4:0	g	0.001		0	0.000	0.002	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.018		0	0.005	0.031	
15.0	g						
16:0	g	0.555		0	0.157	0.944	
17:0	g						
18:0	g	0.408		0	0.116	0.694	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.984	0	0.562	3.373
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	1.984	0	0.562	3.373
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.823	0	0.233	1.399
18:2	g	0.784	0	0.222	1.333
18:3	g	0.039	0	0.011	0.066
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.123	0	0.035	0.209
Threonine	g	0.293	0	0.083	0.498
Isoleucine	g	0.407	0	0.115	0.692
Leucine	g	0.747	0	0.212	1.270
Lysine	g	0.249	0	0.071	0.423
Methionine	g	0.191	0	0.054	0.325
Cystine	g	0.225	0	0.064	0.383
Phenylalanine	g	0.517	0	0.147	0.879
Tyrosine	g	0.304	0	0.086	0.517
Valine	g	0.458	0	0.130	0.779
Arginine	g	0.365	0	0.103	0.620
Histidine	g	0.229	0	0.065	0.389
Alanine	g	0.324	0	0.092	0.551
Aspartic acid	g	0.451	0	0.128	0.767
Glutamic acid	g	3.565	0	1.011	6.060
Glycine	g	0.348	0	0.099	0.592
Proline	g	1.216	0	0.345	2.067
Serine	g	0.513	0	0.145	0.872
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

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

NDB No. 18448 Taco shells, baked, without added salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 13g	Measure 3* 5g
Proximates:							
Water	g	6.00	0.396	5	1.70	0.78	0.30
Energy	kcal	468		0	133	61	23
Energy	kj	1958		0	555	255	98
Protein (N x 5.95)	g	7.20	0.543	3	2.04	0.94	0.36
Total lipid (fat)	g	22.60	0.156	3	6.41	2.94	1.13
Carbohydrate, by difference	g	62.40		0	17.69	8.11	3.12
Fiber, total dietary	g	7.5		0	2.1	1.0	0.4
Ash	g	1.80	0.218	3	0.51	0.23	0.09
Sugars, total	g						
Minerals:							
Calcium	mg	160	45.511	3	45	21	8
Iron	mg	2.50	1.097	3	0.71	0.33	0.13
Magnesium	mg	105	15.717	3	30	14	5
Phosphorus	mg	248	25.045	3	70	32	12
Potassium	mg	179	35.176	3	51	23	9
Sodium	mg	15		0	4	2	1
Zinc	mg	1.40	0.099	3	0.40	0.18	0.07
Copper	mg	0.120	0.042	3	0.034	0.016	0.006
Manganese	mg	0.435	0.029	3	0.123	0.057	0.022
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.228	0.015	9	0.065	0.030	0.011
Riboflavin	mg	0.053	0.001	8	0.015	0.007	0.003
Niacin	mg	1.350	0.067	8	0.383	0.176	0.068
Pantothenic acid	mg	0.470	0.035	9	0.133	0.061	0.023
Vitamin B-6	mg	0.296		0	0.084	0.038	0.015
Folate	:g	105		0	30	14	5
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	3.642		0	1.033	0.473	0.182
Lipids:							
Saturated, total	g	3.245		0	0.920	0.422	0.162
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.019		0	0.005	0.002	0.001
15.0	g						
16:0	g	2.217		0	0.629	0.288	0.111
17:0	g						
18:0	g	0.994		0	0.282	0.129	0.050
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.934	0	2.533	1.161	0.447
14:1	g					
16:1	g	0.078	0	0.022	0.010	0.004
18:1	g	8.837	0	2.505	1.149	0.442
20:1	g					
22.1	g					
Polyunsaturated, total	g	8.494	0	2.408	1.104	0.425
18:2	g	7.941	0	2.251	1.032	0.397
18:3	g	0.534	0	0.151	0.069	0.027
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.052	0	0.015	0.007	0.003
Threonine	g	0.271	0	0.077	0.035	0.014
Isoleucine	g	0.259	0	0.073	0.034	0.013
Leucine	g	0.886	0	0.251	0.115	0.044
Lysine	g	0.203	0	0.058	0.026	0.010
Methionine	g	0.151	0	0.043	0.020	0.008
Cystine	g	0.130	0	0.037	0.017	0.007
Phenylalanine	g	0.354	0	0.100	0.046	0.018
Tyrosine	g	0.294	0	0.083	0.038	0.015
Valine	g	0.366	0	0.104	0.048	0.018
Arginine	g	0.360	0	0.102	0.047	0.018
Histidine	g	0.221	0	0.063	0.029	0.011
Alanine	g	0.540	0	0.153	0.070	0.027
Aspartic acid	g	0.502	0	0.142	0.065	0.025
Glutamic acid	g	1.354	0	0.384	0.176	0.068
Glycine	g	0.297	0	0.084	0.039	0.015
Proline	g	0.630	0	0.179	0.082	0.032
Serine	g	0.343	0	0.097	0.045	0.017
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 medium (approx 5" dia)
Measure 3: 1 miniature (3" dia)

NDB No. 18449 Tortillas, ready-to-bake or -fry, corn, without added salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 26g	Measure 3*
Proximates:							
Water	g	44.10	0.662	42	12.50	11.47	
Energy	kcal	222		0	63	58	
Energy	kj	929		0	263	242	
Protein (N x 5.95)	g	5.70	0.128	29	1.62	1.48	
Total lipid (fat)	g	2.50	0.238	25	0.71	0.65	
Carbohydrate, by difference	g	46.60		0	13.21	12.12	
Fiber, total dietary	g	5.2		0	1.5	1.4	
Ash	g	1.20	0.058	29	0.34	0.31	
Sugars, total	g						
Minerals:							
Calcium	mg	175	7.154	53	50	46	
Iron	mg	1.40	0.071	44	0.40	0.36	
Magnesium	mg	65	1.531	30	18	17	
Phosphorus	mg	314	26.162	42	89	82	
Potassium	mg	154	7.238	35	44	40	
Sodium	mg	11		0	3	3	
Zinc	mg	0.94	0.076	33	0.27	0.24	
Copper	mg	0.154	0.015	13	0.044	0.040	
Manganese	mg	0.402	0.011	12	0.114	0.105	
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0	0.000	5	0.0	0.0	
Thiamin	mg	0.112	0.015	31	0.032	0.029	
Riboflavin	mg	0.073	0.008	23	0.021	0.019	
Niacin	mg	1.498	0.096	33	0.425	0.389	
Pantothenic acid	mg	0.194	0.014	12	0.055	0.050	
Vitamin B-6	mg	0.219	0.027	11	0.062	0.057	
Folate	:g	114		0	32	30	
Vitamin B-12	:g	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.153		0	0.043	0.040	
Lipids:							
Saturated, total	g	0.334		0	0.095	0.087	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.295		0	0.084	0.077	
17:0	g						
18:0	g	0.039		0	0.011	0.010	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.649	0	0.184	0.169
14:1	g				
16:1	g	0.002	0	0.001	0.001
18:1	g	0.647	0	0.183	0.168
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.122	0	0.318	0.292
18:2	g	1.088	0	0.308	0.283
18:3	g	0.034	0	0.010	0.009
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.042	0	0.012	0.011
Threonine	g	0.218	0	0.062	0.057
Isoleucine	g	0.208	0	0.059	0.054
Leucine	g	0.711	0	0.202	0.185
Lysine	g	0.163	0	0.046	0.042
Methionine	g	0.121	0	0.034	0.031
Cystine	g	0.105	0	0.030	0.027
Phenylalanine	g	0.285	0	0.081	0.074
Tyrosine	g	0.236	0	0.067	0.061
Valine	g	0.294	0	0.083	0.076
Arginine	g	0.289	0	0.082	0.075
Histidine	g	0.177	0	0.050	0.046
Alanine	g	0.434	0	0.123	0.113
Aspartic acid	g	0.403	0	0.114	0.105
Glutamic acid	g	1.087	0	0.308	0.283
Glycine	g	0.238	0	0.067	0.062
Proline	g	0.506	0	0.143	0.132
Serine	g	0.275	0	0.078	0.072
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 medium tortilla (approx 6" dia)

NDB No. 18450 Tortillas, ready-to-bake or -fry, flour, without added calcium

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 32g	Measure 3* 72g
Proximates:							
Water	g	26.80	0.901	14	7.60	8.58	19.30
Energy	kcal	325		0	92	104	234
Energy	kj	1360		0	386	435	979
Protein (N x 5.95)	g	8.70	0.581	12	2.47	2.78	6.26
Total lipid (fat)	g	7.10	0.579	11	2.01	2.27	5.11
Carbohydrate, by difference	g	55.60		0	15.76	17.79	40.03
Fiber, total dietary	g	3.3		0	0.9	1.1	2.4
Ash	g	1.80	0.151	12	0.51	0.58	1.30
Sugars, total	g						
Minerals:							
Calcium	mg	39		0	11	12	28
Iron	mg	3.30	0.125	38	0.94	1.06	2.38
Magnesium	mg	26	1.328	38	7	8	19
Phosphorus	mg	124	7.926	38	35	40	89
Potassium	mg	131	7.293	40	37	42	94
Sodium	mg	478	24.050	40	136	153	344
Zinc	mg	0.71	0.083	40	0.20	0.23	0.51
Copper	mg	0.267	0.141	36	0.076	0.085	0.192
Manganese	mg	0.462	0.011	35	0.131	0.148	0.333
Selenium	:g	23.4	2.389	34	6.6	7.5	16.8
Vitamins:							
Ascorbic acid	mg	0.0	0.000	4	0.0	0.0	0.0
Thiamin	mg	0.531	0.025	14	0.151	0.170	0.382
Riboflavin	mg	0.293	0.069	14	0.083	0.094	0.211
Niacin	mg	3.572	0.135	14	1.013	1.143	2.572
Pantothenic acid	mg	0.582	0.061	12	0.165	0.186	0.419
Vitamin B-6	mg	0.050	0.000	2	0.014	0.016	0.036
Folate	:g	123		0	35	39	89
Vitamin B-12	:g	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	:g	0		0	0	0	0
Vitamin D	IU						
Vitamin E, "-TE	mg	0.916		0	0.260	0.293	0.660
Lipids:							
Saturated, total	g	1.745		0	0.495	0.558	1.256
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	0.032		0	0.009	0.010	0.023
15.0	g						
16:0	g	0.937		0	0.266	0.300	0.675
17:0	g						
18:0	g	0.776		0	0.220	0.248	0.559
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.768	0	1.068	1.206	2.713
14:1	g					
16:1	g	0.008	0	0.002	0.003	0.006
18:1	g	3.760	0	1.066	1.203	2.707
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.063	0	0.301	0.340	0.765
18:2	g	1.009	0	0.286	0.323	0.726
18:3	g	0.054	0	0.015	0.017	0.039
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.106	0	0.030	0.034	0.076
Threonine	g	0.245	0	0.069	0.078	0.176
Isoleucine	g	0.307	0	0.087	0.098	0.221
Leucine	g	0.600	0	0.170	0.192	0.432
Lysine	g	0.213	0	0.060	0.068	0.153
Methionine	g	0.155	0	0.044	0.050	0.112
Cystine	g	0.181	0	0.051	0.058	0.130
Phenylalanine	g	0.435	0	0.123	0.139	0.313
Tyrosine	g	0.266	0	0.075	0.085	0.192
Valine	g	0.356	0	0.101	0.114	0.256
Arginine	g	0.356	0	0.101	0.114	0.256
Histidine	g	0.195	0	0.055	0.062	0.140
Alanine	g	0.289	0	0.082	0.092	0.208
Aspartic acid	g	0.386	0	0.109	0.124	0.278
Glutamic acid	g	2.850	0	0.808	0.912	2.052
Glycine	g	0.316	0	0.090	0.101	0.228
Proline	g	0.979	0	0.278	0.313	0.705
Serine	g	0.432	0	0.122	0.138	0.311
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 medium tortilla (approx 6" dia)
Measure 3: 1 tortilla (approx 10" dia)

NDB No. 18451 Cake, pound, commercially prepared, fat-free

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 340g	Measure 3*
Proximates:							
Water	g	31.00	1.495	2	8.79	105.40	
Energy	kcal	283		0	80	962	
Energy	kj	1184		0	336	4026	
Protein (N x 5.95)	g	5.40	0.366	2	1.53	18.36	
Total lipid (fat)	g	1.20	0.263	2	0.34	4.08	
Carbohydrate, by difference	g	61.00		0	17.29	207.40	
Fiber, total dietary	g	1.1	0.287	2	0.3	3.7	
Ash	g	1.50	0.057	2	0.43	5.10	
Sugars, total	g						
Minerals:							
Calcium	mg	43	13.200	2	12	146	
Iron	mg	2.06	1.698	2	0.58	7.00	
Magnesium	mg	10	0.950	2	3	34	
Phosphorus	mg	146	16.701	2	41	496	
Potassium	mg	110	0.351	2	31	374	
Sodium	mg	341	39.750	2	97	1159	
Zinc	mg	0.31	0.004	2	0.09	1.05	
Copper	mg	0.058	0.001	2	0.016	0.197	
Manganese	mg	0.137	0.034	2	0.039	0.466	
Selenium	:g	5.3		0	1.5	18.0	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	2	0.0	0.0	
Thiamin	mg	0.125	0.086	2	0.035	0.425	
Riboflavin	mg	0.302	0.093	2	0.086	1.027	
Niacin	mg	0.686	0.183	2	0.194	2.332	
Pantothenic acid	mg	0.346	0.035	2	0.098	1.176	
Vitamin B-6	mg	0.012	0.003	2	0.003	0.041	
Folate	:g	36		0	10	122	
Vitamin B-12	:g	0.00	0.013	2	0.00	0.00	
Vitamin A	IU	96	69.891	2	27	326	
Vitamin A, RE	:g	29		0	8	99	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.043		0	0.012	0.146	
Lipids:							
Saturated, total	g	0.259		0	0.073	0.881	
4:0	g	0.006		0	0.002	0.020	
6.0	g	0.004		0	0.001	0.014	
8:0	g	0.002		0	0.001	0.007	
10:0	g	0.005		0	0.001	0.017	
12:0	g	0.006		0	0.002	0.020	
14:0	g	0.020		0	0.006	0.068	
15.0	g						
16:0	g	0.180		0	0.051	0.612	
17:0	g						
18:0	g	0.029		0	0.008	0.099	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.166	0	0.047	0.564
14:1	g				
16:1	g	0.007	0	0.002	0.024
18:1	g	0.159	0	0.045	0.541
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.424	0	0.120	1.442
18:2	g	0.398	0	0.113	1.353
18:3	g	0.026	0	0.007	0.088
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.070	0	0.020	0.238
Threonine	g	0.214	0	0.061	0.728
Isoleucine	g	0.275	0	0.078	0.935
Leucine	g	0.434	0	0.123	1.476
Lysine	g	0.318	0	0.090	1.081
Methionine	g	0.149	0	0.042	0.507
Cystine	g	0.122	0	0.035	0.415
Phenylalanine	g	0.288	0	0.082	0.979
Tyrosine	g	0.197	0	0.056	0.670
Valine	g	0.312	0	0.088	1.061
Arginine	g	0.256	0	0.073	0.870
Histidine	g	0.120	0	0.034	0.408
Alanine	g	0.251	0	0.071	0.853
Aspartic acid	g	0.434	0	0.123	1.476
Glutamic acid	g	1.069	0	0.303	3.635
Glycine	g	0.178	0	0.050	0.605
Proline	g	0.358	0	0.101	1.217
Serine	g	0.333	0	0.094	1.132
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cake

NDB No. 18452 Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 43g	Measure 3*
Proximates:							
Water	g	22.80		1	6.46	9.80	
Energy	kcal	305		0	86	131	
Energy	kj	1276		0	362	549	
Protein (N x 5.95)	g	4.30		1	1.22	1.85	
Total lipid (fat)	g	3.70		1	1.05	1.59	
Carbohydrate, by difference	g	67.20		0	19.05	28.90	
Fiber, total dietary	g	4.3		1	1.2	1.8	
Ash	g	2.00		1	0.57	0.86	
Sugars, total	g						
Minerals:							
Calcium	mg	36		1	10	15	
Iron	mg	1.54		1	0.44	0.66	
Magnesium	mg	25		1	7	11	
Phosphorus	mg	183		1	52	79	
Potassium	mg	224		1	64	96	
Sodium	mg	413		1	117	178	
Zinc	mg	0.55		1	0.16	0.24	
Copper	mg	0.176		1	0.050	0.076	
Manganese	mg	0.223		1	0.063	0.096	
Selenium	:g	5.5		0	1.6	2.4	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.035		1	0.010	0.015	
Riboflavin	mg	0.133		1	0.038	0.057	
Niacin	mg	0.715		1	0.203	0.307	
Pantothenic acid	mg	0.241		1	0.068	0.104	
Vitamin B-6	mg	0.007		1	0.002	0.003	
Folate	:g	15		0	4	6	
Vitamin B-12	:g	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.084		0	0.307	0.466	
4:0	g	0.001		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.001		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.017		0	0.005	0.007	
15.0	g						
16:0	g	0.553		0	0.157	0.238	
17:0	g						
18:0	g	0.509		0	0.144	0.219	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.849	0	0.524	0.795
14:1	g				
16:1	g	0.001	0	0.000	0.000
18:1	g	1.848	0	0.524	0.795
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.487	0	0.138	0.209
18:2	g	0.462	0	0.131	0.199
18:3	g	0.025	0	0.007	0.011
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.061	0	0.017	0.026
Threonine	g	0.165	0	0.047	0.071
Isoleucine	g	0.207	0	0.059	0.089
Leucine	g	0.332	0	0.094	0.143
Lysine	g	0.232	0	0.066	0.100
Methionine	g	0.105	0	0.030	0.045
Cystine	g	0.096	0	0.027	0.041
Phenylalanine	g	0.229	0	0.065	0.098
Tyrosine	g	0.153	0	0.043	0.066
Valine	g	0.242	0	0.069	0.104
Arginine	g	0.206	0	0.058	0.089
Histidine	g	0.093	0	0.026	0.040
Alanine	g	0.192	0	0.054	0.083
Aspartic acid	g	0.329	0	0.093	0.141
Glutamic acid	g	0.973	0	0.276	0.418
Glycine	g	0.153	0	0.043	0.066
Proline	g	0.319	0	0.090	0.137
Serine	g	0.257	0	0.073	0.111
Other:					
Caffeine	mg	2	0	1	1
Theobromine	mg	83	0	24	36
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 cupcake

NDB No. 18453 Cake, yellow, dry mix, light

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 524g	Measure 3*
Proximates:							
Water	g	3.10	0.140	2	0.88	16.24	
Energy	kcal	404		0	115	2117	
Energy	kj	1690		0	479	8856	
Protein (N x 5.95)	g	4.70	0.528	2	1.33	24.63	
Total lipid (fat)	g	5.50	0.388	2	1.56	28.82	
Carbohydrate, by difference	g	84.10		0	23.84	440.68	
Fiber, total dietary	g	1.3	0.100	2	0.4	6.8	
Ash	g	2.60	0.021	2	0.74	13.62	
Sugars, total	g						
Minerals:							
Calcium	mg	155	6.202	2	44	812	
Iron	mg	1.31	0.045	2	0.37	6.86	
Magnesium	mg	10	0.900	2	3	52	
Phosphorus	mg	324	9.849	2	92	1698	
Potassium	mg	65	0.088	2	18	341	
Sodium	mg	604	21.551	2	171	3165	
Zinc	mg	0.33	0.019	2	0.09	1.73	
Copper	mg	0.063	0.003	2	0.018	0.330	
Manganese	mg	0.228	0.031	2	0.065	1.195	
Selenium	:g	3.1		0	0.9	16.2	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	2	0.0	0.0	
Thiamin	mg	0.172	0.002	2	0.049	0.901	
Riboflavin	mg	0.211	0.015	2	0.060	1.106	
Niacin	mg	1.569	0.064	2	0.445	8.222	
Pantothenic acid	mg	0.326	0.042	2	0.092	1.708	
Vitamin B-6	mg	0.026	0.003	2	0.007	0.136	
Folate	:g	76		0	22	398	
Vitamin B-12	:g	0.11	0.090	2	0.03	0.58	
Vitamin A	IU	13	10.158	2	4	68	
Vitamin A, RE	:g	3		0	1	16	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.367		0	0.388	7.163	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.027		0	0.008	0.141	
15.0	g						
16:0	g	0.718		0	0.204	3.762	
17:0	g						
18:0	g	0.616		0	0.175	3.228	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.973	0	0.843	15.579
14:1	g				
16:1	g	0.002	0	0.001	0.010
18:1	g	2.971	0	0.842	15.568
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.796	0	0.226	4.171
18:2	g	0.754	0	0.214	3.951
18:3	g	0.042	0	0.012	0.220
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.065	0	0.018	0.341
Threonine	g	0.140	0	0.040	0.734
Isoleucine	g	0.185	0	0.052	0.969
Leucine	g	0.324	0	0.092	1.698
Lysine	g	0.191	0	0.054	1.001
Methionine	g	0.074	0	0.021	0.388
Cystine	g	0.090	0	0.026	0.472
Phenylalanine	g	0.221	0	0.063	1.158
Tyrosine	g	0.141	0	0.040	0.739
Valine	g	0.208	0	0.059	1.090
Arginine	g	0.207	0	0.059	1.085
Histidine	g	0.098	0	0.028	0.514
Alanine	g	0.150	0	0.043	0.786
Aspartic acid	g	0.264	0	0.075	1.383
Glutamic acid	g	1.352	0	0.383	7.084
Glycine	g	0.160	0	0.045	0.838
Proline	g	0.448	0	0.127	2.348
Serine	g	0.241	0	0.068	1.263
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 package (18.5 oz)

NDB No. 18454 Cake, yellow, dry mix, light, prepared no frosting, 3% fat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 833g	Measure 2* 69g	Measure 3*
Proximates:							
Water	g	37.10		0	309.04	25.60	
Energy	kcal	262		0	2182	181	
Energy	kj	1096		0	9130	756	
Protein (N x 5.95)	g	4.30		0	35.82	2.97	
Total lipid (fat)	g	3.50		0	29.16	2.42	
Carbohydrate, by difference	g	53.40		0	444.82	36.85	
Fiber, total dietary	g	0.8		0	6.7	0.6	
Ash	g	1.80		0	14.99	1.24	
Sugars, total	g						
Minerals:							
Calcium	mg	100		0	833	69	
Iron	mg	0.84		0	7.00	0.58	
Magnesium	mg	8		0	67	6	
Phosphorus	mg	207		0	1724	143	
Potassium	mg	59		0	491	41	
Sodium	mg	404		0	3365	279	
Zinc	mg	0.22		0	1.83	0.15	
Copper	mg	0.043		0	0.358	0.030	
Manganese	mg	0.145		0	1.208	0.100	
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.088		0	0.733	0.061	
Riboflavin	mg	0.173		0	1.441	0.119	
Niacin	mg	0.905		0	7.539	0.624	
Pantothenic acid	mg	0.147		0	1.225	0.101	
Vitamin B-6	mg	0.015		0	0.125	0.010	
Folate	:g	3		0	25	2	
Vitamin B-12	:g	0.09		0	0.75	0.06	
Vitamin A	IU	8		0	67	6	
Vitamin A, RE	:g	2		0	17	1	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.639		0	13.653	1.131	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.381		0	3.174	0.263	
17:0	g						
18:0	g	1.186		0	9.879	0.818	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.356	0	11.295	0.936
14:1	g				
16:1	g				
18:1	g	1.356	0	11.295	0.936
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.225	0	1.874	0.155
18:2	g	0.225	0	1.874	0.155
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.057	0	0.475	0.039
Threonine	g	0.147	0	1.225	0.101
Isoleucine	g	0.189	0	1.574	0.130
Leucine	g	0.313	0	2.607	0.216
Lysine	g	0.208	0	1.733	0.144
Methionine	g	0.091	0	0.758	0.063
Cystine	g	0.090	0	0.750	0.062
Phenylalanine	g	0.214	0	1.783	0.148
Tyrosine	g	0.139	0	1.158	0.096
Valine	g	0.213	0	1.774	0.147
Arginine	g	0.201	0	1.674	0.139
Histidine	g	0.091	0	0.758	0.063
Alanine	g	0.168	0	1.399	0.116
Aspartic acid	g	0.297	0	2.474	0.205
Glutamic acid	g	1.026	0	8.547	0.708
Glycine	g	0.146	0	1.216	0.101
Proline	g	0.333	0	2.774	0.230
Serine	g	0.240	0	1.999	0.166
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 2-layer cake (8" or 9" dia)
Measure 2: 1 piece (1/12 of 9" dia)

