NDB No. 04001
Fat, beef tallow

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	
Energy....kcal	902		0	4		1849	115	
Energy....kj	3774			4		7737	483	
Protein (N x 0)....g	0.00		0	1		0.00	0.00	
Total lipid (fat)....g	100.00		0	1		205.00	12.80	
Ash....g	0.00		0	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		1	1		0	0	
Sodium, Na....mg	0		1	1		0	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg								
Selenium, Se....mcg	0.2		0	4		0.4	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	2.700		0	1		5.535	0.346	
Tocopherol, alpha....mg	2.70		1	1		5.54	0.35	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	49.800		0	1		102.090	6.374	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.900	0.508	5	1		1.845	0.115	
13:0....g								
14:0....g	3.700	0.421	14	1		7.585	0.474	
15:0....g								
16:0....g	24.900	0.819	15	1		51.045	3.187	
17:0....g								

NDB No. 04001
Fat, beef tallow

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	18.900	0.927	15	1		38.745	2.419	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	41.800		0	1		85.690	5.350	
14:1 g								
15:1 g								
16:1 undifferentiated g	4.200	0.551	15	1		8.610	0.538	
17:1 g								
18:1 undifferentiated g	36.000	1.275	15	1		73.800	4.608	
20:1 g	0.300	0.107	4	1		0.615	0.038	
22:1 undifferentiated g	0.000		0	1		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	4.000		0	1		8.200	0.512	
18:2 undifferentiated g	3.100	0.511	15	1		6.355	0.397	
18:3 undifferentiated g	0.600	0.160	9	1		1.230	0.077	
18:4 g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	1		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	
22:6 n-3 g	0.000		0	1		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	109		0	1		223	14	
Phytosterols mg	0		0	4		0	0	
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	
Threonine g	0.000		0	4		0.000	0.000	
Isoleucine g	0.000		0	4		0.000	0.000	
Leucine g	0.000		0	4		0.000	0.000	
Lysine g	0.000		0	4		0.000	0.000	
Methionine g	0.000		0	4		0.000	0.000	
Cystine g	0.000		0	4		0.000	0.000	
Phenylalanine g	0.000		0	4		0.000	0.000	
Tyrosine g	0.000		0	4		0.000	0.000	
Valine g	0.000		0	4		0.000	0.000	
Arginine g	0.000		0	4		0.000	0.000	
Histidine g	0.000		0	4		0.000	0.000	
Alanine g	0.000		0	4		0.000	0.000	
Aspartic acid g	0.000		0	4		0.000	0.000	
Glutamic acid g	0.000		0	4		0.000	0.000	
Glycine g	0.000		0	4		0.000	0.000	
Proline g	0.000		0	4		0.000	0.000	
Serine g	0.000		0	4		0.000	0.000	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

NDB No. 04001
Fat, beef tallow

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04002
Lard

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	
Energy....kcal	902		0	4		1849	115	
Energy....kj	3774			4		7737	483	
Protein (N x 0)....g	0.00		0	1		0.00	0.00	
Total lipid (fat)....g	100.00		0	1		205.00	12.80	
Ash....g	0.00		0	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		1	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		1	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		3	1		0	0	
Sodium, Na....mg	0		3	1		0	0	
Zinc, Zn....mg	0.11		1	4		0.23	0.01	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg	0.000		0	4		0.000	0.000	
Selenium, Se....mcg	0.2		2	1		0.4	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	1.200		0	1		2.460	0.154	
Tocopherol, alpha....mg	1.20		0	1		2.46	0.15	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	39.200		0	1		80.360	5.018	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.100	0.014	18	1		0.205	0.013	
11:0....g								
12:0....g	0.200	0.087	22	1		0.410	0.026	
13:0....g								
14:0....g	1.300	0.068	33	1		2.665	0.166	
15:0....g								
16:0....g	23.800	0.295	38	1		48.790	3.046	
17:0....g								

NDB No. 04002
Lard

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 g	13.500	0.435	38	1		27.675	1.728	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	45.100		0	1		92.455	5.773	
14:1 g								
15:1 g								
16:1 undifferentiated g	2.700	0.270	36	1		5.535	0.346	
17:1 g								
18:1 undifferentiated g	41.200	0.532	38	1		84.460	5.274	
20:1 g	1.000	0.210	7	1		2.050	0.128	
22:1 undifferentiated g	0.000		0	1		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	11.200		0	1		22.960	1.434	
18:2 undifferentiated g	10.200	0.243	38	1		20.910	1.306	
18:3 undifferentiated g	1.000	0.107	29	1		2.050	0.128	
18:4 g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	1		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	
22:6 n-3 g	0.000		0	1		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	95		0	1		195	12	
Phytosterols mg	0		0	4		0	0	
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	
Threonine g	0.000		0	4		0.000	0.000	
Isoleucine g	0.000		0	4		0.000	0.000	
Leucine g	0.000		0	4		0.000	0.000	
Lysine g	0.000		0	4		0.000	0.000	
Methionine g	0.000		0	4		0.000	0.000	
Cystine g	0.000		0	4		0.000	0.000	
Phenylalanine g	0.000		0	4		0.000	0.000	
Tyrosine g	0.000		0	4		0.000	0.000	
Valine g	0.000		0	4		0.000	0.000	
Arginine g	0.000		0	4		0.000	0.000	
Histidine g	0.000		0	4		0.000	0.000	
Alanine g	0.000		0	4		0.000	0.000	
Aspartic acid g	0.000		0	4		0.000	0.000	
Glutamic acid g	0.000		0	4		0.000	0.000	
Glycine g	0.000		0	4		0.000	0.000	
Proline g	0.000		0	4		0.000	0.000	
Serine g	0.000		0	4		0.000	0.000	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

NDB No. 04002
Lard

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04011
Salad dressing, KRAFT Mayo Light Mayonnaise

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	55.40		0	9		8.31		
Energy....kcal	334		0	9		50		
Energy....kj	1397			9		210		
Protein....g	0.60		0	9		0.09		
Total lipid (fat)....g	32.90		0	4		4.94		
Ash....g	2.10		0	9		0.32		
Carbohydrate, by difference (1) ....g	8.50		0	9		1.28		
Fiber, total dietary....g	0.1		0	9		0.0		
Sugars, total....g	4.20		0	9		0.63		
Starch....g								
Minerals:								
Calcium, Ca....mg	6		0	9		1		
Iron, Fe....mg	0.20		0	9		0.03		
Magnesium, Mg....mg								
Phosphorus, P....mg	58		0	9		9		
Potassium, K....mg	52		0	9		8		
Sodium, Na....mg	797		0	9		120		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	9		0.0		
Thiamin....mg								
Riboflavin....mg								
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	185		0	9		28		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	3.825		0	9		0.574		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.000		0	9		0.750		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	35		0	9		5		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 15.000g: 1 tbsp

Footnotes:

1 Contains other proximate components.

Calories Factors: **Protein** **Fat** **Carbohydrate**

NDB No. 04011
Salad dressing, KRAFT Mayo Light Mayonnaise

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04012
Salad dressing, KRAFT MIRACLE WHIP LIGHT Dressing

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	63.30		0	9		10.13		
Energy	kcal	231		0	9		37		
Energy	kj	967			9		155		
Protein	g	0.60		0	9		0.10		
Total lipid (fat)	g	18.60		0	4		2.98		
Ash	g	2.20		0	9		0.35		
Carbohydrate, by difference (1)	g	14.40		0	9		2.30		
Fiber, total dietary	g	0.1		0	9		0.0		
Sugars, total	g	9.90		0	9		1.58		
Starch	g								
Minerals:									
Calcium, Ca	mg	5		0	9		1		
Iron, Fe	mg	0.17		0	9		0.03		
Magnesium, Mg	mg								
Phosphorus, P	mg	13		0	9		2		
Potassium, K	mg	23		0	9		4		
Sodium, Na	mg	821		0	9		131		
Zinc, Zn	mg								
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	9		0.0		
Thiamin	mg								
Riboflavin	mg								
Niacin	mg								
Pantothenic acid	mg								
Vitamin B-6	mg								
Folate, total	mcg								
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg								
Vitamin A, IU	IU	34		0	9		5		
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE	0.872		0	9		0.140		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	2.900		0	9		0.464		
Fatty acids, total monounsaturated	g								
Fatty acids, total polyunsaturated	g								
Fatty acids, total trans	g								
Cholesterol	mg	26		0	9		4		
Phytosterols	mg								

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

Common Measures:

Measure 1 = 16.000g: 1 tbsp

Footnotes:

1 Contains other proximate components.

Calories Factors: **Protein** **Fat** **Carbohydrate**

NDB No. 04012
Salad dressing, KRAFT MIRACLE WHIP LIGHT Dressing

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04013
Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	81.80		0	9		13.09		
Energy....kcal	70		0	9		11		
Energy....kj	293			9		47		
Protein....g	0.20		0	9		0.03		
Total lipid (fat)....g	2.70		0	4		0.43		
Ash....g	2.20		0	9		0.35		
Carbohydrate, by difference (1) ....g	12.40		0	9		1.98		
Fiber, total dietary....g	2.0		0	9		0.3		
Sugars, total....g	6.80		0	9		1.09		
Starch....g								
Minerals:								
Calcium, Ca....mg	6		0	9		1		
Iron, Fe....mg	0.10		0	9		0.02		
Magnesium, Mg....mg								
Phosphorus, P....mg	27		0	9		4		
Potassium, K....mg	50		0	9		8		
Sodium, Na....mg	750		0	9		120		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg								
Riboflavin....mg								
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	99		0	9		16		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	3.154		0	9		0.505		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.500		0	9		0.080		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	10		0	9		2		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 16.000g: 1 tbsp

Footnotes:

1 Contains other proximate components.

Calories Factors: **Protein** **Fat** **Carbohydrate**

NDB No. 04013
Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04014
Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	78.70		0	9		12.59		
Energy....kcal	84		0	9		13		
Energy....kj	351			9		56		
Protein....g	0.20		0	9		0.03		
Total lipid (fat)....g	2.70		0	4		0.43		
Ash....g	1.90		0	9		0.30		
Carbohydrate, by difference (1) ....g	15.50		0	9		2.48		
Fiber, total dietary....g	1.9		0	9		0.3		
Sugars, total....g	10.30		0	9		1.65		
Starch....g								
Minerals:								
Calcium, Ca....mg	6		0	9		1		
Iron, Fe....mg	0.12		0	9		0.02		
Magnesium, Mg....mg								
Phosphorus, P....mg	5		0	9		1		
Potassium, K....mg	49		0	9		8		
Sodium, Na....mg	788		0	9		126		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg								
Riboflavin....mg								
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	69		0	9		11		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.201		0	9		0.032		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.600		0	9		0.096		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	9		0	9		1		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 16.000g: 1 tbsp

Footnotes:

1 Contains other proximate components.

Calories Factors: **Protein** **Fat** **Carbohydrate**

NDB No. 04014
Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04015
Salad dressing, russian, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	34.50		1	1		84.53	5.28	
Energy....kcal	494		0	4		1210	76	
Energy....kj	2067			4		5064	316	
Protein (N x 6.25)....g	1.60		1	1		3.92	0.24	
Total lipid (fat)....g	50.80		1	1		124.46	7.77	
Ash....g	2.70		1	1		6.62	0.41	
Carbohydrate, by difference....g	10.40		0	4		25.48	1.59	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	19		0	1		47	3	
Iron, Fe....mg	0.60		0	1		1.47	0.09	
Magnesium, Mg....mg	2		0	4		4	0	
Phosphorus, P....mg	37		0	1		91	6	
Potassium, K....mg	157		0	1		385	24	
Sodium, Na....mg	868		0	1		2127	133	
Zinc, Zn....mg	0.43		1	1		1.05	0.07	
Copper, Cu....mg	0.010		0	1		0.025	0.002	
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		3.9	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	6.0		0	1		14.7	0.9	
Thiamin....mg	0.050		0	1		0.123	0.008	
Riboflavin....mg	0.050		0	1		0.123	0.008	
Niacin....mg	0.600		0	1		1.470	0.092	
Pantothenic acid....mg	0.400		0	4		0.980	0.061	
Vitamin B-6....mg	0.030		0	4		0.074	0.005	
Folate, total....mcg	10		0	4		25	2	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	10		0	4		25	2	
Folate, DFE....mcg_DFE	10		0	4		25	2	
Vitamin B-12....mcg	0.30		0	4		0.74	0.05	
Vitamin A, IU....IU	690		0	4		1691	106	
Vitamin A, RE....mcg_RE	207		0	4		507	32	
Vitamin E....mg_ATE	10.200		0	4		24.990	1.561	
Tocopherol, alpha....mg	6.00		0	4		14.70	0.92	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.300		0	1		17.885	1.117	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	5.200		0	1		12.740	0.796	
17:0....g								

NDB No. 04015
Salad dressing, russian, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	1.900		0	1		4.655	0.291	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	11.800		0	1		28.910	1.805	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.100		0	1		0.245	0.015	
17:1 ... g								
18:1 undifferentiated ... g	11.600		0	1		28.420	1.775	
20:1 ... g	0.100		0	1		0.245	0.015	
22:1 undifferentiated ... g	0.000		0	1		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	29.400		0	1		72.030	4.498	
18:2 undifferentiated ... g	25.900		0	1		63.455	3.963	
18:3 undifferentiated ... g	3.500		0	1		8.575	0.536	
18:4 ... g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	1		0.000	0.000	
20:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:6 n-3 ... g	0.000		0	1		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	18		0	4		44	3	
Phytosterols ... mg	127		0	4		311	19	
Amino Acids:								
Tryptophan ... g	0.024		0	4		0.059	0.004	
Threonine ... g	0.087		0	4		0.213	0.013	
Isoleucine ... g	0.092		0	4		0.225	0.014	
Leucine ... g	0.136		0	4		0.333	0.021	
Lysine ... g	0.108		0	4		0.265	0.017	
Methionine ... g	0.041		0	4		0.100	0.006	
Cystine ... g	0.028		0	4		0.069	0.004	
Phenylalanine ... g	0.070		0	4		0.172	0.011	
Tyrosine ... g	0.070		0	4		0.172	0.011	
Valine ... g	0.098		0	4		0.240	0.015	
Arginine ... g	0.111		0	4		0.272	0.017	
Histidine ... g	0.038		0	4		0.093	0.006	
Alanine ... g	0.080		0	4		0.196	0.012	
Aspartic acid ... g	0.134		0	4		0.328	0.021	
Glutamic acid ... g	0.196		0	4		0.480	0.030	
Glycine ... g	0.048		0	4		0.118	0.007	
Proline ... g	0.067		0	4		0.164	0.010	
Serine ... g	0.133		0	4		0.326	0.020	
Hydroxyproline ... g								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0	0.0	
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 245.000g: 1 cup

Measure 2 = 15.300g: 1 tbsp

Calories Factors: **Protein** 3.4 **Fat** 8.84 **Carbohydrate** 3.8

NDB No. 04015
Salad dressing, russian, with salt

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04016
Salad dressing, sesame seed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	39.20	3.740	6	1		96.04	6.00	
Energy....kcal	443		0	4		1086	68	
Energy....kj	1854			4		4542	284	
Protein (N x 6.25)....g	3.10	1.288	6	1		7.60	0.47	
Total lipid (fat)....g	45.20	4.899	6	1		110.74	6.92	
Ash....g	3.90	0.223	6	1		9.56	0.60	
Carbohydrate, by difference....g	8.60		0	4		21.07	1.32	
Fiber, total dietary....g	1.0		0	4		2.5	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	19		0	4		47	3	
Iron, Fe....mg	0.60		0	4		1.47	0.09	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	37		0	4		91	6	
Potassium, K....mg	157		0	4		385	24	
Sodium, Na....mg	1000		0	1		2450	153	
Zinc, Zn....mg	0.10		0	4		0.25	0.02	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		3.9	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	690		0	4		1691	106	
Vitamin A, RE....mcg_RE	207		0	4		507	32	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	5.00		0	4		12.25	0.77	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.200		0	1		15.190	0.949	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	4.200	0.466	6	1		10.290	0.643	
17:0....g								

NDB No. 04016
Salad dressing, sesame seed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	1.900	0.230	6	1		4.655	0.291	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	11.900		0	1		29.155	1.821	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	11.900	1.343	6	1		29.155	1.821	
20:1 ... g	0.000		0	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	25.100		0	1		61.495	3.840	
18:2 undifferentiated ... g	23.200	2.518	6	1		56.840	3.550	
18:3 undifferentiated ... g	2.000	0.312	6	1		4.900	0.306	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0	0.000	6	1		0	0	
Phytosterols ... mg	113		0	4		277	17	
Amino Acids:								
Tryptophan ... g	0.047		0	4		0.115	0.007	
Threonine ... g	0.049		0	4		0.120	0.007	
Isoleucine ... g	0.047		0	4		0.115	0.007	
Leucine ... g	0.082		0	4		0.201	0.013	
Lysine ... g	0.142		0	4		0.348	0.022	
Methionine ... g	0.029		0	4		0.071	0.004	
Cystine ... g	0.000		0	4		0.000	0.000	
Phenylalanine ... g	0.086		0	4		0.211	0.013	
Tyrosine ... g	0.102		0	4		0.250	0.016	
Valine ... g	0.068		0	4		0.167	0.010	
Arginine ... g	0.399		0	4		0.978	0.061	
Histidine ... g	0.031		0	4		0.076	0.005	
Alanine ... g	0.000		0	4		0.000	0.000	
Aspartic acid ... g	0.000		0	4		0.000	0.000	
Glutamic acid ... g	0.461		0	4		1.129	0.071	
Glycine ... g	0.000		0	4		0.000	0.000	
Proline ... g	0.000		0	4		0.000	0.000	
Serine ... g	0.000		0	4		0.000	0.000	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 245.000g: 1 cup

Measure 2 = 15.300g: 1 tbsp

Calories Factors: **Protein** 4.03 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04017
Salad dressing, thousand island, commercial, regular, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	46.10		1	1		115.25	7.19	
Energy....kcal	377		0	4		943	59	
Energy....kj	1579			4		3947	246	
Protein (N x 6.25)....g	0.90		1	1		2.25	0.14	
Total lipid (fat)....g	35.70		1	1		89.25	5.57	
Ash....g	2.10		1	1		5.25	0.33	
Carbohydrate, by difference....g	15.20		0	4		38.00	2.37	
Fiber, total dietary....g	0.0		0	7		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11		0	1		28	2	
Iron, Fe....mg	0.60		0	1		1.50	0.09	
Magnesium, Mg....mg	2		0	4		5	0	
Phosphorus, P....mg	17		0	1		43	3	
Potassium, K....mg	113		0	1		283	18	
Sodium, Na....mg	700		0	1		1750	109	
Zinc, Zn....mg	0.14		1	1		0.35	0.02	
Copper, Cu....mg	0.010		0	4		0.025	0.002	
Manganese, Mn....mg								
Selenium, Se....mcg	2.1	0.831	3	1		5.3	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.013		0	4		0.033	0.002	
Riboflavin....mg	0.024		0	4		0.060	0.004	
Niacin....mg	0.004		0	4		0.010	0.001	
Pantothenic acid....mg	0.243		0	4		0.608	0.038	
Vitamin B-6....mg	0.017		0	4		0.043	0.003	
Folate, total....mcg	6		0	4		16	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	6		0	4		16	1	
Folate, DFE....mcg_DFE	6		0	4		15	1	
Vitamin B-12....mcg	0.21		0	4		0.52	0.03	
Vitamin A, IU....IU	320		0	1		800	50	
Vitamin A, RE....mcg_RE	96		0	4		240	15	
Vitamin E....mg_ATE	1.140		0	1		2.850	0.178	
Tocopherol, alpha....mg	4.00		0	4		10.00	0.62	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.000		0	1		15.000	0.936	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.100		1	1		0.250	0.016	
13:0....g								
14:0....g	0.100		1	1		0.250	0.016	
15:0....g								
16:0....g	4.300		1	1		10.750	0.671	
17:0....g								

NDB No. 04017
Salad dressing, thousand island, commercial, regular, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	1.300		1	1		3.250	0.203	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	8.300		0	1		20.750	1.295	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.200		1	1		0.500	0.031	
17:1 g								
18:1 undifferentiated g	7.700		1	1		19.250	1.201	
20:1 g	0.000		0	1		0.000	0.000	
22:1 undifferentiated g	0.000		0	1		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	19.800		0	1		49.500	3.089	
18:2 undifferentiated g	16.500		1	1		41.250	2.574	
18:3 undifferentiated g	2.500		1	1		6.250	0.390	
18:4 g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	1		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	
22:6 n-3 g	0.000		0	1		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	26		0	4		65	4	
Phytosterols mg	97		0	4		243	15	
Amino Acids:								
Tryptophan g	0.013		0	4		0.033	0.002	
Threonine g	0.049		0	4		0.123	0.008	
Isoleucine g	0.052		0	4		0.130	0.008	
Leucine g	0.077		0	4		0.193	0.012	
Lysine g	0.061		0	4		0.153	0.010	
Methionine g	0.023		0	4		0.058	0.004	
Cystine g	0.016		0	4		0.040	0.002	
Phenylalanine g	0.039		0	4		0.098	0.006	
Tyrosine g	0.039		0	4		0.098	0.006	
Valine g	0.055		0	4		0.138	0.009	
Arginine g	0.062		0	4		0.155	0.010	
Histidine g	0.022		0	4		0.055	0.003	
Alanine g	0.045		0	4		0.113	0.007	
Aspartic acid g	0.075		0	4		0.188	0.012	
Glutamic acid g	0.110		0	4		0.275	0.017	
Glycine g	0.027		0	4		0.068	0.004	
Proline g	0.037		0	4		0.093	0.006	
Serine g	0.075		0	4		0.188	0.012	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 15.600g: 1 tbsp

Calories Factors: **Protein** 4.03 **Fat** 8.84 **Carbohydrate** 3.8

NDB No. 04017
Salad dressing, thousand island, commercial, regular, with salt

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04018
Salad dressing, mayonnaise type, regular, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	39.90	2.403	11	1		93.77	5.87	
Energy....kcal	390		0	4		916	57	
Energy....kj	1631			4		3832	240	
Protein (N x 6.25)....g	0.90	0.050	11	1		2.12	0.13	
Total lipid (fat)....g	33.40	0.412	124	1		78.49	4.91	
Ash....g	1.90	0.156	11	1		4.47	0.28	
Carbohydrate, by difference....g	23.90		0	4		56.17	3.51	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	14		0	1		33	2	
Iron, Fe....mg	0.20		0	1		0.47	0.03	
Magnesium, Mg....mg	2		1	1		5	0	
Phosphorus, P....mg	26		0	1		61	4	
Potassium, K....mg	9		0	1		21	1	
Sodium, Na....mg	711	10.546	76	1		1670	104	
Zinc, Zn....mg	0.18		0	4		0.42	0.03	
Copper, Cu....mg	0.010		0	4		0.024	0.001	
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		3.8	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.013		0	4		0.031	0.002	
Riboflavin....mg	0.024		0	4		0.056	0.004	
Niacin....mg	0.004		0	4		0.009	0.001	
Pantothenic acid....mg	0.243		0	4		0.571	0.036	
Vitamin B-6....mg	0.017		0	4		0.040	0.002	
Folate, total....mcg	6		0	4		15	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	6		0	4		15	1	
Folate, DFE....mcg_DFE	6		0	4		14	1	
Vitamin B-12....mcg	0.21		0	4		0.49	0.03	
Vitamin A, IU....IU	220		0	1		517	32	
Vitamin A, RE....mcg_RE	84		0	4		197	12	
Vitamin E....mg_ATE	4.000		0	1		9.400	0.588	
Tocopherol, alpha....mg	4.00		0	4		9.40	0.59	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.900		0	1		11.515	0.720	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.100	0.009	117	1		0.235	0.015	
13:0....g								
14:0....g	0.000	0.005	120	1		0.000	0.000	
15:0....g								
16:0....g	3.500	0.053	127	1		8.225	0.515	
17:0....g								

NDB No. 04018
Salad dressing, mayonnaise type, regular, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	1.400	0.024	127	1		3.290	0.206	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	9.000		0	1		21.150	1.323	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	1		0.000	0.000	
17:1 g								
18:1 undifferentiated g	9.000	0.176	73	1		21.150	1.323	
20:1 g	0.000		0	1		0.000	0.000	
22:1 undifferentiated g	0.000		0	1		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	18.000		0	1		42.300	2.646	
18:2 undifferentiated g	16.000	0.211	127	1		37.600	2.352	
18:3 undifferentiated g	2.000	0.050	127	1		4.700	0.294	
18:4 g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	1		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	
22:6 n-3 g	0.000		0	1		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	26		2	1		61	4	
Phytosterols mg	97		2	1		228	14	
Amino Acids:								
Tryptophan g	0.013		0	4		0.031	0.002	
Threonine g	0.049		0	4		0.115	0.007	
Isoleucine g	0.052		0	4		0.122	0.008	
Leucine g	0.077		0	4		0.181	0.011	
Lysine g	0.061		0	4		0.143	0.009	
Methionine g	0.023		0	4		0.054	0.003	
Cystine g	0.016		0	4		0.038	0.002	
Phenylalanine g	0.039		0	4		0.092	0.006	
Tyrosine g	0.039		0	4		0.092	0.006	
Valine g	0.055		0	4		0.129	0.008	
Arginine g	0.062		0	4		0.146	0.009	
Histidine g	0.022		0	4		0.052	0.003	
Alanine g	0.045		0	4		0.106	0.007	
Aspartic acid g	0.075		0	4		0.176	0.011	
Glutamic acid g	0.110		0	4		0.259	0.016	
Glycine g	0.027		0	4		0.063	0.004	
Proline g	0.037		0	4		0.087	0.005	
Serine g	0.075		0	4		0.176	0.011	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 235.000g: 1 cup

Measure 2 = 14.700g: 1 tbsp

Calories Factors: **Protein** 4.36 **Fat** 8.84 **Carbohydrate** 3.8

NDB No. 04018
Salad dressing, mayonnaise type, regular, with salt

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04020
Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	69.40	1.170	3	1		180.44	11.31	
Energy....kcal	134		0	4		349	22	
Energy....kj	561			4		1460	92	
Protein (N x 6.25)....g	0.20	0.113	3	1		0.52	0.03	
Total lipid (fat)....g	5.80	0.592	3	1		15.08	0.95	
Ash....g	2.90	0.049	3	1		7.54	0.47	
Carbohydrate, by difference....g	21.70		0	4		56.42	3.54	
Fiber, total dietary....g	0.0		0	7		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11		0	1		29	2	
Iron, Fe....mg	0.40		0	1		1.04	0.07	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	14		0	1		36	2	
Potassium, K....mg	79		0	1		205	13	
Sodium, Na....mg	787		0	1		2046	128	
Zinc, Zn....mg	0.18		1	1		0.47	0.03	
Copper, Cu....mg	0.010		0	4		0.026	0.002	
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		4.2	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	1300		0	4		3380	212	
Vitamin A, RE....mcg_RE	130		0	4		338	21	
Vitamin E....mg_ATE	1.190		0	4		3.094	0.194	
Tocopherol, alpha....mg	1.00		0	4		2.60	0.16	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.800		0	1		2.080	0.130	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.600		0	1		1.560	0.098	
17:0....g								

NDB No. 04020
Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	0.200		0	1		0.520	0.033	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	1.400		0	1		3.640	0.228	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	1		0.000	0.000	
17:1 g								
18:1 undifferentiated g	1.300		0	1		3.380	0.212	
20:1 g	0.000		0	1		0.000	0.000	
22:1 undifferentiated g	0.000		0	1		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	3.400		0	1		8.840	0.554	
18:2 undifferentiated g	3.000		0	1		7.800	0.489	
18:3 undifferentiated g	0.400		0	1		1.040	0.065	
18:4 g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	1		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	
22:6 n-3 g	0.000		0	1		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	15		0	4		39	2	
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	
Threonine g	0.000		0	4		0.000	0.000	
Isoleucine g	0.000		0	4		0.000	0.000	
Leucine g	0.000		0	4		0.000	0.000	
Lysine g	0.000		0	4		0.000	0.000	
Methionine g	0.000		0	4		0.000	0.000	
Cystine g	0.000		0	4		0.000	0.000	
Phenylalanine g	0.000		0	4		0.000	0.000	
Tyrosine g	0.000		0	4		0.000	0.000	
Valine g	0.000		0	4		0.000	0.000	
Arginine g	0.000		0	4		0.000	0.000	
Histidine g	0.000		0	4		0.000	0.000	
Alanine g	0.000		0	4		0.000	0.000	
Aspartic acid g	0.000		0	4		0.000	0.000	
Glutamic acid g	0.000		0	4		0.000	0.000	
Glycine g	0.000		0	4		0.000	0.000	
Proline g	0.000		0	4		0.000	0.000	
Serine g	0.000		0	4		0.000	0.000	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 260.000g: 1 cup

Measure 2 = 16.300g: 1 tbsp

Calories Factors: **Protein** 2.44 **Fat** 8.84 **Carbohydrate** 3.8

NDB No. 04020
Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04021
Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	81.90	0.666	3	1		196.56	12.29	
Energy....kcal	105		0	4		253	16	
Energy....kj	441			4		1058	66	
Protein (N x 6.25)....g	0.10	0.088	3	1		0.24	0.02	
Total lipid (fat)....g	9.80	0.722	3	1		23.52	1.47	
Ash....g	3.30	0.092	3	1		7.92	0.50	
Carbohydrate, by difference....g	4.90		0	4		11.76	0.74	
Fiber, total dietary....g	0.1		0	4		0.2	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	2		0	1		5	0	
Iron, Fe....mg	0.20		0	1		0.48	0.03	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	5		0	1		12	1	
Potassium, K....mg	15		0	1		36	2	
Sodium, Na....mg	787		0	1		1889	118	
Zinc, Zn....mg	0.11		0	4		0.26	0.02	
Copper, Cu....mg	0.008		0	1		0.019	0.001	
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		3.8	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	1.500		0	4		3.600	0.225	
Tocopherol, alpha....mg	1.00		0	4		2.40	0.15	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.300		0	1		3.120	0.195	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	1.000		2	1		2.400	0.150	
17:0....g								

NDB No. 04021
Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	0.400		2	1		0.960	0.060	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	2.000		0	1		4.800	0.300	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	1		0.000	0.000	
17:1 g								
18:1 undifferentiated g	2.000		2	1		4.800	0.300	
20:1 g	0.000		0	1		0.000	0.000	
22:1 undifferentiated g	0.000		0	1		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	6.000		0	1		14.400	0.900	
18:2 undifferentiated g	5.200		2	1		12.480	0.780	
18:3 undifferentiated g	0.800		2	1		1.920	0.120	
18:4 g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	1		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	
22:6 n-3 g	0.000		0	1		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	6	0.278	3	1		14	1	
Phytosterols mg	25		0	4		60	4	
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	
Threonine g	0.000		0	4		0.000	0.000	
Isoleucine g	0.000		0	4		0.000	0.000	
Leucine g	0.000		0	4		0.000	0.000	
Lysine g	0.000		0	4		0.000	0.000	
Methionine g	0.000		0	4		0.000	0.000	
Cystine g	0.000		0	4		0.000	0.000	
Phenylalanine g	0.000		0	4		0.000	0.000	
Tyrosine g	0.000		0	4		0.000	0.000	
Valine g	0.000		0	4		0.000	0.000	
Arginine g	0.000		0	4		0.000	0.000	
Histidine g	0.000		0	4		0.000	0.000	
Alanine g	0.000		0	4		0.000	0.000	
Aspartic acid g	0.000		0	4		0.000	0.000	
Glutamic acid g	0.000		0	4		0.000	0.000	
Glycine g	0.000		0	4		0.000	0.000	
Proline g	0.000		0	4		0.000	0.000	
Serine g	0.000		0	4		0.000	0.000	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 240.000g: 1 cup

Measure 2 = 15.000g: 1 tbsp

Calories Factors: **Protein** 2.44 **Fat** 8.84 **Carbohydrate** 3.8

NDB No. 04021
Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04022
Salad dressing, russian, low calorie, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	65.00	0.143	3	1		169.00	10.60	
Energy....kcal	141		0	4		368	23	
Energy....kj	592			4		1538	96	
Protein (N x 6.25)....g	0.50	0.069	3	1		1.30	0.08	
Total lipid (fat)....g	4.00	0.265	3	1		10.40	0.65	
Ash....g	2.90	0.099	3	1		7.54	0.47	
Carbohydrate, by difference....g	27.60		0	4		71.76	4.50	
Fiber, total dietary....g	0.3		0	4		0.8	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	19		0	1		49	3	
Iron, Fe....mg	0.60		0	1		1.56	0.10	
Magnesium, Mg....mg	0		0	4		1	0	
Phosphorus, P....mg	37		0	1		96	6	
Potassium, K....mg	157		0	1		408	26	
Sodium, Na....mg	868		0	1		2257	141	
Zinc, Zn....mg	0.10		0	4		0.26	0.02	
Copper, Cu....mg	0.010		0	4		0.026	0.002	
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		4.2	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	6.0		0	4		15.6	1.0	
Thiamin....mg	0.007		0	4		0.018	0.001	
Riboflavin....mg	0.013		0	4		0.034	0.002	
Niacin....mg	0.002		0	4		0.005	0.000	
Pantothenic acid....mg	0.135		0	4		0.351	0.022	
Vitamin B-6....mg	0.009		0	4		0.023	0.001	
Folate, total....mcg	3		0	4		9	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3		0	4		9	1	
Folate, DFE....mcg_DFE	3		0	4		8	0	
Vitamin B-12....mcg	0.12		0	4		0.30	0.02	
Vitamin A, IU....IU	56		0	4		146	9	
Vitamin A, RE....mcg_RE	16		0	4		42	3	
Vitamin E....mg_ATE	0.760		0	4		1.976	0.124	
Tocopherol, alpha....mg	0.40		0	4		1.04	0.07	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.600		0	1		1.560	0.098	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.400		0	1		1.040	0.065	
17:0....g								

NDB No. 04022
Salad dressing, russian, low calorie, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	0.200		0	1		0.520	0.033	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	0.900		0	1		2.340	0.147	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	1		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	0.900		0	1		2.340	0.147	
20:1 ... g	0.000		0	1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	1		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	2.300		0	1		5.980	0.375	
18:2 undifferentiated ... g	2.000		0	1		5.200	0.326	
18:3 undifferentiated ... g	0.300		0	1		0.780	0.049	
18:4 ... g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	1		0.000	0.000	
20:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:6 n-3 ... g	0.000		0	1		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	6	0.324	3	1		16	1	
Phytosterols ... mg	10		0	4		26	2	
Amino Acids:								
Tryptophan ... g	0.007		0	4		0.018	0.001	
Threonine ... g	0.027		0	4		0.070	0.004	
Isoleucine ... g	0.029		0	4		0.075	0.005	
Leucine ... g	0.043		0	4		0.112	0.007	
Lysine ... g	0.034		0	4		0.088	0.006	
Methionine ... g	0.013		0	4		0.034	0.002	
Cystine ... g	0.009		0	4		0.023	0.001	
Phenylalanine ... g	0.022		0	4		0.057	0.004	
Tyrosine ... g	0.022		0	4		0.057	0.004	
Valine ... g	0.030		0	4		0.078	0.005	
Arginine ... g	0.035		0	4		0.091	0.006	
Histidine ... g	0.012		0	4		0.031	0.002	
Alanine ... g	0.025		0	4		0.065	0.004	
Aspartic acid ... g	0.042		0	4		0.109	0.007	
Glutamic acid ... g	0.061		0	4		0.159	0.010	
Glycine ... g	0.015		0	4		0.039	0.002	
Proline ... g	0.021		0	4		0.055	0.003	
Serine ... g	0.041		0	4		0.107	0.007	
Hydroxyproline ... g								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0	0.0	
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 260.000g: 1 cup

Measure 2 = 16.300g: 1 tbsp

Calories Factors: **Protein** 2.44 **Fat** 8.84 **Carbohydrate** 3.8

NDB No. 04022
Salad dressing, russian, low calorie, with salt

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04023

Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	69.30	0.163	3	1		169.79	10.60	
Energy....kcal	159		0	4		389	24	
Energy....kj	664			4		1626	102	
Protein (N x 6.25)....g	0.80	0.000	3	1		1.96	0.12	
Total lipid (fat)....g	10.70	0.584	3	1		26.22	1.64	
Ash....g	3.10	0.014	3	1		7.60	0.47	
Carbohydrate, by difference....g	16.20		0	4		39.69	2.48	
Fiber, total dietary....g	1.2		0	4		2.9	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11		0	1		27	2	
Iron, Fe....mg	0.60		0	1		1.47	0.09	
Magnesium, Mg....mg	1		0	4		2	0	
Phosphorus, P....mg	17		0	1		42	3	
Potassium, K....mg	113		0	1		277	17	
Sodium, Na....mg	1000		0	1		2450	153	
Zinc, Zn....mg	0.16		0	4		0.39	0.02	
Copper, Cu....mg	0.010		0	4		0.025	0.002	
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		3.9	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.011		0	4		0.027	0.002	
Riboflavin....mg	0.021		0	4		0.051	0.003	
Niacin....mg	0.003		0	4		0.007	0.000	
Pantothenic acid....mg	0.216		0	4		0.529	0.033	
Vitamin B-6....mg	0.015		0	4		0.037	0.002	
Folate, total....mcg	6		0	4		14	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	6		0	4		14	1	
Folate, DFE....mcg_DFE	6		0	4		15	1	
Vitamin B-12....mcg	0.19		0	4		0.45	0.03	
Vitamin A, IU....IU	320		0	1		784	49	
Vitamin A, RE....mcg_RE	96		0	4		235	15	
Vitamin E....mg_ATE	1.190		0	4		2.916	0.182	
Tocopherol, alpha....mg	1.00		0	4		2.45	0.15	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.600		0	1		3.920	0.245	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	1.100		3	1		2.695	0.168	
17:0....g								

NDB No. 04023

Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 ... g	0.400	0.028	3	1		0.980	0.061	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	2.400		0	1		5.880	0.367	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	1		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	2.400	0.141	3	1		5.880	0.367	
20:1 ... g	0.000		0	1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	1		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	6.200		0	1		15.190	0.949	
18:2 undifferentiated ... g	5.300	0.304	3	1		12.985	0.811	
18:3 undifferentiated ... g	0.900	0.089	3	1		2.205	0.138	
18:4 ... g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	1		0.000	0.000	
20:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:6 n-3 ... g	0.000		0	1		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	15	0.223	3	1		37	2	
Phytosterols ... mg	27		0	4		66	4	
Amino Acids:								
Tryptophan ... g	0.012		0	4		0.029	0.002	
Threonine ... g	0.043		0	4		0.105	0.007	
Isoleucine ... g	0.046		0	4		0.113	0.007	
Leucine ... g	0.068		0	4		0.167	0.010	
Lysine ... g	0.054		0	4		0.132	0.008	
Methionine ... g	0.020		0	4		0.049	0.003	
Cystine ... g	0.014		0	4		0.034	0.002	
Phenylalanine ... g	0.034		0	4		0.083	0.005	
Tyrosine ... g	0.034		0	4		0.083	0.005	
Valine ... g	0.049		0	4		0.120	0.007	
Arginine ... g	0.055		0	4		0.135	0.008	
Histidine ... g	0.019		0	4		0.047	0.003	
Alanine ... g	0.040		0	4		0.098	0.006	
Aspartic acid ... g	0.067		0	4		0.164	0.010	
Glutamic acid ... g	0.097		0	4		0.238	0.015	
Glycine ... g	0.024		0	4		0.059	0.004	
Proline ... g	0.033		0	4		0.081	0.005	
Serine ... g	0.066		0	4		0.162	0.010	
Hydroxyproline ... g								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0	0.0	
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 245.000g: 1 cup

Measure 2 = 15.300g: 1 tbsp

Calories Factors: **Protein** 3.9 **Fat** 8.84 **Carbohydrate** 3.8

NDB No. 04023

Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04025
Salad dressing, mayonnaise, soybean oil, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	15.30	0.395	25	1		33.66	2.11	
Energy....kcal	717		0	4		1577	99	
Energy....kj	2999			4		6598	414	
Protein (N x 6.25)....g	1.10	0.000	25	1		2.42	0.15	
Total lipid (fat)....g	79.40	0.039	678	1		174.68	10.96	
Ash....g	1.50	0.053	25	1		3.30	0.21	
Carbohydrate, by difference....g	2.70		0	4		5.94	0.37	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	18		0	1		40	2	
Iron, Fe....mg	0.50		0	1		1.10	0.07	
Magnesium, Mg....mg	1		0	4		2	0	
Phosphorus, P....mg	28		0	1		62	4	
Potassium, K....mg	34		0	1		75	5	
Sodium, Na....mg	568	2.424	408	1		1250	78	
Zinc, Zn....mg	0.16		1	4		0.35	0.02	
Copper, Cu....mg	0.010		0	4		0.022	0.001	
Manganese, Mn....mg								
Selenium, Se....mcg	1.7	0.431	15	1		3.7	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	1		0.000	0.000	
Riboflavin....mg	0.000		0	1		0.000	0.000	
Niacin....mg	0.005		0	4		0.011	0.001	
Pantothenic acid....mg	0.217		0	4		0.477	0.030	
Vitamin B-6....mg	0.577		0	4		1.269	0.080	
Folate, total....mcg	8		0	4		17	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	8		0	4		17	1	
Folate, DFE....mcg_DFE	8		0	4		17	1	
Vitamin B-12....mcg	0.26		0	4		0.56	0.04	
Vitamin A, IU....IU	280		0	1		616	39	
Vitamin A, RE....mcg_RE	84		0	4		185	12	
Vitamin E....mg_ATE	2.283		2	1		5.022	0.315	
Tocopherol, alpha....mg	1.42		2	1		3.12	0.20	
Tocopherol, beta....mg								
Tocopherol, gamma....mg	8.20		2	1		18.04	1.13	
Tocopherol, delta....mg	1.43		2	1		3.14	0.20	
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	11.800		0	1		25.960	1.628	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.100	0.006	575	1		0.220	0.014	
13:0....g								
14:0....g	0.100	0.005	575	1		0.220	0.014	
15:0....g								
16:0....g	8.500	0.063	594	1		18.700	1.173	
17:0....g								

NDB No. 04025
Salad dressing, mayonnaise, soybean oil, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	3.100	0.014	594	1		6.820	0.428	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	22.700		0	1		49.940	3.133	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.100	0.059	47	1		0.220	0.014	
17:1 g								
18:1 undifferentiated g	22.500	0.107	349	1		49.500	3.105	
20:1 g	0.100	0.034	18	1		0.220	0.014	
22:1 undifferentiated g	0.000		0	1		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	41.300		0	1		90.860	5.699	
18:2 undifferentiated g	37.100	0.062	594	1		81.620	5.120	
18:3 undifferentiated g	4.200	0.059	594	1		9.240	0.580	
18:4 g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	1		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	
22:6 n-3 g	0.000		0	1		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	59	5.148	10	1		130	8	
Phytosterols mg	223	20.000	10	1		491	31	
Amino Acids:								
Tryptophan g	0.017		0	1		0.037	0.002	
Threonine g	0.055		0	1		0.121	0.008	
Isoleucine g	0.065		0	1		0.143	0.009	
Leucine g	0.095		0	1		0.209	0.013	
Lysine g	0.072		0	1		0.158	0.010	
Methionine g	0.035		0	1		0.077	0.005	
Cystine g	0.023		0	1		0.051	0.003	
Phenylalanine g	0.057		0	1		0.125	0.008	
Tyrosine g	0.046		0	1		0.101	0.006	
Valine g	0.074		0	1		0.163	0.010	
Arginine g	0.072		0	1		0.158	0.010	
Histidine g	0.026		0	1		0.057	0.004	
Alanine g	0.061		0	1		0.134	0.008	
Aspartic acid g	0.094		0	1		0.207	0.013	
Glutamic acid g	0.143		0	1		0.315	0.020	
Glycine g	0.037		0	1		0.081	0.005	
Proline g	0.044		0	1		0.097	0.006	
Serine g	0.088		0	1		0.194	0.012	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg	0		0	7		0	0	
Theobromine mg	0		0	7		0	0	

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

Common Measures:

Measure 1 = 220.000g: 1 cup

Measure 2 = 13.800g: 1 tbsp

Calories Factors: **Protein** 4.36 **Fat** 8.85 **Carbohydrate** 3.68

NDB No. 04025
Salad dressing, mayonnaise, soybean oil, with salt

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04026
Salad dressing, mayonnaise, soybean and safflower oil, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	15.30	0.400	25	1		33.66	2.11	
Energy....kcal	717		0	4		1577	99	
Energy....kj	2999			4		6598	414	
Protein (N x 6.25)....g	1.10	0.000	25	1		2.42	0.15	
Total lipid (fat)....g	79.40	0.000	678	1		174.68	10.96	
Ash....g	1.50	0.100	25	1		3.30	0.21	
Carbohydrate, by difference....g	2.70		0	4		5.94	0.37	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	18		0	1		40	2	
Iron, Fe....mg	0.50		0	1		1.10	0.07	
Magnesium, Mg....mg	1		0	4		2	0	
Phosphorus, P....mg	28		0	1		62	4	
Potassium, K....mg	34		0	1		75	5	
Sodium, Na....mg	568	2.420	408	1		1250	78	
Zinc, Zn....mg	0.12		1	4		0.26	0.02	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		3.5	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	1		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.005		0	4		0.011	0.001	
Pantothenic acid....mg	0.297		0	4		0.653	0.041	
Vitamin B-6....mg	0.577		0	4		1.269	0.080	
Folate, total....mcg	8		0	4		17	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	8		0	4		17	1	
Folate, DFE....mcg_DFE	8		0	4		18	1	
Vitamin B-12....mcg	0.26		0	4		0.56	0.04	
Vitamin A, IU....IU	280		0	1		616	39	
Vitamin A, RE....mcg_RE	84		0	4		185	12	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	22.00		0	4		48.40	3.04	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	8.600		0	1		18.920	1.187	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		2	1		0.000	0.000	
13:0....g								
14:0....g	0.100		2	1		0.220	0.014	
15:0....g								
16:0....g	6.100		2	1		13.420	0.842	
17:0....g								

NDB No. 04026
Salad dressing, mayonnaise, soybean and safflower oil, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	2.400		2	1		5.280	0.331	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	13.000		0	1		28.600	1.794	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	13.000		2	1		28.600	1.794	
20:1 ... g	0.000		0	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	55.000		0	1		121.000	7.590	
18:2 undifferentiated ... g	52.000		2	1		114.400	7.176	
18:3 undifferentiated ... g	3.000		2	1		6.600	0.414	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	59		0	4		130	8	
Phytosterols ... mg	347		0	4		763	48	
Amino Acids:								
Tryptophan ... g	0.017		0	1		0.037	0.002	
Threonine ... g	0.055		0	1		0.121	0.008	
Isoleucine ... g	0.065		0	1		0.143	0.009	
Leucine ... g	0.095		0	1		0.209	0.013	
Lysine ... g	0.072		0	1		0.158	0.010	
Methionine ... g	0.035		0	1		0.077	0.005	
Cystine ... g	0.023		0	1		0.051	0.003	
Phenylalanine ... g	0.057		0	1		0.125	0.008	
Tyrosine ... g	0.046		0	1		0.101	0.006	
Valine ... g	0.074		0	1		0.163	0.010	
Arginine ... g	0.072		0	1		0.158	0.010	
Histidine ... g	0.026		0	1		0.057	0.004	
Alanine ... g	0.061		0	1		0.134	0.008	
Aspartic acid ... g	0.094		0	1		0.207	0.013	
Glutamic acid ... g	0.143		0	1		0.315	0.020	
Glycine ... g	0.037		0	1		0.081	0.005	
Proline ... g	0.044		0	1		0.097	0.006	
Serine ... g	0.088		0	1		0.194	0.012	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 220.000g: 1 cup

Measure 2 = 13.800g: 1 tbsp

Calories Factors: **Protein** 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04027
Salad dressing, mayonnaise, imitation, soybean

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	62.70	0.617	3	1		150.48	9.41	
Energy....kcal	232		0	4		556	35	
Energy....kj	969			4		2326	145	
Protein (N x 6.25)....g	0.30	0.250	3	1		0.72	0.05	
Total lipid (fat)....g	19.20	4.909	3	1		46.08	2.88	
Ash....g	1.80	0.367	3	1		4.32	0.27	
Carbohydrate, by difference....g	16.00		0	4		38.40	2.40	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	10		0	4		24	2	
Sodium, Na....mg	497		1	1		1193	75	
Zinc, Zn....mg	0.11		1	1		0.26	0.02	
Copper, Cu....mg	0.010		0	4		0.024	0.002	
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		3.8	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	6.430		0	4		15.432	0.965	
Tocopherol, alpha....mg	2.00		0	4		4.80	0.30	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.300		0	1		7.920	0.495	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		1	1		0.000	0.000	
15:0....g								
16:0....g	2.400	0.651	3	1		5.760	0.360	
17:0....g								

NDB No. 04027
Salad dressing, mayonnaise, imitation, soybean

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 g	0.900	0.252	3	1		2.160	0.135	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	4.500		0	1		10.800	0.675	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		2	1		0.000	0.000	
17:1 g								
18:1 undifferentiated g	4.500	1.146	3	1		10.800	0.675	
20:1 g	0.000		0	1		0.000	0.000	
22:1 undifferentiated g	0.000		0	1		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	10.600		0	1		25.440	1.590	
18:2 undifferentiated g	9.000	2.351	3	1		21.600	1.350	
18:3 undifferentiated g	1.600	0.414	3	1		3.840	0.240	
18:4 g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	1		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	
22:6 n-3 g	0.000		0	1		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	24		2	1		58	4	
Phytosterols mg	62		2	1		149	9	
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	
Threonine g	0.000		0	4		0.000	0.000	
Isoleucine g	0.000		0	4		0.000	0.000	
Leucine g	0.000		0	4		0.000	0.000	
Lysine g	0.000		0	4		0.000	0.000	
Methionine g	0.000		0	4		0.000	0.000	
Cystine g	0.000		0	4		0.000	0.000	
Phenylalanine g	0.000		0	4		0.000	0.000	
Tyrosine g	0.000		0	4		0.000	0.000	
Valine g	0.000		0	4		0.000	0.000	
Arginine g	0.000		0	4		0.000	0.000	
Histidine g	0.000		0	4		0.000	0.000	
Alanine g	0.000		0	4		0.000	0.000	
Aspartic acid g	0.000		0	4		0.000	0.000	
Glutamic acid g	0.000		0	4		0.000	0.000	
Glycine g	0.000		0	4		0.000	0.000	
Proline g	0.000		0	4		0.000	0.000	
Serine g	0.000		0	4		0.000	0.000	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 240.000g: 1 cup

Measure 2 = 15.000g: 1 tbsp

Calories Factors: **Protein** 4.36 **Fat** 8.84 **Carbohydrate** 3.8

NDB No. 04027
Salad dressing, mayonnaise, imitation, soybean

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04028
Salad dressing, mayonnaise, imitation, milk cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	79.60		1	1		191.04	11.94	
Energy....kcal	97		0	4		232	14	
Energy....kj	404			4		970	61	
Protein (N x 6.25)....g	2.10		1	1		5.04	0.32	
Total lipid (fat)....g	5.10		1	1		12.24	0.77	
Ash....g	2.10		1	1		5.04	0.32	
Carbohydrate, by difference....g	11.10		0	4		26.64	1.67	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	72		0	4		173	11	
Iron, Fe....mg	0.50		0	4		1.20	0.08	
Magnesium, Mg....mg	7		0	4		17	1	
Phosphorus, P....mg	57		0	4		137	9	
Potassium, K....mg	97		0	4		233	15	
Sodium, Na....mg	504		1	1		1210	76	
Zinc, Zn....mg	0.25		0	4		0.60	0.04	
Copper, Cu....mg	0.010		0	1		0.024	0.002	
Manganese, Mn....mg	0.001		0	4		0.002	0.000	
Selenium, Se....mcg	1.6		0	4		3.8	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	4		0.8	0.1	
Thiamin....mg	0.024		0	4		0.058	0.004	
Riboflavin....mg	0.097		0	4		0.233	0.015	
Niacin....mg	0.054		0	4		0.130	0.008	
Pantothenic acid....mg	0.194		0	4		0.466	0.029	
Vitamin B-6....mg	0.021		0	4		0.050	0.003	
Folate, total....mcg	3		0	4		7	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3		0	4		7	0	
Folate, DFE....mcg_DFE	3		0	4		7	0	
Vitamin B-12....mcg	0.23		0	4		0.56	0.04	
Vitamin A, IU....IU	13		0	4		31	2	
Vitamin A, RE....mcg_RE	3		0	4		7	0	
Vitamin E....mg_ATE	0.860		0	4		2.064	0.129	
Tocopherol, alpha....mg	0.40		0	4		0.96	0.06	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.800		0	1		6.720	0.420	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.100		2	1		0.240	0.015	
13:0....g								
14:0....g	0.400		2	1		0.960	0.060	
15:0....g								
16:0....g	1.200		2	1		2.880	0.180	
17:0....g								

NDB No. 04028
Salad dressing, mayonnaise, imitation, milk cream

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 g	1.000		2	1		2.400	0.150	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	1.700		0	1		4.080	0.255	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	4		0.000	0.000	
17:1 g								
18:1 undifferentiated g	1.700		2	1		4.080	0.255	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	0.300		0	1		0.720	0.045	
18:2 undifferentiated g	0.200		2	1		0.480	0.030	
18:3 undifferentiated g	0.100		2	1		0.240	0.015	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	43		1	1		103	6	
Phytosterols mg	6		0	4		14	1	
Amino Acids:								
Tryptophan g	0.030		0	4		0.072	0.005	
Threonine g	0.095		0	4		0.228	0.014	
Isoleucine g	0.127		0	4		0.305	0.019	
Leucine g	0.206		0	4		0.494	0.031	
Lysine g	0.166		0	4		0.398	0.025	
Methionine g	0.053		0	4		0.127	0.008	
Cystine g	0.019		0	4		0.046	0.003	
Phenylalanine g	0.101		0	4		0.242	0.015	
Tyrosine g	0.101		0	4		0.242	0.015	
Valine g	0.141		0	4		0.338	0.021	
Arginine g	0.076		0	4		0.182	0.011	
Histidine g	0.057		0	4		0.137	0.009	
Alanine g	0.072		0	4		0.173	0.011	
Aspartic acid g	0.159		0	4		0.382	0.024	
Glutamic acid g	0.439		0	4		1.054	0.066	
Glycine g	0.049		0	4		0.118	0.007	
Proline g	0.203		0	4		0.487	0.030	
Serine g	0.114		0	4		0.274	0.017	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 240.000g: 1 cup

Measure 2 = 15.000g: 1 tbsp

Calories Factors: **Protein** 4.36 **Fat** 8.84 **Carbohydrate** 3.8

NDB No. 04028
Salad dressing, mayonnaise, imitation, milk cream

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04029
Salad dressing, mayonnaise, imitation, soybean without cholesterol

