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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	32.60	0.572	23	1		9.24	18.58	23.15
Energy....kcal	275		0	4		78	157	195
Energy....kj	1151			4		326	656	817
Protein (N x 5.7)....g	10.50	0.180	21	1		2.98	5.99	7.46
Total lipid (fat)....g	1.60	0.089	21	1		0.45	0.91	1.14
Ash....g	1.80	0.042	17	1		0.51	1.03	1.28
Carbohydrate, by difference....g	53.40		0	4		15.14	30.44	37.91
Fiber, total dietary....g	2.3		0	1		0.7	1.3	1.6
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	74	5.938	8	1		21	42	53
Iron, Fe....mg	3.56	0.174	22	1		1.01	2.03	2.53
Magnesium, Mg....mg	29	1.378	17	1		8	17	21
Phosphorus, P....mg	96	3.526	17	1		27	55	68
Potassium, K....mg	101	2.267	18	1		29	58	72
Sodium, Na....mg	534	17.593	22	1		151	304	379
Zinc, Zn....mg	0.88	0.025	18	1		0.25	0.50	0.62
Copper, Cu....mg	0.163	0.009	17	1		0.046	0.093	0.116
Manganese, Mn....mg	0.540	0.020	17	1		0.153	0.308	0.383
Selenium, Se....mcg	32.0	2.760	9	1		9.1	18.2	22.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	1		0.0	0.0	0.0
Thiamin....mg	0.538	0.032	18	1		0.153	0.307	0.382
Riboflavin....mg	0.315	0.023	18	1		0.089	0.180	0.224
Niacin....mg	4.562	0.293	18	1		1.293	2.600	3.239
Pantothenic acid....mg	0.363	0.020	13	1		0.103	0.207	0.258
Vitamin B-6....mg	0.051	0.004	12	1		0.014	0.029	0.036
Folate, total....mcg	88		0	4		25	50	62
Folic acid....mcg	66		0	4		19	38	47
Folate, food....mcg	22	1.946	11	1		6	13	16
Folate, DFE....mcg_DFE	134		0	4		38	76	95
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	0	0.000	3	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.038		0	4		0.011	0.022	0.027
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.220		0	4		0.062	0.125	0.156
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	0.207		0	4		0.059	0.118	0.147
17:0....g								
18:0....g	0.012		0	4		0.003	0.007	0.009
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.131		0	4		0.037	0.075	0.093
14:1....g								
15:1....g								

NDB No. 18001

Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)

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	0.014		0	4		0.004	0.008	0.010
17:1....g								
18:1 undifferentiated....g	0.117		0	4		0.033	0.067	0.083
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	0.696		0	4		0.197	0.397	0.494
18:2 undifferentiated....g	0.660		0	4		0.187	0.376	0.469
18:3 undifferentiated....g	0.036		0	4		0.010	0.021	0.026
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	0.000	4	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.124		0	1		0.035	0.071	0.088
Threonine....g	0.301		0	1		0.085	0.172	0.214
Isoleucine....g	0.404		0	1		0.115	0.230	0.287
Leucine....g	0.735		0	1		0.208	0.419	0.522
Lysine....g	0.251		0	1		0.071	0.143	0.178
Methionine....g	0.188		0	1		0.053	0.107	0.133
Cystine....g	0.225		0	1		0.064	0.128	0.160
Phenylalanine....g	0.519		0	1		0.147	0.296	0.368
Tyrosine....g	0.301		0	1		0.085	0.172	0.214
Valine....g	0.456		0	1		0.129	0.260	0.324
Arginine....g	0.384		0	1		0.109	0.219	0.273
Histidine....g	0.227		0	1		0.064	0.129	0.161
Alanine....g	0.347		0	1		0.098	0.198	0.246
Aspartic acid....g	0.478		0	1		0.136	0.272	0.339
Glutamic acid....g	3.504		0	1		0.993	1.997	2.488
Glycine....g	0.373		0	1		0.106	0.213	0.265
Proline....g	1.180		0	1		0.335	0.673	0.838
Serine....g	0.508		0	1		0.144	0.290	0.361
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 bagel (3" dia)

Measure 3 = 71.000g: 1 bagel (3-1/2" dia)

Calories Factors: **Protein** 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18002

Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	27.60		0	1		7.82	14.63	18.22
Energy....kcal	295		0	4		84	156	195
Energy....kj	1234			4		350	654	815
Protein (N x 0)....g	11.30		0	1		3.20	5.99	7.46
Total lipid (fat)....g	1.70		0	1		0.48	0.90	1.12
Ash....g	1.90		0	1		0.54	1.01	1.25
Carbohydrate, by difference....g	57.50		0	4		16.30	30.48	37.95
Fiber, total dietary....g	2.5		0	4		0.7	1.3	1.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	80		0	1		23	42	53
Iron, Fe....mg	3.82		0	1		1.08	2.02	2.52
Magnesium, Mg....mg	31		0	1		9	16	20
Phosphorus, P....mg	103		0	1		29	55	68
Potassium, K....mg	109		0	1		31	58	72
Sodium, Na....mg	574		0	1		163	304	379
Zinc, Zn....mg	0.94		0	1		0.27	0.50	0.62
Copper, Cu....mg	0.175		0	1		0.050	0.093	0.116
Manganese, Mn....mg	0.581		0	1		0.165	0.308	0.383
Selenium, Se....mcg	34.4		0	4		9.8	18.2	22.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.463		0	1		0.131	0.245	0.306
Riboflavin....mg	0.305		0	1		0.086	0.162	0.201
Niacin....mg	4.415		0	1		1.252	2.340	2.914
Pantothenic acid....mg	0.254		0	1		0.072	0.135	0.168
Vitamin B-6....mg	0.049		0	1		0.014	0.026	0.032
Folate, total....mcg	75		0	4		21	40	50
Folic acid....mcg	58		0	4		16	31	38
Folate, food....mcg	17		0	1		5	9	11
Folate, DFE....mcg_DFE	116		0	4		33	61	76
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.033		0	4		0.009	0.017	0.022
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.236		0	1		0.067	0.125	0.156
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	0.222		0	1		0.063	0.118	0.147
17:0....g								
18:0....g	0.013		0	1		0.004	0.007	0.009
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.140		0	1		0.040	0.074	0.092
14:1....g								
15:1....g								

NDB No. 18002

Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)

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	0.015		0	1		0.004	0.008	0.010
17:1....g								
18:1 undifferentiated....g	0.125		0	1		0.035	0.066	0.083
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	0.748		0	1		0.212	0.396	0.494
18:2 undifferentiated....g	0.709		0	1		0.201	0.376	0.468
18:3 undifferentiated....g	0.039		0	1		0.011	0.021	0.026
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	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.133		0	1		0.038	0.070	0.088
Threonine....g	0.324		0	1		0.092	0.172	0.214
Isoleucine....g	0.435		0	1		0.123	0.231	0.287
Leucine....g	0.790		0	1		0.224	0.419	0.521
Lysine....g	0.270		0	1		0.077	0.143	0.178
Methionine....g	0.202		0	1		0.057	0.107	0.133
Cystine....g	0.242		0	1		0.069	0.128	0.160
Phenylalanine....g	0.558		0	1		0.158	0.296	0.368
Tyrosine....g	0.324		0	1		0.092	0.172	0.214
Valine....g	0.490		0	1		0.139	0.260	0.323
Arginine....g	0.413		0	1		0.117	0.219	0.273
Histidine....g	0.244		0	1		0.069	0.129	0.161
Alanine....g	0.373		0	1		0.106	0.198	0.246
Aspartic acid....g	0.514		0	1		0.146	0.272	0.339
Glutamic acid....g	3.768		0	1		1.068	1.997	2.487
Glycine....g	0.401		0	1		0.114	0.213	0.265
Proline....g	1.268		0	1		0.359	0.672	0.837
Serine....g	0.546		0	1		0.155	0.289	0.360
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 = 28.350g: 1 oz

Measure 2 = 53.000g: 1 bagel (3" dia)

Measure 3 = 66.000g: 1 bagel (3-1/2" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18003
Bagels, egg

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	32.70	0.572	3	1		9.27	18.64	23.22
Energy....kcal	278		0	4		79	158	197
Energy....kj	1163			4		330	663	826
Protein (N x 5.7)....g	10.60		1	1		3.01	6.04	7.53
Total lipid (fat)....g	2.10	0.067	4	1		0.60	1.20	1.49
Ash....g	1.60	0.034	3	1		0.45	0.91	1.14
Carbohydrate, by difference....g	53.00		0	4		15.03	30.21	37.63
Fiber, total dietary....g	2.3		0	1		0.7	1.3	1.6
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	13	1.601	3	1		4	7	9
Iron, Fe....mg	3.98	0.276	3	1		1.13	2.27	2.83
Magnesium, Mg....mg	25		2	1		7	14	18
Phosphorus, P....mg	84		2	1		24	48	60
Potassium, K....mg	68		2	1		19	39	48
Sodium, Na....mg	505	28.087	3	1		143	288	359
Zinc, Zn....mg	0.77		2	1		0.22	0.44	0.55
Copper, Cu....mg	0.090		2	1		0.026	0.051	0.064
Manganese, Mn....mg	0.410		2	1		0.116	0.234	0.291
Selenium, Se....mcg	30.6		0	4		8.7	17.4	21.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		1	1		0.2	0.3	0.4
Thiamin....mg	0.536	0.020	10	1		0.152	0.306	0.381
Riboflavin....mg	0.235	0.009	10	1		0.067	0.134	0.167
Niacin....mg	3.443	0.137	10	1		0.976	1.963	2.445
Pantothenic acid....mg	0.671	0.015	9	1		0.190	0.382	0.476
Vitamin B-6....mg	0.087	0.012	9	1		0.025	0.050	0.062
Folate, total....mcg	88		0	4		25	50	62
Folic acid....mcg	66		0	4		19	38	47
Folate, food....mcg	22	0.474	8	1		6	13	16
Folate, DFE....mcg_DFE	134		0	4		38	76	95
Vitamin B-12....mcg	0.16	0.011	8	1		0.05	0.09	0.11
Vitamin A, IU....IU	109		1	1		31	62	77
Vitamin A, RE....mcg_RE	33		0	1		9	19	23
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.421		0	1		0.119	0.240	0.299
4:0....g								
6:0....g								
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	0.003		0	1		0.001	0.002	0.002
15:0....g								
16:0....g	0.341		0	1		0.097	0.194	0.242
17:0....g								
18:0....g	0.076		0	1		0.022	0.043	0.054
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.420		0	1		0.119	0.239	0.298
14:1....g								
15:1....g								

NDB No. 18003
Bagels, egg

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	0.035		0	1		0.010	0.020	0.025
17:1....g								
18:1 undifferentiated....g	0.382		0	1		0.108	0.218	0.271
20:1....g	0.002		0	1		0.001	0.001	0.001
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.642		0	1		0.182	0.366	0.456
18:2 undifferentiated....g	0.600		0	1		0.170	0.342	0.426
18:3 undifferentiated....g	0.026		0	1		0.007	0.015	0.018
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.012		0	1		0.003	0.007	0.009
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.003		0	1		0.001	0.002	0.002
Fatty acids, total trans....g								
Cholesterol....mg	24		1	1		7	14	17
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.125		0	1		0.035	0.071	0.089
Threonine....g	0.306		0	1		0.087	0.174	0.217
Isoleucine....g	0.411		0	1		0.117	0.234	0.292
Leucine....g	0.748		0	1		0.212	0.426	0.531
Lysine....g	0.261		0	1		0.074	0.149	0.185
Methionine....g	0.190		0	1		0.054	0.108	0.135
Cystine....g	0.231		0	1		0.065	0.132	0.164
Phenylalanine....g	0.523		0	1		0.148	0.298	0.371
Tyrosine....g	0.308		0	1		0.087	0.176	0.219
Valine....g	0.461		0	1		0.131	0.263	0.327
Arginine....g	0.394		0	1		0.112	0.225	0.280
Histidine....g	0.231		0	1		0.065	0.132	0.164
Alanine....g	0.353		0	1		0.100	0.201	0.251
Aspartic acid....g	0.481		0	1		0.136	0.274	0.342
Glutamic acid....g	3.548		0	1		1.006	2.022	2.519
Glycine....g	0.370		0	1		0.105	0.211	0.263
Proline....g	1.189		0	1		0.337	0.678	0.844
Serine....g	0.528		0	1		0.150	0.301	0.375
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 bagel (3" dia)

Measure 3 = 71.000g: 1 bagel (3-1/2" dia)

Calories Factors: Protein 4 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18005
Bagels, cinnamon-raisin

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	32.00		1	1		9.07	18.24	22.72
Energy....kcal	274		0	4		78	156	195
Energy....kj	1146			4		325	653	814
Protein (N x 5.8)....g	9.80		1	1		2.78	5.59	6.96
Total lipid (fat)....g	1.70		1	1		0.48	0.97	1.21
Ash....g	1.30		1	1		0.37	0.74	0.92
Carbohydrate, by difference....g	55.20		0	4		15.65	31.46	39.19
Fiber, total dietary....g	2.3		0	4		0.7	1.3	1.6
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	19		1	1		5	11	13
Iron, Fe....mg	3.80		1	1		1.08	2.17	2.70
Magnesium, Mg....mg	28		0	4		8	16	20
Phosphorus, P....mg	100		0	4		28	57	71
Potassium, K....mg	148		0	4		42	84	105
Sodium, Na....mg	322		1	1		91	184	229
Zinc, Zn....mg	1.13		0	4		0.32	0.64	0.80
Copper, Cu....mg	0.163		0	4		0.046	0.093	0.116
Manganese, Mn....mg	0.876		0	4		0.248	0.499	0.622
Selenium, Se....mcg	31.0		0	4		8.8	17.7	22.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		1	1		0.2	0.4	0.5
Thiamin....mg	0.384		1	1		0.109	0.219	0.273
Riboflavin....mg	0.277		1	1		0.079	0.158	0.197
Niacin....mg	3.080		1	1		0.873	1.756	2.187
Pantothenic acid....mg	0.509		0	4		0.144	0.290	0.361
Vitamin B-6....mg	0.062		0	4		0.018	0.035	0.044
Folate, total....mcg	90		0	4		26	51	64
Folic acid....mcg	69		0	4		20	39	49
Folate, food....mcg	21		0	4		6	12	15
Folate, DFE....mcg_DFE	138		0	4		39	79	98
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	73		1	1		21	42	52
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	0.153		0	4		0.043	0.087	0.109
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.274		0	4		0.078	0.156	0.195
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	0.001		0	4		0.000	0.001	0.001
13:0....g								
14:0....g	0.003		0	4		0.001	0.002	0.002
15:0....g								
16:0....g	0.251		0	4		0.071	0.143	0.178
17:0....g								
18:0....g	0.020		0	4		0.006	0.011	0.014
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.175		0	4		0.050	0.100	0.124
14:1....g								
15:1....g								

NDB No. 18005
Bagels, cinnamon-raisin

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	0.014		0	4		0.004	0.008	0.010
17:1....g								
18:1 undifferentiated....g	0.161		0	4		0.046	0.092	0.114
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	0.671		0	4		0.190	0.382	0.476
18:2 undifferentiated....g	0.632		0	4		0.179	0.360	0.449
18:3 undifferentiated....g	0.039		0	4		0.011	0.022	0.028
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		1	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.114		0	4		0.032	0.065	0.081
Threonine....g	0.285		0	4		0.081	0.162	0.202
Isoleucine....g	0.367		0	4		0.104	0.209	0.261
Leucine....g	0.671		0	4		0.190	0.382	0.476
Lysine....g	0.238		0	4		0.067	0.136	0.169
Methionine....g	0.179		0	4		0.051	0.102	0.127
Cystine....g	0.210		0	4		0.060	0.120	0.149
Phenylalanine....g	0.474		0	4		0.134	0.270	0.337
Tyrosine....g	0.272		0	4		0.077	0.155	0.193
Valine....g	0.424		0	4		0.120	0.242	0.301
Arginine....g	0.378		0	4		0.107	0.215	0.268
Histidine....g	0.217		0	4		0.062	0.124	0.154
Alanine....g	0.333		0	4		0.094	0.190	0.236
Aspartic acid....g	0.479		0	4		0.136	0.273	0.340
Glutamic acid....g	3.240		0	4		0.919	1.847	2.300
Glycine....g	0.343		0	4		0.097	0.196	0.244
Proline....g	1.080		0	4		0.306	0.616	0.767
Serine....g	0.481		0	4		0.136	0.274	0.342
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 bagel (3" dia)

Measure 3 = 71.000g: 1 bagel (3-1/2" dia)

Calories Factors: **Protein** 3.9 **Fat** 8.4 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18006
Bagels, cinnamon-raisin, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	26.90		0	4		7.63	14.26	17.75
Energy....kcal	294		0	4		83	156	194
Energy....kj	1230			4		349	652	812
Protein (N x 0)....g	10.60		0	4		3.01	5.62	7.00
Total lipid (fat)....g	1.80		0	4		0.51	0.95	1.19
Ash....g	1.40		0	4		0.40	0.74	0.92
Carbohydrate, by difference....g	59.30		0	4		16.81	31.43	39.14
Fiber, total dietary....g	2.5		0	4		0.7	1.3	1.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	20		0	4		6	11	13
Iron, Fe....mg	4.09		0	4		1.16	2.17	2.70
Magnesium, Mg....mg	23		0	4		7	12	15
Phosphorus, P....mg	83		0	4		24	44	55
Potassium, K....mg	163		0	4		46	86	108
Sodium, Na....mg	346		0	4		98	183	228
Zinc, Zn....mg	0.81		0	4		0.23	0.43	0.53
Copper, Cu....mg	0.160		0	4		0.045	0.085	0.106
Manganese, Mn....mg	0.328		0	4		0.093	0.174	0.216
Selenium, Se....mcg	33.3		0	4		9.4	17.6	22.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		0	4		0.2	0.3	0.4
Thiamin....mg	0.330		0	4		0.094	0.175	0.218
Riboflavin....mg	0.268		0	4		0.076	0.142	0.177
Niacin....mg	2.981		0	4		0.845	1.580	1.967
Pantothenic acid....mg	0.047		0	4		0.013	0.025	0.031
Vitamin B-6....mg	0.060		0	4		0.017	0.032	0.040
Folate, total....mcg	77		0	4		22	41	51
Folic acid....mcg	61		0	4		17	32	40
Folate, food....mcg	16		0	4		5	8	11
Folate, DFE....mcg_DFE	120		0	4		34	63	79
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	71		0	4		20	38	47
Vitamin A, RE....mcg_RE	7		0	4		2	4	5
Vitamin E....mg_ATE	0.188		0	4		0.053	0.100	0.124
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.295		0	4		0.084	0.156	0.195
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	0.001		0	4		0.000	0.001	0.001
13:0....g								
14:0....g	0.003		0	4		0.001	0.002	0.002
15:0....g								
16:0....g	0.270		0	4		0.077	0.143	0.178
17:0....g								
18:0....g	0.022		0	4		0.006	0.012	0.015
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.188		0	4		0.053	0.100	0.124
14:1....g								
15:1....g								

NDB No. 18006
Bagels, cinnamon-raisin, toasted

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	0.015		0	4		0.004	0.008	0.010
17:1....g								
18:1 undifferentiated....g	0.173		0	4		0.049	0.092	0.114
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	0.722		0	4		0.205	0.383	0.477
18:2 undifferentiated....g	0.680		0	4		0.193	0.360	0.449
18:3 undifferentiated....g	0.042		0	4		0.012	0.022	0.028
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								
Amino Acids:								
Tryptophan....g	0.122		0	4		0.035	0.065	0.081
Threonine....g	0.306		0	4		0.087	0.162	0.202
Isoleucine....g	0.395		0	4		0.112	0.209	0.261
Leucine....g	0.721		0	4		0.204	0.382	0.476
Lysine....g	0.256		0	4		0.073	0.136	0.169
Methionine....g	0.193		0	4		0.055	0.102	0.127
Cystine....g	0.226		0	4		0.064	0.120	0.149
Phenylalanine....g	0.510		0	4		0.145	0.270	0.337
Tyrosine....g	0.293		0	4		0.083	0.155	0.193
Valine....g	0.456		0	4		0.129	0.242	0.301
Arginine....g	0.406		0	4		0.115	0.215	0.268
Histidine....g	0.234		0	4		0.066	0.124	0.154
Alanine....g	0.358		0	4		0.101	0.190	0.236
Aspartic acid....g	0.516		0	4		0.146	0.273	0.341
Glutamic acid....g	3.484		0	4		0.988	1.847	2.299
Glycine....g	0.369		0	4		0.105	0.196	0.244
Proline....g	1.161		0	4		0.329	0.615	0.766
Serine....g	0.517		0	4		0.147	0.274	0.341
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 = 28.350g: 1 oz

Measure 2 = 53.000g: 1 bagel (3" dia)

Measure 3 = 66.000g: 1 bagel (3-1/2" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18007
Bagels, oat bran