NDB No. 18455 Cake, yellow, dry mix, light, prepared no frosting, 6% fat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 832g	Measure 2* 69g	Measure 3*
Proximates:							
Water	g	34.40		0	286.21	23.74	
Energy	kcal	282		0	2346	195	
Energy	kj	1180		0	9818	814	
Protein (N x 5.95)	g	5.20		0	43.26	3.59	
Total lipid (fat)	g	5.30		0	44.10	3.66	
Carbohydrate, by difference	g	53.20		0	442.62	36.71	
Fiber, total dietary	g	0.8		0	6.7	0.6	
Ash	g	1.90		0	15.81	1.31	
Sugars, total	g						
Minerals:							
Calcium	mg	108		0	899	75	
Iron	mg	1.09		0	9.07	0.75	
Magnesium	mg	8		0	67	6	
Phosphorus	mg	237		0	1972	164	
Potassium	mg	63		0	524	43	
Sodium	mg	405		0	3370	279	
Zinc	mg	0.42		0	3.49	0.29	
Copper	mg	0.044		0	0.366	0.030	
Manganese	mg	0.148		0	1.231	0.102	
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.096		0	0.799	0.066	
Riboflavin	mg	0.207		0	1.722	0.143	
Niacin	mg	0.902		0	7.505	0.622	
Pantothenic acid	mg	0.337		0	2.804	0.233	
Vitamin B-6	mg	0.039		0	0.324	0.027	
Folate	:g	9		0	75	6	
Vitamin B-12	:g	0.21		0	1.75	0.14	
Vitamin A	IU	122		0	1015	84	
Vitamin A, RE	:g	37		0	308	26	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.189		0	18.212	1.510	
4:0	g						
6.0	g						
8:0	g	0.001		0	0.008	0.001	
10:0	g	0.001		0	0.008	0.001	
12:0	g	0.001		0	0.008	0.001	
14:0	g	0.006		0	0.050	0.004	
15.0	g						
16:0	g	0.780		0	6.490	0.538	
17:0	g						
18:0	g	1.321		0	10.991	0.911	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.036	0	16.940	1.405
14:1	g				
16:1	g	0.054	0	0.449	0.037
18:1	g	1.975	0	16.432	1.363
20:1	g	0.005	0	0.042	0.003
22.1	g	0.001	0	0.008	0.001
Polyunsaturated, total	g	0.470	0	3.910	0.324
18:2	g	0.431	0	3.586	0.297
18:3	g	0.006	0	0.050	0.004
18:4	g				
20:4	g	0.026	0	0.216	0.018
20:5	g	0.001	0	0.008	0.001
22:5	g				
22:6	g	0.007	0	0.058	0.005
Cholesterol	mg	77	0	641	53
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.068	0	0.566	0.047
Threonine	g	0.196	0	1.631	0.135
Isoleucine	g	0.239	0	1.988	0.165
Leucine	g	0.397	0	3.303	0.274
Lysine	g	0.282	0	2.346	0.195
Methionine	g	0.117	0	0.973	0.081
Cystine	g	0.109	0	0.907	0.075
Phenylalanine	g	0.259	0	2.155	0.179
Tyrosine	g	0.181	0	1.506	0.125
Valine	g	0.268	0	2.230	0.185
Arginine	g	0.266	0	2.213	0.184
Histidine	g	0.115	0	0.957	0.079
Alanine	g	0.220	0	1.830	0.152
Aspartic acid	g	0.393	0	3.270	0.271
Glutamic acid	g	1.146	0	9.535	0.791
Glycine	g	0.177	0	1.473	0.122
Proline	g	0.372	0	3.095	0.257
Serine	g	0.319	0	2.654	0.220
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 2-layer cake (8" or 9" dia)
Measure 2: 1 piece (1/10 of 9" dia)

NDB No. 18456 Cookies, oatmeal, commercially prepared, fat-free

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.50		1	3.54		
Energy	kcal	326		0	92		
Energy	kj	1364		0	387		
Protein (N x 5.95)	g	5.90		1	1.67		
Total lipid (fat)	g	1.50		1	0.43		
Carbohydrate, by difference	g	78.60		0	22.28		
Fiber, total dietary	g	7.3		1	2.1		
Ash	g	1.50		1	0.43		
Sugars, total	g						
Minerals:							
Calcium	mg	40		1	11		
Iron	mg	2.19		1	0.62		
Magnesium	mg	35		1	10		
Phosphorus	mg	105		1	30		
Potassium	mg	212		1	60		
Sodium	mg	298		1	84		
Zinc	mg	0.64		1	0.18		
Copper	mg	0.215		1	0.061		
Manganese	mg	0.793		1	0.225		
Selenium	：g	8.0		0	2.3		
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.142		1	0.040		
Riboflavin	mg	0.241		1	0.068		
Niacin	mg	1.193		1	0.338		
Pantothenic acid	mg	0.364		1	0.103		
Vitamin B-6	mg	0.065		1	0.018		
Folate	：g	36		0	10		
Vitamin B-12	：g	0.00		1	0.00		
Vitamin A	IU	0		1	0		
Vitamin A, RE	：g	0		0	0		
Vitamin D	IU						
Vitamin E, "-TE	mg	0.274		0	0.078		
Lipids:							
Saturated, total	g	0.314		0	0.089		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.005		0	0.001		
15.0	g						
16:0	g	0.286		0	0.081		
17:0	g						
18:0	g	0.020		0	0.006		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.388	0	0.110
14:1	g			
16:1	g	0.005	0	0.001
18:1	g	0.384	0	0.109
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.635	0	0.180
18:2	g	0.596	0	0.169
18:3	g	0.039	0	0.011
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.080	0	0.023
Threonine	g	0.175	0	0.050
Isoleucine	g	0.218	0	0.062
Leucine	g	0.398	0	0.113
Lysine	g	0.213	0	0.060
Methionine	g	0.108	0	0.031
Cystine	g	0.131	0	0.037
Phenylalanine	g	0.280	0	0.079
Tyrosine	g	0.174	0	0.049
Valine	g	0.274	0	0.078
Arginine	g	0.300	0	0.085
Histidine	g	0.133	0	0.038
Alanine	g	0.223	0	0.063
Aspartic acid	g	0.360	0	0.102
Glutamic acid	g	1.691	0	0.479
Glycine	g	0.228	0	0.065
Proline	g	0.520	0	0.147
Serine	g	0.293	0	0.083
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18457 Crackers, saltines, fat-free, low-sodium

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 15g	Measure 2* 30g	Measure 3*
Proximates:							
Water	g	3.40		1	0.51	1.02	
Energy	kcal	393		0	59	118	
Energy	kj	1644		0	247	493	
Protein (N x 5.95)	g	10.50		1	1.57	3.15	
Total lipid (fat)	g	1.60		1	0.24	0.48	
Carbohydrate, by difference	g	82.30		0	12.35	24.69	
Fiber, total dietary	g	2.7		1	0.4	0.8	
Ash	g	2.20		1	0.33	0.66	
Sugars, total	g						
Minerals:							
Calcium	mg	22		1	3	7	
Iron	mg	7.72		1	1.16	2.32	
Magnesium	mg	26		1	4	8	
Phosphorus	mg	113		1	17	34	
Potassium	mg	115		1	17	35	
Sodium	mg	636		1	95	191	
Zinc	mg	0.94		1	0.14	0.28	
Copper	mg	0.145		1	0.022	0.044	
Manganese	mg	0.637		1	0.096	0.191	
Selenium	:g	21.4		0	3.2	6.4	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.518		1	0.078	0.155	
Riboflavin	mg	0.590		1	0.089	0.177	
Niacin	mg	5.714		1	0.857	1.714	
Pantothenic acid	mg	0.390		1	0.059	0.117	
Vitamin B-6	mg	0.085		1	0.013	0.026	
Folate	:g	124		0	19	37	
Vitamin B-12	:g	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.064		0	0.010	0.019	
Lipids:							
Saturated, total	g	0.244		0	0.037	0.073	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.000	0.000	
15.0	g						
16:0	g	0.228		0	0.034	0.068	
17:0	g						
18:0	g	0.010		0	0.002	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.142	0	0.021	0.043
14:1	g				
16:1	g	0.004	0	0.001	0.001
18:1	g	0.138	0	0.021	0.041
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.685	0	0.103	0.206
18:2	g	0.647	0	0.097	0.194
18:3	g	0.038	0	0.006	0.011
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.138	0	0.021	0.041
Threonine	g	0.287	0	0.043	0.086
Isoleucine	g	0.378	0	0.057	0.113
Leucine	g	0.716	0	0.107	0.215
Lysine	g	0.290	0	0.044	0.087
Methionine	g	0.180	0	0.027	0.054
Cystine	g	0.224	0	0.034	0.067
Phenylalanine	g	0.514	0	0.077	0.154
Tyrosine	g	0.309	0	0.046	0.093
Valine	g	0.439	0	0.066	0.132
Arginine	g	0.413	0	0.062	0.124
Histidine	g	0.224	0	0.034	0.067
Alanine	g	0.327	0	0.049	0.098
Aspartic acid	g	0.443	0	0.066	0.133
Glutamic acid	g	3.494	0	0.524	1.048
Glycine	g	0.367	0	0.055	0.110
Proline	g	1.190	0	0.179	0.357
Serine	g	0.536	0	0.080	0.161
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 3 saltines
Measure 2: 6 saltines

NDB No. 18471 PIERRE, Cinnamon French Toast Wedge, product code 1847

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 35g	Measure 2*	Measure 3*
Proximates:							
Water	g	32.08		0	11.23		
Energy	kcal	337		0	118		
Energy	kj	1410		0	494		
Protein (N x 5.95)	g	6.15		0	2.15		
Total lipid (fat)	g	14.56		0	5.10		
Carbohydrate, by difference	g	44.84		0	15.69		
Fiber, total dietary	g	3.0		0	1.1		
Ash	g	2.37		0	0.83		
Sugars, total	g	10.94		0	3.83		
Minerals:							
Calcium	mg	141		0	49		
Iron	mg	1.84		0	0.64		
Magnesium	mg	0		0	0		
Phosphorus	mg	29		0	10		
Potassium	mg	23		0	8		
Sodium	mg	465		0	163		
Zinc	mg	0.03		0	0.01		
Copper	mg	0.003		0	0.001		
Manganese	mg						
Selenium	‡g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.261		0	0.091		
Riboflavin	mg	0.121		0	0.042		
Niacin	mg	1.977		0	0.692		
Pantothenic acid	mg	0.021		0	0.007		
Vitamin B-6	mg	0.001		0	0.000		
Folate	‡g						
Vitamin B-12	‡g	0.03		0	0.01		
Vitamin A	IU	56		0	20		
Vitamin A, RE	‡g						
Vitamin D	IU	0		0	0		
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	2.624		0	0.918		
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	0.000		0	0.000		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.087	0	1.080
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	6.792	0	2.377
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	90	0	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 piece

NDB No. 18472 FRENCH TOAST BOAT, Cinnamon French Toast Boat, product code 1858

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 65g	Measure 2*	Measure 3*
Proximates:							
Water	g	31.84		0	20.70		
Energy	kcal	344		0	224		
Energy	kj	1439		0	935		
Protein (N x 5.95)	g	7.40		0	4.81		
Total lipid (fat)	g	17.12		0	11.13		
Carbohydrate, by difference	g	42.74		0	27.78		
Fiber, total dietary	g	1.9		0	1.2		
Ash	g	1.44		0	0.94		
Sugars, total	g	8.62		0	5.60		
Minerals:							
Calcium	mg	56		0	36		
Iron	mg	2.99		0	1.94		
Magnesium	mg	1		0	1		
Phosphorus	mg	17		0	11		
Potassium	mg	130		0	85		
Sodium	mg	410		0	267		
Zinc	mg	0.02		0	0.01		
Copper	mg	0.060		0	0.039		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.1		0	0.1		
Thiamin	mg	0.422		0	0.274		
Riboflavin	mg	0.273		0	0.177		
Niacin	mg	2.913		0	1.893		
Pantothenic acid	mg	0.012		0	0.008		
Vitamin B-6	mg	0.004		0	0.003		
Folate	΄g						
Vitamin B-12	΄g	0.02		0	0.01		
Vitamin A	IU	34		0	22		
Vitamin A, RE	΄g						
Vitamin D	IU	0		0	0		
Vitamin E, "-TE	mg	2.466		0	1.603		
Lipids:							
Saturated, total	g	2.822		0	1.834		
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	0.544		0	0.354		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.202	0	2.731
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	8.724	0	5.671
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	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 piece

NDB No. 18475 Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Apple cinnamon

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.50		0	6.50		
Energy	kcal	395		0	205		
Energy	kj	1653		0	860		
Protein (N x 5.95)	g	4.40		0	2.29		
Total lipid (fat)	g	10.20		0	5.30		
Carbohydrate, by difference	g	72.02		0	37.45		
Fiber, total dietary	g	1.1		0	0.6		
Ash	g	0.94		0	0.49		
Sugars, total	g	33.70		0	17.52		
Minerals:							
Calcium	mg	23		0	12		
Iron	mg	3.50		0	1.82		
Magnesium	mg	11		0	6		
Phosphorus	mg	53		0	28		
Potassium	mg	91		0	47		
Sodium	mg	334		0	174		
Zinc	mg	0.65		0	0.34		
Copper	mg	0.040		0	0.021		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.290		0	0.151		
Riboflavin	mg	0.330		0	0.172		
Niacin	mg	3.800		0	1.976		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.380		0	0.198		
Folate	΄g	80		0	42		
Vitamin B-12	΄g	0.00		0	0.00		
Vitamin A	IU	962		0	500		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	1.690		0	0.879		
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	5.870	0	3.052
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.600	0	1.352
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 pastry

NDB No. 18476 Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.50		0	6.50		
Energy	kcal	408		0	212		
Energy	kj	1707		0	888		
Protein (N x 5.95)	g	4.60		0	2.39		
Total lipid (fat)	g	13.30		0	6.92		
Carbohydrate, by difference	g	68.38		0	35.56		
Fiber, total dietary	g	1.1		0	0.6		
Ash	g	1.19		0	0.62		
Sugars, total	g	30.90		0	16.07		
Minerals:							
Calcium	mg	24		0	12		
Iron	mg	3.50		0	1.82		
Magnesium	mg	16		0	8		
Phosphorus	mg	88		0	46		
Potassium	mg	95		0	49		
Sodium	mg	398		0	207		
Zinc	mg	1.27		0	0.66		
Copper	mg	0.150		0	0.078		
Manganese	mg						
Selenium	：g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.290		0	0.151		
Riboflavin	mg	0.330		0	0.172		
Niacin	mg	3.800		0	1.976		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.380		0	0.198		
Folate	：g	80		0	42		
Vitamin B-12	：g	0.00		0	0.00		
Vitamin A	IU	962		0	500		
Vitamin A, RE	：g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	2.020		0	1.050		
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	6.500	0	3.380
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	4.810	0	2.501
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 pastry

NDB No. 18477 Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.50		0	6.50		
Energy	kcal	391		0	203		
Energy	kj	1636		0	851		
Protein (N x 5.95)	g	4.60		0	2.39		
Total lipid (fat)	g	10.00		0	5.20		
Carbohydrate, by difference	g	71.77		0	37.32		
Fiber, total dietary	g	1.1		0	0.6		
Ash	g	1.19		0	0.62		
Sugars, total	g	31.20		0	16.22		
Minerals:							
Calcium	mg	24		0	12		
Iron	mg	3.50		0	1.82		
Magnesium	mg	16		0	8		
Phosphorus	mg	85		0	44		
Potassium	mg	95		0	49		
Sodium	mg	398		0	207		
Zinc	mg	1.23		0	0.64		
Copper	mg	0.150		0	0.078		
Manganese	mg						
Selenium	˙g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.290		0	0.151		
Riboflavin	mg	0.330		0	0.172		
Niacin	mg	3.800		0	1.976		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.380		0	0.198		
Folate	˙g	80		0	42		
Vitamin B-12	˙g	0.00		0	0.00		
Vitamin A	IU	962		0	500		
Vitamin A, RE	˙g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	1.980		0	1.030		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.830	0	3.552
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.130	0	0.588
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 pastry

NDB No. 18478 Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 50g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.50		0	5.25		
Energy	kcal	438		0	219		
Energy	kj	1833		0	917		
Protein (N x 5.95)	g	5.40		0	2.70		
Total lipid (fat)	g	18.40		0	9.20		
Carbohydrate, by difference	g	64.40		0	32.20		
Fiber, total dietary	g	1.5		0	0.8		
Ash	g	1.36		0	0.68		
Sugars, total	g	25.40		0	12.70		
Minerals:							
Calcium	mg	31		0	16		
Iron	mg	3.60		0	1.80		
Magnesium	mg	16		0	8		
Phosphorus	mg	63		0	32		
Potassium	mg	135		0	68		
Sodium	mg	428		0	214		
Zinc	mg	1.22		0	0.61		
Copper	mg	0.080		0	0.040		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.300		0	0.150		
Riboflavin	mg	0.340		0	0.170		
Niacin	mg	4.000		0	2.000		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.400		0	0.200		
Folate	:g	80		0	40		
Vitamin B-12	:g	0.00		0	0.00		
Vitamin A	IU	1000		0	500		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	2.080		0	1.040		
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	7.140	0	3.570
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	9.140	0	4.570
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 pastry

NDB No. 18479 Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 50g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.50		0	5.25		
Energy	kcal	422		0	211		
Energy	kj	1766		0	883		
Protein (N x 5.95)	g	5.00		0	2.50		
Total lipid (fat)	g	14.80		0	7.40		
Carbohydrate, by difference	g	68.32		0	34.16		
Fiber, total dietary	g	1.3		0	0.7		
Ash	g	1.26		0	0.63		
Sugars, total	g	30.80		0	15.40		
Minerals:							
Calcium	mg	29		0	15		
Iron	mg	3.60		0	1.80		
Magnesium	mg	15		0	8		
Phosphorus	mg	93		0	47		
Potassium	mg	111		0	56		
Sodium	mg	369		0	185		
Zinc	mg	2.42		0	1.21		
Copper	mg	0.080		0	0.040		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.300		0	0.150		
Riboflavin	mg	0.340		0	0.170		
Niacin	mg	4.000		0	2.000		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.400		0	0.200		
Folate	:g	80		0	40		
Vitamin B-12	:g	0.00		0	0.00		
Vitamin A	IU	1000		0	500		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	2.260		0	1.130		
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	7.880	0	3.940
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	4.760	0	2.380
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 pastry

NDB No. 18480 Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Cherry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.50		0	6.50		
Energy	kcal	393		0	204		
Energy	kj	1644		0	855		
Protein (N x 5.95)	g	4.60		0	2.39		
Total lipid (fat)	g	10.40		0	5.41		
Carbohydrate, by difference	g	71.19		0	37.02		
Fiber, total dietary	g	1.1		0	0.6		
Ash	g	1.23		0	0.64		
Sugars, total	g	31.70		0	16.48		
Minerals:							
Calcium	mg	28		0	15		
Iron	mg	3.50		0	1.82		
Magnesium	mg	16		0	8		
Phosphorus	mg	85		0	44		
Potassium	mg	114		0	59		
Sodium	mg	423		0	220		
Zinc	mg	1.23		0	0.64		
Copper	mg	0.150		0	0.078		
Manganese	mg						
Selenium	‡g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.290		0	0.151		
Riboflavin	mg	0.330		0	0.172		
Niacin	mg	3.800		0	1.976		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.380		0	0.198		
Folate	‡g	80		0	42		
Vitamin B-12	‡g	0.00		0	0.00		
Vitamin A	IU	962		0	500		
Vitamin A, RE	‡g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	1.670		0	0.868		
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	5.730	0	2.980
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	3.000	0	1.560
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 pastry

NDB No. 18481 Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.50		0	6.50		
Energy	kcal	393		0	204		
Energy	kj	1644		0	855		
Protein (N x 5.95)	g	4.20		0	2.18		
Total lipid (fat)	g	10.20		0	5.30		
Carbohydrate, by difference	g	71.96		0	37.42		
Fiber, total dietary	g	1.0		0	0.5		
Ash	g	1.10		0	0.57		
Sugars, total	g	36.00		0	18.72		
Minerals:							
Calcium	mg	25		0	13		
Iron	mg	3.50		0	1.82		
Magnesium	mg	14		0	7		
Phosphorus	mg	80		0	42		
Potassium	mg	95		0	49		
Sodium	mg	423		0	220		
Zinc	mg	1.46		0	0.76		
Copper	mg	0.190		0	0.099		
Manganese	mg						
Selenium	‡g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.290		0	0.151		
Riboflavin	mg	0.330		0	0.172		
Niacin	mg	3.850		0	2.002		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.390		0	0.203		
Folate	‡g	80		0	42		
Vitamin B-12	‡g	0.00		0	0.00		
Vitamin A	IU	962		0	500		
Vitamin A, RE	‡g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	1.940		0	1.009		
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	6.690	0	3.479
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.580	0	0.822
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 pastry

NDB No. 18482 Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.50		0	6.50		
Energy	kcal	387		0	201		
Energy	kj	1619		0	842		
Protein (N x 5.95)	g	5.10		0	2.65		
Total lipid (fat)	g	9.30		0	4.84		
Carbohydrate, by difference	g	71.80		0	37.34		
Fiber, total dietary	g	1.1		0	0.6		
Ash	g	1.30		0	0.68		
Sugars, total	g	38.00		0	19.76		
Minerals:							
Calcium	mg	38		0	20		
Iron	mg	3.50		0	1.82		
Magnesium	mg	29		0	15		
Phosphorus	mg	84		0	44		
Potassium	mg	158		0	82		
Sodium	mg	390		0	203		
Zinc	mg	0.50		0	0.26		
Copper	mg	0.200		0	0.104		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.300		0	0.156		
Riboflavin	mg	0.300		0	0.156		
Niacin	mg	3.800		0	1.976		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.400		0	0.208		
Folate	:g	100		0	52		
Vitamin B-12	:g	0.00		0	0.00		
Vitamin A	IU	962		0	500		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	1.900		0	0.988		
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	5.200	0	2.704
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.200	0	1.144
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 pastry

NDB No. 18483 Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate vanilla creme

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.50		0	6.50		
Energy	kcal	391		0	203		
Energy	kj	1636		0	851		
Protein (N x 5.95)	g	5.00		0	2.60		
Total lipid (fat)	g	10.20		0	5.30		
Carbohydrate, by difference	g	70.84		0	36.84		
Fiber, total dietary	g	1.0		0	0.5		
Ash	g	1.44		0	0.75		
Sugars, total	g	37.30		0	19.40		
Minerals:							
Calcium	mg	30		0	16		
Iron	mg	3.50		0	1.82		
Magnesium	mg	22		0	11		
Phosphorus	mg	69		0	36		
Potassium	mg	120		0	62		
Sodium	mg	441		0	229		
Zinc	mg	1.20		0	0.62		
Copper	mg	0.100		0	0.052		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.290		0	0.151		
Riboflavin	mg	0.330		0	0.172		
Niacin	mg	3.800		0	1.976		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.400		0	0.208		
Folate	:g	100		0	52		
Vitamin B-12	:g	0.00		0	0.00		
Vitamin A	IU	962		0	500		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	1.940		0	1.009		
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	6.190	0	3.219
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.980	0	1.030
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 pastry

NDB No. 18484 Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted grape

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.50		0	6.50		
Energy	kcal	391		0	203		
Energy	kj	1636		0	851		
Protein (N x 5.95)	g	4.40		0	2.29		
Total lipid (fat)	g	9.80		0	5.10		
Carbohydrate, by difference	g	72.25		0	37.57		
Fiber, total dietary	g	1.0		0	0.5		
Ash	g	1.12		0	0.58		
Sugars, total	g	35.40		0	18.41		
Minerals:							
Calcium	mg	23		0	12		
Iron	mg	3.50		0	1.82		
Magnesium	mg	21		0	11		
Phosphorus	mg	89		0	46		
Potassium	mg	115		0	60		
Sodium	mg	381		0	198		
Zinc	mg	1.30		0	0.68		
Copper	mg	0.100		0	0.052		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.290		0	0.151		
Riboflavin	mg	0.330		0	0.172		
Niacin	mg	3.800		0	1.976		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.400		0	0.208		
Folate	΄g	100		0	52		
Vitamin B-12	΄g	0.00		0	0.00		
Vitamin A	IU	962		0	500		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	1.730		0	0.900		
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	5.900	0	3.068
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.150	0	1.118
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 pastry

NDB No. 18485 Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Milk chocolate

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.40		0	6.45		
Energy	kcal	395		0	205		
Energy	kj	1653		0	860		
Protein (N x 5.95)	g	6.50		0	3.38		
Total lipid (fat)	g	11.20		0	5.82		
Carbohydrate, by difference	g	68.50		0	35.62		
Fiber, total dietary	g	1.5		0	0.8		
Ash	g	1.40		0	0.73		
Sugars, total	g	34.60		0	17.99		
Minerals:							
Calcium	mg	38		0	20		
Iron	mg	3.50		0	1.82		
Magnesium	mg	23		0	12		
Phosphorus	mg	87		0	45		
Potassium	mg	157		0	82		
Sodium	mg	437		0	227		
Zinc	mg	0.40		0	0.21		
Copper	mg	0.100		0	0.052		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.300		0	0.156		
Riboflavin	mg	0.300		0	0.156		
Niacin	mg	3.800		0	1.976		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.400		0	0.208		
Folate	΄g	100		0	52		
Vitamin B-12	΄g	0.00		0	0.00		
Vitamin A	IU	962		0	500		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	2.900		0	1.508		
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	6.200	0	3.224
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.100	0	1.092
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 pastry