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	34.60	3.851	3	1		77.85	4.88	
Energy....kcal	482		0	4		1084	68	
Energy....kj	2016			4		4537	284	
Protein (N x 6.25)....g	0.10	0.106	3	1		0.23	0.01	
Total lipid (fat)....g	47.70	2.691	3	1		107.33	6.73	
Ash....g	1.80	0.380	3	1		4.05	0.25	
Carbohydrate, by difference....g	15.80		0	4		35.55	2.23	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.01		0	4		0.02	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	10		0	4		23	1	
Sodium, Na....mg	353		1	1		794	50	
Zinc, Zn....mg	0.11		0	4		0.25	0.02	
Copper, Cu....mg	0.001		0	4		0.002	0.000	
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		3.6	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	9.400		0	1		21.150	1.325	
Tocopherol, alpha....mg	5.00		0	4		11.25	0.71	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.500		0	1		16.875	1.058	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		1	1		0.000	0.000	
13:0....g								
14:0....g	0.000		1	1		0.000	0.000	
15:0....g								
16:0....g	5.500	0.533	3	1		12.375	0.776	
17:0....g								

NDB No. 04029
Salad dressing, mayonnaise, imitation, soybean without cholesterol

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	2.000	0.191	3	1		4.500	0.282	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	10.500		0	1		23.625	1.481	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	1		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	10.500	0.594	3	1		23.625	1.481	
20:1 ... g	0.000		0	1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	1		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	27.600		0	1		62.100	3.892	
18:2 undifferentiated ... g	23.000	1.560	3	1		51.750	3.243	
18:3 undifferentiated ... g	4.600	0.362	3	1		10.350	0.649	
18:4 ... g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	1		0.000	0.000	
20:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:6 n-3 ... g	0.000		0	1		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		2	1		0	0	
Phytosterols ... mg	216		2	1		486	30	
Amino Acids:								
Tryptophan ... g	0.000		0	4		0.000	0.000	
Threonine ... g	0.000		0	4		0.000	0.000	
Isoleucine ... g	0.000		0	4		0.000	0.000	
Leucine ... g	0.000		0	4		0.000	0.000	
Lysine ... g	0.000		0	4		0.000	0.000	
Methionine ... g	0.000		0	4		0.000	0.000	
Cystine ... g	0.000		0	4		0.000	0.000	
Phenylalanine ... g	0.000		0	4		0.000	0.000	
Tyrosine ... g	0.000		0	4		0.000	0.000	
Valine ... g	0.000		0	4		0.000	0.000	
Arginine ... g	0.000		0	4		0.000	0.000	
Histidine ... g	0.000		0	4		0.000	0.000	
Alanine ... g	0.000		0	4		0.000	0.000	
Aspartic acid ... g	0.000		0	4		0.000	0.000	
Glutamic acid ... g	0.000		0	4		0.000	0.000	
Glycine ... g	0.000		0	4		0.000	0.000	
Proline ... g	0.000		0	4		0.000	0.000	
Serine ... g	0.000		0	4		0.000	0.000	
Hydroxyproline ... g								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0	0.0	
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 225.000g: 1 cup

Measure 2 = 14.100g: 1 tbsp

Calories Factors: **Protein** 4.36 **Fat** 8.84 **Carbohydrate** 3.8

NDB No. 04029
Salad dressing, mayonnaise, imitation, soybean without cholesterol

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04030
Sandwich spread, with chopped pickle, regular, unspecified oils

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	40.80	1.148	6	1		99.96	6.24	
Energy....kcal	389		0	4		953	60	
Energy....kj	1628			4		3988	249	
Protein (N x 6.25)....g	0.90	0.106	7	1		2.21	0.14	
Total lipid (fat)....g	34.00	1.570	7	1		83.30	5.20	
Ash....g	2.00	0.140	7	1		4.90	0.31	
Carbohydrate, by difference....g	22.40		0	4		54.88	3.43	
Fiber, total dietary....g	0.4		0	4		1.0	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	14		0	4		34	2	
Iron, Fe....mg	0.20		0	4		0.49	0.03	
Magnesium, Mg....mg	2		0	4		5	0	
Phosphorus, P....mg	26		0	4		64	4	
Potassium, K....mg	35		0	4		86	5	
Sodium, Na....mg	1000		0	4		2450	153	
Zinc, Zn....mg	0.81		0	4		1.98	0.12	
Copper, Cu....mg	0.010		0	4		0.025	0.002	
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		3.9	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.010		0	4		0.025	0.002	
Riboflavin....mg	0.020		0	4		0.049	0.003	
Niacin....mg	0.010		0	4		0.025	0.002	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.020		0	4		0.049	0.003	
Folate, total....mcg	6		0	4		15	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	6		0	4		15	1	
Folate, DFE....mcg_DFE	6		0	4		15	1	
Vitamin B-12....mcg	0.21		0	4		0.51	0.03	
Vitamin A, IU....IU	220		0	4		539	34	
Vitamin A, RE....mcg_RE	84		0	4		206	13	
Vitamin E....mg_ATE	6.980		0	4		17.101	1.068	
Tocopherol, alpha....mg	4.00		0	4		9.80	0.61	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.100		0	1		12.495	0.780	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	3.900	0.202	8	1		9.555	0.597	
17:0....g								

NDB No. 04030
Sandwich spread, with chopped pickle, regular, unspecified oils

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	1.200	0.080	8	1		2.940	0.184	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	7.400		0	1		18.130	1.132	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	1		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	7.400	0.364	8	1		18.130	1.132	
20:1 ... g	0.000		0	1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	1		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	20.000		0	1		49.000	3.060	
18:2 undifferentiated ... g	18.100	0.848	8	1		44.345	2.769	
18:3 undifferentiated ... g	1.900	0.188	8	1		4.655	0.291	
18:4 ... g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	1		0.000	0.000	
20:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:6 n-3 ... g	0.000		0	1		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	76	5.857	7	1		186	12	
Phytosterols ... mg	75		0	4		184	11	
Amino Acids:								
Tryptophan ... g	0.013		0	4		0.032	0.002	
Threonine ... g	0.049		0	4		0.120	0.007	
Isoleucine ... g	0.052		0	4		0.127	0.008	
Leucine ... g	0.077		0	4		0.189	0.012	
Lysine ... g	0.061		0	4		0.149	0.009	
Methionine ... g	0.023		0	4		0.056	0.004	
Cystine ... g	0.016		0	4		0.039	0.002	
Phenylalanine ... g	0.039		0	4		0.096	0.006	
Tyrosine ... g	0.039		0	4		0.096	0.006	
Valine ... g	0.055		0	4		0.135	0.008	
Arginine ... g	0.062		0	4		0.152	0.009	
Histidine ... g	0.022		0	4		0.054	0.003	
Alanine ... g	0.045		0	4		0.110	0.007	
Aspartic acid ... g	0.075		0	4		0.184	0.011	
Glutamic acid ... g	0.110		0	4		0.270	0.017	
Glycine ... g	0.027		0	4		0.066	0.004	
Proline ... g	0.037		0	4		0.091	0.006	
Serine ... g	0.075		0	4		0.184	0.011	
Hydroxyproline ... g								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0	0.0	
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 245.000g: 1 cup

Measure 2 = 15.300g: 1 tbsp

Calories Factors: **Protein** 3.92 **Fat** 8.84 **Carbohydrate** 3.8

NDB No. 04030
Sandwich spread, with chopped pickle, regular, unspecified oils

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04031
Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	
Energy....kcal	884		0	4		1812	113	
Energy....kj	3699			4		7582	473	
Protein (N x 0)....g	0.00		0	1		0.00	0.00	
Total lipid (fat)....g	100.00		0	1		205.00	12.80	
Ash....g	0.00		0	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		0	4		0	0	
Sodium, Na....mg	0		0	4		0	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	8.280		0	1		16.974	1.060	
Tocopherol, alpha....mg	8.00		0	4		16.40	1.02	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	25.000		0	1		51.250	3.200	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.400		11	1		0.820	0.051	
15:0....g								
16:0....g	14.100	0.470	19	1		28.905	1.805	
17:0....g								

NDB No. 04031
Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	10.600	0.359	19	1		21.730	1.357	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	44.500		0	1		91.225	5.696	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	1		0.000	0.000	
17:1 g								
18:1 undifferentiated g	44.500	1.002	19	1		91.225	5.696	
20:1 g	0.000		0	1		0.000	0.000	
22:1 undifferentiated g	0.000		0	1		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	26.100		0	1		53.505	3.341	
18:2 undifferentiated g	24.500	1.106	19	1		50.225	3.136	
18:3 undifferentiated g	1.600	0.189	17	1		3.280	0.205	
18:4 g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	1		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	
22:6 n-3 g	0.000		0	1		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	200		0	4		410	26	
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	
Threonine g	0.000		0	4		0.000	0.000	
Isoleucine g	0.000		0	4		0.000	0.000	
Leucine g	0.000		0	4		0.000	0.000	
Lysine g	0.000		0	4		0.000	0.000	
Methionine g	0.000		0	4		0.000	0.000	
Cystine g	0.000		0	4		0.000	0.000	
Phenylalanine g	0.000		0	4		0.000	0.000	
Tyrosine g	0.000		0	4		0.000	0.000	
Valine g	0.000		0	4		0.000	0.000	
Arginine g	0.000		0	4		0.000	0.000	
Histidine g	0.000		0	4		0.000	0.000	
Alanine g	0.000		0	4		0.000	0.000	
Aspartic acid g	0.000		0	4		0.000	0.000	
Glutamic acid g	0.000		0	4		0.000	0.000	
Glycine g	0.000		0	4		0.000	0.000	
Proline g	0.000		0	4		0.000	0.000	
Serine g	0.000		0	4		0.000	0.000	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

NDB No. 04031
Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04034
Oil, soybean, salad or cooking, (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	18.190		0	1		39.654	2.474	0.819
Tocopherol, alpha....mg	8.10		0	1		17.66	1.10	0.36
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	14.900		0	1		32.482	2.026	0.671
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.100	0.030	13	1		0.218	0.014	0.005
15:0....g								
16:0....g	9.800	0.171	40	1		21.364	1.333	0.441
17:0....g								

NDB No. 04034
Oil, soybean, salad or cooking, (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	5.000	0.352	40	1		10.900	0.680	0.225
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	43.000		0	1		93.740	5.848	1.935
14:1 g								
15:1 g								
16:1 undifferentiated g	0.400	0.143	8	1		0.872	0.054	0.018
17:1 g								
18:1 undifferentiated g	42.500	0.645	43	1		92.650	5.780	1.913
20:1 g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	37.600		0	1		81.968	5.114	1.692
18:2 undifferentiated g	34.900	0.704	43	1		76.082	4.746	1.571
18:3 undifferentiated g	2.600	0.158	39	1		5.668	0.354	0.117
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	0
Phytosterols mg	132		0	1		288	18	6
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	0.000
Threonine g	0.000		0	4		0.000	0.000	0.000
Isoleucine g	0.000		0	4		0.000	0.000	0.000
Leucine g	0.000		0	4		0.000	0.000	0.000
Lysine g	0.000		0	4		0.000	0.000	0.000
Methionine g	0.000		0	4		0.000	0.000	0.000
Cystine g	0.000		0	4		0.000	0.000	0.000
Phenylalanine g	0.000		0	4		0.000	0.000	0.000
Tyrosine g	0.000		0	4		0.000	0.000	0.000
Valine g	0.000		0	4		0.000	0.000	0.000
Arginine g	0.000		0	4		0.000	0.000	0.000
Histidine g	0.000		0	4		0.000	0.000	0.000
Alanine g	0.000		0	4		0.000	0.000	0.000
Aspartic acid g	0.000		0	4		0.000	0.000	0.000
Glutamic acid g	0.000		0	4		0.000	0.000	0.000
Glycine g	0.000		0	4		0.000	0.000	0.000
Proline g	0.000		0	4		0.000	0.000	0.000
Serine g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

NDB No. 04034
Oil, soybean, salad or cooking, (hydrogenated)

Calories Factors:	**Protein**	**Fat** 8.84	**Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04037
Oil, vegetable, 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.07	0.015	3	1		0.15	0.01	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	32.30		1	1		70.41	4.39	1.45
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	19.700		0	1		42.946	2.679	0.887
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.000		0	4		0.000	0.000	0.000
10:0....g	0.000		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	0.000
13:0....g								
14:0....g	0.700	0.131	28	1		1.526	0.095	0.032
15:0....g								
16:0....g	16.900	0.368	31	1		36.842	2.298	0.761
17:0....g								

NDB No. 04037
Oil, vegetable, rice bran

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	1.600	0.087	29	1		3.488	0.218	0.072
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	39.300		0	1		85.674	5.345	1.769
14:1 g								
15:1 g								
16:1 undifferentiated g	0.200	0.039	9	1		0.436	0.027	0.009
17:1 g								
18:1 undifferentiated g	39.100	0.449	38	1		85.238	5.318	1.760
20:1 g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	4		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	35.000		0	1		76.300	4.760	1.575
18:2 undifferentiated g	33.400	0.403	38	1		72.812	4.542	1.503
18:3 undifferentiated g	1.600	0.159	34	1		3.488	0.218	0.072
18:4 g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	4		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	0
Phytosterols mg	1190		2	1		2594	162	54
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	0.000
Threonine g	0.000		0	4		0.000	0.000	0.000
Isoleucine g	0.000		0	4		0.000	0.000	0.000
Leucine g	0.000		0	4		0.000	0.000	0.000
Lysine g	0.000		0	4		0.000	0.000	0.000
Methionine g	0.000		0	4		0.000	0.000	0.000
Cystine g	0.000		0	4		0.000	0.000	0.000
Phenylalanine g	0.000		0	4		0.000	0.000	0.000
Tyrosine g	0.000		0	4		0.000	0.000	0.000
Valine g	0.000		0	4		0.000	0.000	0.000
Arginine g	0.000		0	4		0.000	0.000	0.000
Histidine g	0.000		0	4		0.000	0.000	0.000
Alanine g	0.000		0	4		0.000	0.000	0.000
Aspartic acid g	0.000		0	4		0.000	0.000	0.000
Glutamic acid g	0.000		0	4		0.000	0.000	0.000
Glycine g	0.000		0	4		0.000	0.000	0.000
Proline g	0.000		0	4		0.000	0.000	0.000
Serine g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline g								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

NDB No. 04038
Oil, 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		1	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	192.440		0	1		419.519	26.172	8.660
Tocopherol, alpha....mg	149.40		0	1		325.69	20.32	6.72
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	18.800		0	1		40.984	2.557	0.846
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.100	0.041	7	1		0.218	0.014	0.005
15:0....g								
16:0....g	16.600	0.307	13	1		36.188	2.258	0.747
17:0....g								

NDB No. 04038
Oil, wheat germ

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	0.500	0.047	12	1		1.090	0.068	0.023
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	15.100		0	1		32.918	2.054	0.680
14:1 g								
15:1 g								
16:1 undifferentiated g	0.500	0.087	13	1		1.090	0.068	0.023
17:1 g								
18:1 undifferentiated g	14.600	0.467	13	1		31.828	1.986	0.657
20:1 g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	61.700		0	1		134.506	8.391	2.777
18:2 undifferentiated g	54.800	0.322	13	1		119.464	7.453	2.466
18:3 undifferentiated g	6.900	0.360	13	1		15.042	0.938	0.311
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	0
Phytosterols mg	553		0	1		1206	75	25
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	0.000
Threonine g	0.000		0	4		0.000	0.000	0.000
Isoleucine g	0.000		0	4		0.000	0.000	0.000
Leucine g	0.000		0	4		0.000	0.000	0.000
Lysine g	0.000		0	4		0.000	0.000	0.000
Methionine g	0.000		0	4		0.000	0.000	0.000
Cystine g	0.000		0	4		0.000	0.000	0.000
Phenylalanine g	0.000		0	4		0.000	0.000	0.000
Tyrosine g	0.000		0	4		0.000	0.000	0.000
Valine g	0.000		0	4		0.000	0.000	0.000
Arginine g	0.000		0	4		0.000	0.000	0.000
Histidine g	0.000		0	4		0.000	0.000	0.000
Alanine g	0.000		0	4		0.000	0.000	0.000
Aspartic acid g	0.000		0	4		0.000	0.000	0.000
Glutamic acid g	0.000		0	4		0.000	0.000	0.000
Glycine g	0.000		0	4		0.000	0.000	0.000
Proline g	0.000		0	4		0.000	0.000	0.000
Serine g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

NDB No. 04038
Oil, wheat germ

Calories Factors:	**Protein**	**Fat** 8.84	**Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04042
Oil, peanut, salad or cooking

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1909	119	40
Energy....kj	3699			4		7989	499	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		216.00	13.50	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0	0.024	9	1		0	0	0
Iron, Fe....mg	0.03	0.004	9	1		0.06	0.00	0.00
Magnesium, Mg....mg	0	0.017	8	1		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0	0.004	6	1		0	0	0
Sodium, Na....mg	0	0.037	11	1		0	0	0
Zinc, Zn....mg	0.01		1	1		0.02	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	12.920		0	1		27.907	1.744	0.581
Tocopherol, alpha....mg	11.60	0.994	28	1		25.06	1.57	0.52
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	16.900		0	1		36.504	2.282	0.761
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.100	0.092	4	1		0.216	0.014	0.005
15:0....g								
16:0....g	9.500	0.233	15	1		20.520	1.283	0.428
17:0....g								

NDB No. 04042
Oil, peanut, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	2.200	0.165	15	1		4.752	0.297	0.099
19:0 g								
20:0 g	1.400		0	1		3.024	0.189	0.063
22:0 g	2.800		0	1		6.048	0.378	0.126
24:0 g	0.900		0	1		1.944	0.122	0.041
Fatty acids, total monounsaturated g	46.200		0	1		99.792	6.237	2.079
14:1 g								
15:1 g								
16:1 undifferentiated g	0.100	0.072	4	1		0.216	0.014	0.005
17:1 g								
18:1 undifferentiated g	44.800	1.835	15	1		96.768	6.048	2.016
20:1 g	1.300	0.097	14	1		2.808	0.176	0.059
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	32.000		0	1		69.120	4.320	1.440
18:2 undifferentiated g	32.000	1.744	15	1		69.120	4.320	1.440
18:3 undifferentiated g	0.000		0	1		0.000	0.000	0.000
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	0
Phytosterols mg	207	43.078	8	1		447	28	9
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	0.000
Threonine g	0.000		0	4		0.000	0.000	0.000
Isoleucine g	0.000		0	4		0.000	0.000	0.000
Leucine g	0.000		0	4		0.000	0.000	0.000
Lysine g	0.000		0	4		0.000	0.000	0.000
Methionine g	0.000		0	4		0.000	0.000	0.000
Cystine g	0.000		0	4		0.000	0.000	0.000
Phenylalanine g	0.000		0	4		0.000	0.000	0.000
Tyrosine g	0.000		0	4		0.000	0.000	0.000
Valine g	0.000		0	4		0.000	0.000	0.000
Arginine g	0.000		0	4		0.000	0.000	0.000
Histidine g	0.000		0	4		0.000	0.000	0.000
Alanine g	0.000		0	4		0.000	0.000	0.000
Aspartic acid g	0.000		0	4		0.000	0.000	0.000
Glutamic acid g	0.000		0	4		0.000	0.000	0.000
Glycine g	0.000		0	4		0.000	0.000	0.000
Proline g	0.000		0	4		0.000	0.000	0.000
Serine g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 216.000g: 1 cup

Measure 2 = 13.500g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

NDB No. 04042
Oil, peanut, salad or cooking

Calories Factors:	**Protein**	**Fat** 8.84	**Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04044
Oil, soybean, salad or cooking

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0	0.021	3	1		0	0	0
Iron, Fe....mg	0.02	0.007	12	1		0.04	0.00	0.00
Magnesium, Mg....mg	0	0.023	3	1		0	0	0
Phosphorus, P....mg	0	0.055	10	1		1	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		1	1		0	0	0
Zinc, Zn....mg	0.00		1	1		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	18.190		0	1		39.654	2.474	0.819
Tocopherol, alpha....mg	11.00	0.543	74	1		23.98	1.50	0.50
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	14.400		0	1		31.392	1.958	0.648
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000	0.038	11	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.100	0.017	27	1		0.218	0.014	0.005
15:0....g								
16:0....g	10.300	0.139	68	1		22.454	1.401	0.464
17:0....g								

NDB No. 04044
Oil, soybean, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 ... g	3.800	0.063	68	1		8.284	0.517	0.171
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	23.300		0	1		50.794	3.169	1.049
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.200	0.045	29	1		0.436	0.027	0.009
17:1 ... g								
18:1 undifferentiated ... g	22.800	0.292	70	1		49.704	3.101	1.026
20:1 ... g	0.200	0.029	18	1		0.436	0.027	0.009
22:1 undifferentiated ... g	0.000		0	1		0.000	0.000	0.000
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	57.900		0	1		126.222	7.874	2.606
18:2 undifferentiated ... g	51.000	0.287	70	1		111.180	6.936	2.295
18:3 undifferentiated ... g	6.800	0.131	66	1		14.824	0.925	0.306
18:4 ... g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	1		0.000	0.000	0.000
22:2 ... g								
22:5 n-3 ... g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	0
Phytosterols ... mg	250	33.841	14	1		545	34	11
Amino Acids:								
Tryptophan ... g	0.000		0	4		0.000	0.000	0.000
Threonine ... g	0.000		0	4		0.000	0.000	0.000
Isoleucine ... g	0.000		0	4		0.000	0.000	0.000
Leucine ... g	0.000		0	4		0.000	0.000	0.000
Lysine ... g	0.000		0	4		0.000	0.000	0.000
Methionine ... g	0.000		0	4		0.000	0.000	0.000
Cystine ... g	0.000		0	4		0.000	0.000	0.000
Phenylalanine ... g	0.000		0	4		0.000	0.000	0.000
Tyrosine ... g	0.000		0	4		0.000	0.000	0.000
Valine ... g	0.000		0	4		0.000	0.000	0.000
Arginine ... g	0.000		0	4		0.000	0.000	0.000
Histidine ... g	0.000		0	4		0.000	0.000	0.000
Alanine ... g	0.000		0	4		0.000	0.000	0.000
Aspartic acid ... g	0.000		0	4		0.000	0.000	0.000
Glutamic acid ... g	0.000		0	4		0.000	0.000	0.000
Glycine ... g	0.000		0	4		0.000	0.000	0.000
Proline ... g	0.000		0	4		0.000	0.000	0.000
Serine ... g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline ... g								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0	0.0	0.0
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

NDB No. 04044
Oil, soybean, salad or cooking

Calories Factors:	**Protein**	**Fat** 8.84	**Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04047
Vegetable oil, coconut

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		1	1		0.00	0.00	0.00
Energy....kcal	862		0	4		1879	117	39
Energy....kj	3607			4		7862	490	162
Protein (N x 0)....g	0.00		0	4		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1	1		218.00	13.60	4.50
Ash....g	0.00		1	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		1	1		0	0	0
Iron, Fe....mg	0.04		1	1		0.09	0.01	0.00
Magnesium, Mg....mg	0		1	1		0	0	0
Phosphorus, P....mg	0		1	1		0	0	0
Potassium, K....mg	0		1	1		0	0	0
Sodium, Na....mg	0		1	1		0	0	0
Zinc, Zn....mg	0.00		1	1		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0	4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	0.0
Thiamin....mg	0.000		1	1		0.000	0.000	0.000
Riboflavin....mg	0.000		1	1		0.000	0.000	0.000
Niacin....mg	0.000		1	1		0.000	0.000	0.000
Pantothenic acid....mg	0.000		1	1		0.000	0.000	0.000
Vitamin B-6....mg	0.000		1	1		0.000	0.000	0.000
Folate, total....mcg	0		1	1		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		1	1		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		1	1		0.00	0.00	0.00
Vitamin A, IU....IU	0		1	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.280		0	1		0.610	0.038	0.013
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	86.500		0	1		188.570	11.764	3.893
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.600		19	1		1.308	0.082	0.027
8:0....g	7.500		19	1		16.350	1.020	0.338
10:0....g	6.000		19	1		13.080	0.816	0.270
11:0....g								
12:0....g	44.600		19	1		97.228	6.066	2.007
13:0....g								
14:0....g	16.800		19	1		36.624	2.285	0.756
15:0....g								
16:0....g	8.200		19	1		17.876	1.115	0.369
17:0....g								
18:0....g	2.800		19	1		6.104	0.381	0.126
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.800		0	1		12.644	0.789	0.261
14:1....g								
15:1....g								

NDB No. 04047
Vegetable oil, coconut

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
17:1....g								
18:1 undifferentiated....g	5.800		19	1		12.644	0.789	0.261
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.800		0	1		3.924	0.245	0.081
18:2 undifferentiated....g	1.800		19	1		3.924	0.245	0.081
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		1	1		0	0	0
Phytosterols....mg	86	1.561	19	1		187	12	4
Amino Acids:								
Tryptophan....g	0.000		0	1		0.000	0.000	0.000
Threonine....g	0.000		0	1		0.000	0.000	0.000
Isoleucine....g	0.000		0	1		0.000	0.000	0.000
Leucine....g	0.000		0	1		0.000	0.000	0.000
Lysine....g	0.000		0	1		0.000	0.000	0.000
Methionine....g	0.000		0	1		0.000	0.000	0.000
Cystine....g	0.000		0	1		0.000	0.000	0.000
Phenylalanine....g	0.000		0	1		0.000	0.000	0.000
Tyrosine....g	0.000		0	1		0.000	0.000	0.000
Valine....g	0.000		0	1		0.000	0.000	0.000
Arginine....g	0.000		0	1		0.000	0.000	0.000
Histidine....g	0.000		0	1		0.000	0.000	0.000
Alanine....g	0.000		0	1		0.000	0.000	0.000
Aspartic acid....g	0.000		0	1		0.000	0.000	0.000
Glutamic acid....g	0.000		0	1		0.000	0.000	0.000
Glycine....g	0.000		0	1		0.000	0.000	0.000
Proline....g	0.000		0	1		0.000	0.000	0.000
Serine....g	0.000		0	1		0.000	0.000	0.000
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 8.62 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04053
Oil, olive, salad or cooking

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1909	119	40
Energy....kj	3699			4		7989	499	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		216.00	13.50	4.50
Ash....g	0.00		44	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0	0.110	5	1		0	0	0
Iron, Fe....mg	0.38	0.070	71	1		0.82	0.05	0.02
Magnesium, Mg....mg	0	0.003	5	1		0	0	0
Phosphorus, P....mg	1	0.513	46	1		3	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0	0.002	76	1		0	0	0
Zinc, Zn....mg	0.06	0.025	27	1		0.13	0.01	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	12.400		0	1		26.784	1.674	0.558
Tocopherol, alpha....mg	11.90	2.227	13	1		25.70	1.61	0.54
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	13.500		0	1		29.160	1.823	0.608
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		16	1		0.000	0.000	0.000
15:0....g								
16:0....g	11.000	0.118	213	1		23.760	1.485	0.495
17:0....g								

NDB No. 04053
Oil, olive, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	2.200	0.030	213	1		4.752	0.297	0.099
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	73.700		0	1		159.192	9.950	3.317
14:1 g								
15:1 g								
16:1 undifferentiated g	0.800	0.026	212	1		1.728	0.108	0.036
17:1 g								
18:1 undifferentiated g	72.500	0.272	213	1		156.600	9.788	3.263
20:1 g	0.300	0.020	76	1		0.648	0.041	0.014
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	8.400		0	1		18.144	1.134	0.378
18:2 undifferentiated g	7.900	0.181	213	1		17.064	1.067	0.356
18:3 undifferentiated g	0.600	0.025	186	1		1.296	0.081	0.027
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	0
Phytosterols mg	221	41.923	13	1		477	30	10
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	0.000
Threonine g	0.000		0	4		0.000	0.000	0.000
Isoleucine g	0.000		0	4		0.000	0.000	0.000
Leucine g	0.000		0	4		0.000	0.000	0.000
Lysine g	0.000		0	4		0.000	0.000	0.000
Methionine g	0.000		0	4		0.000	0.000	0.000
Cystine g	0.000		0	4		0.000	0.000	0.000
Phenylalanine g	0.000		0	4		0.000	0.000	0.000
Tyrosine g	0.000		0	4		0.000	0.000	0.000
Valine g	0.000		0	4		0.000	0.000	0.000
Arginine g	0.000		0	4		0.000	0.000	0.000
Histidine g	0.000		0	4		0.000	0.000	0.000
Alanine g	0.000		0	4		0.000	0.000	0.000
Aspartic acid g	0.000		0	4		0.000	0.000	0.000
Glutamic acid g	0.000		0	4		0.000	0.000	0.000
Glycine g	0.000		0	4		0.000	0.000	0.000
Proline g	0.000		0	4		0.000	0.000	0.000
Serine g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 216.000g: 1 cup

Measure 2 = 13.500g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

NDB No. 04053
Oil, olive, salad or cooking

Calories Factors:	**Protein**	**Fat** 8.84	**Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04055
Oil, vegetable, palm

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1909	120	40
Energy....kj	3699			4		7989	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		216.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.01		1	1		0.02	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		1	1		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	7		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	21.760		0	4		47.002	2.959	0.979
Tocopherol, alpha....mg	19.10	2.751	5	1		41.26	2.60	0.86
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	49.300		0	1		106.488	6.705	2.219
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.100	0.038	12	1		0.216	0.014	0.005
13:0....g								
14:0....g	1.000	0.090	15	1		2.160	0.136	0.045
15:0....g								
16:0....g	43.500	0.464	15	1		93.960	5.916	1.958
17:0....g								

NDB No. 04055
Oil, vegetable, palm

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	4.300	0.352	15	1		9.288	0.585	0.194
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	37.000		0	1		79.920	5.032	1.665
14:1 g								
15:1 g								
16:1 undifferentiated g	0.300	0.071	7	1		0.648	0.041	0.014
17:1 g								
18:1 undifferentiated g	36.600	0.635	15	1		79.056	4.978	1.647
20:1 g	0.100	0.072	4	1		0.216	0.014	0.005
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	9.300		0	1		20.088	1.265	0.419
18:2 undifferentiated g	9.100	0.419	15	1		19.656	1.238	0.410
18:3 undifferentiated g	0.200	0.046	9	1		0.432	0.027	0.009
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	0
Phytosterols mg								
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	0.000
Threonine g	0.000		0	4		0.000	0.000	0.000
Isoleucine g	0.000		0	4		0.000	0.000	0.000
Leucine g	0.000		0	4		0.000	0.000	0.000
Lysine g	0.000		0	4		0.000	0.000	0.000
Methionine g	0.000		0	4		0.000	0.000	0.000
Cystine g	0.000		0	4		0.000	0.000	0.000
Phenylalanine g	0.000		0	4		0.000	0.000	0.000
Tyrosine g	0.000		0	4		0.000	0.000	0.000
Valine g	0.000		0	4		0.000	0.000	0.000
Arginine g	0.000		0	4		0.000	0.000	0.000
Histidine g	0.000		0	4		0.000	0.000	0.000
Alanine g	0.000		0	4		0.000	0.000	0.000
Aspartic acid g	0.000		0	4		0.000	0.000	0.000
Glutamic acid g	0.000		0	4		0.000	0.000	0.000
Glycine g	0.000		0	4		0.000	0.000	0.000
Proline g	0.000		0	4		0.000	0.000	0.000
Serine g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 216.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

NDB No. 04055
Oil, vegetable, palm

Calories Factors:	**Protein**	**Fat** 8.84	**Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04058
Oil, sesame, salad or cooking

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	4.090		0	1		8.916	0.556	0.184
Tocopherol, alpha....mg	1.40	0.097	5	1		3.05	0.19	0.06
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	14.200		0	1		30.956	1.931	0.639
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	0.000
15:0....g								
16:0....g	8.900	0.378	37	1		19.402	1.210	0.401
17:0....g								

NDB No. 04058
Oil, sesame, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	4.800	0.220	37	1		10.464	0.653	0.216
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	39.700		0	1		86.546	5.399	1.787
14:1 g								
15:1 g								
16:1 undifferentiated g	0.200	0.035	32	1		0.436	0.027	0.009
17:1 g								
18:1 undifferentiated g	39.300	0.659	38	1		85.674	5.345	1.769
20:1 g	0.200	0.047	11	1		0.436	0.027	0.009
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	41.700		0	1		90.906	5.671	1.877
18:2 undifferentiated g	41.300	0.677	38	1		90.034	5.617	1.859
18:3 undifferentiated g	0.300	0.058	23	1		0.654	0.041	0.014
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	0
Phytosterols mg	865		0	1		1886	118	39
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	0.000
Threonine g	0.000		0	4		0.000	0.000	0.000
Isoleucine g	0.000		0	4		0.000	0.000	0.000
Leucine g	0.000		0	4		0.000	0.000	0.000
Lysine g	0.000		0	4		0.000	0.000	0.000
Methionine g	0.000		0	4		0.000	0.000	0.000
Cystine g	0.000		0	4		0.000	0.000	0.000
Phenylalanine g	0.000		0	4		0.000	0.000	0.000
Tyrosine g	0.000		0	4		0.000	0.000	0.000
Valine g	0.000		0	4		0.000	0.000	0.000
Arginine g	0.000		0	4		0.000	0.000	0.000
Histidine g	0.000		0	4		0.000	0.000	0.000
Alanine g	0.000		0	4		0.000	0.000	0.000
Aspartic acid g	0.000		0	4		0.000	0.000	0.000
Glutamic acid g	0.000		0	4		0.000	0.000	0.000
Glycine g	0.000		0	4		0.000	0.000	0.000
Proline g	0.000		0	4		0.000	0.000	0.000
Serine g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

NDB No. 04058
Oil, sesame, salad or cooking

Calories Factors:	**Protein**	**Fat** 8.84	**Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04060
Oil, vegetable, sunflower, linoleic (less than 60%)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		1	1		0	0	0
Iron, Fe....mg	0.03		1	1		0.07	0.00	0.00
Magnesium, Mg....mg	0		1	1		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		1	1		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	59.50		0	4		129.71	8.09	2.68
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	10.100		0	1		22.018	1.374	0.455
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.000		0	4		0.000	0.000	0.000
10:0....g	0.000		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	0.000
15:0....g								
16:0....g	5.400	0.082	45	1		11.772	0.734	0.243
17:0....g								

NDB No. 04060
Oil, vegetable, sunflower, linoleic (less than 60%)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	3.500	0.093	45	1		7.630	0.476	0.158
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	45.400		0	1		98.972	6.174	2.043
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.200	0.016	27	1		0.436	0.027	0.009
17:1 ... g								
18:1 undifferentiated ... g	45.300	0.777	45	1		98.754	6.161	2.039
20:1 ... g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	40.100		0	1		87.418	5.454	1.805
18:2 undifferentiated ... g	39.800	0.751	45	1		86.764	5.413	1.791
18:3 undifferentiated ... g	0.200	0.024	20	1		0.436	0.027	0.009
18:4 ... g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	4		0.000	0.000	0.000
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	0
Phytosterols ... mg	100		0	4		218	14	5
Amino Acids:								
Tryptophan ... g	0.000		0	4		0.000	0.000	0.000
Threonine ... g	0.000		0	4		0.000	0.000	0.000
Isoleucine ... g	0.000		0	4		0.000	0.000	0.000
Leucine ... g	0.000		0	4		0.000	0.000	0.000
Lysine ... g	0.000		0	4		0.000	0.000	0.000
Methionine ... g	0.000		0	4		0.000	0.000	0.000
Cystine ... g	0.000		0	4		0.000	0.000	0.000
Phenylalanine ... g	0.000		0	4		0.000	0.000	0.000
Tyrosine ... g	0.000		0	4		0.000	0.000	0.000
Valine ... g	0.000		0	4		0.000	0.000	0.000
Arginine ... g	0.000		0	4		0.000	0.000	0.000
Histidine ... g	0.000		0	4		0.000	0.000	0.000
Alanine ... g	0.000		0	4		0.000	0.000	0.000
Aspartic acid ... g	0.000		0	4		0.000	0.000	0.000
Glutamic acid ... g	0.000		0	4		0.000	0.000	0.000
Glycine ... g	0.000		0	4		0.000	0.000	0.000
Proline ... g	0.000		0	4		0.000	0.000	0.000
Serine ... g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

NDB No. 04065
Margarine, regular, hard, corn (hydrogenated and 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	15.70	0.194	93	1		0.74	17.80	
Energy....kcal	719		0	4		34	815	
Energy....kj	3007			4		141	3410	
Protein (N x 6.38)....g	0.90	0.077	34	1		0.04	1.02	
Total lipid (fat)....g	80.50	0.026	572	1		3.78	91.29	
Ash....g	2.00	0.031	61	1		0.09	2.27	
Carbohydrate, by difference....g	0.90		0	4		0.04	1.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	30		0	1		1	34	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	3		0	1		0	3	
Phosphorus, P....mg	23		0	1		1	26	
Potassium, K....mg	42		0	1		2	48	
Sodium, Na....mg	943	9.459	337	1		44	1070	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.0	0.2	
Thiamin....mg	0.010		0	1		0.000	0.011	
Riboflavin....mg	0.037		0	1		0.002	0.042	
Niacin....mg	0.023		0	1		0.001	0.026	
Pantothenic acid....mg	0.084		0	1		0.004	0.095	
Vitamin B-6....mg	0.009		0	1		0.000	0.010	
Folate, total....mcg	1		0	1		0	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		0	1	
Folate, DFE....mcg_DFE	1		0	4		0	1	
Vitamin B-12....mcg	0.10		0	1		0.00	0.11	
Vitamin A, IU....IU	3571		0	5		168	4050	
Vitamin A, RE....mcg_RE	799		0	5		38	906	
Vitamin E....mg_ATE	14.940		0	1		0.702	16.942	
Tocopherol, alpha....mg	11.60	2.167	6	1		0.55	13.15	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	14.000		0	1		0.658	15.876	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.100	0.035	6	1		0.005	0.113	
15:0....g								
16:0....g	9.200	0.207	22	1		0.432	10.433	
17:0....g								

NDB No. 04065
Margarine, regular, hard, corn (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	4.800	0.155	22	1		0.226	5.443	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	38.800		0	1		1.824	43.999	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	4		0.000	0.000	
17:1 g								
18:1 undifferentiated g	38.800	0.479	22	1		1.824	43.999	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	24.100		0	1		1.133	27.329	
18:2 undifferentiated g	23.700	0.465	22	1		1.114	26.876	
18:3 undifferentiated g	0.400	0.035	21	1		0.019	0.454	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	570	33.000	7	1		27	646	
Amino Acids:								
Tryptophan g	0.012		0	1		0.001	0.014	
Threonine g	0.039		0	1		0.002	0.044	
Isoleucine g	0.052		0	1		0.002	0.059	
Leucine g	0.084		0	1		0.004	0.095	
Lysine g	0.068		0	1		0.003	0.077	
Methionine g	0.021		0	1		0.001	0.024	
Cystine g	0.008		0	1		0.000	0.009	
Phenylalanine g	0.041		0	1		0.002	0.046	
Tyrosine g	0.041		0	1		0.002	0.046	
Valine g	0.057		0	1		0.003	0.065	
Arginine g	0.031		0	1		0.001	0.035	
Histidine g	0.023		0	1		0.001	0.026	
Alanine g	0.029		0	1		0.001	0.033	
Aspartic acid g	0.065		0	1		0.003	0.074	
Glutamic acid g	0.179		0	1		0.008	0.203	
Glycine g	0.018		0	1		0.001	0.020	
Proline g	0.083		0	1		0.004	0.094	
Serine g	0.046		0	1		0.002	0.052	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 113.400g: 1 stick

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

NDB No. 04065
Margarine, regular, hard, corn (hydrogenated and regular)

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04067

Margarine, regular, hard, corn and soybean (hydrogenated) and cottonseed (hydrogenated), with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	15.70	0.194	93	1		0.74	17.80	
Energy....kcal	719		0	4		34	815	
Energy....kj	3007			4		141	3410	
Protein (N x 6.38)....g	0.90	0.077	34	1		0.04	1.02	
Total lipid (fat)....g	80.50	0.026	572	1		3.78	91.29	
Ash....g	2.00	0.031	61	1		0.09	2.27	
Carbohydrate, by difference....g	0.90		0	4		0.04	1.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	30		0	1		1	34	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	3		0	1		0	3	
Phosphorus, P....mg	23		0	1		1	26	
Potassium, K....mg	42		0	1		2	48	
Sodium, Na....mg	943	9.459	337	1		44	1070	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.0	0.2	
Thiamin....mg	0.010		0	1		0.000	0.011	
Riboflavin....mg	0.037		0	1		0.002	0.042	
Niacin....mg	0.023		0	1		0.001	0.026	
Pantothenic acid....mg	0.084		0	1		0.004	0.095	
Vitamin B-6....mg	0.009		0	1		0.000	0.010	
Folate, total....mcg	1		0	1		0	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		0	1	
Folate, DFE....mcg_DFE	1		0	4		0	1	
Vitamin B-12....mcg	0.10		0	1		0.00	0.11	
Vitamin A, IU....IU	3571		0	5		168	4050	
Vitamin A, RE....mcg_RE	799		0	5		38	906	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	11.00	1.235	7	1		0.52	12.47	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	15.000		0	1		0.705	17.010	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.300	0.016	283	1		0.014	0.340	
13:0....g								
14:0....g	0.200	0.007	291	1		0.009	0.227	
15:0....g								
16:0....g	9.600	0.056	292	1		0.451	10.886	
17:0....g								

NDB No. 04067

Margarine, regular, hard, corn and soybean (hydrogenated) and cottonseed (hydrogenated), with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	5.000	0.032	292	1		0.235	5.670	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	36.800		0	1		1.730	41.731	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	4		0.000	0.000	
17:1 g								
18:1 undifferentiated g	36.800	0.060	164	1		1.730	41.731	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	25.100		0	1		1.180	28.463	
18:2 undifferentiated g	24.800	0.072	292	1		1.166	28.123	
18:3 undifferentiated g	0.300	0.035	287	1		0.014	0.340	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	425	20.000	6	1		20	482	
Amino Acids:								
Tryptophan g	0.012		0	1		0.001	0.014	
Threonine g	0.039		0	1		0.002	0.044	
Isoleucine g	0.052		0	1		0.002	0.059	
Leucine g	0.084		0	1		0.004	0.095	
Lysine g	0.068		0	1		0.003	0.077	
Methionine g	0.021		0	1		0.001	0.024	
Cystine g	0.008		0	1		0.000	0.009	
Phenylalanine g	0.041		0	1		0.002	0.046	
Tyrosine g	0.041		0	1		0.002	0.046	
Valine g	0.057		0	1		0.003	0.065	
Arginine g	0.031		0	1		0.001	0.035	
Histidine g	0.023		0	1		0.001	0.026	
Alanine g	0.029		0	1		0.001	0.033	
Aspartic acid g	0.065		0	1		0.003	0.074	
Glutamic acid g	0.179		0	1		0.008	0.203	
Glycine g	0.018		0	1		0.001	0.020	
Proline g	0.083		0	1		0.004	0.094	
Serine g	0.046		0	1		0.002	0.052	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 113.400g: 1 stick

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04068

Margarine, regular, hard, corn and soybean (hydrogenated) and cottonseed (hydrogenated), 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	18.50		2	1		0.87	20.98	
Energy....kcal	714		0	4		34	810	
Energy....kj	2987			4		140	3388	
Protein (N x 6.38)....g	0.50		2	1		0.02	0.57	
Total lipid (fat)....g	80.30	0.084	56	1		3.77	91.06	
Ash....g	0.20		2	1		0.01	0.23	
Carbohydrate, by difference....g	0.50		0	4		0.02	0.57	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	17		0	1		1	20	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	2		0	1		0	2	
Phosphorus, P....mg	13		0	1		1	15	
Potassium, K....mg	25		0	1		1	28	
Sodium, Na....mg	2	0.566	54	1		0	2	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg	0.000		0	4		0.000	0.000	
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.0	0.1	
Thiamin....mg	0.006		0	1		0.000	0.007	
Riboflavin....mg	0.021		0	1		0.001	0.024	
Niacin....mg	0.013		0	1		0.001	0.015	
Pantothenic acid....mg	0.049		0	1		0.002	0.056	
Vitamin B-6....mg	0.005		0	1		0.000	0.006	
Folate, total....mcg	1		0	1		0	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		0	1	
Folate, DFE....mcg_DFE	1		0	4		0	1	
Vitamin B-12....mcg	0.06		0	1		0.00	0.06	
Vitamin A, IU....IU	3571		0	5		168	4050	
Vitamin A, RE....mcg_RE	799		0	5		38	906	
Vitamin E....mg_ATE	11.000		0	4		0.517	12.474	
Tocopherol, alpha....mg	11.60		0	4		0.55	13.15	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	15.000		0	1		0.705	17.010	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.300	0.016	283	1		0.014	0.340	
13:0....g								
14:0....g	0.200	0.007	291	1		0.009	0.227	
15:0....g								
16:0....g	9.500	0.057	292	1		0.447	10.773	
17:0....g								

NDB No. 04068

Margarine, regular, hard, corn and soybean (hydrogenated) and cottonseed (hydrogenated), without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	5.000	0.032	292	1		0.235	5.670	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	36.700		0	1		1.725	41.618	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	4		0.000	0.000	
17:1 g								
18:1 undifferentiated g	36.700	0.070	164	1		1.725	41.618	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	25.000		0	1		1.175	28.350	
18:2 undifferentiated g	24.700	0.076	292	1		1.161	28.010	
18:3 undifferentiated g	0.300	0.035	287	1		0.014	0.340	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	265		0	4		12	301	
Amino Acids:								
Tryptophan g	0.007		0	1		0.000	0.008	
Threonine g	0.022		0	1		0.001	0.025	
Isoleucine g	0.030		0	1		0.001	0.034	
Leucine g	0.049		0	1		0.002	0.056	
Lysine g	0.039		0	1		0.002	0.044	
Methionine g	0.012		0	1		0.001	0.014	
Cystine g	0.005		0	1		0.000	0.006	
Phenylalanine g	0.024		0	1		0.001	0.027	
Tyrosine g	0.024		0	1		0.001	0.027	
Valine g	0.033		0	1		0.002	0.037	
Arginine g	0.018		0	1		0.001	0.020	
Histidine g	0.013		0	1		0.001	0.015	
Alanine g	0.017		0	1		0.001	0.019	
Aspartic acid g	0.038		0	1		0.002	0.043	
Glutamic acid g	0.104		0	1		0.005	0.118	
Glycine g	0.011		0	1		0.001	0.012	
Proline g	0.048		0	1		0.002	0.054	
Serine g	0.027		0	1		0.001	0.031	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 113.400g: 1 stick

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

NDB No. 04068

Margarine, regular, hard, corn and soybean (hydrogenated) and cottonseed (hydrogenated), without salt

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04071
Margarine, regular, hard, corn (hydrogenated)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	15.70	0.194	93	1		0.74	17.80	
Energy	kcal	719		0	4		34	815	
Energy	kj	3007			4		141	3410	
Protein (N x 6.38)	g	0.90	0.077	34	1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572	1		3.78	91.29	
Ash	g	2.00	0.031	61	1		0.09	2.27	
Carbohydrate, by difference	g	0.90		0	4		0.04	1.02	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	30		0	1		1	34	
Iron, Fe	mg	0.00		0	4		0.00	0.00	
Magnesium, Mg	mg	3		0	1		0	3	
Phosphorus, P	mg	23		0	1		1	26	
Potassium, K	mg	42		0	1		2	48	
Sodium, Na	mg	943	9.459	337	1		44	1070	
Zinc, Zn	mg								
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg	0.0		0	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.2		0	1		0.0	0.2	
Thiamin	mg	0.010		0	1		0.000	0.011	
Riboflavin	mg	0.037		0	1		0.002	0.042	
Niacin	mg	0.023		0	1		0.001	0.026	
Pantothenic acid	mg	0.084		0	1		0.004	0.095	
Vitamin B-6	mg	0.009		0	1		0.000	0.010	
Folate, total	mcg	1		0	1		0	1	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	1		0	1		0	1	
Folate, DFE	mcg_DFE	1		0	4		0	1	
Vitamin B-12	mcg	0.10		0	1		0.00	0.11	
Vitamin A, IU	IU	3571		0	5		168	4050	
Vitamin A, RE	mcg_RE	799		0	5		38	906	
Vitamin E	mg_ATE								
Tocopherol, alpha	mg	11.60		0	4		0.55	13.15	
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Tocotrienol, alpha	mg								
Tocotrienol, beta	mg								
Tocotrienol, gamma	mg								
Tocotrienol, delta	mg								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	13.200		0	1		0.620	14.969	
4:0	g	0.000		0	4		0.000	0.000	
6:0	g	0.000		0	4		0.000	0.000	
8:0	g	0.000		0	4		0.000	0.000	
10:0	g	0.000		0	4		0.000	0.000	
11:0	g								
12:0	g	0.000		0	4		0.000	0.000	
13:0	g								
14:0	g	0.000	0.026	3	1		0.000	0.000	
15:0	g								
16:0	g	9.000	0.164	6	1		0.423	10.206	
17:0	g								

NDB No. 04071
Margarine, regular, hard, corn (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	4.200	0.125	6	1		0.197	4.763	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	45.800		0	1		2.153	51.937	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	45.800	1.997	6	1		2.153	51.937	
20:1 ... g	0.000		0	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	18.000		0	1		0.846	20.412	
18:2 undifferentiated ... g	17.700	2.083	6	1		0.832	20.072	
18:3 undifferentiated ... g	0.200		0	1		0.009	0.227	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	571		2	1		27	648	
Amino Acids:								
Tryptophan ... g	0.012		0	1		0.001	0.014	
Threonine ... g	0.039		0	1		0.002	0.044	
Isoleucine ... g	0.052		0	1		0.002	0.059	
Leucine ... g	0.084		0	1		0.004	0.095	
Lysine ... g	0.068		0	1		0.003	0.077	
Methionine ... g	0.021		0	1		0.001	0.024	
Cystine ... g	0.008		0	1		0.000	0.009	
Phenylalanine ... g	0.041		0	1		0.002	0.046	
Tyrosine ... g	0.041		0	1		0.002	0.046	
Valine ... g	0.057		0	1		0.003	0.065	
Arginine ... g	0.031		0	1		0.001	0.035	
Histidine ... g	0.023		0	1		0.001	0.026	
Alanine ... g	0.029		0	1		0.001	0.033	
Aspartic acid ... g	0.065		0	1		0.003	0.074	
Glutamic acid ... g	0.179		0	1		0.008	0.203	
Glycine ... g	0.018		0	1		0.001	0.020	
Proline ... g	0.083		0	1		0.004	0.094	
Serine ... g	0.046		0	1		0.002	0.052	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 113.400g: 1 stick

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04073
Margarine, regular, hard, soybean (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	15.70	0.194	93	1		0.74	17.74	
Energy....kcal	719		0	4		34	812	
Energy....kj	3007			4		141	3398	
Protein (N x 6.38)....g	0.90	0.077	34	1		0.04	1.02	
Total lipid (fat)....g	80.50	0.026	572	1		3.78	90.97	
Ash....g	2.00	0.031	61	1		0.09	2.26	
Carbohydrate, by difference....g	0.90		0	4		0.04	1.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	30		0	1		1	34	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	3		0	1		0	3	
Phosphorus, P....mg	23		0	1		1	26	
Potassium, K....mg	42		0	1		2	48	
Sodium, Na....mg	943	9.459	337	1		44	1066	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.0	0.2	
Thiamin....mg	0.010		0	1		0.000	0.011	
Riboflavin....mg	0.037		0	1		0.002	0.042	
Niacin....mg	0.023		0	1		0.001	0.026	
Pantothenic acid....mg	0.084		0	1		0.004	0.095	
Vitamin B-6....mg	0.009		0	1		0.000	0.010	
Folate, total....mcg	1		0	1		0	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		0	1	
Folate, DFE....mcg_DFE	1		0	4		0	1	
Vitamin B-12....mcg	0.10		0	1		0.00	0.11	
Vitamin A, IU....IU	3571		0	5		168	4035	
Vitamin A, RE....mcg_RE	799		0	5		38	903	
Vitamin E....mg_ATE	10.360		0	1		0.487	11.707	
Tocopherol, alpha....mg	3.10		1	1		0.15	3.50	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	16.700		0	1		0.785	18.871	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.200	0.080	4	1		0.009	0.226	
15:0....g								
16:0....g	9.600	0.615	4	1		0.451	10.848	
17:0....g								

NDB No. 04073
Margarine, regular, hard, soybean (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 g	6.900	0.103	4	1		0.324	7.797	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	39.300		0	1		1.847	44.409	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.200		1	1		0.009	0.226	
17:1 g								
18:1 undifferentiated g	39.100	1.521	4	1		1.838	44.183	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	20.900		0	1		0.982	23.617	
18:2 undifferentiated g	19.400	1.179	4	1		0.912	21.922	
18:3 undifferentiated g	1.500	0.420	4	1		0.071	1.695	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	146		1	1		7	165	
Amino Acids:								
Tryptophan g	0.012		0	1		0.001	0.014	
Threonine g	0.039		0	1		0.002	0.044	
Isoleucine g	0.052		0	1		0.002	0.059	
Leucine g	0.084		0	1		0.004	0.095	
Lysine g	0.068		0	1		0.003	0.077	
Methionine g	0.021		0	1		0.001	0.024	
Cystine g	0.008		0	1		0.000	0.009	
Phenylalanine g	0.041		0	1		0.002	0.046	
Tyrosine g	0.041		0	1		0.002	0.046	
Valine g	0.057		0	1		0.003	0.064	
Arginine g	0.031		0	1		0.001	0.035	
Histidine g	0.023		0	1		0.001	0.026	
Alanine g	0.029		0	1		0.001	0.033	
Aspartic acid g	0.065		0	1		0.003	0.073	
Glutamic acid g	0.179		0	1		0.008	0.202	
Glycine g	0.018		0	1		0.001	0.020	
Proline g	0.083		0	1		0.004	0.094	
Serine g	0.046		0	1		0.002	0.052	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 113.000g: 1 stick