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	32.90		1	1		9.33	18.75	23.36
Energy....kcal	255		0	4		72	145	181
Energy....kj	1067			4		302	608	758
Protein (N x 5.8)....g	10.70		1	1		3.03	6.10	7.60
Total lipid (fat)....g	1.20		1	1		0.34	0.68	0.85
Ash....g	1.90		1	1		0.54	1.08	1.35
Carbohydrate, by difference....g	53.30		0	4		15.11	30.38	37.84
Fiber, total dietary....g	3.6		0	4		1.0	2.1	2.6
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	12		1	1		3	7	9
Iron, Fe....mg	3.08		1	1		0.87	1.76	2.19
Magnesium, Mg....mg	31		0	4		9	18	22
Phosphorus, P....mg	110		0	4		31	63	78
Potassium, K....mg	115		0	4		33	66	82
Sodium, Na....mg	507		1	1		144	289	360
Zinc, Zn....mg	0.90		0	4		0.26	0.51	0.64
Copper, Cu....mg	0.151		0	4		0.043	0.086	0.107
Manganese, Mn....mg	0.863		0	4		0.245	0.492	0.613
Selenium, Se....mcg	34.2		0	4		9.7	19.5	24.3
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		1	1		0.1	0.1	0.1
Thiamin....mg	0.331		1	1		0.094	0.189	0.235
Riboflavin....mg	0.338		1	1		0.096	0.193	0.240
Niacin....mg	2.960		1	1		0.839	1.687	2.102
Pantothenic acid....mg	0.445		0	4		0.126	0.254	0.316
Vitamin B-6....mg	0.043		0	4		0.012	0.025	0.031
Folate, total....mcg	81		0	4		23	46	58
Folic acid....mcg	35		0	4		10	20	25
Folate, food....mcg	46		0	4		13	26	33
Folate, DFE....mcg_DFE	106		0	4		30	60	75
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	4		1	1		1	2	3
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	0.136		0	4		0.039	0.078	0.097
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.191		0	4		0.054	0.109	0.136
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	0.002		0	4		0.001	0.001	0.001
13:0....g								
14:0....g	0.001		0	4		0.000	0.001	0.001
15:0....g								
16:0....g	0.170		0	4		0.048	0.097	0.121
17:0....g								
18:0....g	0.010		0	4		0.003	0.006	0.007
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.249		0	4		0.071	0.142	0.177
14:1....g								
15:1....g								

NDB No. 18007
Bagels, oat 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
16:1 undifferentiated....g	0.007		0	4		0.002	0.004	0.005
17:1....g								
18:1 undifferentiated....g	0.242		0	4		0.069	0.138	0.172
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	0.486		0	4		0.138	0.277	0.345
18:2 undifferentiated....g	0.465		0	4		0.132	0.265	0.330
18:3 undifferentiated....g	0.022		0	4		0.006	0.013	0.016
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		1	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.138		0	4		0.039	0.079	0.098
Threonine....g	0.301		0	4		0.085	0.172	0.214
Isoleucine....g	0.406		0	4		0.115	0.231	0.288
Leucine....g	0.757		0	4		0.215	0.431	0.537
Lysine....g	0.288		0	4		0.082	0.164	0.204
Methionine....g	0.188		0	4		0.053	0.107	0.133
Cystine....g	0.253		0	4		0.072	0.144	0.180
Phenylalanine....g	0.526		0	4		0.149	0.300	0.373
Tyrosine....g	0.321		0	4		0.091	0.183	0.228
Valine....g	0.482		0	4		0.137	0.275	0.342
Arginine....g	0.460		0	4		0.130	0.262	0.327
Histidine....g	0.233		0	4		0.066	0.133	0.165
Alanine....g	0.382		0	4		0.108	0.218	0.271
Aspartic acid....g	0.561		0	4		0.159	0.320	0.398
Glutamic acid....g	3.318		0	4		0.941	1.891	2.356
Glycine....g	0.410		0	4		0.116	0.234	0.291
Proline....g	1.082		0	4		0.307	0.617	0.768
Serine....g	0.517		0	4		0.147	0.295	0.367
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 bagel (3" dia)

Measure 3 = 71.000g: 1 bagel (3-1/2" dia)

Calories Factors: **Protein** 3.5 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	26.70	1.152	6	1		7.57	9.35	20.56
Energy....kcal	364		0	4		103	127	280
Energy....kj	1523			4		432	533	1173
Protein (N x 5.8)....g	6.20	0.396	6	1		1.76	2.17	4.77
Total lipid (fat)....g	16.50	2.166	6	1		4.68	5.78	12.71
Ash....g	2.20	0.338	7	1		0.62	0.77	1.69
Carbohydrate, by difference....g	48.50		0	4		13.75	16.98	37.35
Fiber, total dietary....g	1.3		0	4		0.4	0.5	1.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	49	6.829	23	1		14	17	38
Iron, Fe....mg	3.30	0.234	21	1		0.94	1.16	2.54
Magnesium, Mg....mg	17	0.693	20	1		5	6	13
Phosphorus, P....mg	430	35.462	20	1		122	151	331
Potassium, K....mg	224	24.306	20	1		64	78	172
Sodium, Na....mg	1052	14.968	21	1		298	368	810
Zinc, Zn....mg	0.48	0.018	19	1		0.14	0.17	0.37
Copper, Cu....mg	0.083	0.006	19	1		0.024	0.029	0.064
Manganese, Mn....mg	0.392	0.014	15	1		0.111	0.137	0.302
Selenium, Se....mcg	18.8		0	4		5.3	6.6	14.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	7		0.0	0.0	0.0
Thiamin....mg	0.427	0.029	8	1		0.121	0.149	0.329
Riboflavin....mg	0.292	0.017	8	1		0.083	0.102	0.225
Niacin....mg	3.352	0.222	5	1		0.950	1.173	2.581
Pantothenic acid....mg	0.300		1	1		0.085	0.105	0.231
Vitamin B-6....mg	0.047	0.011	4	1		0.013	0.016	0.036
Folate, total....mcg	59		0	4		17	21	45
Folic acid....mcg	52		0	4		15	18	40
Folate, food....mcg	7		2	1		2	2	5
Folate, DFE....mcg_DFE	95		0	4		27	33	73
Vitamin B-12....mcg	0.14		2	1		0.04	0.05	0.11
Vitamin A, IU....IU	2		0	4		1	1	2
Vitamin A, RE....mcg_RE	1		0	4		0	0	1
Vitamin E....mg_ATE	2.931		0	4		0.831	1.026	2.257
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.490		0	4		0.706	0.872	1.917
4:0....g	0.002		0	4		0.001	0.001	0.002
6:0....g	0.001		0	4		0.000	0.000	0.001
8:0....g	0.001		0	4		0.000	0.000	0.001
10:0....g	0.001		0	4		0.000	0.000	0.001
11:0....g								
12:0....g	0.002		0	4		0.001	0.001	0.002
13:0....g								
14:0....g	0.022		0	4		0.006	0.008	0.017
15:0....g								
16:0....g	1.655		0	4		0.469	0.579	1.274
17:0....g								
18:0....g	0.806		0	4		0.229	0.282	0.621
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.906		0	4		1.958	2.417	5.318
14:1....g								
15:1....g								

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

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	0.065		0	4		0.018	0.023	0.050
17:1....g								
18:1 undifferentiated....g	6.824		0	4		1.935	2.388	5.254
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	6.209		0	4		1.760	2.173	4.781
18:2 undifferentiated....g	5.767		0	4		1.635	2.018	4.441
18:3 undifferentiated....g	0.426		0	4		0.121	0.149	0.328
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	1		0	4		0	0	1
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.076		0	1		0.022	0.027	0.059
Threonine....g	0.177		0	1		0.050	0.062	0.136
Isoleucine....g	0.226		0	1		0.064	0.079	0.174
Leucine....g	0.436		0	1		0.124	0.153	0.336
Lysine....g	0.167		0	1		0.047	0.058	0.129
Methionine....g	0.112		0	1		0.032	0.039	0.086
Cystine....g	0.123		0	1		0.035	0.043	0.095
Phenylalanine....g	0.308		0	1		0.087	0.108	0.237
Tyrosine....g	0.192		0	1		0.054	0.067	0.148
Valine....g	0.262		0	1		0.074	0.092	0.202
Arginine....g	0.245		0	1		0.069	0.086	0.189
Histidine....g	0.139		0	1		0.039	0.049	0.107
Alanine....g	0.197		0	1		0.056	0.069	0.152
Aspartic acid....g	0.277		0	1		0.079	0.097	0.213
Glutamic acid....g	1.979		0	1		0.561	0.693	1.524
Glycine....g	0.211		0	1		0.060	0.074	0.162
Proline....g	0.698		0	1		0.198	0.244	0.537
Serine....g	0.307		0	1		0.087	0.107	0.236
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 = 28.350g: 1 oz

Measure 2 = 35.000g: 1 biscuit

Measure 3 = 77.000g: 1 large

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18010
Biscuits, plain or buttermilk, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	9.20	0.168	7	1		10.49	11.04	11.78
Energy....kcal	428		0	4		488	514	548
Energy....kj	1791			4		2041	2149	2292
Protein (N x 5.8)....g	8.00	0.132	4	1		9.12	9.60	10.24
Total lipid (fat)....g	15.40	1.345	3	1		17.56	18.48	19.71
Ash....g	4.00	0.098	14	1		4.56	4.80	5.12
Carbohydrate, by difference....g	63.30		0	4		72.16	75.96	81.02
Fiber, total dietary....g	2.1		0	4		2.4	2.5	2.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	179	17.041	4	1		204	215	229
Iron, Fe....mg	2.77	0.030	3	1		3.16	3.32	3.55
Magnesium, Mg....mg	25	0.401	12	1		29	30	32
Phosphorus, P....mg	585	45.721	4	1		667	702	749
Potassium, K....mg	163	22.649	4	1		186	196	209
Sodium, Na....mg	1276	74.831	4	1		1455	1531	1633
Zinc, Zn....mg	0.60	0.015	12	1		0.68	0.72	0.77
Copper, Cu....mg	0.154	0.007	12	1		0.176	0.185	0.197
Manganese, Mn....mg	0.340	0.010	12	1		0.388	0.408	0.435
Selenium, Se....mcg	7.5		0	4		8.6	9.0	9.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	4		0.3	0.4	0.4
Thiamin....mg	0.575	0.084	4	1		0.656	0.690	0.736
Riboflavin....mg	0.437	0.005	4	1		0.498	0.524	0.559
Niacin....mg	4.542	0.136	3	1		5.178	5.450	5.814
Pantothenic acid....mg	0.884	0.175	4	1		1.008	1.061	1.132
Vitamin B-6....mg	0.076		2	1		0.087	0.091	0.097
Folate, total....mcg	104		0	4		119	125	133
Folic acid....mcg	96		0	4		109	115	123
Folate, food....mcg	8	0.562	3	1		9	10	10
Folate, DFE....mcg_DFE	171		0	4		195	205	219
Vitamin B-12....mcg	0.39		0	4		0.44	0.47	0.50
Vitamin A, IU....IU	4		0	4		5	5	5
Vitamin A, RE....mcg_RE	2		0	4		2	2	3
Vitamin E....mg_ATE	2.050		0	4		2.337	2.460	2.624
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.965		0	4		4.520	4.758	5.075
4:0....g	0.011		0	4		0.013	0.013	0.014
6:0....g	0.003		0	4		0.003	0.004	0.004
8:0....g	0.002		0	4		0.002	0.002	0.003
10:0....g	0.004		0	4		0.005	0.005	0.005
11:0....g								
12:0....g	0.004		0	4		0.005	0.005	0.005
13:0....g								
14:0....g	0.096		0	4		0.109	0.115	0.123
15:0....g								
16:0....g	2.040		0	4		2.326	2.448	2.611
17:0....g								
18:0....g	1.793		0	4		2.044	2.152	2.295
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.584		0	4		9.786	10.301	10.988
14:1....g								
15:1....g								

NDB No. 18010
Biscuits, plain or buttermilk, dry mix

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	0.008		0	4		0.009	0.010	0.010
17:1....g								
18:1 undifferentiated....g	8.572		0	4		9.772	10.286	10.972
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	2.011		0	4		2.293	2.413	2.574
18:2 undifferentiated....g	1.907		0	4		2.174	2.288	2.441
18:3 undifferentiated....g	0.104		0	4		0.119	0.125	0.133
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	2		0	4		2	2	3
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.098		0	1		0.112	0.118	0.125
Threonine....g	0.233		0	1		0.266	0.280	0.298
Isoleucine....g	0.288		0	1		0.328	0.346	0.369
Leucine....g	0.562		0	1		0.641	0.674	0.719
Lysine....g	0.213		0	1		0.243	0.256	0.273
Methionine....g	0.142		0	1		0.162	0.170	0.182
Cystine....g	0.164		0	1		0.187	0.197	0.210
Phenylalanine....g	0.392		0	1		0.447	0.470	0.502
Tyrosine....g	0.242		0	1		0.276	0.290	0.310
Valine....g	0.334		0	1		0.381	0.401	0.428
Arginine....g	0.315		0	1		0.359	0.378	0.403
Histidine....g	0.177		0	1		0.202	0.212	0.227
Alanine....g	0.261		0	1		0.298	0.313	0.334
Aspartic acid....g	0.364		0	1		0.415	0.437	0.466
Glutamic acid....g	2.567		0	1		2.926	3.080	3.286
Glycine....g	0.276		0	1		0.315	0.331	0.353
Proline....g	0.896		0	1		1.021	1.075	1.147
Serine....g	0.393		0	1		0.448	0.472	0.503
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 = 114.000g: 1 cup, homemade

Measure 2 = 120.000g: 1 cup, purchased

Measure 3 = 128.000g: 1 cup, poured from box

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

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	28.90		0	1		8.19		
Energy	kcal	335		0	4		95		
Energy	kj	1402			4		397		
Protein	g	7.30		0	1		2.07		
Total lipid (fat)	g	12.10		0	1		3.43		
Ash	g	3.30		0	1		0.94		
Carbohydrate, by difference	g	48.40		0	4		13.72		
Fiber, total dietary	g	1.8		0	1		0.5		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	185		0	1		52		
Iron, Fe	mg	2.05		0	1		0.58		
Magnesium, Mg	mg	25		0	1		7		
Phosphorus, P	mg	470		0	1		133		
Potassium, K	mg	188		0	1		53		
Sodium, Na	mg	955		0	1		271		
Zinc, Zn	mg	0.61		0	1		0.17		
Copper, Cu	mg	0.116		0	1		0.033		
Manganese, Mn	mg	0.249		0	1		0.071		
Selenium, Se	mcg	6.2		0	4		1.8		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.4		0	4		0.1		
Thiamin	mg	0.350		0	1		0.099		
Riboflavin	mg	0.357		0	1		0.101		
Niacin	mg	3.021		0	1		0.856		
Pantothenic acid	mg	0.548		0	1		0.155		
Vitamin B-6	mg	0.068		0	1		0.019		
Folate, total	mcg	52		0	4		15		
Folic acid	mcg	46		0	4		13		
Folate, food	mcg	6		0	1		2		
Folate, DFE	mcg_DFE	84		0	4		24		
Vitamin B-12	mcg	0.21		0	4		0.06		
Vitamin A, IU	IU	94		0	4		27		
Vitamin A, RE	mcg_RE	26		0	4		7		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	2.789		0	1		0.791		
4:0	g	0.031		0	1		0.009		
6:0	g	0.018		0	1		0.005		
8:0	g	0.010		0	1		0.003		
10:0	g	0.024		0	1		0.007		
11:0	g								
12:0	g	0.027		0	1		0.008		
13:0	g								
14:0	g	0.096		0	1		0.027		
15:0	g								
16:0	g	1.360		0	1		0.386		
17:0	g								
18:0	g	1.221		0	1		0.346		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	4.206		0	1		1.192		
14:1	g								
15:1	g								

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

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	0.021		0	1		0.006		
17:1....g								
18:1 undifferentiated....g	4.183		0	1		1.186		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	4.305		0	1		1.220		
18:2 undifferentiated....g	4.045		0	1		1.147		
18:3 undifferentiated....g	0.260		0	1		0.074		
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	4		0	4		1		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.091		0	1		0.026		
Threonine....g	0.234		0	1		0.066		
Isoleucine....g	0.296		0	1		0.084		
Leucine....g	0.549		0	1		0.156		
Lysine....g	0.267		0	1		0.076		
Methionine....g	0.139		0	1		0.039		
Cystine....g	0.133		0	1		0.038		
Phenylalanine....g	0.355		0	1		0.101		
Tyrosine....g	0.245		0	1		0.069		
Valine....g	0.339		0	1		0.096		
Arginine....g	0.281		0	1		0.080		
Histidine....g	0.167		0	1		0.047		
Alanine....g	0.239		0	1		0.068		
Aspartic acid....g	0.373		0	1		0.106		
Glutamic acid....g	2.172		0	1		0.616		
Glycine....g	0.232		0	1		0.066		
Proline....g	0.791		0	1		0.224		
Serine....g	0.364		0	1		0.103		
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 = 28.350g: 1 oz

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

Food Group: 18 Baked Products

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

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

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	37.90	0.370	29	1		10.74	8.72	
Energy	kcal	257		0	4		73	59	
Energy	kj	1075			4		305	247	
Protein (N x 5.7)	g	6.70	0.064	29	1		1.90	1.54	
Total lipid (fat)	g	4.50	0.345	29	1		1.28	1.04	
Ash	g	3.30	0.020	29	1		0.94	0.76	
Carbohydrate, by difference	g	47.60		0	4		13.49	10.95	
Fiber, total dietary	g	1.6		0	4		0.5	0.4	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	17	0.716	23	1		5	4	
Iron, Fe	mg	2.66	0.129	14	1		0.75	0.61	
Magnesium, Mg	mg	15	0.512	23	1		4	3	
Phosphorus, P	mg	400	14.152	23	1		113	92	
Potassium, K	mg	159	32.660	19	1		45	37	
Sodium, Na	mg	1248	44.035	27	1		354	287	
Zinc, Zn	mg	0.39	0.018	23	1		0.11	0.09	
Copper, Cu	mg	0.079	0.005	23	1		0.022	0.018	
Manganese, Mn	mg	0.301		1	1		0.085	0.069	
Selenium, Se	mcg	18.9		0	4		5.4	4.3	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	1		0.0	0.0	
Thiamin	mg	0.448	0.021	9	1		0.127	0.103	
Riboflavin	mg	0.222	0.009	15	1		0.063	0.051	
Niacin	mg	3.295	0.119	13	1		0.934	0.758	
Pantothenic acid	mg	0.367		1	1		0.104	0.084	
Vitamin B-6	mg	0.024		0	4		0.007	0.006	
Folate, total	mcg	85		0	4		24	20	
Folic acid	mcg	79		0	4		22	18	
Folate, food	mcg	6		0	4		2	1	
Folate, DFE	mcg_DFE	140		0	4		40	32	
Vitamin B-12	mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU	IU	0		0	1		0	0	
Vitamin A, RE	mcg_RE	0		0	1		0	0	
Vitamin E	mg_ATE	0.575		0	4		0.163	0.132	
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	1.113		0	4		0.316	0.256	
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	0.020		0	4		0.006	0.005	
15:0	g								
16:0	g	0.596		0	4		0.169	0.137	
17:0	g								
18:0	g	0.497		0	4		0.141	0.114	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	2.405		0	4		0.682	0.553	
14:1	g								
15:1	g								

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

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	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	2.405		0	4		0.682	0.553	
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	0.671		0	4		0.190	0.154	
18:2 undifferentiated....g	0.637		0	4		0.181	0.147	
18:3 undifferentiated....g	0.034		0	4		0.010	0.008	
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	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.082		0	1		0.023	0.019	
Threonine....g	0.182		0	1		0.052	0.042	
Isoleucine....g	0.231		0	1		0.065	0.053	
Leucine....g	0.461		0	1		0.131	0.106	
Lysine....g	0.148		0	1		0.042	0.034	
Methionine....g	0.118		0	1		0.033	0.027	
Cystine....g	0.142		0	1		0.040	0.033	
Phenylalanine....g	0.337		0	1		0.096	0.078	
Tyrosine....g	0.202		0	1		0.057	0.046	
Valine....g	0.269		0	1		0.076	0.062	
Arginine....g	0.270		0	1		0.077	0.062	
Histidine....g	0.149		0	1		0.042	0.034	
Alanine....g	0.215		0	1		0.061	0.049	
Aspartic acid....g	0.282		0	1		0.080	0.065	
Glutamic acid....g	2.251		0	1		0.638	0.518	
Glycine....g	0.240		0	1		0.068	0.055	
Proline....g	0.775		0	1		0.220	0.178	
Serine....g	0.333		0	1		0.094	0.077	
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 = 28.350g: 1 oz