NDB No. 18486 Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.50		0	6.50		
Energy	kcal	395		0	205		
Energy	kj	1653		0	860		
Protein (N x 5.95)	g	4.20		0	2.18		
Total lipid (fat)	g	10.60		0	5.51		
Carbohydrate, by difference	g	71.54		0	37.20		
Fiber, total dietary	g	1.0		0	0.5		
Ash	g	1.08		0	0.56		
Sugars, total	g	35.40		0	18.41		
Minerals:							
Calcium	mg	22		0	11		
Iron	mg	3.50		0	1.82		
Magnesium	mg	16		0	8		
Phosphorus	mg	88		0	46		
Potassium	mg	85		0	44		
Sodium	mg	406		0	211		
Zinc	mg	1.21		0	0.63		
Copper	mg	0.080		0	0.042		
Manganese	mg						
Selenium	‡g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.290		0	0.151		
Riboflavin	mg	0.330		0	0.172		
Niacin	mg	3.800		0	1.976		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.400		0	0.208		
Folate	‡g	100		0	52		
Vitamin B-12	‡g	0.00		0	0.00		
Vitamin A	IU	962		0	500		
Vitamin A, RE	‡g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	1.880		0	0.978		
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	6.170	0	3.208
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.560	0	1.331
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 pastry

NDB No. 18487 Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.50		0	6.50		
Energy	kcal	392		0	204		
Energy	kj	1640		0	853		
Protein (N x 5.95)	g	6.20		0	3.22		
Total lipid (fat)	g	10.50		0	5.46		
Carbohydrate, by difference	g	69.60		0	36.19		
Fiber, total dietary	g	1.4		0	0.7		
Ash	g	1.20		0	0.62		
Sugars, total	g	36.50		0	18.98		
Minerals:							
Calcium	mg	29		0	15		
Iron	mg	3.50		0	1.82		
Magnesium	mg	21		0	11		
Phosphorus	mg	75		0	39		
Potassium	mg	125		0	65		
Sodium	mg	382		0	199		
Zinc	mg	0.40		0	0.21		
Copper	mg	0.100		0	0.052		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.300		0	0.156		
Riboflavin	mg	0.300		0	0.156		
Niacin	mg	3.800		0	1.976		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.400		0	0.208		
Folate	΄g	100		0	52		
Vitamin B-12	΄g	0.00		0	0.00		
Vitamin A	IU	962		0	500		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	2.800		0	1.456		
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	5.900	0	3.068
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.800	0	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	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 pastry

NDB No. 18488 Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.50		0	6.50		
Energy	kcal	394		0	205		
Energy	kj	1648		0	857		
Protein (N x 5.95)	g	4.70		0	2.44		
Total lipid (fat)	g	10.50		0	5.46		
Carbohydrate, by difference	g	71.00		0	36.92		
Fiber, total dietary	g	1.1		0	0.6		
Ash	g	1.20		0	0.62		
Sugars, total	g	33.00		0	17.16		
Minerals:							
Calcium	mg	24		0	12		
Iron	mg	3.50		0	1.82		
Magnesium	mg	11		0	6		
Phosphorus	mg	55		0	29		
Potassium	mg	93		0	48		
Sodium	mg	355		0	185		
Zinc	mg	0.30		0	0.16		
Copper	mg	0.000		0	0.000		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.300		0	0.156		
Riboflavin	mg	0.300		0	0.156		
Niacin	mg	3.800		0	1.976		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.400		0	0.208		
Folate	΄g	100		0	52		
Vitamin B-12	΄g	0.00		0	0.00		
Vitamin A	IU	962		0	500		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	2.900		0	1.508		
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	6.200	0	3.224
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.500	0	0.780
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 pastry

NDB No. 18489 Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.50		0	6.50		
Energy	kcal	390		0	203		
Energy	kj	1632		0	849		
Protein (N x 5.95)	g	4.40		0	2.29		
Total lipid (fat)	g	9.60		0	4.99		
Carbohydrate, by difference	g	72.40		0	37.65		
Fiber, total dietary	g	1.0		0	0.5		
Ash	g	1.10		0	0.57		
Sugars, total	g	37.50		0	19.50		
Minerals:							
Calcium	mg	22		0	11		
Iron	mg	3.50		0	1.82		
Magnesium	mg	10		0	5		
Phosphorus	mg	51		0	27		
Potassium	mg	85		0	44		
Sodium	mg	325		0	169		
Zinc	mg	0.30		0	0.16		
Copper	mg	0.000		0	0.000		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.300		0	0.156		
Riboflavin	mg	0.300		0	0.156		
Niacin	mg	3.800		0	1.976		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.400		0	0.208		
Folate	΄g	100		0	52		
Vitamin B-12	΄g	0.00		0	0.00		
Vitamin A	IU	962		0	500		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	2.600		0	1.352		
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	5.600	0	2.912
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.400	0	0.728
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 pastry

NDB No. 18490 Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 54g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.50		0	6.75		
Energy	kcal	388		0	210		
Energy	kj	1623		0	876		
Protein (N x 5.95)	g	4.30		0	2.32		
Total lipid (fat)	g	9.20		0	4.97		
Carbohydrate, by difference	g	72.90		0	39.37		
Fiber, total dietary	g	1.0		0	0.5		
Ash	g	1.00		0	0.54		
Sugars, total	g	38.80		0	20.95		
Minerals:							
Calcium	mg	21		0	11		
Iron	mg	3.30		0	1.78		
Magnesium	mg	10		0	5		
Phosphorus	mg	49		0	26		
Potassium	mg	82		0	44		
Sodium	mg	311		0	168		
Zinc	mg	0.30		0	0.16		
Copper	mg	0.000		0	0.000		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.300		0	0.162		
Riboflavin	mg	0.300		0	0.162		
Niacin	mg	3.700		0	1.998		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.400		0	0.216		
Folate	΄g	100		0	54		
Vitamin B-12	΄g	0.00		0	0.00		
Vitamin A	IU	926		0	500		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	2.600		0	1.404		
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	5.400	0	2.916
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.300	0	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	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 pastry

NDB No. 18491 KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted apple cinnamon

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.50		0	6.50		
Energy	kcal	368		0	191		
Energy	kj	1540		0	801		
Protein (N x 5.95)	g	4.20		0	2.18		
Total lipid (fat)	g	5.50		0	2.86		
Carbohydrate, by difference	g	76.90		0	39.99		
Fiber, total dietary	g	1.1		0	0.6		
Ash	g	0.90		0	0.47		
Sugars, total	g	38.30		0	19.92		
Minerals:							
Calcium	mg	11		0	6		
Iron	mg	3.50		0	1.82		
Magnesium	mg	9		0	5		
Phosphorus	mg	41		0	21		
Potassium	mg	54		0	28		
Sodium	mg	396		0	206		
Zinc	mg	0.30		0	0.16		
Copper	mg	0.000		0	0.000		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.300		0	0.156		
Riboflavin	mg	0.300		0	0.156		
Niacin	mg	3.800		0	1.976		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.400		0	0.208		
Folate	΄g	100		0	52		
Vitamin B-12	΄g	0.00		0	0.00		
Vitamin A	IU	962		0	500		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	1.100		0	0.572		
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	2.800	0	1.456
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.600	0	0.832
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 pastry

NDB No. 18492 KELLOGG, KELLOGG'S LOW FAT POP TARTS, Blueberry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.50		0	6.50		
Energy	kcal	369		0	192		
Energy	kj	1544		0	803		
Protein (N x 5.95)	g	4.50		0	2.34		
Total lipid (fat)	g	5.50		0	2.86		
Carbohydrate, by difference	g	76.50		0	39.78		
Fiber, total dietary	g	1.2		0	0.6		
Ash	g	1.00		0	0.52		
Sugars, total	g	35.90		0	18.67		
Minerals:							
Calcium	mg	11		0	6		
Iron	mg	3.50		0	1.82		
Magnesium	mg	9		0	5		
Phosphorus	mg	44		0	23		
Potassium	mg	57		0	30		
Sodium	mg	426		0	222		
Zinc	mg	0.30		0	0.16		
Copper	mg	0.000		0	0.000		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.300		0	0.156		
Riboflavin	mg	0.300		0	0.156		
Niacin	mg	3.800		0	1.976		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.400		0	0.208		
Folate	΄g	100		0	52		
Vitamin B-12	΄g	0.00		0	0.00		
Vitamin A	IU	962		0	500		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	1.200		0	0.624		
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	3.000	0	1.560
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.300	0	0.676
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 pastry

NDB No. 18493 KELLOGG, KELLOGG'S LOW FAT POP TARTS, Cherry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.50		0	6.50		
Energy	kcal	369		0	192		
Energy	kj	1544		0	803		
Protein (N x 5.95)	g	4.50		0	2.34		
Total lipid (fat)	g	5.50		0	2.86		
Carbohydrate, by difference	g	76.50		0	39.78		
Fiber, total dietary	g	1.2		0	0.6		
Ash	g	1.00		0	0.52		
Sugars, total	g	35.80		0	18.62		
Minerals:							
Calcium	mg	11		0	6		
Iron	mg	3.50		0	1.82		
Magnesium	mg	9		0	5		
Phosphorus	mg	43		0	22		
Potassium	mg	57		0	30		
Sodium	mg	426		0	222		
Zinc	mg	0.30		0	0.16		
Copper	mg	0.000		0	0.000		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.300		0	0.156		
Riboflavin	mg	0.300		0	0.156		
Niacin	mg	3.800		0	1.976		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.400		0	0.208		
Folate	΄g	100		0	52		
Vitamin B-12	΄g	0.00		0	0.00		
Vitamin A	IU	962		0	500		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	1.200		0	0.624		
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	3.000	0	1.560
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.300	0	0.676
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 pastry

NDB No. 18494 KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 50g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.50		0	5.25		
Energy	kcal	376		0	188		
Energy	kj	1573		0	787		
Protein (N x 5.95)	g	4.70		0	2.35		
Total lipid (fat)	g	5.50		0	2.75		
Carbohydrate, by difference	g	78.30		0	39.15		
Fiber, total dietary	g	1.2		0	0.6		
Ash	g	1.00		0	0.50		
Sugars, total	g	36.20		0	18.10		
Minerals:							
Calcium	mg	14		0	7		
Iron	mg	3.60		0	1.80		
Magnesium	mg	10		0	5		
Phosphorus	mg	45		0	23		
Potassium	mg	61		0	31		
Sodium	mg	419		0	210		
Zinc	mg	0.30		0	0.15		
Copper	mg	0.100		0	0.050		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.300		0	0.150		
Riboflavin	mg	0.300		0	0.150		
Niacin	mg	4.000		0	2.000		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.400		0	0.200		
Folate	:g	100		0	50		
Vitamin B-12	:g	0.00		0	0.00		
Vitamin A	IU	1000		0	500		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	1.200		0	0.600		
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	2.900	0	1.450
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.300	0	0.650
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 pastry

NDB No. 18495 KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted chocolate fudge

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.50		0	6.50		
Energy	kcal	366		0	190		
Energy	kj	1531		0	796		
Protein (N x 5.95)	g	5.10		0	2.65		
Total lipid (fat)	g	5.80		0	3.02		
Carbohydrate, by difference	g	76.00		0	39.52		
Fiber, total dietary	g	1.1		0	0.6		
Ash	g	1.40		0	0.73		
Sugars, total	g	36.20		0	18.82		
Minerals:							
Calcium	mg	26		0	14		
Iron	mg	3.50		0	1.82		
Magnesium	mg	28		0	15		
Phosphorus	mg	76		0	40		
Potassium	mg	119		0	62		
Sodium	mg	478		0	249		
Zinc	mg	0.50		0	0.26		
Copper	mg	0.200		0	0.104		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.300		0	0.156		
Riboflavin	mg	0.300		0	0.156		
Niacin	mg	3.800		0	1.976		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.400		0	0.208		
Folate	΄g	100		0	52		
Vitamin B-12	΄g	0.00		0	0.00		
Vitamin A	IU	962		0	500		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	1.000		0	0.520		
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	0	1.248
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.700	0	0.884
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 pastry

NDB No. 18496 KELLOGG, KELLOGG'S LOW FAT POP TARTS, Strawberry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.50		0	6.50		
Energy	kcal	369		0	192		
Energy	kj	1544		0	803		
Protein (N x 5.95)	g	4.50		0	2.34		
Total lipid (fat)	g	5.50		0	2.86		
Carbohydrate, by difference	g	76.60		0	39.83		
Fiber, total dietary	g	1.2		0	0.6		
Ash	g	1.00		0	0.52		
Sugars, total	g	35.80		0	18.62		
Minerals:							
Calcium	mg	11		0	6		
Iron	mg	3.50		0	1.82		
Magnesium	mg	9		0	5		
Phosphorus	mg	43		0	22		
Potassium	mg	54		0	28		
Sodium	mg	424		0	220		
Zinc	mg	0.30		0	0.16		
Copper	mg	0.000		0	0.000		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.300		0	0.156		
Riboflavin	mg	0.300		0	0.156		
Niacin	mg	3.800		0	1.976		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.400		0	0.208		
Folate	΄g	100		0	52		
Vitamin B-12	΄g	0.00		0	0.00		
Vitamin A	IU	962		0	500		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	1.200		0	0.624		
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	2.900	0	1.508
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.300	0	0.676
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 pastry

NDB No. 18497 KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.50		0	6.50		
Energy	kcal	367		0	191		
Energy	kj	1536		0	799		
Protein (N x 5.95)	g	4.10		0	2.13		
Total lipid (fat)	g	5.80		0	3.02		
Carbohydrate, by difference	g	77.50		0	40.30		
Fiber, total dietary	g	1.1		0	0.6		
Ash	g	0.90		0	0.47		
Sugars, total	g	39.90		0	20.75		
Minerals:							
Calcium	mg	10		0	5		
Iron	mg	3.50		0	1.82		
Magnesium	mg	8		0	4		
Phosphorus	mg	39		0	20		
Potassium	mg	49		0	25		
Sodium	mg	387		0	201		
Zinc	mg	0.30		0	0.16		
Copper	mg	0.000		0	0.000		
Manganese	mg						
Selenium	‡g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.300		0	0.156		
Riboflavin	mg	0.300		0	0.156		
Niacin	mg	3.800		0	1.976		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.400		0	0.208		
Folate	‡g	100		0	52		
Vitamin B-12	‡g	0.00		0	0.00		
Vitamin A	IU	962		0	500		
Vitamin A, RE	‡g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	1.100		0	0.572		
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	2.700	0	1.404
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.000	0	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	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 pastry

NDB No. 18498 KELLOGG, KELLOGG'S POP TARTS, Frosted Wild Watermelon

Refuse: 0%

Nutrients 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	12.50		0			
Energy	kcal	388		0			
Energy	kj	1623		0			
Protein (N x 5.95)	g	4.30		0			
Total lipid (fat)	g	9.20		0			
Carbohydrate, by difference	g	72.90		0			
Fiber, total dietary	g	1.0		0			
Ash	g	1.00		0			
Sugars, total	g	38.80		0			
Minerals:							
Calcium	mg	213		0			
Iron	mg	3.30		0			
Magnesium	mg	10		0			
Phosphorus	mg	49		0			
Potassium	mg	82		0			
Sodium	mg	311		0			
Zinc	mg	0.30		0			
Copper	mg	0.000		0			
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.300		0			
Riboflavin	mg	0.300		0			
Niacin	mg	3.700		0			
Pantothenic acid	mg	0.000		0			
Vitamin B-6	mg	0.400		0			
Folate	:g	100		0			
Vitamin B-12	:g	0.00		0			
Vitamin A	IU	926		0			
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0			
Lipids:							
Saturated, total	g	2.600		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.400	0
14:1	g		
16:1	g		
18:1	g		
20:1	g		
22.1	g		
Polyunsaturated, total	g	1.300	0
18:2	g		
18:3	g		
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

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

NDB No. 18499 KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	47.20		0			
Energy	kcal	233		0			
Energy	kj	975		0			
Protein (N x 5.95)	g	6.00		0			
Total lipid (fat)	g	6.69		0			
Carbohydrate, by difference	g	38.10		0			
Fiber, total dietary	g	1.1		0			
Ash	g	1.96		0			
Sugars, total	g	8.20		0			
Minerals:							
Calcium	mg	35		0			
Iron	mg	3.10		0			
Magnesium	mg	18		0			
Phosphorus	mg	341		0			
Potassium	mg	103		0			
Sodium	mg	530		0			
Zinc	mg	0.60		0			
Copper	mg	0.000		0			
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	1.4		0			
Thiamin	mg	0.260		0			
Riboflavin	mg	0.290		0			
Niacin	mg	3.450		0			
Pantothenic acid	mg	0.000		0			
Vitamin B-6	mg	0.350		0			
Folate	:g	52		0			
Vitamin B-12	:g	1.03		0			
Vitamin A	IU	862		0			
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0			
Lipids:							
Saturated, total	g	1.440		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.940	0
14:1	g		
16:1	g		
18:1	g		
20:1	g		
22.1	g		
Polyunsaturated, total	g	2.130	0
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
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is 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. 18500 KELLOGG, KELLOGG'S EGGO, Banana Bread Waffles

Refuse: 0%

Nutrients 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	41.20		0	32.14		
Energy	kcal	272		0	212		
Energy	kj	1138		0	888		
Protein (N x 5.95)	g	6.80		0	5.30		
Total lipid (fat)	g	9.50		0	7.41		
Carbohydrate, by difference	g	41.60		0	32.45		
Fiber, total dietary	g	2.5		0	2.0		
Ash	g	0.90		0	0.70		
Sugars, total	g	6.70		0	5.23		
Minerals:							
Calcium	mg	51		0	40		
Iron	mg	4.60		0	3.59		
Magnesium	mg	18		0	14		
Phosphorus	mg	341		0	266		
Potassium	mg	180		0	140		
Sodium	mg	359		0	280		
Zinc	mg	0.60		0	0.47		
Copper	mg	0.000		0	0.000		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	1.4		0	1.1		
Thiamin	mg	0.400		0	0.312		
Riboflavin	mg	0.400		0	0.312		
Niacin	mg	5.100		0	3.978		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.500		0	0.390		
Folate	΄g	51		0	40		
Vitamin B-12	΄g	1.50		0	1.17		
Vitamin A	IU	1282		0	1000		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	1.710		0	1.334		
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	5.280	0	4.118
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.510	0	1.958
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 serving

NDB No. 18501 KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	14.50		0			
Energy	kcal	370		0			
Energy	kj	1548		0			
Protein (N x 5.95)	g	4.30		0			
Total lipid (fat)	g	7.60		0			
Carbohydrate, by difference	g	72.80		0			
Fiber, total dietary	g	1.9		0			
Ash	g	0.80		0			
Sugars, total	g	33.60		0			
Minerals:							
Calcium	mg	39		0			
Iron	mg	4.90		0			
Magnesium	mg	26		0			
Phosphorus	mg	98		0			
Potassium	mg	188		0			
Sodium	mg	297		0			
Zinc	mg	4.10		0			
Copper	mg	0.100		0			
Manganese	mg						
Selenium	‡g						
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	1.000		0			
Riboflavin	mg	1.100		0			
Niacin	mg	13.500		0			
Pantothenic acid	mg	0.000		0			
Vitamin B-6	mg	1.400		0			
Folate	‡g	108		0			
Vitamin B-12	‡g	0.00		0			
Vitamin A	IU	2027		0			
Vitamin A, RE	‡g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0			
Lipids:							
Saturated, total	g	1.500		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.000	0
14:1	g		
16:1	g		
18:1	g		
20:1	g		
22.1	g		
Polyunsaturated, total	g	1.100	0
18:2	g		
18:3	g		
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

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

NDB No. 18502 LENDER'S Big'N Crusty Blueberry Bagel

Refuse: 0%

Nutrients 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	34.35		0	29.20		
Energy	kcal	252		0	214		
Energy	kj	1054		0	896		
Protein (N x 5.95)	g	9.26		0	7.87		
Total lipid (fat)	g	0.90		0	0.77		
Carbohydrate, by difference	g	53.96		0	45.87		
Fiber, total dietary	g	2.0		0	1.7		
Ash	g	1.51		0	1.28		
Sugars, total	g	11.23		0	9.55		
Minerals:							
Calcium	mg	13		0	11		
Iron	mg	3.70		0	3.15		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	86		0	73		
Sodium	mg	481		0	409		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	：g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.543		0	0.462		
Riboflavin	mg	0.310		0	0.264		
Niacin	mg	4.000		0	3.400		
Pantothenic acid	mg						
Vitamin B-6	mg	0.056		0	0.048		
Folate	：g	70		0	60		
Vitamin B-12	：g	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	：g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.200		0	0.170		
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	0.100	0	0.085
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.500	0	0.425
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18503 LENDER'S Premium Refrigerated Blueberry Bagels

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 81g	Measure 2*	Measure 3*
Proximates:							
Water	g	33.76		0	27.35		
Energy	kcal	258		0	209		
Energy	kj	1079		0	874		
Protein (N x 5.95)	g	10.43		0	8.45		
Total lipid (fat)	g	1.63		0	1.32		
Carbohydrate, by difference	g	52.51		0	42.53		
Fiber, total dietary	g	2.5		0	2.0		
Ash	g	1.65		0	1.34		
Sugars, total	g	9.86		0	7.99		
Minerals:							
Calcium	mg	15		0	12		
Iron	mg	2.03		0	1.64		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	162		0	131		
Sodium	mg	505		0	409		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	：g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.260		0	0.211		
Riboflavin	mg	0.176		0	0.143		
Niacin	mg	2.000		0	1.620		
Pantothenic acid	mg						
Vitamin B-6	mg	0.066		0	0.053		
Folate	：g	74		0	60		
Vitamin B-12	：g	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	：g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.330		0	0.267		
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	0.430	0	0.348
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.530	0	0.429
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 bagel (3" dia)

NDB No. 18504 LENDER'S Bagel Shop Blueberry Bagels

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 102g	Measure 2*	Measure 3*
Proximates:							
Water	g	33.96		0	34.64		
Energy	kcal	259		0	264		
Energy	kj	1084		0	1106		
Protein (N x 5.95)	g	10.50		0	10.71		
Total lipid (fat)	g	1.50		0	1.53		
Carbohydrate, by difference	g	52.33		0	53.38		
Fiber, total dietary	g	1.7		0	1.7		
Ash	g	1.53		0	1.56		
Sugars, total	g	9.43		0	9.62		
Minerals:							
Calcium	mg	56		0	57		
Iron	mg	1.80		0	1.84		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	155		0	158		
Sodium	mg	419		0	427		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	：g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.260		0	0.265		
Riboflavin	mg	0.200		0	0.204		
Niacin	mg	4.000		0	4.080		
Pantothenic acid	mg						
Vitamin B-6	mg	0.060		0	0.061		
Folate	：g	74		0	75		
Vitamin B-12	：g	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	：g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.300		0	0.306		
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	0.400	0	0.408
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.500	0	0.510
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 bagel (4" dia)

NDB No. 18505 KELLOGG'S Eggo Lowfat Homestyle Waffles

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food (1)		
		Mean	Std. Error	Samples	Measure 1* 35g	Measure 2* 70g	Measure 3*
Proximates:							
Water	g	43.44		0	15.20	30.41	
Energy	kcal	236		0	83	165	
Energy	kj	987		0	345	691	
Protein (N x 5.95)	g	7.06		0	2.47	4.94	
Total lipid (fat)	g	3.56		0	1.25	2.49	
Carbohydrate, by difference	g	44.15		0	15.45	30.91	
Fiber, total dietary	g	1.0		0	0.4	0.7	
Ash	g	1.79		0	0.63	1.25	
Sugars, total	g	2.92		0	1.02	2.04	
Minerals:							
Calcium	mg	58		0	20	41	
Iron	mg	5.56		0	1.95	3.89	
Magnesium	mg	68		0	24	48	
Phosphorus	mg	81		0	28	57	
Potassium	mg	143		0	50	100	
Sodium	mg	442		0	155	309	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.880		0	0.308	0.616	
Riboflavin	mg	0.740		0	0.259	0.518	
Niacin	mg	7.410		0	2.594	5.187	
Pantothenic acid	mg						
Vitamin B-6	mg	0.470		0	0.164	0.329	
Folate	:g	77		0	27	54	
Vitamin B-12	:g	1.57		0	0.55	1.10	
Vitamin A	IU	1447		0	506	1013	
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.900		0	0.315	0.630	
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	1.000	0	0.350	0.700
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.070	0	0.375	0.749
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	9	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 round waffle (4" dia) (include frozen)
Measure 2: 1 serving

Footnotes:

1 Serving equals 2 waffles

NDB No. 18506 KELLOGG'S Eggo Lowfat Nutri-Grain Waffles

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food (1)		
		Mean	Std. Error	Samples	Measure 1* 35g	Measure 2* 70g	Measure 3*
Proximates:							
Water	g	47.75		0	16.71	33.42	
Energy	kcal	203		0	71	142	
Energy	kj	849		0	297	594	
Protein (N x 5.95)	g	6.28		0	2.20	4.40	
Total lipid (fat)	g	3.20		0	1.12	2.24	
Carbohydrate, by difference	g	40.27		0	14.09	28.19	
Fiber, total dietary	g	3.7		0	1.3	2.6	
Ash	g	2.50		0	0.88	1.75	
Sugars, total	g	5.73		0	2.01	4.01	
Minerals:							
Calcium	mg	61		0	21	43	
Iron	mg	4.62		0	1.62	3.23	
Magnesium	mg	56		0	20	39	
Phosphorus	mg	81		0	28	57	
Potassium	mg	72		0	25	50	
Sodium	mg	614		0	215	430	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	‡g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.380		0	0.133	0.266	
Riboflavin	mg	0.440		0	0.154	0.308	
Niacin	mg	5.130		0	1.795	3.591	
Pantothenic acid	mg						
Vitamin B-6	mg	0.510		0	0.179	0.357	
Folate	‡g	51		0	18	36	
Vitamin B-12	‡g	1.54		0	0.54	1.08	
Vitamin A	IU	1282		0	449	897	
Vitamin A, RE	‡g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.470		0	0.164	0.329	
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	1.340	0	0.469	0.938
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.900	0	0.315	0.630
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 round waffle (4" dia) (include frozen)
Measure 2: 1 serving