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04074
Margarine, regular, hard, soybean (hydrogenated) and corn and cottonseed (hydrogenated)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	15.70	0.194	93	1		0.74	17.80	
Energy	kcal	719		0	4		34	815	
Energy	kj	3007			4		141	3410	
Protein (N x 6.38)	g	0.90	0.077	34	1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572	1		3.78	91.29	
Ash	g	2.00	0.031	61	1		0.09	2.27	
Carbohydrate, by difference	g	0.90		0	4		0.04	1.02	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	30		0	1		1	34	
Iron, Fe	mg	0.00		0	4		0.00	0.00	
Magnesium, Mg	mg	3		0	1		0	3	
Phosphorus, P	mg	23		0	1		1	26	
Potassium, K	mg	42		0	1		2	48	
Sodium, Na	mg	943	9.459	337	1		44	1070	
Zinc, Zn	mg	0.00		0	4		0.00	0.00	
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg	0.0		0	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.2		0	1		0.0	0.2	
Thiamin	mg	0.010		0	1		0.000	0.011	
Riboflavin	mg	0.037		0	1		0.002	0.042	
Niacin	mg	0.023		0	1		0.001	0.026	
Pantothenic acid	mg	0.084		0	1		0.004	0.095	
Vitamin B-6	mg	0.009		0	1		0.000	0.010	
Folate, total	mcg	1		0	1		0	1	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	1		0	1		0	1	
Folate, DFE	mcg_DFE	1		0	4		0	1	
Vitamin B-12	mcg	0.10		0	1		0.00	0.11	
Vitamin A, IU	IU	3571		0	5		168	4050	
Vitamin A, RE	mcg_RE	799		0	5		38	906	
Vitamin E	mg_ATE								
Tocopherol, alpha	mg	3.10		0	4		0.15	3.52	
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Tocotrienol, alpha	mg								
Tocotrienol, beta	mg								
Tocotrienol, gamma	mg								
Tocotrienol, delta	mg								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	19.800		0	1		0.931	22.453	
4:0	g	0.000		0	4		0.000	0.000	
6:0	g	0.000		0	4		0.000	0.000	
8:0	g	0.000		0	4		0.000	0.000	
10:0	g	0.000		0	4		0.000	0.000	
11:0	g								
12:0	g	0.000		0	4		0.000	0.000	
13:0	g								
14:0	g	0.300		2	1		0.014	0.340	
15:0	g								
16:0	g	10.900		2	1		0.512	12.361	
17:0	g								

NDB No. 04074

Margarine, regular, hard, soybean (hydrogenated) and corn and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	8.600		2	1		0.404	9.752	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	32.000		0	1		1.504	36.288	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	4		0.000	0.000	
17:1 g								
18:1 undifferentiated g	32.000		2	1		1.504	36.288	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	25.100		0	1		1.180	28.463	
18:2 undifferentiated g	23.600		2	1		1.109	26.762	
18:3 undifferentiated g	1.500		2	1		0.071	1.701	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	265		0	4		12	301	
Amino Acids:								
Tryptophan g	0.012		0	1		0.001	0.014	
Threonine g	0.039		0	1		0.002	0.044	
Isoleucine g	0.052		0	1		0.002	0.059	
Leucine g	0.084		0	1		0.004	0.095	
Lysine g	0.068		0	1		0.003	0.077	
Methionine g	0.021		0	1		0.001	0.024	
Cystine g	0.008		0	1		0.000	0.009	
Phenylalanine g	0.041		0	1		0.002	0.046	
Tyrosine g	0.041		0	1		0.002	0.046	
Valine g	0.057		0	1		0.003	0.065	
Arginine g	0.031		0	1		0.001	0.035	
Histidine g	0.023		0	1		0.001	0.026	
Alanine g	0.029		0	1		0.001	0.033	
Aspartic acid g	0.065		0	1		0.003	0.074	
Glutamic acid g	0.179		0	1		0.008	0.203	
Glycine g	0.018		0	1		0.001	0.020	
Proline g	0.083		0	1		0.004	0.094	
Serine g	0.046		0	1		0.002	0.052	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 113.400g: 1 stick

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04075
Margarine, regular, hard, soybean (hydrogenated) and cottonseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	15.70	0.194	93	1		0.74	17.80	
Energy....kcal	719		0	4		34	815	
Energy....kj	3007			4		141	3410	
Protein (N x 6.38)....g	0.90	0.077	34	1		0.04	1.02	
Total lipid (fat)....g	80.50	0.026	572	1		3.78	91.29	
Ash....g	2.00	0.031	61	1		0.09	2.27	
Carbohydrate, by difference....g	0.90		0	4		0.04	1.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	30		0	1		1	34	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	3		0	1		0	3	
Phosphorus, P....mg	23		0	1		1	26	
Potassium, K....mg	42		0	1		2	48	
Sodium, Na....mg	943	9.459	337	1		44	1070	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.0	0.2	
Thiamin....mg	0.010		0	1		0.000	0.011	
Riboflavin....mg	0.037		0	1		0.002	0.042	
Niacin....mg	0.023		0	1		0.001	0.026	
Pantothenic acid....mg	0.084		0	1		0.004	0.095	
Vitamin B-6....mg	0.009		0	1		0.000	0.010	
Folate, total....mcg	1		0	1		0	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		0	1	
Folate, DFE....mcg_DFE	1		0	4		0	1	
Vitamin B-12....mcg	0.10		0	1		0.00	0.11	
Vitamin A, IU....IU	3571		0	5		168	4050	
Vitamin A, RE....mcg_RE	799		0	5		38	906	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	6.10		1	1		0.29	6.92	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	16.300		0	1		0.766	18.484	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.100	0.036	7	1		0.005	0.113	
15:0....g								
16:0....g	10.000	0.578	7	1		0.470	11.340	
17:0....g								

NDB No. 04075
Margarine, regular, hard, soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	6.200	0.417	7	1		0.291	7.031	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	40.700		0	1		1.913	46.154	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	4		0.000	0.000	
17:1 g								
18:1 undifferentiated g	40.700	3.306	7	1		1.913	46.154	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	19.900		0	1		0.935	22.567	
18:2 undifferentiated g	19.200	2.419	7	1		0.902	21.773	
18:3 undifferentiated g	0.700	0.176	7	1		0.033	0.794	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	219		1	1		10	248	
Amino Acids:								
Tryptophan g	0.012		0	1		0.001	0.014	
Threonine g	0.039		0	1		0.002	0.044	
Isoleucine g	0.052		0	1		0.002	0.059	
Leucine g	0.084		0	1		0.004	0.095	
Lysine g	0.068		0	1		0.003	0.077	
Methionine g	0.021		0	1		0.001	0.024	
Cystine g	0.008		0	1		0.000	0.009	
Phenylalanine g	0.041		0	1		0.002	0.046	
Tyrosine g	0.041		0	1		0.002	0.046	
Valine g	0.057		0	1		0.003	0.065	
Arginine g	0.031		0	1		0.001	0.035	
Histidine g	0.023		0	1		0.001	0.026	
Alanine g	0.029		0	1		0.001	0.033	
Aspartic acid g	0.065		0	1		0.003	0.074	
Glutamic acid g	0.179		0	1		0.008	0.203	
Glycine g	0.018		0	1		0.001	0.020	
Proline g	0.083		0	1		0.004	0.094	
Serine g	0.046		0	1		0.002	0.052	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 113.400g: 1 stick

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04076
Margarine, regular, hard, soybean (hydrogenated) and cottonseed (hydrogenated)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	15.70	0.194	93	1		0.74	17.80	
Energy	kcal	719		0	4		34	815	
Energy	kj	3007			4		141	3410	
Protein (N x 6.38)	g	0.90	0.077	34	1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572	1		3.78	91.29	
Ash	g	2.00	0.031	61	1		0.09	2.27	
Carbohydrate, by difference	g	0.90		0	4		0.04	1.02	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	30		0	1		1	34	
Iron, Fe	mg	0.00		0	4		0.00	0.00	
Magnesium, Mg	mg	3		0	1		0	3	
Phosphorus, P	mg	23		0	1		1	26	
Potassium, K	mg	42		0	1		2	48	
Sodium, Na	mg	943	9.459	337	1		44	1070	
Zinc, Zn	mg	0.00		0	4		0.00	0.00	
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg	0.0		0	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.2		0	1		0.0	0.2	
Thiamin	mg	0.010		0	1		0.000	0.011	
Riboflavin	mg	0.037		0	1		0.002	0.042	
Niacin	mg	0.023		0	1		0.001	0.026	
Pantothenic acid	mg	0.084		0	1		0.004	0.095	
Vitamin B-6	mg	0.009		0	1		0.000	0.010	
Folate, total	mcg	1		0	1		0	1	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	1		0	1		0	1	
Folate, DFE	mcg_DFE	1		0	4		0	1	
Vitamin B-12	mcg	0.10		0	1		0.00	0.11	
Vitamin A, IU	IU	3571		0	5		168	4050	
Vitamin A, RE	mcg_RE	799		0	5		38	906	
Vitamin E	mg_ATE								
Tocopherol, alpha	mg	7.80	1.154	14	1		0.37	8.85	
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Tocotrienol, alpha	mg								
Tocotrienol, beta	mg								
Tocotrienol, gamma	mg								
Tocotrienol, delta	mg								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	15.100		0	1		0.710	17.123	
4:0	g	0.000		0	4		0.000	0.000	
6:0	g	0.000		0	4		0.000	0.000	
8:0	g	0.000		0	4		0.000	0.000	
10:0	g	0.000		0	4		0.000	0.000	
11:0	g								
12:0	g	0.000		0	4		0.000	0.000	
13:0	g								
14:0	g	0.100	0.010	32	1		0.005	0.113	
15:0	g								
16:0	g	9.100	0.258	36	1		0.428	10.319	
17:0	g								

NDB No. 04076

Margarine, regular, hard, soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	5.900	0.171	36	1		0.277	6.691	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	47.300		0	1		2.223	53.638	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	4		0.000	0.000	
17:1 g								
18:1 undifferentiated g	47.300	0.820	36	1		2.223	53.638	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	14.600		0	1		0.686	16.556	
18:2 undifferentiated g	13.700	0.685	36	1		0.644	15.536	
18:3 undifferentiated g	0.800	0.122	31	1		0.038	0.907	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	171		2	1		8	194	
Amino Acids:								
Tryptophan g	0.012		0	1		0.001	0.014	
Threonine g	0.039		0	1		0.002	0.044	
Isoleucine g	0.052		0	1		0.002	0.059	
Leucine g	0.084		0	1		0.004	0.095	
Lysine g	0.068		0	1		0.003	0.077	
Methionine g	0.021		0	1		0.001	0.024	
Cystine g	0.008		0	1		0.000	0.009	
Phenylalanine g	0.041		0	1		0.002	0.046	
Tyrosine g	0.041		0	1		0.002	0.046	
Valine g	0.057		0	1		0.003	0.065	
Arginine g	0.031		0	1		0.001	0.035	
Histidine g	0.023		0	1		0.001	0.026	
Alanine g	0.029		0	1		0.001	0.033	
Aspartic acid g	0.065		0	1		0.003	0.074	
Glutamic acid g	0.179		0	1		0.008	0.203	
Glycine g	0.018		0	1		0.001	0.020	
Proline g	0.083		0	1		0.004	0.094	
Serine g	0.046		0	1		0.002	0.052	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 113.400g: 1 stick

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04077
Margarine, regular, hard, soybean (hydrogenated) and palm (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	15.70	0.194	93	1		0.74	17.80	
Energy....kcal	719		0	4		34	815	
Energy....kj	3007			4		141	3410	
Protein (N x 6.38)....g	0.90	0.077	34	1		0.04	1.02	
Total lipid (fat)....g	80.50	0.026	572	1		3.78	91.29	
Ash....g	2.00	0.031	61	1		0.09	2.27	
Carbohydrate, by difference....g	0.90		0	4		0.04	1.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	30		0	1		1	34	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	3		0	1		0	3	
Phosphorus, P....mg	23		0	1		1	26	
Potassium, K....mg	42		0	1		2	48	
Sodium, Na....mg	943	9.459	337	1		44	1070	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.0	0.2	
Thiamin....mg	0.010		0	1		0.000	0.011	
Riboflavin....mg	0.037		0	1		0.002	0.042	
Niacin....mg	0.023		0	1		0.001	0.026	
Pantothenic acid....mg	0.084		0	1		0.004	0.095	
Vitamin B-6....mg	0.009		0	1		0.000	0.010	
Folate, total....mcg	1		0	1		0	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		0	1	
Folate, DFE....mcg_DFE	1		0	4		0	1	
Vitamin B-12....mcg	0.10		0	1		0.00	0.11	
Vitamin A, IU....IU	3571		0	5		168	4050	
Vitamin A, RE....mcg_RE	799		0	5		38	906	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	3.10		0	4		0.15	3.52	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	15.100		0	1		0.710	17.123	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		1	1		0.000	0.000	
13:0....g								
14:0....g	0.200		1	1		0.009	0.227	
15:0....g								
16:0....g	10.200	1.481	4	1		0.479	11.567	
17:0....g								

NDB No. 04077
Margarine, regular, hard, soybean (hydrogenated) and palm (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	4.600	0.155	4	1		0.216	5.216	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	32.000		0	1		1.504	36.288	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.100		1	1		0.005	0.113	
17:1 g								
18:1 undifferentiated g	31.900	0.467	4	1		1.499	36.175	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	29.800		0	1		1.401	33.793	
18:2 undifferentiated g	26.800	1.540	4	1		1.260	30.391	
18:3 undifferentiated g	3.000	0.253	4	1		0.141	3.402	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	165		2	1		8	187	
Amino Acids:								
Tryptophan g	0.012		0	1		0.001	0.014	
Threonine g	0.039		0	1		0.002	0.044	
Isoleucine g	0.052		0	1		0.002	0.059	
Leucine g	0.084		0	1		0.004	0.095	
Lysine g	0.068		0	1		0.003	0.077	
Methionine g	0.021		0	1		0.001	0.024	
Cystine g	0.008		0	1		0.000	0.009	
Phenylalanine g	0.041		0	1		0.002	0.046	
Tyrosine g	0.041		0	1		0.002	0.046	
Valine g	0.057		0	1		0.003	0.065	
Arginine g	0.031		0	1		0.001	0.035	
Histidine g	0.023		0	1		0.001	0.026	
Alanine g	0.029		0	1		0.001	0.033	
Aspartic acid g	0.065		0	1		0.003	0.074	
Glutamic acid g	0.179		0	1		0.008	0.203	
Glycine g	0.018		0	1		0.001	0.020	
Proline g	0.083		0	1		0.004	0.094	
Serine g	0.046		0	1		0.002	0.052	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 113.400g: 1 stick

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04078
Margarine, regular, hard, safflower and soybean (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	15.70	0.194	93	1		0.74	17.80	
Energy....kcal	719		0	4		34	815	
Energy....kj	3007			4		141	3410	
Protein (N x 6.38)....g	0.90	0.077	34	1		0.04	1.02	
Total lipid (fat)....g	80.50	0.026	572	1		3.78	91.29	
Ash....g	2.00	0.031	61	1		0.09	2.27	
Carbohydrate, by difference....g	0.90		0	4		0.04	1.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	30		0	1		1	34	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	3		0	1		0	3	
Phosphorus, P....mg	23		0	1		1	26	
Potassium, K....mg	42		0	1		2	48	
Sodium, Na....mg	943	9.459	337	1		44	1070	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.0	0.2	
Thiamin....mg	0.010		0	1		0.000	0.011	
Riboflavin....mg	0.037		0	1		0.002	0.042	
Niacin....mg	0.023		0	1		0.001	0.026	
Pantothenic acid....mg	0.084		0	1		0.004	0.095	
Vitamin B-6....mg	0.009		0	1		0.000	0.010	
Folate, total....mcg	1		0	1		0	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		0	1	
Folate, DFE....mcg_DFE	1		0	4		0	1	
Vitamin B-12....mcg	0.10		0	1		0.00	0.11	
Vitamin A, IU....IU	3571		0	5		168	4050	
Vitamin A, RE....mcg_RE	799		0	5		38	906	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	17.80		1	1		0.84	20.19	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	13.800		0	1		0.649	15.649	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.400	0.100	3	1		0.019	0.454	
13:0....g								
14:0....g	0.200	0.059	8	1		0.009	0.227	
15:0....g								
16:0....g	7.000	0.305	8	1		0.329	7.938	
17:0....g								

NDB No. 04078
Margarine, regular, hard, safflower and soybean (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	6.100	0.269	8	1		0.287	6.917	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	31.700		0	1		1.490	35.948	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.100	0.050	5	1		0.005	0.113	
17:1 g								
18:1 undifferentiated g	31.700	1.084	8	1		1.490	35.948	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	31.400		0	1		1.476	35.608	
18:2 undifferentiated g	31.300	1.112	8	1		1.471	35.494	
18:3 undifferentiated g	0.200	0.055	5	1		0.009	0.227	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	203		1	1		10	230	
Amino Acids:								
Tryptophan g	0.012		0	1		0.001	0.014	
Threonine g	0.039		0	1		0.002	0.044	
Isoleucine g	0.052		0	1		0.002	0.059	
Leucine g	0.084		0	1		0.004	0.095	
Lysine g	0.068		0	1		0.003	0.077	
Methionine g	0.021		0	1		0.001	0.024	
Cystine g	0.008		0	1		0.000	0.009	
Phenylalanine g	0.041		0	1		0.002	0.046	
Tyrosine g	0.041		0	1		0.002	0.046	
Valine g	0.057		0	1		0.003	0.065	
Arginine g	0.031		0	1		0.001	0.035	
Histidine g	0.023		0	1		0.001	0.026	
Alanine g	0.029		0	1		0.001	0.033	
Aspartic acid g	0.065		0	1		0.003	0.074	
Glutamic acid g	0.179		0	1		0.008	0.203	
Glycine g	0.018		0	1		0.001	0.020	
Proline g	0.083		0	1		0.004	0.094	
Serine g	0.046		0	1		0.002	0.052	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 113.400g: 1 stick

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04079

Margarine, regular, hard, safflower and soybean (hydrogenated) and cottonseed (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	15.70	0.194	93	1		0.74	17.80	
Energy....kcal	719		0	4		34	815	
Energy....kj	3007			4		141	3410	
Protein (N x 6.38)....g	0.90	0.077	34	1		0.04	1.02	
Total lipid (fat)....g	80.50	0.026	572	1		3.78	91.29	
Ash....g	2.00	0.031	61	1		0.09	2.27	
Carbohydrate, by difference....g	0.90		0	4		0.04	1.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	30		0	1		1	34	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	3		0	1		0	3	
Phosphorus, P....mg	23		0	1		1	26	
Potassium, K....mg	42		0	1		2	48	
Sodium, Na....mg	943	9.459	337	1		44	1070	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.0	0.2	
Thiamin....mg	0.010		0	1		0.000	0.011	
Riboflavin....mg	0.037		0	1		0.002	0.042	
Niacin....mg	0.023		0	1		0.001	0.026	
Pantothenic acid....mg	0.084		0	1		0.004	0.095	
Vitamin B-6....mg	0.009		0	1		0.000	0.010	
Folate, total....mcg	1		0	1		0	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		0	1	
Folate, DFE....mcg_DFE	1		0	4		0	1	
Vitamin B-12....mcg	0.10		0	1		0.00	0.11	
Vitamin A, IU....IU	3571		0	5		168	4050	
Vitamin A, RE....mcg_RE	799		0	5		38	906	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	17.80		0	4		0.84	20.19	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	13.300		0	1		0.625	15.082	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.200	0.044	4	1		0.009	0.227	
15:0....g								
16:0....g	7.600	0.686	4	1		0.357	8.618	
17:0....g								

NDB No. 04079

Margarine, regular, hard, safflower and soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	5.500	0.818	4	1		0.259	6.237	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	23.000		0	1		1.081	26.082	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	4		0.000	0.000	
17:1 g								
18:1 undifferentiated g	23.000	0.554	4	1		1.081	26.082	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	40.700		0	1		1.913	46.154	
18:2 undifferentiated g	40.600	1.973	4	1		1.908	46.040	
18:3 undifferentiated g	0.100	0.019	4	1		0.005	0.113	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	265		0	4		12	301	
Amino Acids:								
Tryptophan g	0.012		0	1		0.001	0.014	
Threonine g	0.039		0	1		0.002	0.044	
Isoleucine g	0.052		0	1		0.002	0.059	
Leucine g	0.084		0	1		0.004	0.095	
Lysine g	0.068		0	1		0.003	0.077	
Methionine g	0.021		0	1		0.001	0.024	
Cystine g	0.008		0	1		0.000	0.009	
Phenylalanine g	0.041		0	1		0.002	0.046	
Tyrosine g	0.041		0	1		0.002	0.046	
Valine g	0.057		0	1		0.003	0.065	
Arginine g	0.031		0	1		0.001	0.035	
Histidine g	0.023		0	1		0.001	0.026	
Alanine g	0.029		0	1		0.001	0.033	
Aspartic acid g	0.065		0	1		0.003	0.074	
Glutamic acid g	0.179		0	1		0.008	0.203	
Glycine g	0.018		0	1		0.001	0.020	
Proline g	0.083		0	1		0.004	0.094	
Serine g	0.046		0	1		0.002	0.052	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 113.400g: 1 stick

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04080
Margarine, regular, hard, soybean (hydrogenated and 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	15.70	0.194	93	1		0.74	17.80	
Energy....kcal	719		0	4		34	815	
Energy....kj	3007			4		141	3410	
Protein (N x 6.38)....g	0.90	0.077	34	1		0.04	1.02	
Total lipid (fat)....g	80.50	0.026	572	1		3.78	91.29	
Ash....g	2.00	0.031	61	1		0.09	2.27	
Carbohydrate, by difference....g	0.90		0	4		0.04	1.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	30		0	1		1	34	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	3		0	1		0	3	
Phosphorus, P....mg	23		0	1		1	26	
Potassium, K....mg	42		0	1		2	48	
Sodium, Na....mg	943	9.459	337	1		44	1070	
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.0	0.2	
Thiamin....mg	0.010		0	1		0.000	0.011	
Riboflavin....mg	0.037		0	1		0.002	0.042	
Niacin....mg	0.023		0	1		0.001	0.026	
Pantothenic acid....mg	0.084		0	1		0.004	0.095	
Vitamin B-6....mg	0.009		0	1		0.000	0.010	
Folate, total....mcg	1		0	1		0	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		0	1	
Folate, DFE....mcg_DFE	1		0	4		0	1	
Vitamin B-12....mcg	0.10		0	1		0.00	0.11	
Vitamin A, IU....IU	3571		0	5		168	4050	
Vitamin A, RE....mcg_RE	799		0	5		38	906	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	3.10		0	4		0.15	3.52	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	13.100		0	1		0.616	14.855	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.100		2	1		0.005	0.113	
15:0....g								
16:0....g	8.100	0.067	9	1		0.381	9.185	
17:0....g								

NDB No. 04080
Margarine, regular, hard, soybean (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	4.900	0.202	9	1		0.230	5.557	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	37.600		0	1		1.767	42.638	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	37.600	0.147	9	1		1.767	42.638	
20:1 ... g	0.000		0	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	26.200		0	1		1.231	29.711	
18:2 undifferentiated ... g	24.300	0.372	9	1		1.142	27.556	
18:3 undifferentiated ... g	1.900	0.193	9	1		0.089	2.155	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	219	9.204	6	1		10	248	
Amino Acids:								
Tryptophan ... g	0.012		0	1		0.001	0.014	
Threonine ... g	0.039		0	1		0.002	0.044	
Isoleucine ... g	0.052		0	1		0.002	0.059	
Leucine ... g	0.084		0	1		0.004	0.095	
Lysine ... g	0.068		0	1		0.003	0.077	
Methionine ... g	0.021		0	1		0.001	0.024	
Cystine ... g	0.008		0	1		0.000	0.009	
Phenylalanine ... g	0.041		0	1		0.002	0.046	
Tyrosine ... g	0.041		0	1		0.002	0.046	
Valine ... g	0.057		0	1		0.003	0.065	
Arginine ... g	0.031		0	1		0.001	0.035	
Histidine ... g	0.023		0	1		0.001	0.026	
Alanine ... g	0.029		0	1		0.001	0.033	
Aspartic acid ... g	0.065		0	1		0.003	0.074	
Glutamic acid ... g	0.179		0	1		0.008	0.203	
Glycine ... g	0.018		0	1		0.001	0.020	
Proline ... g	0.083		0	1		0.004	0.094	
Serine ... g	0.046		0	1		0.002	0.052	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 113.400g: 1 stick

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04081
Margarine, regular, hard, soybean, soybean (hydrogenated), and cottonseed (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	15.70	0.194	93	1		0.74	17.80	
Energy....kcal	719		0	4		34	815	
Energy....kj	3007			4		141	3410	
Protein (N x 6.38)....g	0.90	0.077	34	1		0.04	1.02	
Total lipid (fat)....g	80.50	0.026	572	1		3.78	91.29	
Ash....g	2.00	0.031	61	1		0.09	2.27	
Carbohydrate, by difference....g	0.90		0	4		0.04	1.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	30		0	1		1	34	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	3		0	1		0	3	
Phosphorus, P....mg	23		0	1		1	26	
Potassium, K....mg	42		0	1		2	48	
Sodium, Na....mg	943	9.459	337	1		44	1070	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.0	0.2	
Thiamin....mg	0.010		0	1		0.000	0.011	
Riboflavin....mg	0.037		0	1		0.002	0.042	
Niacin....mg	0.023		0	1		0.001	0.026	
Pantothenic acid....mg	0.084		0	1		0.004	0.095	
Vitamin B-6....mg	0.009		0	1		0.000	0.010	
Folate, total....mcg	1		0	1		0	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		0	1	
Folate, DFE....mcg_DFE	1		0	4		0	1	
Vitamin B-12....mcg	0.10		0	1		0.00	0.11	
Vitamin A, IU....IU	3571		0	5		168	4050	
Vitamin A, RE....mcg_RE	799		0	5		38	906	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	12.40		0	4		0.58	14.06	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	15.600		0	1		0.733	17.690	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.300	0.025	117	1		0.014	0.340	
13:0....g								
14:0....g	0.200	0.013	119	1		0.009	0.227	
15:0....g								
16:0....g	9.100	0.078	119	1		0.428	10.319	
17:0....g								

NDB No. 04081

Margarine, regular, hard, soybean, soybean (hydrogenated), and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 ... g	6.000	0.045	119	1		0.282	6.804	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	36.100		0	1		1.697	40.937	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	35.900	0.127	52	1		1.687	40.711	
20:1 ... g	0.200	0.050	22	1		0.009	0.227	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	25.300		0	1		1.189	28.690	
18:2 undifferentiated ... g	22.500	0.089	119	1		1.058	25.515	
18:3 undifferentiated ... g	2.800	0.077	119	1		0.132	3.175	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	172		1	1		8	195	
Amino Acids:								
Tryptophan ... g	0.012		0	1		0.001	0.014	
Threonine ... g	0.039		0	1		0.002	0.044	
Isoleucine ... g	0.052		0	1		0.002	0.059	
Leucine ... g	0.084		0	1		0.004	0.095	
Lysine ... g	0.068		0	1		0.003	0.077	
Methionine ... g	0.021		0	1		0.001	0.024	
Cystine ... g	0.008		0	1		0.000	0.009	
Phenylalanine ... g	0.041		0	1		0.002	0.046	
Tyrosine ... g	0.041		0	1		0.002	0.046	
Valine ... g	0.057		0	1		0.003	0.065	
Arginine ... g	0.031		0	1		0.001	0.035	
Histidine ... g	0.023		0	1		0.001	0.026	
Alanine ... g	0.029		0	1		0.001	0.033	
Aspartic acid ... g	0.065		0	1		0.003	0.074	
Glutamic acid ... g	0.179		0	1		0.008	0.203	
Glycine ... g	0.018		0	1		0.001	0.020	
Proline ... g	0.083		0	1		0.004	0.094	
Serine ... g	0.046		0	1		0.002	0.052	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 113.400g: 1 stick

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04082
Margarine, regular, hard, soybean (hydrogenated) and palm (hydrogenated and regular)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	15.70	0.194	93	1		0.74	17.80	
Energy	kcal	719		0	4		34	815	
Energy	kj	3007			4		141	3410	
Protein (N x 6.38)	g	0.90	0.077	34	1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572	1		3.78	91.29	
Ash	g	2.00	0.031	61	1		0.09	2.27	
Carbohydrate, by difference	g	0.90		0	4		0.04	1.02	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	30		0	1		1	34	
Iron, Fe	mg	0.00		0	4		0.00	0.00	
Magnesium, Mg	mg	3		0	1		0	3	
Phosphorus, P	mg	23		0	1		1	26	
Potassium, K	mg	42		0	1		2	48	
Sodium, Na	mg	943	9.459	337	1		44	1070	
Zinc, Zn	mg	0.00		0	4		0.00	0.00	
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg	0.0		0	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.2		0	1		0.0	0.2	
Thiamin	mg	0.010		0	1		0.000	0.011	
Riboflavin	mg	0.037		0	1		0.002	0.042	
Niacin	mg	0.023		0	1		0.001	0.026	
Pantothenic acid	mg	0.084		0	1		0.004	0.095	
Vitamin B-6	mg	0.009		0	1		0.000	0.010	
Folate, total	mcg	1		0	1		0	1	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	1		0	1		0	1	
Folate, DFE	mcg_DFE	1		0	4		0	1	
Vitamin B-12	mcg	0.10		0	1		0.00	0.11	
Vitamin A, IU	IU	3571		0	5		168	4050	
Vitamin A, RE	mcg_RE	799		0	5		38	906	
Vitamin E	mg_ATE								
Tocopherol, alpha	mg	3.10		0	4		0.15	3.52	
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Tocotrienol, alpha	mg								
Tocotrienol, beta	mg								
Tocotrienol, gamma	mg								
Tocotrienol, delta	mg								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	17.500		0	1		0.823	19.845	
4:0	g	0.000		0	4		0.000	0.000	
6:0	g	0.000		0	4		0.000	0.000	
8:0	g	0.000		0	4		0.000	0.000	
10:0	g	0.000		0	4		0.000	0.000	
11:0	g								
12:0	g	0.000		0	4		0.000	0.000	
13:0	g								
14:0	g	0.000		0	4		0.000	0.000	
15:0	g								
16:0	g	13.600		1	1		0.639	15.422	
17:0	g								

NDB No. 04082

Margarine, regular, hard, soybean (hydrogenated) and palm (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 ... g	3.900		1	1		0.183	4.423	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	31.200		0	1		1.466	35.381	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	31.200		1	1		1.466	35.381	
20:1 ... g	0.000		0	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	28.200		0	1		1.325	31.979	
18:2 undifferentiated ... g	25.900		1	1		1.217	29.371	
18:3 undifferentiated ... g	2.300		0	1		0.108	2.608	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	136		1	1		6	154	
Amino Acids:								
Tryptophan ... g	0.012		0	1		0.001	0.014	
Threonine ... g	0.039		0	1		0.002	0.044	
Isoleucine ... g	0.052		0	1		0.002	0.059	
Leucine ... g	0.084		0	1		0.004	0.095	
Lysine ... g	0.068		0	1		0.003	0.077	
Methionine ... g	0.021		0	1		0.001	0.024	
Cystine ... g	0.008		0	1		0.000	0.009	
Phenylalanine ... g	0.041		0	1		0.002	0.046	
Tyrosine ... g	0.041		0	1		0.002	0.046	
Valine ... g	0.057		0	1		0.003	0.065	
Arginine ... g	0.031		0	1		0.001	0.035	
Histidine ... g	0.023		0	1		0.001	0.026	
Alanine ... g	0.029		0	1		0.001	0.033	
Aspartic acid ... g	0.065		0	1		0.003	0.074	
Glutamic acid ... g	0.179		0	1		0.008	0.203	
Glycine ... g	0.018		0	1		0.001	0.020	
Proline ... g	0.083		0	1		0.004	0.094	
Serine ... g	0.046		0	1		0.002	0.052	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 113.400g: 1 stick

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04083
Margarine, regular, hard, soybean (hydrogenated), cottonseed (hydrogenated), and soybean

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	15.70	0.194	93	1		0.74	17.80	
Energy....kcal	719		0	4		34	815	
Energy....kj	3007			4		141	3410	
Protein (N x 6.38)....g	0.90	0.077	34	1		0.04	1.02	
Total lipid (fat)....g	80.50	0.026	572	1		3.78	91.29	
Ash....g	2.00	0.031	61	1		0.09	2.27	
Carbohydrate, by difference....g	0.90		0	4		0.04	1.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	30		0	1		1	34	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	3		0	1		0	3	
Phosphorus, P....mg	23		0	1		1	26	
Potassium, K....mg	42		0	1		2	48	
Sodium, Na....mg	943		0	1		44	1070	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.0	0.2	
Thiamin....mg	0.010		0	1		0.000	0.011	
Riboflavin....mg	0.037		0	1		0.002	0.042	
Niacin....mg	0.023		0	1		0.001	0.026	
Pantothenic acid....mg	0.084		0	1		0.004	0.095	
Vitamin B-6....mg	0.009		0	1		0.000	0.010	
Folate, total....mcg	1		0	1		0	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		0	1	
Folate, DFE....mcg_DFE	1		0	4		0	1	
Vitamin B-12....mcg	0.10		0	1		0.00	0.11	
Vitamin A, IU....IU	3571		0	5		168	4050	
Vitamin A, RE....mcg_RE	799		0	5		38	906	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	3.10		2	1		0.15	3.52	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	15.600		0	1		0.733	17.690	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.200		2	1		0.009	0.227	
15:0....g								
16:0....g	9.200	0.649	4	1		0.432	10.433	
17:0....g								

NDB No. 04083

Margarine, regular, hard, soybean (hydrogenated), cottonseed (hydrogenated), and soybean

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	6.200	0.430	4	1		0.291	7.031	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	41.200		0	1		1.936	46.721	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	4		0.000	0.000	
17:1 g								
18:1 undifferentiated g	41.200	0.874	4	1		1.936	46.721	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	20.200		0	1		0.949	22.907	
18:2 undifferentiated g	19.000	0.433	4	1		0.893	21.546	
18:3 undifferentiated g	1.100	0.315	4	1		0.052	1.247	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	208	21.865	4	1		10	236	
Amino Acids:								
Tryptophan g	0.012		0	1		0.001	0.014	
Threonine g	0.039		0	1		0.002	0.044	
Isoleucine g	0.052		0	1		0.002	0.059	
Leucine g	0.084		0	1		0.004	0.095	
Lysine g	0.068		0	1		0.003	0.077	
Methionine g	0.021		0	1		0.001	0.024	
Cystine g	0.008		0	1		0.000	0.009	
Phenylalanine g	0.041		0	1		0.002	0.046	
Tyrosine g	0.041		0	1		0.002	0.046	
Valine g	0.057		0	1		0.003	0.065	
Arginine g	0.031		0	1		0.001	0.035	
Histidine g	0.023		0	1		0.001	0.026	
Alanine g	0.029		0	1		0.001	0.033	
Aspartic acid g	0.065		0	1		0.003	0.074	
Glutamic acid g	0.179		0	1		0.008	0.203	
Glycine g	0.018		0	1		0.001	0.020	
Proline g	0.083		0	1		0.004	0.094	
Serine g	0.046		0	1		0.002	0.052	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 113.400g: 1 stick

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04089

Margarine, regular, hard, safflower and soybean (hydrogenated and regular) and cottonseed (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	15.70	0.194	93	1		0.74	17.80	
Energy....kcal	719		0	4		34	815	
Energy....kj	3007			4		141	3410	
Protein (N x 6.38)....g	0.90	0.077	34	1		0.04	1.02	
Total lipid (fat)....g	80.50	0.026	572	1		3.78	91.29	
Ash....g	2.00	0.031	61	1		0.09	2.27	
Carbohydrate, by difference....g	0.90		0	4		0.04	1.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	30		0	1		1	34	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	3		0	1		0	3	
Phosphorus, P....mg	23		0	1		1	26	
Potassium, K....mg	42		0	1		2	48	
Sodium, Na....mg	943	9.459	337	1		44	1070	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.0	0.2	
Thiamin....mg	0.010		0	1		0.000	0.011	
Riboflavin....mg	0.037		0	1		0.002	0.042	
Niacin....mg	0.023		0	1		0.001	0.026	
Pantothenic acid....mg	0.084		0	1		0.004	0.095	
Vitamin B-6....mg	0.009		0	1		0.000	0.010	
Folate, total....mcg	1		0	1		0	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		0	1	
Folate, DFE....mcg_DFE	1		0	4		0	1	
Vitamin B-12....mcg	0.10		0	1		0.00	0.11	
Vitamin A, IU....IU	3571		0	5		168	4050	
Vitamin A, RE....mcg_RE	799		0	5		38	906	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	16.40		1	1		0.77	18.60	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	14.400		0	1		0.677	16.330	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.200		1	1		0.009	0.227	
15:0....g								
16:0....g	7.700		1	1		0.362	8.732	
17:0....g								

NDB No. 04089

Margarine, regular, hard, safflower and soybean (hydrogenated and regular) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	6.500		1	1		0.306	7.371	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	30.300		0	1		1.424	34.360	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.200		1	1		0.009	0.227	
17:1 g								
18:1 undifferentiated g	30.100		1	1		1.415	34.133	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	32.300		0	1		1.518	36.628	
18:2 undifferentiated g	32.000		1	1		1.504	36.288	
18:3 undifferentiated g	0.200		1	1		0.009	0.227	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	235		1	1		11	266	
Amino Acids:								
Tryptophan g	0.012		0	1		0.001	0.014	
Threonine g	0.039		0	1		0.002	0.044	
Isoleucine g	0.052		0	1		0.002	0.059	
Leucine g	0.084		0	1		0.004	0.095	
Lysine g	0.068		0	1		0.003	0.077	
Methionine g	0.021		0	1		0.001	0.024	
Cystine g	0.008		0	1		0.000	0.009	
Phenylalanine g	0.041		0	1		0.002	0.046	
Tyrosine g	0.041		0	1		0.002	0.046	
Valine g	0.057		0	1		0.003	0.065	
Arginine g	0.031		0	1		0.001	0.035	
Histidine g	0.023		0	1		0.001	0.026	
Alanine g	0.029		0	1		0.001	0.033	
Aspartic acid g	0.065		0	1		0.003	0.074	
Glutamic acid g	0.179		0	1		0.008	0.203	
Glycine g	0.018		0	1		0.001	0.020	
Proline g	0.083		0	1		0.004	0.094	
Serine g	0.046		0	1		0.002	0.052	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 113.400g: 1 stick

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04091
Margarine, regular, hard, lard (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	15.70	0.194	93	1		0.74	17.80	
Energy....kcal	733		0	4		34	831	
Energy....kj	3068			4		144	3479	
Protein (N x 6.38)....g	0.90	0.077	34	1		0.04	1.02	
Total lipid (fat)....g	80.50	0.026	572	1		3.78	91.29	
Ash....g	2.00	0.031	61	1		0.09	2.27	
Carbohydrate, by difference....g	0.90		0	4		0.04	1.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	42		0	1		2	48	
Sodium, Na....mg	943	9.459	337	1		44	1070	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	1.40		1	1		0.07	1.59	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	31.600		0	1		1.485	35.834	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.100		1	1		0.005	0.113	
11:0....g								
12:0....g	0.200		1	1		0.009	0.227	
13:0....g								
14:0....g	1.000		1	1		0.047	1.134	
15:0....g								
16:0....g	19.100		1	1		0.898	21.659	
17:0....g								

NDB No. 04091
Margarine, regular, hard, lard (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 g	10.800		1	1		0.508	12.247	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	37.800		0	1		1.777	42.865	
14:1 g								
15:1 g								
16:1 undifferentiated g	2.200		1	1		0.103	2.495	
17:1 g								
18:1 undifferentiated g	34.700		1	1		1.631	39.350	
20:1 g	0.800		0	1		0.038	0.907	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	7.500		0	1		0.353	8.505	
18:2 undifferentiated g	7.100		1	1		0.334	8.051	
18:3 undifferentiated g	0.400		1	1		0.019	0.454	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	51		1	1		2	58	
Phytosterols mg	43		1	1		2	49	
Amino Acids:								
Tryptophan g	0.012		0	1		0.001	0.014	
Threonine g	0.039		0	1		0.002	0.044	
Isoleucine g	0.052		0	1		0.002	0.059	
Leucine g	0.084		0	1		0.004	0.095	
Lysine g	0.068		0	1		0.003	0.077	
Methionine g	0.021		0	1		0.001	0.024	
Cystine g	0.008		0	1		0.000	0.009	
Phenylalanine g	0.041		0	1		0.002	0.046	
Tyrosine g	0.041		0	1		0.002	0.046	
Valine g	0.057		0	1		0.003	0.065	
Arginine g	0.031		0	1		0.001	0.035	
Histidine g	0.023		0	1		0.001	0.026	
Alanine g	0.029		0	1		0.001	0.033	
Aspartic acid g	0.065		0	1		0.003	0.074	
Glutamic acid g	0.179		0	1		0.008	0.203	
Glycine g	0.018		0	1		0.001	0.020	
Proline g	0.083		0	1		0.004	0.094	
Serine g	0.046		0	1		0.002	0.052	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 113.400g: 1 stick

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04092
Margarine, soft, corn (hydrogenated and 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	16.20	0.081	69	1		36.77	0.76	
Energy....kcal	716		0	4		1626	34	
Energy....kj	2997			4		6804	141	
Protein (N x 6.38)....g	0.80	0.057	30	1		1.82	0.04	
Total lipid (fat)....g	80.40	0.055	189	1		182.51	3.78	
Ash....g	2.00	0.030	49	1		4.54	0.09	
Carbohydrate, by difference....g	0.50		0	4		1.14	0.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	27		0	1		60	1	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	2		0	1		5	0	
Phosphorus, P....mg	20		0	1		46	1	
Potassium, K....mg	38		0	1		86	2	
Sodium, Na....mg	1079	19.838	69	1		2449	51	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.3	0.0	
Thiamin....mg	0.009		0	1		0.020	0.000	
Riboflavin....mg	0.032		0	1		0.073	0.002	
Niacin....mg	0.020		0	1		0.045	0.001	
Pantothenic acid....mg	0.075		0	1		0.170	0.004	
Vitamin B-6....mg	0.008		0	1		0.018	0.000	
Folate, total....mcg	1		0	1		2	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		2	0	
Folate, DFE....mcg_DFE	1		0	4		2	0	
Vitamin B-12....mcg	0.08		0	1		0.19	0.00	
Vitamin A, IU....IU	3571		0	5		8106	168	
Vitamin A, RE....mcg_RE	799		0	5		1814	38	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	10.00	1.648	5	1		22.70	0.47	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	14.100		0	1		32.007	0.663	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.100	0.026	7	1		0.227	0.005	
15:0....g								
16:0....g	9.300	0.103	26	1		21.111	0.437	
17:0....g								

NDB No. 04092
Margarine, soft, corn (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 g	4.700	0.209	26	1		10.669	0.221	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	31.600		0	1		71.732	1.485	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	4		0.000	0.000	
17:1 g								
18:1 undifferentiated g	31.600	0.864	26	1		71.732	1.485	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	31.200		0	1		70.824	1.466	
18:2 undifferentiated g	30.300	1.004	26	1		68.781	1.424	
18:3 undifferentiated g	0.900	0.174	24	1		2.043	0.042	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	483	49.750	10	1		1096	23	
Amino Acids:								
Tryptophan g	0.011		0	1		0.025	0.001	
Threonine g	0.034		0	1		0.077	0.002	
Isoleucine g	0.046		0	1		0.104	0.002	
Leucine g	0.074		0	1		0.168	0.003	
Lysine g	0.060		0	1		0.136	0.003	
Methionine g	0.019		0	1		0.043	0.001	
Cystine g	0.007		0	1		0.016	0.000	
Phenylalanine g	0.037		0	1		0.084	0.002	
Tyrosine g	0.037		0	1		0.084	0.002	
Valine g	0.051		0	1		0.116	0.002	
Arginine g	0.027		0	1		0.061	0.001	
Histidine g	0.021		0	1		0.048	0.001	
Alanine g	0.026		0	1		0.059	0.001	
Aspartic acid g	0.058		0	1		0.132	0.003	
Glutamic acid g	0.159		0	1		0.361	0.007	
Glycine g	0.016		0	1		0.036	0.001	
Proline g	0.074		0	1		0.168	0.003	
Serine g	0.041		0	1		0.093	0.002	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 227.000g: 1 cup

Measure 2 = 4.700g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04093
Margarine, soft, soybean (hydrogenate and regular), 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	17.90		2	1		40.63	0.84	
Energy....kcal	716		0	4		1626	34	
Energy....kj	2997			4		6804	141	
Protein (N x 6.38)....g	0.80		0	1		1.82	0.04	
Total lipid (fat)....g	80.30	0.288	6	1		182.28	3.77	
Ash....g	0.20		0	1		0.45	0.01	
Carbohydrate, by difference....g	0.90		0	4		2.04	0.04	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	27		0	1		60	1	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	2		0	1		5	0	
Phosphorus, P....mg	20		0	1		46	1	
Potassium, K....mg	38		0	1		86	2	
Sodium, Na....mg	28		2	1		63	1	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.3	0.0	
Thiamin....mg	0.009		0	1		0.020	0.000	
Riboflavin....mg	0.032		0	1		0.073	0.002	
Niacin....mg	0.020		0	1		0.045	0.001	
Pantothenic acid....mg	0.075		0	1		0.170	0.004	
Vitamin B-6....mg	0.008		0	1		0.018	0.000	
Folate, total....mcg	1		0	1		2	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		2	0	
Folate, DFE....mcg_DFE	1		0	4		2	0	
Vitamin B-12....mcg	0.08		0	1		0.19	0.00	
Vitamin A, IU....IU	3571		0	5		8106	168	
Vitamin A, RE....mcg_RE	799		0	5		1814	38	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	3.20	0.482	3	1		7.26	0.15	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	13.500		0	1		30.645	0.635	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.100	0.023	12	1		0.227	0.005	
15:0....g								
16:0....g	8.600	0.142	14	1		19.522	0.404	
17:0....g								

NDB No. 04093
Margarine, soft, soybean (hydrogenate and regular), without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	4.700	0.164	14	1		10.669	0.221	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	36.400		0	1		82.628	1.711	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	36.400	0.411	14	1		82.628	1.711	
20:1 ... g	0.000		0	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	26.800		0	1		60.836	1.260	
18:2 undifferentiated ... g	25.900	0.350	14	1		58.793	1.217	
18:3 undifferentiated ... g	0.900	0.082	14	1		2.043	0.042	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	144	0.333	3	1		327	7	
Amino Acids:								
Tryptophan ... g	0.011		0	1		0.025	0.001	
Threonine ... g	0.034		0	1		0.077	0.002	
Isoleucine ... g	0.046		0	1		0.104	0.002	
Leucine ... g	0.074		0	1		0.168	0.003	
Lysine ... g	0.060		0	1		0.136	0.003	
Methionine ... g	0.019		0	1		0.043	0.001	
Cystine ... g	0.007		0	1		0.016	0.000	
Phenylalanine ... g	0.037		0	1		0.084	0.002	
Tyrosine ... g	0.037		0	1		0.084	0.002	
Valine ... g	0.051		0	1		0.116	0.002	
Arginine ... g	0.027		0	1		0.061	0.001	
Histidine ... g	0.021		0	1		0.048	0.001	
Alanine ... g	0.026		0	1		0.059	0.001	
Aspartic acid ... g	0.058		0	1		0.132	0.003	
Glutamic acid ... g	0.159		0	1		0.361	0.007	
Glycine ... g	0.016		0	1		0.036	0.001	
Proline ... g	0.074		0	1		0.168	0.003	
Serine ... g	0.041		0	1		0.093	0.002	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 227.000g: 1 cup

Measure 2 = 4.700g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04094
Margarine, soft, soybean (hydrogenated and regular), with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	16.20	0.081	69	1		36.77	0.76	
Energy....kcal	716		0	4		1626	34	
Energy....kj	2997			4		6804	141	
Protein (N x 6.38)....g	0.80	0.057	30	1		1.82	0.04	
Total lipid (fat)....g	80.40	0.055	189	1		182.51	3.78	
Ash....g	2.00	0.030	49	1		4.54	0.09	
Carbohydrate, by difference....g	0.50		0	4		1.14	0.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	27		0	1		60	1	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	2		0	1		5	0	
Phosphorus, P....mg	20		0	1		46	1	
Potassium, K....mg	38		0	1		86	2	
Sodium, Na....mg	1079	19.838	69	1		2449	51	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.3	0.0	
Thiamin....mg	0.009		0	1		0.020	0.000	
Riboflavin....mg	0.032		0	1		0.073	0.002	
Niacin....mg	0.020		0	1		0.045	0.001	
Pantothenic acid....mg	0.075		0	1		0.170	0.004	
Vitamin B-6....mg	0.008		0	1		0.018	0.000	
Folate, total....mcg	1		0	1		2	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		2	0	
Folate, DFE....mcg_DFE	1		0	4		2	0	
Vitamin B-12....mcg	0.08		0	1		0.19	0.00	
Vitamin A, IU....IU	3571		0	5		8106	168	
Vitamin A, RE....mcg_RE	799		0	5		1814	38	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	2.90	0.314	5	1		6.58	0.14	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	13.500		0	1		30.645	0.635	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.100	0.023	12	1		0.227	0.005	
15:0....g								
16:0....g	8.700	0.139	14	1		19.749	0.409	
17:0....g								

NDB No. 04094
Margarine, soft, soybean (hydrogenated and regular), with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	4.700	0.164	14	1		10.669	0.221	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	36.500		0	1		82.855	1.716	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	36.500	0.391	14	1		82.855	1.716	
20:1 ... g	0.000		0	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	26.900		0	1		61.063	1.264	
18:2 undifferentiated ... g	26.000	0.338	14	1		59.020	1.222	
18:3 undifferentiated ... g	0.900	0.082	14	1		2.043	0.042	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	305	55.701	10	1		692	14	
Amino Acids:								
Tryptophan ... g	0.011		0	1		0.025	0.001	
Threonine ... g	0.034		0	1		0.077	0.002	
Isoleucine ... g	0.046		0	1		0.104	0.002	
Leucine ... g	0.074		0	1		0.168	0.003	
Lysine ... g	0.060		0	1		0.136	0.003	
Methionine ... g	0.019		0	1		0.043	0.001	
Cystine ... g	0.007		0	1		0.016	0.000	
Phenylalanine ... g	0.037		0	1		0.084	0.002	
Tyrosine ... g	0.037		0	1		0.084	0.002	
Valine ... g	0.051		0	1		0.116	0.002	
Arginine ... g	0.027		0	1		0.061	0.001	
Histidine ... g	0.021		0	1		0.048	0.001	
Alanine ... g	0.026		0	1		0.059	0.001	
Aspartic acid ... g	0.058		0	1		0.132	0.003	
Glutamic acid ... g	0.159		0	1		0.361	0.007	
Glycine ... g	0.016		0	1		0.036	0.001	
Proline ... g	0.074		0	1		0.168	0.003	
Serine ... g	0.041		0	1		0.093	0.002	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 227.000g: 1 cup

Measure 2 = 4.700g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04095
Margarine, soft, soybean (hydrogenated) and cottonseed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	16.20	0.081	69	1		36.77	0.76	
Energy	kcal	716		0	4		1626	34	
Energy	kj	2997			4		6804	141	
Protein (N x 6.38)	g	0.80	0.057	30	1		1.82	0.04	
Total lipid (fat)	g	80.40	0.055	189	1		182.51	3.78	
Ash	g	2.00	0.030	49	1		4.54	0.09	
Carbohydrate, by difference	g	0.50		0	4		1.14	0.02	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	27		0	1		60	1	
Iron, Fe	mg	0.00		0	4		0.00	0.00	
Magnesium, Mg	mg	2		0	1		5	0	
Phosphorus, P	mg	20		0	1		46	1	
Potassium, K	mg	38		0	1		86	2	
Sodium, Na	mg	1079	19.838	69	1		2449	51	
Zinc, Zn	mg	0.00		0	4		0.00	0.00	
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg	0.0		0	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.1		0	1		0.3	0.0	
Thiamin	mg	0.009		0	1		0.020	0.000	
Riboflavin	mg	0.032		0	1		0.073	0.002	
Niacin	mg	0.020		0	1		0.045	0.001	
Pantothenic acid	mg	0.075		0	1		0.170	0.004	
Vitamin B-6	mg	0.008		0	1		0.018	0.000	
Folate, total	mcg	1		0	1		2	0	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	1		0	1		2	0	
Folate, DFE	mcg_DFE	1		0	4		2	0	
Vitamin B-12	mcg	0.08		0	1		0.19	0.00	
Vitamin A, IU	IU	3571		0	5		8106	168	
Vitamin A, RE	mcg_RE	799		0	5		1814	38	
Vitamin E	mg_ATE								
Tocopherol, alpha	mg	6.30		1	1		14.30	0.30	
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Tocotrienol, alpha	mg								
Tocotrienol, beta	mg								
Tocotrienol, gamma	mg								
Tocotrienol, delta	mg								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	16.500		0	1		37.455	0.776	
4:0	g	0.000		0	4		0.000	0.000	
6:0	g	0.000		0	4		0.000	0.000	
8:0	g	0.000		0	4		0.000	0.000	
10:0	g	0.000		0	4		0.000	0.000	
11:0	g								
12:0	g	0.000		0	4		0.000	0.000	
13:0	g								
14:0	g	0.300	0.121	6	1		0.681	0.014	
15:0	g								
16:0	g	10.500	0.327	6	1		23.835	0.494	
17:0	g								

NDB No. 04095
Margarine, soft, soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	5.800	0.565	6	1		13.166	0.273	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	31.300		0	1		71.051	1.471	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	31.300	1.204	6	1		71.051	1.471	
20:1 ... g	0.000		0	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	29.100		0	1		66.057	1.368	
18:2 undifferentiated ... g	27.500	0.459	6	1		62.425	1.293	
18:3 undifferentiated ... g	1.600	0.451	6	1		3.632	0.075	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	189		2	1		429	9	
Amino Acids:								
Tryptophan ... g	0.011		0	1		0.025	0.001	
Threonine ... g	0.034		0	1		0.077	0.002	
Isoleucine ... g	0.046		0	1		0.104	0.002	
Leucine ... g	0.074		0	1		0.168	0.003	
Lysine ... g	0.060		0	1		0.136	0.003	
Methionine ... g	0.019		0	1		0.043	0.001	
Cystine ... g	0.007		0	1		0.016	0.000	
Phenylalanine ... g	0.037		0	1		0.084	0.002	
Tyrosine ... g	0.037		0	1		0.084	0.002	
Valine ... g	0.051		0	1		0.116	0.002	
Arginine ... g	0.027		0	1		0.061	0.001	
Histidine ... g	0.021		0	1		0.048	0.001	
Alanine ... g	0.026		0	1		0.059	0.001	
Aspartic acid ... g	0.058		0	1		0.132	0.003	
Glutamic acid ... g	0.159		0	1		0.361	0.007	
Glycine ... g	0.016		0	1		0.036	0.001	
Proline ... g	0.074		0	1		0.168	0.003	
Serine ... g	0.041		0	1		0.093	0.002	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 227.000g: 1 cup