Measure 2 = 23.000g: 1 biscuit (2" dia)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	27.70		0	1		7.85	5.82	
Energy....kcal	299		0	4		85	63	
Energy....kj	1251			4		355	263	
Protein (N x 0)....g	7.80		0	1		2.21	1.64	
Total lipid (fat)....g	5.20		0	1		1.47	1.09	
Ash....g	3.80		0	1		1.08	0.80	
Carbohydrate, by difference....g	55.40		0	4		15.71	11.63	
Fiber, total dietary....g	1.9		0	4		0.5	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	19		0	1		5	4	
Iron, Fe....mg	3.09		0	1		0.88	0.65	
Magnesium, Mg....mg	17		0	1		5	4	
Phosphorus, P....mg	465		0	1		132	98	
Potassium, K....mg	185		0	1		52	39	
Sodium, Na....mg	1451		0	1		411	305	
Zinc, Zn....mg	0.46		0	1		0.13	0.10	
Copper, Cu....mg	0.092		0	1		0.026	0.019	
Manganese, Mn....mg	0.350		0	1		0.099	0.074	
Selenium, Se....mcg	17.8	1.057	36	1		5.0	3.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.417		0	1		0.118	0.088	
Riboflavin....mg	0.232		0	1		0.066	0.049	
Niacin....mg	3.448		0	1		0.978	0.724	
Pantothenic acid....mg	0.277		0	1		0.079	0.058	
Vitamin B-6....mg	0.029		0	4		0.008	0.006	
Folate, total....mcg	69		0	4		20	14	
Folic acid....mcg	64		0	4		18	13	
Folate, food....mcg	5		0	4		1	1	
Folate, DFE....mcg_DFE	114		0	4		32	24	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.669		0	4		0.190	0.140	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.294		0	1		0.367	0.272	
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	0.024		0	1		0.007	0.005	
15:0....g								
16:0....g	0.693		0	1		0.196	0.146	
17:0....g								
18:0....g	0.578		0	1		0.164	0.121	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.797		0	1		0.793	0.587	
14:1....g								
15:1....g								

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

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	
17:1....g								
18:1 undifferentiated....g	2.797		0	1		0.793	0.587	
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	0.780		0	1		0.221	0.164	
18:2 undifferentiated....g	0.740		0	1		0.210	0.155	
18:3 undifferentiated....g	0.040		0	1		0.011	0.008	
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								
Amino Acids:								
Tryptophan....g	0.095		0	1		0.027	0.020	
Threonine....g	0.211		0	1		0.060	0.044	
Isoleucine....g	0.269		0	1		0.076	0.056	
Leucine....g	0.536		0	1		0.152	0.113	
Lysine....g	0.172		0	1		0.049	0.036	
Methionine....g	0.138		0	1		0.039	0.029	
Cystine....g	0.165		0	1		0.047	0.035	
Phenylalanine....g	0.391		0	1		0.111	0.082	
Tyrosine....g	0.235		0	1		0.067	0.049	
Valine....g	0.312		0	1		0.088	0.066	
Arginine....g	0.314		0	1		0.089	0.066	
Histidine....g	0.173		0	1		0.049	0.036	
Alanine....g	0.250		0	1		0.071	0.053	
Aspartic acid....g	0.327		0	1		0.093	0.069	
Glutamic acid....g	2.618		0	1		0.742	0.550	
Glycine....g	0.280		0	1		0.079	0.059	
Proline....g	0.902		0	1		0.256	0.189	
Serine....g	0.387		0	1		0.110	0.081	
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 = 28.350g: 1 oz

Measure 2 = 21.000g: 1 biscuit (2-1/4" dia)

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	33.60	0.269	65	1		9.53	10.08	
Energy....kcal	318		0	4		90	95	
Energy....kj	1331			4		377	399	
Protein (N x 5.7)....g	6.20	0.080	64	1		1.76	1.86	
Total lipid (fat)....g	13.50	0.390	57	1		3.83	4.05	
Ash....g	3.00	0.055	63	1		0.85	0.90	
Carbohydrate, by difference....g	43.70		0	4		12.39	13.11	
Fiber, total dietary....g	1.5		0	4		0.4	0.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	19	0.931	78	1		5	6	
Iron, Fe....mg	2.38	0.073	27	1		0.67	0.71	
Magnesium, Mg....mg	13	0.205	75	1		4	4	
Phosphorus, P....mg	354	7.309	75	1		100	106	
Potassium, K....mg	145	15.728	33	1		41	44	
Sodium, Na....mg	1106	16.399	64	1		314	332	
Zinc, Zn....mg	0.35	0.008	73	1		0.10	0.11	
Copper, Cu....mg	0.068	0.001	82	1		0.019	0.020	
Manganese, Mn....mg	0.233		2	1		0.066	0.070	
Selenium, Se....mcg	20.5		0	4		5.8	6.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.399	0.009	37	1		0.113	0.120	
Riboflavin....mg	0.224	0.007	36	1		0.064	0.067	
Niacin....mg	3.135	0.125	32	1		0.889	0.941	
Pantothenic acid....mg	0.505	0.097	3	1		0.143	0.152	
Vitamin B-6....mg	0.046		2	1		0.013	0.014	
Folate, total....mcg	56		0	4		16	17	
Folic acid....mcg	51		0	4		14	15	
Folate, food....mcg	5		0	4		1	2	
Folate, DFE....mcg_DFE	92		0	4		26	28	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	1.795		0	4		0.509	0.539	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.396		0	4		0.963	1.019	
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	0.065		0	4		0.018	0.020	
15:0....g								
16:0....g	1.763		0	4		0.500	0.529	
17:0....g								
18:0....g	1.568		0	4		0.445	0.470	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.545		0	4		2.139	2.264	
14:1....g								
15:1....g								

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

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	0.001		0	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	7.544		0	4		2.139	2.263	
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	1.796		0	4		0.509	0.539	
18:2 undifferentiated....g	1.704		0	4		0.483	0.511	
18:3 undifferentiated....g	0.092		0	4		0.026	0.028	
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	3	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.073		0	1		0.021	0.022	
Threonine....g	0.163		0	1		0.046	0.049	
Isoleucine....g	0.218		0	1		0.062	0.065	
Leucine....g	0.426		0	1		0.121	0.128	
Lysine....g	0.124		0	1		0.035	0.037	
Methionine....g	0.105		0	1		0.030	0.032	
Cystine....g	0.132		0	1		0.037	0.040	
Phenylalanine....g	0.318		0	1		0.090	0.095	
Tyrosine....g	0.191		0	1		0.054	0.057	
Valine....g	0.243		0	1		0.069	0.073	
Arginine....g	0.237		0	1		0.067	0.071	
Histidine....g	0.134		0	1		0.038	0.040	
Alanine....g	0.183		0	1		0.052	0.055	
Aspartic acid....g	0.239		0	1		0.068	0.072	
Glutamic acid....g	2.143		0	1		0.608	0.643	
Glycine....g	0.213		0	1		0.060	0.064	
Proline....g	0.757		0	1		0.215	0.227	
Serine....g	0.307		0	1		0.087	0.092	
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 = 28.350g: 1 oz

Measure 2 = 30.000g: 1 biscuit (2-1/2" dia)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

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	27.80		0	1		7.88	7.51	
Energy	kcal	346		0	4		98	93	
Energy	kj	1448			4		410	391	
Protein (N x 0)	g	6.70		0	1		1.90	1.81	
Total lipid (fat)	g	14.70		0	1		4.17	3.97	
Ash	g	3.30		0	1		0.94	0.89	
Carbohydrate, by difference	g	47.50		0	4		13.47	12.83	
Fiber, total dietary	g	1.6		2	1		0.5	0.4	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	20		0	1		6	5	
Iron, Fe	mg	2.59		0	1		0.73	0.70	
Magnesium, Mg	mg	14		0	1		4	4	
Phosphorus, P	mg	385		0	1		109	104	
Potassium, K	mg	157		0	1		45	42	
Sodium, Na	mg	1202		0	1		341	325	
Zinc, Zn	mg	0.38		0	1		0.11	0.10	
Copper, Cu	mg	0.074		0	1		0.021	0.020	
Manganese, Mn	mg	0.253		0	1		0.072	0.068	
Selenium, Se	mcg	17.8	1.057	36	1		5.0	4.8	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	1		0.0	0.0	
Thiamin	mg	0.347		0	1		0.098	0.094	
Riboflavin	mg	0.219		0	1		0.062	0.059	
Niacin	mg	3.066		0	1		0.869	0.828	
Pantothenic acid	mg	0.357		0	1		0.101	0.096	
Vitamin B-6	mg	0.045		0	1		0.013	0.012	
Folate, total	mcg	43		0	4		12	12	
Folic acid	mcg	39		0	4		11	11	
Folate, food	mcg	4		0	4		1	1	
Folate, DFE	mcg_DFE	70		0	4		20	19	
Vitamin B-12	mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU	IU	0		0	1		0	0	
Vitamin A, RE	mcg_RE	0		0	1		0	0	
Vitamin E	mg_ATE	1.802		0	4		0.511	0.487	
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	3.702		0	1		1.050	1.000	
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	0.070		0	1		0.020	0.019	
15:0	g								
16:0	g	1.923		0	1		0.545	0.519	
17:0	g								
18:0	g	1.707		0	1		0.484	0.461	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	8.218		0	1		2.330	2.219	
14:1	g								
15:1	g								

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

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	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	8.218		0	1		2.330	2.219	
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	1.950		0	1		0.553	0.527	
18:2 undifferentiated....g	1.852		0	1		0.525	0.500	
18:3 undifferentiated....g	0.099		0	1		0.028	0.027	
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	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.079		0	1		0.022	0.021	
Threonine....g	0.178		0	1		0.050	0.048	
Isoleucine....g	0.237		0	1		0.067	0.064	
Leucine....g	0.463		0	1		0.131	0.125	
Lysine....g	0.135		0	1		0.038	0.036	
Methionine....g	0.114		0	1		0.032	0.031	
Cystine....g	0.143		0	1		0.041	0.039	
Phenylalanine....g	0.346		0	1		0.098	0.093	
Tyrosine....g	0.207		0	1		0.059	0.056	
Valine....g	0.264		0	1		0.075	0.071	
Arginine....g	0.258		0	1		0.073	0.070	
Histidine....g	0.146		0	1		0.041	0.039	
Alanine....g	0.199		0	1		0.056	0.054	
Aspartic acid....g	0.259		0	1		0.073	0.070	
Glutamic acid....g	2.330		0	1		0.661	0.629	
Glycine....g	0.232		0	1		0.066	0.063	
Proline....g	0.823		0	1		0.233	0.222	
Serine....g	0.334		0	1		0.095	0.090	
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 = 28.350g: 1 oz

Measure 2 = 27.000g: 1 biscuit (2-1/2" dia)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	28.90		0	1		8.19	29.19	4.05
Energy....kcal	354		0	4		100	358	50
Energy....kj	1481			4		420	1496	207
Protein (N x 0)....g	7.00		0	1		1.98	7.07	0.98
Total lipid (fat)....g	16.30		0	1		4.62	16.46	2.28
Ash....g	3.20		0	1		0.91	3.23	0.45
Carbohydrate, by difference....g	44.60		0	4		12.64	45.05	6.24
Fiber, total dietary....g	1.5		0	4		0.4	1.5	0.2
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	235		0	1		67	237	33
Iron, Fe....mg	2.90		0	1		0.82	2.93	0.41
Magnesium, Mg....mg	18		0	1		5	18	3
Phosphorus, P....mg	164		0	1		46	166	23
Potassium, K....mg	121		0	1		34	122	17
Sodium, Na....mg	580		0	1		164	586	81
Zinc, Zn....mg	0.54		0	1		0.15	0.55	0.08
Copper, Cu....mg	0.082		0	1		0.023	0.083	0.011
Manganese, Mn....mg	0.378		0	1		0.107	0.382	0.053
Selenium, Se....mcg	19.5		0	4		5.5	19.7	2.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.1	0.2	0.0
Thiamin....mg	0.356		0	1		0.101	0.360	0.050
Riboflavin....mg	0.310		0	1		0.088	0.313	0.043
Niacin....mg	2.949		0	1		0.836	2.978	0.413
Pantothenic acid....mg	0.285		0	1		0.081	0.288	0.040
Vitamin B-6....mg	0.035		0	1		0.010	0.035	0.005
Folate, total....mcg	61		0	4		17	62	9
Folic acid....mcg	49		0	4		14	49	7
Folate, food....mcg	12		0	1		3	12	2
Folate, DFE....mcg_DFE	95		0	4		27	96	13
Vitamin B-12....mcg	0.08		0	1		0.02	0.08	0.01
Vitamin A, IU....IU	82		0	1		23	83	11
Vitamin A, RE....mcg_RE	23		0	1		7	23	3
Vitamin E....mg_ATE	1.302		0	4		0.369	1.315	0.182
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.324		0	1		1.226	4.367	0.605
4:0....g	0.026		0	1		0.007	0.026	0.004
6:0....g	0.015		0	1		0.004	0.015	0.002
8:0....g	0.009		0	1		0.003	0.009	0.001
10:0....g	0.020		0	1		0.006	0.020	0.003
11:0....g								
12:0....g	0.022		0	1		0.006	0.022	0.003
13:0....g								
14:0....g	0.140		0	1		0.040	0.141	0.020
15:0....g								
16:0....g	2.402		0	1		0.681	2.426	0.336
17:0....g								
18:0....g	1.687		0	1		0.478	1.704	0.236
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.930		0	1		1.965	6.999	0.970
14:1....g								
15:1....g								

NDB No. 18016
Biscuits, plain or buttermilk, prepared from 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
16:1 undifferentiated....g	0.018		0	1		0.005	0.018	0.003
17:1....g								
18:1 undifferentiated....g	6.910		0	1		1.959	6.979	0.967
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	4.163		0	1		1.180	4.205	0.583
18:2 undifferentiated....g	3.900		0	1		1.106	3.939	0.546
18:3 undifferentiated....g	0.263		0	1		0.075	0.266	0.037
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	3		0	1		1	3	0
Phytosterols....mg	30		0	1		9	30	4
Amino Acids:								
Tryptophan....g	0.087		0	1		0.025	0.088	0.012
Threonine....g	0.211		0	1		0.060	0.213	0.030
Isoleucine....g	0.273		0	1		0.077	0.276	0.038
Leucine....g	0.514		0	1		0.146	0.519	0.072
Lysine....g	0.226		0	1		0.064	0.228	0.032
Methionine....g	0.132		0	1		0.037	0.133	0.018
Cystine....g	0.132		0	1		0.037	0.133	0.018
Phenylalanine....g	0.347		0	1		0.098	0.350	0.049
Tyrosine....g	0.232		0	1		0.066	0.234	0.032
Valine....g	0.313		0	1		0.089	0.316	0.044
Arginine....g	0.275		0	1		0.078	0.278	0.039
Histidine....g	0.161		0	1		0.046	0.163	0.023
Alanine....g	0.226		0	1		0.064	0.228	0.032
Aspartic acid....g	0.335		0	1		0.095	0.338	0.047
Glutamic acid....g	2.175		0	1		0.617	2.197	0.305
Glycine....g	0.231		0	1		0.065	0.233	0.032
Proline....g	0.780		0	1		0.221	0.788	0.109
Serine....g	0.352		0	1		0.100	0.356	0.049
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 = 28.350g: 1 oz

Measure 2 = 101.000g: 1 biscuit (4" dia)

Measure 3 = 14.000g: 1 small (1-1/2" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18017
Biscuits, mixed grain, refrigerated dough

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	37.80		1	1		10.72	16.63	
Energy....kcal	263		0	4		75	116	
Energy....kj	1100			4		312	484	
Protein (N x 5.7)....g	6.10		1	1		1.73	2.68	
Total lipid (fat)....g	5.60		1	1		1.59	2.46	
Ash....g	3.10		1	1		0.88	1.36	
Carbohydrate, by difference....g	47.40		0	4		13.44	20.86	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	17		1	1		5	7	
Iron, Fe....mg	2.75		1	1		0.78	1.21	
Magnesium, Mg....mg	30		0	4		9	13	
Phosphorus, P....mg	236		0	4		67	104	
Potassium, K....mg	456		1	1		129	201	
Sodium, Na....mg	670		1	1		190	295	
Zinc, Zn....mg	0.60		0	4		0.17	0.26	
Copper, Cu....mg	0.115		0	4		0.033	0.051	
Manganese, Mn....mg	0.659		0	4		0.187	0.290	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.390		1	1		0.111	0.172	
Riboflavin....mg	0.210		1	1		0.060	0.092	
Niacin....mg	3.400		1	1		0.964	1.496	
Pantothenic acid....mg	0.315		0	4		0.089	0.139	
Vitamin B-6....mg	0.065		0	4		0.018	0.029	
Folate, total....mcg	83		0	4		24	37	
Folic acid....mcg	71		0	4		20	31	
Folate, food....mcg	12		0	4		3	5	
Folate, DFE....mcg_DFE	133		0	4		38	58	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.366		0	4		0.387	0.601	
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	0.025		0	4		0.007	0.011	
15:0....g								
16:0....g	0.738		0	4		0.209	0.325	
17:0....g								
18:0....g	0.602		0	4		0.171	0.265	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.932		0	4		0.831	1.290	
14:1....g								
15:1....g								

NDB No. 18017
Biscuits, mixed grain, refrigerated dough

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	0.001		0	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	2.931		0	4		0.831	1.290	
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	0.880		0	4		0.249	0.387	
18:2 undifferentiated....g	0.833		0	4		0.236	0.367	
18:3 undifferentiated....g	0.047		0	4		0.013	0.021	
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		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.076		0	1		0.022	0.033	
Threonine....g	0.169		0	1		0.048	0.074	
Isoleucine....g	0.214		0	1		0.061	0.094	
Leucine....g	0.424		0	1		0.120	0.187	
Lysine....g	0.143		0	1		0.041	0.063	
Methionine....g	0.107		0	1		0.030	0.047	
Cystine....g	0.132		0	1		0.037	0.058	
Phenylalanine....g	0.305		0	1		0.086	0.134	
Tyrosine....g	0.182		0	1		0.052	0.080	
Valine....g	0.251		0	1		0.071	0.110	
Arginine....g	0.257		0	1		0.073	0.113	
Histidine....g	0.138		0	1		0.039	0.061	
Alanine....g	0.204		0	1		0.058	0.090	
Aspartic acid....g	0.274		0	1		0.078	0.121	
Glutamic acid....g	2.016		0	1		0.572	0.887	
Glycine....g	0.227		0	1		0.064	0.100	
Proline....g	0.695		0	1		0.197	0.306	
Serine....g	0.304		0	1		0.086	0.134	
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 = 28.350g: 1 oz

Measure 2 = 44.000g: 1 biscuit (2-1/2" dia)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	29.20		0	1		8.28	16.64	17.52
Energy....kcal	326		0	4		92	186	196
Energy....kj	1364			4		387	777	818
Protein (N x 0)....g	4.30		0	1		1.22	2.45	2.58
Total lipid (fat)....g	10.50		0	1		2.98	5.99	6.30
Ash....g	1.00		0	1		0.28	0.57	0.60
Carbohydrate, by difference....g	54.60		0	4		15.48	31.12	32.76
Fiber, total dietary....g	1.1		0	4		0.3	0.6	0.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	21		0	1		6	12	13
Iron, Fe....mg	1.40		0	1		0.40	0.80	0.84
Magnesium, Mg....mg	14		0	1		4	8	8
Phosphorus, P....mg	58		0	1		16	33	35
Potassium, K....mg	134		0	1		38	76	80
Sodium, Na....mg	302		0	1		86	172	181
Zinc, Zn....mg	0.35		0	1		0.10	0.20	0.21
Copper, Cu....mg	0.072		0	1		0.020	0.041	0.043
Manganese, Mn....mg	0.209		0	1		0.059	0.119	0.125
Selenium, Se....mcg	12.1		0	4		3.4	6.9	7.3
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.7		0	1		0.5	1.0	1.0
Thiamin....mg	0.172		0	1		0.049	0.098	0.103
Riboflavin....mg	0.200		0	1		0.057	0.114	0.120
Niacin....mg	1.446		0	1		0.410	0.824	0.868
Pantothenic acid....mg	0.268		0	1		0.076	0.153	0.161
Vitamin B-6....mg	0.150		0	1		0.043	0.086	0.090
Folate, total....mcg	33		0	4		9	19	20
Folic acid....mcg	22		0	4		6	13	13
Folate, food....mcg	11		0	1		3	6	7
Folate, DFE....mcg_DFE	48		0	4		14	28	29
Vitamin B-12....mcg	0.10		0	1		0.03	0.06	0.06
Vitamin A, IU....IU	464		0	1		132	264	278
Vitamin A, RE....mcg_RE	120		0	1		34	68	72
Vitamin E....mg_ATE	1.785		0	4		0.506	1.017	1.071
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.237		0	1		0.634	1.275	1.342
4:0....g	0.004		0	1		0.001	0.002	0.002
6:0....g	0.002		0	1		0.001	0.001	0.001
8:0....g	0.002		0	1		0.001	0.001	0.001
10:0....g	0.004		0	1		0.001	0.002	0.002
11:0....g								
12:0....g	0.004		0	1		0.001	0.002	0.002
13:0....g								
14:0....g	0.039		0	1		0.011	0.022	0.023
15:0....g								
16:0....g	1.417		0	1		0.402	0.808	0.850
17:0....g								
18:0....g	0.761		0	1		0.216	0.434	0.457
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.480		0	1		1.270	2.554	2.688
14:1....g								
15:1....g								