Footnotes:

1 Serving equals 2 waffles

NDB No. 18507 KELLOGG'S Eggo Lowfat Blueberry Nutri-Grain Waffles

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food (1)		
		Mean	Std. Error	Samples	Measure 1* 35g	Measure 2* 70g	Measure 3*
Proximates:							
Water	g	46.06		0	16.12	32.24	
Energy	kcal	208		0	73	146	
Energy	kj	870		0	305	609	
Protein (N x 5.95)	g	5.95		0	2.08	4.17	
Total lipid (fat)	g	2.83		0	0.99	1.98	
Carbohydrate, by difference	g	42.71		0	14.95	29.90	
Fiber, total dietary	g	3.5		0	1.2	2.5	
Ash	g	2.45		0	0.86	1.72	
Sugars, total	g	8.89		0	3.11	6.22	
Minerals:							
Calcium	mg	61		0	21	43	
Iron	mg	4.62		0	1.62	3.23	
Magnesium	mg	54		0	19	38	
Phosphorus	mg	77		0	27	54	
Potassium	mg	68		0	24	48	
Sodium	mg	591		0	207	414	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.380		0	0.133	0.266	
Riboflavin	mg	0.440		0	0.154	0.308	
Niacin	mg	5.130		0	1.795	3.591	
Pantothenic acid	mg						
Vitamin B-6	mg	0.510		0	0.179	0.357	
Folate	:g	51		0	18	36	
Vitamin B-12	:g	1.54		0	0.54	1.08	
Vitamin A	IU	1282		0	449	897	
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.410		0	0.143	0.287	
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	1.150	0	0.403	0.805
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.800	0	0.280	0.560
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 round waffle (4" dia) (include frozen)
Measure 2: 1 serving

Footnotes:

1 Serving equals 2 waffles

NDB No. 18508 KELLOGG'S Pop-Tarts Pastry Swirls, Apple Cinnamon Danish

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 62g	Measure 2*	Measure 3*
Proximates:							
Water	g	16.80		0	10.42		
Energy	kcal	413		0	256		
Energy	kj	1728		0	1071		
Protein (N x 5.95)	g	4.80		0	2.98		
Total lipid (fat)	g	17.70		0	10.97		
Carbohydrate, by difference	g	59.70		0	37.01		
Fiber, total dietary	g	1.4		0	0.9		
Ash	g	1.00		0	0.62		
Sugars, total	g	17.70		0	10.97		
Minerals:							
Calcium	mg	32		0	20		
Iron	mg	1.74		0	1.08		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	306		0	190		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	ΐg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	ΐg						
Vitamin B-12	ΐg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	ΐg						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.800		0	2.976		
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	5.800	0	3.596
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	7.100	0	4.402
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 pastry

NDB No. 18509 KELLOGG'S Pop-Tarts Pastry Swirls, Strawberry Danish

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 62g	Measure 2*	Measure 3*
Proximates:							
Water	g	16.32		0	10.12		
Energy	kcal	410		0	254		
Energy	kj	1715		0	1063		
Protein (N x 5.95)	g	4.80		0	2.98		
Total lipid (fat)	g	17.70		0	10.97		
Carbohydrate, by difference	g	60.00		0	37.20		
Fiber, total dietary	g	1.8		0	1.1		
Ash	g	1.18		0	0.73		
Sugars, total	g	25.80		0	16.00		
Minerals:							
Calcium	mg	32		0	20		
Iron	mg	1.74		0	1.08		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	274		0	170		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	‡g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	‡g						
Vitamin B-12	‡g						
Vitamin A	IU	0		0	0		
Vitamin A, RE	‡g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.800		0	2.976		
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	5.800	0	3.596
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	7.100	0	4.402
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 pastry

NDB No. 18510 KELLOGG'S Pop-Tarts Pastry Swirls, Cheese Danish

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 62g	Measure 2*	Measure 3*
Proximates:							
Water	g	16.85		0	10.45		
Energy	kcal	407		0	252		
Energy	kj	1703		0	1056		
Protein (N x 5.95)	g	4.80		0	2.98		
Total lipid (fat)	g	17.70		0	10.97		
Carbohydrate, by difference	g	59.10		0	36.64		
Fiber, total dietary	g	0.5		0	0.3		
Ash	g	1.55		0	0.96		
Sugars, total	g	19.40		0	12.03		
Minerals:							
Calcium	mg	64		0	40		
Iron	mg	1.74		0	1.08		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	290		0	180		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	0		0	0		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.800		0	2.976		
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	5.800	0	3.596
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	7.100	0	4.402
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	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 pastry

NDB No. 18512 KELLOGG'S Eggo Golden Oat Waffles

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food (1)		
		Mean	Std. Error	Samples	Measure 1* 35g	Measure 2* 70g	Measure 3*
Proximates:							
Water	g	50.60		0	17.71	35.42	
Energy	kcal	198		0	69	139	
Energy	kj	828		0	290	580	
Protein (N x 5.95)	g	6.83		0	2.39	4.78	
Total lipid (fat)	g	3.22		0	1.13	2.25	
Carbohydrate, by difference	g	37.52		0	13.13	26.26	
Fiber, total dietary	g	3.5		0	1.2	2.5	
Ash	g	1.83		0	0.64	1.28	
Sugars, total	g	3.47		0	1.21	2.43	
Minerals:							
Calcium	mg	66		0	23	46	
Iron	mg	4.60		0	1.61	3.22	
Magnesium	mg	44		0	15	31	
Phosphorus	mg	323		0	113	226	
Potassium	mg	191		0	67	134	
Sodium	mg	385		0	135	270	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.8		0	0.3	0.6	
Thiamin	mg	0.400		0	0.140	0.280	
Riboflavin	mg	0.500		0	0.175	0.350	
Niacin	mg	5.100		0	1.785	3.570	
Pantothenic acid	mg						
Vitamin B-6	mg	0.500		0	0.175	0.350	
Folate	:g	41		0	14	29	
Vitamin B-12	:g	1.50		0	0.53	1.05	
Vitamin A	IU	1282		0	449	897	
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.600		0	0.210	0.420	
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	1.067	0	0.373	0.747
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.067	0	0.373	0.747
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	0	1
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 round waffle (4" dia) (include frozen)
Measure 2: 1 serving

Footnotes:

1 Serving equals 2 waffles

NDB No. 18513 ARCHWAY Home Style Cookies, Sugar Free Oatmeal

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 24g	Measure 2*	Measure 3*
Proximates:							
Water	g	5.00		0	1.20		
Energy	kcal	442		0	106		
Energy	kj	1849		0	444		
Protein (N x 5.95)	g	5.54		0	1.33		
Total lipid (fat)	g	20.92		0	5.02		
Carbohydrate, by difference	g	67.20		0	16.13		
Fiber, total dietary	g	1.9		0	0.5		
Ash	g	1.34		0	0.32		
Sugars, total	g	1.26		0	0.30		
Minerals:							
Calcium	mg	20		0	5		
Iron	mg	1.96		0	0.47		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	87		0	21		
Sodium	mg	308		0	74		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	：g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.270		0	0.065		
Riboflavin	mg	0.170		0	0.041		
Niacin	mg	1.810		0	0.434		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	：g	58		0	14		
Vitamin B-12	：g						
Vitamin A	IU	1		0	0		
Vitamin A, RE	：g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.900		0	1.176		
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	7.860	0	1.886
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.310	0	0.314
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18514 ARCHWAY Home Style Cookies, Sugar Free Rocky Road

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 24g	Measure 2*	Measure 3*
Proximates:							
Water	g	7.50		0	1.80		
Energy	kcal	421		0	101		
Energy	kj	1761		0	423		
Protein (N x 5.95)	g	5.64		0	1.35		
Total lipid (fat)	g	20.57		0	4.94		
Carbohydrate, by difference	g	64.40		0	15.46		
Fiber, total dietary	g	2.5		0	0.6		
Ash	g	1.89		0	0.45		
Sugars, total	g	0.87		0	0.21		
Minerals:							
Calcium	mg	168		0	40		
Iron	mg	2.81		0	0.67		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	241		0	58		
Sodium	mg	277		0	66		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	‡g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.240		0	0.058		
Riboflavin	mg	0.190		0	0.046		
Niacin	mg	1.860		0	0.446		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	‡g						
Vitamin B-12	‡g						
Vitamin A	IU	13		0	3		
Vitamin A, RE	‡g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.880		0	1.171		
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	8.930	0	2.143
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.200	0	0.528
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	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 serving

NDB No. 18515 ARCHWAY Home Style Cookies, Sugar Free Shortbread

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 24g	Measure 2*	Measure 3*
Proximates:							
Water	g						
Energy	kcal	445		0	107		
Energy	kj	1862		0	447		
Protein (N x 5.95)	g	4.66		0	1.12		
Total lipid (fat)	g	22.31		0	5.35		
Carbohydrate, by difference	g	65.94		0	15.83		
Fiber, total dietary	g	0.9		0	0.2		
Ash	g	1.09		0	0.26		
Sugars, total	g	1.41		0	0.34		
Minerals:							
Calcium	mg	9		0	2		
Iron	mg	1.80		0	0.43		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	59		0	14		
Sodium	mg	196		0	47		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.260		0	0.062		
Riboflavin	mg	0.190		0	0.046		
Niacin	mg	2.110		0	0.506		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	΄g	64		0	15		
Vitamin B-12	΄g						
Vitamin A	IU						
Vitamin A, RE	΄g	3		0	1		
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.260		0	1.262		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.370	0	2.009
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.150	0	0.276
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18516 ARCHWAY Home Style Cookies, Apple Filled Oatmeal

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2*	Measure 3*
Proximates:							
Water	g	14.91		0	3.73		
Energy	kcal	394		0	99		
Energy	kj	1648		0	412		
Protein (N x 5.95)	g	4.80		0	1.20		
Total lipid (fat)	g	12.76		0	3.19		
Carbohydrate, by difference	g	65.63		0	16.41		
Fiber, total dietary	g	2.1		0	0.5		
Ash	g	1.90		0	0.48		
Sugars, total	g	31.95		0	7.99		
Minerals:							
Calcium	mg	29		0	7		
Iron	mg	3.06		0	0.77		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	183		0	46		
Sodium	mg	413		0	103		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.260		0	0.065		
Riboflavin	mg	0.160		0	0.040		
Niacin	mg	1.750		0	0.438		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g	53		0	13		
Vitamin B-12	:g						
Vitamin A	IU	13		0	3		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.970		0	0.743		
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	4.830	0	1.208
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.950	0	0.238
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	8	0	2
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 18517 ARCHWAY Home Style Cookies, Apricot Filled

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2*	Measure 3*
Proximates:							
Water	g	14.75		0	3.69		
Energy	kcal	401		0	100		
Energy	kj	1678		0	420		
Protein (N x 5.95)	g	5.06		0	1.26		
Total lipid (fat)	g	13.90		0	3.48		
Carbohydrate, by difference	g	64.79		0	16.20		
Fiber, total dietary	g	1.4		0	0.4		
Ash	g	1.50		0	0.38		
Sugars, total	g	32.40		0	8.10		
Minerals:							
Calcium	mg	21		0	5		
Iron	mg	2.05		0	0.51		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	126		0	32		
Sodium	mg	321		0	80		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.250		0	0.063		
Riboflavin	mg	0.200		0	0.050		
Niacin	mg	1.950		0	0.488		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	΄g						
Vitamin B-12	΄g						
Vitamin A	IU	54		0	14		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.450		0	1.363		
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	4.350	0	1.087
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.840	0	0.210
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	7
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 18518 ARCHWAY Home Style Cookies, Aunt Bea's Pound Cake Cookie

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 26g	Measure 2*	Measure 3*
Proximates:							
Water	g	16.99		0	4.42		
Energy	kcal	402		0	105		
Energy	kj	1682		0	437		
Protein (N x 5.95)	g	5.17		0	1.34		
Total lipid (fat)	g	15.64		0	4.07		
Carbohydrate, by difference	g	60.66		0	15.77		
Fiber, total dietary	g	1.0		0	0.3		
Ash	g	1.53		0	0.40		
Sugars, total	g	32.12		0	8.35		
Minerals:							
Calcium	mg	37		0	10		
Iron	mg	2.06		0	0.54		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	81		0	21		
Sodium	mg	319		0	83		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.250		0	0.065		
Riboflavin	mg	0.240		0	0.062		
Niacin	mg	1.940		0	0.504		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	΄g						
Vitamin B-12	΄g						
Vitamin A	IU	86		0	22		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.850		0	1.001		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.870	0	1.526
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.170	0	0.304
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	57	0	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 serving

NDB No. 18519 ARCHWAY Home Style Cookies, Black Walnut Ice Box

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 24g	Measure 2*	Measure 3*
Proximates:							
Water	g	5.80		0	1.39		
Energy	kcal	497		0	119		
Energy	kj	2079		0	499		
Protein (N x 5.95)	g	5.25		0	1.26		
Total lipid (fat)	g	25.66		0	6.16		
Carbohydrate, by difference	g	62.00		0	14.88		
Fiber, total dietary	g	1.2		0	0.3		
Ash	g	1.29		0	0.31		
Sugars, total	g	27.90		0	6.70		
Minerals:							
Calcium	mg	21		0	5		
Iron	mg	2.76		0	0.66		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	82		0	20		
Sodium	mg	319		0	77		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	：g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.290		0	0.070		
Riboflavin	mg	0.230		0	0.055		
Niacin	mg	2.270		0	0.545		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	：g	73		0	18		
Vitamin B-12	：g						
Vitamin A	IU	62		0	15		
Vitamin A, RE	：g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	6.000		0	1.440		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.370	0	2.249
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.500	0	0.600
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	40	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 serving

NDB No. 18520 ARCHWAY Home Style Cookies, Cherry Filled

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2*	Measure 3*
Proximates:							
Water	g	14.88		0	3.72		
Energy	kcal	401		0	100		
Energy	kj	1678		0	420		
Protein (N x 5.95)	g	5.04		0	1.26		
Total lipid (fat)	g	13.89		0	3.47		
Carbohydrate, by difference	g	64.65		0	16.16		
Fiber, total dietary	g	1.4		0	0.4		
Ash	g	1.54		0	0.39		
Sugars, total	g	31.52		0	7.88		
Minerals:							
Calcium	mg	24		0	6		
Iron	mg	2.11		0	0.53		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	121		0	30		
Sodium	mg	330		0	83		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.260		0	0.065		
Riboflavin	mg	0.200		0	0.050		
Niacin	mg	1.910		0	0.478		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	87		0	22		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.440		0	1.360		
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	4.350	0	1.087
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.830	0	0.208
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	7
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 18521 ARCHWAY Home Style Cookies, Chocolate Chip Drop

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2*	Measure 3*
Proximates:							
Water	g	15.95		0	3.99		
Energy	kcal	402		0	101		
Energy	kj	1682		0	421		
Protein (N x 5.95)	g	5.54		0	1.39		
Total lipid (fat)	g	14.96		0	3.74		
Carbohydrate, by difference	g	61.87		0	15.47		
Fiber, total dietary	g	1.1		0	0.3		
Ash	g	1.67		0	0.42		
Sugars, total	g	31.69		0	7.92		
Minerals:							
Calcium	mg	38		0	10		
Iron	mg	2.29		0	0.57		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	107		0	27		
Sodium	mg	310		0	78		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.250		0	0.063		
Riboflavin	mg	0.250		0	0.063		
Niacin	mg	2.010		0	0.502		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	84		0	21		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.450		0	1.113		
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	5.540	0	1.385
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.140	0	0.285
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	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 serving

NDB No. 18522 ARCHWAY Home Style Cookies, Chocolate Chip Ice Box

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 24g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.05		0	1.45		
Energy	kcal	486		0	117		
Energy	kj	2033		0	488		
Protein (N x 5.95)	g	4.79		0	1.15		
Total lipid (fat)	g	23.66		0	5.68		
Carbohydrate, by difference	g	64.15		0	15.40		
Fiber, total dietary	g	1.0		0	0.2		
Ash	g	1.36		0	0.33		
Sugars, total	g	34.83		0	8.36		
Minerals:							
Calcium	mg	20		0	5		
Iron	mg	2.63		0	0.63		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	113		0	27		
Sodium	mg	244		0	59		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.240		0	0.058		
Riboflavin	mg	0.200		0	0.048		
Niacin	mg	1.930		0	0.463		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	48		0	12		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	7.290		0	1.750		
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	8.810	0	2.114
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.240	0	0.298
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	32	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 serving

NDB No. 18523 ARCHWAY Home Style Cookies, Cinnamon Apple

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 26g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.80		0	3.33		
Energy	kcal	408		0	106		
Energy	kj	1707		0	444		
Protein (N x 5.95)	g	4.99		0	1.30		
Total lipid (fat)	g	14.06		0	3.66		
Carbohydrate, by difference	g	66.12		0	17.19		
Fiber, total dietary	g	1.5		0	0.4		
Ash	g	2.03		0	0.53		
Sugars, total	g	30.81		0	8.01		
Minerals:							
Calcium	mg	32		0	8		
Iron	mg	2.42		0	0.63		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	90		0	23		
Sodium	mg	506		0	132		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.280		0	0.073		
Riboflavin	mg	0.210		0	0.055		
Niacin	mg	2.190		0	0.569		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g	66		0	17		
Vitamin B-12	:g						
Vitamin A	IU	1		0	0		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.340		0	0.868		
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	5.220	0	1.357
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.810	0	0.211
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18524 ARCHWAY Home Style Cookies, Coconut Macaroon

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 22g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.73		0	2.36		
Energy	kcal	482		0	106		
Energy	kj	2017		0	444		
Protein (N x 5.95)	g	3.88		0	0.85		
Total lipid (fat)	g	27.92		0	6.14		
Carbohydrate, by difference	g	56.15		0	12.35		
Fiber, total dietary	g	2.3		0	0.5		
Ash	g	1.31		0	0.29		
Sugars, total	g	43.26		0	9.52		
Minerals:							
Calcium	mg	15		0	3		
Iron	mg	1.61		0	0.35		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	261		0	57		
Sodium	mg	174		0	38		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.030		0	0.007		
Riboflavin	mg	0.060		0	0.013		
Niacin	mg	0.303		0	0.067		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	΄g	5		0	1		
Vitamin B-12	΄g						
Vitamin A	IU	0		0	0		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	24.710		0	5.436		
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	0	0.418
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.350	0	0.077
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18525 ARCHWAY Home Style Cookies, Cookies Jar Hermits

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2*	Measure 3*
Proximates:							
Water	g	14.87		0	3.72		
Energy	kcal	380		0	95		
Energy	kj	1590		0	398		
Protein (N x 5.95)	g	5.20		0	1.30		
Total lipid (fat)	g	10.84		0	2.71		
Carbohydrate, by difference	g	66.50		0	16.63		
Fiber, total dietary	g	2.1		0	0.5		
Ash	g	2.59		0	0.65		
Sugars, total	g	32.76		0	8.19		
Minerals:							
Calcium	mg	53		0	13		
Iron	mg	2.87		0	0.72		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	149		0	37		
Sodium	mg	587		0	147		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.290		0	0.072		
Riboflavin	mg	0.230		0	0.058		
Niacin	mg	2.310		0	0.578		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	34		0	9		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.700		0	0.675		
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	3.910	0	0.978
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.050	0	0.263
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	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 serving

NDB No. 18526 ARCHWAY Home Style Cookies, Dark Molasses

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	8.00		0	2.24		
Energy	kcal	411		0	115		
Energy	kj	1720		0	482		
Protein (N x 5.95)	g	4.23		0	1.18		
Total lipid (fat)	g	12.17		0	3.41		
Carbohydrate, by difference	g	71.68		0	20.07		
Fiber, total dietary	g	1.0		0	0.3		
Ash	g	3.93		0	1.10		
Sugars, total	g	36.49		0	10.22		
Minerals:							
Calcium	mg	48		0	13		
Iron	mg	4.40		0	1.23		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	341		0	95		
Sodium	mg	549		0	154		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.300		0	0.084		
Riboflavin	mg	0.210		0	0.059		
Niacin	mg	2.690		0	0.753		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g	68		0	19		
Vitamin B-12	:g						
Vitamin A	IU	0		0	0		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.880		0	0.806		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.490	0	1.257
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.730	0	0.204
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18527 ARCHWAY Home Style Cookies, Date Filled Oatmeal

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2*	Measure 3*
Proximates:							
Water	g	13.86		0	3.46		
Energy	kcal	395		0	99		
Energy	kj	1653		0	413		
Protein (N x 5.95)	g	5.24		0	1.31		
Total lipid (fat)	g	12.36		0	3.09		
Carbohydrate, by difference	g	66.53		0	16.63		
Fiber, total dietary	g	2.7		0	0.7		
Ash	g	2.01		0	0.50		
Sugars, total	g	34.60		0	8.65		
Minerals:							
Calcium	mg	34		0	9		
Iron	mg	2.03		0	0.51		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	209		0	52		
Sodium	mg	393		0	98		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	‡g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.260		0	0.065		
Riboflavin	mg	0.170		0	0.043		
Niacin	mg	1.800		0	0.450		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	‡g						
Vitamin B-12	‡g						
Vitamin A	IU	25		0	6		
Vitamin A, RE	‡g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.950		0	0.738		
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	4.640	0	1.160
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.950	0	0.238
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	13	0	3
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18528 ARCHWAY Home Style Cookies, Dutch Cocoa

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 24g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.34		0	2.72		
Energy	kcal	410		0	98		
Energy	kj	1715		0	412		
Protein (N x 5.95)	g	4.50		0	1.08		
Total lipid (fat)	g	13.65		0	3.28		
Carbohydrate, by difference	g	68.80		0	16.51		
Fiber, total dietary	g	2.3		0	0.6		
Ash	g	1.70		0	0.41		
Sugars, total	g	34.33		0	8.24		
Minerals:							
Calcium	mg	12		0	3		
Iron	mg	2.67		0	0.64		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	191		0	46		
Sodium	mg	363		0	87		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.240		0	0.058		
Riboflavin	mg	0.180		0	0.043		
Niacin	mg	1.970		0	0.473		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	΄g						
Vitamin B-12	΄g						
Vitamin A	IU	21		0	5		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.480		0	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	5.120	0	1.229
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.770	0	0.185
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	3
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18529 ARCHWAY Home Style Cookies, Frosty Lemon

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 26g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.03		0	3.13		
Energy	kcal	430		0	112		
Energy	kj	1799		0	468		
Protein (N x 5.95)	g	4.41		0	1.15		
Total lipid (fat)	g	17.11		0	4.45		
Carbohydrate, by difference	g	64.78		0	16.84		
Fiber, total dietary	g	0.7		0	0.2		
Ash	g	1.67		0	0.43		
Sugars, total	g	33.35		0	8.67		
Minerals:							
Calcium	mg	41		0	11		
Iron	mg	1.62		0	0.42		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	92		0	24		
Sodium	mg	366		0	95		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	：g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.240		0	0.062		
Riboflavin	mg	0.200		0	0.052		
Niacin	mg	1.950		0	0.507		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	：g	59		0	15		
Vitamin B-12	：g						
Vitamin A	IU	0		0	0		
Vitamin A, RE	：g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.830		0	1.516		
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	5.750	0	1.495
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.920	0	0.239
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18530 ARCHWAY Home Style Cookies, Frosty Orange

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 26g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.24		0	2.92		
Energy	kcal	434		0	113		
Energy	kj	1816		0	472		
Protein (N x 5.95)	g	4.53		0	1.18		
Total lipid (fat)	g	17.60		0	4.58		
Carbohydrate, by difference	g	64.86		0	16.86		
Fiber, total dietary	g	0.8		0	0.2		
Ash	g	1.77		0	0.46		
Sugars, total	g	33.98		0	8.83		
Minerals:							
Calcium	mg	43		0	11		
Iron	mg	1.61		0	0.42		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	93		0	24		
Sodium	mg	360		0	94		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.240		0	0.062		
Riboflavin	mg	0.200		0	0.052		
Niacin	mg	1.860		0	0.484		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g	58		0	15		
Vitamin B-12	:g						
Vitamin A	IU	0		0	0		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.240		0	1.362		
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	5.630	0	1.464
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.110	0	0.549
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18531 ARCHWAY Home Style Cookies, Fruit & Honey Bar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 26g	Measure 2*	Measure 3*
Proximates:							
Water	g	13.50		0	3.51		
Energy	kcal	398		0	103		
Energy	kj	1665		0	433		
Protein (N x 5.95)	g	4.69		0	1.22		
Total lipid (fat)	g	12.65		0	3.29		
Carbohydrate, by difference	g	67.33		0	17.51		
Fiber, total dietary	g	1.9		0	0.5		
Ash	g	1.84		0	0.48		
Sugars, total	g	35.83		0	9.32		
Minerals:							
Calcium	mg	24		0	6		
Iron	mg	2.51		0	0.65		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	171		0	44		
Sodium	mg	410		0	107		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.280		0	0.073		
Riboflavin	mg	0.200		0	0.052		
Niacin	mg	2.160		0	0.562		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	43		0	11		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.010		0	0.783		
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	4.680	0	1.217
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.020	0	0.265
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	22	0	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 serving