Measure 2 = 4.700g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04096

Margarine, soft, soybean (hydrogenated) and cottonseed (hydrogenated), without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	17.90		2	1		40.63	0.84	
Energy	kcal	716		0	4		1626	34	
Energy	kj	2997			4		6804	141	
Protein (N x 6.38)	g	0.80		0	1		1.82	0.04	
Total lipid (fat)	g	80.30	0.288	6	1		182.28	3.77	
Ash	g	0.20		0	1		0.45	0.01	
Carbohydrate, by difference	g	0.90		0	4		2.04	0.04	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	27		0	1		60	1	
Iron, Fe	mg	0.00		0	4		0.00	0.00	
Magnesium, Mg	mg	2		0	1		5	0	
Phosphorus, P	mg	20		0	1		46	1	
Potassium, K	mg	38		0	1		86	2	
Sodium, Na	mg	28		2	1		63	1	
Zinc, Zn	mg	0.00		0	4		0.00	0.00	
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg	0.0		0	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.1		0	1		0.3	0.0	
Thiamin	mg	0.009		0	1		0.020	0.000	
Riboflavin	mg	0.032		0	1		0.073	0.002	
Niacin	mg	0.020		0	1		0.045	0.001	
Pantothenic acid	mg	0.075		0	1		0.170	0.004	
Vitamin B-6	mg	0.008		0	1		0.018	0.000	
Folate, total	mcg	1		0	1		2	0	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	1		0	1		2	0	
Folate, DFE	mcg_DFE	1		0	4		2	0	
Vitamin B-12	mcg	0.08		0	1		0.19	0.00	
Vitamin A, IU	IU	3571		0	5		8106	168	
Vitamin A, RE	mcg_RE	799		0	5		1814	38	
Vitamin E	mg_ATE								
Tocopherol, alpha	mg	7.00		0	4		15.89	0.33	
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Tocotrienol, alpha	mg								
Tocotrienol, beta	mg								
Tocotrienol, gamma	mg								
Tocotrienol, delta	mg								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	14.100		0	1		32.007	0.663	
4:0	g	0.000		0	4		0.000	0.000	
6:0	g	0.000		0	4		0.000	0.000	
8:0	g	0.000		0	4		0.000	0.000	
10:0	g	0.000		0	4		0.000	0.000	
11:0	g								
12:0	g								
13:0	g								
14:0	g	0.100		6	1		0.227	0.005	
15:0	g								
16:0	g	8.700	0.246	10	1		19.749	0.409	
17:0	g								

NDB No. 04096

Margarine, soft, soybean (hydrogenated) and cottonseed (hydrogenated), without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 ... g	5.300	0.291	10	1		12.031	0.249	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	38.100		0	1		86.487	1.791	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	38.100	0.791	10	1		86.487	1.791	
20:1 ... g	0.000		0	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	24.500		0	1		55.615	1.152	
18:2 undifferentiated ... g	23.200	0.750	10	1		52.664	1.090	
18:3 undifferentiated ... g	1.300	0.231	10	1		2.951	0.061	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	170		0	4		386	8	
Amino Acids:								
Tryptophan ... g	0.011		0	1		0.025	0.001	
Threonine ... g	0.034		0	1		0.077	0.002	
Isoleucine ... g	0.046		0	1		0.104	0.002	
Leucine ... g	0.074		0	1		0.168	0.003	
Lysine ... g	0.060		0	1		0.136	0.003	
Methionine ... g	0.019		0	1		0.043	0.001	
Cystine ... g	0.007		0	1		0.016	0.000	
Phenylalanine ... g	0.037		0	1		0.084	0.002	
Tyrosine ... g	0.037		0	1		0.084	0.002	
Valine ... g	0.051		0	1		0.116	0.002	
Arginine ... g	0.027		0	1		0.061	0.001	
Histidine ... g	0.021		0	1		0.048	0.001	
Alanine ... g	0.026		0	1		0.059	0.001	
Aspartic acid ... g	0.058		0	1		0.132	0.003	
Glutamic acid ... g	0.159		0	1		0.361	0.007	
Glycine ... g	0.016		0	1		0.036	0.001	
Proline ... g	0.074		0	1		0.168	0.003	
Serine ... g	0.041		0	1		0.093	0.002	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 227.000g: 1 cup

Measure 2 = 4.700g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04097
Margarine, soft, soybean (hydrogenated) and cottonseed (hydrogenated), with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	16.20	0.081	69	1		36.77	0.76	
Energy	kcal	716		0	4		1626	34	
Energy	kj	2997			4		6804	141	
Protein (N x 6.38)	g	0.80	0.057	30	1		1.82	0.04	
Total lipid (fat)	g	80.40	0.055	189	1		182.51	3.78	
Ash	g	2.00	0.030	49	1		4.54	0.09	
Carbohydrate, by difference	g	0.50		0	4		1.14	0.02	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	27		0	1		60	1	
Iron, Fe	mg	0.00		0	4		0.00	0.00	
Magnesium, Mg	mg	2		0	1		5	0	
Phosphorus, P	mg	20		0	1		46	1	
Potassium, K	mg	38		0	1		86	2	
Sodium, Na	mg	1079	19.838	69	1		2449	51	
Zinc, Zn	mg	0.00		0	4		0.00	0.00	
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg	0.0		0	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.1		0	1		0.3	0.0	
Thiamin	mg	0.009		0	1		0.020	0.000	
Riboflavin	mg	0.032		0	1		0.073	0.002	
Niacin	mg	0.020		0	1		0.045	0.001	
Pantothenic acid	mg	0.075		0	1		0.170	0.004	
Vitamin B-6	mg	0.008		0	1		0.018	0.000	
Folate, total	mcg	1		0	1		2	0	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	1		0	1		2	0	
Folate, DFE	mcg_DFE	1		0	4		2	0	
Vitamin B-12	mcg	0.08		0	1		0.19	0.00	
Vitamin A, IU	IU	3571		0	5		8106	168	
Vitamin A, RE	mcg_RE	799		0	5		1814	38	
Vitamin E	mg_ATE								
Tocopherol, alpha	mg	5.70	0.574	4	1		12.94	0.27	
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Tocotrienol, alpha	mg								
Tocotrienol, beta	mg								
Tocotrienol, gamma	mg								
Tocotrienol, delta	mg								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	14.200		0	1		32.234	0.667	
4:0	g	0.000		0	4		0.000	0.000	
6:0	g	0.000		0	4		0.000	0.000	
8:0	g	0.000		0	4		0.000	0.000	
10:0	g	0.000		0	4		0.000	0.000	
11:0	g								
12:0	g	0.000		0	4		0.000	0.000	
13:0	g								
14:0	g	0.100	0.026	6	1		0.227	0.005	
15:0	g								
16:0	g	8.700	0.245	10	1		19.749	0.409	
17:0	g								

NDB No. 04097

Margarine, soft, soybean (hydrogenated) and cottonseed (hydrogenated), with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	5.300	0.291	10	1		12.031	0.249	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	38.200		0	1		86.714	1.795	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	4		0.000	0.000	
17:1 g								
18:1 undifferentiated g	38.200	0.781	10	1		86.714	1.795	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	24.600		0	1		55.842	1.156	
18:2 undifferentiated g	23.300	0.747	10	1		52.891	1.095	
18:3 undifferentiated g	1.300	0.232	10	1		2.951	0.061	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	301	49.786	5	1		683	14	
Amino Acids:								
Tryptophan g	0.011		0	1		0.025	0.001	
Threonine g	0.034		0	1		0.077	0.002	
Isoleucine g	0.046		0	1		0.104	0.002	
Leucine g	0.074		0	1		0.168	0.003	
Lysine g	0.060		0	1		0.136	0.003	
Methionine g	0.019		0	1		0.043	0.001	
Cystine g	0.007		0	1		0.016	0.000	
Phenylalanine g	0.037		0	1		0.084	0.002	
Tyrosine g	0.037		0	1		0.084	0.002	
Valine g	0.051		0	1		0.116	0.002	
Arginine g	0.027		0	1		0.061	0.001	
Histidine g	0.021		0	1		0.048	0.001	
Alanine g	0.026		0	1		0.059	0.001	
Aspartic acid g	0.058		0	1		0.132	0.003	
Glutamic acid g	0.159		0	1		0.361	0.007	
Glycine g	0.016		0	1		0.036	0.001	
Proline g	0.074		0	1		0.168	0.003	
Serine g	0.041		0	1		0.093	0.002	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 227.000g: 1 cup

Measure 2 = 4.700g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04099
Margarine, soft, soybean (hydrogenated), cottonseed (hydrogenated), and soybean

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	16.20	0.081	69	1		36.77	0.76	
Energy....kcal	716		0	4		1626	34	
Energy....kj	2997			4		6804	141	
Protein (N x 6.38)....g	0.80	0.057	30	1		1.82	0.04	
Total lipid (fat)....g	80.40	0.055	189	1		182.51	3.78	
Ash....g	2.00	0.030	49	1		4.54	0.09	
Carbohydrate, by difference....g	0.50		0	4		1.14	0.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	27		0	1		60	1	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	2		0	1		5	0	
Phosphorus, P....mg	20		0	1		46	1	
Potassium, K....mg	38		0	1		86	2	
Sodium, Na....mg	1079	19.838	69	1		2449	51	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.3	0.0	
Thiamin....mg	0.009		0	1		0.020	0.000	
Riboflavin....mg	0.032		0	1		0.073	0.002	
Niacin....mg	0.020		0	1		0.045	0.001	
Pantothenic acid....mg	0.075		0	1		0.170	0.004	
Vitamin B-6....mg	0.008		0	1		0.018	0.000	
Folate, total....mcg	1		0	1		2	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		2	0	
Folate, DFE....mcg_DFE	1		0	4		2	0	
Vitamin B-12....mcg	0.08		0	1		0.19	0.00	
Vitamin A, IU....IU	3571		0	5		8106	168	
Vitamin A, RE....mcg_RE	799		0	5		1814	38	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	3.30		1	1		7.49	0.16	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	15.300		0	1		34.731	0.719	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	9.900	0.209	7	1		22.473	0.465	
17:0....g								

NDB No. 04099

Margarine, soft, soybean (hydrogenated), cottonseed (hydrogenated), and soybean

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	5.400	0.241	7	1		12.258	0.254	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	35.800		0	1		81.266	1.683	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	4		0.000	0.000	
17:1 g								
18:1 undifferentiated g	35.800	1.012	7	1		81.266	1.683	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	25.800		0	1		58.566	1.213	
18:2 undifferentiated g	24.800	1.303	7	1		56.296	1.166	
18:3 undifferentiated g	1.000	0.168	7	1		2.270	0.047	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	238	47.845	5	1		540	11	
Amino Acids:								
Tryptophan g	0.011		0	1		0.025	0.001	
Threonine g	0.034		0	1		0.077	0.002	
Isoleucine g	0.046		0	1		0.104	0.002	
Leucine g	0.074		0	1		0.168	0.003	
Lysine g	0.060		0	1		0.136	0.003	
Methionine g	0.019		0	1		0.043	0.001	
Cystine g	0.007		0	1		0.016	0.000	
Phenylalanine g	0.037		0	1		0.084	0.002	
Tyrosine g	0.037		0	1		0.084	0.002	
Valine g	0.051		0	1		0.116	0.002	
Arginine g	0.027		0	1		0.061	0.001	
Histidine g	0.021		0	1		0.048	0.001	
Alanine g	0.026		0	1		0.059	0.001	
Aspartic acid g	0.058		0	1		0.132	0.003	
Glutamic acid g	0.159		0	1		0.361	0.007	
Glycine g	0.016		0	1		0.036	0.001	
Proline g	0.074		0	1		0.168	0.003	
Serine g	0.041		0	1		0.093	0.002	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 227.000g: 1 cup

Measure 2 = 4.700g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04101
Margarine, soft, safflower and cottonseed (hydrogenated) and peanut (hydrogenated)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	16.20	0.081	69	1		36.77	0.76	
Energy	kcal	716		0	4		1626	34	
Energy	kj	2997			4		6804	141	
Protein (N x 6.38)	g	0.80	0.057	30	1		1.82	0.04	
Total lipid (fat)	g	80.40	0.055	189	1		182.51	3.78	
Ash	g	2.00	0.030	49	1		4.54	0.09	
Carbohydrate, by difference	g	0.50		0	4		1.14	0.02	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	27		0	1		60	1	
Iron, Fe	mg	0.00		0	4		0.00	0.00	
Magnesium, Mg	mg	2		0	1		5	0	
Phosphorus, P	mg	20		0	1		46	1	
Potassium, K	mg	38		0	1		86	2	
Sodium, Na	mg	1079	19.838	69	1		2449	51	
Zinc, Zn	mg	0.00		0	4		0.00	0.00	
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg	0.0		0	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.1		0	1		0.3	0.0	
Thiamin	mg	0.009		0	1		0.020	0.000	
Riboflavin	mg	0.032		0	1		0.073	0.002	
Niacin	mg	0.020		0	1		0.045	0.001	
Pantothenic acid	mg	0.075		0	1		0.170	0.004	
Vitamin B-6	mg	0.008		0	1		0.018	0.000	
Folate, total	mcg	1		0	1		2	0	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	1		0	1		2	0	
Folate, DFE	mcg_DFE	1		0	4		2	0	
Vitamin B-12	mcg	0.08		0	1		0.19	0.00	
Vitamin A, IU	IU	3571		0	5		8106	168	
Vitamin A, RE	mcg_RE	799		0	5		1814	38	
Vitamin E	mg_ATE								
Tocopherol, alpha	mg	7.00		0	4		15.89	0.33	
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Tocotrienol, alpha	mg								
Tocotrienol, beta	mg								
Tocotrienol, gamma	mg								
Tocotrienol, delta	mg								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	13.400		0	1		30.418	0.630	
4:0	g	0.000		0	4		0.000	0.000	
6:0	g	0.000		0	4		0.000	0.000	
8:0	g	0.000		0	4		0.000	0.000	
10:0	g	0.000		0	4		0.000	0.000	
11:0	g								
12:0	g	0.000		0	4		0.000	0.000	
13:0	g								
14:0	g	0.100		1	1		0.227	0.005	
15:0	g								
16:0	g	8.300	0.513	3	1		18.841	0.390	
17:0	g								

NDB No. 04101
Margarine, soft, safflower and cottonseed (hydrogenated) and peanut (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	5.000	1.070	3	1		11.350	0.235	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	14.000		0	1		31.780	0.658	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	4		0.000	0.000	
17:1 g								
18:1 undifferentiated g	14.000	0.172	3	1		31.780	0.658	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	49.500		0	1		112.365	2.327	
18:2 undifferentiated g	49.500	1.729	3	1		112.365	2.327	
18:3 undifferentiated g	0.000		3	1		0.000	0.000	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	200		0	4		454	9	
Amino Acids:								
Tryptophan g	0.011		0	1		0.025	0.001	
Threonine g	0.034		0	1		0.077	0.002	
Isoleucine g	0.046		0	1		0.104	0.002	
Leucine g	0.074		0	1		0.168	0.003	
Lysine g	0.060		0	1		0.136	0.003	
Methionine g	0.019		0	1		0.043	0.001	
Cystine g	0.007		0	1		0.016	0.000	
Phenylalanine g	0.037		0	1		0.084	0.002	
Tyrosine g	0.037		0	1		0.084	0.002	
Valine g	0.051		0	1		0.116	0.002	
Arginine g	0.027		0	1		0.061	0.001	
Histidine g	0.021		0	1		0.048	0.001	
Alanine g	0.026		0	1		0.059	0.001	
Aspartic acid g	0.058		0	1		0.132	0.003	
Glutamic acid g	0.159		0	1		0.361	0.007	
Glycine g	0.016		0	1		0.036	0.001	
Proline g	0.074		0	1		0.168	0.003	
Serine g	0.041		0	1		0.093	0.002	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 227.000g: 1 cup

Measure 2 = 4.700g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04102
Margarine, soft, safflower (hydrogenated and 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	16.20	0.081	69	1		36.77	0.76	
Energy....kcal	716		0	4		1626	34	
Energy....kj	2997			4		6804	141	
Protein (N x 6.38)....g	0.80	0.057	30	1		1.82	0.04	
Total lipid (fat)....g	80.40	0.055	189	1		182.51	3.78	
Ash....g	2.00	0.030	49	1		4.54	0.09	
Carbohydrate, by difference....g	0.50		0	4		1.14	0.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	27		0	1		60	1	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	2		0	1		5	0	
Phosphorus, P....mg	20		0	1		46	1	
Potassium, K....mg	38		0	1		86	2	
Sodium, Na....mg	1079	19.838	69	1		2449	51	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.3	0.0	
Thiamin....mg	0.009		0	1		0.020	0.000	
Riboflavin....mg	0.032		0	1		0.073	0.002	
Niacin....mg	0.020		0	1		0.045	0.001	
Pantothenic acid....mg	0.075		0	1		0.170	0.004	
Vitamin B-6....mg	0.008		0	1		0.018	0.000	
Folate, total....mcg	1		0	1		2	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		2	0	
Folate, DFE....mcg_DFE	1		0	4		2	0	
Vitamin B-12....mcg	0.08		0	1		0.19	0.00	
Vitamin A, IU....IU	3571		0	5		8106	168	
Vitamin A, RE....mcg_RE	799		0	5		1814	38	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	12.90		2	1		29.28	0.61	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	9.200		0	1		20.884	0.432	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.100		1	1		0.227	0.005	
15:0....g								
16:0....g	5.800		1	1		13.166	0.273	
17:0....g								

NDB No. 04102
Margarine, soft, safflower (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	3.300		1	1		7.491	0.155	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	23.200		0	1		52.664	1.090	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	23.200		1	1		52.664	1.090	
20:1 ... g	0.000		0	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	44.500		0	1		101.015	2.092	
18:2 undifferentiated ... g	44.500		1	1		101.015	2.092	
18:3 undifferentiated ... g	0.000		1	1		0.000	0.000	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	200		0	4		454	9	
Amino Acids:								
Tryptophan ... g	0.011		0	1		0.025	0.001	
Threonine ... g	0.034		0	1		0.077	0.002	
Isoleucine ... g	0.046		0	1		0.104	0.002	
Leucine ... g	0.074		0	1		0.168	0.003	
Lysine ... g	0.060		0	1		0.136	0.003	
Methionine ... g	0.019		0	1		0.043	0.001	
Cystine ... g	0.007		0	1		0.016	0.000	
Phenylalanine ... g	0.037		0	1		0.084	0.002	
Tyrosine ... g	0.037		0	1		0.084	0.002	
Valine ... g	0.051		0	1		0.116	0.002	
Arginine ... g	0.027		0	1		0.061	0.001	
Histidine ... g	0.021		0	1		0.048	0.001	
Alanine ... g	0.026		0	1		0.059	0.001	
Aspartic acid ... g	0.058		0	1		0.132	0.003	
Glutamic acid ... g	0.159		0	1		0.361	0.007	
Glycine ... g	0.016		0	1		0.036	0.001	
Proline ... g	0.074		0	1		0.168	0.003	
Serine ... g	0.041		0	1		0.093	0.002	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 227.000g: 1 cup

Measure 2 = 4.700g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04103
Margarine, soft, soybean, soybean (hydrogenated), and cottonseed (hydrogenated)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	16.20	0.081	69	1		36.77	0.76	
Energy	kcal	716		0	4		1626	34	
Energy	kj	2997			4		6804	141	
Protein (N x 6.38)	g	0.80	0.057	30	1		1.82	0.04	
Total lipid (fat)	g	80.40	0.055	189	1		182.51	3.78	
Ash	g	2.00	0.030	49	1		4.54	0.09	
Carbohydrate, by difference	g	0.50		0	4		1.14	0.02	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	27		0	1		60	1	
Iron, Fe	mg	0.00		0	4		0.00	0.00	
Magnesium, Mg	mg	2		0	1		5	0	
Phosphorus, P	mg	20		0	1		46	1	
Potassium, K	mg	38		0	1		86	2	
Sodium, Na	mg	1079	19.838	69	1		2449	51	
Zinc, Zn	mg	0.00		0	4		0.00	0.00	
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg	0.0		0	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.1		0	1		0.3	0.0	
Thiamin	mg	0.009		0	1		0.020	0.000	
Riboflavin	mg	0.032		0	1		0.073	0.002	
Niacin	mg	0.020		0	1		0.045	0.001	
Pantothenic acid	mg	0.075		0	1		0.170	0.004	
Vitamin B-6	mg	0.008		0	1		0.018	0.000	
Folate, total	mcg	1		0	1		2	0	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	1		0	1		2	0	
Folate, DFE	mcg_DFE	1		0	4		2	0	
Vitamin B-12	mcg	0.08		0	1		0.19	0.00	
Vitamin A, IU	IU	3571		0	5		8106	168	
Vitamin A, RE	mcg_RE	799		0	5		1814	38	
Vitamin E	mg_ATE								
Tocopherol, alpha	mg	4.40		2	1		9.99	0.21	
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Tocotrienol, alpha	mg								
Tocotrienol, beta	mg								
Tocotrienol, gamma	mg								
Tocotrienol, delta	mg								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	16.100		0	1		36.547	0.757	
4:0	g	0.000		0	4		0.000	0.000	
6:0	g	0.000		0	4		0.000	0.000	
8:0	g	0.000		0	4		0.000	0.000	
10:0	g	0.000		0	4		0.000	0.000	
11:0	g								
12:0	g	0.300	0.021	97	1		0.681	0.014	
13:0	g								
14:0	g	0.200	0.008	102	1		0.454	0.009	
15:0	g								
16:0	g	9.800	0.093	102	1		22.246	0.461	
17:0	g								

NDB No. 04103
Margarine, soft, soybean, soybean (hydrogenated), and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 ... g	5.800	0.060	102	1		13.166	0.273	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	30.700		0	1		69.689	1.443	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.100	0.015	27	1		0.227	0.005	
17:1 ... g								
18:1 undifferentiated ... g	30.000	0.128	64	1		68.100	1.410	
20:1 ... g	0.600	0.065	34	1		1.362	0.028	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	30.100		0	1		68.327	1.415	
18:2 undifferentiated ... g	27.300	0.120	102	1		61.971	1.283	
18:3 undifferentiated ... g	2.800	0.104	102	1		6.356	0.132	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	206		2	1		468	10	
Amino Acids:								
Tryptophan ... g	0.011		0	1		0.025	0.001	
Threonine ... g	0.034		0	1		0.077	0.002	
Isoleucine ... g	0.046		0	1		0.104	0.002	
Leucine ... g	0.074		0	1		0.168	0.003	
Lysine ... g	0.060		0	1		0.136	0.003	
Methionine ... g	0.019		0	1		0.043	0.001	
Cystine ... g	0.007		0	1		0.016	0.000	
Phenylalanine ... g	0.037		0	1		0.084	0.002	
Tyrosine ... g	0.037		0	1		0.084	0.002	
Valine ... g	0.051		0	1		0.116	0.002	
Arginine ... g	0.027		0	1		0.061	0.001	
Histidine ... g	0.021		0	1		0.048	0.001	
Alanine ... g	0.026		0	1		0.059	0.001	
Aspartic acid ... g	0.058		0	1		0.132	0.003	
Glutamic acid ... g	0.159		0	1		0.361	0.007	
Glycine ... g	0.016		0	1		0.036	0.001	
Proline ... g	0.074		0	1		0.168	0.003	
Serine ... g	0.041		0	1		0.093	0.002	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 227.000g: 1 cup

Measure 2 = 4.700g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04105
Margarine, regular, liquid, soybean (hydrogenated and regular) and cottonseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	15.80	0.384	8	1		35.87	2.24	0.74
Energy....kcal	721		0	4		1637	102	34
Energy....kj	3017			4		6848	428	142
Protein (N x 6.38)....g	1.90		1	1		4.31	0.27	0.09
Total lipid (fat)....g	80.60	0.157	10	1		182.96	11.45	3.79
Ash....g	2.00	0.026	6	1		4.54	0.28	0.09
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	66		0	1		150	9	3
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	6		0	1		13	1	0
Phosphorus, P....mg	51		0	1		116	7	2
Potassium, K....mg	94		0	1		214	13	4
Sodium, Na....mg	781		2	1		1773	111	37
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		0	1		0.8	0.1	0.0
Thiamin....mg	0.022		0	1		0.050	0.003	0.001
Riboflavin....mg	0.081		0	1		0.184	0.012	0.004
Niacin....mg	0.050		0	1		0.114	0.007	0.002
Pantothenic acid....mg	0.187		0	1		0.424	0.027	0.009
Vitamin B-6....mg	0.019		0	1		0.043	0.003	0.001
Folate, total....mcg	3		0	1		6	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	3		0	1		6	0	0
Folate, DFE....mcg_DFE	3		0	4		7	0	0
Vitamin B-12....mcg	0.21		0	1		0.48	0.03	0.01
Vitamin A, IU....IU	3571		0	5		8106	507	168
Vitamin A, RE....mcg_RE	799		0	5		1814	113	38
Vitamin E....mg_ATE	5.190		0	4		11.781	0.737	0.244
Tocopherol, alpha....mg	4.60	2.211	4	1		10.44	0.65	0.22
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	13.200		0	1		29.964	1.874	0.620
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.100	0.001	3	1		0.227	0.014	0.005
15:0....g								
16:0....g	8.600	0.360	4	1		19.522	1.221	0.404
17:0....g								

NDB No. 04105
Margarine, regular, liquid, soybean (hydrogenated and regular) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	4.600	0.624	4	1		10.442	0.653	0.216
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	28.100		0	1		63.787	3.990	1.321
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
17:1 g								
18:1 undifferentiated g	28.100	0.907	4	1		63.787	3.990	1.321
20:1 g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	35.800		0	1		81.266	5.084	1.683
18:2 undifferentiated g	33.400	1.048	4	1		75.818	4.743	1.570
18:3 undifferentiated g	2.400	1.305	4	1		5.448	0.341	0.113
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	0
Phytosterols mg	174	7.948	4	1		395	25	8
Amino Acids:								
Tryptophan g	0.027		0	1		0.061	0.004	0.001
Threonine g	0.086		0	1		0.195	0.012	0.004
Isoleucine g	0.115		0	1		0.261	0.016	0.005
Leucine g	0.186		0	1		0.422	0.026	0.009
Lysine g	0.151		0	1		0.343	0.021	0.007
Methionine g	0.048		0	1		0.109	0.007	0.002
Cystine g	0.018		0	1		0.041	0.003	0.001
Phenylalanine g	0.092		0	1		0.209	0.013	0.004
Tyrosine g	0.092		0	1		0.209	0.013	0.004
Valine g	0.127		0	1		0.288	0.018	0.006
Arginine g	0.069		0	1		0.157	0.010	0.003
Histidine g	0.052		0	1		0.118	0.007	0.002
Alanine g	0.066		0	1		0.150	0.009	0.003
Aspartic acid g	0.144		0	1		0.327	0.020	0.007
Glutamic acid g	0.398		0	1		0.903	0.057	0.019
Glycine g	0.040		0	1		0.091	0.006	0.002
Proline g	0.184		0	1		0.418	0.026	0.009
Serine g	0.103		0	1		0.234	0.015	0.005
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 227.000g: 1 cup

Measure 2 = 14.200g: 1 tbsp

Measure 3 = 4.700g: 1 tsp

NDB No. 04105
Margarine, regular, liquid, soybean (hydrogenated and regular) and cottonseed

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04106

Margarine-like spread, approximately 60% fat, tub, soybean (hydrogenated) and cottonseed (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	37.00		2	1		84.73	1.78	
Energy....kcal	540		0	4		1236	26	
Energy....kj	2258			4		5170	108	
Protein (N x 6.38)....g	0.60		2	1		1.37	0.03	
Total lipid (fat)....g	60.80		2	1		139.23	2.92	
Ash....g	1.70		2	1		3.89	0.08	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	21		0	1		48	1	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	2		0	1		4	0	
Phosphorus, P....mg	16		0	1		37	1	
Potassium, K....mg	30		0	1		68	1	
Sodium, Na....mg	994		0	4		2276	48	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.3	0.0	
Thiamin....mg	0.007		0	1		0.016	0.000	
Riboflavin....mg	0.026		0	1		0.060	0.001	
Niacin....mg	0.016		0	1		0.037	0.001	
Pantothenic acid....mg	0.059		0	1		0.135	0.003	
Vitamin B-6....mg	0.006		0	1		0.014	0.000	
Folate, total....mcg	1		0	1		2	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		2	0	
Folate, DFE....mcg_DFE	1		0	4		2	0	
Vitamin B-12....mcg	0.07		0	1		0.15	0.00	
Vitamin A, IU....IU	3571		0	5		8178	171	
Vitamin A, RE....mcg_RE	799		0	5		1830	38	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	5.00		0	4		11.45	0.24	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	12.000		0	1		27.480	0.576	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.100		2	1		0.229	0.005	
13:0....g								
14:0....g	0.400		2	1		0.916	0.019	
15:0....g								
16:0....g	7.700		2	1		17.633	0.370	
17:0....g								

NDB No. 04106

Margarine-like spread, approximately 60% fat, tub, soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	3.800		2	1		8.702	0.182	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	38.900		0	1		89.081	1.867	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	38.900		2	1		89.081	1.867	
20:1 ... g	0.000		0	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	7.100		0	1		16.259	0.341	
18:2 undifferentiated ... g	7.000		2	1		16.030	0.336	
18:3 undifferentiated ... g	0.200		2	1		0.458	0.010	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	159		2	1		364	8	
Amino Acids:								
Tryptophan ... g	0.008		0	1		0.018	0.000	
Threonine ... g	0.027		0	1		0.062	0.001	
Isoleucine ... g	0.036		0	1		0.082	0.002	
Leucine ... g	0.059		0	1		0.135	0.003	
Lysine ... g	0.048		0	1		0.110	0.002	
Methionine ... g	0.015		0	1		0.034	0.001	
Cystine ... g	0.006		0	1		0.014	0.000	
Phenylalanine ... g	0.029		0	1		0.066	0.001	
Tyrosine ... g	0.029		0	1		0.066	0.001	
Valine ... g	0.040		0	1		0.092	0.002	
Arginine ... g	0.022		0	1		0.050	0.001	
Histidine ... g	0.016		0	1		0.037	0.001	
Alanine ... g	0.021		0	1		0.048	0.001	
Aspartic acid ... g	0.045		0	1		0.103	0.002	
Glutamic acid ... g	0.126		0	1		0.289	0.006	
Glycine ... g	0.013		0	1		0.030	0.001	
Proline ... g	0.058		0	1		0.133	0.003	
Serine ... g	0.033		0	1		0.076	0.002	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 229.000g: 1 cup

Measure 2 = 4.800g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04107
Margarine-like spread, (approximately 40% fat), corn (hydrogenated and 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	58.10	0.543	16	1		134.79	2.79	
Energy....kcal	345		0	4		801	17	
Energy....kj	1444			4		3351	69	
Protein (N x 6.38)....g	0.50	0.070	11	1		1.16	0.02	
Total lipid (fat)....g	38.80	0.063	183	1		90.02	1.86	
Ash....g	2.20	0.083	10	1		5.10	0.11	
Carbohydrate, by difference....g	0.40		0	4		0.93	0.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	18		0	1		41	1	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	2		0	1		4	0	
Phosphorus, P....mg	14		0	1		32	1	
Potassium, K....mg	25		0	1		59	1	
Sodium, Na....mg	960	5.715	107	1		2226	46	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.2	0.0	
Thiamin....mg	0.006		0	1		0.014	0.000	
Riboflavin....mg	0.022		0	1		0.051	0.001	
Niacin....mg	0.013		0	1		0.030	0.001	
Pantothenic acid....mg	0.051		0	1		0.118	0.002	
Vitamin B-6....mg	0.005		0	1		0.012	0.000	
Folate, total....mcg	1		0	1		2	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		2	0	
Folate, DFE....mcg_DFE	1		0	4		2	0	
Vitamin B-12....mcg	0.06		0	1		0.13	0.00	
Vitamin A, IU....IU	3571		0	5		8285	171	
Vitamin A, RE....mcg_RE	799		0	5		1854	38	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	4.00		0	4		9.28	0.19	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.400		0	1		14.848	0.307	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.100	0.010	131	1		0.232	0.005	
13:0....g								
14:0....g	0.100	0.008	131	1		0.232	0.005	
15:0....g								
16:0....g	4.300	0.036	135	1		9.976	0.206	
17:0....g								

NDB No. 04107
Margarine-like spread, (approximately 40% fat), corn (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	1.900	0.017	135	1		4.408	0.091	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	14.500		0	1		33.640	0.696	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	4		0.000	0.000	
17:1 g								
18:1 undifferentiated g	14.500	0.072	96	1		33.640	0.696	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	16.300		0	1		37.816	0.782	
18:2 undifferentiated g	16.100	0.062	135	1		37.352	0.773	
18:3 undifferentiated g	0.200	0.021	133	1		0.464	0.010	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	270	87.204	4	1		626	13	
Amino Acids:								
Tryptophan g	0.007		0	1		0.016	0.000	
Threonine g	0.023		0	1		0.053	0.001	
Isoleucine g	0.031		0	1		0.072	0.001	
Leucine g	0.050		0	1		0.116	0.002	
Lysine g	0.040		0	1		0.093	0.002	
Methionine g	0.013		0	1		0.030	0.001	
Cystine g	0.005		0	1		0.012	0.000	
Phenylalanine g	0.025		0	1		0.058	0.001	
Tyrosine g	0.025		0	1		0.058	0.001	
Valine g	0.034		0	1		0.079	0.002	
Arginine g	0.018		0	1		0.042	0.001	
Histidine g	0.014		0	1		0.032	0.001	
Alanine g	0.018		0	1		0.042	0.001	
Aspartic acid g	0.039		0	1		0.090	0.002	
Glutamic acid g	0.107		0	1		0.248	0.005	
Glycine g	0.011		0	1		0.026	0.001	
Proline g	0.049		0	1		0.114	0.002	
Serine g	0.028		0	1		0.065	0.001	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 232.000g: 1 cup

Measure 2 = 4.800g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04108

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and palm (hydrogenated and 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	58.10	0.543	16	1		134.79	2.79	
Energy....kcal	345		0	4		801	17	
Energy....kj	1444			4		3351	69	
Protein (N x 6.38)....g	0.50	0.070	11	1		1.16	0.02	
Total lipid (fat)....g	38.80	0.063	183	1		90.02	1.86	
Ash....g	2.20	0.083	10	1		5.10	0.11	
Carbohydrate, by difference....g	0.40		0	4		0.93	0.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	18		0	1		41	1	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	2		0	1		4	0	
Phosphorus, P....mg	14		0	1		32	1	
Potassium, K....mg	25		0	1		59	1	
Sodium, Na....mg	960	5.715	107	1		2226	46	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.2	0.0	
Thiamin....mg	0.006		0	1		0.014	0.000	
Riboflavin....mg	0.022		0	1		0.051	0.001	
Niacin....mg	0.013		0	1		0.030	0.001	
Pantothenic acid....mg	0.051		0	1		0.118	0.002	
Vitamin B-6....mg	0.005		0	1		0.012	0.000	
Folate, total....mcg	1		0	1		2	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		2	0	
Folate, DFE....mcg_DFE	1		0	4		2	0	
Vitamin B-12....mcg	0.06		0	1		0.13	0.00	
Vitamin A, IU....IU	3571		0	5		8285	171	
Vitamin A, RE....mcg_RE	799		0	5		1854	38	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	4.00		0	4		9.28	0.19	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	10.100		0	1		23.432	0.485	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		1	1		0.000	0.000	
13:0....g								
14:0....g	0.100	0.001	3	1		0.232	0.005	
15:0....g								
16:0....g	7.700	0.454	3	1		17.864	0.370	
17:0....g								

NDB No. 04108

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and palm (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 ... g	1.600	0.055	3	1		3.712	0.077	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	14.100		0	1		32.712	0.677	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		1	1		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	14.100	0.102	3	1		32.712	0.677	
20:1 ... g	0.000		0	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	12.800		0	1		29.696	0.614	
18:2 undifferentiated ... g	12.100	0.493	3	1		28.072	0.581	
18:3 undifferentiated ... g	0.700	0.079	3	1		1.624	0.034	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	130		2	1		302	6	
Amino Acids:								
Tryptophan ... g	0.007		0	1		0.016	0.000	
Threonine ... g	0.023		0	1		0.053	0.001	
Isoleucine ... g	0.031		0	1		0.072	0.001	
Leucine ... g	0.050		0	1		0.116	0.002	
Lysine ... g	0.040		0	1		0.093	0.002	
Methionine ... g	0.013		0	1		0.030	0.001	
Cystine ... g	0.005		0	1		0.012	0.000	
Phenylalanine ... g	0.025		0	1		0.058	0.001	
Tyrosine ... g	0.025		0	1		0.058	0.001	
Valine ... g	0.034		0	1		0.079	0.002	
Arginine ... g	0.018		0	1		0.042	0.001	
Histidine ... g	0.014		0	1		0.032	0.001	
Alanine ... g	0.018		0	1		0.042	0.001	
Aspartic acid ... g	0.039		0	1		0.090	0.002	
Glutamic acid ... g	0.107		0	1		0.248	0.005	
Glycine ... g	0.011		0	1		0.026	0.001	
Proline ... g	0.049		0	1		0.114	0.002	
Serine ... g	0.028		0	1		0.065	0.001	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 232.000g: 1 cup

Measure 2 = 4.800g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04109
Margarine-like spread, (approximately 40% fat), soybean (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	58.10	0.543	16	1		134.79	2.79	
Energy....kcal	345		0	4		801	17	
Energy....kj	1444			4		3351	69	
Protein (N x 6.38)....g	0.50	0.070	11	1		1.16	0.02	
Total lipid (fat)....g	38.80	0.063	183	1		90.02	1.86	
Ash....g	2.20	0.083	10	1		5.10	0.11	
Carbohydrate, by difference....g	0.40		0	4		0.93	0.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	18		0	1		41	1	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	2		0	1		4	0	
Phosphorus, P....mg	14		0	1		32	1	
Potassium, K....mg	25		0	1		59	1	
Sodium, Na....mg	960	5.715	107	1		2226	46	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.2	0.0	
Thiamin....mg	0.006		0	1		0.014	0.000	
Riboflavin....mg	0.022		0	1		0.051	0.001	
Niacin....mg	0.013		0	1		0.030	0.001	
Pantothenic acid....mg	0.051		0	1		0.118	0.002	
Vitamin B-6....mg	0.005		0	1		0.012	0.000	
Folate, total....mcg	1		0	1		2	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		2	0	
Folate, DFE....mcg_DFE	1		0	4		2	0	
Vitamin B-12....mcg	0.06		0	1		0.13	0.00	
Vitamin A, IU....IU	3571		0	5		8285	171	
Vitamin A, RE....mcg_RE	799		0	5		1854	38	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	0.80		1	1		1.86	0.04	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.500		0	1		15.080	0.312	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	4.300		2	1		9.976	0.206	
17:0....g								

NDB No. 04109
Margarine-like spread, (approximately 40% fat), soybean (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	2.200		2	1		5.104	0.106	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	16.700		0	1		38.744	0.802	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	16.700		2	1		38.744	0.802	
20:1 ... g	0.000		0	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	13.800		0	1		32.016	0.662	
18:2 undifferentiated ... g	12.900		2	1		29.928	0.619	
18:3 undifferentiated ... g	0.900		2	1		2.088	0.043	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	190		2	1		441	9	
Amino Acids:								
Tryptophan ... g	0.007		0	1		0.016	0.000	
Threonine ... g	0.023		0	1		0.053	0.001	
Isoleucine ... g	0.031		0	1		0.072	0.001	
Leucine ... g	0.050		0	1		0.116	0.002	
Lysine ... g	0.040		0	1		0.093	0.002	
Methionine ... g	0.013		0	1		0.030	0.001	
Cystine ... g	0.005		0	1		0.012	0.000	
Phenylalanine ... g	0.025		0	1		0.058	0.001	
Tyrosine ... g	0.025		0	1		0.058	0.001	
Valine ... g	0.034		0	1		0.079	0.002	
Arginine ... g	0.018		0	1		0.042	0.001	
Histidine ... g	0.014		0	1		0.032	0.001	
Alanine ... g	0.018		0	1		0.042	0.001	
Aspartic acid ... g	0.039		0	1		0.090	0.002	
Glutamic acid ... g	0.107		0	1		0.248	0.005	
Glycine ... g	0.011		0	1		0.026	0.001	
Proline ... g	0.049		0	1		0.114	0.002	
Serine ... g	0.028		0	1		0.065	0.001	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 232.000g: 1 cup

Measure 2 = 4.800g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04110

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and cottonseed (hydrogenated)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	58.10	0.543	16	1		134.79	2.79	
Energy	kcal	345		0	4		801	17	
Energy	kj	1444			4		3351	69	
Protein (N x 6.38)	g	0.50	0.070	11	1		1.16	0.02	
Total lipid (fat)	g	38.80	0.063	183	1		90.02	1.86	
Ash	g	2.20	0.083	10	1		5.10	0.11	
Carbohydrate, by difference	g	0.40		0	4		0.93	0.02	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	18		0	1		41	1	
Iron, Fe	mg	0.00		0	4		0.00	0.00	
Magnesium, Mg	mg	2		0	1		4	0	
Phosphorus, P	mg	14		0	1		32	1	
Potassium, K	mg	25		0	1		59	1	
Sodium, Na	mg	960	5.715	107	1		2226	46	
Zinc, Zn	mg	0.00		0	4		0.00	0.00	
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg	0.0		0	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.1		0	1		0.2	0.0	
Thiamin	mg	0.006		0	1		0.014	0.000	
Riboflavin	mg	0.022		0	1		0.051	0.001	
Niacin	mg	0.013		0	1		0.030	0.001	
Pantothenic acid	mg	0.051		0	1		0.118	0.002	
Vitamin B-6	mg	0.005		0	1		0.012	0.000	
Folate, total	mcg	1		0	1		2	0	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	1		0	1		2	0	
Folate, DFE	mcg_DFE	1		0	4		2	0	
Vitamin B-12	mcg	0.06		0	1		0.13	0.00	
Vitamin A, IU	IU	3571		0	5		8285	171	
Vitamin A, RE	mcg_RE	799		0	5		1854	38	
Vitamin E	mg_ATE								
Tocopherol, alpha	mg	8.60		1	1		19.95	0.41	
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Tocotrienol, alpha	mg								
Tocotrienol, beta	mg								
Tocotrienol, gamma	mg								
Tocotrienol, delta	mg								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	7.200		0	1		16.704	0.346	
4:0	g	0.000		0	4		0.000	0.000	
6:0	g	0.000		0	4		0.000	0.000	
8:0	g	0.000		0	4		0.000	0.000	
10:0	g	0.000		0	4		0.000	0.000	
11:0	g								
12:0	g	0.000		0	4		0.000	0.000	
13:0	g								
14:0	g	0.000		1	1		0.000	0.000	
15:0	g								
16:0	g	4.400	0.075	3	1		10.208	0.211	
17:0	g								

NDB No. 04110

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	2.800	0.139	3	1		6.496	0.134	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	18.400		0	1		42.688	0.883	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	4		0.000	0.000	
17:1 g								
18:1 undifferentiated g	18.400	1.360	3	1		42.688	0.883	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	11.400		0	1		26.448	0.547	
18:2 undifferentiated g	10.700	1.176	3	1		24.824	0.514	
18:3 undifferentiated g	0.700	0.245	3	1		1.624	0.034	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	106	13.542	4	1		246	5	
Amino Acids:								
Tryptophan g	0.007		0	1		0.016	0.000	
Threonine g	0.023		0	1		0.053	0.001	
Isoleucine g	0.031		0	1		0.072	0.001	
Leucine g	0.050		0	1		0.116	0.002	
Lysine g	0.040		0	1		0.093	0.002	
Methionine g	0.013		0	1		0.030	0.001	
Cystine g	0.005		0	1		0.012	0.000	
Phenylalanine g	0.025		0	1		0.058	0.001	
Tyrosine g	0.025		0	1		0.058	0.001	
Valine g	0.034		0	1		0.079	0.002	
Arginine g	0.018		0	1		0.042	0.001	
Histidine g	0.014		0	1		0.032	0.001	
Alanine g	0.018		0	1		0.042	0.001	
Aspartic acid g	0.039		0	1		0.090	0.002	
Glutamic acid g	0.107		0	1		0.248	0.005	
Glycine g	0.011		0	1		0.026	0.001	
Proline g	0.049		0	1		0.114	0.002	
Serine g	0.028		0	1		0.065	0.001	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 232.000g: 1 cup

Measure 2 = 4.800g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04112
Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and cottonseed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	58.10	0.543	16	1		134.79	2.79	
Energy	kcal	345		0	4		801	17	
Energy	kj	1444			4		3351	69	
Protein (N x 6.38)	g	0.50	0.070	11	1		1.16	0.02	
Total lipid (fat)	g	38.80	0.063	183	1		90.02	1.86	
Ash	g	2.20	0.083	10	1		5.10	0.11	
Carbohydrate, by difference	g	0.40		0	4		0.93	0.02	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	18		0	1		41	1	
Iron, Fe	mg	0.00		0	4		0.00	0.00	
Magnesium, Mg	mg	2		0	1		4	0	
Phosphorus, P	mg	14		0	1		32	1	
Potassium, K	mg	25		0	1		59	1	
Sodium, Na	mg	960	5.715	107	1		2226	46	
Zinc, Zn	mg	0.00		0	4		0.00	0.00	
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg	0.0		0	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.1		0	1		0.2	0.0	
Thiamin	mg	0.006		0	1		0.014	0.000	
Riboflavin	mg	0.022		0	1		0.051	0.001	
Niacin	mg	0.013		0	1		0.030	0.001	
Pantothenic acid	mg	0.051		0	1		0.118	0.002	
Vitamin B-6	mg	0.005		0	1		0.012	0.000	
Folate, total	mcg	1		0	1		2	0	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	1		0	1		2	0	
Folate, DFE	mcg_DFE	1		0	4		2	0	
Vitamin B-12	mcg	0.06		0	1		0.13	0.00	
Vitamin A, IU	IU	3571		0	5		8285	171	
Vitamin A, RE	mcg_RE	799		0	5		1854	38	
Vitamin E	mg_ATE								
Tocopherol, alpha	mg	2.70		1	1		6.26	0.13	
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Tocotrienol, alpha	mg								
Tocotrienol, beta	mg								
Tocotrienol, gamma	mg								
Tocotrienol, delta	mg								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	8.300		0	1		19.256	0.398	
4:0	g	0.000		0	4		0.000	0.000	
6:0	g	0.000		0	4		0.000	0.000	
8:0	g	0.000		0	4		0.000	0.000	
10:0	g	0.000		0	4		0.000	0.000	
11:0	g								
12:0	g	0.000		0	4		0.000	0.000	
13:0	g								
14:0	g	0.100		1	1		0.232	0.005	
15:0	g								
16:0	g	6.100		1	1		14.152	0.293	
17:0	g								

NDB No. 04112

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 ... g	2.200		1	1		5.104	0.106	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	14.200		0	1		32.944	0.682	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.100		1	1		0.232	0.005	
17:1 ... g								
18:1 undifferentiated ... g	14.200		1	1		32.944	0.682	
20:1 ... g	0.000		0	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	14.500		0	1		33.640	0.696	
18:2 undifferentiated ... g	14.300		1	1		33.176	0.686	
18:3 undifferentiated ... g	0.200		1	1		0.464	0.010	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	70		1	1		162	3	
Amino Acids:								
Tryptophan ... g	0.007		0	1		0.016	0.000	
Threonine ... g	0.023		0	1		0.053	0.001	
Isoleucine ... g	0.031		0	1		0.072	0.001	
Leucine ... g	0.050		0	1		0.116	0.002	
Lysine ... g	0.040		0	1		0.093	0.002	
Methionine ... g	0.013		0	1		0.030	0.001	
Cystine ... g	0.005		0	1		0.012	0.000	
Phenylalanine ... g	0.025		0	1		0.058	0.001	
Tyrosine ... g	0.025		0	1		0.058	0.001	
Valine ... g	0.034		0	1		0.079	0.002	
Arginine ... g	0.018		0	1		0.042	0.001	
Histidine ... g	0.014		0	1		0.032	0.001	
Alanine ... g	0.018		0	1		0.042	0.001	
Aspartic acid ... g	0.039		0	1		0.090	0.002	
Glutamic acid ... g	0.107		0	1		0.248	0.005	
Glycine ... g	0.011		0	1		0.026	0.001	
Proline ... g	0.049		0	1		0.114	0.002	
Serine ... g	0.028		0	1		0.065	0.001	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 232.000g: 1 cup

Measure 2 = 4.800g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04114
Salad dressing, italian, commercial, regular, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	38.40		2	1		90.24	5.64	
Energy....kcal	467		0	4		1098	69	
Energy....kj	1955			4		4595	287	
Protein (N x 6.25)....g	0.70		2	1		1.65	0.10	
Total lipid (fat)....g	48.30		2	1		113.51	7.10	
Ash....g	2.50		2	1		5.88	0.37	
Carbohydrate, by difference....g	10.20		0	4		23.97	1.50	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	10		0	1		24	1	
Iron, Fe....mg	0.20		0	1		0.47	0.03	
Magnesium, Mg....mg	1		0	4		2	0	
Phosphorus, P....mg	5		0	1		12	1	
Potassium, K....mg	15		0	1		35	2	
Sodium, Na....mg	787		0	1		1849	116	
Zinc, Zn....mg	0.11		1	1		0.26	0.02	
Copper, Cu....mg	0.010		0	4		0.024	0.001	
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		3.8	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.010		0	4		0.024	0.001	
Riboflavin....mg	0.019		0	4		0.045	0.003	
Niacin....mg	0.003		0	4		0.007	0.000	
Pantothenic acid....mg	0.189		0	4		0.444	0.028	
Vitamin B-6....mg	0.013		0	4		0.031	0.002	
Folate, total....mcg	5		0	4		11	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5		0	4		11	1	
Folate, DFE....mcg_DFE	5		0	4		12	1	
Vitamin B-12....mcg	0.16		0	4		0.38	0.02	
Vitamin A, IU....IU	78		0	4		183	11	
Vitamin A, RE....mcg_RE	24		0	4		56	4	
Vitamin E....mg_ATE	10.365		0	1		24.358	1.524	
Tocopherol, alpha....mg	5.00		0	4		11.75	0.74	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.000		0	1		16.450	1.029	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	5.000		0	1		11.750	0.735	
17:0....g								

NDB No. 04114
Salad dressing, italian, commercial, regular, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	1.800		0	1		4.230	0.265	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	11.200		0	1		26.320	1.646	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.100		0	1		0.235	0.015	
17:1 ... g								
18:1 undifferentiated ... g	11.000		0	1		25.850	1.617	
20:1 ... g	0.100		0	1		0.235	0.015	
22:1 undifferentiated ... g	0.000		0	1		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	28.000		0	1		65.800	4.116	
18:2 undifferentiated ... g	24.600		0	1		57.810	3.616	
18:3 undifferentiated ... g	3.300		0	1		7.755	0.485	
18:4 ... g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	1		0.000	0.000	
20:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:6 n-3 ... g	0.000		0	1		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	1		0	0	
Phytosterols ... mg	121		0	4		284	18	
Amino Acids:								
Tryptophan ... g	0.010		0	4		0.024	0.001	
Threonine ... g	0.038		0	4		0.089	0.006	
Isoleucine ... g	0.040		0	4		0.094	0.006	
Leucine ... g	0.059		0	4		0.139	0.009	
Lysine ... g	0.047		0	4		0.110	0.007	
Methionine ... g	0.018		0	4		0.042	0.003	
Cystine ... g	0.012		0	4		0.028	0.002	
Phenylalanine ... g	0.030		0	4		0.071	0.004	
Tyrosine ... g	0.030		0	4		0.071	0.004	
Valine ... g	0.043		0	4		0.101	0.006	
Arginine ... g	0.048		0	4		0.113	0.007	
Histidine ... g	0.017		0	4		0.040	0.002	
Alanine ... g	0.035		0	4		0.082	0.005	
Aspartic acid ... g	0.058		0	4		0.136	0.009	
Glutamic acid ... g	0.086		0	4		0.202	0.013	
Glycine ... g	0.021		0	4		0.049	0.003	
Proline ... g	0.029		0	4		0.068	0.004	
Serine ... g	0.058		0	4		0.136	0.009	
Hydroxyproline ... g								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0	0.0	
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 235.000g: 1 cup

Measure 2 = 14.700g: 1 tbsp

Calories Factors: **Protein** 2.44 **Fat** 8.84 **Carbohydrate** 3.8

NDB No. 04114
Salad dressing, italian, commercial, regular, with salt

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04115
Salad dressing, KRAFT Ranch Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	36.80		0	9		10.67		
Energy....kcal	510		0	9		148		
Energy....kj	2134			9		619		
Protein....g	1.40		0	9		0.41		
Total lipid (fat)....g	53.70		0	4		15.57		
Ash....g	2.60		0	9		0.75		
Carbohydrate, by difference (1) ....g	4.60		0	9		1.33		
Fiber, total dietary....g	0.3		0	9		0.1		
Sugars, total....g	4.00		0	9		1.16		
Starch....g								
Minerals:								
Calcium, Ca....mg	29		0	9		8		
Iron, Fe....mg	0.18		0	9		0.05		
Magnesium, Mg....mg								
Phosphorus, P....mg	91		0	9		26		
Potassium, K....mg	49		0	9		14		
Sodium, Na....mg	990		0	9		287		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	9		0.1		
Thiamin....mg								
Riboflavin....mg								
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	38		0	9		11		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	8.200		0	9		2.378		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	28		0	9		8		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 29.000g: 2 tbsp

Footnotes:

1 Contains other proximate components.

Calories Factors: **Protein** **Fat** **Carbohydrate**

NDB No. 04115
Salad dressing, KRAFT Ranch Dressing

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04116
Salad dressing, KRAFT Zesty Italian Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	52.70		0	9		16.34		
Energy....kcal	351		0	9		109		
Energy....kj	1469			9		455		
Protein....g	0.30		0	9		0.09		
Total lipid (fat)....g	35.90		0	4		11.13		
Ash....g	4.20		0	9		1.30		
Carbohydrate, by difference (1) ....g	5.70		0	9		1.77		
Fiber, total dietary....g	0.5		0	9		0.2		
Sugars, total....g	4.30		0	9		1.33		
Starch....g								
Minerals:								
Calcium, Ca....mg	4		0	9		1		
Iron, Fe....mg	0.16		0	9		0.05		
Magnesium, Mg....mg								
Phosphorus, P....mg	14		0	9		4		
Potassium, K....mg	29		0	9		9		
Sodium, Na....mg	1630		0	9		505		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		0	9		0.2		
Thiamin....mg								
Riboflavin....mg								
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	36		0	9		11		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.000		0	9		1.240		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	9		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 31.000g: 2 tbsp

Footnotes:

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

NDB No. 04116
Salad dressing, KRAFT Zesty Italian Dressing

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04117
Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	61.30		0	9		18.39		
Energy....kcal	256		0	9		77		
Energy....kj	1071			9		321		
Protein....g	1.20		0	9		0.36		
Total lipid (fat)....g	22.80		0	4		6.84		
Ash....g	2.70		0	9		0.81		
Carbohydrate, by difference (1) ....g	10.50		0	9		3.15		
Fiber, total dietary....g	0.5		0	9		0.2		
Sugars, total....g	4.20		0	9		1.26		
Starch....g								
Minerals:								
Calcium, Ca....mg	26		0	9		8		
Iron, Fe....mg	0.19		0	9		0.06		
Magnesium, Mg....mg								
Phosphorus, P....mg	155		0	9		47		
Potassium, K....mg	134		0	9		40		
Sodium, Na....mg	1009		0	9		303		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	9		0.0		
Thiamin....mg								
Riboflavin....mg								
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	41		0	9		12		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.900		0	9		0.570		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	28		0	9		8		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 30.000g: 2 tbsp