NDB No. 18019
Bread, banana, prepared from recipe, made with 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
16:1 undifferentiated....g	0.036		0	1		0.010	0.021	0.022
17:1....g								
18:1 undifferentiated....g	4.440		0	1		1.259	2.531	2.664
20:1....g	0.003		0	1		0.001	0.002	0.002
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.130		0	1		0.887	1.784	1.878
18:2 undifferentiated....g	2.968		0	1		0.841	1.692	1.781
18:3 undifferentiated....g	0.143		0	1		0.041	0.082	0.086
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	0.014		0	1		0.004	0.008	0.008
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	0.004		0	1		0.001	0.002	0.002
Fatty acids, total trans....g								
Cholesterol....mg	43		0	1		12	25	26
Phytosterols....mg	34		0	1		10	19	20
Amino Acids:								
Tryptophan....g	0.053		0	1		0.015	0.030	0.032
Threonine....g	0.150		0	1		0.043	0.086	0.090
Isoleucine....g	0.182		0	1		0.052	0.104	0.109
Leucine....g	0.327		0	1		0.093	0.186	0.196
Lysine....g	0.180		0	1		0.051	0.103	0.108
Methionine....g	0.094		0	1		0.027	0.054	0.056
Cystine....g	0.090		0	1		0.026	0.051	0.054
Phenylalanine....g	0.218		0	1		0.062	0.124	0.131
Tyrosine....g	0.148		0	1		0.042	0.084	0.089
Valine....g	0.209		0	1		0.059	0.119	0.125
Arginine....g	0.199		0	1		0.056	0.113	0.119
Histidine....g	0.113		0	1		0.032	0.064	0.068
Alanine....g	0.170		0	1		0.048	0.097	0.102
Aspartic acid....g	0.281		0	1		0.080	0.160	0.169
Glutamic acid....g	1.113		0	1		0.316	0.634	0.668
Glycine....g	0.149		0	1		0.042	0.085	0.089
Proline....g	0.384		0	1		0.109	0.219	0.230
Serine....g	0.247		0	1		0.070	0.141	0.148
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 individual loaf (include Keebler Elfin Loaves)

Measure 3 = 60.000g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18021
Bread, boston brown, canned

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	47.20	4.111	3	1		13.38	21.24	
Energy....kcal	195		0	4		55	88	
Energy....kj	816			4		231	367	
Protein (N x 5.9)....g	5.20	0.932	3	1		1.47	2.34	
Total lipid (fat)....g	1.50	0.356	4	1		0.43	0.68	
Ash....g	2.80	0.444	5	1		0.79	1.26	
Carbohydrate, by difference....g	43.30		0	4		12.28	19.49	
Fiber, total dietary....g	4.7		0	1		1.3	2.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	70	20.064	3	1		20	32	
Iron, Fe....mg	2.10	0.750	3	1		0.60	0.95	
Magnesium, Mg....mg	63	13.865	3	1		18	28	
Phosphorus, P....mg	112		2	1		32	50	
Potassium, K....mg	318	66.076	3	1		90	143	
Sodium, Na....mg	631	109.775	3	1		179	284	
Zinc, Zn....mg	0.50	0.202	3	1		0.14	0.23	
Copper, Cu....mg	0.080		2	1		0.023	0.036	
Manganese, Mn....mg	1.020	0.191	3	1		0.289	0.459	
Selenium, Se....mcg	21.9		0	4		6.2	9.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.014	0.001	8	1		0.004	0.006	
Riboflavin....mg	0.115	0.006	9	1		0.033	0.052	
Niacin....mg	1.120	0.034	9	1		0.318	0.504	
Pantothenic acid....mg	0.566	0.013	9	1		0.160	0.255	
Vitamin B-6....mg	0.082		1	1		0.023	0.037	
Folate, total....mcg	11		0	4		3	5	
Folic acid....mcg	4		0	4		1	2	
Folate, food....mcg	7	0.458	9	1		2	3	
Folate, DFE....mcg_DFE	14		0	4		4	6	
Vitamin B-12....mcg	0.01		1	1		0.00	0.00	
Vitamin A, IU....IU	87		1	1		25	39	
Vitamin A, RE....mcg_RE	11		0	1		3	5	
Vitamin E....mg_ATE	0.563		0	4		0.160	0.253	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.282		0	1		0.080	0.127	
4:0....g	0.005		0	1		0.001	0.002	
6:0....g	0.003		0	1		0.001	0.001	
8:0....g	0.002		0	1		0.001	0.001	
10:0....g	0.004		0	1		0.001	0.002	
11:0....g								
12:0....g	0.004		0	1		0.001	0.002	
13:0....g								
14:0....g	0.017		0	1		0.005	0.008	
15:0....g								
16:0....g	0.217		0	1		0.062	0.098	
17:0....g								
18:0....g	0.029		0	1		0.008	0.013	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.207		0	1		0.059	0.093	
14:1....g								
15:1....g								

NDB No. 18021
Bread, boston brown, canned

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	0.010		0	1		0.003	0.005	
17:1....g								
18:1 undifferentiated....g	0.195		0	1		0.055	0.088	
20:1....g	0.003		0	1		0.001	0.001	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.564		0	1		0.160	0.254	
18:2 undifferentiated....g	0.511		0	1		0.145	0.230	
18:3 undifferentiated....g	0.052		0	1		0.015	0.023	
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	0.001		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	1		0	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.073		0	1		0.021	0.033	
Threonine....g	0.162		0	1		0.046	0.073	
Isoleucine....g	0.186		0	1		0.053	0.084	
Leucine....g	0.350		0	1		0.099	0.158	
Lysine....g	0.156		0	1		0.044	0.070	
Methionine....g	0.092		0	1		0.026	0.041	
Cystine....g	0.116		0	1		0.033	0.052	
Phenylalanine....g	0.233		0	1		0.066	0.105	
Tyrosine....g	0.148		0	1		0.042	0.067	
Valine....g	0.233		0	1		0.066	0.105	
Arginine....g	0.255		0	1		0.072	0.115	
Histidine....g	0.128		0	1		0.036	0.058	
Alanine....g	0.203		0	1		0.058	0.091	
Aspartic acid....g	0.324		0	1		0.092	0.146	
Glutamic acid....g	1.537		0	1		0.436	0.692	
Glycine....g	0.203		0	1		0.058	0.091	
Proline....g	0.498		0	1		0.141	0.224	
Serine....g	0.251		0	1		0.071	0.113	
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 = 28.350g: 1 oz

Measure 2 = 45.000g: 1 slice

Calories Factors: **Protein** 3.5 **Fat** 8.4 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	7.80	0.162	46	1		2.21	18.80	
Energy....kcal	418		0	4		119	1007	
Energy....kj	1749			4		496	4215	
Protein (N x 6)....g	7.00	0.077	56	1		1.98	16.87	
Total lipid (fat)....g	12.20	0.128	54	1		3.46	29.40	
Ash....g	3.60	0.060	46	1		1.02	8.68	
Carbohydrate, by difference....g	69.50		0	4		19.70	167.50	
Fiber, total dietary....g	6.5		0	1		1.8	15.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	57	3.755	29	1		16	137	
Iron, Fe....mg	2.50	0.119	42	1		0.71	6.03	
Magnesium, Mg....mg	24	1.229	21	1		7	58	
Phosphorus, P....mg	489	11.566	45	1		139	1178	
Potassium, K....mg	113	3.064	43	1		32	272	
Sodium, Na....mg	1111	34.872	43	1		315	2678	
Zinc, Zn....mg	0.57	0.026	22	1		0.16	1.37	
Copper, Cu....mg	0.085	0.002	22	1		0.024	0.205	
Manganese, Mn....mg	0.315		2	1		0.089	0.759	
Selenium, Se....mcg	5.6	1.299	3	1		1.6	13.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.2	
Thiamin....mg	0.427	0.030	39	1		0.121	1.029	
Riboflavin....mg	0.272	0.026	39	1		0.077	0.656	
Niacin....mg	3.342	0.190	37	1		0.947	8.054	
Pantothenic acid....mg	0.480	0.079	20	1		0.136	1.157	
Vitamin B-6....mg	0.128	0.011	20	1		0.036	0.308	
Folate, total....mcg	105		0	4		30	253	
Folic acid....mcg	94		0	4		27	227	
Folate, food....mcg	11	0.918	13	1		3	27	
Folate, DFE....mcg_DFE	171		0	4		48	412	
Vitamin B-12....mcg	0.09		0	4		0.03	0.22	
Vitamin A, IU....IU	115	33.732	3	1		33	277	
Vitamin A, RE....mcg_RE	12		0	1		3	29	
Vitamin E....mg_ATE	1.649		0	4		0.467	3.974	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.091		0	4		0.876	7.449	
4:0....g	0.004		0	4		0.001	0.010	
6:0....g	0.003		0	4		0.001	0.007	
8:0....g	0.001		0	4		0.000	0.002	
10:0....g	0.003		0	4		0.001	0.007	
11:0....g								
12:0....g	0.004		0	4		0.001	0.010	
13:0....g								
14:0....g	0.070		0	4		0.020	0.169	
15:0....g								
16:0....g	1.607		0	4		0.456	3.873	
17:0....g								
18:0....g	1.393		0	4		0.395	3.357	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.719		0	4		1.905	16.193	
14:1....g								
15:1....g								

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

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	0.004		0	4		0.001	0.010	
17:1....g								
18:1 undifferentiated....g	6.714		0	4		1.903	16.181	
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	1.682		0	4		0.477	4.054	
18:2 undifferentiated....g	1.599		0	4		0.453	3.854	
18:3 undifferentiated....g	0.083		0	4		0.024	0.200	
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	2		0	4		1	5	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.071		0	1		0.020	0.171	
Threonine....g	0.224		0	1		0.064	0.540	
Isoleucine....g	0.254		0	1		0.072	0.612	
Leucine....g	0.632		0	1		0.179	1.523	
Lysine....g	0.198		0	1		0.056	0.477	
Methionine....g	0.133		0	1		0.038	0.321	
Cystine....g	0.132		0	1		0.037	0.318	
Phenylalanine....g	0.343		0	1		0.097	0.827	
Tyrosine....g	0.241		0	1		0.068	0.581	
Valine....g	0.320		0	1		0.091	0.771	
Arginine....g	0.302		0	1		0.086	0.728	
Histidine....g	0.177		0	1		0.050	0.427	
Alanine....g	0.336		0	1		0.095	0.810	
Aspartic acid....g	0.382		0	1		0.108	0.921	
Glutamic acid....g	1.847		0	1		0.524	4.451	
Glycine....g	0.254		0	1		0.072	0.612	
Proline....g	0.715		0	1		0.203	1.723	
Serine....g	0.336		0	1		0.095	0.810	
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 = 28.350g: 1 oz

Measure 2 = 241.000g: 1 package (8.5 oz)

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

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

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	31.90		0	1		9.04	19.14	
Energy....kcal	314		0	4		89	188	
Energy....kj	1314			4		372	788	
Protein....g	7.20		0	1		2.04	4.32	
Total lipid (fat)....g	10.00		0	1		2.84	6.00	
Ash....g	2.70		0	1		0.77	1.62	
Carbohydrate, by difference....g	48.10		0	4		13.64	28.86	
Fiber, total dietary....g	2.4		0	1		0.7	1.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	73		0	1		21	44	
Iron, Fe....mg	1.90		0	1		0.54	1.14	
Magnesium, Mg....mg	20		0	1		6	12	
Phosphorus, P....mg	376		0	1		107	226	
Potassium, K....mg	128		0	1		36	77	
Sodium, Na....mg	778		0	1		221	467	
Zinc, Zn....mg	0.63		0	1		0.18	0.38	
Copper, Cu....mg	0.061		0	1		0.017	0.037	
Manganese, Mn....mg	0.216		0	1		0.061	0.130	
Selenium, Se....mcg	9.9	0.531	3	1		2.8	5.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.0	0.1	
Thiamin....mg	0.244		0	1		0.069	0.146	
Riboflavin....mg	0.270		0	1		0.077	0.162	
Niacin....mg	2.057		0	1		0.583	1.234	
Pantothenic acid....mg	0.441		0	1		0.125	0.265	
Vitamin B-6....mg	0.104		0	1		0.029	0.062	
Folate, total....mcg	55		0	4		16	33	
Folic acid....mcg	44		0	4		12	26	
Folate, food....mcg	11		0	1		3	7	
Folate, DFE....mcg_DFE	86		0	4		24	51	
Vitamin B-12....mcg	0.16		0	1		0.05	0.10	
Vitamin A, IU....IU	205		0	1		58	123	
Vitamin A, RE....mcg_RE	44		0	1		12	26	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.739		0	1		0.777	1.643	
4:0....g	0.016		0	1		0.005	0.010	
6:0....g	0.010		0	1		0.003	0.006	
8:0....g	0.006		0	1		0.002	0.004	
10:0....g	0.013		0	1		0.004	0.008	
11:0....g								
12:0....g	0.015		0	1		0.004	0.009	
13:0....g								
14:0....g	0.094		0	1		0.027	0.056	
15:0....g								
16:0....g	1.476		0	1		0.418	0.886	
17:0....g								
18:0....g	1.101		0	1		0.312	0.661	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.140		0	1		1.457	3.084	
14:1....g								
15:1....g								

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

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	0.053		0	1		0.015	0.032	
17:1....g								
18:1 undifferentiated....g	5.081		0	1		1.440	3.049	
20:1....g	0.004		0	1		0.001	0.002	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.224		0	1		0.347	0.734	
18:2 undifferentiated....g	1.135		0	1		0.322	0.681	
18:3 undifferentiated....g	0.063		0	1		0.018	0.038	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.020		0	1		0.006	0.012	
20:5 n-3....g	0.001		0	1		0.000	0.001	
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.005		0	1		0.001	0.003	
Fatty acids, total trans....g								
Cholesterol....mg	61		0	1		17	37	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.079		0	1		0.022	0.047	
Threonine....g	0.267		0	1		0.076	0.160	
Isoleucine....g	0.310		0	1		0.088	0.186	
Leucine....g	0.646		0	1		0.183	0.388	
Lysine....g	0.317		0	1		0.090	0.190	
Methionine....g	0.163		0	1		0.046	0.098	
Cystine....g	0.136		0	1		0.039	0.082	
Phenylalanine....g	0.359		0	1		0.102	0.215	
Tyrosine....g	0.269		0	1		0.076	0.161	
Valine....g	0.371		0	1		0.105	0.223	
Arginine....g	0.334		0	1		0.095	0.200	
Histidine....g	0.181		0	1		0.051	0.109	
Alanine....g	0.349		0	1		0.099	0.209	
Aspartic acid....g	0.488		0	1		0.138	0.293	
Glutamic acid....g	1.625		0	1		0.461	0.975	
Glycine....g	0.245		0	1		0.069	0.147	
Proline....g	0.621		0	1		0.176	0.373	
Serine....g	0.396		0	1		0.112	0.238	
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 = 28.350g: 1 oz

Measure 2 = 60.000g: 1 piece

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	39.10		0	1		11.08	25.42	
Energy....kcal	266		0	4		75	173	
Energy....kj	1113			4		316	723	
Protein (N x 0)....g	6.70		0	1		1.90	4.36	
Total lipid (fat)....g	7.10		0	1		2.01	4.62	
Ash....g	3.60		0	1		1.02	2.34	
Carbohydrate, by difference....g	43.50		0	4		12.33	28.28	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	249		0	1		71	162	
Iron, Fe....mg	2.50		0	1		0.71	1.63	
Magnesium, Mg....mg	25		0	1		7	16	
Phosphorus, P....mg	169		0	1		48	110	
Potassium, K....mg	147		0	1		42	96	
Sodium, Na....mg	658		0	1		187	428	
Zinc, Zn....mg	0.60		0	1		0.17	0.39	
Copper, Cu....mg	0.051		0	1		0.014	0.033	
Manganese, Mn....mg	0.118		0	1		0.033	0.077	
Selenium, Se....mcg	10.1		0	4		2.9	6.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	1		0.1	0.2	
Thiamin....mg	0.291		0	1		0.082	0.189	
Riboflavin....mg	0.294		0	1		0.083	0.191	
Niacin....mg	2.254		0	1		0.639	1.465	
Pantothenic acid....mg	0.339		0	1		0.096	0.220	
Vitamin B-6....mg	0.113		0	1		0.032	0.073	
Folate, total....mcg	64		0	4		18	42	
Folic acid....mcg	45		0	4		13	29	
Folate, food....mcg	19		0	1		5	12	
Folate, DFE....mcg_DFE	96		0	4		27	62	
Vitamin B-12....mcg	0.15		0	1		0.04	0.10	
Vitamin A, IU....IU	277		0	1		79	180	
Vitamin A, RE....mcg_RE	54		0	1		15	35	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.555		0	1		0.441	1.011	
4:0....g	0.027		0	1		0.008	0.018	
6:0....g	0.016		0	1		0.005	0.010	
8:0....g	0.010		0	1		0.003	0.007	
10:0....g	0.021		0	1		0.006	0.014	
11:0....g								
12:0....g	0.025		0	1		0.007	0.016	
13:0....g								
14:0....g	0.093		0	1		0.026	0.060	
15:0....g								
16:0....g	0.991		0	1		0.281	0.644	
17:0....g								
18:0....g	0.362		0	1		0.103	0.235	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.830		0	1		0.519	1.190	
14:1....g								
15:1....g								

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

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	0.056		0	1		0.016	0.036	
17:1....g								
18:1 undifferentiated....g	1.759		0	1		0.499	1.143	
20:1....g	0.012		0	1		0.003	0.008	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.206		0	1		0.909	2.084	
18:2 undifferentiated....g	2.841		0	1		0.805	1.847	
18:3 undifferentiated....g	0.349		0	1		0.099	0.227	
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	0.012		0	1		0.003	0.008	
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	0.003		0	1		0.001	0.002	
Fatty acids, total trans....g								
Cholesterol....mg	40		0	1		11	26	
Phytosterols....mg	12		0	1		3	8	
Amino Acids:								
Tryptophan....g	0.067		0	1		0.019	0.044	
Threonine....g	0.259		0	1		0.073	0.168	
Isoleucine....g	0.290		0	1		0.082	0.189	
Leucine....g	0.678		0	1		0.192	0.441	
Lysine....g	0.296		0	1		0.084	0.192	
Methionine....g	0.152		0	1		0.043	0.099	
Cystine....g	0.117		0	1		0.033	0.076	
Phenylalanine....g	0.330		0	1		0.094	0.215	
Tyrosine....g	0.268		0	1		0.076	0.174	
Valine....g	0.357		0	1		0.101	0.232	
Arginine....g	0.312		0	1		0.088	0.203	
Histidine....g	0.181		0	1		0.051	0.118	
Alanine....g	0.372		0	1		0.105	0.242	
Aspartic acid....g	0.472		0	1		0.134	0.307	
Glutamic acid....g	1.376		0	1		0.390	0.894	
Glycine....g	0.231		0	1		0.065	0.150	
Proline....g	0.571		0	1		0.162	0.371	
Serine....g	0.356		0	1		0.101	0.231	
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 = 28.350g: 1 oz

Measure 2 = 65.000g: 1 piece

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

Food Group: 18 Baked Products

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

NDB No. 18025
Bread, cracked-wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	35.80	0.436	23	1		10.15	1.15	10.74
Energy....kcal	260		0	4		74	8	78
Energy....kj	1088			4		308	35	326
Protein (N x 5.8)....g	8.70	0.159	27	1		2.47	0.28	2.61
Total lipid (fat)....g	3.90	0.171	27	1		1.11	0.12	1.17
Ash....g	2.10	0.059	19	1		0.60	0.07	0.63
Carbohydrate, by difference....g	49.50		0	4		14.03	1.58	14.85
Fiber, total dietary....g	5.5		0	1		1.6	0.2	1.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	43	5.290	27	1		12	1	13
Iron, Fe....mg	2.81	0.185	26	1		0.80	0.09	0.84
Magnesium, Mg....mg	52	2.764	13	1		15	2	16
Phosphorus, P....mg	153	5.092	13	1		43	5	46
Potassium, K....mg	177	6.187	15	1		50	6	53
Sodium, Na....mg	538	11.700	21	1		153	17	161
Zinc, Zn....mg	1.24	0.065	13	1		0.35	0.04	0.37
Copper, Cu....mg	0.222	0.009	13	1		0.063	0.007	0.067
Manganese, Mn....mg	1.371	0.089	13	1		0.389	0.044	0.411
Selenium, Se....mcg	25.3	0.970	3	1		7.2	0.8	7.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.358	0.019	26	1		0.101	0.011	0.107
Riboflavin....mg	0.240	0.016	26	1		0.068	0.008	0.072
Niacin....mg	3.671	0.188	26	1		1.041	0.117	1.101
Pantothenic acid....mg	0.512	0.032	16	1		0.145	0.016	0.154
Vitamin B-6....mg	0.304	0.202	14	1		0.086	0.010	0.091
Folate, total....mcg	61		0	4		17	2	18
Folic acid....mcg	22		0	4		6	1	7
Folate, food....mcg	39	3.367	11	1		11	1	12
Folate, DFE....mcg_DFE	76		0	4		22	2	23
Vitamin B-12....mcg	0.02		0	4		0.01	0.00	0.01
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	0.586		0	4		0.166	0.019	0.176
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.916		0	1		0.260	0.029	0.275
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	0.001		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.017		0	1		0.005	0.001	0.005
15:0....g								
16:0....g	0.509		0	1		0.144	0.016	0.153
17:0....g								
18:0....g	0.386		0	1		0.109	0.012	0.116
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.902		0	1		0.539	0.061	0.571
14:1....g								
15:1....g								