NDB No. 18532 ARCHWAY Home Style Cookies, Iced Molasses

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.90		0	3.05		
Energy	kcal	407		0	114		
Energy	kj	1703		0	477		
Protein (N x 5.95)	g	3.72		0	1.04		
Total lipid (fat)	g	12.88		0	3.61		
Carbohydrate, by difference	g	69.90		0	19.57		
Fiber, total dietary	g	1.0		0	0.3		
Ash	g	2.89		0	0.81		
Sugars, total	g	35.63		0	9.98		
Minerals:							
Calcium	mg	24		0	7		
Iron	mg	4.18		0	1.17		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	75		0	21		
Sodium	mg	464		0	130		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.290		0	0.081		
Riboflavin	mg	0.200		0	0.056		
Niacin	mg	2.640		0	0.739		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	0		0	0		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.100		0	1.148		
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	3.850	0	1.078
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.930	0	0.540
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18533 ARCHWAY Home Style Cookies, Iced Oatmeal

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.59		0	2.69		
Energy	kcal	439		0	123		
Energy	kj	1837		0	514		
Protein (N x 5.95)	g	5.22		0	1.46		
Total lipid (fat)	g	17.36		0	4.86		
Carbohydrate, by difference	g	65.99		0	18.48		
Fiber, total dietary	g	2.3		0	0.6		
Ash	g	1.83		0	0.51		
Sugars, total	g	35.14		0	9.84		
Minerals:							
Calcium	mg	29		0	8		
Iron	mg	1.95		0	0.55		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	162		0	45		
Sodium	mg	330		0	92		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.250		0	0.070		
Riboflavin	mg	0.150		0	0.042		
Niacin	mg	1.580		0	0.442		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	17		0	5		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.320		0	1.490		
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	5.470	0	1.532
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.540	0	0.711
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	3
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18534 ARCHWAY Home Style Cookies, Lemon Drop

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 24g	Measure 2*	Measure 3*
Proximates:							
Water	g	17.50		0	4.20		
Energy	kcal	389		0	93		
Energy	kj	1628		0	391		
Protein (N x 5.95)	g	5.15		0	1.24		
Total lipid (fat)	g	13.85		0	3.32		
Carbohydrate, by difference	g	61.66		0	14.80		
Fiber, total dietary	g	1.2		0	0.3		
Ash	g	1.84		0	0.44		
Sugars, total	g	27.67		0	6.64		
Minerals:							
Calcium	mg	37		0	9		
Iron	mg	2.20		0	0.53		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	83		0	20		
Sodium	mg	395		0	95		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	：g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.280		0	0.067		
Riboflavin	mg	0.240		0	0.058		
Niacin	mg	2.260		0	0.542		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	：g						
Vitamin B-12	：g						
Vitamin A	IU	58		0	14		
Vitamin A, RE	：g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.350		0	0.804		
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	5.130	0	1.231
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.110	0	0.266
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	37	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 serving

NDB No. 18535 ARCHWAY Home Style Cookies, Molasses

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 26g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.30		0	2.94		
Energy	kcal	398		0	103		
Energy	kj	1665		0	433		
Protein (N x 5.95)	g	4.53		0	1.18		
Total lipid (fat)	g	11.46		0	2.98		
Carbohydrate, by difference	g	69.94		0	18.18		
Fiber, total dietary	g	1.2		0	0.3		
Ash	g	2.78		0	0.72		
Sugars, total	g	38.18		0	9.93		
Minerals:							
Calcium	mg	33		0	9		
Iron	mg	4.37		0	1.14		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	112		0	29		
Sodium	mg	553		0	144		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.280		0	0.073		
Riboflavin	mg	0.230		0	0.060		
Niacin	mg	2.530		0	0.658		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	46		0	12		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.820		0	0.733		
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	4.300	0	1.118
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.800	0	0.208
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	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 serving

NDB No. 18536 ARCHWAY Home Style Cookies, Mud Pie

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2*	Measure 3*
Proximates:							
Water	g	13.18		0	3.29		
Energy	kcal	429		0	107		
Energy	kj	1795		0	449		
Protein (N x 5.95)	g	5.30		0	1.32		
Total lipid (fat)	g	19.73		0	4.93		
Carbohydrate, by difference	g	59.69		0	14.92		
Fiber, total dietary	g	2.8		0	0.7		
Ash	g	2.10		0	0.53		
Sugars, total	g	30.25		0	7.56		
Minerals:							
Calcium	mg	29		0	7		
Iron	mg	2.87		0	0.72		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	266		0	67		
Sodium	mg	413		0	103		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	：g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.210		0	0.053		
Riboflavin	mg	0.190		0	0.048		
Niacin	mg	1.800		0	0.450		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	：g	49		0	12		
Vitamin B-12	：g						
Vitamin A	IU	32		0	8		
Vitamin A, RE	：g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	8.600		0	2.150		
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	5.930	0	1.482
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.830	0	0.208
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	21	0	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 serving

NDB No. 18537 ARCHWAY Home Style Cookies, Oatmeal

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.19		0	2.55		
Energy	kcal	424		0	106		
Energy	kj	1774		0	444		
Protein (N x 5.95)	g	6.05		0	1.51		
Total lipid (fat)	g	15.06		0	3.77		
Carbohydrate, by difference	g	66.84		0	16.71		
Fiber, total dietary	g	2.9		0	0.7		
Ash	g	1.86		0	0.47		
Sugars, total	g	32.16		0	8.04		
Minerals:							
Calcium	mg	31		0	8		
Iron	mg	2.38		0	0.60		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	185		0	46		
Sodium	mg	346		0	87		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.290		0	0.072		
Riboflavin	mg	0.170		0	0.043		
Niacin	mg	1.860		0	0.465		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	27		0	7		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.510		0	0.878		
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	5.610	0	1.403
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.350	0	0.338
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	3
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18538 ARCHWAY Home Style Cookies, Oatmeal Raisin

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 26g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.49		0	2.99		
Energy	kcal	410		0	107		
Energy	kj	1715		0	446		
Protein (N x 5.95)	g	5.70		0	1.48		
Total lipid (fat)	g	13.54		0	3.52		
Carbohydrate, by difference	g	67.24		0	17.48		
Fiber, total dietary	g	3.0		0	0.8		
Ash	g	2.03		0	0.53		
Sugars, total	g	35.80		0	9.31		
Minerals:							
Calcium	mg	31		0	8		
Iron	mg	2.28		0	0.59		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	232		0	60		
Sodium	mg	377		0	98		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.270		0	0.070		
Riboflavin	mg	0.160		0	0.042		
Niacin	mg	1.720		0	0.447		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	΄g						
Vitamin B-12	΄g						
Vitamin A	IU	25		0	7		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.150		0	0.819		
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	5.040	0	1.310
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.220	0	0.317
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	3
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18539 ARCHWAY Home Style Cookies, Old Fashioned Molasses

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 26g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.30		0	2.68		
Energy	kcal	402		0	105		
Energy	kj	1682		0	437		
Protein (N x 5.95)	g	4.61		0	1.20		
Total lipid (fat)	g	11.35		0	2.95		
Carbohydrate, by difference	g	70.93		0	18.44		
Fiber, total dietary	g	1.2		0	0.3		
Ash	g	2.81		0	0.73		
Sugars, total	g	37.87		0	9.85		
Minerals:							
Calcium	mg	35		0	9		
Iron	mg	4.75		0	1.24		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	113		0	29		
Sodium	mg	529		0	138		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.290		0	0.075		
Riboflavin	mg	0.240		0	0.062		
Niacin	mg	2.650		0	0.689		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	46		0	12		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.790		0	0.725		
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	2.790	0	0.725
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.870	0	0.226
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	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 serving

NDB No. 18540 ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies

Refuse: 0%

Nutrients 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	4.15		0	0.83		
Energy	kcal	455		0	91		
Energy	kj	1904		0	381		
Protein (N x 5.95)	g	5.52		0	1.10		
Total lipid (fat)	g	17.29		0	3.46		
Carbohydrate, by difference	g	70.97		0	14.19		
Fiber, total dietary	g	2.6		0	0.5		
Ash	g	2.07		0	0.41		
Sugars, total	g	32.15		0	6.43		
Minerals:							
Calcium	mg	36		0	7		
Iron	mg	3.30		0	0.66		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	100		0	20		
Sodium	mg	466		0	93		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.330		0	0.066		
Riboflavin	mg	0.240		0	0.048		
Niacin	mg	2.890		0	0.578		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	13		0	3		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.700		0	0.740		
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	7.140	0	1.428
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.730	0	0.346
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18541 ARCHWAY Home Style Cookies, Peanut Butter

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 21g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.35		0	1.33		
Energy	kcal	480		0	101		
Energy	kj	2008		0	422		
Protein (N x 5.95)	g	9.00		0	1.89		
Total lipid (fat)	g	24.28		0	5.10		
Carbohydrate, by difference	g	58.48		0	12.28		
Fiber, total dietary	g	2.8		0	0.6		
Ash	g	1.90		0	0.40		
Sugars, total	g	32.55		0	6.84		
Minerals:							
Calcium	mg	35		0	7		
Iron	mg	2.72		0	0.57		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	209		0	44		
Sodium	mg	404		0	85		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.240		0	0.050		
Riboflavin	mg	0.200		0	0.042		
Niacin	mg	4.370		0	0.918		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	61		0	13		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.390		0	1.132		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.210	0	2.144
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	4.230	0	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	37	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 serving

NDB No. 18542 ARCHWAY Home Style Cookies, Peanut Jumble

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 24g	Measure 2*	Measure 3*
Proximates:							
Water	g	7.60		0	1.82		
Energy	kcal	484		0	116		
Energy	kj	2025		0	486		
Protein (N x 5.95)	g	9.09		0	2.18		
Total lipid (fat)	g	25.89		0	6.21		
Carbohydrate, by difference	g	55.60		0	13.34		
Fiber, total dietary	g	3.0		0	0.7		
Ash	g	1.82		0	0.44		
Sugars, total	g	27.67		0	6.64		
Minerals:							
Calcium	mg	31		0	7		
Iron	mg	4.10		0	0.98		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	246		0	59		
Sodium	mg	321		0	77		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	‡g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.250		0	0.060		
Riboflavin	mg	0.160		0	0.038		
Niacin	mg	4.400		0	1.056		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	‡g						
Vitamin B-12	‡g						
Vitamin A	IU	32		0	8		
Vitamin A, RE	‡g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	6.830		0	1.639		
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	10.120	0	2.429
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	4.420	0	1.061
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	17	0	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 serving

NDB No. 18543 ARCHWAY Home Style Cookies, Pecan Ice Box

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 24g	Measure 2*	Measure 3*
Proximates:							
Water	g	5.92		0	1.42		
Energy	kcal	500		0	120		
Energy	kj	2092		0	502		
Protein (N x 5.95)	g	4.49		0	1.08		
Total lipid (fat)	g	26.23		0	6.30		
Carbohydrate, by difference	g	62.05		0	14.89		
Fiber, total dietary	g	1.1		0	0.3		
Ash	g	1.30		0	0.31		
Sugars, total	g	28.61		0	6.87		
Minerals:							
Calcium	mg	17		0	4		
Iron	mg	2.05		0	0.49		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	69		0	17		
Sodium	mg	313		0	75		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.300		0	0.072		
Riboflavin	mg	0.210		0	0.050		
Niacin	mg	2.350		0	0.564		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	38		0	9		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.710		0	1.370		
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	10.770	0	2.585
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.150	0	0.516
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	26	0	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 serving

NDB No. 18544 ARCHWAY Home Style Cookies, Raspberry Filled

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2*	Measure 3*
Proximates:							
Water	g	14.36		0	3.59		
Energy	kcal	404		0	101		
Energy	kj	1690		0	423		
Protein (N x 5.95)	g	5.01		0	1.25		
Total lipid (fat)	g	13.90		0	3.48		
Carbohydrate, by difference	g	65.21		0	16.30		
Fiber, total dietary	g	1.4		0	0.4		
Ash	g	1.52		0	0.38		
Sugars, total	g	32.73		0	8.18		
Minerals:							
Calcium	mg	24		0	6		
Iron	mg	2.15		0	0.54		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	124		0	31		
Sodium	mg	336		0	84		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.320		0	0.080		
Riboflavin	mg	0.200		0	0.050		
Niacin	mg	1.920		0	0.480		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	42		0	11		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.450		0	1.363		
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	4.350	0	1.087
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.840	0	0.210
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	7
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 18545 ARCHWAY Home Style Cookies, Ruth's Oatmeal

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 26g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.99		0	2.60		
Energy	kcal	428		0	111		
Energy	kj	1791		0	466		
Protein (N x 5.95)	g	5.94		0	1.54		
Total lipid (fat)	g	15.88		0	4.13		
Carbohydrate, by difference	g	66.15		0	17.20		
Fiber, total dietary	g	2.6		0	0.7		
Ash	g	2.03		0	0.53		
Sugars, total	g	34.09		0	8.86		
Minerals:							
Calcium	mg	31		0	8		
Iron	mg	2.76		0	0.72		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	184		0	48		
Sodium	mg	440		0	114		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.270		0	0.070		
Riboflavin	mg	0.160		0	0.042		
Niacin	mg	1.690		0	0.439		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	34		0	9		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.530		0	0.918		
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	5.630	0	1.464
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.370	0	0.616
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	16	0	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 serving

NDB No. 18546 ARCHWAY Home Style Cookies, Soft Sugar Drop

Refuse: 0%

Nutrients 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	17.00		0			
Energy	kcal	390		0			
Energy	kj	1632		0			
Protein (N x 5.95)	g	5.20		0			
Total lipid (fat)	g	13.22		0			
Carbohydrate, by difference	g	62.98		0			
Fiber, total dietary	g	0.9		0			
Ash	g	1.59		0			
Sugars, total	g	32.09		0			
Minerals:							
Calcium	mg	39		0			
Iron	mg	1.97		0			
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	83		0			
Sodium	mg	333		0			
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.260		0			
Riboflavin	mg	0.250		0			
Niacin	mg	1.960		0			
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g	64		0			
Vitamin B-12	:g						
Vitamin A	IU	77		0			
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.340		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.010	0
14:1	g		
16:1	g		
18:1	g		
20:1	g		
22.1	g		
Polyunsaturated, total	g	0.890	0
18:2	g		
18:3	g		
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	57	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

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

NDB No. 18547 ARCHWAY Home Style Cookies, Strawberry Filled

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2*	Measure 3*
Proximates:							
Water	g	14.94		0	3.73		
Energy	kcal	401		0	100		
Energy	kj	1678		0	420		
Protein (N x 5.95)	g	5.01		0	1.25		
Total lipid (fat)	g	13.89		0	3.47		
Carbohydrate, by difference	g	64.67		0	16.17		
Fiber, total dietary	g	1.4		0	0.4		
Ash	g	1.50		0	0.38		
Sugars, total	g	31.76		0	7.94		
Minerals:							
Calcium	mg	25		0	6		
Iron	mg	2.24		0	0.56		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	135		0	34		
Sodium	mg	336		0	84		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.260		0	0.065		
Riboflavin	mg	0.200		0	0.050		
Niacin	mg	1.920		0	0.480		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	42		0	11		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.440		0	1.360		
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	4.350	0	1.087
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.830	0	0.208
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	7
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 18548 ARCHWAY Home Style Cookies, Sugar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 24g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.21		0	2.45		
Energy	kcal	410		0	98		
Energy	kj	1715		0	412		
Protein (N x 5.95)	g	5.13		0	1.23		
Total lipid (fat)	g	12.85		0	3.08		
Carbohydrate, by difference	g	68.98		0	16.56		
Fiber, total dietary	g	1.1		0	0.3		
Ash	g	2.83		0	0.68		
Sugars, total	g	31.26		0	7.50		
Minerals:							
Calcium	mg	30		0	7		
Iron	mg	2.20		0	0.53		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	83		0	20		
Sodium	mg	676		0	162		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.310		0	0.074		
Riboflavin	mg	0.230		0	0.055		
Niacin	mg	2.450		0	0.588		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	32		0	8		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.170		0	0.761		
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	4.770	0	1.145
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.840	0	0.202
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	21	0	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 serving

NDB No. 18549 ARCHWAY Home Style Cookies, Gourmet Apple'n Raisin

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 26g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.59		0	2.75		
Energy	kcal	425		0	111		
Energy	kj	1778		0	462		
Protein (N x 5.95)	g	5.43		0	1.41		
Total lipid (fat)	g	15.98		0	4.15		
Carbohydrate, by difference	g	65.68		0	17.08		
Fiber, total dietary	g	2.8		0	0.7		
Ash	g	2.32		0	0.60		
Sugars, total	g	35.55		0	9.24		
Minerals:							
Calcium	mg	28		0	7		
Iron	mg	2.24		0	0.58		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	219		0	57		
Sodium	mg	466		0	121		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.250		0	0.065		
Riboflavin	mg	0.140		0	0.036		
Niacin	mg	1.400		0	0.364		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	31		0	8		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.540		0	0.920		
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	6.460	0	1.680
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.610	0	0.419
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	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 serving

NDB No. 18550 ARCHWAY Home Style Cookies, Gourmet Carrot Cake

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.19		0	3.13		
Energy	kcal	430		0	120		
Energy	kj	1799		0	504		
Protein (N x 5.95)	g	3.97		0	1.11		
Total lipid (fat)	g	17.84		0	5.00		
Carbohydrate, by difference	g	64.24		0	17.99		
Fiber, total dietary	g	1.9		0	0.5		
Ash	g	2.76		0	0.77		
Sugars, total	g	37.96		0	10.63		
Minerals:							
Calcium	mg	40		0	11		
Iron	mg	2.56		0	0.72		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	40		0	11		
Sodium	mg	627		0	176		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.230		0	0.064		
Riboflavin	mg	0.160		0	0.045		
Niacin	mg	1.460		0	0.409		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	896		0	251		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.260		0	1.473		
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	5.850	0	1.638
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.130	0	0.596
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	16	0	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 serving

NDB No. 18551 ARCHWAY Home Style Cookies,Gourmet Chocolate Chip n' Toffee

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	7.80		0	2.18		
Energy	kcal	468		0	131		
Energy	kj	1958		0	548		
Protein (N x 5.95)	g	4.40		0	1.23		
Total lipid (fat)	g	21.89		0	6.13		
Carbohydrate, by difference	g	64.00		0	17.92		
Fiber, total dietary	g	1.8		0	0.5		
Ash	g	1.91		0	0.53		
Sugars, total	g	32.44		0	9.08		
Minerals:							
Calcium	mg	14		0	4		
Iron	mg	2.19		0	0.61		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	74		0	21		
Sodium	mg	442		0	124		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.250		0	0.070		
Riboflavin	mg	0.180		0	0.050		
Niacin	mg	2.050		0	0.574		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	73		0	20		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	6.360		0	1.781		
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	8.310	0	2.327
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.630	0	0.456
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	21	0	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 serving

NDB No. 18552 ARCHWAY Home Style Cookies, Fat Free Cinnamon Honey Hearts

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.74		0	3.22		
Energy	kcal	352		0	106		
Energy	kj	1473		0	442		
Protein (N x 5.95)	g	4.61		0	1.38		
Total lipid (fat)	g	0.77		0	0.23		
Carbohydrate, by difference	g	82.27		0	24.68		
Fiber, total dietary	g	1.3		0	0.4		
Ash	g	1.62		0	0.49		
Sugars, total	g	42.64		0	12.79		
Minerals:							
Calcium	mg	21		0	6		
Iron	mg	2.69		0	0.81		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	66		0	20		
Sodium	mg	411		0	123		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.330		0	0.099		
Riboflavin	mg	0.210		0	0.063		
Niacin	mg	2.610		0	0.783		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g	78		0	23		
Vitamin B-12	:g						
Vitamin A	IU	0		0	0		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.210		0	0.063		
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	0.220	0	0.066
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.340	0	0.102
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18553 ARCHWAY Home Style Cookies, Fat Free Devil's Food Cookie

Refuse: 0%

Nutrients 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	12.99		0	2.60		
Energy	kcal	338		0	68		
Energy	kj	1414		0	283		
Protein (N x 5.95)	g	4.82		0	0.96		
Total lipid (fat)	g	0.90		0	0.18		
Carbohydrate, by difference	g	79.27		0	15.85		
Fiber, total dietary	g	2.8		0	0.6		
Ash	g	2.03		0	0.41		
Sugars, total	g	41.20		0	8.24		
Minerals:							
Calcium	mg	10		0	2		
Iron	mg	2.63		0	0.53		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	269		0	54		
Sodium	mg	393		0	79		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.280		0	0.056		
Riboflavin	mg	0.190		0	0.038		
Niacin	mg	2.220		0	0.444		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g	65		0	13		
Vitamin B-12	:g						
Vitamin A	IU	0		0	0		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.320		0	0.064		
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	0.290	0	0.058
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.280	0	0.056
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 serving

NDB No. 18554 ARCHWAY Home Style Cookies, Fat Free Lemon Nuggets

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 32g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.49		0	3.04		
Energy	kcal	358		0	115		
Energy	kj	1498		0	479		
Protein (N x 5.95)	g	4.22		0	1.35		
Total lipid (fat)	g	0.71		0	0.23		
Carbohydrate, by difference	g	84.14		0	26.92		
Fiber, total dietary	g	1.1		0	0.4		
Ash	g	1.44		0	0.46		
Sugars, total	g	46.32		0	14.82		
Minerals:							
Calcium	mg	14		0	4		
Iron	mg	2.13		0	0.68		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	63		0	20		
Sodium	mg	365		0	117		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.300		0	0.096		
Riboflavin	mg	0.190		0	0.061		
Niacin	mg	2.400		0	0.768		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g	72		0	23		
Vitamin B-12	:g						
Vitamin A	IU	0		0	0		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.190		0	0.061		
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	0.210	0	0.067
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.310	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	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 serving

NDB No. 18555 ARCHWAY Home Style Cookies, Fat Free Oatmeal Raisin

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 31g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.55		0	3.89		
Energy	kcal	343		0	106		
Energy	kj	1435		0	445		
Protein (N x 5.95)	g	4.63		0	1.44		
Total lipid (fat)	g	1.59		0	0.49		
Carbohydrate, by difference	g	78.59		0	24.36		
Fiber, total dietary	g	3.0		0	0.9		
Ash	g	2.64		0	0.82		
Sugars, total	g	44.58		0	13.82		
Minerals:							
Calcium	mg	37		0	11		
Iron	mg	3.17		0	0.98		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	280		0	87		
Sodium	mg	532		0	165		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.260		0	0.081		
Riboflavin	mg	0.140		0	0.043		
Niacin	mg	1.630		0	0.505		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	΄g	47		0	15		
Vitamin B-12	΄g						
Vitamin A	IU	2		0	1		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.340		0	0.105		
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	0.174
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.680	0	0.211
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18556 ARCHWAY Home Style Cookies, Fat Free Oatmeal Raspberry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 31g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.70		0	3.32		
Energy	kcal	351		0	109		
Energy	kj	1469		0	455		
Protein (N x 5.95)	g	4.63		0	1.44		
Total lipid (fat)	g	1.60		0	0.50		
Carbohydrate, by difference	g	80.42		0	24.93		
Fiber, total dietary	g	3.0		0	0.9		
Ash	g	2.66		0	0.82		
Sugars, total	g	46.13		0	14.30		
Minerals:							
Calcium	mg	38		0	12		
Iron	mg	3.21		0	1.00		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	287		0	89		
Sodium	mg	537		0	166		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	：g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.270		0	0.084		
Riboflavin	mg	0.140		0	0.043		
Niacin	mg	1.640		0	0.508		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	：g	47		0	15		
Vitamin B-12	：g						
Vitamin A	IU	2		0	1		
Vitamin A, RE	：g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.340		0	0.105		
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	0.174
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.680	0	0.211
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18557 ARCHWAY Home Style Cookies, Fat Free Sugar Cookies

Refuse: 0%

Nutrients 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	10.39		0	2.08		
Energy	kcal	354		0	71		
Energy	kj	1481		0	296		
Protein (N x 5.95)	g	4.40		0	0.88		
Total lipid (fat)	g	0.79		0	0.16		
Carbohydrate, by difference	g	82.90		0	16.58		
Fiber, total dietary	g	1.2		0	0.2		
Ash	g	1.52		0	0.30		
Sugars, total	g	39.95		0	7.99		
Minerals:							
Calcium	mg	13		0	3		
Iron	mg	2.18		0	0.44		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	58		0	12		
Sodium	mg	402		0	80		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.310		0	0.062		
Riboflavin	mg	0.200		0	0.040		
Niacin	mg	2.520		0	0.504		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g	76		0	15		
Vitamin B-12	:g						
Vitamin A	IU	0		0	0		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.260		0	0.052		
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						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.210	0	0.042
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.330	0	0.066
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 serving

NDB No. 18558 ARCHWAY Home Style Cookies, Iced Ginger Snaps

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 37g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.60		0	1.70		
Energy	kcal	466		0	172		
Energy	kj	1950		0	722		
Protein (N x 5.95)	g	3.66		0	1.35		
Total lipid (fat)	g	18.96		0	7.02		
Carbohydrate, by difference	g	70.85		0	26.21		
Fiber, total dietary	g	1.1		0	0.4		
Ash	g	1.94		0	0.72		
Sugars, total	g	38.09		0	14.09		
Minerals:							
Calcium	mg	21		0	8		
Iron	mg	3.40		0	1.26		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	68		0	25		
Sodium	mg	356		0	132		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.280		0	0.104		
Riboflavin	mg	0.190		0	0.070		
Niacin	mg	2.450		0	0.907		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g	67		0	25		
Vitamin B-12	:g						
Vitamin A	IU	0		0	0		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.730		0	2.120		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.070	0	2.246
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.170	0	0.803
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18559 ARCHWAY Home Style Cookies, Lemon Snaps