Footnotes:

1 Contains other proximate components.

Calories Factors: **Protein** **Fat** **Carbohydrate**

NDB No. 04117
Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04118
Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	73.00		0	9		22.63		
Energy	kcal	170		0	9		53		
Energy	kj	711			9		220		
Protein	g	1.10		0	9		0.34		
Total lipid (fat)	g	14.40		0	4		4.46		
Ash	g	2.10		0	9		0.65		
Carbohydrate, by difference (1)	g	8.00		0	9		2.48		
Fiber, total dietary	g	1.3		0	9		0.4		
Sugars, total	g	4.90		0	9		1.52		
Starch	g								
Minerals:									
Calcium, Ca	mg	28		0	9		9		
Iron, Fe	mg	0.33		0	9		0.10		
Magnesium, Mg	mg								
Phosphorus, P	mg	25		0	9		8		
Potassium, K	mg	90		0	9		28		
Sodium, Na	mg	736		0	9		228		
Zinc, Zn	mg								
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	1.8		0	9		0.6		
Thiamin	mg								
Riboflavin	mg								
Niacin	mg								
Pantothenic acid	mg								
Vitamin B-6	mg								
Folate, total	mcg								
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg								
Vitamin A, IU	IU	179		0	9		55		
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	1.300		0	9		0.403		
Fatty acids, total monounsaturated	g								
Fatty acids, total polyunsaturated	g								
Fatty acids, total trans	g								
Cholesterol	mg	1		0	9		0		
Phytosterols	mg								

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

Common Measures:

Measure 1 = 31.000g: 2 tbsp

Footnotes:

1 Contains other proximate components.

Calories Factors: **Protein** **Fat** **Carbohydrate**

NDB No. 04118
Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04119
Salad dressing, KRAFT FREE Fat Free Ranch Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	63.60		0	9		22.26		
Energy....kcal	138		0	9		48		
Energy....kj	577			9		202		
Protein....g	0.70		0	9		0.25		
Total lipid (fat)....g	1.00		0	4		0.35		
Ash....g	3.00		0	9		1.05		
Carbohydrate, by difference (1) ....g	30.60		0	9		10.71		
Fiber, total dietary....g	0.6		0	9		0.2		
Sugars, total....g	6.10		0	9		2.14		
Starch....g								
Minerals:								
Calcium, Ca....mg	26		0	9		9		
Iron, Fe....mg	0.06		0	9		0.02		
Magnesium, Mg....mg								
Phosphorus, P....mg	79		0	9		28		
Potassium, K....mg	88		0	9		31		
Sodium, Na....mg	1011		0	9		354		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	9		0.0		
Thiamin....mg								
Riboflavin....mg								
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	8		0	9		3		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.200		0	9		0.070		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	1		0	9		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 35.000g: 2 tbsp

Footnotes:

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

NDB No. 04119
Salad dressing, KRAFT FREE Fat Free Ranch Dressing

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04120
Salad dressing, french, commercial, regular, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	38.10		2	1		95.25	5.94	4.69
Energy....kcal	430		0	4		1074	67	53
Energy....kj	1798			4		4495	280	221
Protein (N x 6.25)....g	0.60		2	1		1.50	0.09	0.07
Total lipid (fat)....g	41.00		2	1		102.50	6.40	5.04
Ash....g	3.00		2	1		7.50	0.47	0.37
Carbohydrate, by difference....g	17.50		0	4		43.75	2.73	2.15
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11		0	1		28	2	1
Iron, Fe....mg	0.40		0	1		1.00	0.06	0.05
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	14		0	1		35	2	2
Potassium, K....mg	79		0	1		198	12	10
Sodium, Na....mg	1370		0	1		3425	214	169
Zinc, Zn....mg	0.08		1	1		0.20	0.01	0.01
Copper, Cu....mg	0.010		0	4		0.025	0.002	0.001
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		4.0	0.2	0.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.008		0	4		0.020	0.001	0.001
Riboflavin....mg	0.016		0	4		0.040	0.002	0.002
Niacin....mg	0.003		0	4		0.008	0.000	0.000
Pantothenic acid....mg	0.162		0	4		0.405	0.025	0.020
Vitamin B-6....mg	0.011		0	4		0.028	0.002	0.001
Folate, total....mcg	4		0	4		10	1	1
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	4		0	4		10	1	1
Folate, DFE....mcg_DFE	4		0	4		10	1	0
Vitamin B-12....mcg	0.14		0	4		0.35	0.02	0.02
Vitamin A, IU....IU	1300		0	4		3250	203	160
Vitamin A, RE....mcg_RE	130		0	4		325	20	16
Vitamin E....mg_ATE	8.420		0	4		21.050	1.314	1.036
Tocopherol, alpha....mg	5.00		0	4		12.50	0.78	0.62
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	9.500		0	1		23.750	1.482	1.169
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.300		1	1		0.750	0.047	0.037
15:0....g								
16:0....g	7.700		1	1		19.250	1.201	0.947
17:0....g								

NDB No. 04120
Salad dressing, french, commercial, regular, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	0.800		1	1		2.000	0.125	0.098
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	8.000		0	1		20.000	1.248	0.984
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.400		1	1		1.000	0.062	0.049
17:1 ... g								
18:1 undifferentiated ... g	7.100		1	1		17.750	1.108	0.873
20:1 ... g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	1		0.000	0.000	0.000
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	21.700		0	1		54.250	3.385	2.669
18:2 undifferentiated ... g	20.300		1	1		50.750	3.167	2.497
18:3 undifferentiated ... g	0.000		0	1		0.000	0.000	0.000
18:4 ... g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	1		0.000	0.000	0.000
22:2 ... g								
22:5 n-3 ... g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	0
Phytosterols ... mg	102		0	4		255	16	13
Amino Acids:								
Tryptophan ... g	0.009		0	4		0.023	0.001	0.001
Threonine ... g	0.032		0	4		0.080	0.005	0.004
Isoleucine ... g	0.034		0	4		0.085	0.005	0.004
Leucine ... g	0.051		0	4		0.128	0.008	0.006
Lysine ... g	0.040		0	4		0.100	0.006	0.005
Methionine ... g	0.015		0	4		0.038	0.002	0.002
Cystine ... g	0.011		0	4		0.028	0.002	0.001
Phenylalanine ... g	0.026		0	4		0.065	0.004	0.003
Tyrosine ... g	0.026		0	4		0.065	0.004	0.003
Valine ... g	0.037		0	4		0.093	0.006	0.005
Arginine ... g	0.042		0	4		0.105	0.007	0.005
Histidine ... g	0.014		0	4		0.035	0.002	0.002
Alanine ... g	0.030		0	4		0.075	0.005	0.004
Aspartic acid ... g	0.050		0	4		0.125	0.008	0.006
Glutamic acid ... g	0.073		0	4		0.183	0.011	0.009
Glycine ... g	0.018		0	4		0.045	0.003	0.002
Proline ... g	0.025		0	4		0.063	0.004	0.003
Serine ... g	0.050		0	4		0.125	0.008	0.006
Hydroxyproline ... g								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0	0.0	0.0
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 15.600g: 1 tbsp

Measure 3 = 12.300g: 1 individual packet

NDB No. 04120
Salad dressing, french, commercial, regular, with salt

Calories Factors: **Protein** 2.44 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04121
Salad dressing, KRAFT FREE Fat Free Italian Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	81.60		0	9		26.93		
Energy....kcal	62		0	9		20		
Energy....kj	259			9		86		
Protein....g	1.40		0	9		0.46		
Total lipid (fat)....g	0.90		0	4		0.30		
Ash....g	3.60		0	9		1.19		
Carbohydrate, by difference (1) ....g	11.00		0	9		3.63		
Fiber, total dietary....g	0.7		0	9		0.2		
Sugars, total....g	6.60		0	9		2.18		
Starch....g								
Minerals:								
Calcium, Ca....mg	42		0	9		14		
Iron, Fe....mg	0.24		0	9		0.08		
Magnesium, Mg....mg								
Phosphorus, P....mg	205		0	9		68		
Potassium, K....mg	115		0	9		38		
Sodium, Na....mg	1302		0	9		430		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.3		0	9		0.4		
Thiamin....mg								
Riboflavin....mg								
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	158		0	9		52		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.500		0	9		0.165		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	3		0	9		1		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 33.000g: 2 tbsp

Footnotes:

1 Contains other proximate components.

Calories Factors: **Protein** **Fat** **Carbohydrate**

NDB No. 04121
Salad dressing, KRAFT FREE Fat Free Italian Dressing

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04128
Margarine-like spread, (approximately 40% fat), unspecified oils

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	58.10	0.543	16	1		134.79	2.79	
Energy....kcal	345		0	4		801	17	
Energy....kj	1444			4		3351	69	
Protein (N x 6.38)....g	0.50	0.070	11	1		1.16	0.02	
Total lipid (fat)....g	38.80	0.063	183	1		90.02	1.86	
Ash....g	2.20	0.083	10	1		5.10	0.11	
Carbohydrate, by difference....g	0.40		0	4		0.93	0.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	18		0	1		41	1	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	2		0	1		4	0	
Phosphorus, P....mg	14		0	1		32	1	
Potassium, K....mg	25		0	1		59	1	
Sodium, Na....mg	960	5.715	107	1		2226	46	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.2	0.0	
Thiamin....mg	0.006		0	1		0.014	0.000	
Riboflavin....mg	0.022		0	1		0.051	0.001	
Niacin....mg	0.013		0	1		0.030	0.001	
Pantothenic acid....mg	0.051		0	1		0.118	0.002	
Vitamin B-6....mg	0.005		0	1		0.012	0.000	
Folate, total....mcg	1		0	1		2	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		2	0	
Folate, DFE....mcg_DFE	1		0	4		2	0	
Vitamin B-12....mcg	0.06		0	1		0.13	0.00	
Vitamin A, IU....IU	3571		0	5		8285	171	
Vitamin A, RE....mcg_RE	799		0	5		1854	38	
Vitamin E....mg_ATE	2.325		0	1		5.394	0.112	
Tocopherol, alpha....mg	4.00		0	4		9.28	0.19	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.700		0	1		17.864	0.370	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.100		2	1		0.232	0.005	
13:0....g								
14:0....g	0.100	0.025	4	1		0.232	0.005	
15:0....g								
16:0....g	5.400	0.709	5	1		12.528	0.259	
17:0....g								

NDB No. 04128
Margarine-like spread, (approximately 40% fat), unspecified oils

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	2.100	0.195	5	1		4.872	0.101	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	15.700		0	1		36.424	0.754	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.100		2	1		0.232	0.005	
17:1 ... g								
18:1 undifferentiated ... g	15.600	0.834	5	1		36.192	0.749	
20:1 ... g	0.000		0	1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	1		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	13.800		0	1		32.016	0.662	
18:2 undifferentiated ... g	13.200	0.906	5	1		30.624	0.634	
18:3 undifferentiated ... g	0.500	0.145	5	1		1.160	0.024	
18:4 ... g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	1		0.000	0.000	
20:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:6 n-3 ... g	0.000		0	1		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	150		0	4		348	7	
Amino Acids:								
Tryptophan ... g	0.007		0	1		0.016	0.000	
Threonine ... g	0.023		0	1		0.053	0.001	
Isoleucine ... g	0.031		0	1		0.072	0.001	
Leucine ... g	0.050		0	1		0.116	0.002	
Lysine ... g	0.040		0	1		0.093	0.002	
Methionine ... g	0.013		0	1		0.030	0.001	
Cystine ... g	0.005		0	1		0.012	0.000	
Phenylalanine ... g	0.025		0	1		0.058	0.001	
Tyrosine ... g	0.025		0	1		0.058	0.001	
Valine ... g	0.034		0	1		0.079	0.002	
Arginine ... g	0.018		0	1		0.042	0.001	
Histidine ... g	0.014		0	1		0.032	0.001	
Alanine ... g	0.018		0	1		0.042	0.001	
Aspartic acid ... g	0.039		0	1		0.090	0.002	
Glutamic acid ... g	0.107		0	1		0.248	0.005	
Glycine ... g	0.011		0	1		0.026	0.001	
Proline ... g	0.049		0	1		0.114	0.002	
Serine ... g	0.028		0	1		0.065	0.001	
Hydroxyproline ... g								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0	0.0	
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 232.000g: 1 cup

Measure 2 = 4.800g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.8

NDB No. 04128
Margarine-like spread, (approximately 40% fat), unspecified oils

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04129
Margarine, soft, unspecified oils, 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	17.90		2	1		40.63	0.84	
Energy....kcal	716		0	4		1626	34	
Energy....kj	2997			4		6804	141	
Protein (N x 6.38)....g	0.80		0	1		1.82	0.04	
Total lipid (fat)....g	80.30	0.300	6	1		182.28	3.77	
Ash....g	0.20		0	1		0.45	0.01	
Carbohydrate, by difference....g	0.90		0	4		2.04	0.04	
Fiber, total dietary....g	0.0		0	7		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	27		0	1		60	1	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	2		0	1		5	0	
Phosphorus, P....mg	20		0	1		46	1	
Potassium, K....mg	38		0	1		86	2	
Sodium, Na....mg	28		2	1		63	1	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg	0.000		0	7		0.000	0.000	
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.3	0.0	
Thiamin....mg	0.009		0	1		0.020	0.000	
Riboflavin....mg	0.032		0	1		0.073	0.002	
Niacin....mg	0.020		0	1		0.045	0.001	
Pantothenic acid....mg	0.075		0	1		0.170	0.004	
Vitamin B-6....mg	0.008		0	1		0.018	0.000	
Folate, total....mcg	1		0	1		2	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		2	0	
Folate, DFE....mcg_DFE	1		0	4		2	0	
Vitamin B-12....mcg	0.08		0	1		0.19	0.00	
Vitamin A, IU....IU	3571		0	5		8106	168	
Vitamin A, RE....mcg_RE	799		0	5		1814	38	
Vitamin E....mg_ATE	8.700		0	1		19.749	0.409	
Tocopherol, alpha....mg	8.70		0	4		19.75	0.41	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	13.800		0	1		31.326	0.649	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.100		2	1		0.227	0.005	
15:0....g								
16:0....g	8.700		2	1		19.749	0.409	
17:0....g								

NDB No. 04129
Margarine, soft, unspecified oils, without added salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	5.000		2	1		11.350	0.235	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	37.300		0	1		84.671	1.753	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	1		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	37.300		2	1		84.671	1.753	
20:1 ... g	0.000		0	1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	1		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	25.700		0	1		58.339	1.208	
18:2 undifferentiated ... g	24.600		2	1		55.842	1.156	
18:3 undifferentiated ... g	1.100		2	1		2.497	0.052	
18:4 ... g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	1		0.000	0.000	
20:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:6 n-3 ... g	0.000		0	1		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	250		0	4		568	12	
Amino Acids:								
Tryptophan ... g	0.011		0	1		0.025	0.001	
Threonine ... g	0.034		0	1		0.077	0.002	
Isoleucine ... g	0.046		0	1		0.104	0.002	
Leucine ... g	0.074		0	1		0.168	0.003	
Lysine ... g	0.060		0	1		0.136	0.003	
Methionine ... g	0.019		0	1		0.043	0.001	
Cystine ... g	0.007		0	1		0.016	0.000	
Phenylalanine ... g	0.037		0	1		0.084	0.002	
Tyrosine ... g	0.037		0	1		0.084	0.002	
Valine ... g	0.051		0	1		0.116	0.002	
Arginine ... g	0.027		0	1		0.061	0.001	
Histidine ... g	0.021		0	1		0.048	0.001	
Alanine ... g	0.026		0	1		0.059	0.001	
Aspartic acid ... g	0.058		0	1		0.132	0.003	
Glutamic acid ... g	0.159		0	1		0.361	0.007	
Glycine ... g	0.016		0	1		0.036	0.001	
Proline ... g	0.074		0	1		0.168	0.003	
Serine ... g	0.041		0	1		0.093	0.002	
Hydroxyproline ... g								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0	0.0	
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 227.000g: 1 cup

Measure 2 = 4.700g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.8

NDB No. 04129
Margarine, soft, unspecified oils, without added salt

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04130
Margarine, soft, unspecified oils, with salt added

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	16.20	0.081	69	1		36.77		
Energy	kcal	716		0	4		1626		
Energy	kj	2997			4		6804		
Protein (N x 6.38)	g	0.80	0.057	30	1		1.82		
Total lipid (fat)	g	80.40	0.055	189	1		182.51		
Ash	g	2.00	0.030	49	1		4.54		
Carbohydrate, by difference	g	0.50		0	4		1.14		
Fiber, total dietary	g	0.0		0	4		0.0		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	27		0	1		60		
Iron, Fe	mg	0.00		0	4		0.00		
Magnesium, Mg	mg	2		0	1		5		
Phosphorus, P	mg	20		0	1		46		
Potassium, K	mg	38		0	1		86		
Sodium, Na	mg	1079	19.838	69	1		2449		
Zinc, Zn	mg	0.00		0	4		0.00		
Copper, Cu	mg	0.000		0	4		0.000		
Manganese, Mn	mg								
Selenium, Se	mcg	0.0		0	7		0.0		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.1		0	1		0.3		
Thiamin	mg	0.009		0	1		0.020		
Riboflavin	mg	0.032		0	1		0.073		
Niacin	mg	0.020		0	1		0.045		
Pantothenic acid	mg	0.075		0	1		0.170		
Vitamin B-6	mg	0.008		0	1		0.018		
Folate, total	mcg	1		0	1		2		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	1		0	1		2		
Folate, DFE	mcg_DFE	1		0	4		2		
Vitamin B-12	mcg	0.08		0	1		0.19		
Vitamin A, IU	IU	3571		0	5		8106		
Vitamin A, RE	mcg_RE	799		0	5		1814		
Vitamin E	mg_ATE	12.000		0	4		27.240		
Tocopherol, alpha	mg	7.00		0	4		15.89		
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Tocotrienol, alpha	mg								
Tocotrienol, beta	mg								
Tocotrienol, gamma	mg								
Tocotrienol, delta	mg								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	13.800		0	1		31.326		
4:0	g	0.000		0	1		0.000		
6:0	g	0.000		0	1		0.000		
8:0	g	0.000		0	1		0.000		
10:0	g	0.000		0	1		0.000		
11:0	g								
12:0	g	0.000		0	1		0.000		
13:0	g								
14:0	g	0.100	0.029	9	1		0.227		
15:0	g								
16:0	g	8.800	0.579	11	1		19.976		
17:0	g								

NDB No. 04130
Margarine, soft, unspecified oils, with salt added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	4.800	0.237	11	1		10.896		
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	28.500		0	1		64.695		
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	1		0.000		
17:1 g								
18:1 undifferentiated g	28.500	2.406	11	1		64.695		
20:1 g	0.000		0	1		0.000		
22:1 undifferentiated g	0.000		0	1		0.000		
24:1 c g								
Fatty acids, total polyunsaturated g	34.600		0	1		78.542		
18:2 undifferentiated g	33.500	2.872	11	1		76.045		
18:3 undifferentiated g	1.100	0.252	11	1		2.497		
18:4 g	0.000		0	1		0.000		
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000		
20:5 n-3 g	0.000		0	1		0.000		
22:2 g								
22:5 n-3 g	0.000		0	1		0.000		
22:6 n-3 g	0.000		0	1		0.000		
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0		
Phytosterols mg	250		0	4		568		
Amino Acids:								
Tryptophan g	0.011		0	1		0.025		
Threonine g	0.034		0	1		0.077		
Isoleucine g	0.046		0	1		0.104		
Leucine g	0.074		0	1		0.168		
Lysine g	0.060		0	1		0.136		
Methionine g	0.019		0	1		0.043		
Cystine g	0.007		0	1		0.016		
Phenylalanine g	0.037		0	1		0.084		
Tyrosine g	0.037		0	1		0.084		
Valine g	0.051		0	1		0.116		
Arginine g	0.027		0	1		0.061		
Histidine g	0.021		0	1		0.048		
Alanine g	0.026		0	1		0.059		
Aspartic acid g	0.058		0	1		0.132		
Glutamic acid g	0.159		0	1		0.361		
Glycine g	0.016		0	1		0.036		
Proline g	0.074		0	1		0.168		
Serine g	0.041		0	1		0.093		
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0		
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 227.000g: 1 cup

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.8

NDB No. 04130
Margarine, soft, unspecified oils, with salt added

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04131
Margarine, regular, unspecified oils, 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	18.50		2	1		0.87	20.98	
Energy....kcal	714		0	4		34	810	
Energy....kj	2987			4		140	3388	
Protein (N x 6.38)....g	0.50		2	1		0.02	0.57	
Total lipid (fat)....g	80.30	0.080	56	1		3.77	91.06	
Ash....g	0.20		2	1		0.01	0.23	
Carbohydrate, by difference....g	0.50		0	4		0.02	0.57	
Fiber, total dietary....g	0.0		0	7		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	17		0	1		1	20	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	2		0	1		0	2	
Phosphorus, P....mg	13		0	1		1	15	
Potassium, K....mg	25		0	1		1	28	
Sodium, Na....mg	2	0.570	54	1		0	2	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg	0.000		0	4		0.000	0.000	
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.0	0.1	
Thiamin....mg	0.006		0	1		0.000	0.007	
Riboflavin....mg	0.021		0	1		0.001	0.024	
Niacin....mg	0.013		0	1		0.001	0.015	
Pantothenic acid....mg	0.049		0	1		0.002	0.056	
Vitamin B-6....mg	0.005		0	1		0.000	0.006	
Folate, total....mcg	1		0	1		0	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		0	1	
Folate, DFE....mcg_DFE	1		0	4		0	1	
Vitamin B-12....mcg	0.06		0	1		0.00	0.06	
Vitamin A, IU....IU	3571		0	5		168	4050	
Vitamin A, RE....mcg_RE	799		0	5		38	906	
Vitamin E....mg_ATE	12.800		0	1		0.602	14.515	
Tocopherol, alpha....mg	12.80		0	4		0.60	14.52	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	15.000		0	1		0.705	17.010	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.300		1	1		0.014	0.340	
13:0....g								
14:0....g	0.200		1	1		0.009	0.227	
15:0....g								
16:0....g	9.500		1	1		0.447	10.773	
17:0....g								

NDB No. 04131
Margarine, regular, unspecified oils, without added salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	5.000		1	1		0.235	5.670	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	36.700		0	1		1.725	41.618	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	1		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	36.700		1	1		1.725	41.618	
20:1 ... g	0.000		0	1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	1		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	25.000		0	1		1.175	28.350	
18:2 undifferentiated ... g	24.700		1	1		1.161	28.010	
18:3 undifferentiated ... g	0.300		1	1		0.014	0.340	
18:4 ... g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	1		0.000	0.000	
20:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:6 n-3 ... g	0.000		0	1		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	265		0	4		12	301	
Amino Acids:								
Tryptophan ... g	0.007		0	1		0.000	0.008	
Threonine ... g	0.022		0	1		0.001	0.025	
Isoleucine ... g	0.030		0	1		0.001	0.034	
Leucine ... g	0.049		0	1		0.002	0.056	
Lysine ... g	0.039		0	1		0.002	0.044	
Methionine ... g	0.012		0	1		0.001	0.014	
Cystine ... g	0.005		0	1		0.000	0.006	
Phenylalanine ... g	0.024		0	1		0.001	0.027	
Tyrosine ... g	0.024		0	1		0.001	0.027	
Valine ... g	0.033		0	1		0.002	0.037	
Arginine ... g	0.018		0	1		0.001	0.020	
Histidine ... g	0.013		0	1		0.001	0.015	
Alanine ... g	0.017		0	1		0.001	0.019	
Aspartic acid ... g	0.038		0	1		0.002	0.043	
Glutamic acid ... g	0.104		0	1		0.005	0.118	
Glycine ... g	0.011		0	1		0.001	0.012	
Proline ... g	0.048		0	1		0.002	0.054	
Serine ... g	0.027		0	1		0.001	0.031	
Hydroxyproline ... g								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0	0.0	
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 113.400g: 1 stick

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.8

NDB No. 04131
Margarine, regular, unspecified oils, without added salt

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04132
Margarine, regular, unspecified oils, with salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	15.70	0.194	93	1		0.74	17.80	
Energy....kcal	719		0	4		34	815	
Energy....kj	3007			4		141	3410	
Protein (N x 6.38)....g	0.90	0.077	34	1		0.04	1.02	
Total lipid (fat)....g	80.50	0.026	572	1		3.78	91.29	
Ash....g	2.00	0.031	61	1		0.09	2.27	
Carbohydrate, by difference....g	0.90		0	4		0.04	1.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	30		0	1		1	34	
Iron, Fe....mg	0.06		0	1		0.00	0.07	
Magnesium, Mg....mg	3		0	1		0	3	
Phosphorus, P....mg	23		0	1		1	26	
Potassium, K....mg	42		0	1		2	48	
Sodium, Na....mg	943	9.459	337	1		44	1070	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.0	0.2	
Thiamin....mg	0.010		0	1		0.000	0.011	
Riboflavin....mg	0.037		0	1		0.002	0.042	
Niacin....mg	0.023		0	1		0.001	0.026	
Pantothenic acid....mg	0.084		0	1		0.004	0.095	
Vitamin B-6....mg	0.009		0	1		0.000	0.010	
Folate, total....mcg	1		0	1		0	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		0	1	
Folate, DFE....mcg_DFE	1		0	4		0	1	
Vitamin B-12....mcg	0.10		0	1		0.00	0.11	
Vitamin A, IU....IU	3571		0	5		168	4050	
Vitamin A, RE....mcg_RE	799		0	5		38	906	
Vitamin E....mg_ATE	12.800		0	1		0.602	14.515	
Tocopherol, alpha....mg	9.00		0	4		0.42	10.21	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	15.800		0	1		0.743	17.917	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.200	0.018	16	1		0.009	0.227	
15:0....g								
16:0....g	9.700	0.618	17	1		0.456	11.000	
17:0....g								

NDB No. 04132
Margarine, regular, unspecified oils, with salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	5.900	0.390	17	1		0.277	6.691	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	35.800		0	1		1.683	40.597	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	1		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	35.800	1.519	17	1		1.683	40.597	
20:1 ... g	0.000		0	1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	1		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	25.400		0	1		1.194	28.804	
18:2 undifferentiated ... g	24.300	1.844	17	1		1.142	27.556	
18:3 undifferentiated ... g	1.100	0.233	17	1		0.052	1.247	
18:4 ... g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	1		0.000	0.000	
20:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:6 n-3 ... g	0.000		0	1		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	265		0	4		12	301	
Amino Acids:								
Tryptophan ... g	0.012		0	1		0.001	0.014	
Threonine ... g	0.039		0	1		0.002	0.044	
Isoleucine ... g	0.052		0	1		0.002	0.059	
Leucine ... g	0.084		0	1		0.004	0.095	
Lysine ... g	0.068		0	1		0.003	0.077	
Methionine ... g	0.021		0	1		0.001	0.024	
Cystine ... g	0.008		0	1		0.000	0.009	
Phenylalanine ... g	0.041		0	1		0.002	0.046	
Tyrosine ... g	0.041		0	1		0.002	0.046	
Valine ... g	0.057		0	1		0.003	0.065	
Arginine ... g	0.031		0	1		0.001	0.035	
Histidine ... g	0.023		0	1		0.001	0.026	
Alanine ... g	0.029		0	1		0.001	0.033	
Aspartic acid ... g	0.065		0	1		0.003	0.074	
Glutamic acid ... g	0.179		0	1		0.008	0.203	
Glycine ... g	0.018		0	1		0.001	0.020	
Proline ... g	0.083		0	1		0.004	0.094	
Serine ... g	0.046		0	1		0.002	0.052	
Hydroxyproline ... g								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0	0.0	
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 113.400g: 1 stick

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

NDB No. 04132
Margarine, regular, unspecified oils, with salt added

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04133
Salad dressing, french, home 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	24.20		0	1		53.24	3.39	
Energy....kcal	631		0	4		1388	88	
Energy....kj	2640			4		5807	370	
Protein (N x 6.25)....g	0.10		0	1		0.22	0.01	
Total lipid (fat)....g	70.20		0	1		154.44	9.83	
Ash....g	1.80		0	1		3.96	0.25	
Carbohydrate, by difference....g	3.40		0	4		7.48	0.48	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	6		0	1		13	1	
Iron, Fe....mg	0.20		0	1		0.44	0.03	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	3		0	1		6	0	
Potassium, K....mg	24		0	1		52	3	
Sodium, Na....mg	658		0	1		1448	92	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		3.5	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		0	1		1.3	0.1	
Thiamin....mg	0.010		0	1		0.022	0.001	
Riboflavin....mg	0.020		0	1		0.044	0.003	
Niacin....mg	0.130		0	1		0.286	0.018	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	514		0	1		1131	72	
Vitamin A, RE....mcg_RE	154		0	4		339	22	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	8.00		0	4		17.60	1.12	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	12.600		0	1		27.720	1.764	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.200		0	1		0.440	0.028	
15:0....g								
16:0....g	9.800		0	1		21.560	1.372	
17:0....g								

NDB No. 04133
Salad dressing, french, home recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	2.600		0	1		5.720	0.364	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	20.700		0	1		45.540	2.898	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.200		0	1		0.440	0.028	
17:1 ... g								
18:1 undifferentiated ... g	20.500		0	1		45.100	2.870	
20:1 ... g	0.000		0	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	33.700		0	1		74.140	4.718	
18:2 undifferentiated ... g	31.700		0	1		69.740	4.438	
18:3 undifferentiated ... g	1.900		0	1		4.180	0.266	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g								
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	176		0	4		387	25	
Amino Acids:								
Tryptophan ... g	0.000		0	4		0.000	0.000	
Threonine ... g	0.000		0	4		0.000	0.000	
Isoleucine ... g	0.000		0	4		0.000	0.000	
Leucine ... g	0.000		0	4		0.000	0.000	
Lysine ... g	0.000		0	4		0.000	0.000	
Methionine ... g	0.000		0	4		0.000	0.000	
Cystine ... g	0.000		0	4		0.000	0.000	
Phenylalanine ... g	0.000		0	4		0.000	0.000	
Tyrosine ... g	0.000		0	4		0.000	0.000	
Valine ... g	0.000		0	4		0.000	0.000	
Arginine ... g	0.000		0	4		0.000	0.000	
Histidine ... g	0.000		0	4		0.000	0.000	
Alanine ... g	0.000		0	4		0.000	0.000	
Aspartic acid ... g	0.000		0	4		0.000	0.000	
Glutamic acid ... g	0.000		0	4		0.000	0.000	
Glycine ... g	0.000		0	4		0.000	0.000	
Proline ... g	0.000		0	4		0.000	0.000	
Serine ... g	0.000		0	4		0.000	0.000	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 220.000g: 1 cup

Measure 2 = 14.000g: 1 tbsp

Calories Factors: **Protein** 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04134
Salad dressing, home recipe, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	69.20		0	1		176.46	11.07	
Energy....kcal	157		0	4		400	25	
Energy....kj	656			4		1673	105	
Protein (N x 6.25)....g	4.20		0	1		10.71	0.67	
Total lipid (fat)....g	9.50		0	1		24.23	1.52	
Ash....g	2.40		0	1		6.12	0.38	
Carbohydrate, by difference....g	14.90		0	4		38.00	2.38	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	84		0	1		214	13	
Iron, Fe....mg	0.50		0	1		1.28	0.08	
Magnesium, Mg....mg	8		0	4		20	1	
Phosphorus, P....mg	87		0	1		222	14	
Potassium, K....mg	121		0	1		309	19	
Sodium, Na....mg	734		0	1		1872	117	
Zinc, Zn....mg	0.35		0	4		0.89	0.06	
Copper, Cu....mg	0.010		0	4		0.026	0.002	
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		4.1	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		0	1		1.5	0.1	
Thiamin....mg	0.060		0	1		0.153	0.010	
Riboflavin....mg	0.150		0	1		0.383	0.024	
Niacin....mg	0.250		0	1		0.638	0.040	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.030		0	4		0.077	0.005	
Folate, total....mcg	9		0	4		23	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	9		0	4		23	1	
Folate, DFE....mcg_DFE	9		0	4		23	1	
Vitamin B-12....mcg	0.35		0	4		0.89	0.06	
Vitamin A, IU....IU	411		0	1		1048	66	
Vitamin A, RE....mcg_RE	123		0	4		314	20	
Vitamin E....mg_ATE	1.900		0	4		4.845	0.304	
Tocopherol, alpha....mg	1.00		0	4		2.55	0.16	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.900		0	1		7.395	0.464	
4:0....g	0.100		0	1		0.255	0.016	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.100		0	1		0.255	0.016	
11:0....g								
12:0....g	0.100		0	1		0.255	0.016	
13:0....g								
14:0....g	0.200		0	1		0.510	0.032	
15:0....g								
16:0....g	1.600		0	1		4.080	0.256	
17:0....g								

NDB No. 04134
Salad dressing, home recipe, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	0.800		0	1		2.040	0.128	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	3.800		0	1		9.690	0.608	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.100		0	1		0.255	0.016	
17:1 ... g								
18:1 undifferentiated ... g	3.700		0	1		9.435	0.592	
20:1 ... g	0.000		0	1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	1		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	2.100		0	1		5.355	0.336	
18:2 undifferentiated ... g	2.000		0	1		5.100	0.320	
18:3 undifferentiated ... g	0.100		0	1		0.255	0.016	
18:4 ... g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	1		0.000	0.000	
20:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:6 n-3 ... g	0.000		0	1		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	57		0	4		145	9	
Phytosterols ... mg	24		0	4		61	4	
Amino Acids:								
Tryptophan ... g	0.160		0	4		0.408	0.026	
Threonine ... g	0.500		0	4		1.275	0.080	
Isoleucine ... g	0.654		0	4		1.668	0.105	
Leucine ... g	0.999		0	4		2.547	0.160	
Lysine ... g	0.793		0	4		2.022	0.127	
Methionine ... g	0.301		0	4		0.768	0.048	
Cystine ... g	0.162		0	4		0.413	0.026	
Phenylalanine ... g	0.552		0	4		1.408	0.088	
Tyrosine ... g	0.485		0	4		1.237	0.078	
Valine ... g	0.736		0	4		1.877	0.118	
Arginine ... g	0.510		0	4		1.301	0.082	
Histidine ... g	0.275		0	4		0.701	0.044	
Alanine ... g	0.473		0	4		1.206	0.076	
Aspartic acid ... g	0.915		0	4		2.333	0.146	
Glutamic acid ... g	1.865		0	4		4.756	0.298	
Glycine ... g	0.281		0	4		0.717	0.045	
Proline ... g	0.777		0	4		1.981	0.124	
Serine ... g	0.678		0	4		1.729	0.108	
Hydroxyproline ... g								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0	0.0	
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 255.000g: 1 cup

Measure 2 = 16.000g: 1 tbsp

Calories Factors: **Protein** 4.36 **Fat** 8.84 **Carbohydrate** 3.8

NDB No. 04134
Salad dressing, home recipe, cooked

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04135
Salad dressing, home recipe, vinegar and oil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	47.40		0	1		118.50	7.39	
Energy....kcal	449		0	4		1122	70	
Energy....kj	1878			4		4694	293	
Protein (N x 6.25)....g	0.00		0	1		0.00	0.00	
Total lipid (fat)....g	50.10		0	1		125.25	7.82	
Ash....g	0.00		0	4		0.00	0.00	
Carbohydrate, by difference....g	2.50		0	4		6.25	0.39	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	8		0	1		19	1	
Sodium, Na....mg	1		0	1		1	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		4.0	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	8.800		0	1		22.000	1.373	
Tocopherol, alpha....mg	4.00		0	4		10.00	0.62	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	9.100		0	1		22.750	1.420	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.200		0	1		0.500	0.031	
15:0....g								
16:0....g	7.000		0	1		17.500	1.092	
17:0....g								

NDB No. 04135
Salad dressing, home recipe, vinegar and oil

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	1.900		0	1		4.750	0.296	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	14.800		0	1		37.000	2.309	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.100		0	1		0.250	0.016	
17:1 ... g								
18:1 undifferentiated ... g	14.700		0	1		36.750	2.293	
20:1 ... g	0.000		0	1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	1		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	24.100		0	1		60.250	3.760	
18:2 undifferentiated ... g	22.700		0	1		56.750	3.541	
18:3 undifferentiated ... g	1.400		0	1		3.500	0.218	
18:4 ... g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	1		0.000	0.000	
20:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:6 n-3 ... g	0.000		0	1		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	66		0	4		165	10	
Amino Acids:								
Tryptophan ... g	0.000		0	4		0.000	0.000	
Threonine ... g	0.000		0	4		0.000	0.000	
Isoleucine ... g	0.000		0	4		0.000	0.000	
Leucine ... g	0.000		0	4		0.000	0.000	
Lysine ... g	0.000		0	4		0.000	0.000	
Methionine ... g	0.000		0	4		0.000	0.000	
Cystine ... g	0.000		0	4		0.000	0.000	
Phenylalanine ... g	0.000		0	4		0.000	0.000	
Tyrosine ... g	0.000		0	4		0.000	0.000	
Valine ... g	0.000		0	4		0.000	0.000	
Arginine ... g	0.000		0	4		0.000	0.000	
Histidine ... g	0.000		0	4		0.000	0.000	
Alanine ... g	0.000		0	4		0.000	0.000	
Aspartic acid ... g	0.000		0	4		0.000	0.000	
Glutamic acid ... g	0.000		0	4		0.000	0.000	
Glycine ... g	0.000		0	4		0.000	0.000	
Proline ... g	0.000		0	4		0.000	0.000	
Serine ... g	0.000		0	4		0.000	0.000	
Hydroxyproline ... g								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0	0.0	
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 15.600g: 1 tbsp

Calories Factors: **Protein** 4.36 **Fat** 8.84 **Carbohydrate** 3.8

NDB No. 04135
Salad dressing, home recipe, vinegar and oil

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04140
Salad dressing, blue + roquefort cheese, commercial, regular, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	32.30		0	1		79.14	4.94	
Energy....kcal	504		0	4		1235	77	
Energy....kj	2109			4		5166	323	
Protein (N x 6.25)....g	4.80		0	1		11.76	0.73	
Total lipid (fat)....g	52.30		0	1		128.14	8.00	
Ash....g	0.50		0	1		1.23	0.08	
Carbohydrate, by difference....g	7.40		0	4		18.13	1.13	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	81		0	1		198	12	
Iron, Fe....mg	0.20		0	1		0.49	0.03	
Magnesium, Mg....mg								
Phosphorus, P....mg	74		0	1		181	11	
Potassium, K....mg	37		0	1		91	6	
Sodium, Na....mg	30		0	1		74	5	
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		3.9	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.0		0	1		4.9	0.3	
Thiamin....mg	0.010		0	1		0.025	0.002	
Riboflavin....mg	0.100		0	1		0.245	0.015	
Niacin....mg	0.100		0	1		0.245	0.015	
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	210		0	1		515	32	
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	9.900		0	1		24.255	1.515	
Fatty acids, total monounsaturated....g								
14:1....g								
15:1....g								
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	11.800		0	1		28.910	1.805	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g								
18:2 undifferentiated....g	23.500		0	1		57.575	3.596	
18:3 undifferentiated....g								
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	17		0	1		42	3	

NDB No. 04140
Salad dressing, blue + roquefort cheese, commercial, regular, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols.....mg								

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

Common Measures:

Measure 1 = 245.000g: 1 cup

Measure 2 = 15.300g: 1 tbsp

Calories Factors: **Protein** 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04141
Salad dressing, french, commercial, regular, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	38.10		0	1				
Energy	kcal	430		0	4				
Energy	kj	1798			4				
Protein (N x 6.25)	g	0.60		0	1				
Total lipid (fat)	g	41.00		0	1				
Ash	g	0.50		0	1				
Carbohydrate, by difference	g	17.50		0	4				
Fiber, total dietary	g	0.0		0	4				
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	11		0	1				
Iron, Fe	mg	0.40		0	1				
Magnesium, Mg	mg								
Phosphorus, P	mg	14		0	1				
Potassium, K	mg	79		0	1				
Sodium, Na	mg	0		0	1				
Zinc, Zn	mg								
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg	1.6		0	4				
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	1				
Thiamin	mg	0.008		0	1				
Riboflavin	mg	0.016		0	1				
Niacin	mg	0.003		0	1				
Pantothenic acid	mg								
Vitamin B-6	mg								
Folate, total	mcg								
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg								
Vitamin A, IU	IU	67		0	1				
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	9.500		0	1				
Fatty acids, total monounsaturated	g								
14:1	g								
15:1	g								
16:1 undifferentiated	g								
17:1	g								
18:1 undifferentiated	g	7.100		0	1				
20:1	g								
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g								
18:2 undifferentiated	g	20.300		0	1				
18:3 undifferentiated	g								
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g								
20:5 n-3	g								
22:2	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	0		0	1				

NDB No. 04141
Salad dressing, french, commercial, regular, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols.....mg								

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

Common Measures:

Calories Factors: **Protein** 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04142

Salad dressing, french, diet, low fat, 5 calories per teaspoon, 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	71.30		0	4		185.38	11.62	
Energy....kcal	134		0	4		349	22	
Energy....kj	561			4		1460	92	
Protein (N x 6.25)....g	0.20		0	1		0.52	0.03	
Total lipid (fat)....g	5.80		0	1		15.08	0.95	
Ash....g	1.00		0	4		2.60	0.16	
Carbohydrate, by difference....g	21.70		0	4		56.42	3.54	
Fiber, total dietary....g	0.3		0	4		0.8	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11		0	1		29	2	
Iron, Fe....mg	0.40		0	1		1.04	0.07	
Magnesium, Mg....mg								
Phosphorus, P....mg	14		0	1		36	2	
Potassium, K....mg	79		0	1		205	13	
Sodium, Na....mg	30		0	1		78	5	
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		4.2	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.000		0	1		0.000	0.000	
Riboflavin....mg	0.000		0	1		0.000	0.000	
Niacin....mg	0.000		0	1		0.000	0.000	
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	20		0	1		52	3	
Vitamin A, RE....mcg_RE	2		0	1		5	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.800		0	1		2.080	0.130	
Fatty acids, total monounsaturated....g	1.400		0	1		3.640	0.228	
14:1....g								
15:1....g								
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	1.300		0	1		3.380	0.212	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.400		0	1		8.840	0.554	
18:2 undifferentiated....g	3.000		0	1		7.800	0.489	
18:3 undifferentiated....g	0.400		0	1		1.040	0.065	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								

NDB No. 04142

Salad dressing, french, diet, low fat, 5 calories per teaspoon, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								

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

Common Measures:

Measure 1 = 260.000g: 1 cup

Measure 2 = 16.300g: 1 tbsp

Calories Factors: **Protein** 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04143
Salad dressing, italian, commercial, regular, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	40.20		0	4		94.47	5.91	
Energy	kcal	467		0	4		1098	69	
Energy	kj	1955			4		4595	287	
Protein (N x 6.25)	g	0.70		0	1		1.65	0.10	
Total lipid (fat)	g	48.30		0	1		113.51	7.10	
Ash	g	0.60		0	4		1.41	0.09	
Carbohydrate, by difference	g	10.20		0	4		23.97	1.50	
Fiber, total dietary	g	0.0		0	7		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	10		0	1		24	1	
Iron, Fe	mg	0.20		0	1		0.47	0.03	
Magnesium, Mg	mg								
Phosphorus, P	mg	5		0	1		12	1	
Potassium, K	mg	15		0	1		35	2	
Sodium, Na	mg	30		0	1		71	4	
Zinc, Zn	mg								
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg	1.6		0	4		3.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	1		0.0	0.0	
Thiamin	mg	0.019		0	1		0.045	0.003	
Riboflavin	mg	0.003		0	1		0.007	0.000	
Niacin	mg	0.189		0	1		0.444	0.028	
Pantothenic acid	mg								
Vitamin B-6	mg								
Folate, total	mcg								
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg								
Vitamin A, IU	IU	78		0	1		183	11	
Vitamin A, RE	mcg_RE	24		0	4		56	4	
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	7.000		0	1		16.450	1.029	
Fatty acids, total monounsaturated	g	11.200		0	1		26.320	1.646	
14:1	g								
15:1	g								
16:1 undifferentiated	g	0.100		0	1		0.235	0.015	
17:1	g								
18:1 undifferentiated	g	11.000		0	1		25.850	1.617	
20:1	g	0.100		0	1		0.235	0.015	
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g	28.000		0	1		65.800	4.116	
18:2 undifferentiated	g	24.600		0	1		57.810	3.616	
18:3 undifferentiated	g	3.300		0	1		7.755	0.485	
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g								
20:5 n-3	g								
22:2	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	g								

NDB No. 04143
Salad dressing, italian, commercial, regular, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	67		0	1		157	10	
Phytosterols.....mg								

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

Common Measures:

Measure 1 = 235.000g: 1 cup

Measure 2 = 14.700g: 1 tbsp

Calories Factors: **Protein** 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04144

Salad dressing, italian, commercial, diet, 2 calories per teaspoon, 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	83.80		0	4		201.12	12.57	
Energy....kcal	105		0	4		253	16	
Energy....kj	441			4		1058	66	
Protein (N x 6.25)....g	0.10		0	1		0.24	0.02	
Total lipid (fat)....g	9.80		0	1		23.52	1.47	
Ash....g	1.40		0	4		3.36	0.21	
Carbohydrate, by difference....g	4.90		0	4		11.76	0.74	
Fiber, total dietary....g	0.1		0	4		0.2	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	2		0	1		5	0	
Iron, Fe....mg	0.20		0	1		0.48	0.03	
Magnesium, Mg....mg								
Phosphorus, P....mg	5		0	1		12	1	
Potassium, K....mg	15		0	1		36	2	
Sodium, Na....mg	30		0	1		72	5	
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		3.8	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.000		0	1		0.000	0.000	
Riboflavin....mg	0.000		0	1		0.000	0.000	
Niacin....mg	0.000		0	1		0.000	0.000	
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.300		0	1		3.120	0.195	
Fatty acids, total monounsaturated....g	2.000		0	1		4.800	0.300	
14:1....g								
15:1....g								
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	2.000		0	1		4.800	0.300	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	6.000		0	1		14.400	0.900	
18:2 undifferentiated....g	5.200		0	1		12.480	0.780	
18:3 undifferentiated....g	0.800		0	1		1.920	0.120	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								

NDB No. 04144

Salad dressing, italian, commercial, diet, 2 calories per teaspoon, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	6		0	1		14	1	
Phytosterols.....mg								

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

Common Measures:

Measure 1 = 240.000g: 1 cup

Measure 2 = 15.000g: 1 tbsp

Calories Factors: **Protein** 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04145
Salad dressing, mayonnaise, soybean oil, 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	16.70		0	4		36.74	2.30	
Energy....kcal	717		0	4		1577	99	
Energy....kj	2999			4		6598	414	
Protein (N x 6.25)....g	1.10		0	1		2.42	0.15	
Total lipid (fat)....g	79.40		0	1		174.68	10.96	
Ash....g	0.10		0	4		0.22	0.01	
Carbohydrate, by difference....g	2.70		0	4		5.94	0.37	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	18		0	1		40	2	
Iron, Fe....mg	0.50		0	1		1.10	0.07	
Magnesium, Mg....mg								
Phosphorus, P....mg	28		0	1		62	4	
Potassium, K....mg	34		0	1		75	5	
Sodium, Na....mg	30		0	1		66	4	
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		3.5	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.000		0	1		0.000	0.000	
Riboflavin....mg	0.000		0	1		0.000	0.000	
Niacin....mg	0.000		0	1		0.000	0.000	
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	280		0	1		616	39	
Vitamin A, RE....mcg_RE	84		0	4		185	12	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	11.800		0	1		25.960	1.628	
Fatty acids, total monounsaturated....g	22.700		0	1		49.940	3.133	
14:1....g								
15:1....g								
16:1 undifferentiated....g	0.100		0	1		0.220	0.014	
17:1....g								
18:1 undifferentiated....g	22.500		0	1		49.500	3.105	
20:1....g	0.100		0	1		0.220	0.014	
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	37.100		0	1		81.620	5.120	
18:2 undifferentiated....g	37.100		0	1		81.620	5.120	
18:3 undifferentiated....g	4.200		0	1		9.240	0.580	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								

NDB No. 04145
Salad dressing, mayonnaise, soybean oil, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	59		0	1		130	8	
Phytosterols.....mg								

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

Common Measures:

Measure 1 = 220.000g: 1 cup

Measure 2 = 13.800g: 1 tbsp

Calories Factors: **Protein** 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04146
Salad dressing, french, cottonseed, oil, home 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	24.20		0	1		53.24	3.39	
Energy....kcal	631		0	4		1388	88	
Energy....kj	2640			4		5807	370	
Protein (N x 6.25)....g	0.10		0	1		0.22	0.01	
Total lipid (fat)....g	70.20		0	1		154.44	9.83	
Ash....g	1.80		0	1		3.96	0.25	
Carbohydrate, by difference....g	3.40		0	4		7.48	0.48	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	6		0	1		13	1	
Iron, Fe....mg	0.20		0	1		0.44	0.03	
Magnesium, Mg....mg								
Phosphorus, P....mg	3		0	1		6	0	
Potassium, K....mg	24		0	1		52	3	
Sodium, Na....mg	658		0	1		1448	92	
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		3.5	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.010		0	1		0.022	0.001	
Riboflavin....mg	0.020		0	1		0.044	0.003	
Niacin....mg	0.130		0	1		0.286	0.018	
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	18.200		0	1		40.040	2.548	
Fatty acids, total monounsaturated....g								
14:1....g								
15:1....g								
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	11.900		0	1		26.180	1.666	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g								
18:2 undifferentiated....g	36.200		0	1		79.640	5.068	
18:3 undifferentiated....g								
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	1		0	0	

NDB No. 04146
Salad dressing, french, cottonseed, oil, home recipe

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols.....mg								

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

Common Measures:

Measure 1 = 220.000g: 1 cup

Measure 2 = 14.000g: 1 tbsp

Calories Factors: **Protein** 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04147
Salad dressing, home recipe, cooked, with hard 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	69.20		0	1		176.46	11.07	
Energy....kcal	157		0	4		400	25	
Energy....kj	656			4		1673	105	
Protein (N x 6.25)....g	4.20		0	1		10.71	0.67	
Total lipid (fat)....g	9.50		0	1		24.23	1.52	
Ash....g	2.40		0	1		6.12	0.38	
Carbohydrate, by difference....g	14.90		0	4		38.00	2.38	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	84		0	1		214	13	
Iron, Fe....mg	0.50		0	1		1.28	0.08	
Magnesium, Mg....mg								
Phosphorus, P....mg	87		0	1		222	14	
Potassium, K....mg	121		0	1		309	19	
Sodium, Na....mg	734		0	1		1872	117	
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		4.1	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		0	1		1.5	0.1	
Thiamin....mg	0.060		0	1		0.153	0.010	
Riboflavin....mg	0.150		0	1		0.383	0.024	
Niacin....mg	0.250		0	1		0.638	0.040	
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	411		0	1		1048	66	
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.500		0	1		3.825	0.240	
Fatty acids, total monounsaturated....g								
14:1....g								
15:1....g								
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	3.400		0	1		8.670	0.544	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g								
18:2 undifferentiated....g	2.300		0	1		5.865	0.368	
18:3 undifferentiated....g								
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	1		0	0	

NDB No. 04147
Salad dressing, home recipe, cooked, with hard margarine

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols.....mg								

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

Common Measures:

Measure 1 = 255.000g: 1 cup

Measure 2 = 16.000g: 1 tbsp

Calories Factors: **Protein** 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04148
Salad dressing, home recipe, cooked, with soft 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	69.20		0	1		176.46	11.07	
Energy....kcal	157		0	4		400	25	
Energy....kj	656			4		1673	105	
Protein (N x 6.25)....g	4.20		0	1		10.71	0.67	
Total lipid (fat)....g	9.50		0	1		24.23	1.52	
Ash....g	2.40		0	1		6.12	0.38	
Carbohydrate, by difference....g	14.90		0	4		38.00	2.38	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	84		0	1		214	13	
Iron, Fe....mg	0.50		0	1		1.28	0.08	
Magnesium, Mg....mg								
Phosphorus, P....mg	87		0	1		222	14	
Potassium, K....mg	121		0	1		309	19	
Sodium, Na....mg	734		0	1		1872	117	
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	1.6		0	4		4.1	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		0	1		1.5	0.1	
Thiamin....mg	0.060		0	1		0.153	0.010	
Riboflavin....mg	0.150		0	1		0.383	0.024	
Niacin....mg	0.250		0	1		0.638	0.040	
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	411		0	1		1048	66	
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.300		0	1		3.315	0.208	
Fatty acids, total monounsaturated....g								
14:1....g								
15:1....g								
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	2.700		0	1		6.885	0.432	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g								
18:2 undifferentiated....g	3.200		0	1		8.160	0.512	
18:3 undifferentiated....g								
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	1		0	0	

NDB No. 04148
Salad dressing, home recipe, cooked, with soft margarine

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols.....mg								

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

Common Measures:

Measure 1 = 255.000g: 1 cup

Measure 2 = 16.000g: 1 tbsp

Calories Factors: **Protein** 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04501
Oil, vegetable, cocoa 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	7		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0	4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	7		0	0	0
Vitamin A, RE....mcg_RE	0		0	7		0	0	0
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	1.80	0.316	6	1		3.92	0.24	0.08
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	59.700		0	1		130.146	8.119	2.687
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000	0.003	49	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.100	0.007	141	1		0.218	0.014	0.005
15:0....g								
16:0....g	25.400	0.120	154	1		55.372	3.454	1.143
17:0....g								

NDB No. 04501
Oil, vegetable, cocoa butter

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 ... g	33.200	0.101	154	1		72.376	4.515	1.494
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	32.900		0	1		71.722	4.474	1.481
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.200	0.019	108	1		0.436	0.027	0.009
17:1 ... g								
18:1 undifferentiated ... g	32.600	0.121	154	1		71.068	4.434	1.467
20:1 ... g	0.000	0.010	21	1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	1		0.000	0.000	0.000
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	3.000		0	1		6.540	0.408	0.135
18:2 undifferentiated ... g	2.800	0.048	154	1		6.104	0.381	0.126
18:3 undifferentiated ... g	0.100	0.009	117	1		0.218	0.014	0.005
18:4 ... g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	1		0.000	0.000	0.000
22:2 ... g								
22:5 n-3 ... g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	7		0	0	0
Phytosterols ... mg	201		0	1		438	27	9
Amino Acids:								
Tryptophan ... g	0.000		0	4		0.000	0.000	0.000
Threonine ... g	0.000		0	4		0.000	0.000	0.000
Isoleucine ... g	0.000		0	4		0.000	0.000	0.000
Leucine ... g	0.000		0	4		0.000	0.000	0.000
Lysine ... g	0.000		0	4		0.000	0.000	0.000
Methionine ... g	0.000		0	4		0.000	0.000	0.000
Cystine ... g	0.000		0	4		0.000	0.000	0.000
Phenylalanine ... g	0.000		0	4		0.000	0.000	0.000
Tyrosine ... g	0.000		0	4		0.000	0.000	0.000
Valine ... g	0.000		0	4		0.000	0.000	0.000
Arginine ... g	0.000		0	4		0.000	0.000	0.000
Histidine ... g	0.000		0	4		0.000	0.000	0.000
Alanine ... g	0.000		0	4		0.000	0.000	0.000
Aspartic acid ... g	0.000		0	4		0.000	0.000	0.000
Glutamic acid ... g	0.000		0	4		0.000	0.000	0.000
Glycine ... g	0.000		0	4		0.000	0.000	0.000
Proline ... g	0.000		0	4		0.000	0.000	0.000
Serine ... g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline ... g								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0	0.0	0.0
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