NDB No. 18025
Bread, cracked-wheat

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	0.011		0	1		0.003	0.000	0.003
17:1....g								
18:1 undifferentiated....g	1.892		0	1		0.536	0.061	0.568
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	0.682		0	1		0.193	0.022	0.205
18:2 undifferentiated....g	0.648		0	1		0.184	0.021	0.194
18:3 undifferentiated....g	0.033		0	1		0.009	0.001	0.010
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	0.112		0	1		0.032	0.004	0.034
Threonine....g	0.261		0	1		0.074	0.008	0.078
Isoleucine....g	0.338		0	1		0.096	0.011	0.101
Leucine....g	0.606		0	1		0.172	0.019	0.182
Lysine....g	0.244		0	1		0.069	0.008	0.073
Methionine....g	0.148		0	1		0.042	0.005	0.044
Cystine....g	0.190		0	1		0.054	0.006	0.057
Phenylalanine....g	0.419		0	1		0.119	0.013	0.126
Tyrosine....g	0.253		0	1		0.072	0.008	0.076
Valine....g	0.387		0	1		0.110	0.012	0.116
Arginine....g	0.348		0	1		0.099	0.011	0.104
Histidine....g	0.193		0	1		0.055	0.006	0.058
Alanine....g	0.306		0	1		0.087	0.010	0.092
Aspartic acid....g	0.433		0	1		0.123	0.014	0.130
Glutamic acid....g	2.770		0	1		0.785	0.089	0.831
Glycine....g	0.321		0	1		0.091	0.010	0.096
Proline....g	0.922		0	1		0.261	0.030	0.277
Serine....g	0.417		0	1		0.118	0.013	0.125
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 = 28.350g: 1 oz

Measure 2 = 3.200g: 1 cubic inch

Measure 3 = 30.000g: 1 slice, large or thick

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18027
Bread, egg

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	34.70		0	1		9.84	13.88	
Energy....kcal	287		0	4		81	115	
Energy....kj	1201			4		340	480	
Protein (N x 0)....g	9.50		0	1		2.69	3.80	
Total lipid (fat)....g	6.00		0	1		1.70	2.40	
Ash....g	1.80		0	1		0.51	0.72	
Carbohydrate, by difference....g	47.80		0	4		13.55	19.12	
Fiber, total dietary....g	2.3		0	4		0.7	0.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	93		0	1		26	37	
Iron, Fe....mg	3.04		0	1		0.86	1.22	
Magnesium, Mg....mg	19		0	1		5	8	
Phosphorus, P....mg	106		0	1		30	42	
Potassium, K....mg	115		0	1		33	46	
Sodium, Na....mg	492		0	1		139	197	
Zinc, Zn....mg	0.79		0	1		0.22	0.32	
Copper, Cu....mg	0.162		0	1		0.046	0.065	
Manganese, Mn....mg	0.500		0	1		0.142	0.200	
Selenium, Se....mcg	30.1		0	4		8.5	12.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.438		0	1		0.124	0.175	
Riboflavin....mg	0.436		0	1		0.124	0.174	
Niacin....mg	4.848		0	1		1.374	1.939	
Pantothenic acid....mg	0.282		0	1		0.080	0.113	
Vitamin B-6....mg	0.064		0	1		0.018	0.026	
Folate, total....mcg	105		0	4		30	42	
Folic acid....mcg	35		0	4		10	14	
Folate, food....mcg	70		0	1		20	28	
Folate, DFE....mcg_DFE	130		0	4		37	52	
Vitamin B-12....mcg	0.10		0	1		0.03	0.04	
Vitamin A, IU....IU	76		0	1		22	30	
Vitamin A, RE....mcg_RE	23		0	1		7	9	
Vitamin E....mg_ATE	0.594		0	4		0.168	0.238	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.593		0	4		0.452	0.637	
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	0.001		0	4		0.000	0.000	
10:0....g	0.001		0	4		0.000	0.000	
11:0....g								
12:0....g	0.001		0	4		0.000	0.000	
13:0....g								
14:0....g	0.020		0	4		0.006	0.008	
15:0....g								
16:0....g	1.082		0	4		0.307	0.433	
17:0....g								
18:0....g	0.463		0	4		0.131	0.185	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.302		0	4		0.653	0.921	
14:1....g								
15:1....g								

NDB No. 18027
Bread, egg

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	0.108		0	4		0.031	0.043	
17:1....g								
18:1 undifferentiated....g	2.182		0	4		0.619	0.873	
20:1....g	0.009		0	4		0.003	0.004	
22:1 undifferentiated....g	0.001		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.106		0	4		0.314	0.442	
18:2 undifferentiated....g	0.998		0	4		0.283	0.399	
18:3 undifferentiated....g	0.048		0	4		0.014	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	0.046		0	4		0.013	0.018	
20:5 n-3....g	0.001		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	0.012		0	4		0.003	0.005	
Fatty acids, total trans....g								
Cholesterol....mg	51		0	1		14	20	
Phytosterols....mg	7		0	4		2	3	
Amino Acids:								
Tryptophan....g	0.112		0	1		0.032	0.045	
Threonine....g	0.306		0	1		0.087	0.122	
Isoleucine....g	0.394		0	1		0.112	0.158	
Leucine....g	0.692		0	1		0.196	0.277	
Lysine....g	0.311		0	1		0.088	0.124	
Methionine....g	0.189		0	1		0.054	0.076	
Cystine....g	0.208		0	1		0.059	0.083	
Phenylalanine....g	0.475		0	1		0.135	0.190	
Tyrosine....g	0.292		0	1		0.083	0.117	
Valine....g	0.443		0	1		0.126	0.177	
Arginine....g	0.385		0	1		0.109	0.154	
Histidine....g	0.210		0	1		0.060	0.084	
Alanine....g	0.356		0	1		0.101	0.142	
Aspartic acid....g	0.522		0	1		0.148	0.209	
Glutamic acid....g	2.856		0	1		0.810	1.142	
Glycine....g	0.336		0	1		0.095	0.134	
Proline....g	0.947		0	1		0.268	0.379	
Serine....g	0.501		0	1		0.142	0.200	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0			4		0	0	
Theobromine....mg	0			4		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 = 28.350g: 1 oz

Measure 2 = 40.000g: 1 slice (5" x 3" x 1/2")

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18028
Bread, egg, toasted

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	28.30		0	1		8.02	10.47	
Energy....kcal	315		0	4		89	117	
Energy....kj	1318			4		374	488	
Protein (N x 0)....g	10.50		0	1		2.98	3.89	
Total lipid (fat)....g	6.60		0	1		1.87	2.44	
Ash....g	2.00		0	1		0.57	0.74	
Carbohydrate, by difference....g	52.60		0	4		14.91	19.46	
Fiber, total dietary....g	2.5		0	4		0.7	0.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	102		0	1		29	38	
Iron, Fe....mg	3.34		0	1		0.95	1.24	
Magnesium, Mg....mg	21		0	1		6	8	
Phosphorus, P....mg	117		0	1		33	43	
Potassium, K....mg	126		0	1		36	47	
Sodium, Na....mg	540		0	1		153	200	
Zinc, Zn....mg	0.86		0	1		0.24	0.32	
Copper, Cu....mg	0.178		0	1		0.050	0.066	
Manganese, Mn....mg	0.549		0	1		0.156	0.203	
Selenium, Se....mcg	32.9		0	4		9.3	12.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.385		0	1		0.109	0.142	
Riboflavin....mg	0.432		0	1		0.122	0.160	
Niacin....mg	4.795		0	1		1.359	1.774	
Pantothenic acid....mg	0.202		0	1		0.057	0.075	
Vitamin B-6....mg	0.064		0	1		0.018	0.024	
Folate, total....mcg	89		0	4		25	33	
Folic acid....mcg	35		0	4		10	13	
Folate, food....mcg	54		0	1		15	20	
Folate, DFE....mcg_DFE	114		0	4		32	42	
Vitamin B-12....mcg	0.11		0	1		0.03	0.04	
Vitamin A, IU....IU	75		0	1		21	28	
Vitamin A, RE....mcg_RE	23		0	1		7	9	
Vitamin E....mg_ATE	0.851		0	4		0.241	0.315	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.616		0	1		0.458	0.598	
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	0.001		0	1		0.000	0.000	
13:0....g								
14:0....g	0.025		0	1		0.007	0.009	
15:0....g								
16:0....g	0.972		0	1		0.276	0.360	
17:0....g								
18:0....g	0.601		0	1		0.170	0.222	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.989		0	1		0.847	1.106	
14:1....g								
15:1....g								

NDB No. 18028
Bread, egg, toasted

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	0.072		0	1		0.020	0.027	
17:1....g								
18:1 undifferentiated....g	2.911		0	1		0.825	1.077	
20:1....g	0.004		0	1		0.001	0.001	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.149		0	1		0.326	0.425	
18:2 undifferentiated....g	1.067		0	1		0.302	0.395	
18:3 undifferentiated....g	0.057		0	1		0.016	0.021	
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	0.019		0	1		0.005	0.007	
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	0.005		0	1		0.001	0.002	
Fatty acids, total trans....g								
Cholesterol....mg	56		0	1		16	21	
Phytosterols....mg	8		0	1		2	3	
Amino Acids:								
Tryptophan....g	0.123		0	1		0.035	0.046	
Threonine....g	0.336		0	1		0.095	0.124	
Isoleucine....g	0.433		0	1		0.123	0.160	
Leucine....g	0.760		0	1		0.215	0.281	
Lysine....g	0.342		0	1		0.097	0.127	
Methionine....g	0.208		0	1		0.059	0.077	
Cystine....g	0.229		0	1		0.065	0.085	
Phenylalanine....g	0.522		0	1		0.148	0.193	
Tyrosine....g	0.321		0	1		0.091	0.119	
Valine....g	0.487		0	1		0.138	0.180	
Arginine....g	0.423		0	1		0.120	0.157	
Histidine....g	0.230		0	1		0.065	0.085	
Alanine....g	0.391		0	1		0.111	0.145	
Aspartic acid....g	0.574		0	1		0.163	0.212	
Glutamic acid....g	3.139		0	1		0.890	1.161	
Glycine....g	0.370		0	1		0.105	0.137	
Proline....g	1.041		0	1		0.295	0.385	
Serine....g	0.551		0	1		0.156	0.204	
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 = 28.350g: 1 oz

Measure 2 = 37.000g: 1 slice (5" x 3" x 1/2")

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	34.30	0.725	33	1		10.98	21.95	32.93
Energy....kcal	274		0	4		88	175	263
Energy....kj	1146			4		367	734	1101
Protein (N x 5.7)....g	8.80	0.127	63	1		2.82	5.63	8.45
Total lipid (fat)....g	3.00	0.090	63	1		0.96	1.92	2.88
Ash....g	2.00	0.054	24	1		0.64	1.28	1.92
Carbohydrate, by difference....g	51.90		0	4		16.61	33.22	49.82
Fiber, total dietary....g	3.0		0	1		1.0	1.9	2.9
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	75	2.662	64	1		24	48	72
Iron, Fe....mg	2.53	0.064	60	1		0.81	1.62	2.43
Magnesium, Mg....mg	27	1.295	16	1		9	17	26
Phosphorus, P....mg	105	4.246	13	1		34	67	101
Potassium, K....mg	113	3.926	22	1		36	72	108
Sodium, Na....mg	609	9.932	37	1		195	390	585
Zinc, Zn....mg	0.87	0.042	16	1		0.28	0.56	0.84
Copper, Cu....mg	0.191	0.010	16	1		0.061	0.122	0.183
Manganese, Mn....mg	0.508	0.019	15	1		0.163	0.325	0.488
Selenium, Se....mcg	31.5	3.776	10	1		10.1	20.2	30.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.520	0.009	65	1		0.166	0.333	0.499
Riboflavin....mg	0.329	0.009	65	1		0.105	0.211	0.316
Niacin....mg	4.749	0.056	62	1		1.520	3.039	4.559
Pantothenic acid....mg	0.387	0.023	15	1		0.124	0.248	0.372
Vitamin B-6....mg	0.043	0.004	16	1		0.014	0.028	0.041
Folate, total....mcg	95		0	4		30	61	91
Folic acid....mcg	64		0	4		20	41	61
Folate, food....mcg	31	2.273	11	1		10	20	30
Folate, DFE....mcg_DFE	140		0	4		45	89	134
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.282		0	4		0.090	0.180	0.271
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.641		0	4		0.205	0.410	0.615
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	0.010		0	4		0.003	0.006	0.010
15:0....g								
16:0....g	0.387		0	4		0.124	0.248	0.372
17:0....g								
18:0....g	0.244		0	4		0.078	0.156	0.234
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.215		0	4		0.389	0.778	1.166
14:1....g								
15:1....g								

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

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	0.009		0	4		0.003	0.006	0.009
17:1....g								
18:1 undifferentiated....g	1.206		0	4		0.386	0.772	1.158
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	0.693		0	4		0.222	0.444	0.665
18:2 undifferentiated....g	0.660		0	4		0.211	0.422	0.634
18:3 undifferentiated....g	0.033		0	4		0.011	0.021	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	0.094	5	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.102		0	1		0.033	0.065	0.098
Threonine....g	0.248		0	1		0.079	0.159	0.238
Isoleucine....g	0.338		0	1		0.108	0.216	0.324
Leucine....g	0.616		0	1		0.197	0.394	0.591
Lysine....g	0.205		0	1		0.066	0.131	0.197
Methionine....g	0.158		0	1		0.051	0.101	0.152
Cystine....g	0.192		0	1		0.061	0.123	0.184
Phenylalanine....g	0.436		0	1		0.140	0.279	0.419
Tyrosine....g	0.250		0	1		0.080	0.160	0.240
Valine....g	0.382		0	1		0.122	0.244	0.367
Arginine....g	0.320		0	1		0.102	0.205	0.307
Histidine....g	0.191		0	1		0.061	0.122	0.183
Alanine....g	0.290		0	1		0.093	0.186	0.278
Aspartic acid....g	0.392		0	1		0.125	0.251	0.376
Glutamic acid....g	2.987		0	1		0.956	1.912	2.868
Glycine....g	0.312		0	1		0.100	0.200	0.300
Proline....g	1.000		0	1		0.320	0.640	0.960
Serine....g	0.428		0	1		0.137	0.274	0.411
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0			7		0	0	0
Theobromine....mg	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 = 32.000g: 1 slice, small (2" x 2-1/2" x 1-3/4")

Measure 2 = 64.000g: 1 slice, medium (4" x 2-1/2" x 1-3/4")

Measure 3 = 96.000g: 1 slice, large (6" x 2-1/2" x 1-3/4")

Calories Factors: **Protein** 4 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	28.60		0	1		8.29	16.87	25.17
Energy....kcal	298		0	4		86	176	262
Energy....kj	1247			4		362	736	1097
Protein (N x 0)....g	9.60		0	1		2.78	5.66	8.45
Total lipid (fat)....g	3.30		0	1		0.96	1.95	2.90
Ash....g	2.20		0	1		0.64	1.30	1.94
Carbohydrate, by difference....g	56.40		0	4		16.36	33.28	49.63
Fiber, total dietary....g	3.3		0	4		1.0	1.9	2.9
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	81		0	1		23	48	71
Iron, Fe....mg	2.75		0	1		0.80	1.62	2.42
Magnesium, Mg....mg	30		0	1		9	18	26
Phosphorus, P....mg	114		0	1		33	67	100
Potassium, K....mg	122		0	1		35	72	107
Sodium, Na....mg	661		0	1		192	390	582
Zinc, Zn....mg	0.95		0	1		0.28	0.56	0.84
Copper, Cu....mg	0.208		0	1		0.060	0.123	0.183
Manganese, Mn....mg	0.552		0	1		0.160	0.326	0.486
Selenium, Se....mcg	34.2		0	4		9.9	20.2	30.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.452		0	1		0.131	0.267	0.398
Riboflavin....mg	0.322		0	1		0.093	0.190	0.283
Niacin....mg	4.645		0	1		1.347	2.741	4.088
Pantothenic acid....mg	0.273		0	1		0.079	0.161	0.240
Vitamin B-6....mg	0.042		0	1		0.012	0.025	0.037
Folate, total....mcg	81		0	4		23	48	71
Folic acid....mcg	57		0	4		17	34	50
Folate, food....mcg	24		0	1		7	14	21
Folate, DFE....mcg_DFE	121		0	4		35	71	106
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.257		0	4		0.075	0.152	0.226
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.696		0	1		0.202	0.411	0.612
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	0.011		0	1		0.003	0.006	0.010
15:0....g								
16:0....g	0.421		0	1		0.122	0.248	0.370
17:0....g								
18:0....g	0.265		0	1		0.077	0.156	0.233
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.321		0	1		0.383	0.779	1.162
14:1....g								
15:1....g								

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

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	0.010		0	1		0.003	0.006	0.009
17:1....g								
18:1 undifferentiated....g	1.311		0	1		0.380	0.773	1.154
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	0.753		0	1		0.218	0.444	0.663
18:2 undifferentiated....g	0.717		0	1		0.208	0.423	0.631
18:3 undifferentiated....g	0.036		0	1		0.010	0.021	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	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.111		0	1		0.032	0.065	0.098
Threonine....g	0.270		0	1		0.078	0.159	0.238
Isoleucine....g	0.368		0	1		0.107	0.217	0.324
Leucine....g	0.669		0	1		0.194	0.395	0.589
Lysine....g	0.223		0	1		0.065	0.132	0.196
Methionine....g	0.172		0	1		0.050	0.101	0.151
Cystine....g	0.209		0	1		0.061	0.123	0.184
Phenylalanine....g	0.474		0	1		0.137	0.280	0.417
Tyrosine....g	0.271		0	1		0.079	0.160	0.238
Valine....g	0.415		0	1		0.120	0.245	0.365
Arginine....g	0.347		0	1		0.101	0.205	0.305
Histidine....g	0.207		0	1		0.060	0.122	0.182
Alanine....g	0.315		0	1		0.091	0.186	0.277
Aspartic acid....g	0.427		0	1		0.124	0.252	0.376
Glutamic acid....g	3.247		0	1		0.942	1.916	2.857
Glycine....g	0.339		0	1		0.098	0.200	0.298
Proline....g	1.087		0	1		0.315	0.641	0.957
Serine....g	0.465		0	1		0.135	0.274	0.409
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0			7		0	0	0
Theobromine....mg	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 = 29.000g: 1 slice, small

Measure 2 = 59.000g: 1 slice, medium

Measure 3 = 88.000g: 1 slice, large

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

Food Group: 18 Baked Products

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

NDB No. 18031
Bread, indian (navajo) fry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	26.50		0	1		42.40	23.85	
Energy....kcal	329		0	4		526	296	
Energy....kj	1377			4		2202	1239	
Protein (N x 0)....g	7.10		0	1		11.36	6.39	
Total lipid (fat)....g	9.50		0	1		15.20	8.55	
Ash....g	3.70		0	1		5.92	3.33	
Carbohydrate, by difference....g	53.30		0	4		85.28	47.97	
Fiber, total dietary....g	1.8		0	4		2.9	1.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	233		0	1		373	210	
Iron, Fe....mg	3.60		0	1		5.76	3.24	
Magnesium, Mg....mg	16		0	1		26	14	
Phosphorus, P....mg	157		0	1		251	141	
Potassium, K....mg	74		0	1		118	67	
Sodium, Na....mg	695		0	1		1112	626	
Zinc, Zn....mg	0.50		0	1		0.80	0.45	
Copper, Cu....mg	0.102		0	1		0.163	0.092	
Manganese, Mn....mg	0.470		0	1		0.752	0.423	
Selenium, Se....mcg	23.3		0	4		37.3	21.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.430		0	1		0.688	0.387	
Riboflavin....mg	0.304		0	1		0.486	0.274	
Niacin....mg	3.636		0	1		5.818	3.272	
Pantothenic acid....mg	0.195		0	1		0.312	0.176	
Vitamin B-6....mg	0.027		0	1		0.043	0.024	
Folate, total....mcg	74		0	4		118	67	
Folic acid....mcg	61		0	4		98	55	
Folate, food....mcg	13		0	1		21	12	
Folate, DFE....mcg_DFE	117		0	4		187	105	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.772		0	4		1.235	0.695	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.313		0	4		3.701	2.082	
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	0.035		0	4		0.056	0.032	
15:0....g								
16:0....g	1.346		0	4		2.154	1.211	
17:0....g								
18:0....g	0.940		0	4		1.504	0.846	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.988		0	4		6.381	3.589	
14:1....g								
15:1....g								