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 31g	Measure 2*	Measure 3*
Proximates:							
Water	g	5.30		0	1.64		
Energy	kcal	489		0	152		
Energy	kj	2046		0	634		
Protein (N x 5.95)	g	5.02		0	1.56		
Total lipid (fat)	g	23.54		0	7.30		
Carbohydrate, by difference	g	64.77		0	20.08		
Fiber, total dietary	g	1.1		0	0.3		
Ash	g	1.36		0	0.42		
Sugars, total	g	28.38		0	8.80		
Minerals:							
Calcium	mg	30		0	9		
Iron	mg	2.14		0	0.66		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	77		0	24		
Sodium	mg	378		0	117		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.310		0	0.096		
Riboflavin	mg	0.230		0	0.071		
Niacin	mg	2.390		0	0.741		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g	75		0	23		
Vitamin B-12	:g						
Vitamin A	IU	34		0	11		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.640		0	1.748		
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	8.860	0	2.747
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.270	0	0.394
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	7
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 18560 ARCHWAY Home Style Cookies, Gourmet Oatmeal Pecan

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.35		0	2.62		
Energy	kcal	477		0	134		
Energy	kj	1996		0	559		
Protein (N x 5.95)	g	6.09		0	1.71		
Total lipid (fat)	g	24.14		0	6.76		
Carbohydrate, by difference	g	57.56		0	16.12		
Fiber, total dietary	g	2.7		0	0.8		
Ash	g	1.87		0	0.52		
Sugars, total	g	26.15		0	7.32		
Minerals:							
Calcium	mg	21		0	6		
Iron	mg	2.97		0	0.83		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	154		0	43		
Sodium	mg	368		0	103		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	：g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.240		0	0.067		
Riboflavin	mg	0.140		0	0.039		
Niacin	mg	1.430		0	0.400		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	：g						
Vitamin B-12	：g						
Vitamin A	IU	31		0	9		
Vitamin A, RE	：g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	8.620		0	2.414		
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	8.870	0	2.484
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.290	0	0.641
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	17	0	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 serving

NDB No. 18561 ARCHWAY Home Style Cookies, Gourmet Ol'Fashion Peanut Butter

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2*	Measure 3*
Proximates:							
Water	g	7.90		0	1.98		
Energy	kcal	469		0	117		
Energy	kj	1962		0	491		
Protein (N x 5.95)	g	9.09		0	2.27		
Total lipid (fat)	g	23.64		0	5.91		
Carbohydrate, by difference	g	57.25		0	14.31		
Fiber, total dietary	g	3.0		0	0.8		
Ash	g	2.12		0	0.53		
Sugars, total	g	32.49		0	8.12		
Minerals:							
Calcium	mg	24		0	6		
Iron	mg	2.67		0	0.67		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	207		0	52		
Sodium	mg	473		0	118		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.230		0	0.058		
Riboflavin	mg	0.180		0	0.045		
Niacin	mg	4.610		0	1.153		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	59		0	15		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.190		0	1.298		
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	10.110	0	2.527
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	4.520	0	1.130
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	36	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 serving

NDB No. 18562 ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 32g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.92		0	1.57		
Energy	kcal	425		0	136		
Energy	kj	1778		0	569		
Protein (N x 5.95)	g	4.23		0	1.35		
Total lipid (fat)	g	11.37		0	3.64		
Carbohydrate, by difference	g	76.92		0	24.61		
Fiber, total dietary	g	1.3		0	0.4		
Ash	g	2.56		0	0.82		
Sugars, total	g	37.49		0	12.00		
Minerals:							
Calcium	mg	28		0	9		
Iron	mg	4.22		0	1.35		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	148		0	47		
Sodium	mg	441		0	141		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.330		0	0.106		
Riboflavin	mg	0.220		0	0.070		
Niacin	mg	2.870		0	0.918		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g	76		0	24		
Vitamin B-12	:g						
Vitamin A	IU	0		0	0		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.870		0	0.918		
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	4.260	0	1.363
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.930	0	0.298
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18563 ARCHWAY Home Style Cookies, Gourmet Rocky Road

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	8.89		0	2.49		
Energy	kcal	455		0	127		
Energy	kj	1904		0	533		
Protein (N x 5.95)	g	5.88		0	1.65		
Total lipid (fat)	g	21.08		0	5.90		
Carbohydrate, by difference	g	62.62		0	17.53		
Fiber, total dietary	g	2.6		0	0.7		
Ash	g	1.52		0	0.43		
Sugars, total	g	33.14		0	9.28		
Minerals:							
Calcium	mg	19		0	5		
Iron	mg	2.67		0	0.75		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	194		0	54		
Sodium	mg	252		0	71		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	‡g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.230		0	0.064		
Riboflavin	mg	0.200		0	0.056		
Niacin	mg	1.810		0	0.507		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	‡g						
Vitamin B-12	‡g						
Vitamin A	IU	77		0	22		
Vitamin A, RE	‡g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.280		0	1.478		
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	6.980	0	1.954
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	4.310	0	1.207
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	40	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 serving

NDB No. 18564 ARCHWAY Home Style Cookies, Gourmet Ruth's Golden Oatmeal

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.94		0	3.06		
Energy	kcal	434		0	122		
Energy	kj	1816		0	508		
Protein (N x 5.95)	g	5.84		0	1.64		
Total lipid (fat)	g	18.03		0	5.05		
Carbohydrate, by difference	g	63.19		0	17.69		
Fiber, total dietary	g	2.9		0	0.8		
Ash	g	2.00		0	0.56		
Sugars, total	g	32.80		0	9.18		
Minerals:							
Calcium	mg	27		0	8		
Iron	mg	2.03		0	0.57		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	211		0	59		
Sodium	mg	383		0	107		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	‡g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.280		0	0.078		
Riboflavin	mg	0.170		0	0.048		
Niacin	mg	1.840		0	0.515		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	‡g						
Vitamin B-12	‡g						
Vitamin A	IU	27		0	8		
Vitamin A, RE	‡g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.490		0	0.977		
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	7.930	0	2.220
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.510	0	0.703
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	13	0	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 serving

NDB No. 18565 ARCHWAY Home Style Cookies, Sugar Free Chocolate Chip

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 24g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.75		0	1.14		
Energy	kcal	448		0	108		
Energy	kj	1874		0	450		
Protein (N x 5.95)	g	4.51		0	1.08		
Total lipid (fat)	g	22.19		0	5.33		
Carbohydrate, by difference	g	66.87		0	16.05		
Fiber, total dietary	g	1.0		0	0.2		
Ash	g	1.68		0	0.40		
Sugars, total	g	0.83		0	0.20		
Minerals:							
Calcium	mg	258		0	62		
Iron	mg	1.99		0	0.48		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	80		0	19		
Sodium	mg	267		0	64		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.230		0	0.055		
Riboflavin	mg	0.190		0	0.046		
Niacin	mg	1.840		0	0.442		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	22		0	5		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	6.230		0	1.495		
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	8.330	0	1.999
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.050	0	0.252
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	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 serving

NDB No. 18566 Artificial Blueberry Muffin Mix,dry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 31g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.40		2	1.98		
Energy	kcal	407		0	126		
Energy	kj	1703		0	528		
Protein (N x 5.95)	g	4.70		2	1.46		
Total lipid (fat)	g	8.70		2	2.70		
Carbohydrate, by difference	g	77.45		0	24.01		
Fiber, total dietary	g						
Ash	g	2.75		2	0.85		
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	760		2	236		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.865		2	0.578		
4:0	g						
6.0	g						
8:0	g	0.007		2	0.002		
10:0	g	0.005		2	0.002		
12:0	g	0.005		2	0.002		
14:0	g	0.007		2	0.002		
15.0	g						
16:0	g	0.953		2	0.295		
17:0	g						
18:0	g	0.852		2	0.264		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.742	2	1.160
14:1	g			
16:1	g	0.010	2	0.003
18:1	g	3.708	2	1.149
20:1	g	0.024	2	0.007
22.1	g			
Polyunsaturated, total	g	1.679	2	0.520
18:2	g	1.583	2	0.491
18:3	g	0.090	2	0.028
18:4	g			
20:4	g	0.005	2	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 muffin

NDB No. 18567 KRAFT, STOVE TOP Stuffing Mix Chicken Flavor

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food (1)		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	5.30		0	1.48		
Energy	kcal	381		0	107		
Energy	kj	1594		0	446		
Protein (N x 5.95)	g	12.60		0	3.53		
Total lipid (fat)	g	4.10		0	1.15		
Carbohydrate, by difference	g	73.10		0	20.47		
Fiber, total dietary	g	2.5		0	0.7		
Ash	g	4.80		0	1.34		
Sugars, total	g	10.10		0	2.83		
Minerals:							
Calcium	mg	63		0	18		
Iron	mg	4.32		0	1.21		
Magnesium	mg						
Phosphorus	mg	129		0	36		
Potassium	mg	267		0	75		
Sodium	mg	1532		0	429		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	：g						
Vitamins:							
Ascorbic acid	mg	3.3		0	0.9		
Thiamin	mg	0.390		0	0.109		
Riboflavin	mg	0.290		0	0.081		
Niacin	mg	3.840		0	1.075		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	：g	80		0	22		
Vitamin B-12	：g						
Vitamin A	IU	107		0	30		
Vitamin A, RE	：g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.800		0	0.224		
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	4	0	1
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 NLEA serving

Footnotes:

1 1/6 BOX (makes 1/2 cup prepared)

NDB No. 18600 CONAGRA, BANQUET Apple Pie, frozen, ready to bake

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 112g	Measure 2*	Measure 3*
Proximates:							
Water	g	48.45		1	54.26		
Energy	kcal	261		0	292		
Energy	kj	1092		0	1223		
Protein (N x 5.95)	g	2.60		1	2.91		
Total lipid (fat)	g	11.79		1	13.20		
Carbohydrate, by difference	g	36.99		0	41.43		
Fiber, total dietary	g	0.9		1	1.0		
Ash	g	1.01		1	1.13		
Sugars, total	g	23.00		1	25.76		
Minerals:							
Calcium	mg	9		1	10		
Iron	mg	0.30		1	0.34		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	322		1	361		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	0		1	0		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.110		1	5.723		
4:0	g						
6.0	g						
8:0	g	0.005		1	0.006		
10:0	g	0.005		1	0.006		
12:0	g	0.005		1	0.006		
14:0	g	0.171		1	0.192		
15.0	g	0.010		1	0.011		
16:0	g	2.782		1	3.116		
17:0	g	0.057		1	0.064		
18:0	g	1.785		1	1.999		
20:0	g	0.029		1	0.032		
22.0	g	0.007		1	0.008		
24:0	g						

Monounsaturated, total	g	5.450	1	6.104
14:1	g	0.005	1	0.006
16:1	g	0.281	1	0.315
18:1	g	4.685	1	5.247
20:1	g	0.086	1	0.096
22.1	g			
Polyunsaturated, total	g	1.220	1	1.366
18:2	g	1.124	1	1.259
18:3	g	0.053	1	0.059
18:4	g			
20:4	g	0.010	1	0.011
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	8	1	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 serving

NDB No. 18601 GENERAL MILLS, BETTY CROCKER Wild Blueberry Muffin Mix, dry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 40g	Measure 2*	Measure 3*
Proximates:							
Water	g	23.70		1	9.48		
Energy	kcal	321		0	128		
Energy	kj	1343		0	537		
Protein (N x 5.95)	g	5.20		1	2.08		
Total lipid (fat)	g	4.50		1	1.80		
Carbohydrate, by difference	g	64.90		0	25.96		
Fiber, total dietary	g						
Ash	g	1.70		1	0.68		
Sugars, total	g	31.70		1	12.68		
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	465		1	186		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.010		1	0.404		
4:0	g						
6.0	g						
8:0	g	0.011		1	0.004		
10:0	g	0.002		1	0.001		
12:0	g	0.002		1	0.001		
14:0	g	0.006		1	0.002		
15.0	g	0.002		1	0.001		
16:0	g	0.516		1	0.206		
17:0	g	0.005		1	0.002		
18:0	g	0.452		1	0.181		
20:0	g	0.014		1	0.006		
22.0	g	0.012		1	0.005		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.002	1	0.001
16:1	g	0.005	1	0.002
18:1	g	1.847	1	0.739
20:1	g	0.013	1	0.005
22.1	g			
Polyunsaturated, total	g			
18:2	g	0.523	1	0.209
18:3	g	0.026	1	0.010
18:4	g			
20:4	g	0.002	1	0.001
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg			
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18602 GENERAL MILLS, BETTY CROCKER SUPERMOIST PARTY CAKE, SWIRL Cake Mix, dry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 43g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.80		1	1.63		
Energy	kcal	414		0	178		
Energy	kj	1732		0	745		
Protein (N x 5.95)	g	3.90		1	1.68		
Total lipid (fat)	g	7.60		1	3.27		
Carbohydrate, by difference	g	82.50		0	35.48		
Fiber, total dietary	g						
Ash	g	2.20		1	0.95		
Sugars, total	g	45.70		1	19.65		
Minerals:							
Calcium	mg	186		1	80		
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	618		1	266		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.260		1	0.972		
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 serving

NDB No. 18603 BEST FOODS, BROWNBERRY Sage and Onion Stuffing Mix, dry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 67g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.20		1	4.15		
Energy	kcal	381		0	255		
Energy	kj	1595		0	1069		
Protein (N x 5.95)	g	13.30		1	8.91		
Total lipid (fat)	g	5.10		1	3.42		
Carbohydrate, by difference	g	70.50		0	47.23		
Fiber, total dietary	g	5.4		1	3.6		
Ash	g	4.90		1	3.28		
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	3.81		1	2.55		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	1680		1	1126		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.900		1	0.603		
4:0	g						
6.0	g						
8:0	g	0.005		1	0.003		
10:0	g	0.005		1	0.003		
12:0	g	0.005		1	0.003		
14:0	g	0.005		1	0.003		
15.0	g	0.005		1	0.003		
16:0	g	0.562		1	0.377		
17:0	g	0.005		1	0.003		
18:0	g	0.325		1	0.218		
20:0	g	0.010		1	0.007		
22.0	g	0.005		1	0.003		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.005	1	0.003
16:1	g	0.010	1	0.007
18:1	g	2.010	1	1.347
20:1	g	0.010	1	0.007
22.1	g			
Polyunsaturated, total	g			
18:2	g	0.746	1	0.500
18:3	g	0.005	1	0.003
18:4	g			
20:4	g	0.005	1	0.003
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 serving

NDB No. 18604 CAMPIONE D'ITALIA FOODS, CAMPIONE Garlic Bread, 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* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	28.60		1	8.01		
Energy	kcal	362		0	101		
Energy	kj	1516		0	424		
Protein (N x 5.95)	g	8.50		1	2.38		
Total lipid (fat)	g	16.80		1	4.70		
Carbohydrate, by difference	g	44.30		0	12.40		
Fiber, total dietary	g	4.7		1	1.3		
Ash	g	1.80		1	0.50		
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	1.08		1	0.30		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	550		1	154		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.700		1	0.756		
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 serving

NDB No. 18605 GENERAL MILLS, GOLD MEDAL Imitation Blueberry Mix, dry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 31g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.10		1	1.89		
Energy	kcal	410		0	127		
Energy	kj	1715		0	532		
Protein (N x 5.95)	g	4.30		1	1.33		
Total lipid (fat)	g	8.60		1	2.67		
Carbohydrate, by difference	g	78.80		0	24.43		
Fiber, total dietary	g						
Ash	g	2.20		1	0.68		
Sugars, total	g	36.40		1	11.28		
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	661		1	205		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.620		1	0.502		
4:0	g						
6.0	g						
8:0	g	0.009		1	0.003		
10:0	g	0.005		1	0.002		
12:0	g	0.005		1	0.002		
14:0	g	0.005		1	0.002		
15.0	g	0.005		1	0.002		
16:0	g	0.867		1	0.269		
17:0	g	0.005		1	0.002		
18:0	g	0.699		1	0.217		
20:0	g	0.019		1	0.006		
22.0	g	0.019		1	0.006		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.005	1	0.002
16:1	g	0.010	1	0.003
18:1	g	3.158	1	0.979
20:1	g	0.029	1	0.009
22.1	g			
Polyunsaturated, total	g			
18:2	g	2.172	1	0.673
18:3	g	0.143	1	0.044
18:4	g			
20:4	g	0.005	1	0.002
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg			
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18606 INTERSTATE BRANDS CORP, HOSTESS DING DONGS Chocolate Snack Cake, Creme Filling

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 80g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.50		0	10.00		
Energy	kcal	460		0	368		
Energy	kj	1925		0	1540		
Protein (N x 5.95)	g	3.90		0	3.12		
Total lipid (fat)	g	24.20		0	19.36		
Carbohydrate, by difference	g	56.70		0	45.36		
Fiber, total dietary	g	2.3		0	1.8		
Ash	g	1.57		0	1.26		
Sugars, total	g	40.50		0	32.40		
Minerals:							
Calcium	mg	4		0	3		
Iron	mg	2.30		1	1.84		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	301		0	241		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	13.576		1	10.861		
4:0	g						
6.0	g						
8:0	g	0.358		1	0.286		
10:0	g	0.317		1	0.254		
12:0	g	4.171		1	3.337		
14:0	g	1.558		1	1.246		
15.0	g	0.038		1	0.030		
16:0	g	3.011		1	2.409		
17:0	g	0.096		1	0.077		
18:0	g	4.169		1	3.335		
20:0	g	0.058		1	0.046		
22.0	g	0.019		1	0.015		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.038	1	0.030
16:1	g	0.200	1	0.160
18:1	g	4.661	1	3.729
20:1	g	0.038	1	0.030
22.1	g			
Polyunsaturated, total	g			
18:2	g	1.325	1	1.060
18:3	g	0.153	1	0.122
18:4	g			
20:4	g	0.010	1	0.008
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	17	0	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 serving

NDB No. 18607 FRANCHISE ASSOCIATES, HOWARD JOHNSON'S TOASTEES, Blueberry Toaster Muffins, frozen, ready to eat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 71g	Measure 2*	Measure 3*
Proximates:							
Water	g	32.40		1	23.00		
Energy	kcal	331		0	235		
Energy	kj	1386		0	984		
Protein (N x 5.95)	g	7.10		1	5.04		
Total lipid (fat)	g	13.60		1	9.66		
Carbohydrate, by difference	g	45.10		0	32.02		
Fiber, total dietary	g						
Ash	g	1.80		1	1.28		
Sugars, total	g						
Minerals:							
Calcium	mg	65		1	46		
Iron	mg	2.38		1	1.69		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	575		1	408		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.160		1	1.534		
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	30	1	21
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18608 KEEBLER, KEEBLER Chocolate Graham SELECTS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 31g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.10		1	0.96		
Energy	kcal	465		0	144		
Energy	kj	1946		0	603		
Protein (N x 5.95)	g	7.10		1	2.20		
Total lipid (fat)	g	16.60		1	5.15		
Carbohydrate, by difference	g	71.80		0	22.26		
Fiber, total dietary	g						
Ash	g	1.40		1	0.43		
Sugars, total	g	26.50		1	8.21		
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	357		1	111		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.090		1	0.958		
4:0	g						
6.0	g						
8:0	g	0.009		1	0.003		
10:0	g	0.009		1	0.003		
12:0	g	0.009		1	0.003		
14:0	g	0.009		1	0.003		
15.0	g	0.010		1	0.003		
16:0	g	1.782		1	0.552		
17:0	g	0.010		1	0.003		
18:0	g	1.206		1	0.374		
20:0	g	0.058		1	0.018		
22.0	g	0.048		1	0.015		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.009	1	0.003
16:1	g	0.019	1	0.006
18:1	g	8.326	1	2.581
20:1	g	0.067	1	0.021
22.1	g			
Polyunsaturated, total	g			
18:2	g	2.076	1	0.644
18:3	g	0.105	1	0.033
18:4	g			
20:4	g	0.010	1	0.003
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 serving

NDB No. 18609 KEEBLER, KEEBLER GOLDEN Vanilla Wafers, Artificially Flavored

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 31g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.20		1	1.30		
Energy	kcal	475		0	147		
Energy	kj	1988		0	616		
Protein (N x 5.95)	g	5.20		1	1.61		
Total lipid (fat)	g	19.50		1	6.04		
Carbohydrate, by difference	g	69.70		0	21.61		
Fiber, total dietary	g						
Ash	g	1.40		1	0.43		
Sugars, total	g	27.40		1	8.49		
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	386		1	120		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.580		1	1.110		
4:0	g						
6.0	g						
8:0	g	0.009		1	0.003		
10:0	g	0.009		1	0.003		
12:0	g	0.009		1	0.003		
14:0	g	0.028		1	0.009		
15.0	g	0.010		1	0.003		
16:0	g	1.925		1	0.597		
17:0	g	0.010		1	0.003		
18:0	g	1.493		1	0.463		
20:0	g	0.058		1	0.018		
22.0	g	0.058		1	0.018		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.009	1	0.003
16:1	g	0.019	1	0.006
18:1	g	10.814	1	3.352
20:1	g	0.058	1	0.018
22.1	g			
Polyunsaturated, total	g			
18:2	g	1.598	1	0.495
18:3	g	0.067	1	0.021
18:4	g			
20:4	g	0.010	1	0.003
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 serving

NDB No. 18610 CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 40g	Measure 2*	Measure 3*
Proximates:							
Water	g	5.70		1	2.28		
Energy	kcal	418		0	167		
Energy	kj	1747		0	699		
Protein (N x 5.95)	g	6.00		1	2.40		
Total lipid (fat)	g	9.90		1	3.96		
Carbohydrate, by difference	g	76.10		0	30.44		
Fiber, total dietary	g						
Ash	g	2.30		1	0.92		
Sugars, total	g	37.10		1	14.84		
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	604		1	242		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.840		1	1.136		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

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

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 18611 CONTINENTAL MILLS, KRUSTEAZ Buttermilk Mini Pancakes, frozen, ready to microwave

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 54g	Measure 2*	Measure 3*
Proximates:							
Water	g	48.30		1	26.08		
Energy	kcal	215		0	116		
Energy	kj	898		0	485		
Protein (N x 5.95)	g	6.70		1	3.62		
Total lipid (fat)	g	3.00		1	1.62		
Carbohydrate, by difference	g	40.20		0	21.71		
Fiber, total dietary	g						
Ash	g	1.80		1	0.97		
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	2.71		1	1.46		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	537		1	290		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	5560		1	3002		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.420		1	0.227		
4:0	g						
6.0	g						
8:0	g	0.002		1	0.001		
10:0	g	0.002		1	0.001		
12:0	g	0.004		1	0.002		
14:0	g	0.013		1	0.007		
15.0	g	0.002		1	0.001		
16:0	g	0.293		1	0.158		
17:0	g	0.002		1	0.001		
18:0	g	0.099		1	0.053		
20:0	g	0.011		1	0.006		
22.0	g	0.006		1	0.003		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.002	1	0.001
16:1	g	0.014	1	0.008
18:1	g	1.187	1	0.641
20:1	g	0.036	1	0.019
22.1	g			
Polyunsaturated, total	g			
18:2	g	0.447	1	0.241
18:3	g	0.042	1	0.023
18:4	g			
20:4	g	0.004	1	0.002
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg			
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 serving

NDB No. 18612 MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 57g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.00		1	1.71		
Energy	kcal	548		0	312		
Energy	kj	2293		0	1307		
Protein (N x 5.95)	g	8.00		1	4.56		
Total lipid (fat)	g	32.80		1	18.70		
Carbohydrate, by difference	g	55.20		0	31.46		
Fiber, total dietary	g						
Ash	g	1.00		1	0.57		
Sugars, total	g	34.00		1	19.38		
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	223		1	127		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	2.0		1	1.1		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	6.290		1	3.585		
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 serving

NDB No. 18613 MARTHA WHITE FOODS, MARTHA WHITE'S Artificial Blueberry Muffin 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* 40g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.70		1	2.68		
Energy	kcal	404		0	162		
Energy	kj	1690		0	676		
Protein (N x 5.95)	g	5.10		1	2.04		
Total lipid (fat)	g	8.80		1	3.52		
Carbohydrate, by difference	g	76.10		0	30.44		
Fiber, total dietary	g						
Ash	g	3.30		1	1.32		
Sugars, total	g	32.00		1	12.80		
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	858		1	343		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.110		1	0.844		
4:0	g						
6.0	g						
8:0	g	0.005		1	0.002		
10:0	g	0.005		1	0.002		
12:0	g	0.005		1	0.002		
14:0	g	0.009		1	0.004		
15.0	g	0.005		1	0.002		
16:0	g	1.039		1	0.416		
17:0	g	0.010		1	0.004		
18:0	g	1.005		1	0.402		
20:0	g	0.029		1	0.012		
22.0	g	0.029		1	0.012		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.005	1	0.002
16:1	g	0.010	1	0.004
18:1	g	4.259	1	1.704
20:1	g	0.019	1	0.008
22.1	g			
Polyunsaturated, total	g			
18:2	g	0.995	1	0.398
18:3	g	0.038	1	0.015
18:4	g			
20:4	g	0.005	1	0.002
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg			
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 serving