NDB No. 04501
Oil, vegetable, cocoa butter

Calories Factors:	**Protein**	**Fat** 8.84	**Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04502
Oil, vegetable, cottonseed, salad or cooking

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	38.260		0	1		83.407	5.203	1.722
Tocopherol, alpha....mg	35.30	3.370	25	1		76.95	4.80	1.59
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	25.900		0	1		56.462	3.522	1.166
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.800	0.016	115	1		1.744	0.109	0.036
15:0....g								
16:0....g	22.700	0.198	121	1		49.486	3.087	1.022
17:0....g								

NDB No. 04502
Oil, vegetable, cottonseed, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	2.300	0.044	121	1		5.014	0.313	0.104
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	17.800		0	1		38.804	2.421	0.801
14:1 g								
15:1 g								
16:1 undifferentiated g	0.800	0.031	120	1		1.744	0.109	0.036
17:1 g								
18:1 undifferentiated g	17.000	0.259	124	1		37.060	2.312	0.765
20:1 g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	51.900		0	1		113.142	7.058	2.336
18:2 undifferentiated g	51.500	0.357	123	1		112.270	7.004	2.318
18:3 undifferentiated g	0.200	0.030	59	1		0.436	0.027	0.009
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.100	0.015	48	1		0.218	0.014	0.005
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	0
Phytosterols mg	324	14.738	9	1		706	44	15
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	0.000
Threonine g	0.000		0	4		0.000	0.000	0.000
Isoleucine g	0.000		0	4		0.000	0.000	0.000
Leucine g	0.000		0	4		0.000	0.000	0.000
Lysine g	0.000		0	4		0.000	0.000	0.000
Methionine g	0.000		0	4		0.000	0.000	0.000
Cystine g	0.000		0	4		0.000	0.000	0.000
Phenylalanine g	0.000		0	4		0.000	0.000	0.000
Tyrosine g	0.000		0	4		0.000	0.000	0.000
Valine g	0.000		0	4		0.000	0.000	0.000
Arginine g	0.000		0	4		0.000	0.000	0.000
Histidine g	0.000		0	4		0.000	0.000	0.000
Alanine g	0.000		0	4		0.000	0.000	0.000
Aspartic acid g	0.000		0	4		0.000	0.000	0.000
Glutamic acid g	0.000		0	4		0.000	0.000	0.000
Glycine g	0.000		0	4		0.000	0.000	0.000
Proline g	0.000		0	4		0.000	0.000	0.000
Serine g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

NDB No. 04502
Oil, vegetable, cottonseed, salad or cooking

Calories Factors:	**Protein**	**Fat** 8.84	**Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04506
Oil, vegetable, sunflower, linoleic, (60% and over)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	50.585		0	1		110.275	6.880	2.276
Tocopherol, alpha....mg	44.90	3.300	6	1		97.88	6.11	2.02
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	10.300		0	1		22.454	1.401	0.464
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	0.000
15:0....g								
16:0....g	5.900	0.049	177	1		12.862	0.802	0.266
17:0....g								

NDB No. 04506
Oil, vegetable, sunflower, linoleic, (60% and over)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	4.500	0.102	177	1		9.810	0.612	0.203
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	19.500		0	1		42.510	2.652	0.878
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
17:1 g								
18:1 undifferentiated g	19.500	0.425	177	1		42.510	2.652	0.878
20:1 g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	65.700		0	1		143.226	8.935	2.957
18:2 undifferentiated g	65.700	0.456	177	1		143.226	8.935	2.957
18:3 undifferentiated g	0.000		0	1		0.000	0.000	0.000
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	0
Phytosterols mg	100		0	4		218	14	5
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	0.000
Threonine g	0.000		0	4		0.000	0.000	0.000
Isoleucine g	0.000		0	4		0.000	0.000	0.000
Leucine g	0.000		0	4		0.000	0.000	0.000
Lysine g	0.000		0	4		0.000	0.000	0.000
Methionine g	0.000		0	4		0.000	0.000	0.000
Cystine g	0.000		0	4		0.000	0.000	0.000
Phenylalanine g	0.000		0	4		0.000	0.000	0.000
Tyrosine g	0.000		0	4		0.000	0.000	0.000
Valine g	0.000		0	4		0.000	0.000	0.000
Arginine g	0.000		0	4		0.000	0.000	0.000
Histidine g	0.000		0	4		0.000	0.000	0.000
Alanine g	0.000		0	4		0.000	0.000	0.000
Aspartic acid g	0.000		0	4		0.000	0.000	0.000
Glutamic acid g	0.000		0	4		0.000	0.000	0.000
Glycine g	0.000		0	4		0.000	0.000	0.000
Proline g	0.000		0	4		0.000	0.000	0.000
Serine g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	4		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

NDB No. 04506
Oil, vegetable, sunflower, linoleic, (60% and over)

Calories Factors:	**Protein**	**Fat** 8.84	**Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04510
Oil, vegetable safflower, salad or cooking, linoleic, (over 70%)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	43.060		0	1		93.871	5.856	1.938
Tocopherol, alpha....mg	34.10	6.300	3	1		74.34	4.64	1.53
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.203		0	12		13.523	0.844	0.279
4:0....g	0.000		0	12		0.000	0.000	0.000
6:0....g	0.000		0	12		0.000	0.000	0.000
8:0....g	0.000		0	12		0.000	0.000	0.000
10:0....g	0.000		0	12		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	12		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	12		0.000	0.000	0.000
15:0....g								
16:0....g	4.288		0	12		9.348	0.583	0.193
17:0....g								

NDB No. 04510
Oil, vegetable safflower, salad or cooking, linoleic, (over 70%)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	1.915		0	12		4.175	0.260	0.086
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	14.355		0	12		31.294	1.952	0.646
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	12		0.000	0.000	0.000
17:1 g								
18:1 undifferentiated g	14.355		0	12		31.294	1.952	0.646
20:1 g	0.000		0	12		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	12		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	74.623		0	12		162.678	10.149	3.358
18:2 undifferentiated g	74.623		0	12		162.678	10.149	3.358
18:3 undifferentiated g	0.000		0	12		0.000	0.000	0.000
18:4 g	0.000		0	12		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	12		0.000	0.000	0.000
20:5 n-3 g	0.000		0	12		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	12		0.000	0.000	0.000
22:6 n-3 g	0.000		0	12		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	0
Phytosterols mg	444		0	1		968	60	20
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	0.000
Threonine g	0.000		0	4		0.000	0.000	0.000
Isoleucine g	0.000		0	4		0.000	0.000	0.000
Leucine g	0.000		0	4		0.000	0.000	0.000
Lysine g	0.000		0	4		0.000	0.000	0.000
Methionine g	0.000		0	4		0.000	0.000	0.000
Cystine g	0.000		0	4		0.000	0.000	0.000
Phenylalanine g	0.000		0	4		0.000	0.000	0.000
Tyrosine g	0.000		0	4		0.000	0.000	0.000
Valine g	0.000		0	4		0.000	0.000	0.000
Arginine g	0.000		0	4		0.000	0.000	0.000
Histidine g	0.000		0	4		0.000	0.000	0.000
Alanine g	0.000		0	4		0.000	0.000	0.000
Aspartic acid g	0.000		0	4		0.000	0.000	0.000
Glutamic acid g	0.000		0	4		0.000	0.000	0.000
Glycine g	0.000		0	4		0.000	0.000	0.000
Proline g	0.000		0	4		0.000	0.000	0.000
Serine g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

NDB No. 04510
Oil, vegetable safflower, salad or cooking, linoleic, (over 70%)

Calories Factors:	**Protein**	**Fat** 8.84	**Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04511
Oil, vegetable safflower, salad or cooking, oleic, (over 70%)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0	4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	34.400		0	4		74.992	4.678	1.548
Tocopherol, alpha....mg	34.10		0	4		74.34	4.64	1.53
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.203		0	12		13.523	0.844	0.279
4:0....g	0.000		0	12		0.000	0.000	0.000
6:0....g	0.000		0	12		0.000	0.000	0.000
8:0....g	0.000		0	12		0.000	0.000	0.000
10:0....g	0.000		0	12		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	12		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	12		0.000	0.000	0.000
15:0....g								
16:0....g	4.288		0	12		9.348	0.583	0.193
17:0....g								

NDB No. 04511
Oil, vegetable safflower, salad or cooking, oleic, (over 70%)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 ... g	1.915		0	12		4.175	0.260	0.086
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	74.646		0	12		162.728	10.152	3.359
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	12		0.000	0.000	0.000
17:1 ... g								
18:1 undifferentiated ... g	74.646		0	12		162.728	10.152	3.359
20:1 ... g	0.000		0	12		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	12		0.000	0.000	0.000
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	14.350		0	12		31.283	1.952	0.646
18:2 undifferentiated ... g	14.350		0	12		31.283	1.952	0.646
18:3 undifferentiated ... g	0.000		0	12		0.000	0.000	0.000
18:4 ... g	0.000		0	12		0.000	0.000	0.000
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	12		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	12		0.000	0.000	0.000
22:2 ... g								
22:5 n-3 ... g	0.000		0	12		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	12		0.000	0.000	0.000
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	0
Phytosterols ... mg	444		0	4		968	60	20
Amino Acids:								
Tryptophan ... g	0.000		0	4		0.000	0.000	0.000
Threonine ... g	0.000		0	4		0.000	0.000	0.000
Isoleucine ... g	0.000		0	4		0.000	0.000	0.000
Leucine ... g	0.000		0	4		0.000	0.000	0.000
Lysine ... g	0.000		0	4		0.000	0.000	0.000
Methionine ... g	0.000		0	4		0.000	0.000	0.000
Cystine ... g	0.000		0	4		0.000	0.000	0.000
Phenylalanine ... g	0.000		0	4		0.000	0.000	0.000
Tyrosine ... g	0.000		0	4		0.000	0.000	0.000
Valine ... g	0.000		0	4		0.000	0.000	0.000
Arginine ... g	0.000		0	4		0.000	0.000	0.000
Histidine ... g	0.000		0	4		0.000	0.000	0.000
Alanine ... g	0.000		0	4		0.000	0.000	0.000
Aspartic acid ... g	0.000		0	4		0.000	0.000	0.000
Glutamic acid ... g	0.000		0	4		0.000	0.000	0.000
Glycine ... g	0.000		0	4		0.000	0.000	0.000
Proline ... g	0.000		0	4		0.000	0.000	0.000
Serine ... g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline ... g								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0	0.0	0.0
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

NDB No. 04511
Oil, vegetable safflower, salad or cooking, oleic, (over 70%)

Calories Factors:	**Protein**	**Fat** 8.84	**Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04513
Vegetable oil, palm kernel

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		1	1		0.00	0.00	0.00
Energy....kcal	862		0	4		1879	117	234
Energy....kj	3607			4		7862	490	981
Protein (N x 0)....g	0.00		0	4		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1	1		218.00	13.60	27.20
Ash....g	0.00		1	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		1	1		0	0	0
Iron, Fe....mg	0.00		1	1		0.00	0.00	0.00
Magnesium, Mg....mg	0		1	1		0	0	0
Phosphorus, P....mg	0		1	1		0	0	0
Potassium, K....mg	0		1	1		0	0	0
Sodium, Na....mg	0		1	1		0	0	0
Zinc, Zn....mg	0.00		1	1		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0	4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	0.0
Thiamin....mg	0.000		1	1		0.000	0.000	0.000
Riboflavin....mg	0.000		1	1		0.000	0.000	0.000
Niacin....mg	0.000		1	1		0.000	0.000	0.000
Pantothenic acid....mg	0.000		1	1		0.000	0.000	0.000
Vitamin B-6....mg	0.000		1	1		0.000	0.000	0.000
Folate, total....mcg	0		1	1		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		1	1		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		1	1		0.00	0.00	0.00
Vitamin A, IU....IU	0		1	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	3.810		0	1		8.306	0.518	1.036
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	81.500		0	1		177.670	11.084	22.168
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.200		14	1		0.436	0.027	0.054
8:0....g	3.300		14	1		7.194	0.449	0.898
10:0....g	3.700		14	1		8.066	0.503	1.006
11:0....g								
12:0....g	47.000		14	1		102.460	6.392	12.784
13:0....g								
14:0....g	16.400		14	1		35.752	2.230	4.461
15:0....g								
16:0....g	8.100		14	1		17.658	1.102	2.203
17:0....g								
18:0....g	2.800		14	1		6.104	0.381	0.762
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.400		0	1		24.852	1.550	3.101
14:1....g								
15:1....g								

NDB No. 04513
Vegetable oil, palm kernel

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
17:1....g								
18:1 undifferentiated....g	11.400		14	1		24.852	1.550	3.101
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.600		0	1		3.488	0.218	0.435
18:2 undifferentiated....g	1.600		14	1		3.488	0.218	0.435
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		1	1		0	0	0
Phytosterols....mg	95	0.000	14	1		207	13	26
Amino Acids:								
Tryptophan....g	0.000		0	1		0.000	0.000	0.000
Threonine....g	0.000		0	1		0.000	0.000	0.000
Isoleucine....g	0.000		0	1		0.000	0.000	0.000
Leucine....g	0.000		0	1		0.000	0.000	0.000
Lysine....g	0.000		0	1		0.000	0.000	0.000
Methionine....g	0.000		0	1		0.000	0.000	0.000
Cystine....g	0.000		0	1		0.000	0.000	0.000
Phenylalanine....g	0.000		0	1		0.000	0.000	0.000
Tyrosine....g	0.000		0	1		0.000	0.000	0.000
Valine....g	0.000		0	1		0.000	0.000	0.000
Arginine....g	0.000		0	1		0.000	0.000	0.000
Histidine....g	0.000		0	1		0.000	0.000	0.000
Alanine....g	0.000		0	1		0.000	0.000	0.000
Aspartic acid....g	0.000		0	1		0.000	0.000	0.000
Glutamic acid....g	0.000		0	1		0.000	0.000	0.000
Glycine....g	0.000		0	1		0.000	0.000	0.000
Proline....g	0.000		0	1		0.000	0.000	0.000
Serine....g	0.000		0	1		0.000	0.000	0.000
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 27.200g: 2 tbsp (1/8 cup)

Calories Factors: Protein **Fat** 8.62 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04514
Oil, vegetable, poppyseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	11.40		0	4		24.85	1.55	0.51
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	13.500		0	1		29.430	1.836	0.608
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.000		0	4		0.000	0.000	0.000
10:0....g	0.000		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	0.000
15:0....g								
16:0....g	10.600		1	1		23.108	1.442	0.477
17:0....g								

NDB No. 04514
Oil, vegetable, poppyseed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	2.900		1	1		6.322	0.394	0.131
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	19.700		0	1		42.946	2.679	0.887
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
17:1 ... g								
18:1 undifferentiated ... g	19.700		1	1		42.946	2.679	0.887
20:1 ... g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	62.400		0	1		136.032	8.486	2.808
18:2 undifferentiated ... g	62.400		1	1		136.032	8.486	2.808
18:3 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
18:4 ... g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	4		0.000	0.000	0.000
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	0
Phytosterols ... mg	276		0	4		602	38	12
Amino Acids:								
Tryptophan ... g	0.000		0	4		0.000	0.000	0.000
Threonine ... g	0.000		0	4		0.000	0.000	0.000
Isoleucine ... g	0.000		0	4		0.000	0.000	0.000
Leucine ... g	0.000		0	4		0.000	0.000	0.000
Lysine ... g	0.000		0	4		0.000	0.000	0.000
Methionine ... g	0.000		0	4		0.000	0.000	0.000
Cystine ... g	0.000		0	4		0.000	0.000	0.000
Phenylalanine ... g	0.000		0	4		0.000	0.000	0.000
Tyrosine ... g	0.000		0	4		0.000	0.000	0.000
Valine ... g	0.000		0	4		0.000	0.000	0.000
Arginine ... g	0.000		0	4		0.000	0.000	0.000
Histidine ... g	0.000		0	4		0.000	0.000	0.000
Alanine ... g	0.000		0	4		0.000	0.000	0.000
Aspartic acid ... g	0.000		0	4		0.000	0.000	0.000
Glutamic acid ... g	0.000		0	4		0.000	0.000	0.000
Glycine ... g	0.000		0	4		0.000	0.000	0.000
Proline ... g	0.000		0	4		0.000	0.000	0.000
Serine ... g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04515
Oil, vegetable, tomatoseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	3.80		0	1		8.28	0.52	0.17
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	19.700		0	1		42.946	2.679	0.887
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.000		0	4		0.000	0.000	0.000
10:0....g	0.000		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	0.000
13:0....g								
14:0....g	0.200	0.039	4	1		0.436	0.027	0.009
15:0....g								
16:0....g	15.000	1.325	5	1		32.700	2.040	0.675
17:0....g								

NDB No. 04515
Oil, vegetable, tomatoseed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	4.400	0.393	5	1		9.592	0.598	0.198
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	22.800		0	1		49.704	3.101	1.026
14:1 g								
15:1 g								
16:1 undifferentiated g	0.500	0.090	4	1		1.090	0.068	0.023
17:1 g								
18:1 undifferentiated g	21.900	2.867	5	1		47.742	2.978	0.986
20:1 g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	4		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	53.100		0	1		115.758	7.222	2.390
18:2 undifferentiated g	50.800	3.818	5	1		110.744	6.909	2.286
18:3 undifferentiated g	2.300	0.237	4	1		5.014	0.313	0.104
18:4 g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	4		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	0
Phytosterols mg	100		0	4		218	14	5
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	0.000
Threonine g	0.000		0	4		0.000	0.000	0.000
Isoleucine g	0.000		0	4		0.000	0.000	0.000
Leucine g	0.000		0	4		0.000	0.000	0.000
Lysine g	0.000		0	4		0.000	0.000	0.000
Methionine g	0.000		0	4		0.000	0.000	0.000
Cystine g	0.000		0	4		0.000	0.000	0.000
Phenylalanine g	0.000		0	4		0.000	0.000	0.000
Tyrosine g	0.000		0	4		0.000	0.000	0.000
Valine g	0.000		0	4		0.000	0.000	0.000
Arginine g	0.000		0	4		0.000	0.000	0.000
Histidine g	0.000		0	4		0.000	0.000	0.000
Alanine g	0.000		0	4		0.000	0.000	0.000
Aspartic acid g	0.000		0	4		0.000	0.000	0.000
Glutamic acid g	0.000		0	4		0.000	0.000	0.000
Glycine g	0.000		0	4		0.000	0.000	0.000
Proline g	0.000		0	4		0.000	0.000	0.000
Serine g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline g								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

NDB No. 04516
Oil, vegetable, teaseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	0.00		0	4		0.00	0.00	0.00
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	21.100		0	1		45.998	2.870	0.950
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.000		0	4		0.000	0.000	0.000
10:0....g	0.000		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	0.100		1	1		0.218	0.014	0.005
13:0....g								
14:0....g	0.100	0.033	3	1		0.218	0.014	0.005
15:0....g								
16:0....g	17.500	0.794	3	1		38.150	2.380	0.788
17:0....g								

NDB No. 04516
Oil, vegetable, teaseed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	3.100	0.197	3	1		6.758	0.422	0.140
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	51.500		0	1		112.270	7.004	2.318
14:1 g								
15:1 g								
16:1 undifferentiated g	0.500	0.196	3	1		1.090	0.068	0.023
17:1 g								
18:1 undifferentiated g	49.900	1.547	3	1		108.782	6.786	2.246
20:1 g	1.000		2	1		2.180	0.136	0.045
22:1 undifferentiated g	0.000		0	4		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	23.000		0	1		50.140	3.128	1.035
18:2 undifferentiated g	22.200	1.993	3	1		48.396	3.019	0.999
18:3 undifferentiated g	0.700		1	1		1.526	0.095	0.032
18:4 g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	4		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	0
Phytosterols mg	102		0	4		222	14	5
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	0.000
Threonine g	0.000		0	4		0.000	0.000	0.000
Isoleucine g	0.000		0	4		0.000	0.000	0.000
Leucine g	0.000		0	4		0.000	0.000	0.000
Lysine g	0.000		0	4		0.000	0.000	0.000
Methionine g	0.000		0	4		0.000	0.000	0.000
Cystine g	0.000		0	4		0.000	0.000	0.000
Phenylalanine g	0.000		0	4		0.000	0.000	0.000
Tyrosine g	0.000		0	4		0.000	0.000	0.000
Valine g	0.000		0	4		0.000	0.000	0.000
Arginine g	0.000		0	4		0.000	0.000	0.000
Histidine g	0.000		0	4		0.000	0.000	0.000
Alanine g	0.000		0	4		0.000	0.000	0.000
Aspartic acid g	0.000		0	4		0.000	0.000	0.000
Glutamic acid g	0.000		0	4		0.000	0.000	0.000
Glycine g	0.000		0	4		0.000	0.000	0.000
Proline g	0.000		0	4		0.000	0.000	0.000
Serine g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline g								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

NDB No. 04517
Oil, vegetable, grapeseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	28.80		0	4		62.78	3.92	1.30
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	9.600		0	1		20.928	1.306	0.432
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.000		0	4		0.000	0.000	0.000
10:0....g	0.000		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	0.000
13:0....g								
14:0....g	0.100	0.016	10	1		0.218	0.014	0.005
15:0....g								
16:0....g	6.700	0.140	19	1		14.606	0.911	0.302
17:0....g								

NDB No. 04517
Oil, vegetable, grapeseed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	2.700	0.191	19	1		5.886	0.367	0.122
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	16.100		0	1		35.098	2.190	0.725
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.300	0.160	3	1		0.654	0.041	0.014
17:1 ... g								
18:1 undifferentiated ... g	15.800	0.581	19	1		34.444	2.149	0.711
20:1 ... g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	69.900		0	1		152.382	9.506	3.146
18:2 undifferentiated ... g	69.600	0.693	19	1		151.728	9.466	3.132
18:3 undifferentiated ... g	0.100	0.061	13	1		0.218	0.014	0.005
18:4 ... g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	4		0.000	0.000	0.000
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	0
Phytosterols ... mg	180		0	4		392	24	8
Amino Acids:								
Tryptophan ... g	0.000		0	4		0.000	0.000	0.000
Threonine ... g	0.000		0	4		0.000	0.000	0.000
Isoleucine ... g	0.000		0	4		0.000	0.000	0.000
Leucine ... g	0.000		0	4		0.000	0.000	0.000
Lysine ... g	0.000		0	4		0.000	0.000	0.000
Methionine ... g	0.000		0	4		0.000	0.000	0.000
Cystine ... g	0.000		0	4		0.000	0.000	0.000
Phenylalanine ... g	0.000		0	4		0.000	0.000	0.000
Tyrosine ... g	0.000		0	4		0.000	0.000	0.000
Valine ... g	0.000		0	4		0.000	0.000	0.000
Arginine ... g	0.000		0	4		0.000	0.000	0.000
Histidine ... g	0.000		0	4		0.000	0.000	0.000
Alanine ... g	0.000		0	4		0.000	0.000	0.000
Aspartic acid ... g	0.000		0	4		0.000	0.000	0.000
Glutamic acid ... g	0.000		0	4		0.000	0.000	0.000
Glycine ... g	0.000		0	4		0.000	0.000	0.000
Proline ... g	0.000		0	4		0.000	0.000	0.000
Serine ... g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04518
Oil, vegetable corn, salad or cooking

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	21.110		0	1		46.020	2.871	0.950
Tocopherol, alpha....mg	14.30	1.040	46	1		31.17	1.94	0.64
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	12.700		0	1		27.686	1.727	0.572
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000	0.002	232	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000	0.002	235	1		0.000	0.000	0.000
15:0....g								
16:0....g	10.900	0.022	298	1		23.762	1.482	0.491
17:0....g								

NDB No. 04518
Oil, vegetable corn, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	1.800	0.038	298	1		3.924	0.245	0.081
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	24.200		0	1		52.756	3.291	1.089
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
17:1 g								
18:1 undifferentiated g	24.200	0.043	224	1		52.756	3.291	1.089
20:1 g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	58.700		0	1		127.966	7.983	2.642
18:2 undifferentiated g	58.000	0.066	298	1		126.440	7.888	2.610
18:3 undifferentiated g	0.700	0.030	280	1		1.526	0.095	0.032
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	0
Phytosterols mg	968	84.091	8	1		2110	132	44
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	0.000
Threonine g	0.000		0	4		0.000	0.000	0.000
Isoleucine g	0.000		0	4		0.000	0.000	0.000
Leucine g	0.000		0	4		0.000	0.000	0.000
Lysine g	0.000		0	4		0.000	0.000	0.000
Methionine g	0.000		0	4		0.000	0.000	0.000
Cystine g	0.000		0	4		0.000	0.000	0.000
Phenylalanine g	0.000		0	4		0.000	0.000	0.000
Tyrosine g	0.000		0	4		0.000	0.000	0.000
Valine g	0.000		0	4		0.000	0.000	0.000
Arginine g	0.000		0	4		0.000	0.000	0.000
Histidine g	0.000		0	4		0.000	0.000	0.000
Alanine g	0.000		0	4		0.000	0.000	0.000
Aspartic acid g	0.000		0	4		0.000	0.000	0.000
Glutamic acid g	0.000		0	4		0.000	0.000	0.000
Glycine g	0.000		0	4		0.000	0.000	0.000
Proline g	0.000		0	4		0.000	0.000	0.000
Serine g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

NDB No. 04518
Oil, vegetable corn, salad or cooking

Calories Factors:	**Protein**	**Fat** 8.84	**Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04520
Fat, mutton tallow

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	
Energy....kcal	902		0	4		1849	115	
Energy....kj	3774			4		7737	483	
Protein (N x 0)....g	0.00		0	1		0.00	0.00	
Total lipid (fat)....g	100.00		0	1		205.00	12.80	
Ash....g	0.00		0	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		0	4		0	0	
Sodium, Na....mg	0		0	4		0	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg								
Selenium, Se....mcg	0.2		0	4		0.4	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	2.830		0	1		5.802	0.362	
Tocopherol, alpha....mg	2.80		0	4		5.74	0.36	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	47.300		0	1		96.965	6.054	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	3.800	0.186	64	1		7.790	0.486	
15:0....g								
16:0....g	21.500	0.290	64	1		44.075	2.752	
17:0....g								

NDB No. 04520
Fat, mutton tallow

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	19.500	0.761	64	1		39.975	2.496	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	40.600		0	1		83.230	5.197	
14:1 g								
15:1 g								
16:1 undifferentiated g	2.300	0.208	31	1		4.715	0.294	
17:1 g								
18:1 undifferentiated g	37.600	0.452	64	1		77.080	4.813	
20:1 g	0.000		0	1		0.000	0.000	
22:1 undifferentiated g	0.000		0	1		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	7.800		0	1		15.990	0.998	
18:2 undifferentiated g	5.500	0.284	64	1		11.275	0.704	
18:3 undifferentiated g	2.300	0.133	64	1		4.715	0.294	
18:4 g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	1		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	
22:6 n-3 g	0.000		0	1		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	102		0	1		209	13	
Phytosterols mg	0		0	4		0	0	
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	
Threonine g	0.000		0	4		0.000	0.000	
Isoleucine g	0.000		0	4		0.000	0.000	
Leucine g	0.000		0	4		0.000	0.000	
Lysine g	0.000		0	4		0.000	0.000	
Methionine g	0.000		0	4		0.000	0.000	
Cystine g	0.000		0	4		0.000	0.000	
Phenylalanine g	0.000		0	4		0.000	0.000	
Tyrosine g	0.000		0	4		0.000	0.000	
Valine g	0.000		0	4		0.000	0.000	
Arginine g	0.000		0	4		0.000	0.000	
Histidine g	0.000		0	4		0.000	0.000	
Alanine g	0.000		0	4		0.000	0.000	
Aspartic acid g	0.000		0	4		0.000	0.000	
Glutamic acid g	0.000		0	4		0.000	0.000	
Glycine g	0.000		0	4		0.000	0.000	
Proline g	0.000		0	4		0.000	0.000	
Serine g	0.000		0	4		0.000	0.000	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

NDB No. 04520
Fat, mutton tallow

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04521
Margarine, regular, hard, sunflower and soybean (hydrogenated) and cottonseed (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	15.70	0.194	93	1		0.74	17.80	
Energy....kcal	719		0	4		34	815	
Energy....kj	3007			4		141	3410	
Protein (N x 6.38)....g	0.90	0.077	34	1		0.04	1.02	
Total lipid (fat)....g	80.50	0.026	572	1		3.78	91.29	
Ash....g	2.00	0.031	61	1		0.09	2.27	
Carbohydrate, by difference....g	0.90		0	4		0.04	1.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	30		0	1		1	34	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	3		0	1		0	3	
Phosphorus, P....mg	23		0	1		1	26	
Potassium, K....mg	42		0	1		2	48	
Sodium, Na....mg	943	9.459	337	1		44	1070	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.0	0.2	
Thiamin....mg	0.010		0	1		0.000	0.011	
Riboflavin....mg	0.037		0	1		0.002	0.042	
Niacin....mg	0.023		0	1		0.001	0.026	
Pantothenic acid....mg	0.084		0	1		0.004	0.095	
Vitamin B-6....mg	0.009		0	1		0.000	0.010	
Folate, total....mcg	1		0	1		0	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		0	1	
Folate, DFE....mcg_DFE	1		0	4		0	1	
Vitamin B-12....mcg	0.10		0	1		0.00	0.11	
Vitamin A, IU....IU	3571		0	5		168	4050	
Vitamin A, RE....mcg_RE	799		0	5		38	906	
Vitamin E....mg_ATE	15.500		0	1		0.729	17.577	
Tocopherol, alpha....mg	11.00		0	4		0.52	12.47	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	11.900		0	1		0.559	13.495	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.100		1	1		0.005	0.113	
15:0....g								
16:0....g	7.200		1	1		0.338	8.165	
17:0....g								

NDB No. 04521

Margarine, regular, hard, sunflower and soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	4.600		1	1		0.216	5.216	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	28.500		0	1		1.340	32.319	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	1		0.000	0.000	
17:1 g								
18:1 undifferentiated g	28.500		1	1		1.340	32.319	
20:1 g	0.000		0	1		0.000	0.000	
22:1 undifferentiated g	0.000		0	1		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	36.600		0	1		1.720	41.504	
18:2 undifferentiated g	36.500		1	1		1.716	41.391	
18:3 undifferentiated g	0.100		1	1		0.005	0.113	
18:4 g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	1		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	
22:6 n-3 g	0.000		0	1		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	425		0	4		20	482	
Amino Acids:								
Tryptophan g	0.012		0	1		0.001	0.014	
Threonine g	0.039		0	1		0.002	0.044	
Isoleucine g	0.052		0	1		0.002	0.059	
Leucine g	0.084		0	1		0.004	0.095	
Lysine g	0.068		0	1		0.003	0.077	
Methionine g	0.021		0	1		0.001	0.024	
Cystine g	0.008		0	1		0.000	0.009	
Phenylalanine g	0.041		0	1		0.002	0.046	
Tyrosine g	0.041		0	1		0.002	0.046	
Valine g	0.057		0	1		0.003	0.065	
Arginine g	0.031		0	1		0.001	0.035	
Histidine g	0.023		0	1		0.001	0.026	
Alanine g	0.029		0	1		0.001	0.033	
Aspartic acid g	0.065		0	1		0.003	0.074	
Glutamic acid g	0.179		0	1		0.008	0.203	
Glycine g	0.018		0	1		0.001	0.020	
Proline g	0.083		0	1		0.004	0.094	
Serine g	0.046		0	1		0.002	0.052	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	4		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 113.400g: 1 stick

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

NDB No. 04521

Margarine, regular, hard, sunflower and soybean (hydrogenated) and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04522

Margarine, regular, hard, coconut (hydrogenated and regular) and safflower and palm (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	15.70	0.194	93	1		0.74	17.80	
Energy....kcal	719		0	4		34	815	
Energy....kj	3007			4		141	3410	
Protein (N x 6.38)....g	0.90	0.077	34	1		0.04	1.02	
Total lipid (fat)....g	80.50	0.026	572	1		3.78	91.29	
Ash....g	2.00	0.031	61	1		0.09	2.27	
Carbohydrate, by difference....g	0.90		0	4		0.04	1.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	30		0	1		1	34	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	3		0	1		0	3	
Phosphorus, P....mg	23		0	1		1	26	
Potassium, K....mg	42		0	1		2	48	
Sodium, Na....mg	943	9.459	337	1		44	1070	
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.0	0.2	
Thiamin....mg	0.010		0	1		0.000	0.011	
Riboflavin....mg	0.037		0	1		0.002	0.042	
Niacin....mg	0.023		0	1		0.001	0.026	
Pantothenic acid....mg	0.084		0	1		0.004	0.095	
Vitamin B-6....mg	0.009		0	1		0.000	0.010	
Folate, total....mcg	1		0	1		0	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		0	1	
Folate, DFE....mcg_DFE	1		0	4		0	1	
Vitamin B-12....mcg	0.10		0	1		0.00	0.11	
Vitamin A, IU....IU	3571		0	5		168	4050	
Vitamin A, RE....mcg_RE	799		0	5		38	906	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	8.80		1	1		0.41	9.98	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	56.900		0	1		2.674	64.525	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.400	0.083	3	1		0.019	0.454	
8:0....g	4.700	0.448	3	1		0.221	5.330	
10:0....g	3.200	0.116	3	1		0.150	3.629	
11:0....g								
12:0....g	28.300	1.009	3	1		1.330	32.092	
13:0....g								
14:0....g	8.000	1.445	3	1		0.376	9.072	
15:0....g								
16:0....g	7.400	0.054	3	1		0.348	8.392	
17:0....g								

NDB No. 04522

Margarine, regular, hard, coconut (hydrogenated and regular) and safflower and palm (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	3.900	0.507	3	1		0.183	4.423	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	8.300		0	1		0.390	9.412	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	4		0.000	0.000	
17:1 g								
18:1 undifferentiated g	8.300	1.271	3	1		0.390	9.412	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	11.700		0	1		0.550	13.268	
18:2 undifferentiated g	11.500	0.870	3	1		0.541	13.041	
18:3 undifferentiated g	0.300	0.235	3	1		0.014	0.340	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	265		0	4		12	301	
Amino Acids:								
Tryptophan g	0.012		0	1		0.001	0.014	
Threonine g	0.039		0	1		0.002	0.044	
Isoleucine g	0.052		0	1		0.002	0.059	
Leucine g	0.084		0	1		0.004	0.095	
Lysine g	0.068		0	1		0.003	0.077	
Methionine g	0.021		0	1		0.001	0.024	
Cystine g	0.008		0	1		0.000	0.009	
Phenylalanine g	0.041		0	1		0.002	0.046	
Tyrosine g	0.041		0	1		0.002	0.046	
Valine g	0.057		0	1		0.003	0.065	
Arginine g	0.031		0	1		0.001	0.035	
Histidine g	0.023		0	1		0.001	0.026	
Alanine g	0.029		0	1		0.001	0.033	
Aspartic acid g	0.065		0	1		0.003	0.074	
Glutamic acid g	0.179		0	1		0.008	0.203	
Glycine g	0.018		0	1		0.001	0.020	
Proline g	0.083		0	1		0.004	0.094	
Serine g	0.046		0	1		0.002	0.052	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 113.400g: 1 stick

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04523
Margarine, soft, soybean (hydrogenated) and palm (hydrogenated and 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	16.20	0.081	69	1		36.77	0.76	
Energy....kcal	716		0	4		1626	34	
Energy....kj	2997			4		6804	141	
Protein (N x 6.38)....g	0.80	0.057	30	1		1.82	0.04	
Total lipid (fat)....g	80.40	0.055	189	1		182.51	3.78	
Ash....g	2.00	0.030	49	1		4.54	0.09	
Carbohydrate, by difference....g	0.50		0	4		1.14	0.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	27		0	1		60	1	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	2		0	1		5	0	
Phosphorus, P....mg	20		0	1		46	1	
Potassium, K....mg	38		0	1		86	2	
Sodium, Na....mg	1079	19.838	69	1		2449	51	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.3	0.0	
Thiamin....mg	0.009		0	1		0.020	0.000	
Riboflavin....mg	0.032		0	1		0.073	0.002	
Niacin....mg	0.020		0	1		0.045	0.001	
Pantothenic acid....mg	0.075		0	1		0.170	0.004	
Vitamin B-6....mg	0.008		0	1		0.018	0.000	
Folate, total....mcg	1		0	1		2	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		2	0	
Folate, DFE....mcg_DFE	1		0	4		2	0	
Vitamin B-12....mcg	0.08		0	1		0.19	0.00	
Vitamin A, IU....IU	3571		0	5		8106	168	
Vitamin A, RE....mcg_RE	799		0	5		1814	38	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	7.00		0	4		15.89	0.33	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	17.100		0	1		38.817	0.804	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.200		1	1		0.454	0.009	
13:0....g								
14:0....g	0.200		1	1		0.454	0.009	
15:0....g								
16:0....g	12.400		1	1		28.148	0.583	
17:0....g								

NDB No. 04523
Margarine, soft, soybean (hydrogenated) and palm (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	4.200		1	1		9.534	0.197	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	25.200		0	1		57.204	1.184	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	25.100		1	1		56.977	1.180	
20:1 ... g	0.000		0	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	34.600		0	1		78.542	1.626	
18:2 undifferentiated ... g	32.600		1	1		74.002	1.532	
18:3 undifferentiated ... g	1.900		1	1		4.313	0.089	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	165		0	4		375	8	
Amino Acids:								
Tryptophan ... g	0.011		0	1		0.025	0.001	
Threonine ... g	0.034		0	1		0.077	0.002	
Isoleucine ... g	0.046		0	1		0.104	0.002	
Leucine ... g	0.074		0	1		0.168	0.003	
Lysine ... g	0.060		0	1		0.136	0.003	
Methionine ... g	0.019		0	1		0.043	0.001	
Cystine ... g	0.007		0	1		0.016	0.000	
Phenylalanine ... g	0.037		0	1		0.084	0.002	
Tyrosine ... g	0.037		0	1		0.084	0.002	
Valine ... g	0.051		0	1		0.116	0.002	
Arginine ... g	0.027		0	1		0.061	0.001	
Histidine ... g	0.021		0	1		0.048	0.001	
Alanine ... g	0.026		0	1		0.059	0.001	
Aspartic acid ... g	0.058		0	1		0.132	0.003	
Glutamic acid ... g	0.159		0	1		0.361	0.007	
Glycine ... g	0.016		0	1		0.036	0.001	
Proline ... g	0.074		0	1		0.168	0.003	
Serine ... g	0.041		0	1		0.093	0.002	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 227.000g: 1 cup

Measure 2 = 4.700g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04524
Margarine, soft, soybean (hydrogenated) and safflower

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	16.20	0.081	69	1		36.77	0.76	
Energy....kcal	716		0	4		1626	34	
Energy....kj	2997			4		6804	141	
Protein (N x 6.38)....g	0.80	0.057	30	1		1.82	0.04	
Total lipid (fat)....g	80.40	0.055	189	1		182.51	3.78	
Ash....g	2.00	0.030	49	1		4.54	0.09	
Carbohydrate, by difference....g	0.50		0	4		1.14	0.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	27		0	1		60	1	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	2		0	1		5	0	
Phosphorus, P....mg	20		0	1		46	1	
Potassium, K....mg	38		0	1		86	2	
Sodium, Na....mg	1079	19.838	69	1		2449	51	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.3	0.0	
Thiamin....mg	0.009		0	1		0.020	0.000	
Riboflavin....mg	0.032		0	1		0.073	0.002	
Niacin....mg	0.020		0	1		0.045	0.001	
Pantothenic acid....mg	0.075		0	1		0.170	0.004	
Vitamin B-6....mg	0.008		0	1		0.018	0.000	
Folate, total....mcg	1		0	1		2	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		2	0	
Folate, DFE....mcg_DFE	1		0	4		2	0	
Vitamin B-12....mcg	0.08		0	1		0.19	0.00	
Vitamin A, IU....IU	3571		0	5		8106	168	
Vitamin A, RE....mcg_RE	799		0	5		1814	38	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	11.70		0	1		26.56	0.55	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	10.400		0	1		23.608	0.489	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	6.300		1	1		14.301	0.296	
17:0....g								

NDB No. 04524
Margarine, soft, soybean (hydrogenated) and safflower

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	3.900		1	1		8.853	0.183	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	31.000		0	1		70.370	1.457	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	31.000		1	1		70.370	1.457	
20:1 ... g	0.000		0	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	35.400		0	1		80.358	1.664	
18:2 undifferentiated ... g	34.300		1	1		77.861	1.612	
18:3 undifferentiated ... g	1.100		1	1		2.497	0.052	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	200		0	4		454	9	
Amino Acids:								
Tryptophan ... g	0.011		0	1		0.025	0.001	
Threonine ... g	0.034		0	1		0.077	0.002	
Isoleucine ... g	0.046		0	1		0.104	0.002	
Leucine ... g	0.074		0	1		0.168	0.003	
Lysine ... g	0.060		0	1		0.136	0.003	
Methionine ... g	0.019		0	1		0.043	0.001	
Cystine ... g	0.007		0	1		0.016	0.000	
Phenylalanine ... g	0.037		0	1		0.084	0.002	
Tyrosine ... g	0.037		0	1		0.084	0.002	
Valine ... g	0.051		0	1		0.116	0.002	
Arginine ... g	0.027		0	1		0.061	0.001	
Histidine ... g	0.021		0	1		0.048	0.001	
Alanine ... g	0.026		0	1		0.059	0.001	
Aspartic acid ... g	0.058		0	1		0.132	0.003	
Glutamic acid ... g	0.159		0	1		0.361	0.007	
Glycine ... g	0.016		0	1		0.036	0.001	
Proline ... g	0.074		0	1		0.168	0.003	
Serine ... g	0.041		0	1		0.093	0.002	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 227.000g: 1 cup

Measure 2 = 4.700g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04525
Margarine, soft, sunflower and cottonseed (hydrogenated) and peanut (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	16.20	0.081	69	1		36.77	0.76	
Energy....kcal	716		0	4		1626	34	
Energy....kj	2997			4		6804	141	
Protein (N x 6.38)....g	0.80	0.057	30	1		1.82	0.04	
Total lipid (fat)....g	80.40	0.055	189	1		182.51	3.78	
Ash....g	2.00	0.030	49	1		4.54	0.09	
Carbohydrate, by difference....g	0.50		0	4		1.14	0.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	27		0	1		60	1	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	2		0	1		5	0	
Phosphorus, P....mg	20		0	1		46	1	
Potassium, K....mg	38		0	1		86	2	
Sodium, Na....mg	1079	19.838	69	1		2449	51	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.3	0.0	
Thiamin....mg	0.009		0	1		0.020	0.000	
Riboflavin....mg	0.032		0	1		0.073	0.002	
Niacin....mg	0.020		0	1		0.045	0.001	
Pantothenic acid....mg	0.075		0	1		0.170	0.004	
Vitamin B-6....mg	0.008		0	1		0.018	0.000	
Folate, total....mcg	1		0	1		2	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		2	0	
Folate, DFE....mcg_DFE	1		0	4		2	0	
Vitamin B-12....mcg	0.08		0	1		0.19	0.00	
Vitamin A, IU....IU	3571		0	5		8106	168	
Vitamin A, RE....mcg_RE	799		0	5		1814	38	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	7.00		0	4		15.89	0.33	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	12.800		0	1		29.056	0.602	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		1	1		0.000	0.000	
13:0....g								
14:0....g	0.000		1	1		0.000	0.000	
15:0....g								
16:0....g	7.200		1	1		16.344	0.338	
17:0....g								

NDB No. 04525

Margarine, soft, sunflower and cottonseed (hydrogenated) and peanut (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 ... g	4.900		1	1		11.123	0.230	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	16.100		0	1		36.547	0.757	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		1	1		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	16.100		1	1		36.547	0.757	
20:1 ... g	0.000		0	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	48.000		0	1		108.960	2.256	
18:2 undifferentiated ... g	47.600		1	1		108.052	2.237	
18:3 undifferentiated ... g	0.400		1	1		0.908	0.019	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	200		0	4		454	9	
Amino Acids:								
Tryptophan ... g	0.011		0	1		0.025	0.001	
Threonine ... g	0.034		0	1		0.077	0.002	
Isoleucine ... g	0.046		0	1		0.104	0.002	
Leucine ... g	0.074		0	1		0.168	0.003	
Lysine ... g	0.060		0	1		0.136	0.003	
Methionine ... g	0.019		0	1		0.043	0.001	
Cystine ... g	0.007		0	1		0.016	0.000	
Phenylalanine ... g	0.037		0	1		0.084	0.002	
Tyrosine ... g	0.037		0	1		0.084	0.002	
Valine ... g	0.051		0	1		0.116	0.002	
Arginine ... g	0.027		0	1		0.061	0.001	
Histidine ... g	0.021		0	1		0.048	0.001	
Alanine ... g	0.026		0	1		0.059	0.001	
Aspartic acid ... g	0.058		0	1		0.132	0.003	
Glutamic acid ... g	0.159		0	1		0.361	0.007	
Glycine ... g	0.016		0	1		0.036	0.001	
Proline ... g	0.074		0	1		0.168	0.003	
Serine ... g	0.041		0	1		0.093	0.002	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 227.000g: 1 cup

Measure 2 = 4.700g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04526

Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	37.00		2	1		84.73	1.78	
Energy	kcal	540		0	4		1236	26	
Energy	kj	2258			4		5170	108	
Protein (N x 6.38)	g	0.60		2	1		1.37	0.03	
Total lipid (fat)	g	60.80		2	1		139.23	2.92	
Ash	g	1.70		2	1		3.89	0.08	
Carbohydrate, by difference	g	0.00		0	1		0.00	0.00	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	21		0	1		48	1	
Iron, Fe	mg	0.00		0	4		0.00	0.00	
Magnesium, Mg	mg	2		0	1		4	0	
Phosphorus, P	mg	16		0	1		37	1	
Potassium, K	mg	30		0	1		68	1	
Sodium, Na	mg	994		0	4		2276	48	
Zinc, Zn	mg	0.00		0	4		0.00	0.00	
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg	0.0		0	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.1		0	1		0.3	0.0	
Thiamin	mg	0.007		0	1		0.016	0.000	
Riboflavin	mg	0.026		0	1		0.060	0.001	
Niacin	mg	0.016		0	1		0.037	0.001	
Pantothenic acid	mg	0.059		0	1		0.135	0.003	
Vitamin B-6	mg	0.006		0	1		0.014	0.000	
Folate, total	mcg	1		0	1		2	0	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	1		0	1		2	0	
Folate, DFE	mcg_DFE	1		0	4		2	0	
Vitamin B-12	mcg	0.07		0	1		0.15	0.00	
Vitamin A, IU	IU	3571		0	5		8178	171	
Vitamin A, RE	mcg_RE	799		0	5		1830	38	
Vitamin E	mg_ATE								
Tocopherol, alpha	mg	5.00		0	4		11.45	0.24	
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Tocotrienol, alpha	mg								
Tocotrienol, beta	mg								
Tocotrienol, gamma	mg								
Tocotrienol, delta	mg								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	14.100		0	1		32.289	0.677	
4:0	g	0.000		0	4		0.000	0.000	
6:0	g	0.000		0	4		0.000	0.000	
8:0	g	0.000		0	4		0.000	0.000	
10:0	g	0.000		0	4		0.000	0.000	
11:0	g								
12:0	g	0.100		1	1		0.229	0.005	
13:0	g								
14:0	g	0.200		1	1		0.458	0.010	
15:0	g								
16:0	g	10.600		1	1		24.274	0.509	
17:0	g								

NDB No. 04526

Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 ... g	3.200		1	1		7.328	0.154	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	26.000		0	1		59.540	1.248	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		1	1		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	26.000		1	1		59.540	1.248	
20:1 ... g	0.000		0	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	18.100		0	1		41.449	0.869	
18:2 undifferentiated ... g	16.500		1	1		37.785	0.792	
18:3 undifferentiated ... g	1.600		1	1		3.664	0.077	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	159		0	4		364	8	
Amino Acids:								
Tryptophan ... g	0.008		0	1		0.018	0.000	
Threonine ... g	0.027		0	1		0.062	0.001	
Isoleucine ... g	0.036		0	1		0.082	0.002	
Leucine ... g	0.059		0	1		0.135	0.003	
Lysine ... g	0.048		0	1		0.110	0.002	
Methionine ... g	0.015		0	1		0.034	0.001	
Cystine ... g	0.006		0	1		0.014	0.000	
Phenylalanine ... g	0.029		0	1		0.066	0.001	
Tyrosine ... g	0.029		0	1		0.066	0.001	
Valine ... g	0.040		0	1		0.092	0.002	
Arginine ... g	0.022		0	1		0.050	0.001	
Histidine ... g	0.016		0	1		0.037	0.001	
Alanine ... g	0.021		0	1		0.048	0.001	
Aspartic acid ... g	0.045		0	1		0.103	0.002	
Glutamic acid ... g	0.126		0	1		0.289	0.006	
Glycine ... g	0.013		0	1		0.030	0.001	
Proline ... g	0.058		0	1		0.133	0.003	
Serine ... g	0.033		0	1		0.076	0.002	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 229.000g: 1 cup

Measure 2 = 4.800g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04527

Margarine-like spread, approximately 60% fat, tub, soybean (hydrogenated) and palm (hydrogenated and regular)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	37.00		2	1		84.73	1.78	
Energy	kcal	540		0	4		1236	26	
Energy	kj	2258			4		5170	108	
Protein (N x 6.38)	g	0.60		2	1		1.37	0.03	
Total lipid (fat)	g	60.80		2	1		139.23	2.92	
Ash	g	1.70		2	1		3.89	0.08	
Carbohydrate, by difference	g	0.00		0	1		0.00	0.00	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	21		0	1		48	1	
Iron, Fe	mg	0.00		0	4		0.00	0.00	
Magnesium, Mg	mg	2		0	1		4	0	
Phosphorus, P	mg	16		0	1		37	1	
Potassium, K	mg	30		0	1		68	1	
Sodium, Na	mg	994		0	4		2276	48	
Zinc, Zn	mg	0.00		0	4		0.00	0.00	
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg	0.0		0	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.1		0	1		0.3	0.0	
Thiamin	mg	0.007		0	1		0.016	0.000	
Riboflavin	mg	0.026		0	1		0.060	0.001	
Niacin	mg	0.016		0	1		0.037	0.001	
Pantothenic acid	mg	0.059		0	1		0.135	0.003	
Vitamin B-6	mg	0.006		0	1		0.014	0.000	
Folate, total	mcg	1		0	1		2	0	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	1		0	1		2	0	
Folate, DFE	mcg_DFE	1		0	4		2	0	
Vitamin B-12	mcg	0.07		0	1		0.15	0.00	
Vitamin A, IU	IU	3571		0	5		8178	171	
Vitamin A, RE	mcg_RE	799		0	5		1830	38	
Vitamin E	mg_ATE								
Tocopherol, alpha	mg	5.00		0	4		11.45	0.24	
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Tocotrienol, alpha	mg								
Tocotrienol, beta	mg								
Tocotrienol, gamma	mg								
Tocotrienol, delta	mg								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	13.500		0	1		30.915	0.648	
4:0	g	0.000		0	4		0.000	0.000	
6:0	g	0.000		0	4		0.000	0.000	
8:0	g	0.000		0	4		0.000	0.000	
10:0	g	0.000		0	4		0.000	0.000	
11:0	g								
12:0	g	0.000		0	4		0.000	0.000	
13:0	g								
14:0	g	0.100		1	1		0.229	0.005	
15:0	g								
16:0	g	10.100		1	1		23.129	0.485	
17:0	g								

NDB No. 04527

Margarine-like spread, approximately 60% fat, tub, soybean (hydrogenated) and palm (hydrogenated and regular)

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0	g	3.400		1	1		7.786	0.163	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	24.100		0	1		55.189	1.157	
14:1	g								
15:1	g								
16:1 undifferentiated	g	0.000		1	1		0.000	0.000	
17:1	g								
18:1 undifferentiated	g	24.100		1	1		55.189	1.157	
20:1	g	0.000		0	4		0.000	0.000	
22:1 undifferentiated	g	0.000		0	4		0.000	0.000	
24:1 c	g								
Fatty acids, total polyunsaturated	g	20.400		0	1		46.716	0.979	
18:2 undifferentiated	g	18.800		1	1		43.052	0.902	
18:3 undifferentiated	g	1.600		1	1		3.664	0.077	
18:4	g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.000		0	4		0.000	0.000	
20:5 n-3	g	0.000		0	4		0.000	0.000	
22:2	g								
22:5 n-3	g	0.000		0	4		0.000	0.000	
22:6 n-3	g	0.000		0	4		0.000	0.000	
Fatty acids, total trans	g								
Cholesterol	mg	0		0	4		0	0	
Phytosterols	mg	159		0	4		364	8	
Amino Acids:									
Tryptophan	g	0.008		0	1		0.018	0.000	
Threonine	g	0.027		0	1		0.062	0.001	
Isoleucine	g	0.036		0	1		0.082	0.002	
Leucine	g	0.059		0	1		0.135	0.003	
Lysine	g	0.048		0	1		0.110	0.002	
Methionine	g	0.015		0	1		0.034	0.001	
Cystine	g	0.006		0	1		0.014	0.000	
Phenylalanine	g	0.029		0	1		0.066	0.001	
Tyrosine	g	0.029		0	1		0.066	0.001	
Valine	g	0.040		0	1		0.092	0.002	
Arginine	g	0.022		0	1		0.050	0.001	
Histidine	g	0.016		0	1		0.037	0.001	
Alanine	g	0.021		0	1		0.048	0.001	
Aspartic acid	g	0.045		0	1		0.103	0.002	
Glutamic acid	g	0.126		0	1		0.289	0.006	
Glycine	g	0.013		0	1		0.030	0.001	
Proline	g	0.058		0	1		0.133	0.003	
Serine	g	0.033		0	1		0.076	0.002	
Hydroxyproline	g								

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

Common Measures:

Measure 1 = 229.000g: 1 cup

Measure 2 = 4.800g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04528
Oil, vegetable, walnut

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	3.220		0	1		7.020	0.438	0.145
Tocopherol, alpha....mg	0.40		0	1		0.87	0.05	0.02
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	9.100		0	1		19.838	1.238	0.410
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	0.000
15:0....g								
16:0....g	7.000	0.286	33	1		15.260	0.952	0.315
17:0....g								