NDB No. 18031
Bread, indian (navajo) fry

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	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	3.988		0	4		6.381	3.589	
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	2.588		0	4		4.141	2.329	
18:2 undifferentiated....g	2.431		0	4		3.890	2.188	
18:3 undifferentiated....g	0.156		0	4		0.250	0.140	
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	1		0	0	
Phytosterols....mg	15		0	1		24	14	
Amino Acids:								
Tryptophan....g	0.087		0	1		0.139	0.078	
Threonine....g	0.192		0	1		0.307	0.173	
Isoleucine....g	0.244		0	1		0.390	0.220	
Leucine....g	0.486		0	1		0.778	0.437	
Lysine....g	0.156		0	1		0.250	0.140	
Methionine....g	0.125		0	1		0.200	0.113	
Cystine....g	0.150		0	1		0.240	0.135	
Phenylalanine....g	0.356		0	1		0.570	0.320	
Tyrosine....g	0.213		0	1		0.341	0.192	
Valine....g	0.284		0	1		0.454	0.256	
Arginine....g	0.285		0	1		0.456	0.257	
Histidine....g	0.157		0	1		0.251	0.141	
Alanine....g	0.227		0	1		0.363	0.204	
Aspartic acid....g	0.298		0	1		0.477	0.268	
Glutamic acid....g	2.380		0	1		3.808	2.142	
Glycine....g	0.254		0	1		0.406	0.229	
Proline....g	0.819		0	1		1.310	0.737	
Serine....g	0.353		0	1		0.565	0.318	
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 = 160.000g: 1 piece (10-1/2" dia)

Measure 2 = 90.000g: 1 piece (5" dia)

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

Food Group: 18 Baked Products

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

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

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	30.10		0	1		8.53		
Energy	kcal	290		0	4		82		
Energy	kj	1213			4		344		
Protein	g	6.60		0	1		1.87		
Total lipid (fat)	g	5.00		0	1		1.42		
Ash	g	1.90		0	1		0.54		
Carbohydrate, by difference	g	56.00		0	4		15.88		
Fiber, total dietary	g	2.6		0	4		0.7		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	81		0	1		23		
Iron, Fe	mg	2.69		0	1		0.76		
Magnesium, Mg	mg	23		0	1		7		
Phosphorus, P	mg	114		0	1		32		
Potassium, K	mg	266		0	1		75		
Sodium, Na	mg	398		0	1		113		
Zinc, Zn	mg	0.57		0	1		0.16		
Copper, Cu	mg	0.130		0	1		0.037		
Manganese, Mn	mg	0.355		0	1		0.101		
Selenium, Se	mcg	16.0		0	4		4.5		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.8		0	1		0.2		
Thiamin	mg	0.298		0	1		0.084		
Riboflavin	mg	0.269		0	1		0.076		
Niacin	mg	2.405		0	1		0.682		
Pantothenic acid	mg	0.250		0	1		0.071		
Vitamin B-6	mg	0.083		0	1		0.024		
Folate, total	mcg	47		0	4		13		
Folic acid	mcg	37		0	4		10		
Folate, food	mcg	10		0	1		3		
Folate, DFE	mcg_DFE	73		0	4		21		
Vitamin B-12	mcg	0.05		0	1		0.01		
Vitamin A, IU	IU	194		0	1		55		
Vitamin A, RE	mcg_RE	50		0	1		14		
Vitamin E	mg_ATE	1.057		0	4		0.300		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	1.111		0	1		0.315		
4:0	g	0.008		0	1		0.002		
6:0	g	0.005		0	1		0.001		
8:0	g	0.003		0	1		0.001		
10:0	g	0.006		0	1		0.002		
11:0	g								
12:0	g	0.007		0	1		0.002		
13:0	g								
14:0	g	0.036		0	1		0.010		
15:0	g								
16:0	g	0.698		0	1		0.198		
17:0	g								
18:0	g	0.342		0	1		0.097		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	1.999		0	1		0.567		
14:1	g								
15:1	g								

NDB No. 18032
Bread, irish soda, prepared from 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
16:1 undifferentiated....g	0.018		0	1		0.005		
17:1....g								
18:1 undifferentiated....g	1.976		0	1		0.560		
20:1....g	0.001		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.478		0	1		0.419		
18:2 undifferentiated....g	1.396		0	1		0.396		
18:3 undifferentiated....g	0.074		0	1		0.021		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.006		0	1		0.002		
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	0.002		0	1		0.001		
Fatty acids, total trans....g								
Cholesterol....mg	18		0	1		5		
Phytosterols....mg	13		0	1		4		
Amino Acids:								
Tryptophan....g	0.072		0	1		0.020		
Threonine....g	0.201		0	1		0.057		
Isoleucine....g	0.234		0	1		0.066		
Leucine....g	0.436		0	1		0.124		
Lysine....g	0.219		0	1		0.062		
Methionine....g	0.138		0	1		0.039		
Cystine....g	0.122		0	1		0.035		
Phenylalanine....g	0.300		0	1		0.085		
Tyrosine....g	0.201		0	1		0.057		
Valine....g	0.283		0	1		0.080		
Arginine....g	0.290		0	1		0.082		
Histidine....g	0.159		0	1		0.045		
Alanine....g	0.226		0	1		0.064		
Aspartic acid....g	0.390		0	1		0.111		
Glutamic acid....g	1.825		0	1		0.517		
Glycine....g	0.188		0	1		0.053		
Proline....g	0.597		0	1		0.169		
Serine....g	0.296		0	1		0.084		
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 = 28.350g: 1 oz

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

Food Group: 18 Baked Products

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

NDB No. 18033
Bread, italian

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	35.70	0.632	36	1		10.12	10.71	7.14
Energy....kcal	271		0	4		77	81	54
Energy....kj	1134			4		321	340	227
Protein (N x 5.7)....g	8.80	0.196	38	1		2.49	2.64	1.76
Total lipid (fat)....g	3.50	0.124	38	1		0.99	1.05	0.70
Ash....g	1.90	0.047	35	1		0.54	0.57	0.38
Carbohydrate, by difference....g	50.00		0	4		14.18	15.00	10.00
Fiber, total dietary....g	2.7		0	1		0.8	0.8	0.5
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	78	4.522	37	1		22	23	16
Iron, Fe....mg	2.94	0.128	35	1		0.83	0.88	0.59
Magnesium, Mg....mg	27	1.670	11	1		8	8	5
Phosphorus, P....mg	103	5.156	11	1		29	31	21
Potassium, K....mg	110	2.870	13	1		31	33	22
Sodium, Na....mg	584	29.851	17	1		166	175	117
Zinc, Zn....mg	0.86	0.080	13	1		0.24	0.26	0.17
Copper, Cu....mg	0.191	0.010	11	1		0.054	0.057	0.038
Manganese, Mn....mg	0.464	0.021	10	1		0.132	0.139	0.093
Selenium, Se....mcg	27.2	2.578	7	1		7.7	8.2	5.4
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.473	0.014	27	1		0.134	0.142	0.095
Riboflavin....mg	0.292	0.014	27	1		0.083	0.088	0.058
Niacin....mg	4.381	0.140	27	1		1.242	1.314	0.876
Pantothenic acid....mg	0.378	0.014	11	1		0.107	0.113	0.076
Vitamin B-6....mg	0.048	0.003	11	1		0.014	0.014	0.010
Folate, total....mcg	95		0	4		27	29	19
Folic acid....mcg	65		0	4		18	20	13
Folate, food....mcg	30	2.014	11	1		9	9	6
Folate, DFE....mcg_DFE	141		0	4		40	42	28
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.357		0	4		0.101	0.107	0.071
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.855		0	1		0.242	0.257	0.171
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	0.011		0	1		0.003	0.003	0.002
15:0....g								
16:0....g	0.712		0	1		0.202	0.214	0.142
17:0....g								
18:0....g	0.131		0	1		0.037	0.039	0.026
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.812		0	1		0.230	0.244	0.162
14:1....g								
15:1....g								

NDB No. 18033
Bread, italian

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	0.013		0	1		0.004	0.004	0.003
17:1....g								
18:1 undifferentiated....g	0.799		0	1		0.227	0.240	0.160
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	1.390		0	1		0.394	0.417	0.278
18:2 undifferentiated....g	1.290		0	1		0.366	0.387	0.258
18:3 undifferentiated....g	0.100		0	1		0.028	0.030	0.020
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								
Amino Acids:								
Tryptophan....g	0.103		0	1		0.029	0.031	0.021
Threonine....g	0.245		0	1		0.069	0.074	0.049
Isoleucine....g	0.333		0	1		0.094	0.100	0.067
Leucine....g	0.614		0	1		0.174	0.184	0.123
Lysine....g	0.197		0	1		0.056	0.059	0.039
Methionine....g	0.156		0	1		0.044	0.047	0.031
Cystine....g	0.193		0	1		0.055	0.058	0.039
Phenylalanine....g	0.433		0	1		0.123	0.130	0.087
Tyrosine....g	0.248		0	1		0.070	0.074	0.050
Valine....g	0.376		0	1		0.107	0.113	0.075
Arginine....g	0.316		0	1		0.090	0.095	0.063
Histidine....g	0.188		0	1		0.053	0.056	0.038
Alanine....g	0.284		0	1		0.081	0.085	0.057
Aspartic acid....g	0.379		0	1		0.107	0.114	0.076
Glutamic acid....g	2.990		0	1		0.848	0.897	0.598
Glycine....g	0.307		0	1		0.087	0.092	0.061
Proline....g	1.004		0	1		0.285	0.301	0.201
Serine....g	0.426		0	1		0.121	0.128	0.085
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0			4		0	0	0
Theobromine....mg	0			4		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 = 28.350g: 1 oz

Measure 2 = 30.000g: 1 slice, large (4-1/2" x 3-1/4" x 3/4")

Measure 3 = 20.000g: 1 slice, medium

Calories Factors: **Protein** 4 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	37.70	0.155	97	1		10.69	12.06	9.80
Energy....kcal	250		0	4		71	80	65
Energy....kj	1046			4		297	335	272
Protein (N x 5.8)....g	10.00	0.090	140	1		2.84	3.20	2.60
Total lipid (fat)....g	3.80	0.083	133	1		1.08	1.22	0.99
Ash....g	2.20	0.025	97	1		0.62	0.70	0.57
Carbohydrate, by difference....g	46.40		0	4		13.15	14.85	12.06
Fiber, total dietary....g	6.4		0	1		1.8	2.0	1.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	91	3.088	173	1		26	29	24
Iron, Fe....mg	3.47	0.093	168	1		0.98	1.11	0.90
Magnesium, Mg....mg	53	2.283	35	1		15	17	14
Phosphorus, P....mg	176	8.422	16	1		50	56	46
Potassium, K....mg	204	10.192	16	1		58	65	53
Sodium, Na....mg	487	11.408	39	1		138	156	127
Zinc, Zn....mg	1.27	0.039	36	1		0.36	0.41	0.33
Copper, Cu....mg	0.254	0.013	19	1		0.072	0.081	0.066
Manganese, Mn....mg	1.485	0.120	15	1		0.421	0.475	0.386
Selenium, Se....mcg	29.5		0	4		8.4	9.4	7.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3	0.238	3	1		0.1	0.1	0.1
Thiamin....mg	0.407	0.012	134	1		0.115	0.130	0.106
Riboflavin....mg	0.342	0.011	141	1		0.097	0.109	0.089
Niacin....mg	4.365	0.128	135	1		1.237	1.397	1.135
Pantothenic acid....mg	0.512	0.031	22	1		0.145	0.164	0.133
Vitamin B-6....mg	0.333	0.211	17	1		0.094	0.107	0.087
Folate, total....mcg	80		0	4		23	26	21
Folic acid....mcg	32		0	4		9	10	8
Folate, food....mcg	48	4.599	13	1		14	15	12
Folate, DFE....mcg_DFE	102		0	4		29	33	27
Vitamin B-12....mcg	0.07		1	1		0.02	0.02	0.02
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	0.657		0	4		0.186	0.210	0.171
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.807		0	4		0.229	0.258	0.210
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	0.001		0	4		0.000	0.000	0.000
13:0....g								
14:0....g	0.014		0	4		0.004	0.004	0.004
15:0....g								
16:0....g	0.515		0	4		0.146	0.165	0.134
17:0....g								
18:0....g	0.275		0	4		0.078	0.088	0.072
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.524		0	4		0.432	0.488	0.396
14:1....g								
15:1....g								

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

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	0.018		0	4		0.005	0.006	0.005
17:1....g								
18:1 undifferentiated....g	1.505		0	4		0.427	0.482	0.391
20:1....g	0.002		0	4		0.001	0.001	0.001
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.923		0	4		0.262	0.295	0.240
18:2 undifferentiated....g	0.864		0	4		0.245	0.276	0.225
18:3 undifferentiated....g	0.058		0	4		0.016	0.019	0.015
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	0.001		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	0.135	11	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.131		0	1		0.037	0.042	0.034
Threonine....g	0.309		0	1		0.088	0.099	0.080
Isoleucine....g	0.388		0	1		0.110	0.124	0.101
Leucine....g	0.701		0	1		0.199	0.224	0.182
Lysine....g	0.315		0	1		0.089	0.101	0.082
Methionine....g	0.167		0	1		0.047	0.053	0.043
Cystine....g	0.217		0	1		0.062	0.069	0.056
Phenylalanine....g	0.486		0	1		0.138	0.156	0.126
Tyrosine....g	0.286		0	1		0.081	0.092	0.074
Valine....g	0.460		0	1		0.130	0.147	0.120
Arginine....g	0.443		0	1		0.126	0.142	0.115
Histidine....g	0.224		0	1		0.064	0.072	0.058
Alanine....g	0.372		0	1		0.105	0.119	0.097
Aspartic acid....g	0.577		0	1		0.164	0.185	0.150
Glutamic acid....g	2.980		0	1		0.845	0.954	0.775
Glycine....g	0.384		0	1		0.109	0.123	0.100
Proline....g	0.996		0	1		0.282	0.319	0.259
Serine....g	0.489		0	1		0.139	0.156	0.127
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 = 28.350g: 1 oz

Measure 2 = 32.000g: 1 slice, large

Measure 3 = 26.000g: 1 slice

Calories Factors: **Protein** 3.7 **Fat** 8.6 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	32.30		0	1		9.16	9.37	7.75
Energy....kcal	272		0	4		77	79	65
Energy....kj	1138			4		323	330	273
Protein (N x 0)....g	10.90		0	1		3.09	3.16	2.62
Total lipid (fat)....g	4.10		0	1		1.16	1.19	0.98
Ash....g	2.30		0	1		0.65	0.67	0.55
Carbohydrate, by difference....g	50.40		0	4		14.29	14.62	12.10
Fiber, total dietary....g	6.6		0	4		1.9	1.9	1.6
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	99		0	1		28	29	24
Iron, Fe....mg	3.77		0	1		1.07	1.09	0.90
Magnesium, Mg....mg	58		0	1		16	17	14
Phosphorus, P....mg	191		0	1		54	55	46
Potassium, K....mg	222		0	1		63	64	53
Sodium, Na....mg	530		0	1		150	154	127
Zinc, Zn....mg	1.38		0	1		0.39	0.40	0.33
Copper, Cu....mg	0.276		0	1		0.078	0.080	0.066
Manganese, Mn....mg	1.615		0	1		0.458	0.468	0.388
Selenium, Se....mcg	32.1		0	4		9.1	9.3	7.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	1		0.1	0.1	0.1
Thiamin....mg	0.354		0	1		0.100	0.103	0.085
Riboflavin....mg	0.334		0	1		0.095	0.097	0.080
Niacin....mg	4.270		0	1		1.211	1.238	1.025
Pantothenic acid....mg	0.361		0	1		0.102	0.105	0.087
Vitamin B-6....mg	0.325		0	1		0.092	0.094	0.078
Folate, total....mcg	68		0	4		19	20	16
Folic acid....mcg	31		0	4		9	9	7
Folate, food....mcg	37		0	1		10	11	9
Folate, DFE....mcg_DFE	90		0	4		25	26	22
Vitamin B-12....mcg	0.08		0	1		0.02	0.02	0.02
Vitamin A, IU....IU	0		0	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.668		0	4		0.189	0.194	0.160
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.878		0	1		0.249	0.255	0.211
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	0.001		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.015		0	1		0.004	0.004	0.004
15:0....g								
16:0....g	0.559		0	1		0.158	0.162	0.134
17:0....g								
18:0....g	0.299		0	1		0.085	0.087	0.072
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.657		0	1		0.470	0.481	0.398
14:1....g								
15:1....g								

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

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	0.020		0	1		0.006	0.006	0.005
17:1....g								
18:1 undifferentiated....g	1.636		0	1		0.464	0.474	0.393
20:1....g	0.002		0	1		0.001	0.001	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	1.003		0	1		0.284	0.291	0.241
18:2 undifferentiated....g	0.940		0	1		0.266	0.273	0.226
18:3 undifferentiated....g	0.063		0	1		0.018	0.018	0.015
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	0.001		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	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.142		0	1		0.040	0.041	0.034
Threonine....g	0.335		0	1		0.095	0.097	0.080
Isoleucine....g	0.422		0	1		0.120	0.122	0.101
Leucine....g	0.762		0	1		0.216	0.221	0.183
Lysine....g	0.343		0	1		0.097	0.099	0.082
Methionine....g	0.182		0	1		0.052	0.053	0.044
Cystine....g	0.236		0	1		0.067	0.068	0.057
Phenylalanine....g	0.528		0	1		0.150	0.153	0.127
Tyrosine....g	0.311		0	1		0.088	0.090	0.075
Valine....g	0.500		0	1		0.142	0.145	0.120
Arginine....g	0.481		0	1		0.136	0.139	0.115
Histidine....g	0.244		0	1		0.069	0.071	0.059
Alanine....g	0.405		0	1		0.115	0.117	0.097
Aspartic acid....g	0.628		0	1		0.178	0.182	0.151
Glutamic acid....g	3.239		0	1		0.918	0.939	0.777
Glycine....g	0.418		0	1		0.119	0.121	0.100
Proline....g	1.083		0	1		0.307	0.314	0.260
Serine....g	0.532		0	1		0.151	0.154	0.128
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 = 28.350g: 1 oz

Measure 2 = 29.000g: 1 slice, large

Measure 3 = 24.000g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18037
Bread, oat bran

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	44.00		1	1		12.47	13.20	
Energy....kcal	236		0	4		67	71	
Energy....kj	987			4		280	296	
Protein (N x 5.8)....g	10.40	1.459	3	1		2.95	3.12	
Total lipid (fat)....g	4.40	0.706	3	1		1.25	1.32	
Ash....g	1.50		1	1		0.43	0.45	
Carbohydrate, by difference....g	39.80		0	4		11.28	11.94	
Fiber, total dietary....g	4.5		0	4		1.3	1.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	65	6.966	3	1		18	20	
Iron, Fe....mg	3.12		2	1		0.88	0.94	
Magnesium, Mg....mg	35		0	4		10	11	
Phosphorus, P....mg	141		0	4		40	42	
Potassium, K....mg	147		0	4		42	44	
Sodium, Na....mg	407		2	1		115	122	
Zinc, Zn....mg	0.89		0	4		0.25	0.27	
Copper, Cu....mg	0.135		0	4		0.038	0.041	
Manganese, Mn....mg	0.779		0	4		0.221	0.234	
Selenium, Se....mcg	30.0		0	4		8.5	9.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.504		2	1		0.143	0.151	
Riboflavin....mg	0.346		2	1		0.098	0.104	
Niacin....mg	4.831		2	1		1.370	1.449	
Pantothenic acid....mg	0.581		0	4		0.165	0.174	
Vitamin B-6....mg	0.073		0	4		0.021	0.022	
Folate, total....mcg	81		0	4		23	24	
Folic acid....mcg	56		0	4		16	17	
Folate, food....mcg	25		0	4		7	8	
Folate, DFE....mcg_DFE	120		0	4		34	36	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	5		0	4		1	2	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.642		0	4		0.182	0.193	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.697		0	4		0.198	0.209	
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	0.002		0	4		0.001	0.001	
13:0....g								
14:0....g	0.005		0	4		0.001	0.002	
15:0....g								
16:0....g	0.526		0	4		0.149	0.158	
17:0....g								
18:0....g	0.157		0	4		0.045	0.047	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.590		0	4		0.451	0.477	
14:1....g								
15:1....g								