NDB No. 18614 MARTHA WHITE FOODS, MARTHA WHITE'S Chewy Fudge Brownie Mix, dry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.20		1	1.18		
Energy	kcal	408		0	114		
Energy	kj	1705		0	477		
Protein (N x 5.95)	g	4.70		1	1.32		
Total lipid (fat)	g	6.30		1	1.76		
Carbohydrate, by difference	g	83.00		0	23.24		
Fiber, total dietary	g						
Ash	g	1.80		1	0.50		
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	3.89		1	1.09		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	494		1	138		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.580		1	0.442		
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 serving

NDB No. 18615 MARTHA WHITE FOODS, MARTHA WHITE'S Buttermilk Biscuit Mix, dry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 41g	Measure 2*	Measure 3*
Proximates:							
Water	g	8.90		1	3.65		
Energy	kcal	418		0	171		
Energy	kj	1749		0	717		
Protein (N x 5.95)	g	7.40		1	3.03		
Total lipid (fat)	g	14.50		1	5.95		
Carbohydrate, by difference	g	64.50		0	26.45		
Fiber, total dietary	g						
Ash	g	4.70		1	1.93		
Sugars, total	g						
Minerals:							
Calcium	mg	148		1	61		
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	1230		1	504		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	‡g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	‡g						
Vitamin B-12	‡g						
Vitamin A	IU						
Vitamin A, RE	‡g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.710		1	1.111		
4:0	g						
6.0	g						
8:0	g	0.005		1	0.002		
10:0	g	0.005		1	0.002		
12:0	g	0.005		1	0.002		
14:0	g	0.019		1	0.008		
15.0	g	0.005		1	0.002		
16:0	g	1.496		1	0.613		
17:0	g	0.010		1	0.004		
18:0	g	1.082		1	0.444		
20:0	g	0.048		1	0.020		
22.0	g	0.048		1	0.020		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.005	1	0.002
16:1	g	0.019	1	0.008
18:1	g	8.297	1	3.402
20:1	g	0.058	1	0.024
22.1	g			
Polyunsaturated, total	g			
18:2	g	1.339	1	0.549
18:3	g	0.053	1	0.022
18:4	g			
20:4	g	0.005	1	0.002
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg			
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 serving

NDB No. 18616 MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 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* 51g	Measure 2*	Measure 3*
Proximates:							
Water	g	33.60		1	17.14		
Energy	kcal	287		0	146		
Energy	kj	1202		0	613		
Protein (N x 5.95)	g	8.70		1	4.44		
Total lipid (fat)	g	6.00		1	3.06		
Carbohydrate, by difference	g	49.60		0	25.30		
Fiber, total dietary	g						
Ash	g	2.10		1	1.07		
Sugars, total	g						
Minerals:							
Calcium	mg	191		1	97		
Iron	mg	1.99		1	1.01		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	488		1	249		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.310		1	0.668		
4:0	g						
6.0	g						
8:0	g	0.005		1	0.003		
10:0	g	0.005		1	0.003		
12:0	g	0.005		1	0.003		
14:0	g	0.005		1	0.003		
15.0	g	0.005		1	0.003		
16:0	g	0.072		1	0.037		
17:0	g	0.005		1	0.003		
18:0	g	0.555		1	0.283		
20:0	g	0.019		1	0.010		
22.0	g	0.019		1	0.010		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.005	1	0.003
16:1	g	0.005	1	0.003
18:1	g	2.737	1	1.396
20:1	g	0.019	1	0.010
22.1	g			
Polyunsaturated, total	g			
18:2	g	0.871	1	0.444
18:3	g	0.043	1	0.022
18:4	g			
20:4	g	0.005	1	0.003
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 serving

NDB No. 18617 NABISCO, NABISCO GRAHAMS Crackers

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.60		1	1.01		
Energy	kcal	424		0	119		
Energy	kj	1776		0	497		
Protein (N x 5.95)	g	6.99		1	1.96		
Total lipid (fat)	g	10.00		1	2.80		
Carbohydrate, by difference	g	76.20		0	21.34		
Fiber, total dietary	g	3.4		0	1.0		
Ash	g	2.80		1	0.78		
Sugars, total	g	23.00		1	6.44		
Minerals:							
Calcium	mg	79		0	22		
Iron	mg	4.13		1	1.16		
Magnesium	mg	59		0	17		
Phosphorus	mg	202		0	57		
Potassium	mg	177		0	50		
Sodium	mg	659		1	185		
Zinc	mg	1.94		0	0.54		
Copper	mg	0.030		0	0.008		
Manganese	mg						
Selenium	：g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.228		0	0.064		
Riboflavin	mg	0.240		0	0.067		
Niacin	mg	3.780		0	1.058		
Pantothenic acid	mg						
Vitamin B-6	mg	0.100		0	0.028		
Folate	：g	46		0	13		
Vitamin B-12	：g						
Vitamin A	IU	0		0	0		
Vitamin A, RE	：g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.560		1	0.437		
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	3.600	0	1.008
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.460	0	0.129
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18618 NABISCO, NABISCO NILLA Pie Crust, ready to use

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.31		0	0.93		
Energy	kcal	513		0	144		
Energy	kj	2147		0	601		
Protein (N x 5.95)	g	3.50		0	0.98		
Total lipid (fat)	g	27.10		1	7.59		
Carbohydrate, by difference	g	63.10		0	17.67		
Fiber, total dietary	g	0.9		0	0.3		
Ash	g	0.80		1	0.22		
Sugars, total	g	32.20		1	9.02		
Minerals:							
Calcium	mg	41		0	11		
Iron	mg	1.77		0	0.50		
Magnesium	mg	8		0	2		
Phosphorus	mg	83		0	23		
Potassium	mg	69		0	19		
Sodium	mg	224		1	63		
Zinc	mg	0.28		0	0.08		
Copper	mg	0.050		0	0.014		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.166		0	0.046		
Riboflavin	mg	0.192		0	0.054		
Niacin	mg	2.487		0	0.696		
Pantothenic acid	mg						
Vitamin B-6	mg	0.020		0	0.006		
Folate	΄g	30		0	8		
Vitamin B-12	΄g	0.11		0	0.03		
Vitamin A	IU	10		0	3		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.150		1	1.442		
4:0	g						
6.0	g						
8:0	g	0.014		1	0.004		
10:0	g	0.014		1	0.004		
12:0	g	0.014		1	0.004		
14:0	g	0.066		1	0.018		
15.0	g	0.014		1	0.004		
16:0	g	2.659		1	0.745		
17:0	g	0.014		1	0.004		
18:0	g	2.269		1	0.635		
20:0	g	0.086		1	0.024		
22.0	g	0.077		1	0.022		
24:0	g						

Monounsaturated, total	g	18.700	0	5.236
14:1	g	0.014	1	0.004
16:1	g	0.038	1	0.011
18:1	g	13.972	1	3.912
20:1	g	0.086	1	0.024
22.1	g			
Polyunsaturated, total	g	1.350	0	0.378
18:2	g	1.980	1	0.554
18:3	g	0.081	1	0.023
18:4	g			
20:4	g	0.014	1	0.004
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	10	0	3
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 serving

NDB No. 18619 NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 11g	Measure 2*	Measure 3*
Proximates:							
Water	g	1.57		0	0.17		
Energy	kcal	476		0	52		
Energy	kj	1992		0	219		
Protein (N x 5.95)	g	4.78		0	0.53		
Total lipid (fat)	g	21.50		1	2.37		
Carbohydrate, by difference	g	70.23		0	7.73		
Fiber, total dietary	g	3.2		0	0.4		
Ash	g	1.90		1	0.21		
Sugars, total	g	36.00		1	3.96		
Minerals:							
Calcium	mg	24		0	3		
Iron	mg	4.90		0	0.54		
Magnesium	mg	48		0	5		
Phosphorus	mg	103		0	11		
Potassium	mg	194		0	21		
Sodium	mg	528		0	58		
Zinc	mg	1.23		0	0.14		
Copper	mg	0.270		0	0.030		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.122		0	0.013		
Riboflavin	mg	0.165		0	0.018		
Niacin	mg	1.845		0	0.203		
Pantothenic acid	mg	0.036		0	0.004		
Vitamin B-6	mg	0.032		0	0.004		
Folate	:g	30		0	3		
Vitamin B-12	:g	0.02		0	0.00		
Vitamin A	IU	3		0	0		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.090		0	0.010		
Lipids:							
Saturated, total	g	4.140		1	0.455		
4:0	g						
6.0	g						
8:0	g	0.009		1	0.001		
10:0	g	0.009		1	0.001		
12:0	g	0.009		1	0.001		
14:0	g	0.009		1	0.001		
15.0	g	0.010		1	0.001		
16:0	g	2.192		1	0.241		
17:0	g	0.019		1	0.002		
18:0	g	1.790		1	0.197		
20:0	g	0.077		1	0.008		
22.0	g	0.067		1	0.007		
24:0	g						

Monounsaturated, total	g	3.170	0	0.349
14:1	g	0.009	1	0.001
16:1	g	0.029	1	0.003
18:1	g	11.101	1	1.221
20:1	g	0.067	1	0.007
22.1	g			
Polyunsaturated, total	g	0.820	0	0.090
18:2	g	2.066	1	0.227
18:3	g	0.096	1	0.011
18:4	g			
20:4	g	0.010	1	0.001
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg			
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18620 NABISCO, NABISCO ORIGINAL PREMIUM Saltine Crackers

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 14g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.40		1	0.48		
Energy	kcal	420		0	59		
Energy	kj	1756		0	246		
Protein (N x 5.95)	g	10.90		1	1.53		
Total lipid (fat)	g	10.20		1	1.43		
Carbohydrate, by difference	g	71.10		0	9.95		
Fiber, total dietary	g	2.6		0	0.4		
Ash	g	4.40		1	0.62		
Sugars, total	g						
Minerals:							
Calcium	mg	193		0	27		
Iron	mg	5.19		0	0.73		
Magnesium	mg	21		0	3		
Phosphorus	mg	99		0	14		
Potassium	mg	99		0	14		
Sodium	mg	1270		0	178		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	：g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.330		0	0.046		
Riboflavin	mg	0.440		0	0.062		
Niacin	mg	4.370		0	0.612		
Pantothenic acid	mg						
Vitamin B-6	mg	0.047		0	0.007		
Folate	：g	84		0	12		
Vitamin B-12	：g						
Vitamin A	IU	0		0	0		
Vitamin A, RE	：g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.850		1	0.259		
4:0	g						
6.0	g						
8:0	g	0.005		1	0.001		
10:0	g	0.005		1	0.001		
12:0	g	0.005		1	0.001		
14:0	g	0.005		1	0.001		
15.0	g	0.005		1	0.001		
16:0	g	1.115		1	0.156		
17:0	g	0.010		1	0.001		
18:0	g	0.680		1	0.095		
20:0	g	0.029		1	0.004		
22.0	g	0.039		1	0.005		
24:0	g						

Monounsaturated, total	g	5.850	0	0.819
14:1	g	0.005	1	0.001
16:1	g	0.010	1	0.001
18:1	g	6.000	1	0.840
20:1	g	0.038	1	0.005
22.1	g			
Polyunsaturated, total	g	1.720	0	0.241
18:2	g	0.880	1	0.123
18:3	g	0.043	1	0.006
18:4	g			
20:4	g	0.005	1	0.001
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18621 NABISCO, NABISCO RITZ Crackers

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 16g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.10		1	0.50		
Energy	kcal	492		0	79		
Energy	kj	2057		0	329		
Protein (N x 5.95)	g	7.20		1	1.15		
Total lipid (fat)	g	22.90		1	3.66		
Carbohydrate, by difference	g	64.20		0	10.27		
Fiber, total dietary	g	1.9		0	0.3		
Ash	g	2.60		1	0.42		
Sugars, total	g	8.04		0	1.29		
Minerals:							
Calcium	mg	147		0	24		
Iron	mg	4.05		0	0.65		
Magnesium	mg	20		0	3		
Phosphorus	mg	300		0	48		
Potassium	mg	93		0	15		
Sodium	mg	776		1	124		
Zinc	mg	1.45		0	0.23		
Copper	mg						
Manganese	mg						
Selenium	：g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.253		0	0.040		
Riboflavin	mg	0.306		0	0.049		
Niacin	mg	3.810		0	0.610		
Pantothenic acid	mg						
Vitamin B-6	mg	0.036		0	0.006		
Folate	：g	60		0	10		
Vitamin B-12	：g	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	：g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.920		1	0.627		
4:0	g						
6.0	g						
8:0	g	0.009		1	0.001		
10:0	g	0.009		1	0.001		
12:0	g	0.009		1	0.001		
14:0	g	0.009		1	0.001		
15.0	g	0.010		1	0.002		
16:0	g	2.277		1	0.364		
17:0	g	0.019		1	0.003		
18:0	g	1.474		1	0.236		
20:0	g	0.067		1	0.011		
22.0	g	0.067		1	0.011		
24:0	g						

Monounsaturated, total	g	17.950	0	2.872
14:1	g	0.009	1	0.001
16:1	g	0.029	1	0.005
18:1	g	13.781	1	2.205
20:1	g	0.067	1	0.011
22.1	g			
Polyunsaturated, total	g	1.770	0	0.283
18:2	g	1.272	1	0.204
18:3	g	0.057	1	0.009
18:4	g			
20:4	g	0.010	1	0.002
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 serving

NDB No. 18622 NABISCO, NABISCO SNACKWELL'S Zesty Cheese Crackers

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	1.99		0	0.60		
Energy	kcal	431		0	129		
Energy	kj	1803		0	541		
Protein (N x 5.95)	g	7.45		0	2.23		
Total lipid (fat)	g	10.00		0	3.00		
Carbohydrate, by difference	g	77.00		0	23.10		
Fiber, total dietary	g	2.0		0	0.6		
Ash	g	3.40		0	1.02		
Sugars, total	g	7.02		0	2.11		
Minerals:							
Calcium	mg	43		0	13		
Iron	mg	3.18		0	0.95		
Magnesium	mg	33		0	10		
Phosphorus	mg	200		0	60		
Potassium	mg	157		0	47		
Sodium	mg	1050		0	315		
Zinc	mg	1.50		0	0.45		
Copper	mg	0.033		0	0.010		
Manganese	mg	0.000		0	0.000		
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.6		0	0.2		
Thiamin	mg	0.241		0	0.072		
Riboflavin	mg	0.336		0	0.101		
Niacin	mg	3.706		0	1.112		
Pantothenic acid	mg	0.120		0	0.036		
Vitamin B-6	mg	0.091		0	0.027		
Folate	:g	57		0	17		
Vitamin B-12	:g	0.06		0	0.02		
Vitamin A	IU	159		0	48		
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.239		0	0.672		
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	2.689	0	0.807
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.446	0	0.434
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	4	0	1
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 18624 NABISCO, NABISCO WHEAT THINS Crackers, baked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 29g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.50		1	0.73		
Energy	kcal	470		0	136		
Energy	kj	1966		0	570		
Protein (N x 5.95)	g	8.30		1	2.41		
Total lipid (fat)	g	20.00		0	5.80		
Carbohydrate, by difference	g	69.10		0	20.04		
Fiber, total dietary	g	3.0		0	0.9		
Ash	g	2.30		1	0.67		
Sugars, total	g	9.00		0	2.61		
Minerals:							
Calcium	mg	80		0	23		
Iron	mg	3.70		0	1.07		
Magnesium	mg	52		0	15		
Phosphorus	mg	208		0	60		
Potassium	mg	194		0	56		
Sodium	mg	578		1	168		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.300		0	0.087		
Riboflavin	mg	0.300		0	0.087		
Niacin	mg	4.000		0	1.160		
Pantothenic acid	mg						
Vitamin B-6	mg	0.087		0	0.025		
Folate	΄g	42		0	12		
Vitamin B-12	΄g						
Vitamin A	IU	0		0	0		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.190		1	0.925		
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	7.000	0	2.030
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.240	0	0.360
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18625 CPC FOOD SERVICE, OROWEAT Seasoned Dressing Mix, dry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.60		1	2.88		
Energy	kcal	357		0	107		
Energy	kj	1495		0	449		
Protein (N x 5.95)	g	13.40		1	4.02		
Total lipid (fat)	g	1.80		1	0.54		
Carbohydrate, by difference	g	71.90		0	21.57		
Fiber, total dietary	g	4.7		1	1.4		
Ash	g	3.30		1	0.99		
Sugars, total	g						
Minerals:							
Calcium	mg	140		1	42		
Iron	mg	5.24		1	1.57		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	945		1	284		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.330		1	0.099		
4:0	g						
6.0	g						
8:0	g	0.001		1	0.000		
10:0	g	0.001		1	0.000		
12:0	g	0.001		1	0.000		
14:0	g	0.003		1	0.001		
15.0	g	0.001		1	0.000		
16:0	g	0.304		1	0.091		
17:0	g	0.001		1	0.000		
18:0	g	0.026		1	0.008		
20:0	g	0.002		1	0.001		
22.0	g	0.004		1	0.001		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.001	1	0.000
16:1	g	0.011	1	0.003
18:1	g	0.227	1	0.068
20:1	g	0.007	1	0.002
22.1	g			
Polyunsaturated, total	g			
18:2	g	0.627	1	0.188
18:3	g	0.038	1	0.011
18:4	g			
20:4	g	0.001	1	0.000
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 serving

NDB No. 18626 PEPPERIDGE FARM Classic Style Croutons, seasoned

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 7g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.60		1	0.18		
Energy	kcal	465		0	33		
Energy	kj	1947		0	136		
Protein (N x 5.95)	g	13.60		1	0.95		
Total lipid (fat)	g	18.50		1	1.29		
Carbohydrate, by difference	g	61.10		0	4.28		
Fiber, total dietary	g						
Ash	g	4.20		1	0.29		
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	1390		1	97		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.720		1	0.260		
4:0	g						
6.0	g						
8:0	g	0.018		1	0.001		
10:0	g	0.056		1	0.004		
12:0	g	0.056		1	0.004		
14:0	g	0.180		1	0.013		
15.0	g	0.019		1	0.001		
16:0	g	1.677		1	0.117		
17:0	g	0.019		1	0.001		
18:0	g	1.560		1	0.109		
20:0	g	0.077		1	0.005		
22.0	g	0.058		1	0.004		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.009	1	0.001
16:1	g	0.067	1	0.005
18:1	g	9.953	1	0.697
20:1	g	0.154	1	0.011
22.1	g			
Polyunsaturated, total	g			
18:2	g	1.416	1	0.099
18:3	g	0.096	1	0.007
18:4	g			
20:4	g	0.010	1	0.001
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg			
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 serving

NDB No. 18627 PEPPERIDGE FARM Crusty Italian Bread, Garlic

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 50g	Measure 2*	Measure 3*
Proximates:							
Water	g	29.10		1	14.55		
Energy	kcal	372		0	186		
Energy	kj	1558		0	779		
Protein (N x 5.95)	g	8.30		1	4.15		
Total lipid (fat)	g	19.20		1	9.60		
Carbohydrate, by difference	g	41.60		0	20.80		
Fiber, total dietary	g						
Ash	g	1.80		1	0.90		
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	2.37		1	1.19		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	400		1	200		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.820		1	2.410		
4:0	g						
6.0	g						
8:0	g	0.046		1	0.023		
10:0	g	0.093		1	0.047		
12:0	g	0.113		1	0.057		
14:0	g	0.369		1	0.185		
15.0	g	0.048		1	0.024		
16:0	g	2.554		1	1.277		
17:0	g	0.038		1	0.019		
18:0	g	1.455		1	0.728		
20:0	g	0.058		1	0.029		
22.0	g	0.048		1	0.024		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.028	1	0.014
16:1	g	0.095	1	0.048
18:1	g	7.646	1	3.823
20:1	g	0.048	1	0.024
22.1	g			
Polyunsaturated, total	g			
18:2	g	3.310	1	1.655
18:3	g	0.335	1	0.168
18:4	g			
20:4	g	0.010	1	0.005
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	11	1	5
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 18628 PEPPERIDGE FARM Apple Turnovers, frozen, ready to bake

Refuse: 0%

Nutrients 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	41.90		1	37.29		
Energy	kcal	319		0	284		
Energy	kj	1336		0	1189		
Protein (N x 5.95)	g	4.20		1	3.74		
Total lipid (fat)	g	18.00		1	16.02		
Carbohydrate, by difference	g	35.10		0	31.24		
Fiber, total dietary	g	1.8		1	1.6		
Ash	g	0.80		1	0.71		
Sugars, total	g	12.10		1	10.77		
Minerals:							
Calcium	mg						
Iron	mg	1.37		1	1.22		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	198		1	176		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.530		1	4.032		
4:0	g						
6.0	g						
8:0	g	0.009		1	0.008		
10:0	g	0.009		1	0.008		
12:0	g	0.009		1	0.008		
14:0	g	0.019		1	0.017		
15.0	g	0.010		1	0.009		
16:0	g	1.973		1	1.756		
17:0	g	0.019		1	0.017		
18:0	g	2.422		1	2.156		
20:0	g	0.067		1	0.060		
22.0	g	0.058		1	0.052		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.009	1	0.008
16:1	g	0.010	1	0.009
18:1	g	9.541	1	8.491
20:1	g	0.038	1	0.034
22.1	g			
Polyunsaturated, total	g			
18:2	g	0.832	1	0.740
18:3	g	0.038	1	0.034
18:4	g			
20:4	g	0.010	1	0.009
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 serving

NDB No. 18629 PILLSBURY Buttermilk Biscuits, Artificial Flavor, refrigerated dough

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 64g	Measure 2*	Measure 3*
Proximates:							
Water	g	39.20		1	25.09		
Energy	kcal	241		0	154		
Energy	kj	1008		0	645		
Protein (N x 5.95)	g	7.80		1	4.99		
Total lipid (fat)	g	2.20		1	1.41		
Carbohydrate, by difference	g	47.50		0	30.40		
Fiber, total dietary	g						
Ash	g	3.30		1	2.11		
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	2.42		1	1.55		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	855		1	547		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.430		1	0.275		
4:0	g						
6.0	g						
8:0	g	0.001		1	0.001		
10:0	g	0.001		1	0.001		
12:0	g	0.001		1	0.001		
14:0	g	0.001		1	0.001		
15.0	g	0.001		1	0.001		
16:0	g	0.293		1	0.188		
17:0	g	0.001		1	0.001		
18:0	g	0.132		1	0.084		
20:0	g	0.006		1	0.004		
22.0	g	0.008		1	0.005		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.001	1	0.001
16:1	g	0.003	1	0.002
18:1	g	0.934	1	0.598
20:1	g	0.007	1	0.004
22.1	g			
Polyunsaturated, total	g			
18:2	g	0.454	1	0.291
18:3	g	0.032	1	0.020
18:4	g			
20:4	g	0.001	1	0.001
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg			
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 serving

NDB No. 18630 PILLSBURY, Chocolate Chip Cookies, refrigerated dough

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.40		1	2.91		
Energy	kcal	455		0	127		
Energy	kj	1902		0	533		
Protein (N x 5.95)	g	4.30		1	1.20		
Total lipid (fat)	g	20.20		1	5.66		
Carbohydrate, by difference	g	63.90		0	17.89		
Fiber, total dietary	g	2.4		1	0.7		
Ash	g	1.20		1	0.34		
Sugars, total	g	37.10		1	10.39		
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	313		1	88		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	6.460		1	1.809		
4:0	g						
6.0	g						
8:0	g	0.009		1	0.003		
10:0	g	0.009		1	0.003		
12:0	g	0.103		1	0.029		
14:0	g	0.095		1	0.027		
15.0	g	0.010		1	0.003		
16:0	g	2.897		1	0.811		
17:0	g	0.029		1	0.008		
18:0	g	3.188		1	0.893		
20:0	g	0.096		1	0.027		
22.0	g	0.058		1	0.016		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.009	1	0.003
16:1	g	0.048	1	0.013
18:1	g	8.948	1	2.505
20:1	g	0.048	1	0.013
22.1	g			
Polyunsaturated, total	g			
18:2	g	1.722	1	0.482
18:3	g	0.086	1	0.024
18:4	g			
20:4	g	0.010	1	0.003
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 serving

NDB No. 18631 PILLSBURY, Crusty French Loaf, refrigerated dough

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 62g	Measure 2*	Measure 3*
Proximates:							
Water	g	39.50		1	24.49		
Energy	kcal	249		0	154		
Energy	kj	1041		0	645		
Protein (N x 5.95)	g	9.30		1	5.77		
Total lipid (fat)	g	2.80		1	1.74		
Carbohydrate, by difference	g	46.60		0	28.89		
Fiber, total dietary	g						
Ash	g	1.80		1	1.12		
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	2.38		1	1.48		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	627		1	389		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.820		1	0.508		
4:0	g						
6.0	g						
8:0	g	0.001		1	0.001		
10:0	g	0.001		1	0.001		
12:0	g	0.001		1	0.001		
14:0	g	0.005		1	0.003		
15.0	g	0.001		1	0.001		
16:0	g	0.380		1	0.236		
17:0	g	0.004		1	0.002		
18:0	g	0.421		1	0.261		
20:0	g	0.008		1	0.005		
22.0	g	0.009		1	0.006		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.001	1	0.001
16:1	g	0.005	1	0.003
18:1	g	1.014	1	0.629
20:1	g	0.008	1	0.005
22.1	g			
Polyunsaturated, total	g			
18:2	g	0.405	1	0.251
18:3	g	0.026	1	0.016
18:4	g			
20:4	g	0.001	1	0.001
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg			
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 serving