NDB No. 04528
Oil, vegetable, walnut

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	2.000	0.136	34	1		4.360	0.272	0.090
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	22.800		0	1		49.704	3.101	1.026
14:1 g								
15:1 g								
16:1 undifferentiated g	0.100	0.027	11	1		0.218	0.014	0.005
17:1 g								
18:1 undifferentiated g	22.200	1.264	34	1		48.396	3.019	0.999
20:1 g	0.400	0.268	6	1		0.872	0.054	0.018
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	63.300		0	1		137.994	8.609	2.849
18:2 undifferentiated g	52.900	1.208	34	1		115.322	7.194	2.381
18:3 undifferentiated g	10.400	0.576	32	1		22.672	1.414	0.468
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	0
Phytosterols mg	176		0	1		384	24	8
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	0.000
Threonine g	0.000		0	4		0.000	0.000	0.000
Isoleucine g	0.000		0	4		0.000	0.000	0.000
Leucine g	0.000		0	4		0.000	0.000	0.000
Lysine g	0.000		0	4		0.000	0.000	0.000
Methionine g	0.000		0	4		0.000	0.000	0.000
Cystine g	0.000		0	4		0.000	0.000	0.000
Phenylalanine g	0.000		0	4		0.000	0.000	0.000
Tyrosine g	0.000		0	4		0.000	0.000	0.000
Valine g	0.000		0	4		0.000	0.000	0.000
Arginine g	0.000		0	4		0.000	0.000	0.000
Histidine g	0.000		0	4		0.000	0.000	0.000
Alanine g	0.000		0	4		0.000	0.000	0.000
Aspartic acid g	0.000		0	4		0.000	0.000	0.000
Glutamic acid g	0.000		0	4		0.000	0.000	0.000
Glycine g	0.000		0	4		0.000	0.000	0.000
Proline g	0.000		0	4		0.000	0.000	0.000
Serine g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

NDB No. 04528
Oil, vegetable, walnut

Calories Factors:	**Protein**	**Fat** 8.84	**Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04529
Oil, vegetable, almond

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	39.260		0	1		85.587	5.339	1.767
Tocopherol, alpha....mg	39.20		0	1		85.46	5.33	1.76
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	8.200		0	1		17.876	1.115	0.369
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000	0.006	23	1		0.000	0.000	0.000
15:0....g								
16:0....g	6.500	0.074	91	1		14.170	0.884	0.293
17:0....g								

NDB No. 04529
Oil, vegetable, almond

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	1.700	0.077	90	1		3.706	0.231	0.077
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	69.900		0	1		152.382	9.506	3.146
14:1 g								
15:1 g								
16:1 undifferentiated g	0.600	0.025	89	1		1.308	0.082	0.027
17:1 g								
18:1 undifferentiated g	69.400	0.426	91	1		151.292	9.438	3.123
20:1 g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	17.400		0	1		37.932	2.366	0.783
18:2 undifferentiated g	17.400	0.394	91	1		37.932	2.366	0.783
18:3 undifferentiated g	0.000		0	1		0.000	0.000	0.000
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	0
Phytosterols mg	266		0	4		580	36	12
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	0.000
Threonine g	0.000		0	4		0.000	0.000	0.000
Isoleucine g	0.000		0	4		0.000	0.000	0.000
Leucine g	0.000		0	4		0.000	0.000	0.000
Lysine g	0.000		0	4		0.000	0.000	0.000
Methionine g	0.000		0	4		0.000	0.000	0.000
Cystine g	0.000		0	4		0.000	0.000	0.000
Phenylalanine g	0.000		0	4		0.000	0.000	0.000
Tyrosine g	0.000		0	4		0.000	0.000	0.000
Valine g	0.000		0	4		0.000	0.000	0.000
Arginine g	0.000		0	4		0.000	0.000	0.000
Histidine g	0.000		0	4		0.000	0.000	0.000
Alanine g	0.000		0	4		0.000	0.000	0.000
Aspartic acid g	0.000		0	4		0.000	0.000	0.000
Glutamic acid g	0.000		0	4		0.000	0.000	0.000
Glycine g	0.000		0	4		0.000	0.000	0.000
Proline g	0.000		0	4		0.000	0.000	0.000
Serine g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

NDB No. 04529
Oil, vegetable, almond

Calories Factors:	**Protein**	**Fat** 8.84	**Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04530
Oil, vegetable, apricot kernel

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	8.660		0	1		18.879	1.178	0.390
Tocopherol, alpha....mg	4.00		0	1		8.72	0.54	0.18
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.300		0	1		13.734	0.857	0.284
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.000		0	4		0.000	0.000	0.000
10:0....g	0.000		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	0.000
13:0....g								
14:0....g								
15:0....g								
16:0....g	5.800	0.117	54	1		12.644	0.789	0.261
17:0....g								

NDB No. 04530
Oil, vegetable, apricot kernel

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	0.500	0.057	53	1		1.090	0.068	0.023
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	60.000		0	1		130.800	8.160	2.700
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	1.500	0.071	51	1		3.270	0.204	0.068
17:1 ... g								
18:1 undifferentiated ... g	58.500	0.763	54	1		127.530	7.956	2.633
20:1 ... g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	29.300		0	1		63.874	3.985	1.319
18:2 undifferentiated ... g	29.300	0.688	54	1		63.874	3.985	1.319
18:3 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
18:4 ... g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	4		0.000	0.000	0.000
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	0
Phytosterols ... mg	266		0	4		580	36	12
Amino Acids:								
Tryptophan ... g	0.000		0	4		0.000	0.000	0.000
Threonine ... g	0.000		0	4		0.000	0.000	0.000
Isoleucine ... g	0.000		0	4		0.000	0.000	0.000
Leucine ... g	0.000		0	4		0.000	0.000	0.000
Lysine ... g	0.000		0	4		0.000	0.000	0.000
Methionine ... g	0.000		0	4		0.000	0.000	0.000
Cystine ... g	0.000		0	4		0.000	0.000	0.000
Phenylalanine ... g	0.000		0	4		0.000	0.000	0.000
Tyrosine ... g	0.000		0	4		0.000	0.000	0.000
Valine ... g	0.000		0	4		0.000	0.000	0.000
Arginine ... g	0.000		0	4		0.000	0.000	0.000
Histidine ... g	0.000		0	4		0.000	0.000	0.000
Alanine ... g	0.000		0	4		0.000	0.000	0.000
Aspartic acid ... g	0.000		0	4		0.000	0.000	0.000
Glutamic acid ... g	0.000		0	4		0.000	0.000	0.000
Glycine ... g	0.000		0	4		0.000	0.000	0.000
Proline ... g	0.000		0	4		0.000	0.000	0.000
Serine ... g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

NDB No. 04531
Vegetable oil, soybean lecithin

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		1	1		0.00	0.00	0.00
Energy....kcal	763		0	4		1663	104	34
Energy....kj	3192			4		6959	434	144
Protein (N x 0)....g	0.00		0	4		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1	1		218.00	13.60	4.50
Ash....g	0.00		0	4		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		1	1		0	0	0
Iron, Fe....mg	0.00		1	1		0.00	0.00	0.00
Magnesium, Mg....mg	0		1	1		0	0	0
Phosphorus, P....mg	0		1	1		0	0	0
Potassium, K....mg	0		1	1		0	0	0
Sodium, Na....mg	0		1	1		0	0	0
Zinc, Zn....mg	0.00		1	1		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0	4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	0.0
Thiamin....mg	0.000		1	1		0.000	0.000	0.000
Riboflavin....mg	0.000		1	1		0.000	0.000	0.000
Niacin....mg	0.000		1	1		0.000	0.000	0.000
Pantothenic acid....mg	0.000		1	1		0.000	0.000	0.000
Vitamin B-6....mg	0.000		1	1		0.000	0.000	0.000
Folate, total....mcg	0		1	1		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		1	1		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		1	1		0.00	0.00	0.00
Vitamin A, IU....IU	0		1	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	5.170		0	4		11.271	0.703	0.233
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	15.005		0	1		32.711	2.041	0.675
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.101		4	1		0.220	0.014	0.005
15:0....g								
16:0....g	11.984		4	1		26.125	1.630	0.539
17:0....g								
18:0....g	2.920		4	1		6.366	0.397	0.131
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.977		0	1		23.930	1.493	0.494
14:1....g								
15:1....g								

NDB No. 04531
Vegetable oil, soybean lecithin

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.403		4	1		0.879	0.055	0.018
17:1....g								
18:1 undifferentiated....g	10.574		4	1		23.051	1.438	0.476
20:1....g	0.000		4	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	45.318		0	1		98.793	6.163	2.039
18:2 undifferentiated....g	40.182		4	1		87.597	5.465	1.808
18:3 undifferentiated....g	5.136		4	1		11.196	0.698	0.231
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		1	1		0	0	0
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 7.63 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04532
Oil, vegetable, hazelnut

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	47.20		0	4		102.90	6.42	2.12
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.400		0	1		16.132	1.006	0.333
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.000		0	4		0.000	0.000	0.000
10:0....g	0.000		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		7	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.100	0.042	12	1		0.218	0.014	0.005
15:0....g								
16:0....g	5.200	0.055	111	1		11.336	0.707	0.234
17:0....g								

NDB No. 04532
Oil, vegetable, hazelnut

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	2.000	0.054	110	1		4.360	0.272	0.090
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	78.000		0	1		170.040	10.608	3.510
14:1 g								
15:1 g								
16:1 undifferentiated g	0.200	0.010	104	1		0.436	0.027	0.009
17:1 g								
18:1 undifferentiated g	77.800	0.299	111	1		169.604	10.581	3.501
20:1 g	0.000	0.003	96	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	4		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	10.200		0	1		22.236	1.387	0.459
18:2 undifferentiated g	10.100	0.318	111	1		22.018	1.374	0.455
18:3 undifferentiated g	0.000	0.006	101	1		0.000	0.000	0.000
18:4 g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	4		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	0
Phytosterols mg	120		0	4		262	16	5
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	0.000
Threonine g	0.000		0	4		0.000	0.000	0.000
Isoleucine g	0.000		0	4		0.000	0.000	0.000
Leucine g	0.000		0	4		0.000	0.000	0.000
Lysine g	0.000		0	4		0.000	0.000	0.000
Methionine g	0.000		0	4		0.000	0.000	0.000
Cystine g	0.000		0	4		0.000	0.000	0.000
Phenylalanine g	0.000		0	4		0.000	0.000	0.000
Tyrosine g	0.000		0	4		0.000	0.000	0.000
Valine g	0.000		0	4		0.000	0.000	0.000
Arginine g	0.000		0	4		0.000	0.000	0.000
Histidine g	0.000		0	4		0.000	0.000	0.000
Alanine g	0.000		0	4		0.000	0.000	0.000
Aspartic acid g	0.000		0	4		0.000	0.000	0.000
Glutamic acid g	0.000		0	4		0.000	0.000	0.000
Glycine g	0.000		0	4		0.000	0.000	0.000
Proline g	0.000		0	4		0.000	0.000	0.000
Serine g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline g								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

NDB No. 04534
Oil, vegetable, babassu

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	19.10		0	4		41.64	2.60	0.86
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	81.200		0	1		177.016	11.043	3.654
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.200	0.130	3	1		0.436	0.027	0.009
8:0....g	6.000	0.282	6	1		13.080	0.816	0.270
10:0....g	5.500	0.380	6	1		11.990	0.748	0.248
11:0....g								
12:0....g	43.500	0.730	6	1		94.830	5.916	1.958
13:0....g								
14:0....g	15.000	0.368	6	1		32.700	2.040	0.675
15:0....g								
16:0....g	8.200	0.183	6	1		17.876	1.115	0.369
17:0....g								

NDB No. 04534
Oil, vegetable, babassu

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	2.800	0.197	6	1		6.104	0.381	0.126
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	11.400		0	1		24.852	1.550	0.513
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		2	1		0.000	0.000	0.000
17:1 g								
18:1 undifferentiated g	11.400	0.526	6	1		24.852	1.550	0.513
20:1 g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	4		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	1.600		0	1		3.488	0.218	0.072
18:2 undifferentiated g	1.600	0.284	6	1		3.488	0.218	0.072
18:3 undifferentiated g	0.000		0	4		0.000	0.000	0.000
18:4 g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	4		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	0
Phytosterols mg	95		0	4		207	13	4
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	0.000
Threonine g	0.000		0	4		0.000	0.000	0.000
Isoleucine g	0.000		0	4		0.000	0.000	0.000
Leucine g	0.000		0	4		0.000	0.000	0.000
Lysine g	0.000		0	4		0.000	0.000	0.000
Methionine g	0.000		0	4		0.000	0.000	0.000
Cystine g	0.000		0	4		0.000	0.000	0.000
Phenylalanine g	0.000		0	4		0.000	0.000	0.000
Tyrosine g	0.000		0	4		0.000	0.000	0.000
Valine g	0.000		0	4		0.000	0.000	0.000
Arginine g	0.000		0	4		0.000	0.000	0.000
Histidine g	0.000		0	4		0.000	0.000	0.000
Alanine g	0.000		0	4		0.000	0.000	0.000
Aspartic acid g	0.000		0	4		0.000	0.000	0.000
Glutamic acid g	0.000		0	4		0.000	0.000	0.000
Glycine g	0.000		0	4		0.000	0.000	0.000
Proline g	0.000		0	4		0.000	0.000	0.000
Serine g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline g								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 8.82 **Carbohydrate**

Food Group: 04 Fats and Oils

NDB No. 04536
Oil, vegetable, sheanut

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	0.00		0	4		0.00	0.00	0.00
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	46.600		0	1		101.588	6.338	2.097
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.200		1	1		0.436	0.027	0.009
10:0....g	0.200		1	1		0.436	0.027	0.009
11:0....g								
12:0....g	1.300		1	1		2.834	0.177	0.059
13:0....g								
14:0....g	0.100		2	1		0.218	0.014	0.005
15:0....g								
16:0....g	4.400	0.456	4	1		9.592	0.598	0.198
17:0....g								

NDB No. 04536
Oil, vegetable, sheanut

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	38.800	1.591	4	1		84.584	5.277	1.746
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	44.000		0	1		95.920	5.984	1.980
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.100		1	1		0.218	0.014	0.005
17:1 ... g								
18:1 undifferentiated ... g	43.500	1.375	4	1		94.830	5.916	1.958
20:1 ... g	0.000		2	1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		1	1		0.000	0.000	0.000
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	5.200		0	1		11.336	0.707	0.234
18:2 undifferentiated ... g	4.900	0.547	4	1		10.682	0.666	0.221
18:3 undifferentiated ... g	0.300		2	1		0.654	0.041	0.014
18:4 ... g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	4		0.000	0.000	0.000
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	0
Phytosterols ... mg	357		0	4		778	49	16
Amino Acids:								
Tryptophan ... g	0.000		0	4		0.000	0.000	0.000
Threonine ... g	0.000		0	4		0.000	0.000	0.000
Isoleucine ... g	0.000		0	4		0.000	0.000	0.000
Leucine ... g	0.000		0	4		0.000	0.000	0.000
Lysine ... g	0.000		0	4		0.000	0.000	0.000
Methionine ... g	0.000		0	4		0.000	0.000	0.000
Cystine ... g	0.000		0	4		0.000	0.000	0.000
Phenylalanine ... g	0.000		0	4		0.000	0.000	0.000
Tyrosine ... g	0.000		0	4		0.000	0.000	0.000
Valine ... g	0.000		0	4		0.000	0.000	0.000
Arginine ... g	0.000		0	4		0.000	0.000	0.000
Histidine ... g	0.000		0	4		0.000	0.000	0.000
Alanine ... g	0.000		0	4		0.000	0.000	0.000
Aspartic acid ... g	0.000		0	4		0.000	0.000	0.000
Glutamic acid ... g	0.000		0	4		0.000	0.000	0.000
Glycine ... g	0.000		0	4		0.000	0.000	0.000
Proline ... g	0.000		0	4		0.000	0.000	0.000
Serine ... g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 8.62 **Carbohydrate**

Food Group: 04 Fats and Oils

NDB No. 04539

Salad dressing, blue or roquefort cheese, commercial, regular, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	32.30		1	1		79.14	4.94	
Energy....kcal	504		0	4		1235	77	
Energy....kj	2109			4		5166	323	
Protein (N x 6.25)....g	4.80		1	1		11.76	0.73	
Total lipid (fat)....g	52.30		0	1		128.14	8.00	
Ash....g	3.20		1	1		7.84	0.49	
Carbohydrate, by difference....g	7.40		0	4		18.13	1.13	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	81		0	1		198	12	
Iron, Fe....mg	0.20		0	1		0.49	0.03	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	74		0	1		181	11	
Potassium, K....mg	37		0	4		91	6	
Sodium, Na....mg	1094		0	4		2680	167	
Zinc, Zn....mg	0.27		0	4		0.65	0.04	
Copper, Cu....mg	0.016		0	1		0.039	0.002	
Manganese, Mn....mg								
Selenium, Se....mcg	1.0		2	1		2.5	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.0		0	1		4.9	0.3	
Thiamin....mg	0.010		0	1		0.025	0.002	
Riboflavin....mg	0.100		0	1		0.245	0.015	
Niacin....mg	0.100		0	1		0.245	0.015	
Pantothenic acid....mg	0.388		0	4		0.951	0.059	
Vitamin B-6....mg	0.037		0	4		0.091	0.006	
Folate, total....mcg	8		0	4		20	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	8		0	4		20	1	
Folate, DFE....mcg_DFE	8		0	4		20	1	
Vitamin B-12....mcg	0.27		0	4		0.67	0.04	
Vitamin A, IU....IU	210		0	1		515	32	
Vitamin A, RE....mcg_RE	66		0	4		162	10	
Vitamin E....mg_ATE	9.300		0	1		22.785	1.423	
Tocopherol, alpha....mg	6.00		0	4		14.70	0.92	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	9.900		0	1		24.255	1.515	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.100		0	1		0.245	0.015	
13:0....g								
14:0....g	0.600		0	1		1.470	0.092	
15:0....g								
16:0....g	6.500		0	1		15.925	0.995	
17:0....g								

NDB No. 04539

Salad dressing, blue or roquefort cheese, commercial, regular, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 ... g	2.400		0	1		5.880	0.367	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	12.300		0	1		30.135	1.882	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.300		0	1		0.735	0.046	
17:1 ... g								
18:1 undifferentiated ... g	11.800		0	1		28.910	1.805	
20:1 ... g	0.000		0	1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	1		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	27.800		0	1		68.110	4.253	
18:2 undifferentiated ... g	23.500		0	1		57.575	3.596	
18:3 undifferentiated ... g	3.700		0	1		9.065	0.566	
18:4 ... g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	1		0.000	0.000	
20:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:6 n-3 ... g	0.000		0	1		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	17		0	4		42	3	
Phytosterols ... mg	130		0	4		319	20	
Amino Acids:								
Tryptophan ... g	0.070		0	4		0.172	0.011	
Threonine ... g	0.176		0	4		0.431	0.027	
Isoleucine ... g	0.253		0	4		0.620	0.039	
Leucine ... g	0.431		0	4		1.056	0.066	
Lysine ... g	0.416		0	4		1.019	0.064	
Methionine ... g	0.131		0	4		0.321	0.020	
Cystine ... g	0.024		0	4		0.059	0.004	
Phenylalanine ... g	0.244		0	4		0.598	0.037	
Tyrosine ... g	0.290		0	4		0.711	0.044	
Valine ... g	0.349		0	4		0.855	0.053	
Arginine ... g	0.159		0	4		0.390	0.024	
Histidine ... g	0.170		0	4		0.417	0.026	
Alanine ... g	0.144		0	4		0.353	0.022	
Aspartic acid ... g	0.322		0	4		0.789	0.049	
Glutamic acid ... g	1.164		0	4		2.852	0.178	
Glycine ... g	0.091		0	4		0.223	0.014	
Proline ... g	0.472		0	4		1.156	0.072	
Serine ... g	0.256		0	4		0.627	0.039	
Hydroxyproline ... g								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0	0.0	
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 245.000g: 1 cup

Measure 2 = 15.300g: 1 tbsp

Calories Factors: **Protein** 4.36 **Fat** 8.84 **Carbohydrate** 3.8

NDB No. 04539
Salad dressing, blue or roquefort cheese, commercial, regular, with salt

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04541
Oil, vegetable, cupu assu

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg								
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	0.60		0	4		1.31	0.08	0.03
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	53.200		0	1		115.976	7.235	2.394
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.000		0	4		0.000	0.000	0.000
10:0....g	0.000		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	0.000
13:0....g								
14:0....g	0.900		1	1		1.962	0.122	0.041
15:0....g								
16:0....g	9.600		1	1		20.928	1.306	0.432
17:0....g								

NDB No. 04541
Oil, vegetable, cupu assu

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	32.700		1	1		71.286	4.447	1.472
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	38.700		0	1		84.366	5.263	1.742
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	4		0.000	0.000	0.000
17:1 g								
18:1 undifferentiated g	38.700		1	1		84.366	5.263	1.742
20:1 g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	4		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	3.800		0	1		8.284	0.517	0.171
18:2 undifferentiated g	3.800		1	1		8.284	0.517	0.171
18:3 undifferentiated g	0.000		0	4		0.000	0.000	0.000
18:4 g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	4		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	0
Phytosterols mg	95		0	4		207	13	4
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	0.000
Threonine g	0.000		0	4		0.000	0.000	0.000
Isoleucine g	0.000		0	4		0.000	0.000	0.000
Leucine g	0.000		0	4		0.000	0.000	0.000
Lysine g	0.000		0	4		0.000	0.000	0.000
Methionine g	0.000		0	4		0.000	0.000	0.000
Cystine g	0.000		0	4		0.000	0.000	0.000
Phenylalanine g	0.000		0	4		0.000	0.000	0.000
Tyrosine g	0.000		0	4		0.000	0.000	0.000
Valine g	0.000		0	4		0.000	0.000	0.000
Arginine g	0.000		0	4		0.000	0.000	0.000
Histidine g	0.000		0	4		0.000	0.000	0.000
Alanine g	0.000		0	4		0.000	0.000	0.000
Aspartic acid g	0.000		0	4		0.000	0.000	0.000
Glutamic acid g	0.000		0	4		0.000	0.000	0.000
Glycine g	0.000		0	4		0.000	0.000	0.000
Proline g	0.000		0	4		0.000	0.000	0.000
Serine g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline g								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 8.62 **Carbohydrate**

Food Group: 04 Fats and Oils

NDB No. 04542
Fat, chicken

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.20	0.026	3	1		0.41	0.03	
Energy....kcal	900		0	4		1846	115	
Energy....kj	3767			4		7723	482	
Protein (N x 0)....g	0.00		0	1		0.00	0.00	
Total lipid (fat)....g	99.80	0.026	3	1		204.59	12.77	
Ash....g	0.00		0	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		0	4		0	0	
Sodium, Na....mg	0		0	4		0	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg								
Selenium, Se....mcg	0.2		0	4		0.4	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	2.700		0	1		5.535	0.346	
Tocopherol, alpha....mg	2.70		0	4		5.54	0.35	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	29.800		0	1		61.090	3.814	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.100	0.016	14	1		0.205	0.013	
13:0....g								
14:0....g	0.900	0.048	62	1		1.845	0.115	
15:0....g								
16:0....g	21.600	0.381	70	1		44.280	2.765	
17:0....g								

NDB No. 04542
Fat, chicken

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0....g	6.000	0.186	70	1		12.300	0.768	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	44.700		0	1		91.635	5.722	
14:1....g								
15:1....g								
16:1 undifferentiated....g	5.700	0.187	70	1		11.685	0.730	
17:1....g								
18:1 undifferentiated....g	37.300	0.499	70	1		76.465	4.774	
20:1....g	1.100	0.305	12	1		2.255	0.141	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	20.900		0	1		42.845	2.675	
18:2 undifferentiated....g	19.500	0.617	70	1		39.975	2.496	
18:3 undifferentiated....g	1.000	0.075	56	1		2.050	0.128	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.100	0.038	5	1		0.205	0.013	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	85		0	1		174	11	
Phytosterols....mg	0		0	4		0	0	
Amino Acids:								
Tryptophan....g	0.000		0	4		0.000	0.000	
Threonine....g	0.000		0	4		0.000	0.000	
Isoleucine....g	0.000		0	4		0.000	0.000	
Leucine....g	0.000		0	4		0.000	0.000	
Lysine....g	0.000		0	4		0.000	0.000	
Methionine....g	0.000		0	4		0.000	0.000	
Cystine....g	0.000		0	4		0.000	0.000	
Phenylalanine....g	0.000		0	4		0.000	0.000	
Tyrosine....g	0.000		0	4		0.000	0.000	
Valine....g	0.000		0	4		0.000	0.000	
Arginine....g	0.000		0	4		0.000	0.000	
Histidine....g	0.000		0	4		0.000	0.000	
Alanine....g	0.000		0	4		0.000	0.000	
Aspartic acid....g	0.000		0	4		0.000	0.000	
Glutamic acid....g	0.000		0	4		0.000	0.000	
Glycine....g	0.000		0	4		0.000	0.000	
Proline....g	0.000		0	4		0.000	0.000	
Serine....g	0.000		0	4		0.000	0.000	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

NDB No. 04542
Fat, chicken

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04543
Oil, soybean, salad or cooking, (hydrogenated) and cottonseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	28.230		0	4		61.541	3.839	1.270
Tocopherol, alpha....mg	12.10		0	4		26.38	1.65	0.54
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	18.000		0	1		39.240	2.448	0.810
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.300	0.059	8	1		0.654	0.041	0.014
15:0....g								
16:0....g	14.000	0.644	11	1		30.520	1.904	0.630
17:0....g								

NDB No. 04543
Oil, soybean, salad or cooking, (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 ... g	3.700	0.262	11	1		8.066	0.503	0.167
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	29.500		0	1		64.310	4.012	1.328
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.200	0.046	7	1		0.436	0.027	0.009
17:1 ... g								
18:1 undifferentiated ... g	29.300	1.206	16	1		63.874	3.985	1.319
20:1 ... g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	1		0.000	0.000	0.000
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	48.100		0	1		104.858	6.542	2.165
18:2 undifferentiated ... g	45.300	0.888	16	1		98.754	6.161	2.039
18:3 undifferentiated ... g	2.800	0.398	16	1		6.104	0.381	0.126
18:4 ... g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	1		0.000	0.000	0.000
22:2 ... g								
22:5 n-3 ... g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	0
Phytosterols ... mg	152		0	4		331	21	7
Amino Acids:								
Tryptophan ... g	0.000		0	4		0.000	0.000	0.000
Threonine ... g	0.000		0	4		0.000	0.000	0.000
Isoleucine ... g	0.000		0	4		0.000	0.000	0.000
Leucine ... g	0.000		0	4		0.000	0.000	0.000
Lysine ... g	0.000		0	4		0.000	0.000	0.000
Methionine ... g	0.000		0	4		0.000	0.000	0.000
Cystine ... g	0.000		0	4		0.000	0.000	0.000
Phenylalanine ... g	0.000		0	4		0.000	0.000	0.000
Tyrosine ... g	0.000		0	4		0.000	0.000	0.000
Valine ... g	0.000		0	4		0.000	0.000	0.000
Arginine ... g	0.000		0	4		0.000	0.000	0.000
Histidine ... g	0.000		0	4		0.000	0.000	0.000
Alanine ... g	0.000		0	4		0.000	0.000	0.000
Aspartic acid ... g	0.000		0	4		0.000	0.000	0.000
Glutamic acid ... g	0.000		0	4		0.000	0.000	0.000
Glycine ... g	0.000		0	4		0.000	0.000	0.000
Proline ... g	0.000		0	4		0.000	0.000	0.000
Serine ... g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline ... g								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0	0.0	0.0
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

NDB No. 04543
Oil, soybean, salad or cooking, (hydrogenated) and cottonseed

Calories Factors:	**Protein**	**Fat** 8.84	**Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04544
Shortening, household, lard and vegetable oil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	
Energy....kcal	900		0	4		1845	115	
Energy....kj	3766			4		7719	482	
Protein (N x 0)....g	0.00		0	1		0.00	0.00	
Total lipid (fat)....g	100.00		0	1		205.00	12.80	
Ash....g	0.00		0	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		0	4		0	0	
Sodium, Na....mg	0		0	4		0	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	7		0.000	0.000	
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	1.210		0	1		2.481	0.155	
Tocopherol, alpha....mg	1.00		0	4		2.05	0.13	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	40.300		0	1		82.615	5.158	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.100		7	1		0.205	0.013	
11:0....g								
12:0....g	0.100		10	1		0.205	0.013	
13:0....g								
14:0....g	1.600	0.132	13	1		3.280	0.205	
15:0....g								
16:0....g	23.000	0.247	20	1		47.150	2.944	
17:0....g								

NDB No. 04544
Shortening, household, lard and vegetable oil

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	15.200	0.746	20	1		31.160	1.946	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	44.400		0	1		91.020	5.683	
14:1 g								
15:1 g								
16:1 undifferentiated g	3.100	0.226	14	1		6.355	0.397	
17:1 g								
18:1 undifferentiated g	40.900	0.793	20	1		83.845	5.235	
20:1 g	0.000		0	1		0.000	0.000	
22:1 undifferentiated g	0.000		0	1		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	10.900		0	1		22.345	1.395	
18:2 undifferentiated g	9.700	0.476	20	1		19.885	1.242	
18:3 undifferentiated g	1.100	0.131	12	1		2.255	0.141	
18:4 g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	1		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	
22:6 n-3 g	0.000		0	1		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	56		0	4		115	7	
Phytosterols mg	13		0	4		27	2	
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	
Threonine g	0.000		0	4		0.000	0.000	
Isoleucine g	0.000		0	4		0.000	0.000	
Leucine g	0.000		0	4		0.000	0.000	
Lysine g	0.000		0	4		0.000	0.000	
Methionine g	0.000		0	4		0.000	0.000	
Cystine g	0.000		0	4		0.000	0.000	
Phenylalanine g	0.000		0	4		0.000	0.000	
Tyrosine g	0.000		0	4		0.000	0.000	
Valine g	0.000		0	4		0.000	0.000	
Arginine g	0.000		0	4		0.000	0.000	
Histidine g	0.000		0	4		0.000	0.000	
Alanine g	0.000		0	4		0.000	0.000	
Aspartic acid g	0.000		0	4		0.000	0.000	
Glutamic acid g	0.000		0	4		0.000	0.000	
Glycine g	0.000		0	4		0.000	0.000	
Proline g	0.000		0	4		0.000	0.000	
Serine g	0.000		0	4		0.000	0.000	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

NDB No. 04544
Shortening, household, lard and vegetable oil

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04545
Oil, vegetable, sunflower, linoleic, (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0	4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	51.000		0	4		111.180	6.936	2.295
Tocopherol, alpha....mg	59.50		0	4		129.71	8.09	2.68
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	13.000		0	1		28.340	1.768	0.585
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.000		0	4		0.000	0.000	0.000
10:0....g	0.000		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	0.000
15:0....g								
16:0....g	7.100	0.189	4	1		15.478	0.966	0.320
17:0....g								

NDB No. 04545
Oil, vegetable, sunflower, linoleic, (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	5.500	0.321	4	1		11.990	0.748	0.248
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	46.200		0	1		100.716	6.283	2.079
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	4		0.000	0.000	0.000
17:1 g								
18:1 undifferentiated g	46.000	0.115	4	1		100.280	6.256	2.070
20:1 g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	4		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	36.400		0	1		79.352	4.950	1.638
18:2 undifferentiated g	35.300	0.366	4	1		76.954	4.801	1.589
18:3 undifferentiated g	0.900	0.102	3	1		1.962	0.122	0.041
18:4 g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	4		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	0
Phytosterols mg	10		0	4		22	1	0
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	0.000
Threonine g	0.000		0	4		0.000	0.000	0.000
Isoleucine g	0.000		0	4		0.000	0.000	0.000
Leucine g	0.000		0	4		0.000	0.000	0.000
Lysine g	0.000		0	4		0.000	0.000	0.000
Methionine g	0.000		0	4		0.000	0.000	0.000
Cystine g	0.000		0	4		0.000	0.000	0.000
Phenylalanine g	0.000		0	4		0.000	0.000	0.000
Tyrosine g	0.000		0	4		0.000	0.000	0.000
Valine g	0.000		0	4		0.000	0.000	0.000
Arginine g	0.000		0	4		0.000	0.000	0.000
Histidine g	0.000		0	4		0.000	0.000	0.000
Alanine g	0.000		0	4		0.000	0.000	0.000
Aspartic acid g	0.000		0	4		0.000	0.000	0.000
Glutamic acid g	0.000		0	4		0.000	0.000	0.000
Glycine g	0.000		0	4		0.000	0.000	0.000
Proline g	0.000		0	4		0.000	0.000	0.000
Serine g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

NDB No. 04545
Oil, vegetable, sunflower, linoleic, (hydrogenated)

Calories Factors:	**Protein**	**Fat** 8.84	**Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04546
Shortening bread, soybean (hydrogenated) and cottonseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	
Energy....kcal	884		0	4		1812	113	
Energy....kj	3699			4		7582	473	
Protein (N x 0)....g	0.00		0	1		0.00	0.00	
Total lipid (fat)....g	100.00		0	1		205.00	12.80	
Ash....g	0.00		0	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		0	4		0	0	
Sodium, Na....mg	0		0	4		0	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg	0.000		0	4		0.000	0.000	
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	8.120		0	4		16.646	1.039	
Tocopherol, alpha....mg	8.00		0	4		16.40	1.02	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	22.000		0	1		45.100	2.816	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	10.400	0.386	7	1		21.320	1.331	
17:0....g								

NDB No. 04546
Shortening bread, soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	11.600	1.595	7	1		23.780	1.485	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	33.000		0	1		67.650	4.224	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	4		0.000	0.000	
17:1 g								
18:1 undifferentiated g	33.000	3.373	7	1		67.650	4.224	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	40.600		0	1		83.230	5.197	
18:2 undifferentiated g	36.700	2.189	7	1		75.235	4.698	
18:3 undifferentiated g	4.000	0.641	7	1		8.200	0.512	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	200		0	4		410	26	
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	
Threonine g	0.000		0	4		0.000	0.000	
Isoleucine g	0.000		0	4		0.000	0.000	
Leucine g	0.000		0	4		0.000	0.000	
Lysine g	0.000		0	4		0.000	0.000	
Methionine g	0.000		0	4		0.000	0.000	
Cystine g	0.000		0	4		0.000	0.000	
Phenylalanine g	0.000		0	4		0.000	0.000	
Tyrosine g	0.000		0	4		0.000	0.000	
Valine g	0.000		0	4		0.000	0.000	
Arginine g	0.000		0	4		0.000	0.000	
Histidine g	0.000		0	4		0.000	0.000	
Alanine g	0.000		0	4		0.000	0.000	
Aspartic acid g	0.000		0	4		0.000	0.000	
Glutamic acid g	0.000		0	4		0.000	0.000	
Glycine g	0.000		0	4		0.000	0.000	
Proline g	0.000		0	4		0.000	0.000	
Serine g	0.000		0	4		0.000	0.000	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

NDB No. 04546
Shortening bread, soybean (hydrogenated) and cottonseed

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04547
Shortening frying (regular), soybean (hydrogenated) and cottonseed (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	
Energy....kcal	884		0	4		1812	113	
Energy....kj	3699			4		7582	473	
Protein (N x 0)....g	0.00		0	1		0.00	0.00	
Total lipid (fat)....g	100.00		0	1		205.00	12.80	
Ash....g	0.00		0	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		0	4		0	0	
Sodium, Na....mg	0		0	4		0	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	8.00		0	4		16.40	1.02	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	15.400		0	1		31.570	1.971	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	9.600	0.604	5	1		19.680	1.229	
17:0....g								

NDB No. 04547

Shortening frying (regular), soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 ... g	5.800	0.981	5	1		11.890	0.742	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	58.200		0	1		119.310	7.450	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	58.200	1.657	7	1		119.310	7.450	
20:1 ... g	0.000		0	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	22.000		0	1		45.100	2.816	
18:2 undifferentiated ... g	21.200	1.898	7	1		43.460	2.714	
18:3 undifferentiated ... g	0.800	0.230	5	1		1.640	0.102	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	200		0	4		410	26	
Amino Acids:								
Tryptophan ... g	0.000		0	4		0.000	0.000	
Threonine ... g	0.000		0	4		0.000	0.000	
Isoleucine ... g	0.000		0	4		0.000	0.000	
Leucine ... g	0.000		0	4		0.000	0.000	
Lysine ... g	0.000		0	4		0.000	0.000	
Methionine ... g	0.000		0	4		0.000	0.000	
Cystine ... g	0.000		0	4		0.000	0.000	
Phenylalanine ... g	0.000		0	4		0.000	0.000	
Tyrosine ... g	0.000		0	4		0.000	0.000	
Valine ... g	0.000		0	4		0.000	0.000	
Arginine ... g	0.000		0	4		0.000	0.000	
Histidine ... g	0.000		0	4		0.000	0.000	
Alanine ... g	0.000		0	4		0.000	0.000	
Aspartic acid ... g	0.000		0	4		0.000	0.000	
Glutamic acid ... g	0.000		0	4		0.000	0.000	
Glycine ... g	0.000		0	4		0.000	0.000	
Proline ... g	0.000		0	4		0.000	0.000	
Serine ... g	0.000		0	4		0.000	0.000	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04548
Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	
Energy....kcal	884		0	4		1812	113	
Energy....kj	3699			4		7582	473	
Protein (N x 0)....g	0.00		0	1		0.00	0.00	
Total lipid (fat)....g	100.00		0	1		205.00	12.80	
Ash....g	0.00		0	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		0	4		0	0	
Sodium, Na....mg	0		0	4		0	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	13.700		0	4		28.085	1.754	
Tocopherol, alpha....mg	8.00		0	4		16.40	1.02	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	27.200		0	1		55.760	3.482	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.100		1	1		0.205	0.013	
13:0....g								
14:0....g	0.400		1	1		0.820	0.051	
15:0....g								
16:0....g	18.000	1.629	3	1		36.900	2.304	
17:0....g								

NDB No. 04548
Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	8.800	2.903	3	1		18.040	1.126	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	54.200		0	1		111.110	6.938	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	1		0.000	0.000	
17:1 g								
18:1 undifferentiated g	54.200	1.609	3	1		111.110	6.938	
20:1 g	0.000		0	1		0.000	0.000	
22:1 undifferentiated g	0.000		0	1		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	14.100		0	1		28.905	1.805	
18:2 undifferentiated g	13.100	1.124	3	1		26.855	1.677	
18:3 undifferentiated g	1.100		1	1		2.255	0.141	
18:4 g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	1		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	
22:6 n-3 g	0.000		0	1		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	200		0	4		410	26	
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	
Threonine g	0.000		0	4		0.000	0.000	
Isoleucine g	0.000		0	4		0.000	0.000	
Leucine g	0.000		0	4		0.000	0.000	
Lysine g	0.000		0	4		0.000	0.000	
Methionine g	0.000		0	4		0.000	0.000	
Cystine g	0.000		0	4		0.000	0.000	
Phenylalanine g	0.000		0	4		0.000	0.000	
Tyrosine g	0.000		0	4		0.000	0.000	
Valine g	0.000		0	4		0.000	0.000	
Arginine g	0.000		0	4		0.000	0.000	
Histidine g	0.000		0	4		0.000	0.000	
Alanine g	0.000		0	4		0.000	0.000	
Aspartic acid g	0.000		0	4		0.000	0.000	
Glutamic acid g	0.000		0	4		0.000	0.000	
Glycine g	0.000		0	4		0.000	0.000	
Proline g	0.000		0	4		0.000	0.000	
Serine g	0.000		0	4		0.000	0.000	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: Protein **Fat** 8.82 **Carbohydrate**

NDB No. 04548
Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04549
Shortening industrial, lard and vegetable oil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	
Energy....kcal	900		0	4		1845	115	
Energy....kj	3766			4		7719	482	
Protein (N x 0)....g	0.00		0	1		0.00	0.00	
Total lipid (fat)....g	100.00		0	1		205.00	12.80	
Ash....g	0.00		0	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		0	4		0	0	
Sodium, Na....mg	0		0	4		0	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	1.00		0	4		2.05	0.13	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	35.700		0	1		73.185	4.570	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.200		2	1		0.410	0.026	
13:0....g								
14:0....g	1.200		2	1		2.460	0.154	
15:0....g								
16:0....g	19.200	1.198	3	1		39.360	2.458	
17:0....g								

NDB No. 04549
Shortening industrial, lard and vegetable oil

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	14.600	0.240	3	1		29.930	1.869	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	40.700		0	1		83.435	5.210	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	1.400		2	1		2.870	0.179	
17:1 ... g								
18:1 undifferentiated ... g	38.000	1.934	3	1		77.900	4.864	
20:1 ... g	0.600		2	1		1.230	0.077	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	19.200		0	1		39.360	2.458	
18:2 undifferentiated ... g	18.100	0.683	3	1		37.105	2.317	
18:3 undifferentiated ... g	1.000		2	1		2.050	0.128	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	56		0	4		115	7	
Phytosterols ... mg	13		0	4		27	2	
Amino Acids:								
Tryptophan ... g	0.000		0	4		0.000	0.000	
Threonine ... g	0.000		0	4		0.000	0.000	
Isoleucine ... g	0.000		0	4		0.000	0.000	
Leucine ... g	0.000		0	4		0.000	0.000	
Lysine ... g	0.000		0	4		0.000	0.000	
Methionine ... g	0.000		0	4		0.000	0.000	
Cystine ... g	0.000		0	4		0.000	0.000	
Phenylalanine ... g	0.000		0	4		0.000	0.000	
Tyrosine ... g	0.000		0	4		0.000	0.000	
Valine ... g	0.000		0	4		0.000	0.000	
Arginine ... g	0.000		0	4		0.000	0.000	
Histidine ... g	0.000		0	4		0.000	0.000	
Alanine ... g	0.000		0	4		0.000	0.000	
Aspartic acid ... g	0.000		0	4		0.000	0.000	
Glutamic acid ... g	0.000		0	4		0.000	0.000	
Glycine ... g	0.000		0	4		0.000	0.000	
Proline ... g	0.000		0	4		0.000	0.000	
Serine ... g	0.000		0	4		0.000	0.000	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04550
Shortening frying (heavy duty), beef tallow and cottonseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	
Energy....kcal	900		0	4		1845	115	
Energy....kj	3766			4		7719	482	
Protein (N x 0)....g	0.00		0	1		0.00	0.00	
Total lipid (fat)....g	100.00		0	1		205.00	12.80	
Ash....g	0.00		0	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		0	4		0	0	
Sodium, Na....mg	0		0	4		0	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	4.00		0	4		8.20	0.51	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	44.900		0	1		92.045	5.747	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	3.400		1	1		6.970	0.435	
15:0....g								
16:0....g	24.500		1	1		50.225	3.136	
17:0....g								

NDB No. 04550
Shortening frying (heavy duty), beef tallow and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 g	17.000		1	1		34.850	2.176	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	38.500		0	1		78.925	4.928	
14:1 g								
15:1 g								
16:1 undifferentiated g	4.300		1	1		8.815	0.550	
17:1 g								
18:1 undifferentiated g	34.200		1	1		70.110	4.378	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	8.800		0	1		18.040	1.126	
18:2 undifferentiated g	8.300		1	1		17.015	1.062	
18:3 undifferentiated g	0.500		1	1		1.025	0.064	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	100		0	4		205	13	
Phytosterols mg	32		0	4		66	4	
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	
Threonine g	0.000		0	4		0.000	0.000	
Isoleucine g	0.000		0	4		0.000	0.000	
Leucine g	0.000		0	4		0.000	0.000	
Lysine g	0.000		0	4		0.000	0.000	
Methionine g	0.000		0	4		0.000	0.000	
Cystine g	0.000		0	4		0.000	0.000	
Phenylalanine g	0.000		0	4		0.000	0.000	
Tyrosine g	0.000		0	4		0.000	0.000	
Valine g	0.000		0	4		0.000	0.000	
Arginine g	0.000		0	4		0.000	0.000	
Histidine g	0.000		0	4		0.000	0.000	
Alanine g	0.000		0	4		0.000	0.000	
Aspartic acid g	0.000		0	4		0.000	0.000	
Glutamic acid g	0.000		0	4		0.000	0.000	
Glycine g	0.000		0	4		0.000	0.000	
Proline g	0.000		0	4		0.000	0.000	
Serine g	0.000		0	4		0.000	0.000	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04551
Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	
Energy....kcal	884		0	4		1812	113	
Energy....kj	3699			4		7582	473	
Protein (N x 0)....g	0.00		0	1		0.00	0.00	
Total lipid (fat)....g	100.00		0	1		205.00	12.80	
Ash....g	0.00		0	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		0	4		0	0	
Sodium, Na....mg	0		0	4		0	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	2.280		0	4		4.674	0.292	
Tocopherol, alpha....mg	0.40		0	4		0.82	0.05	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	91.300		0	1		187.165	11.686	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	4.300	0.625	3	1		8.815	0.550	
10:0....g	4.300	0.634	3	1		8.815	0.550	
11:0....g								
12:0....g	35.800	3.295	3	1		73.390	4.582	
13:0....g								
14:0....g	14.400	1.421	3	1		29.520	1.843	
15:0....g								
16:0....g	10.700	0.599	3	1		21.935	1.370	
17:0....g								

NDB No. 04551
Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	21.900	5.376	3	1		44.895	2.803	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	2.200		0	1		4.510	0.282	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	1		0.000	0.000	
17:1 g								
18:1 undifferentiated g	2.200	0.316	3	1		4.510	0.282	
20:1 g	0.000		0	1		0.000	0.000	
22:1 undifferentiated g	0.000		0	1		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	1.000		0	1		2.050	0.128	
18:2 undifferentiated g	1.000		1	1		2.050	0.128	
18:3 undifferentiated g	0.000		0	1		0.000	0.000	
18:4 g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	1		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	
22:6 n-3 g	0.000		0	1		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	86		0	4		176	11	
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	
Threonine g	0.000		0	4		0.000	0.000	
Isoleucine g	0.000		0	4		0.000	0.000	
Leucine g	0.000		0	4		0.000	0.000	
Lysine g	0.000		0	4		0.000	0.000	
Methionine g	0.000		0	4		0.000	0.000	
Cystine g	0.000		0	4		0.000	0.000	
Phenylalanine g	0.000		0	4		0.000	0.000	
Tyrosine g	0.000		0	4		0.000	0.000	
Valine g	0.000		0	4		0.000	0.000	
Arginine g	0.000		0	4		0.000	0.000	
Histidine g	0.000		0	4		0.000	0.000	
Alanine g	0.000		0	4		0.000	0.000	
Aspartic acid g	0.000		0	4		0.000	0.000	
Glutamic acid g	0.000		0	4		0.000	0.000	
Glycine g	0.000		0	4		0.000	0.000	
Proline g	0.000		0	4		0.000	0.000	
Serine g	0.000		0	4		0.000	0.000	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

NDB No. 04551
Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04552

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (30%) stabilizers with silicon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	
Energy....kcal	884		0	4		1812	113	
Energy....kj	3699			4		7582	473	
Protein (N x 0)....g	0.00		0	1		0.00	0.00	
Total lipid (fat)....g	100.00		0	1		205.00	12.80	
Ash....g	0.00		0	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		0	4		0	0	
Sodium, Na....mg	0		0	4		0	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	8.10		0	4		16.61	1.04	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	18.400		0	1		37.720	2.355	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	10.200	0.331	8	1		20.910	1.306	
17:0....g								

NDB No. 04552

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (30%) stabilizers with silicon

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	8.300	0.226	8	1		17.015	1.062	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	43.700		0	1		89.585	5.594	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	4		0.000	0.000	
17:1 g								
18:1 undifferentiated g	43.700	0.519	8	1		89.585	5.594	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	33.500		0	1		68.675	4.288	
18:2 undifferentiated g	31.100	0.453	8	1		63.755	3.981	
18:3 undifferentiated g	2.400	0.213	8	1		4.920	0.307	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	132		0	4		271	17	
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	
Threonine g	0.000		0	4		0.000	0.000	
Isoleucine g	0.000		0	4		0.000	0.000	
Leucine g	0.000		0	4		0.000	0.000	
Lysine g	0.000		0	4		0.000	0.000	
Methionine g	0.000		0	4		0.000	0.000	
Cystine g	0.000		0	4		0.000	0.000	
Phenylalanine g	0.000		0	4		0.000	0.000	
Tyrosine g	0.000		0	4		0.000	0.000	
Valine g	0.000		0	4		0.000	0.000	
Arginine g	0.000		0	4		0.000	0.000	
Histidine g	0.000		0	4		0.000	0.000	
Alanine g	0.000		0	4		0.000	0.000	
Aspartic acid g	0.000		0	4		0.000	0.000	
Glutamic acid g	0.000		0	4		0.000	0.000	
Glycine g	0.000		0	4		0.000	0.000	
Proline g	0.000		0	4		0.000	0.000	
Serine g	0.000		0	4		0.000	0.000	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04554
Shortening industrial, soybean (hydrogenated) and cottonseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	
Energy....kcal	884		0	4		1812	113	
Energy....kj	3699			4		7582	473	
Protein (N x 0)....g	0.00		0	1		0.00	0.00	
Total lipid (fat)....g	100.00		0	1		205.00	12.80	
Ash....g	0.00		0	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		0	4		0	0	
Sodium, Na....mg	0		0	4		0	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	13.700		0	4		28.085	1.754	
Tocopherol, alpha....mg	8.00		0	4		16.40	1.02	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	25.600		0	1		52.480	3.277	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.500	0.158	6	1		1.025	0.064	
15:0....g								
16:0....g	13.000	0.401	22	1		26.650	1.664	
17:0....g								

NDB No. 04554
Shortening industrial, soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	12.100	0.445	22	1		24.805	1.549	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	58.000		0	1		118.900	7.424	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	1		0.000	0.000	
17:1 g								
18:1 undifferentiated g	58.000	1.046	22	1		118.900	7.424	
20:1 g	0.000		0	1		0.000	0.000	
22:1 undifferentiated g	0.000		0	1		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	12.000		0	1		24.600	1.536	
18:2 undifferentiated g	11.400	1.028	22	1		23.370	1.459	
18:3 undifferentiated g	0.600	0.171	10	1		1.230	0.077	
18:4 g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	1		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	
22:6 n-3 g	0.000		0	1		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	200		0	4		410	26	
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	
Threonine g	0.000		0	4		0.000	0.000	
Isoleucine g	0.000		0	4		0.000	0.000	
Leucine g	0.000		0	4		0.000	0.000	
Lysine g	0.000		0	4		0.000	0.000	
Methionine g	0.000		0	4		0.000	0.000	
Cystine g	0.000		0	4		0.000	0.000	
Phenylalanine g	0.000		0	4		0.000	0.000	
Tyrosine g	0.000		0	4		0.000	0.000	
Valine g	0.000		0	4		0.000	0.000	
Arginine g	0.000		0	4		0.000	0.000	
Histidine g	0.000		0	4		0.000	0.000	
Alanine g	0.000		0	4		0.000	0.000	
Aspartic acid g	0.000		0	4		0.000	0.000	
Glutamic acid g	0.000		0	4		0.000	0.000	
Glycine g	0.000		0	4		0.000	0.000	
Proline g	0.000		0	4		0.000	0.000	
Serine g	0.000		0	4		0.000	0.000	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

NDB No. 04554
Shortening industrial, soybean (hydrogenated) and cottonseed

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04556
Shortening frying (heavy duty), palm (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	
Energy....kcal	884		0	4		1812	113	
Energy....kj	3699			4		7582	473	
Protein (N x 0)....g	0.00		0	1		0.00	0.00	
Total lipid (fat)....g	100.00		0	1		205.00	12.80	
Ash....g	0.00		0	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		0	4		0	0	
Sodium, Na....mg	0		0	4		0	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	19.00		0	4		38.95	2.43	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	47.500		0	1		97.375	6.080	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	40.600	1.813	4	1		83.230	5.197	
17:0....g								

NDB No. 04556
Shortening frying (heavy duty), palm (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	6.900	0.767	4	1		14.145	0.883	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	40.600		0	1		83.230	5.197	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
17:1 ... g								
18:1 undifferentiated ... g	40.600	1.714	4	1		83.230	5.197	
20:1 ... g	0.000		0	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	7.500		0	1		15.375	0.960	
18:2 undifferentiated ... g	7.500	2.186	4	1		15.375	0.960	
18:3 undifferentiated ... g	0.000		0	4		0.000	0.000	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	49		0	4		100	6	
Amino Acids:								
Tryptophan ... g	0.000		0	4		0.000	0.000	
Threonine ... g	0.000		0	4		0.000	0.000	
Isoleucine ... g	0.000		0	4		0.000	0.000	
Leucine ... g	0.000		0	4		0.000	0.000	
Lysine ... g	0.000		0	4		0.000	0.000	
Methionine ... g	0.000		0	4		0.000	0.000	
Cystine ... g	0.000		0	4		0.000	0.000	
Phenylalanine ... g	0.000		0	4		0.000	0.000	
Tyrosine ... g	0.000		0	4		0.000	0.000	
Valine ... g	0.000		0	4		0.000	0.000	
Arginine ... g	0.000		0	4		0.000	0.000	
Histidine ... g	0.000		0	4		0.000	0.000	
Alanine ... g	0.000		0	4		0.000	0.000	
Aspartic acid ... g	0.000		0	4		0.000	0.000	
Glutamic acid ... g	0.000		0	4		0.000	0.000	
Glycine ... g	0.000		0	4		0.000	0.000	
Proline ... g	0.000		0	4		0.000	0.000	
Serine ... g	0.000		0	4		0.000	0.000	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04559
Shortening household soybean (hydrogenated) and palm

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		1	1		0.00	0.00	
Energy....kcal	884		0	4		1812	113	
Energy....kj	3699			4		7582	473	
Protein (N x 0)....g	0.00		1	1		0.00	0.00	
Total lipid (fat)....g	100.00		1	1		205.00	12.80	
Ash....g	0.00		1	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		0	4		0	0	
Sodium, Na....mg	0		0	4		0	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg	0.000		0	4		0.000	0.000	
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	8.300		0	1		17.015	1.062	
Tocopherol, alpha....mg	12.00		0	4		24.60	1.54	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	25.020		0	1		51.291	3.203	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.100		1	1		0.205	0.013	
10:0....g	0.100		1	1		0.205	0.013	
11:0....g								
12:0....g	0.400	0.262	3	1		0.820	0.051	
13:0....g								
14:0....g	0.240		2	1		0.492	0.031	
15:0....g								
16:0....g	14.040		2	1		28.782	1.797	
17:0....g								