NDB No. 18037
Bread, oat bran

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	0.030		0	4		0.009	0.009	
17:1....g								
18:1 undifferentiated....g	1.560		0	4		0.442	0.468	
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	1.694		0	4		0.480	0.508	
18:2 undifferentiated....g	1.590		0	4		0.451	0.477	
18:3 undifferentiated....g	0.103		0	4		0.029	0.031	
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		2	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.131		0	4		0.037	0.039	
Threonine....g	0.299		0	4		0.085	0.090	
Isoleucine....g	0.399		0	4		0.113	0.120	
Leucine....g	0.733		0	4		0.208	0.220	
Lysine....g	0.297		0	4		0.084	0.089	
Methionine....g	0.179		0	4		0.051	0.054	
Cystine....g	0.234		0	4		0.066	0.070	
Phenylalanine....g	0.518		0	4		0.147	0.155	
Tyrosine....g	0.324		0	4		0.092	0.097	
Valine....g	0.461		0	4		0.131	0.138	
Arginine....g	0.445		0	4		0.126	0.134	
Histidine....g	0.225		0	4		0.064	0.068	
Alanine....g	0.370		0	4		0.105	0.111	
Aspartic acid....g	0.547		0	4		0.155	0.164	
Glutamic acid....g	3.162		0	4		0.896	0.949	
Glycine....g	0.395		0	4		0.112	0.119	
Proline....g	1.055		0	4		0.299	0.317	
Serine....g	0.502		0	4		0.142	0.151	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0			4		0	0	
Theobromine....mg	0			4		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 = 28.350g: 1 oz

Measure 2 = 30.000g: 1 slice

Calories Factors: **Protein** 3.7 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18038
Bread, oat bran, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	38.50		0	4		10.91	10.40	
Energy....kcal	259		0	4		73	70	
Energy....kj	1084			4		307	293	
Protein (N x 0)....g	11.40		0	4		3.23	3.08	
Total lipid (fat)....g	4.80		0	4		1.36	1.30	
Ash....g	1.60		0	4		0.45	0.43	
Carbohydrate, by difference....g	43.70		0	4		12.39	11.80	
Fiber, total dietary....g	4.9		0	4		1.4	1.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	71		0	4		20	19	
Iron, Fe....mg	3.43		0	4		0.97	0.93	
Magnesium, Mg....mg	34		0	4		10	9	
Phosphorus, P....mg	116		0	4		33	31	
Potassium, K....mg	123		0	4		35	33	
Sodium, Na....mg	448		0	4		127	121	
Zinc, Zn....mg	1.05		0	4		0.30	0.28	
Copper, Cu....mg	0.128		0	4		0.036	0.035	
Manganese, Mn....mg	0.760		0	4		0.215	0.205	
Selenium, Se....mcg	33.0		0	4		9.4	8.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.443		0	4		0.126	0.120	
Riboflavin....mg	0.343		0	4		0.097	0.093	
Niacin....mg	4.778		0	4		1.355	1.290	
Pantothenic acid....mg	0.114		0	4		0.032	0.031	
Vitamin B-6....mg	0.040		0	4		0.011	0.011	
Folate, total....mcg	69		0	4		20	19	
Folic acid....mcg	50		0	4		14	14	
Folate, food....mcg	19		0	4		5	5	
Folate, DFE....mcg_DFE	104		0	4		29	28	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	5		0	4		1	1	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.434		0	4		0.123	0.117	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.766		0	4		0.217	0.207	
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	0.002		0	4		0.001	0.001	
13:0....g								
14:0....g	0.006		0	4		0.002	0.002	
15:0....g								
16:0....g	0.578		0	4		0.164	0.156	
17:0....g								
18:0....g	0.172		0	4		0.049	0.046	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.748		0	4		0.496	0.472	
14:1....g								
15:1....g								

NDB No. 18038
Bread, oat bran, toasted

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	0.033		0	4		0.009	0.009	
17:1....g								
18:1 undifferentiated....g	1.714		0	4		0.486	0.463	
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	1.861		0	4		0.528	0.502	
18:2 undifferentiated....g	1.748		0	4		0.496	0.472	
18:3 undifferentiated....g	0.114		0	4		0.032	0.031	
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								
Amino Acids:								
Tryptophan....g	0.143		0	4		0.041	0.039	
Threonine....g	0.328		0	4		0.093	0.089	
Isoleucine....g	0.438		0	4		0.124	0.118	
Leucine....g	0.805		0	4		0.228	0.217	
Lysine....g	0.326		0	4		0.092	0.088	
Methionine....g	0.196		0	4		0.056	0.053	
Cystine....g	0.257		0	4		0.073	0.069	
Phenylalanine....g	0.570		0	4		0.162	0.154	
Tyrosine....g	0.356		0	4		0.101	0.096	
Valine....g	0.507		0	4		0.144	0.137	
Arginine....g	0.489		0	4		0.139	0.132	
Histidine....g	0.248		0	4		0.070	0.067	
Alanine....g	0.407		0	4		0.115	0.110	
Aspartic acid....g	0.601		0	4		0.170	0.162	
Glutamic acid....g	3.475		0	4		0.985	0.938	
Glycine....g	0.434		0	4		0.123	0.117	
Proline....g	1.159		0	4		0.329	0.313	
Serine....g	0.552		0	4		0.156	0.149	
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 = 28.350g: 1 oz

Measure 2 = 27.000g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18039
Bread, oatmeal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	36.70	0.446	14	1		10.40	9.91	
Energy....kcal	269		0	4		76	73	
Energy....kj	1125			4		319	304	
Protein (N x 5.8)....g	8.40	0.183	24	1		2.38	2.27	
Total lipid (fat)....g	4.40	0.151	24	1		1.25	1.19	
Ash....g	2.00	0.057	12	1		0.57	0.54	
Carbohydrate, by difference....g	48.50		0	4		13.75	13.10	
Fiber, total dietary....g	4.0		0	1		1.1	1.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	66	3.749	23	1		19	18	
Iron, Fe....mg	2.70	0.068	23	1		0.77	0.73	
Magnesium, Mg....mg	37	2.606	10	1		10	10	
Phosphorus, P....mg	126	5.457	10	1		36	34	
Potassium, K....mg	142	9.030	12	1		40	38	
Sodium, Na....mg	599	19.636	21	1		170	162	
Zinc, Zn....mg	1.02	0.051	11	1		0.29	0.28	
Copper, Cu....mg	0.209	0.009	10	1		0.059	0.056	
Manganese, Mn....mg	0.940	0.055	10	1		0.266	0.254	
Selenium, Se....mcg	24.6		0	4		7.0	6.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.399	0.018	23	1		0.113	0.108	
Riboflavin....mg	0.240	0.006	23	1		0.068	0.065	
Niacin....mg	3.136	0.072	23	1		0.889	0.847	
Pantothenic acid....mg	0.341	0.013	10	1		0.097	0.092	
Vitamin B-6....mg	0.068	0.009	10	1		0.019	0.018	
Folate, total....mcg	62		0	4		18	17	
Folic acid....mcg	35		0	4		10	9	
Folate, food....mcg	27	2.012	10	1		8	7	
Folate, DFE....mcg_DFE	87		0	4		25	23	
Vitamin B-12....mcg	0.03		0	4		0.01	0.01	
Vitamin A, IU....IU	16		0	4		5	4	
Vitamin A, RE....mcg_RE	2		0	4		1	1	
Vitamin E....mg_ATE	0.608		0	4		0.172	0.164	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.703		0	4		0.199	0.190	
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	0.005		0	4		0.001	0.001	
13:0....g								
14:0....g	0.007		0	4		0.002	0.002	
15:0....g								
16:0....g	0.527		0	4		0.149	0.142	
17:0....g								
18:0....g	0.148		0	4		0.042	0.040	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.578		0	4		0.447	0.426	
14:1....g								
15:1....g								

NDB No. 18039
Bread, oatmeal

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	0.023		0	4		0.007	0.006	
17:1....g								
18:1 undifferentiated....g	1.555		0	4		0.441	0.420	
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	1.702		0	4		0.483	0.460	
18:2 undifferentiated....g	1.603		0	4		0.454	0.433	
18:3 undifferentiated....g	0.100		0	4		0.028	0.027	
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								
Amino Acids:								
Tryptophan....g	0.116		0	4		0.033	0.031	
Threonine....g	0.247		0	4		0.070	0.067	
Isoleucine....g	0.325		0	4		0.092	0.088	
Leucine....g	0.608		0	4		0.172	0.164	
Lysine....g	0.270		0	4		0.077	0.073	
Methionine....g	0.152		0	4		0.043	0.041	
Cystine....g	0.208		0	4		0.059	0.056	
Phenylalanine....g	0.414		0	4		0.117	0.112	
Tyrosine....g	0.263		0	4		0.075	0.071	
Valine....g	0.393		0	4		0.111	0.106	
Arginine....g	0.395		0	4		0.112	0.107	
Histidine....g	0.186		0	4		0.053	0.050	
Alanine....g	0.328		0	4		0.093	0.089	
Aspartic acid....g	0.505		0	4		0.143	0.136	
Glutamic acid....g	2.413		0	4		0.684	0.652	
Glycine....g	0.343		0	4		0.097	0.093	
Proline....g	0.765		0	4		0.217	0.207	
Serine....g	0.408		0	4		0.116	0.110	
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 = 28.350g: 1 oz

Measure 2 = 27.000g: 1 slice

Calories Factors: **Protein** 3.8 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18040
Bread, oatmeal, toasted

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	31.20		0	1		8.85	7.80	
Energy....kcal	292		0	4		83	73	
Energy....kj	1222			4		346	305	
Protein (N x 0)....g	9.20		0	1		2.61	2.30	
Total lipid (fat)....g	4.80		0	1		1.36	1.20	
Ash....g	2.10		0	1		0.60	0.53	
Carbohydrate, by difference....g	52.70		0	4		14.94	13.18	
Fiber, total dietary....g	4.3		0	4		1.2	1.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	72		0	1		20	18	
Iron, Fe....mg	2.94		0	1		0.83	0.74	
Magnesium, Mg....mg	41		0	1		12	10	
Phosphorus, P....mg	137		0	1		39	34	
Potassium, K....mg	154		0	1		44	39	
Sodium, Na....mg	651		0	1		185	163	
Zinc, Zn....mg	1.11		0	1		0.31	0.28	
Copper, Cu....mg	0.227		0	1		0.064	0.057	
Manganese, Mn....mg	1.022		0	1		0.290	0.256	
Selenium, Se....mcg	26.7		0	4		7.6	6.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	4		0.1	0.1	
Thiamin....mg	0.347		0	1		0.098	0.087	
Riboflavin....mg	0.235		0	1		0.067	0.059	
Niacin....mg	3.068		0	1		0.870	0.767	
Pantothenic acid....mg	0.241		0	1		0.068	0.060	
Vitamin B-6....mg	0.067		0	1		0.019	0.017	
Folate, total....mcg	53		0	4		15	13	
Folic acid....mcg	32		0	4		9	8	
Folate, food....mcg	21		0	1		6	5	
Folate, DFE....mcg_DFE	75		0	4		21	19	
Vitamin B-12....mcg	0.02		0	4		0.01	0.01	
Vitamin A, IU....IU	15		0	4		4	4	
Vitamin A, RE....mcg_RE	2		0	4		1	1	
Vitamin E....mg_ATE	0.373		0	4		0.106	0.093	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.764		0	1		0.217	0.191	
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	0.006		0	1		0.002	0.002	
13:0....g								
14:0....g	0.007		0	1		0.002	0.002	
15:0....g								
16:0....g	0.573		0	1		0.162	0.143	
17:0....g								
18:0....g	0.161		0	1		0.046	0.040	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.715		0	1		0.486	0.429	
14:1....g								
15:1....g								

NDB No. 18040
Bread, oatmeal, toasted

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	0.025		0	1		0.007	0.006	
17:1....g								
18:1 undifferentiated....g	1.690		0	1		0.479	0.423	
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	1.850		0	1		0.524	0.463	
18:2 undifferentiated....g	1.742		0	1		0.494	0.436	
18:3 undifferentiated....g	0.108		0	1		0.031	0.027	
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								
Amino Acids:								
Tryptophan....g	0.126		0	1		0.036	0.032	
Threonine....g	0.268		0	1		0.076	0.067	
Isoleucine....g	0.353		0	1		0.100	0.088	
Leucine....g	0.661		0	1		0.187	0.165	
Lysine....g	0.294		0	1		0.083	0.074	
Methionine....g	0.166		0	1		0.047	0.042	
Cystine....g	0.226		0	1		0.064	0.057	
Phenylalanine....g	0.450		0	1		0.128	0.113	
Tyrosine....g	0.286		0	1		0.081	0.072	
Valine....g	0.428		0	1		0.121	0.107	
Arginine....g	0.429		0	1		0.122	0.107	
Histidine....g	0.202		0	1		0.057	0.051	
Alanine....g	0.357		0	1		0.101	0.089	
Aspartic acid....g	0.549		0	1		0.156	0.137	
Glutamic acid....g	2.623		0	1		0.744	0.656	
Glycine....g	0.372		0	1		0.105	0.093	
Proline....g	0.832		0	1		0.236	0.208	
Serine....g	0.443		0	1		0.126	0.111	
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 = 28.350g: 1 oz

Measure 2 = 25.000g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18041
Bread, pita, white, enriched

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	32.10	1.012	17	1		19.26	8.99	
Energy....kcal	275		0	4		165	77	
Energy....kj	1151			4		690	322	
Protein (N x 5.7)....g	9.10	0.098	37	1		5.46	2.55	
Total lipid (fat)....g	1.20	0.040	36	1		0.72	0.34	
Ash....g	1.90	0.094	14	1		1.14	0.53	
Carbohydrate, by difference....g	55.70		0	4		33.42	15.60	
Fiber, total dietary....g	2.2		0	1		1.3	0.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	86	2.853	38	1		52	24	
Iron, Fe....mg	2.62	0.036	35	1		1.57	0.73	
Magnesium, Mg....mg	26	1.034	13	1		16	7	
Phosphorus, P....mg	97	2.804	13	1		58	27	
Potassium, K....mg	120	6.316	17	1		72	34	
Sodium, Na....mg	536	16.930	24	1		322	150	
Zinc, Zn....mg	0.84	0.041	13	1		0.50	0.24	
Copper, Cu....mg	0.168	0.012	13	1		0.101	0.047	
Manganese, Mn....mg	0.481	0.018	13	1		0.289	0.135	
Selenium, Se....mcg	27.1	8.091	6	1		16.3	7.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.599	0.009	32	1		0.359	0.168	
Riboflavin....mg	0.327	0.007	32	1		0.196	0.092	
Niacin....mg	4.632	0.083	32	1		2.779	1.297	
Pantothenic acid....mg	0.397	0.020	12	1		0.238	0.111	
Vitamin B-6....mg	0.034	0.005	11	1		0.020	0.010	
Folate, total....mcg	95		0	4		57	27	
Folic acid....mcg	71		0	4		43	20	
Folate, food....mcg	24	2.596	10	1		14	7	
Folate, DFE....mcg_DFE	145		0	4		87	41	
Vitamin B-12....mcg	0.00		1	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.038		0	4		0.023	0.011	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.166		0	1		0.100	0.046	
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	0.156		0	1		0.094	0.044	
17:0....g								
18:0....g	0.009		0	1		0.005	0.003	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.105		0	1		0.063	0.029	
14:1....g								
15:1....g								

NDB No. 18041
Bread, pita, white, enriched

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	0.013		0	1		0.008	0.004	
17:1....g								
18:1 undifferentiated....g	0.092		0	1		0.055	0.026	
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	0.535		0	1		0.321	0.150	
18:2 undifferentiated....g	0.511		0	1		0.307	0.143	
18:3 undifferentiated....g	0.024		0	1		0.014	0.007	
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								
Amino Acids:								
Tryptophan....g	0.105		0	1		0.063	0.029	
Threonine....g	0.257		0	1		0.154	0.072	
Isoleucine....g	0.349		0	1		0.209	0.098	
Leucine....g	0.634		0	1		0.380	0.178	
Lysine....g	0.219		0	1		0.131	0.061	
Methionine....g	0.160		0	1		0.096	0.045	
Cystine....g	0.197		0	1		0.118	0.055	
Phenylalanine....g	0.446		0	1		0.268	0.125	
Tyrosine....g	0.257		0	1		0.154	0.072	
Valine....g	0.394		0	1		0.236	0.110	
Arginine....g	0.329		0	1		0.197	0.092	
Histidine....g	0.195		0	1		0.117	0.055	
Alanine....g	0.302		0	1		0.181	0.085	
Aspartic acid....g	0.408		0	1		0.245	0.114	
Glutamic acid....g	3.033		0	1		1.820	0.849	
Glycine....g	0.319		0	1		0.191	0.089	
Proline....g	1.012		0	1		0.607	0.283	
Serine....g	0.438		0	1		0.263	0.123	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0			4		0	0	
Theobromine....mg	0			4		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 = 60.000g: 1 pita, large (6-1/2" dia)

Measure 2 = 28.000g: 1 pita, small (4" dia)

Calories Factors: **Protein** 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18042
Bread, pita, whole-wheat

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	30.60	0.378	4	1		19.58	8.57	
Energy....kcal	266		0	4		170	74	
Energy....kj	1113			4		712	312	
Protein (N x 5.8)....g	9.80		2	1		6.27	2.74	
Total lipid (fat)....g	2.60	0.092	3	1		1.66	0.73	
Ash....g	2.00		2	1		1.28	0.56	
Carbohydrate, by difference....g	55.00		0	4		35.20	15.40	
Fiber, total dietary....g	7.4		0	1		4.7	2.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	15		2	1		10	4	
Iron, Fe....mg	3.06		0	4		1.96	0.86	
Magnesium, Mg....mg	69		2	1		44	19	
Phosphorus, P....mg	180		2	1		115	50	
Potassium, K....mg	170		2	1		109	48	
Sodium, Na....mg	532	40.543	3	1		340	149	
Zinc, Zn....mg	1.52		2	1		0.97	0.43	
Copper, Cu....mg	0.290		0	4		0.186	0.081	
Manganese, Mn....mg	1.740		2	1		1.114	0.487	
Selenium, Se....mcg	44.0	3.580	5	1		28.2	12.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.339	0.011	8	1		0.217	0.095	
Riboflavin....mg	0.080	0.001	8	1		0.051	0.022	
Niacin....mg	2.840	0.057	8	1		1.818	0.795	
Pantothenic acid....mg	0.831		0	4		0.532	0.233	
Vitamin B-6....mg	0.265		0	4		0.170	0.074	
Folate, total....mcg	35		0	4		22	10	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	35		0	4		22	10	
Folate, DFE....mcg_DFE	35		0	4		22	10	
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	0.914		0	4		0.585	0.256	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.410		0	4		0.262	0.115	
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	0.001		0	4		0.001	0.000	
13:0....g								
14:0....g	0.004		0	4		0.003	0.001	
15:0....g								
16:0....g	0.373		0	4		0.239	0.104	
17:0....g								
18:0....g	0.022		0	4		0.014	0.006	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.349		0	4		0.223	0.098	
14:1....g								
15:1....g								

NDB No. 18042
Bread, pita, whole-wheat

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	0.037		0	4		0.024	0.010	
17:1....g								
18:1 undifferentiated....g	0.312		0	4		0.200	0.087	
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	1.055		0	4		0.675	0.295	
18:2 undifferentiated....g	1.001		0	4		0.641	0.280	
18:3 undifferentiated....g	0.052		0	4		0.033	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	0.003		0	4		0.002	0.001	
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		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.149		0	4		0.095	0.042	
Threonine....g	0.282		0	4		0.180	0.079	
Isoleucine....g	0.367		0	4		0.235	0.103	
Leucine....g	0.671		0	4		0.429	0.188	
Lysine....g	0.265		0	4		0.170	0.074	
Methionine....g	0.153		0	4		0.098	0.043	
Cystine....g	0.228		0	4		0.146	0.064	
Phenylalanine....g	0.470		0	4		0.301	0.132	
Tyrosine....g	0.292		0	4		0.187	0.082	
Valine....g	0.441		0	4		0.282	0.123	
Arginine....g	0.455		0	4		0.291	0.127	
Histidine....g	0.226		0	4		0.145	0.063	
Alanine....g	0.343		0	4		0.220	0.096	
Aspartic acid....g	0.494		0	4		0.316	0.138	
Glutamic acid....g	3.153		0	4		2.018	0.883	
Glycine....g	0.394		0	4		0.252	0.110	
Proline....g	1.046		0	4		0.669	0.293	
Serine....g	0.469		0	4		0.300	0.131	
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 = 64.000g: 1 pita, large (6-1/2" dia)

Measure 2 = 28.000g: 1 pita, small (4" dia)