NDB No. 18632 PILLSBURY, Traditional Fudge Brownie Mix, dry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.10		1	0.93		
Energy	kcal	441		0	132		
Energy	kj	1846		0	554		
Protein (N x 5.95)	g	4.80		1	1.44		
Total lipid (fat)	g	12.10		1	3.63		
Carbohydrate, by difference	g	78.30		0	23.49		
Fiber, total dietary	g						
Ash	g	1.70		1	0.51		
Sugars, total	g	49.60		1	14.88		
Minerals:							
Calcium	mg						
Iron	mg	2.81		1	0.84		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	292		1	88		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.590		1	0.777		
4:0	g						
6.0	g						
8:0	g	0.005		1	0.002		
10:0	g	0.005		1	0.002		
12:0	g	0.005		1	0.002		
14:0	g	0.009		1	0.003		
15.0	g	0.005		1	0.002		
16:0	g	1.258		1	0.377		
17:0	g	0.010		1	0.003		
18:0	g	1.244		1	0.373		
20:0	g	0.038		1	0.011		
22.0	g	0.029		1	0.009		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.005	1	0.002
16:1	g	0.019	1	0.006
18:1	g	5.847	1	1.754
20:1	g	0.038	1	0.011
22.1	g			
Polyunsaturated, total	g			
18:2	g	0.756	1	0.227
18:3	g	0.024	1	0.007
18:4	g			
20:4	g	0.005	1	0.002
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg			
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 serving

NDB No. 18633 PILLSBURY GRANDS Buttermilk Biscuits, refrigerated dough

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 61g	Measure 2*	Measure 3*
Proximates:							
Water	g	34.70		1	21.17		
Energy	kcal	319		0	195		
Energy	kj	1336		0	815		
Protein (N x 5.95)	g	6.80		1	4.15		
Total lipid (fat)	g	14.20		1	8.66		
Carbohydrate, by difference	g	41.10		0	25.07		
Fiber, total dietary	g						
Ash	g	3.20		1	1.95		
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	2.54		1	1.55		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	992		1	605		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.860		1	2.355		
4:0	g						
6.0	g						
8:0	g	0.005		1	0.003		
10:0	g	0.005		1	0.003		
12:0	g	0.005		1	0.003		
14:0	g	0.028		1	0.017		
15.0	g	0.005		1	0.003		
16:0	g	1.553		1	0.947		
17:0	g	0.012		1	0.007		
18:0	g	2.254		1	1.375		
20:0	g	0.026		1	0.016		
22.0	g	0.029		1	0.018		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.005	1	0.003
16:1	g	0.012	1	0.007
18:1	g	7.914	1	4.828
20:1	g	0.017	1	0.010
22.1	g			
Polyunsaturated, total	g			
18:2	g	0.309	1	0.188
18:3	g	0.026	1	0.016
18:4	g			
20:4	g	0.005	1	0.003
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 serving

NDB No. 18634 PILLSBURY HUNGRY JACK Buttermilk Biscuits, Artificial Flavor, refrigerated dough

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 34g	Measure 2*	Measure 3*
Proximates:							
Water	g	34.10		1	11.59		
Energy	kcal	319		0	108		
Energy	kj	1333		0	453		
Protein (N x 5.95)	g	7.00		1	2.38		
Total lipid (fat)	g	13.40		1	4.56		
Carbohydrate, by difference	g	42.50		0	14.45		
Fiber, total dietary	g						
Ash	g	3.00		1	1.02		
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	2.50		1	0.85		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	1010		1	343		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.670		1	0.908		
4:0	g						
6.0	g						
8:0	g	0.005		1	0.002		
10:0	g	0.005		1	0.002		
12:0	g	0.005		1	0.002		
14:0	g	0.009		1	0.003		
15.0	g	0.005		1	0.002		
16:0	g	1.344		1	0.457		
17:0	g	0.010		1	0.003		
18:0	g	1.235		1	0.420		
20:0	g	0.048		1	0.016		
22.0	g	0.039		1	0.013		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.005	1	0.002
16:1	g	0.019	1	0.006
18:1	g	8.058	1	2.740
20:1	g	0.038	1	0.013
22.1	g			
Polyunsaturated, total	g			
18:2	g	0.564	1	0.192
18:3	g	0.033	1	0.011
18:4	g			
20:4	g	0.005	1	0.002
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg			
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 serving

NDB No. 18635 PILLSBURY Cinnamon Rolls with Icing, refrigerated dough

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 44g	Measure 2*	Measure 3*
Proximates:							
Water	g	26.50		1	11.66		
Energy	kcal	341		0	150		
Energy	kj	1428		0	628		
Protein (N x 5.95)	g	5.40		1	2.38		
Total lipid (fat)	g	11.40		1	5.02		
Carbohydrate, by difference	g	54.30		0	23.89		
Fiber, total dietary	g						
Ash	g	2.40		1	1.06		
Sugars, total	g	19.20		1	8.45		
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	760		1	334		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.840		1	1.250		
4:0	g						
6.0	g						
8:0	g	0.005		1	0.002		
10:0	g	0.005		1	0.002		
12:0	g	0.005		1	0.002		
14:0	g	0.009		1	0.004		
15.0	g	0.005		1	0.002		
16:0	g	1.153		1	0.507		
17:0	g	0.010		1	0.004		
18:0	g	1.599		1	0.704		
20:0	g	0.038		1	0.017		
22.0	g	0.039		1	0.017		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.005	1	0.002
16:1	g	0.010	1	0.004
18:1	g	6.106	1	2.687
20:1	g	0.029	1	0.013
22.1	g			
Polyunsaturated, total	g			
18:2	g	0.651	1	0.286
18:3	g	0.043	1	0.019
18:4	g			
20:4	g	0.005	1	0.002
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg			
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18636 HIDDEN VALLEY RANCH, SALAD CRISPINS Italian Style, Parmesan Croutons

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 7g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.60		1	0.25		
Energy	kcal	434		0	30		
Energy	kj	1816		0	127		
Protein (N x 5.95)	g	11.90		1	0.83		
Total lipid (fat)	g	12.80		1	0.90		
Carbohydrate, by difference	g	67.80		0	4.75		
Fiber, total dietary	g						
Ash	g	3.90		1	0.27		
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	1140		1	80		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.400		1	0.098		
4:0	g						
6.0	g						
8:0	g	0.005		1	0.000		
10:0	g	0.009		1	0.001		
12:0	g	0.019		1	0.001		
14:0	g	0.057		1	0.004		
15.0	g	0.005		1	0.000		
16:0	g	0.877		1	0.061		
17:0	g	0.010		1	0.001		
18:0	g	0.345		1	0.024		
20:0	g	0.067		1	0.005		
22.0	g	0.039		1	0.003		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.005	1	0.000
16:1	g	0.038	1	0.003
18:1	g	6.192	1	0.433
20:1	g	0.135	1	0.009
22.1	g			
Polyunsaturated, total	g			
18:2	g	2.406	1	0.168
18:3	g	0.827	1	0.058
18:4	g			
20:4	g	0.005	1	0.000
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 serving

NDB No. 18637 KRAFT FOODS, SHAKE 'N' BAKE ORIGINAL RECIPE, Coating for Pork, dry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.20		1	0.90		
Energy	kcal	377		0	106		
Energy	kj	1577		0	442		
Protein (N x 5.95)	g	6.10		1	1.71		
Total lipid (fat)	g	3.70		1	1.04		
Carbohydrate, by difference	g	79.80		0	22.34		
Fiber, total dietary	g						
Ash	g	7.20		1	2.02		
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	2840		1	795		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-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 serving

NDB No. 18639 BEST FOODS, THOMAS' English Muffins, plain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 57g	Measure 2*	Measure 3*
Proximates:							
Water	g	42.60		1	24.28		
Energy	kcal	231		0	131		
Energy	kj	965		0	550		
Protein (N x 5.95)	g	8.70		1	4.96		
Total lipid (fat)	g	1.50		1	0.86		
Carbohydrate, by difference	g	45.60		0	25.99		
Fiber, total dietary	g						
Ash	g	1.60		1	0.91		
Sugars, total	g						
Minerals:							
Calcium	mg	134		1	76		
Iron	mg	2.99		1	1.70		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	369		1	210		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.1		0	0.1		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	΄g	145		0	83		
Vitamin B-12	΄g	0.36		0	0.21		
Vitamin A	IU	0		0	0		
Vitamin A, RE	΄g	0		0	0		
Vitamin D	IU						
Vitamin E, "-TE	mg	1.744		0	0.994		
Lipids:							
Saturated, total	g	1.222		0	0.697		
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	0.018		0	0.010		
15.0	g	0.001		1	0.001		
16:0	g	0.976		0	0.556		
17:0	g	0.001		1	0.001		
18:0	g	0.288		0	0.164		
20:0	g	0.003		1	0.002		
22.0	g	0.001		0	0.001		
24:0	g						

Monounsaturated, total	g	1.845	0	1.052
14:1	g	0.001	1	0.001
16:1	g	0.012	0	0.007
18:1	g	1.833	0	1.045
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	3.264	0	1.860
18:2	g	3.076	0	1.753
18:3	g	0.188	0	0.107
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg			
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 18640 HEINZ, WEIGHT WATCHERS Chocolate Eclairs, 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* 59g	Measure 2*	Measure 3*
Proximates:							
Water	g	47.90		1	28.26		
Energy	kcal	238		0	141		
Energy	kj	997		0	588		
Protein (N x 5.95)	g	4.00		1	2.36		
Total lipid (fat)	g	7.00		1	4.13		
Carbohydrate, by difference	g	39.80		0	23.48		
Fiber, total dietary	g	1.5		1	0.9		
Ash	g	1.30		1	0.77		
Sugars, total	g	18.40		1	10.86		
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	315		1	186		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.260		1	0.743		
4:0	g						
6.0	g						
8:0	g	0.005		1	0.003		
10:0	g	0.005		1	0.003		
12:0	g	0.005		1	0.003		
14:0	g	0.005		1	0.003		
15.0	g	0.005		1	0.003		
16:0	g	0.867		1	0.512		
17:0	g	0.005		1	0.003		
18:0	g	0.364		1	0.215		
20:0	g	0.019		1	0.011		
22.0	g	0.019		1	0.011		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.005	1	0.003
16:1	g	0.048	1	0.028
18:1	g	1.732	1	1.022
20:1	g	0.019	1	0.011
22.1	g			
Polyunsaturated, total	g			
18:2	g	2.621	1	1.546
18:3	g	0.320	1	0.189
18:4	g			
20:4	g	0.019	1	0.011
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	51	1	30
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 eclair, frozen

NDB No. 18641 INTERSTATE BRANDS CORP, WONDER Hamburger Rolls

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 43g	Measure 2*	Measure 3*
Proximates:							
Water	g	34.20		0	14.71		
Energy	kcal	273		0	117		
Energy	kj	1142		0	491		
Protein (N x 5.95)	g	8.07		0	3.47		
Total lipid (fat)	g	4.15		0	1.78		
Carbohydrate, by difference	g	50.84		0	21.86		
Fiber, total dietary	g	2.6		0	1.1		
Ash	g	1.92		0	0.83		
Sugars, total	g	11.06		0	4.76		
Minerals:							
Calcium	mg	87		0	37		
Iron	mg	2.22		1	0.95		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	596		1	256		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.010		1	0.434		
4:0	g						
6.0	g						
8:0	g	0.002		1	0.001		
10:0	g	0.002		1	0.001		
12:0	g	0.002		1	0.001		
14:0	g	0.002		1	0.001		
15.0	g	0.002		1	0.001		
16:0	g	0.577		1	0.248		
17:0	g	0.005		1	0.002		
18:0	g	0.392		1	0.169		
20:0	g	0.012		1	0.005		
22.0	g	0.017		1	0.007		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.002	1	0.001
16:1	g	0.019	1	0.008
18:1	g	0.812	1	0.349
20:1	g	0.013	1	0.006
22.1	g			
Polyunsaturated, total	g			
18:2	g	1.961	1	0.843
18:3	g	0.212	1	0.091
18:4	g			
20:4	g	0.002	1	0.001
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg			
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 serving

NDB No. 18642 GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 43g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.20		1	1.81		
Energy	kcal	413		0	178		
Energy	kj	1729		0	743		
Protein (N x 5.95)	g	3.80		1	1.63		
Total lipid (fat)	g	8.10		1	3.48		
Carbohydrate, by difference	g	81.30		0	34.96		
Fiber, total dietary	g						
Ash	g	2.60		1	1.12		
Sugars, total	g	43.90		1	18.88		
Minerals:							
Calcium	mg	161		1	69		
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	672		1	289		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.280		1	0.980		
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 serving

NDB No. 18643 QUAKER OATS, AUNT JEMIMA Original Waffles, 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* 72g	Measure 2*	Measure 3*
Proximates:							
Water	g	39.50		1	28.44		
Energy	kcal	273		0	197		
Energy	kj	1143		0	823		
Protein (N x 5.95)	g	7.10		1	5.11		
Total lipid (fat)	g	8.40		1	6.05		
Carbohydrate, by difference	g	42.30		0	30.46		
Fiber, total dietary	g						
Ash	g	2.70		1	1.94		
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	7.23		1	5.21		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	782		1	563		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.190		1	1.577		
4:0	g						
6.0	g						
8:0	g	0.005		1	0.004		
10:0	g	0.005		1	0.004		
12:0	g	0.005		1	0.004		
14:0	g	0.009		1	0.006		
15.0	g	0.005		1	0.004		
16:0	g	0.953		1	0.686		
17:0	g	0.005		1	0.004		
18:0	g	1.177		1	0.847		
20:0	g	0.029		1	0.021		
22.0	g	0.019		1	0.014		
24:0	g						

Monounsaturated, total	g			
14:1	g	0.005	1	0.004
16:1	g	0.019	1	0.014
18:1	g	2.842	1	2.046
20:1	g	0.029	1	0.021
22.1	g			
Polyunsaturated, total	g			
18:2	g	2.019	1	1.454
18:3	g	0.124	1	0.089
18:4	g			
20:4	g	0.005	1	0.004
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	16	1	12
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18645 NABISCO, NABISCO SNACKWELL'S Cracked Pepper Cracker

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 14g	Measure 2*	Measure 3*
Proximates:							
Water	g	1.70		0	0.24		
Energy	kcal	439		0	61		
Energy	kj	1837		0	257		
Protein (N x 5.95)	g	9.26		0	1.30		
Total lipid (fat)	g	11.07		0	1.55		
Carbohydrate, by difference	g	74.69		0	10.46		
Fiber, total dietary	g	2.8		0	0.4		
Ash	g	3.27		0	0.46		
Sugars, total	g	6.52		0	0.91		
Minerals:							
Calcium	mg	170		0	24		
Iron	mg	3.63		0	0.51		
Magnesium	mg	27		0	4		
Phosphorus	mg	322		0	45		
Potassium	mg	116		0	16		
Sodium	mg	833		0	117		
Zinc	mg	0.82		0	0.11		
Copper	mg	0.170		0	0.024		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0		
Thiamin	mg	0.312		0	0.044		
Riboflavin	mg	0.388		0	0.054		
Niacin	mg	5.371		0	0.752		
Pantothenic acid	mg						
Vitamin B-6	mg	0.053		0	0.007		
Folate	΄g	82		0	11		
Vitamin B-12	΄g	0.00		0	0.00		
Vitamin A	IU	2		0	0		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	1.959		0	0.274		
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	4.576	0	0.641
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.090	0	0.153
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 18646 NABISCO, NABISCO SNACKWELL'S Salsa Snack Crackers

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.00		0	0.60		
Energy	kcal	427		0	128		
Energy	kj	1787		0	536		
Protein (N x 5.95)	g	7.00		0	2.10		
Total lipid (fat)	g	10.00		0	3.00		
Carbohydrate, by difference	g	77.84		0	23.35		
Fiber, total dietary	g	2.0		0	0.6		
Ash	g	3.49		0	1.05		
Sugars, total	g	7.28		0	2.18		
Minerals:							
Calcium	mg	42		0	13		
Iron	mg	3.13		0	0.94		
Magnesium	mg	32		0	10		
Phosphorus	mg	219		0	66		
Potassium	mg	135		0	41		
Sodium	mg	1070		0	321		
Zinc	mg	1.57		0	0.47		
Copper	mg	0.038		0	0.011		
Manganese	mg						
Selenium	‡g						
Vitamins:							
Ascorbic acid	mg	0.7		0	0.2		
Thiamin	mg	0.237		0	0.071		
Riboflavin	mg	0.299		0	0.090		
Niacin	mg	3.632		0	1.090		
Pantothenic acid	mg						
Vitamin B-6	mg	0.083		0	0.025		
Folate	‡g	73		0	22		
Vitamin B-12	‡g	0.03		0	0.01		
Vitamin A	IU	47		0	14		
Vitamin A, RE	‡g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	1.811		0	0.543		
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	2.459	0	0.738
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.406	0	0.422
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	2	0	1
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 18647 NABISCO, NABISCO SNACKWELL'S Italian Ranch Snack Crackers

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	1.78		0	0.53		
Energy	kcal	428		0	128		
Energy	kj	1791		0	537		
Protein (N x 5.95)	g	7.07		0	2.12		
Total lipid (fat)	g	10.00		0	3.00		
Carbohydrate, by difference	g	77.77		0	23.33		
Fiber, total dietary	g	2.0		0	0.6		
Ash	g	2.98		0	0.89		
Sugars, total	g	7.23		0	2.17		
Minerals:							
Calcium	mg	41		0	12		
Iron	mg	3.15		0	0.95		
Magnesium	mg	22		0	7		
Phosphorus	mg	227		0	68		
Potassium	mg	140		0	42		
Sodium	mg	1037		0	311		
Zinc	mg	0.98		0	0.29		
Copper	mg	0.000		0	0.000		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.7		0	0.2		
Thiamin	mg	0.237		0	0.071		
Riboflavin	mg	0.306		0	0.092		
Niacin	mg	3.642		0	1.093		
Pantothenic acid	mg						
Vitamin B-6	mg	0.081		0	0.024		
Folate	΄g	73		0	22		
Vitamin B-12	΄g	0.05		0	0.02		
Vitamin A	IU	38		0	11		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	2.000		0	0.600		
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	2.517	0	0.755
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.424	0	0.427
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	2	0	1
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 18648 NABISCO, NABISCO SNACKWELL'S French Onion Snack Crackers

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.00		0	0.60		
Energy	kcal	428		0	128		
Energy	kj	1791		0	537		
Protein (N x 5.95)	g	7.14		0	2.14		
Total lipid (fat)	g	10.00		0	3.00		
Carbohydrate, by difference	g	77.00		0	23.10		
Fiber, total dietary	g	2.0		0	0.6		
Ash	g	3.19		0	0.96		
Sugars, total	g	7.61		0	2.28		
Minerals:							
Calcium	mg	39		0	12		
Iron	mg	3.13		0	0.94		
Magnesium	mg	32		0	10		
Phosphorus	mg	228		0	68		
Potassium	mg	147		0	44		
Sodium	mg	915		0	275		
Zinc	mg	1.60		0	0.48		
Copper	mg	0.035		0	0.011		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.8		0	0.2		
Thiamin	mg	0.238		0	0.071		
Riboflavin	mg	0.311		0	0.093		
Niacin	mg	3.636		0	1.091		
Pantothenic acid	mg						
Vitamin B-6	mg	0.087		0	0.026		
Folate	΄g	57		0	17		
Vitamin B-12	΄g	0.06		0	0.02		
Vitamin A	IU	22		0	7		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	1.802		0	0.541		
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	2.444	0	0.733
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.411	0	0.423
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	2	0	1
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 18649 NABISCO, NABISCO SNACKWELL'S Mint Creme Cookies

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.40		0	1.10		
Energy	kcal	432		0	108		
Energy	kj	1807		0	452		
Protein (N x 5.95)	g	3.80		0	0.95		
Total lipid (fat)	g	14.25		0	3.56		
Carbohydrate, by difference	g	75.95		0	18.99		
Fiber, total dietary	g	2.6		0	0.7		
Ash	g	1.27		0	0.32		
Sugars, total	g	53.20		0	13.30		
Minerals:							
Calcium	mg	20		0	5		
Iron	mg	2.39		0	0.60		
Magnesium	mg	40		0	10		
Phosphorus	mg	85		0	21		
Potassium	mg	146		0	37		
Sodium	mg	289		0	72		
Zinc	mg	0.62		0	0.16		
Copper	mg	0.280		0	0.070		
Manganese	mg	0.002		0	0.001		
Selenium	：g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.072		0	0.018		
Riboflavin	mg	0.120		0	0.030		
Niacin	mg	1.253		0	0.313		
Pantothenic acid	mg	0.033		0	0.008		
Vitamin B-6	mg	0.023		0	0.006		
Folate	：g	20		0	5		
Vitamin B-12	：g	0.01		0	0.00		
Vitamin A	IU	1		0	0		
Vitamin A, RE	：g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.030		0	0.008		
Lipids:							
Saturated, total	g	3.480		0	0.870		
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	3.240	0	0.810
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.932	0	0.233
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg	166	0	42
Theobromine	mg	12	0	3
Alcohol	g			

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

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

NDB No. 18650 NABISCO, NABISCO SNACKWELL'S Caramel Delights Cookies

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 18g	Measure 2*	Measure 3*
Proximates:							
Water	g	13.35		0	2.40		
Energy	kcal	383		0	69		
Energy	kj	1602		0	288		
Protein (N x 5.95)	g	4.50		0	0.81		
Total lipid (fat)	g	11.23		0	2.02		
Carbohydrate, by difference	g	69.85		0	12.57		
Fiber, total dietary	g	1.7		0	0.3		
Ash	g	1.06		0	0.19		
Sugars, total	g	46.21		0	8.32		
Minerals:							
Calcium	mg	47		0	8		
Iron	mg	0.91		0	0.16		
Magnesium	mg	26		0	5		
Phosphorus	mg	93		0	17		
Potassium	mg	122		0	22		
Sodium	mg	184		0	33		
Zinc	mg	0.53		0	0.10		
Copper	mg	0.172		0	0.031		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0		
Thiamin	mg	0.028		0	0.005		
Riboflavin	mg	0.099		0	0.018		
Niacin	mg	0.474		0	0.085		
Pantothenic acid	mg						
Vitamin B-6	mg	0.026		0	0.005		
Folate	΄g	53		0	10		
Vitamin B-12	΄g	0.12		0	0.02		
Vitamin A	IU	3		0	1		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.734		0	0.492		
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	3.440	0	0.619
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.585	0	0.105
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg	8	0	1
Theobromine	mg	101	0	18
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 18651 NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 16g	Measure 2*	Measure 3*
Proximates:							
Water	g	17.65		0	2.82		
Energy	kcal	305		0	49		
Energy	kj	1276		0	204		
Protein (N x 5.95)	g	5.00		0	0.80		
Total lipid (fat)	g	1.09		0	0.17		
Carbohydrate, by difference	g	74.25		0	11.88		
Fiber, total dietary	g	1.6		0	0.3		
Ash	g	1.02		0	0.16		
Sugars, total	g	43.38		0	6.94		
Minerals:							
Calcium	mg	30		0	5		
Iron	mg	2.78		0	0.44		
Magnesium	mg	25		0	4		
Phosphorus	mg	71		0	11		
Potassium	mg	111		0	18		
Sodium	mg	174		0	28		
Zinc	mg	0.46		0	0.07		
Copper	mg	0.168		0	0.027		
Manganese	mg						
Selenium	΄g	1.7		0	0.3		
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0		
Thiamin	mg	0.087		0	0.014		
Riboflavin	mg	0.171		0	0.027		
Niacin	mg	1.345		0	0.215		
Pantothenic acid	mg	0.057		0	0.009		
Vitamin B-6	mg	0.021		0	0.003		
Folate	΄g	19		0	3		
Vitamin B-12	΄g	0.07		0	0.01		
Vitamin A	IU	1		0	0		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.001		0	0.000		
Lipids:							
Saturated, total	g	0.427		0	0.068		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.246	0	0.039
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.196	0	0.031
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg	8	0	1
Theobromine	mg	95	0	15
Alcohol	g			

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

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

NDB No. 18652 NABISCO, NABISCO SNACKWELL'S Wheat Cracker

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 15g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.02		0	0.30		
Energy	kcal	415		0	62		
Energy	kj	1736		0	260		
Protein (N x 5.95)	g	7.94		0	1.19		
Total lipid (fat)	g	10.00		0	1.50		
Carbohydrate, by difference	g	77.00		0	11.55		
Fiber, total dietary	g	3.9		0	0.6		
Ash	g	3.82		0	0.57		
Sugars, total	g	11.83		0	1.77		
Minerals:							
Calcium	mg	149		0	22		
Iron	mg	3.90		0	0.59		
Magnesium	mg	46		0	7		
Phosphorus	mg	330		0	50		
Potassium	mg	190		0	29		
Sodium	mg	1000		0	150		
Zinc	mg	2.15		0	0.32		
Copper	mg	0.006		0	0.001		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.281		0	0.042		
Riboflavin	mg	0.368		0	0.055		
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	΄g						
Vitamin B-12	΄g						
Vitamin A	IU	0		0	0		
Vitamin A, RE	΄g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

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

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