NDB No. 04559
Shortening household soybean (hydrogenated) and palm

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	10.740		2	1		22.017	1.375	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	42.510		0	1		87.146	5.441	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.100		2	1		0.205	0.013	
17:1 ... g								
18:1 undifferentiated ... g	42.220		2	1		86.551	5.404	
20:1 ... g	0.190		2	1		0.390	0.024	
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	26.640		0	1		54.612	3.410	
18:2 undifferentiated ... g	25.160		2	1		51.578	3.220	
18:3 undifferentiated ... g	1.480		2	1		3.034	0.189	
18:4 ... g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	4		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	
Phytosterols ... mg	148		1	1		303	19	
Amino Acids:								
Tryptophan ... g	0.000		0	4		0.000	0.000	
Threonine ... g	0.000		0	4		0.000	0.000	
Isoleucine ... g	0.000		0	4		0.000	0.000	
Leucine ... g	0.000		0	4		0.000	0.000	
Lysine ... g	0.000		0	4		0.000	0.000	
Methionine ... g	0.000		0	4		0.000	0.000	
Cystine ... g	0.000		0	4		0.000	0.000	
Phenylalanine ... g	0.000		0	4		0.000	0.000	
Tyrosine ... g	0.000		0	4		0.000	0.000	
Valine ... g	0.000		0	4		0.000	0.000	
Arginine ... g	0.000		0	4		0.000	0.000	
Histidine ... g	0.000		0	4		0.000	0.000	
Alanine ... g	0.000		0	4		0.000	0.000	
Aspartic acid ... g	0.000		0	4		0.000	0.000	
Glutamic acid ... g	0.000		0	4		0.000	0.000	
Glycine ... g	0.000		0	4		0.000	0.000	
Proline ... g	0.000		0	4		0.000	0.000	
Serine ... g	0.000		0	4		0.000	0.000	
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04560
Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	
Energy....kcal	884		0	4		1812	113	
Energy....kj	3699			4		7582	473	
Protein (N x 0)....g	0.00		0	1		0.00	0.00	
Total lipid (fat)....g	100.00		0	1		205.00	12.80	
Ash....g	0.00		0	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		0	4		0	0	
Sodium, Na....mg	0		0	4		0	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	4.00		0	4		8.20	0.51	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	21.100		0	1		43.255	2.701	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	10.900		1	1		22.345	1.395	
17:0....g								

NDB No. 04560
Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 g	10.200		1	1		20.910	1.306	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	73.700		0	1		151.085	9.434	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	4		0.000	0.000	
17:1 g								
18:1 undifferentiated g	73.700		1	1		151.085	9.434	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	0.400		0	1		0.820	0.051	
18:2 undifferentiated g	0.300		1	1		0.615	0.038	
18:3 undifferentiated g	0.100		1	1		0.205	0.013	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	181		0	4		371	23	
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	
Threonine g	0.000		0	4		0.000	0.000	
Isoleucine g	0.000		0	4		0.000	0.000	
Leucine g	0.000		0	4		0.000	0.000	
Lysine g	0.000		0	4		0.000	0.000	
Methionine g	0.000		0	4		0.000	0.000	
Cystine g	0.000		0	4		0.000	0.000	
Phenylalanine g	0.000		0	4		0.000	0.000	
Tyrosine g	0.000		0	4		0.000	0.000	
Valine g	0.000		0	4		0.000	0.000	
Arginine g	0.000		0	4		0.000	0.000	
Histidine g	0.000		0	4		0.000	0.000	
Alanine g	0.000		0	4		0.000	0.000	
Aspartic acid g	0.000		0	4		0.000	0.000	
Glutamic acid g	0.000		0	4		0.000	0.000	
Glycine g	0.000		0	4		0.000	0.000	
Proline g	0.000		0	4		0.000	0.000	
Serine g	0.000		0	4		0.000	0.000	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04561
Margarine-like spread, approximately 60% fat, tub, unspecified oils

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	37.00		2	1		84.73	1.78	
Energy....kcal	540		0	4		1236	26	
Energy....kj	2258			4		5170	108	
Protein (N x 6.38)....g	0.60		2	1		1.37	0.03	
Total lipid (fat)....g	60.80		2	1		139.23	2.92	
Ash....g	1.70		2	1		3.89	0.08	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	21		0	1		48	1	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	2		0	1		4	0	
Phosphorus, P....mg	16		0	1		37	1	
Potassium, K....mg	30		0	1		68	1	
Sodium, Na....mg	994		0	4		2276	48	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.3	0.0	
Thiamin....mg	0.007		0	1		0.016	0.000	
Riboflavin....mg	0.026		0	1		0.060	0.001	
Niacin....mg	0.016		0	1		0.037	0.001	
Pantothenic acid....mg	0.059		0	1		0.135	0.003	
Vitamin B-6....mg	0.006		0	1		0.014	0.000	
Folate, total....mcg	1		0	1		2	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		2	0	
Folate, DFE....mcg_DFE	1		0	4		2	0	
Vitamin B-12....mcg	0.07		0	1		0.15	0.00	
Vitamin A, IU....IU	3571		0	5		8178	171	
Vitamin A, RE....mcg_RE	799		0	5		1830	38	
Vitamin E....mg_ATE	9.010		0	4		20.633	0.432	
Tocopherol, alpha....mg	5.00		0	4		11.45	0.24	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	12.800		0	1		29.312	0.614	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.100		1	1		0.229	0.005	
13:0....g								
14:0....g	0.300		2	1		0.687	0.014	
15:0....g								
16:0....g	8.900		2	1		20.381	0.427	
17:0....g								

NDB No. 04561
Margarine-like spread, approximately 60% fat, tub, unspecified oils

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 g	3.600		2	1		8.244	0.173	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	31.500		0	1		72.135	1.512	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		1	1		0.000	0.000	
17:1 g								
18:1 undifferentiated g	31.500		2	1		72.135	1.512	
20:1 g	0.000		0	1		0.000	0.000	
22:1 undifferentiated g	0.000		0	1		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	13.800		0	1		31.602	0.662	
18:2 undifferentiated g	12.900		2	1		29.541	0.619	
18:3 undifferentiated g	0.900		2	1		2.061	0.043	
18:4 g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	1		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	
22:6 n-3 g	0.000		0	1		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	159		0	4		364	8	
Amino Acids:								
Tryptophan g	0.008		0	1		0.018	0.000	
Threonine g	0.027		0	1		0.062	0.001	
Isoleucine g	0.036		0	1		0.082	0.002	
Leucine g	0.059		0	1		0.135	0.003	
Lysine g	0.048		0	1		0.110	0.002	
Methionine g	0.015		0	1		0.034	0.001	
Cystine g	0.006		0	1		0.014	0.000	
Phenylalanine g	0.029		0	1		0.066	0.001	
Tyrosine g	0.029		0	1		0.066	0.001	
Valine g	0.040		0	1		0.092	0.002	
Arginine g	0.022		0	1		0.050	0.001	
Histidine g	0.016		0	1		0.037	0.001	
Alanine g	0.021		0	1		0.048	0.001	
Aspartic acid g	0.045		0	1		0.103	0.002	
Glutamic acid g	0.126		0	1		0.289	0.006	
Glycine g	0.013		0	1		0.030	0.001	
Proline g	0.058		0	1		0.133	0.003	
Serine g	0.033		0	1		0.076	0.002	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 229.000g: 1 cup

Measure 2 = 4.800g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

NDB No. 04561
Margarine-like spread, approximately 60% fat, tub, unspecified oils

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04570
Shortening, confectionery, fractionated palm

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	
Energy....kcal	884		0	4		1927	120	
Energy....kj	3699			4		8063	503	
Protein (N x 0)....g	0.00		0	1		0.00	0.00	
Total lipid (fat)....g	100.00		0	1		218.00	13.60	
Ash....g	0.00		0	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		0	4		0	0	
Sodium, Na....mg	0		0	4		0	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	19.00		0	4		41.42	2.58	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	65.500		0	1		142.790	8.908	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	1.100		1	1		2.398	0.150	
13:0....g								
14:0....g	0.900		1	1		1.962	0.122	
15:0....g								
16:0....g	36.000		1	1		78.480	4.896	
17:0....g								

NDB No. 04570
Shortening, confectionery, fractionated palm

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 g	26.200		1	1		57.116	3.563	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	29.600		0	1		64.528	4.026	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	4		0.000	0.000	
17:1 g								
18:1 undifferentiated g	29.300		1	1		63.874	3.985	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	0.500		0	1		1.090	0.068	
18:2 undifferentiated g	0.500		1	1		1.090	0.068	
18:3 undifferentiated g	0.000		0	4		0.000	0.000	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	4		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	4		0	0	
Phytosterols mg	49		0	4		107	7	
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	
Threonine g	0.000		0	4		0.000	0.000	
Isoleucine g	0.000		0	4		0.000	0.000	
Leucine g	0.000		0	4		0.000	0.000	
Lysine g	0.000		0	4		0.000	0.000	
Methionine g	0.000		0	4		0.000	0.000	
Cystine g	0.000		0	4		0.000	0.000	
Phenylalanine g	0.000		0	4		0.000	0.000	
Tyrosine g	0.000		0	4		0.000	0.000	
Valine g	0.000		0	4		0.000	0.000	
Arginine g	0.000		0	4		0.000	0.000	
Histidine g	0.000		0	4		0.000	0.000	
Alanine g	0.000		0	4		0.000	0.000	
Aspartic acid g	0.000		0	4		0.000	0.000	
Glutamic acid g	0.000		0	4		0.000	0.000	
Glycine g	0.000		0	4		0.000	0.000	
Proline g	0.000		0	4		0.000	0.000	
Serine g	0.000		0	4		0.000	0.000	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Calories Factors: Protein **Fat** 8.62 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04572
Oil, vegetable, nutmeg 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	0.20		0	4		0.44	0.03	0.01
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	90.000		0	1		196.200	12.240	4.050
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.000		0	4		0.000	0.000	0.000
10:0....g	0.000		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	3.100		1	1		6.758	0.422	0.140
13:0....g								
14:0....g	82.600		1	1		180.068	11.234	3.717
15:0....g								
16:0....g	4.300		1	1		9.374	0.585	0.194
17:0....g								

NDB No. 04572
Oil, vegetable, nutmeg butter

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	0.000		0	4		0.000	0.000	0.000
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	4.800		0	1		10.464	0.653	0.216
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
17:1 ... g								
18:1 undifferentiated ... g	4.800		1	1		10.464	0.653	0.216
20:1 ... g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	0.000		0	1		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
18:4 ... g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	4		0.000	0.000	0.000
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	0
Phytosterols ... mg	0		0	4		0	0	0
Amino Acids:								
Tryptophan ... g	0.000		0	4		0.000	0.000	0.000
Threonine ... g	0.000		0	4		0.000	0.000	0.000
Isoleucine ... g	0.000		0	4		0.000	0.000	0.000
Leucine ... g	0.000		0	4		0.000	0.000	0.000
Lysine ... g	0.000		0	4		0.000	0.000	0.000
Methionine ... g	0.000		0	4		0.000	0.000	0.000
Cystine ... g	0.000		0	4		0.000	0.000	0.000
Phenylalanine ... g	0.000		0	4		0.000	0.000	0.000
Tyrosine ... g	0.000		0	4		0.000	0.000	0.000
Valine ... g	0.000		0	4		0.000	0.000	0.000
Arginine ... g	0.000		0	4		0.000	0.000	0.000
Histidine ... g	0.000		0	4		0.000	0.000	0.000
Alanine ... g	0.000		0	4		0.000	0.000	0.000
Aspartic acid ... g	0.000		0	4		0.000	0.000	0.000
Glutamic acid ... g	0.000		0	4		0.000	0.000	0.000
Glycine ... g	0.000		0	4		0.000	0.000	0.000
Proline ... g	0.000		0	4		0.000	0.000	0.000
Serine ... g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 8.62 **Carbohydrate**

Food Group: 04 Fats and Oils

NDB No. 04573
Oil, vegetable, ucuhuba 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		0	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	1		218.00	13.60	4.50
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	0.60		0	4		1.31	0.08	0.03
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	85.200		0	1		185.736	11.587	3.834
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.000		0	4		0.000	0.000	0.000
10:0....g	0.000		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	12.200		1	1		26.596	1.659	0.549
13:0....g								
14:0....g	63.400		1	1		138.212	8.622	2.853
15:0....g								
16:0....g	8.600		1	1		18.748	1.170	0.387
17:0....g								

NDB No. 04573
Oil, vegetable, ucuhuba butter

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 ... g	1.000		1	1		2.180	0.136	0.045
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	6.700		0	1		14.606	0.911	0.302
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
17:1 ... g								
18:1 undifferentiated ... g	6.700		1	1		14.606	0.911	0.302
20:1 ... g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	2.900		0	1		6.322	0.394	0.131
18:2 undifferentiated ... g	2.900		1	1		6.322	0.394	0.131
18:3 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
18:4 ... g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	4		0.000	0.000	0.000
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	4		0	0	0
Phytosterols ... mg	95		0	4		207	13	4
Amino Acids:								
Tryptophan ... g	0.000		0	4		0.000	0.000	0.000
Threonine ... g	0.000		0	4		0.000	0.000	0.000
Isoleucine ... g	0.000		0	4		0.000	0.000	0.000
Leucine ... g	0.000		0	4		0.000	0.000	0.000
Lysine ... g	0.000		0	4		0.000	0.000	0.000
Methionine ... g	0.000		0	4		0.000	0.000	0.000
Cystine ... g	0.000		0	4		0.000	0.000	0.000
Phenylalanine ... g	0.000		0	4		0.000	0.000	0.000
Tyrosine ... g	0.000		0	4		0.000	0.000	0.000
Valine ... g	0.000		0	4		0.000	0.000	0.000
Arginine ... g	0.000		0	4		0.000	0.000	0.000
Histidine ... g	0.000		0	4		0.000	0.000	0.000
Alanine ... g	0.000		0	4		0.000	0.000	0.000
Aspartic acid ... g	0.000		0	4		0.000	0.000	0.000
Glutamic acid ... g	0.000		0	4		0.000	0.000	0.000
Glycine ... g	0.000		0	4		0.000	0.000	0.000
Proline ... g	0.000		0	4		0.000	0.000	0.000
Serine ... g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline ... g								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

NDB No. 04574
Fat, duck

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.20	0.026	3	1		0.41	0.03	
Energy....kcal	900		0	4		1846	115	
Energy....kj	3767			4		7723	482	
Protein (N x 0)....g	0.00		0	1		0.00	0.00	
Total lipid (fat)....g	99.80	0.026	3	1		204.59	12.77	
Ash....g	0.00		0	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		0	4		0	0	
Sodium, Na....mg	0		0	4		0	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg								
Selenium, Se....mcg	0.2		0	4		0.4	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	2.730		0	4		5.597	0.349	
Tocopherol, alpha....mg	2.70		0	4		5.54	0.35	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	33.200		0	1		68.060	4.250	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.700	0.013	93	1		1.435	0.090	
15:0....g								
16:0....g	24.700	0.213	98	1		50.635	3.162	
17:0....g								

NDB No. 04574
Fat, duck

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	7.800	0.114	98	1		15.990	0.998	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	49.300		0	1		101.065	6.310	
14:1 g								
15:1 g								
16:1 undifferentiated g	4.000	0.090	98	1		8.200	0.512	
17:1 g								
18:1 undifferentiated g	44.200	0.290	98	1		90.610	5.658	
20:1 g	1.100	0.043	91	1		2.255	0.141	
22:1 undifferentiated g	0.000		0	1		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	12.900		0	1		26.445	1.651	
18:2 undifferentiated g	12.000	0.237	98	1		24.600	1.536	
18:3 undifferentiated g	1.000	0.033	93	1		2.050	0.128	
18:4 g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	1		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	
22:6 n-3 g	0.000		0	1		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	100		0	1		205	13	
Phytosterols mg	0		0	4		0	0	
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	
Threonine g	0.000		0	4		0.000	0.000	
Isoleucine g	0.000		0	4		0.000	0.000	
Leucine g	0.000		0	4		0.000	0.000	
Lysine g	0.000		0	4		0.000	0.000	
Methionine g	0.000		0	4		0.000	0.000	
Cystine g	0.000		0	4		0.000	0.000	
Phenylalanine g	0.000		0	4		0.000	0.000	
Tyrosine g	0.000		0	4		0.000	0.000	
Valine g	0.000		0	4		0.000	0.000	
Arginine g	0.000		0	4		0.000	0.000	
Histidine g	0.000		0	4		0.000	0.000	
Alanine g	0.000		0	4		0.000	0.000	
Aspartic acid g	0.000		0	4		0.000	0.000	
Glutamic acid g	0.000		0	4		0.000	0.000	
Glycine g	0.000		0	4		0.000	0.000	
Proline g	0.000		0	4		0.000	0.000	
Serine g	0.000		0	4		0.000	0.000	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

NDB No. 04574
Fat, duck

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04575
Fat, turkey

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.20	0.026	3	1		0.41	0.03	0.01
Energy....kcal	900		0	4		1846	115	39
Energy....kj	3767			4		7723	482	162
Protein (N x 0)....g	0.00		0	1		0.00	0.00	0.00
Total lipid (fat)....g	99.80	0.026	3	1		204.59	12.77	4.29
Ash....g	0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	7		0.000	0.000	0.000
Manganese, Mn....mg								
Selenium, Se....mcg	0.2		0	4		0.4	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	2.870		0	1		5.884	0.367	0.123
Tocopherol, alpha....mg	2.90		0	4		5.95	0.37	0.12
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	29.400		0	1		60.270	3.763	1.264
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.000		0	4		0.000	0.000	0.000
10:0....g	0.000		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	0.000	0.031	3	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.900	0.058	32	1		1.845	0.115	0.039
15:0....g								
16:0....g	20.600	0.520	32	1		42.230	2.637	0.886
17:0....g								

NDB No. 04575
Fat, turkey

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	6.200	0.349	32	1		12.710	0.794	0.267
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	42.900		0	1		87.945	5.491	1.845
14:1 g								
15:1 g								
16:1 undifferentiated g	6.000	0.297	32	1		12.300	0.768	0.258
17:1 g								
18:1 undifferentiated g	35.900	0.750	32	1		73.595	4.595	1.544
20:1 g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	4		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	23.100		0	1		47.355	2.957	0.993
18:2 undifferentiated g	21.200	0.660	32	1		43.460	2.714	0.912
18:3 undifferentiated g	1.400	0.079	32	1		2.870	0.179	0.060
18:4 g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.300	0.031	11	1		0.615	0.038	0.013
20:5 n-3 g	0.000		0	4		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	102		0	1		209	13	4
Phytosterols mg	0		0	4		0	0	0
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	0.000
Threonine g	0.000		0	4		0.000	0.000	0.000
Isoleucine g	0.000		0	4		0.000	0.000	0.000
Leucine g	0.000		0	4		0.000	0.000	0.000
Lysine g	0.000		0	4		0.000	0.000	0.000
Methionine g	0.000		0	4		0.000	0.000	0.000
Cystine g	0.000		0	4		0.000	0.000	0.000
Phenylalanine g	0.000		0	4		0.000	0.000	0.000
Tyrosine g	0.000		0	4		0.000	0.000	0.000
Valine g	0.000		0	4		0.000	0.000	0.000
Arginine g	0.000		0	4		0.000	0.000	0.000
Histidine g	0.000		0	4		0.000	0.000	0.000
Alanine g	0.000		0	4		0.000	0.000	0.000
Aspartic acid g	0.000		0	4		0.000	0.000	0.000
Glutamic acid g	0.000		0	4		0.000	0.000	0.000
Glycine g	0.000		0	4		0.000	0.000	0.000
Proline g	0.000		0	4		0.000	0.000	0.000
Serine g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Measure 3 = 4.300g: 1 tsp

NDB No. **04575**
Fat, turkey

Calories Factors:	**Protein**	**Fat** 8.84	**Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04576
Fat, goose

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.20	0.026	3	1		0.41	0.03	
Energy....kcal	900		0	4		1846	115	
Energy....kj	3767			4		7723	482	
Protein (N x 0)....g	0.00		0	1		0.00	0.00	
Total lipid (fat)....g	99.80	0.026	3	1		204.59	12.77	
Ash....g	0.00		0	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		0	4		0	0	
Sodium, Na....mg	0		0	4		0	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg	0.2		0	4		0.4	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE								
Tocopherol, alpha....mg	2.70		0	4		5.54	0.35	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	27.700		0	1		56.785	3.546	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000	0.032	6	1		0.000	0.000	
13:0....g								
14:0....g	0.500	0.060	21	1		1.025	0.064	
15:0....g								
16:0....g	20.700	0.492	21	1		42.435	2.650	
17:0....g								

NDB No. 04576
Fat, goose

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 g	6.100	0.168	21	1		12.505	0.781	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	56.700		0	1		116.235	7.258	
14:1 g								
15:1 g								
16:1 undifferentiated g	2.800	0.257	21	1		5.740	0.358	
17:1 g								
18:1 undifferentiated g	53.500		0	1		109.675	6.848	
20:1 g	0.100		2	1		0.205	0.013	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	11.000		0	1		22.550	1.408	
18:2 undifferentiated g	9.800	0.536	21	1		20.090	1.254	
18:3 undifferentiated g	0.500	0.326	6	1		1.025	0.064	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		1	1		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	100		0	1		205	13	
Phytosterols mg	0		0	4		0	0	
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	
Threonine g	0.000		0	4		0.000	0.000	
Isoleucine g	0.000		0	4		0.000	0.000	
Leucine g	0.000		0	4		0.000	0.000	
Lysine g	0.000		0	4		0.000	0.000	
Methionine g	0.000		0	4		0.000	0.000	
Cystine g	0.000		0	4		0.000	0.000	
Phenylalanine g	0.000		0	4		0.000	0.000	
Tyrosine g	0.000		0	4		0.000	0.000	
Valine g	0.000		0	4		0.000	0.000	
Arginine g	0.000		0	4		0.000	0.000	
Histidine g	0.000		0	4		0.000	0.000	
Alanine g	0.000		0	4		0.000	0.000	
Aspartic acid g	0.000		0	4		0.000	0.000	
Glutamic acid g	0.000		0	4		0.000	0.000	
Glycine g	0.000		0	4		0.000	0.000	
Proline g	0.000		0	4		0.000	0.000	
Serine g	0.000		0	4		0.000	0.000	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04581
Vegetable oil, avocado

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		1	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	124	40
Energy....kj	3699			4		8063	518	166
Protein (N x 0)....g	0.00		1	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1	1		218.00	14.00	4.50
Ash....g	0.00		1	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0	4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	11.560		0	1		25.201	1.618	0.520
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	10.900		2	1		23.762	1.526	0.491
17:0....g								
18:0....g	0.660		2	1		1.439	0.092	0.030
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	70.554		0	1		153.808	9.878	3.175
14:1....g								
15:1....g								

NDB No. 04581
Vegetable oil, avocado

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	2.665		2	1		5.810	0.373	0.120
17:1....g								
18:1 undifferentiated....g	67.889		2	1		147.998	9.504	3.055
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	13.486		0	1		29.399	1.888	0.607
18:2 undifferentiated....g	12.530		2	1		27.315	1.754	0.564
18:3 undifferentiated....g	0.957		2	1		2.086	0.134	0.043
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg								
Phytosterols....mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 14.000g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04582
Vegetable oil, canola

low erucic acid rapeseed oil
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		1	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	124	40
Energy....kj	3699			4		8063	518	166
Protein (N x 0)....g	0.00		1	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1	1		218.00	14.00	4.50
Ash....g	0.00		1	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0	4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	20.950		0	1		45.671	2.933	0.943
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.100		0	1		15.478	0.994	0.320
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	0.000
15:0....g								
16:0....g	4.000		45	1		8.720	0.560	0.180
17:0....g								
18:0....g	1.800		45	1		3.924	0.252	0.081
19:0....g								
20:0....g	0.700		1	1		1.526	0.098	0.032
22:0....g	0.400		1	1		0.872	0.056	0.018
24:0....g	0.200		1	1		0.436	0.028	0.009
Fatty acids, total monounsaturated....g	58.900		0	1		128.402	8.246	2.651
14:1....g								
15:1....g								

NDB No. 04582
Vegetable oil, canola

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.200		22	1		0.436	0.028	0.009
17:1....g								
18:1 undifferentiated....g	56.100		45	1		122.298	7.854	2.525
20:1....g	1.700		22	1		3.706	0.238	0.077
22:1 undifferentiated....g	0.600		45	1		1.308	0.084	0.027
24:1 c....g								
Fatty acids, total polyunsaturated....g	29.600		0	1		64.528	4.144	1.332
18:2 undifferentiated....g	20.300		45	1		44.254	2.842	0.914
18:3 undifferentiated....g	9.300		45	1		20.274	1.302	0.419
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	4		0	0	0
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0		0	7		0	0	0
Theobromine....mg	0		0	7		0	0	0

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 14.000g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04583
Vegetable oil, mustard

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		1	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	124	40
Energy....kj	3699			4		8063	518	166
Protein (N x 0)....g	0.00		1	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1	1		218.00	14.00	4.50
Ash....g	0.00		1	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0	4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	11.582		0	1		25.249	1.621	0.521
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g	1.388		2	1		3.026	0.194	0.062
15:0....g								
16:0....g	3.750		2	1		8.175	0.525	0.169
17:0....g								
18:0....g	1.119		2	1		2.439	0.157	0.050
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	59.187		0	1		129.028	8.286	2.663
14:1....g								
15:1....g								

NDB No. 04583
Vegetable oil, mustard

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.216		2	1		0.471	0.030	0.010
17:1....g								
18:1 undifferentiated....g	11.607		2	1		25.303	1.625	0.522
20:1....g	6.190		2	1		13.494	0.867	0.279
22:1 undifferentiated....g	41.175		2	1		89.762	5.765	1.853
24:1 c....g								
Fatty acids, total polyunsaturated....g	21.230		0	1		46.281	2.972	0.955
18:2 undifferentiated....g	15.332		2	1		33.424	2.146	0.690
18:3 undifferentiated....g	5.899		2	1		12.860	0.826	0.265
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg								
Phytosterols....mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 14.000g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04584
Vegetable oil, sunflower, oleic (70% and over)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		1	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	124	40
Energy....kj	3699			4		8063	518	166
Protein (N x 0)....g	0.00		1	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1	1		218.00	14.00	4.50
Ash....g	0.00		1	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0	4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	9.748		0	1		21.251	1.365	0.439
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g	0.800		1	1		1.744	0.112	0.036
16:0....g	3.682		7	1		8.027	0.515	0.166
17:0....g								
18:0....g	4.320		7	1		9.418	0.605	0.194
19:0....g								
20:0....g								
22:0....g	1.000		1	1		2.180	0.140	0.045
24:0....g								
Fatty acids, total monounsaturated....g	83.594		0	1		182.235	11.703	3.762
14:1....g								
15:1....g								

NDB No. 04584
Vegetable oil, sunflower, oleic (70% and over)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	82.630		7	1		180.133	11.568	3.718
20:1....g	0.964		6	1		2.102	0.135	0.043
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.798		0	1		8.280	0.532	0.171
18:2 undifferentiated....g	3.606		7	1		7.861	0.505	0.162
18:3 undifferentiated....g	0.192		6	1		0.419	0.027	0.009
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	4		0	0	0
Phytosterols....mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 14.000g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04585
Margarine-butter blend, 60% corn oil margarine and 40% 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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	15.77		1	1		35.80	2.24	0.79
Energy....kcal	718		0	4		1630	102	36
Energy....kj	3004			4		6819	427	150
Protein (N x 6.38)....g	0.88		1	1		2.00	0.12	0.04
Total lipid (fat)....g	80.70		1	1		183.19	11.46	4.04
Ash....g	2.00		1	1		4.54	0.28	0.10
Carbohydrate, by difference....g	0.65		0	4		1.48	0.09	0.03
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	28		1	1		64	4	1
Iron, Fe....mg	0.06		1	1		0.14	0.01	0.00
Magnesium, Mg....mg	2		1	1		5	0	0
Phosphorus, P....mg	23		1	1		52	3	1
Potassium, K....mg	36		1	1		82	5	2
Sodium, Na....mg	897		1	1		2036	127	45
Zinc, Zn....mg	0.02		0	1		0.05	0.00	0.00
Copper, Cu....mg	0.006		0	1		0.014	0.001	0.000
Manganese, Mn....mg	0.002		0	1		0.005	0.000	0.000
Selenium, Se....mcg	0.4		0	4		0.9	0.1	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		1	1		0.2	0.0	0.0
Thiamin....mg	0.008		1	1		0.018	0.001	0.000
Riboflavin....mg	0.035		1	1		0.079	0.005	0.002
Niacin....mg	0.031		1	1		0.070	0.004	0.002
Pantothenic acid....mg	0.050		1	1		0.114	0.007	0.003
Vitamin B-6....mg	0.006		1	1		0.014	0.001	0.000
Folate, total....mcg	2		1	1		5	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	2		1	1		5	0	0
Folate, DFE....mcg_DFE	2		0	4		5	0	0
Vitamin B-12....mcg	0.06		1	1		0.14	0.01	0.00
Vitamin A, IU....IU	3571		0	5		8106	507	179
Vitamin A, RE....mcg_RE	799		0	5		1814	113	40
Vitamin E....mg_ATE	7.600		0	4		17.252	1.079	0.380
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	28.442		0	1		64.563	4.039	1.422
4:0....g	1.069		1	1		2.427	0.152	0.053
6:0....g	0.631		1	1		1.432	0.090	0.032
8:0....g	0.367		1	1		0.833	0.052	0.018
10:0....g	0.825		1	1		1.873	0.117	0.041
11:0....g								
12:0....g	0.927		1	1		2.104	0.132	0.046
13:0....g								
14:0....g	3.381		1	1		7.675	0.480	0.169
15:0....g								
16:0....g	14.308		1	1		32.479	2.032	0.715
17:0....g								
18:0....g	6.935		1	1		15.742	0.985	0.347
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	32.760		0	1		74.365	4.652	1.638
14:1....g								
15:1....g								

NDB No. 04585
Margarine-butter blend, 60% corn oil margarine and 40% butter

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.743		1	1		1.687	0.106	0.037
17:1....g								
18:1 undifferentiated....g	32.016		1	1		72.676	4.546	1.601
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	15.947		0	1		36.200	2.264	0.797
18:2 undifferentiated....g	15.224		1	1		34.558	2.162	0.761
18:3 undifferentiated....g	0.723		1	1		1.641	0.103	0.036
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	88		1	1		200	12	4
Phytosterols....mg	342		1	1		776	49	17
Amino Acids:								
Tryptophan....g	0.012		0	1		0.027	0.002	0.001
Threonine....g	0.038		0	1		0.086	0.005	0.002
Isoleucine....g	0.051		0	1		0.116	0.007	0.003
Leucine....g	0.082		0	1		0.186	0.012	0.004
Lysine....g	0.067		0	1		0.152	0.010	0.003
Methionine....g	0.021		0	1		0.048	0.003	0.001
Cystine....g	0.008		0	1		0.018	0.001	0.000
Phenylalanine....g	0.040		0	1		0.091	0.006	0.002
Tyrosine....g	0.040		0	1		0.091	0.006	0.002
Valine....g	0.056		0	1		0.127	0.008	0.003
Arginine....g	0.030		0	1		0.068	0.004	0.002
Histidine....g	0.023		0	1		0.052	0.003	0.001
Alanine....g	0.029		0	1		0.066	0.004	0.001
Aspartic acid....g	0.064		0	1		0.145	0.009	0.003
Glutamic acid....g	0.176		0	1		0.400	0.025	0.009
Glycine....g	0.018		0	1		0.041	0.003	0.001
Proline....g	0.081		0	1		0.184	0.012	0.004
Serine....g	0.046		0	1		0.104	0.007	0.002
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	4		0.0	0.0	0.0
Caffeine....mg	0		0	7		0	0	0
Theobromine....mg	0		0	7		0	0	0

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

Common Measures:

Measure 1 = 227.000g: 1 cup

Measure 2 = 14.200g: 1 tbsp

Measure 3 = 5.000g: 1 tsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04586
Shortening, special purpose for cakes and frostings, soybean (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		1	1		0.00	0.00	
Energy....kcal	884		0	4		1812	113	
Energy....kj	3699			4		7582	473	
Protein (N x 0)....g	0.00		1	1		0.00	0.00	
Total lipid (fat)....g	100.00		1	1		205.00	12.80	
Ash....g	0.00		1	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		0	4		0	0	
Sodium, Na....mg	0		0	4		0	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg	0.000		0	4		0.000	0.000	
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	20.001		0	1		41.002	2.560	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	9.666		1	1		19.815	1.237	
17:0....g								
18:0....g	10.335		1	1		21.187	1.323	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	36.555		0	1		74.938	4.679	
14:1....g								
15:1....g								

NDB No. 04586

Shortening, special purpose for cakes and frostings, soybean (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	36.555		1	1		74.938	4.679	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	37.991		0	1		77.882	4.863	
18:2 undifferentiated....g	35.790		1	1		73.370	4.581	
18:3 undifferentiated....g	2.201		1	1		4.512	0.282	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	4		0	0	
Phytosterols....mg								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04587

Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		1	1		0.00	0.00	
Energy....kcal	884		0	4		1812	113	
Energy....kj	3699			4		7582	473	
Protein (N x 0)....g	0.00		1	1		0.00	0.00	
Total lipid (fat)....g	100.00		1	1		205.00	12.80	
Ash....g	0.00		1	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		0	4		0	0	
Sodium, Na....mg	0		0	4		0	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg	0.000		0	4		0.000	0.000	
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	28.843		0	1		59.128	3.692	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g	0.450		1	1		0.923	0.058	
15:0....g								
16:0....g	23.392		1	1		47.954	2.994	
17:0....g								
18:0....g	5.001		1	1		10.252	0.640	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	29.583		0	1		60.645	3.787	
14:1....g								
15:1....g								

NDB No. 04587

Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.230		1	1		0.472	0.029	
17:1....g								
18:1 undifferentiated....g	29.353		1	1		60.174	3.757	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	37.174		0	1		76.207	4.758	
18:2 undifferentiated....g	33.984		1	1		69.667	4.350	
18:3 undifferentiated....g	3.190		1	1		6.540	0.408	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	4		0	0	
Phytosterols....mg								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04588
Vegetable oil, oat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		1	1		0.00	0.00	0.00
Energy....kcal	884		0	4		1927	120	40
Energy....kj	3699			4		8063	503	166
Protein (N x 0)....g	0.00		1	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1	1		218.00	13.60	4.50
Ash....g	0.00		1	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0	4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	14.400		0	1		31.392	1.958	0.648
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	19.620		0	1		42.772	2.668	0.883
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g	0.390		238	1		0.850	0.053	0.018
13:0....g								
14:0....g	0.240		238	1		0.523	0.033	0.011
15:0....g								
16:0....g	16.670		238	1		36.341	2.267	0.750
17:0....g								
18:0....g	1.050		238	1		2.289	0.143	0.047
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	35.110		0	1		76.540	4.775	1.580
14:1....g								
15:1....g								

NDB No. 04588
Vegetable oil, oat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.200		238	1		0.436	0.027	0.009
17:1....g								
18:1 undifferentiated....g	34.900		238	1		76.082	4.746	1.571
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	40.870		0	1		89.097	5.558	1.839
18:2 undifferentiated....g	39.080		238	1		85.194	5.315	1.759
18:3 undifferentiated....g	1.790		238	1		3.902	0.243	0.081
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	4		0	0	0
Phytosterols....mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04589
Fish oil, cod liver

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		1	1		0.00	0.00	0.00
Energy....kcal	902		0	4		1966	123	41
Energy....kj	3774			4		8227	513	170
Protein (N x 0)....g	0.00		1	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1	1		218.00	13.60	4.50
Ash....g	0.00		1	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0	4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg								
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	100000		1	1		218000	13600	4500
Vitamin A, RE....mcg_RE	30003		0	1		65407	4080	1350
Vitamin E....mg_ATE								
Vitamin D....IU	10000.000		0	4		21800.000	1360.000	450.000
Lipids:								
Fatty acids, total saturated....g	22.608		0	1		49.285	3.075	1.017
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g	3.568		2	1		7.778	0.485	0.161
15:0....g								
16:0....g	10.630		2	1		23.173	1.446	0.478
17:0....g								
18:0....g	2.799		2	1		6.102	0.381	0.126
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	46.711		0	1		101.830	6.353	2.102
14:1....g								
15:1....g								

NDB No. 04589
Fish oil, cod liver

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	8.309		2	1		18.114	1.130	0.374
17:1....g								
18:1 undifferentiated....g	20.653		2	1		45.024	2.809	0.929
20:1....g	10.422		2	1		22.720	1.417	0.469
22:1 undifferentiated....g	7.328		2	1		15.975	0.997	0.330
24:1 c....g								
Fatty acids, total polyunsaturated....g	22.541		0	1		49.139	3.066	1.014
18:2 undifferentiated....g	0.935		2	1		2.038	0.127	0.042
18:3 undifferentiated....g	0.935		2	1		2.038	0.127	0.042
18:4....g	0.935		2	1		2.038	0.127	0.042
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.935		2	1		2.038	0.127	0.042
20:5 n-3....g	6.898		2	1		15.038	0.938	0.310
22:2....g								
22:5 n-3....g	0.935		2	1		2.038	0.127	0.042
22:6 n-3....g	10.968		2	1		23.910	1.492	0.494
Fatty acids, total trans....g								
Cholesterol....mg	570		1	1		1243	78	26
Phytosterols....mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04590
Fish oil, herring

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		1	1		0.00	0.00	0.00
Energy....kcal	902		0	4		1966	123	41
Energy....kj	3774			4		8227	513	170
Protein (N x 0)....g	0.00		1	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1	1		218.00	13.60	4.50
Ash....g	0.00		1	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0	4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	21.290		0	1		46.412	2.895	0.958
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g	0.157		17	1		0.342	0.021	0.007
13:0....g								
14:0....g	7.186		17	1		15.665	0.977	0.323
15:0....g								
16:0....g	11.704		17	1		25.515	1.592	0.527
17:0....g								
18:0....g	0.818		17	1		1.783	0.111	0.037
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	56.564		0	1		123.310	7.693	2.545
14:1....g								
15:1....g								

NDB No. 04590
Fish oil, herring

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	9.642		17	1		21.020	1.311	0.434
17:1....g								
18:1 undifferentiated....g	11.955		17	1		26.062	1.626	0.538
20:1....g	13.625		17	1		29.703	1.853	0.613
22:1 undifferentiated....g	20.613		17	1		44.936	2.803	0.928
24:1 c....g								
Fatty acids, total polyunsaturated....g	15.604		0	1		34.017	2.122	0.702
18:2 undifferentiated....g	1.149		17	1		2.505	0.156	0.052
18:3 undifferentiated....g	0.763		17	1		1.663	0.104	0.034
18:4....g	2.305		17	1		5.025	0.313	0.104
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.289		17	1		0.630	0.039	0.013
20:5 n-3....g	6.273		17	1		13.675	0.853	0.282
22:2....g								
22:5 n-3....g	0.619	0.000	17	1		1.349	0.084	0.028
22:6 n-3....g	4.206		17	1		9.169	0.572	0.189
Fatty acids, total trans....g								
Cholesterol....mg	766		1	1		1670	104	34
Phytosterols....mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04591
Fish oil, menhaden

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		1	1		0.00	0.00	0.00
Energy....kcal	902		0	4		1966	123	41
Energy....kj	3774			4		8227	513	170
Protein (N x 0)....g	0.00		1	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1	1		218.00	13.60	4.50
Ash....g	0.00		1	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0	4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	30.427		0	1		66.331	4.138	1.369
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g	7.958		4	1		17.348	1.082	0.358
15:0....g								
16:0....g	15.146		4	1		33.018	2.060	0.682
17:0....g								
18:0....g	3.775		4	1		8.230	0.513	0.170
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	26.694		0	1		58.193	3.630	1.201
14:1....g								
15:1....g								

NDB No. 04591
Fish oil, menhaden

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	10.482		4	1		22.851	1.426	0.472
17:1....g								
18:1 undifferentiated....g	14.527		4	1		31.669	1.976	0.654
20:1....g	1.332		4	1		2.904	0.181	0.060
22:1 undifferentiated....g	0.352		4	1		0.767	0.048	0.016
24:1 c....g								
Fatty acids, total polyunsaturated....g	34.197		0	1		74.549	4.651	1.539
18:2 undifferentiated....g	2.154		4	1		4.696	0.293	0.097
18:3 undifferentiated....g	1.490		4	1		3.248	0.203	0.067
18:4....g	2.739		4	1		5.971	0.373	0.123
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	1.169		4	1		2.548	0.159	0.053
20:5 n-3....g	13.168		4	1		28.706	1.791	0.593
22:2....g								
22:5 n-3....g	4.915	0.000	4	1		10.715	0.668	0.221
22:6 n-3....g	8.562		4	1		18.665	1.164	0.385
Fatty acids, total trans....g								
Cholesterol....mg	521		1	1		1136	71	23
Phytosterols....mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04592
Fish oil, menhaden, fully hydrogenated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		1	1		0.00	0.00	0.00
Energy....kcal	902		0	4		1849	113	41
Energy....kj	3774			4		7737	472	170
Protein (N x 0)....g	0.00		1	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1	1		205.00	12.50	4.50
Ash....g	0.00		1	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0	4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	95.600		0	1		195.980	11.950	4.302
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g	9.057		1	1		18.567	1.132	0.408
15:0....g								
16:0....g	35.221		1	1		72.203	4.403	1.585
17:0....g								
18:0....g	21.133		1	1		43.323	2.642	0.951
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								

NDB No. 04592
Fish oil, menhaden, fully hydrogenated

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	500		1	1		1025	63	23
Phytosterols.....mg								

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

Common Measures:

Measure 1 = 205.000g: 1 cup
Measure 2 = 12.500g: 1 tbsp
Measure 3 = 4.500g: 1 1tsp

Calories Factors: **Protein** **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04593
Fish oil, salmon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		1	1		0.00	0.00	0.00
Energy....kcal	902		0	4		1966	123	41
Energy....kj	3774			4		8227	513	170
Protein (N x 0)....g	0.00		1	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1	1		218.00	13.60	4.50
Ash....g	0.00		1	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0	4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	19.872		0	1		43.321	2.703	0.894
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g	3.280		1	1		7.150	0.446	0.148
15:0....g								
16:0....g	9.840		1	1		21.451	1.338	0.443
17:0....g								
18:0....g	4.245		1	1		9.254	0.577	0.191
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	29.037		0	1		63.301	3.949	1.307
14:1....g								
15:1....g								

NDB No. 04593
Fish oil, salmon

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	4.823		1	1		10.514	0.656	0.217
17:1....g								
18:1 undifferentiated....g	16.978		1	1		37.012	2.309	0.764
20:1....g	3.859		1	1		8.413	0.525	0.174
22:1 undifferentiated....g	3.376		1	1		7.360	0.459	0.152
24:1 c....g								
Fatty acids, total polyunsaturated....g	40.324		0	1		87.906	5.484	1.815
18:2 undifferentiated....g	1.543		1	1		3.364	0.210	0.069
18:3 undifferentiated....g	1.061		1	1		2.313	0.144	0.048
18:4....g	2.798		1	1		6.100	0.381	0.126
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.675		1	1		1.472	0.092	0.030
20:5 n-3....g	13.023		1	1		28.390	1.771	0.586
22:2....g								
22:5 n-3....g	2.991		1	1		6.520	0.407	0.135
22:6 n-3....g	18.232		1	1		39.746	2.480	0.820
Fatty acids, total trans....g								
Cholesterol....mg	485		1	1		1057	66	22
Phytosterols....mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04594
Fish oil, sardine

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		1	1		0.00	0.00	0.00
Energy....kcal	902		0	4		1966	123	41
Energy....kj	3774			4		8227	513	170
Protein (N x 0)....g	0.00		1	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1	1		218.00	13.60	4.50
Ash....g	0.00		1	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	0
Iron, Fe....mg	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	4		0	0	0
Phosphorus, P....mg	0		0	4		0	0	0
Potassium, K....mg	0		0	4		0	0	0
Sodium, Na....mg	0		0	4		0	0	0
Zinc, Zn....mg	0.00		0	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0	4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	7		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	4		0.000	0.000	0.000
Niacin....mg	0.000		0	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE								
Vitamin D....IU	332.000		0	4		723.760	45.152	14.940
Lipids:								
Fatty acids, total saturated....g	29.892		0	1		65.165	4.065	1.345
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g	0.103		2	1		0.225	0.014	0.005
13:0....g								
14:0....g	6.525		2	1		14.225	0.887	0.294
15:0....g								
16:0....g	16.646		2	1		36.288	2.264	0.749
17:0....g								
18:0....g	3.887		2	1		8.474	0.529	0.175
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	33.841		0	1		73.773	4.602	1.523
14:1....g								
15:1....g								

NDB No. 04594
Fish oil, sardine

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	7.514		2	1		16.381	1.022	0.338
17:1....g								
18:1 undifferentiated....g	14.752		2	1		32.159	2.006	0.664
20:1....g	5.986		2	1		13.049	0.814	0.269
22:1 undifferentiated....g	5.589		2	1		12.184	0.760	0.252
24:1 c....g								
Fatty acids, total polyunsaturated....g	31.867		0	1		69.470	4.334	1.434
18:2 undifferentiated....g	2.014		2	1		4.391	0.274	0.091
18:3 undifferentiated....g	1.327		2	1		2.893	0.180	0.060
18:4....g	3.025		2	1		6.595	0.411	0.136
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	1.756		2	1		3.828	0.239	0.079
20:5 n-3....g	10.137		2	1		22.099	1.379	0.456
22:2....g								
22:5 n-3....g	1.973		2	1		4.301	0.268	0.089
22:6 n-3....g	10.656		2	1		23.230	1.449	0.480
Fatty acids, total trans....g								
Cholesterol....mg	710		1	1		1548	97	32
Phytosterols....mg								

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

Common Measures:

Measure 1 = 218.000g: 1 cup

Measure 2 = 13.600g: 1 tbsp

Measure 3 = 4.500g: 1 1tsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04595
Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00		1	1		0.00	0.00	
Energy....kcal	884		0	4		1812	113	
Energy....kj	3699			4		7582	473	
Protein (N x 0)....g	0.00		1	1		0.00	0.00	
Total lipid (fat)....g	100.00		1	1		205.00	12.80	
Ash....g	0.00		1	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	4		0	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	0		0	4		0	0	
Potassium, K....mg	0		0	4		0	0	
Sodium, Na....mg	0		0	4		0	0	
Zinc, Zn....mg	0.00		0	4		0.00	0.00	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg	0.000		0	4		0.000	0.000	
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	30.423		0	1		62.367	3.894	
4:0....g								
6:0....g								
8:0....g	0.101		1	1		0.207	0.013	
10:0....g	0.101		1	1		0.207	0.013	
11:0....g								
12:0....g	0.403		1	1		0.826	0.052	
13:0....g								
14:0....g	0.403		1	1		0.826	0.052	
15:0....g								
16:0....g	19.442		1	1		39.856	2.489	
17:0....g								
18:0....g	9.973		1	1		20.445	1.277	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	50.973		0	1		104.495	6.525	
14:1....g								
15:1....g								

NDB No. 04595
Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	50.973		1	1		104.495	6.525	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	14.204		0	1		29.118	1.818	
18:2 undifferentiated....g	13.600		1	1		27.880	1.741	
18:3 undifferentiated....g	0.604		1	1		1.238	0.077	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	4		0	0	
Phytosterols....mg								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: **Protein** **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04628
Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	17.17	0.077	8	1		2.40		
Energy....kcal	705			4		99		
Energy....kj	2948			4		413		
Protein....g	0.18	0.001	4	1		0.02		
Total lipid (fat)....g	78.77	0.700	8	1		11.03		
Ash....g	1.94	0.024	8	1		0.27		
Carbohydrate, by difference....g	1.94			4		0.27		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	3	0.166	8	1		0		
Iron, Fe....mg	0.12	0.015	8	1		0.02		
Magnesium, Mg....mg	1	0.030	8	1		0		
Phosphorus, P....mg	5	0.202	8	1		1		
Potassium, K....mg	18	0.862	6	1		2		
Sodium, Na....mg	654	19.966	8	1		92		
Zinc, Zn....mg	0.11	0.021	8	1		0.01		
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg								
Thiamin....mg	0.012		1	1		0.002		
Riboflavin....mg								
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg	1		2	1		0		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	1		2	1		0		
Folate, DFE....mcg_DFE	1		0	4		0		
Vitamin B-12....mcg								
Vitamin A, IU....IU								
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	14.787			4		2.070		
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g	0.000	0.000	8	1		0.000		
13:0....g								
14:0....g	0.069	0.003	8	1		0.010		
15:0....g	0.000	0.000	8	1		0.000		
16:0....g	8.135	0.107	8	1		1.139		
17:0....g	0.000	0.000	8	1		0.000		
18:0....g	6.047	0.117	8	1		0.847		
19:0....g								
20:0....g	0.263	0.006	8	1		0.037		
22:0....g	0.271	0.007	8	1		0.038		
24:0....g	0.000	0.000	8	1		0.000		
Fatty acids, total monounsaturated....g	37.201			4		5.208		
14:1....g	0.000	0.000	8	1		0.000		
15:1....g								

NDB No. 04628

Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.000			1		0.000		
16:1 c	g	0.000	0.000	8	1		0.000		
16:1 t	g	0.000	0.000	8	1		0.000		
17:1	g								
18:1 undifferentiated	g	37.201			1		5.208		
18:1 c	g	17.515	0.439	8	1		2.452		
18:1 t	g	19.686	0.415	8	1		2.756		
20:1	g	0.000	0.000	8	1		0.000		
22:1 undifferentiated	g	0.000	0.000	8	1		0.000		
24:1 c	g	0.000	0.000	8	1		0.000		
Fatty acids, total polyunsaturated	g	23.097			4		3.234		
18:2 undifferentiated	g	20.877			1		2.923		
18:2 n-6 c,c	g	20.174	0.746	8	1		2.824		
18:2 CLAs	g								
18:2 c,t	g								
18:2 t,c	g								
18:2 t,t	g								
18:2 i	g	0.703	0.162	8	1		0.098		
18:2 t not further defined	g								
18:3 undifferentiated	g	2.220			1		0.311		
18:4	g								
20:2 n-6 c,c	g	0.000	0.000	8	1		0.000		
20:3 undifferentiated	g	0.000	0.000	8	1		0.000		
20:4 undifferentiated	g	0.000	0.000	8	1		0.000		
20:5 n-3	g	0.000	0.000	8	1		0.000		
22:2	g								
22:5 n-3	g	0.000	0.000	8	1		0.000		
22:6 n-3	g								
Fatty acids, total trans	g	19.686			4		2.756		
Fatty acids, total trans-monoenoic	g	19.686			4		2.756		
Fatty acids, total trans-polyenoic	g								
Cholesterol	mg	0	0.000	4	1		0		
Phytosterols	mg								
Stigmasterol	mg	28	1.105	4	1		4		
Campesterol	mg	41	2.622	4	1		6		
Beta-sitosterol	mg	117	14.160	4	1		16		

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

Common Measures:

Measure 1 = 14.000g: 1 tbsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 04629
Margarine, 70% vegetable oil spread, soybean and soybean(hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	27.41	0.444	10	1		3.84		
Energy....kcal	619			4		87		
Energy....kj	2589			4		362		
Protein (N x 6.38)....g	0.21	0.049	10	1		0.03		
Total lipid (fat)....g	69.40	1.237	10	1		9.72		
Ash....g	1.85	0.065	10	1		0.26		
Carbohydrate, by difference....g	1.13			4		0.16		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	7	1.023	10	1		1		
Iron, Fe....mg	0.12	0.004	10	1		0.02		
Magnesium, Mg....mg	2	0.244	10	1		0		
Phosphorus, P....mg	10	0.957	10	1		1		
Potassium, K....mg	46	5.735	10	1		6		
Sodium, Na....mg	700	8.591	10	1		98		
Zinc, Zn....mg	0.06	0.019	10	1		0.01		
Copper, Cu....mg								
Manganese, Mn....mg	0.014		1	1		0.002		
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg								
Thiamin....mg	0.052		1	1		0.007		
Riboflavin....mg	0.025	0.004	5	1		0.004		
Niacin....mg								
Pantothenic acid....mg	0.001	0.000	4	1		0.000		
Vitamin B-6....mg	0.003		1	1		0.000		
Folate, total....mcg	1	0.106	3	1		0		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	1	0.106	3	1		0		
Folate, DFE....mcg_DFE	1		0	4		0		
Vitamin B-12....mcg								
Vitamin A, IU....IU								
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	12.623			4		1.767		
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g	0.000	0.000	10	1		0.000		
13:0....g								
14:0....g	0.041	0.009	8	1		0.006		
15:0....g	0.000	0.000	10	1		0.000		
16:0....g	7.005	0.120	10	1		0.981		
17:0....g	0.000	0.000	10	1		0.000		
18:0....g	5.085	0.040	10	1		0.712		
19:0....g								
20:0....g	0.233	0.006	10	1		0.033		
22:0....g	0.258	0.002	10	1		0.036		
24:0....g	0.000	0.000	10	1		0.000		
Fatty acids, total monounsaturated....g	36.733			4		5.143		
14:1....g	0.000	0.000	10	1		0.000		
15:1....g								

NDB No. 04629

Margarine, 70% vegetable oil spread, soybean and soybean(hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000			1		0.000		
16:1 c....g	0.000	0.000	10	1		0.000		
16:1 t....g	0.000	0.000	10	1		0.000		
17:1....g								
18:1 undifferentiated....g	36.733			1		5.143		
18:1 c....g	17.506	0.462	10	1		2.451		
18:1 t....g	19.227	0.039	10	1		2.692		
20:1....g	0.000	0.000	10	1		0.000		
22:1 undifferentiated....g	0.000	0.000	10	1		0.000		
24:1 c....g	0.000	0.000	10	1		0.000		
Fatty acids, total polyunsaturated....g	16.299			4		2.282		
18:2 undifferentiated....g	14.723			1		2.061		
18:2 n-6 c,c....g	13.656	0.267	10	1		1.912		
18:2 CLAs....g								
18:2 c,t....g								
18:2 t,c....g								
18:2 t,t....g								
18:2 i....g	1.067	0.618	10	1		0.149		
18:2 t not further defined....g								
18:3 undifferentiated....g	1.575			1		0.221		
18:4....g								
20:2 n-6 c,c....g	0.000	0.000	10	1		0.000		
20:3 undifferentiated....g	0.000	0.000	10	1		0.000		
20:4 undifferentiated....g	0.000	0.000	10	1		0.000		
20:5 n-3....g	0.000	0.000	10	1		0.000		
22:2....g								
22:5 n-3....g	0.000	0.000	10	1		0.000		
22:6 n-3....g								
Fatty acids, total trans....g	19.227			4		2.692		
Fatty acids, total trans-monoenoic....g	19.227			4		2.692		
Fatty acids, total trans-polyenoic....g								
Cholesterol....mg	0	0.000	6	1		0		
Phytosterols....mg								
Stigmasterol....mg	25	0.757	6	1		3		
Campesterol....mg	31	0.304	6	1		4		
Beta-sitosterol....mg	81	2.067	6	1		11		

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

Common Measures:

Measure 1 = 14.000g: 1 tbsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 14 (2001)