Calories Factors: **Protein** 3.6 **Fat** 8.4 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18043
Bread, protein (includes gluten)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	40.00	0.400	57	1		11.34	7.60	
Energy....kcal	245		0	4		69	47	
Energy....kj	1025			4		291	195	
Protein (N x 5.7)....g	12.10	0.141	62	1		3.43	2.30	
Total lipid (fat)....g	2.20	0.075	62	1		0.62	0.42	
Ash....g	1.90	0.159	10	1		0.54	0.36	
Carbohydrate, by difference....g	43.80		0	4		12.42	8.32	
Fiber, total dietary....g	3.0		0	4		0.9	0.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	124	7.858	12	1		35	24	
Iron, Fe....mg	4.15	0.400	12	1		1.18	0.79	
Magnesium, Mg....mg	65		0	4		18	12	
Phosphorus, P....mg	185		0	4		52	35	
Potassium, K....mg	322		0	4		91	61	
Sodium, Na....mg	547		2	1		155	104	
Zinc, Zn....mg	1.82		0	4		0.52	0.35	
Copper, Cu....mg	0.417		0	4		0.118	0.079	
Manganese, Mn....mg	1.472		0	4		0.417	0.280	
Selenium, Se....mcg	32.9		0	4		9.3	6.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.360	0.009	60	1		0.102	0.068	
Riboflavin....mg	0.394	0.047	12	1		0.112	0.075	
Niacin....mg	4.289	0.284	11	1		1.216	0.815	
Pantothenic acid....mg	0.420		1	1		0.119	0.080	
Vitamin B-6....mg	0.071		1	1		0.020	0.013	
Folate, total....mcg	103		0	4		29	20	
Folic acid....mcg	68		0	4		19	13	
Folate, food....mcg	35		1	1		10	7	
Folate, DFE....mcg_DFE	151		0	4		43	29	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	2		0	4		1	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.362		0	4		0.103	0.069	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.332		0	4		0.094	0.063	
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	0.001		0	4		0.000	0.000	
15:0....g								
16:0....g	0.286		0	4		0.081	0.054	
17:0....g								
18:0....g	0.021		0	4		0.006	0.004	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.183		0	4		0.052	0.035	
14:1....g								
15:1....g								

NDB No. 18043
Bread, protein (includes gluten)

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	0.001		0	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.182		0	4		0.052	0.035	
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	1.009		0	4		0.286	0.192	
18:2 undifferentiated....g	0.950		0	4		0.269	0.181	
18:3 undifferentiated....g	0.059		0	4		0.017	0.011	
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		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.148		0	4		0.042	0.028	
Threonine....g	0.366		0	4		0.104	0.070	
Isoleucine....g	0.471		0	4		0.134	0.089	
Leucine....g	0.858		0	4		0.243	0.163	
Lysine....g	0.372		0	4		0.105	0.071	
Methionine....g	0.199		0	4		0.056	0.038	
Cystine....g	0.247		0	4		0.070	0.047	
Phenylalanine....g	0.596		0	4		0.169	0.113	
Tyrosine....g	0.362		0	4		0.103	0.069	
Valine....g	0.518		0	4		0.147	0.098	
Arginine....g	0.548		0	4		0.155	0.104	
Histidine....g	0.271		0	4		0.077	0.051	
Alanine....g	0.414		0	4		0.117	0.079	
Aspartic acid....g	0.734		0	4		0.208	0.139	
Glutamic acid....g	3.689		0	4		1.046	0.701	
Glycine....g	0.444		0	4		0.126	0.084	
Proline....g	1.222		0	4		0.346	0.232	
Serine....g	0.605		0	4		0.172	0.115	
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 = 28.350g: 1 oz

Measure 2 = 19.000g: 1 slice

Calories Factors: **Protein** 3.9 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18044
Bread, pumpernickel

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	37.90	0.486	24	1		10.74	9.85	2.65
Energy....kcal	250		0	4		71	65	18
Energy....kj	1046			4		297	272	73
Protein (N x 5.8)....g	8.70	0.079	43	1		2.47	2.26	0.61
Total lipid (fat)....g	3.10	0.135	43	1		0.88	0.81	0.22
Ash....g	2.60	0.080	20	1		0.74	0.68	0.18
Carbohydrate, by difference....g	47.50		0	4		13.47	12.35	3.33
Fiber, total dietary....g	6.5		0	1		1.8	1.7	0.5
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	68	3.933	40	1		19	18	5
Iron, Fe....mg	2.87	0.089	35	1		0.81	0.75	0.20
Magnesium, Mg....mg	54	2.896	13	1		15	14	4
Phosphorus, P....mg	178	5.368	11	1		50	46	12
Potassium, K....mg	208	7.178	18	1		59	54	15
Sodium, Na....mg	671	24.996	16	1		190	174	47
Zinc, Zn....mg	1.48	0.078	14	1		0.42	0.38	0.10
Copper, Cu....mg	0.287	0.019	13	1		0.081	0.075	0.020
Manganese, Mn....mg	1.305	0.087	13	1		0.370	0.339	0.091
Selenium, Se....mcg	24.5		0	4		6.9	6.4	1.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.327	0.012	38	1		0.093	0.085	0.023
Riboflavin....mg	0.305	0.024	38	1		0.086	0.079	0.021
Niacin....mg	3.091	0.099	38	1		0.876	0.804	0.216
Pantothenic acid....mg	0.404	0.028	15	1		0.115	0.105	0.028
Vitamin B-6....mg	0.126	0.015	13	1		0.036	0.033	0.009
Folate, total....mcg	80		0	4		23	21	6
Folic acid....mcg	46		0	4		13	12	3
Folate, food....mcg	34	2.353	10	1		10	9	2
Folate, DFE....mcg_DFE	112		0	4		32	29	8
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.433		0	4		0.123	0.113	0.030
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.437		0	4		0.124	0.114	0.031
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	0.002		0	4		0.001	0.001	0.000
15:0....g								
16:0....g	0.332		0	4		0.094	0.086	0.023
17:0....g								
18:0....g	0.102		0	4		0.029	0.027	0.007
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.932		0	4		0.264	0.242	0.065
14:1....g								
15:1....g								

NDB No. 18044
Bread, pumpernickel

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	0.018		0	4		0.005	0.005	0.001
17:1....g								
18:1 undifferentiated....g	0.912		0	4		0.259	0.237	0.064
20:1....g	0.002		0	4		0.001	0.001	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	1.237		0	4		0.351	0.322	0.087
18:2 undifferentiated....g	1.145		0	4		0.325	0.298	0.080
18:3 undifferentiated....g	0.092		0	4		0.026	0.024	0.006
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		2	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.097		0	1		0.027	0.025	0.007
Threonine....g	0.267		0	1		0.076	0.069	0.019
Isoleucine....g	0.334		0	1		0.095	0.087	0.023
Leucine....g	0.602		0	1		0.171	0.157	0.042
Lysine....g	0.248		0	1		0.070	0.064	0.017
Methionine....g	0.155		0	1		0.044	0.040	0.011
Cystine....g	0.190		0	1		0.054	0.049	0.013
Phenylalanine....g	0.422		0	1		0.120	0.110	0.030
Tyrosine....g	0.238		0	1		0.067	0.062	0.017
Valine....g	0.396		0	1		0.112	0.103	0.028
Arginine....g	0.359		0	1		0.102	0.093	0.025
Histidine....g	0.196		0	1		0.056	0.051	0.014
Alanine....g	0.324		0	1		0.092	0.084	0.023
Aspartic acid....g	0.475		0	1		0.135	0.124	0.033
Glutamic acid....g	2.721		0	1		0.771	0.707	0.190
Glycine....g	0.337		0	1		0.096	0.088	0.024
Proline....g	0.950		0	1		0.269	0.247	0.067
Serine....g	0.417		0	1		0.118	0.108	0.029
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 = 28.350g: 1 oz

Measure 2 = 26.000g: 1 slice, regular

Measure 3 = 7.000g: 1 slice, snack-size

Calories Factors: **Protein** 3.7 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18045
Bread, pumpernickel, toasted

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	31.80		0	1		9.02	9.22	
Energy....kcal	275		0	4		78	80	
Energy....kj	1151			4		326	334	
Protein (N x 0)....g	9.50		0	1		2.69	2.76	
Total lipid (fat)....g	3.40		0	1		0.96	0.99	
Ash....g	2.80		0	1		0.79	0.81	
Carbohydrate, by difference....g	52.20		0	4		14.80	15.14	
Fiber, total dietary....g	7.1		0	4		2.0	2.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	74		0	1		21	21	
Iron, Fe....mg	3.15		0	1		0.89	0.91	
Magnesium, Mg....mg	60		0	1		17	17	
Phosphorus, P....mg	195		0	1		55	57	
Potassium, K....mg	228		0	1		65	66	
Sodium, Na....mg	738		0	1		209	214	
Zinc, Zn....mg	1.62		0	1		0.46	0.47	
Copper, Cu....mg	0.315		0	1		0.089	0.091	
Manganese, Mn....mg	1.434		0	1		0.407	0.416	
Selenium, Se....mcg	26.9		0	4		7.6	7.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.287		0	1		0.081	0.083	
Riboflavin....mg	0.301		0	1		0.085	0.087	
Niacin....mg	3.057		0	1		0.867	0.887	
Pantothenic acid....mg	0.288		0	1		0.082	0.084	
Vitamin B-6....mg	0.124		0	1		0.035	0.036	
Folate, total....mcg	68		0	4		19	20	
Folic acid....mcg	42		0	4		12	12	
Folate, food....mcg	26		0	1		7	8	
Folate, DFE....mcg_DFE	97		0	4		28	28	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.599		0	4		0.170	0.174	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.481		0	1		0.136	0.139	
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	0.003		0	1		0.001	0.001	
15:0....g								
16:0....g	0.365		0	1		0.103	0.106	
17:0....g								
18:0....g	0.112		0	1		0.032	0.032	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.024		0	1		0.290	0.297	
14:1....g								
15:1....g								

NDB No. 18045
Bread, pumpernickel, toasted

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	0.020		0	1		0.006	0.006	
17:1....g								
18:1 undifferentiated....g	1.002		0	1		0.284	0.291	
20:1....g	0.002		0	1		0.001	0.001	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.359		0	1		0.385	0.394	
18:2 undifferentiated....g	1.258		0	1		0.357	0.365	
18:3 undifferentiated....g	0.101		0	1		0.029	0.029	
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								
Amino Acids:								
Tryptophan....g	0.107		0	1		0.030	0.031	
Threonine....g	0.293		0	1		0.083	0.085	
Isoleucine....g	0.366		0	1		0.104	0.106	
Leucine....g	0.661		0	1		0.187	0.192	
Lysine....g	0.273		0	1		0.077	0.079	
Methionine....g	0.171		0	1		0.048	0.050	
Cystine....g	0.209		0	1		0.059	0.061	
Phenylalanine....g	0.464		0	1		0.132	0.135	
Tyrosine....g	0.261		0	1		0.074	0.076	
Valine....g	0.435		0	1		0.123	0.126	
Arginine....g	0.395		0	1		0.112	0.115	
Histidine....g	0.216		0	1		0.061	0.063	
Alanine....g	0.356		0	1		0.101	0.103	
Aspartic acid....g	0.522		0	1		0.148	0.151	
Glutamic acid....g	2.991		0	1		0.848	0.867	
Glycine....g	0.370		0	1		0.105	0.107	
Proline....g	1.044		0	1		0.296	0.303	
Serine....g	0.459		0	1		0.130	0.133	
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 = 28.350g: 1 oz

Measure 2 = 29.000g: 1 slice (5" x 4" x 3/8")

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

Food Group: 18 Baked Products

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

NDB No. 18047
Bread, raisin, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	33.60	0.286	47	1		9.53	10.75	8.74
Energy....kcal	274		0	4		78	88	71
Energy....kj	1146			4		325	367	298
Protein (N x 5.8)....g	7.90	0.086	55	1		2.24	2.53	2.05
Total lipid (fat)....g	4.40	0.144	54	1		1.25	1.41	1.14
Ash....g	1.80	0.036	22	1		0.51	0.58	0.47
Carbohydrate, by difference....g	52.30		0	4		14.83	16.74	13.60
Fiber, total dietary....g	4.3		0	1		1.2	1.4	1.1
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	66	5.711	29	1		19	21	17
Iron, Fe....mg	2.90	0.149	24	1		0.82	0.93	0.75
Magnesium, Mg....mg	26	1.166	13	1		7	8	7
Phosphorus, P....mg	109	5.060	13	1		31	35	28
Potassium, K....mg	227	11.006	15	1		64	73	59
Sodium, Na....mg	390	9.864	20	1		111	125	101
Zinc, Zn....mg	0.72	0.045	13	1		0.20	0.23	0.19
Copper, Cu....mg	0.198	0.009	13	1		0.056	0.063	0.051
Manganese, Mn....mg	0.501	0.024	13	1		0.142	0.160	0.130
Selenium, Se....mcg	20.0		2	1		5.7	6.4	5.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.0	0.0
Thiamin....mg	0.339	0.010	48	1		0.096	0.108	0.088
Riboflavin....mg	0.398	0.038	26	1		0.113	0.127	0.103
Niacin....mg	3.466	0.143	27	1		0.983	1.109	0.901
Pantothenic acid....mg	0.387	0.042	15	1		0.110	0.124	0.101
Vitamin B-6....mg	0.069	0.009	13	1		0.020	0.022	0.018
Folate, total....mcg	87		0	4		25	28	23
Folic acid....mcg	53		0	4		15	17	14
Folate, food....mcg	34	1.369	11	1		10	11	9
Folate, DFE....mcg_DFE	124		0	4		35	40	32
Vitamin B-12....mcg	0.00		0	1		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	0.507		0	4		0.144	0.162	0.132
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.081		0	4		0.306	0.346	0.281
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	0.020		0	4		0.006	0.006	0.005
15:0....g								
16:0....g	0.584		0	4		0.166	0.187	0.152
17:0....g								
18:0....g	0.476		0	4		0.135	0.152	0.124
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.294		0	4		0.650	0.734	0.596
14:1....g								
15:1....g								

NDB No. 18047
Bread, raisin, enriched

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	0.006		0	4		0.002	0.002	0.002
17:1....g								
18:1 undifferentiated....g	2.288		0	4		0.649	0.732	0.595
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	0.679		0	4		0.192	0.217	0.177
18:2 undifferentiated....g	0.641		0	4		0.182	0.205	0.167
18:3 undifferentiated....g	0.038		0	4		0.011	0.012	0.010
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		2	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.083		0	1		0.024	0.027	0.022
Threonine....g	0.222		0	1		0.063	0.071	0.058
Isoleucine....g	0.287		0	1		0.081	0.092	0.075
Leucine....g	0.516		0	1		0.146	0.165	0.134
Lysine....g	0.200		0	1		0.057	0.064	0.052
Methionine....g	0.128		0	1		0.036	0.041	0.033
Cystine....g	0.152		0	1		0.043	0.049	0.040
Phenylalanine....g	0.361		0	1		0.102	0.116	0.094
Tyrosine....g	0.204		0	1		0.058	0.065	0.053
Valine....g	0.329		0	1		0.093	0.105	0.086
Arginine....g	0.362		0	1		0.103	0.116	0.094
Histidine....g	0.167		0	1		0.047	0.053	0.043
Alanine....g	0.267		0	1		0.076	0.085	0.069
Aspartic acid....g	0.351		0	1		0.100	0.112	0.091
Glutamic acid....g	2.355		0	1		0.668	0.754	0.612
Glycine....g	0.269		0	1		0.076	0.086	0.070
Proline....g	0.828		0	1		0.235	0.265	0.215
Serine....g	0.357		0	1		0.101	0.114	0.093
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 = 28.350g: 1 oz

Measure 2 = 32.000g: 1 slice, large

Measure 3 = 26.000g: 1 slice

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18048
Bread, raisin, toasted, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	27.80		0	1		7.88	8.06	6.67
Energy....kcal	297		0	4		84	86	71
Energy....kj	1243			4		352	360	298
Protein (N x 0)....g	8.60		0	1		2.44	2.49	2.06
Total lipid (fat)....g	4.80		0	1		1.36	1.39	1.15
Ash....g	1.90		0	1		0.54	0.55	0.46
Carbohydrate, by difference....g	56.90		0	4		16.13	16.50	13.66
Fiber, total dietary....g	4.7		0	4		1.3	1.4	1.1
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	72		0	1		20	21	17
Iron, Fe....mg	3.15		0	1		0.89	0.91	0.76
Magnesium, Mg....mg	28		0	1		8	8	7
Phosphorus, P....mg	118		0	1		33	34	28
Potassium, K....mg	246		0	1		70	71	59
Sodium, Na....mg	424		0	1		120	123	102
Zinc, Zn....mg	0.78		0	1		0.22	0.23	0.19
Copper, Cu....mg	0.215		0	1		0.061	0.062	0.052
Manganese, Mn....mg	0.545		0	1		0.155	0.158	0.131
Selenium, Se....mcg	21.7		0	4		6.2	6.3	5.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		0	4		0.1	0.1	0.1
Thiamin....mg	0.294		0	1		0.083	0.085	0.071
Riboflavin....mg	0.390		0	1		0.111	0.113	0.094
Niacin....mg	3.391		0	1		0.961	0.983	0.814
Pantothenic acid....mg	0.274		0	1		0.078	0.079	0.066
Vitamin B-6....mg	0.068		0	1		0.019	0.020	0.016
Folate, total....mcg	74		0	4		21	21	18
Folic acid....mcg	48		0	4		14	14	12
Folate, food....mcg	26		0	1		7	8	6
Folate, DFE....mcg_DFE	108		0	4		31	31	26
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	2		0	4		1	1	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	0.823		0	4		0.233	0.239	0.198
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.175		0	1		0.333	0.341	0.282
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	0.022		0	1		0.006	0.006	0.005
15:0....g								
16:0....g	0.635		0	1		0.180	0.184	0.152
17:0....g								
18:0....g	0.518		0	1		0.147	0.150	0.124
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.494		0	1		0.707	0.723	0.599
14:1....g								
15:1....g								

NDB No. 18048
Bread, raisin, toasted, enriched

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	0.007		0	1		0.002	0.002	0.002
17:1....g								
18:1 undifferentiated....g	2.487		0	1		0.705	0.721	0.597
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	0.738		0	1		0.209	0.214	0.177
18:2 undifferentiated....g	0.697		0	1		0.198	0.202	0.167
18:3 undifferentiated....g	0.041		0	1		0.012	0.012	0.010
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	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.090		0	1		0.026	0.026	0.022
Threonine....g	0.241		0	1		0.068	0.070	0.058
Isoleucine....g	0.312		0	1		0.088	0.090	0.075
Leucine....g	0.561		0	1		0.159	0.163	0.135
Lysine....g	0.217		0	1		0.062	0.063	0.052
Methionine....g	0.139		0	1		0.039	0.040	0.033
Cystine....g	0.166		0	1		0.047	0.048	0.040
Phenylalanine....g	0.392		0	1		0.111	0.114	0.094
Tyrosine....g	0.222		0	1		0.063	0.064	0.053
Valine....g	0.358		0	1		0.101	0.104	0.086
Arginine....g	0.394		0	1		0.112	0.114	0.095
Histidine....g	0.182		0	1		0.052	0.053	0.044
Alanine....g	0.290		0	1		0.082	0.084	0.070
Aspartic acid....g	0.382		0	1		0.108	0.111	0.092
Glutamic acid....g	2.559		0	1		0.725	0.742	0.614
Glycine....g	0.293		0	1		0.083	0.085	0.070
Proline....g	0.899		0	1		0.255	0.261	0.216
Serine....g	0.388		0	1		0.110	0.113	0.093
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 = 28.350g: 1 oz

Measure 2 = 29.000g: 1 slice, large

Measure 3 = 24.000g: 1 slice

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

Food Group: 18 Baked Products

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

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

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	46.00		2	1		13.04	10.58	
Energy....kcal	201		0	4		57	46	
Energy....kj	841			4		238	193	
Protein (N x 5.8)....g	8.00		2	1		2.27	1.84	
Total lipid (fat)....g	3.20		2	1		0.91	0.74	
Ash....g	1.50		2	1		0.43	0.35	
Carbohydrate, by difference....g	41.30		0	4		11.71	9.50	
Fiber, total dietary....g	12.0		0	4		3.4	2.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	57		2	1		16	13	
Iron, Fe....mg	3.15		2	1		0.89	0.72	
Magnesium, Mg....mg	55		0	4		16	13	
Phosphorus, P....mg	139		0	4		39	32	
Potassium, K....mg	102		1	1		29	23	
Sodium, Na....mg	351		2	1		100	81	
Zinc, Zn....mg	1.05		0	4		0.30	0.24	
Copper, Cu....mg	0.291		0	4		0.082	0.067	
Manganese, Mn....mg	1.101		0	4		0.312	0.253	
Selenium, Se....mcg	20.6		0	4		5.8	4.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.354		2	1		0.100	0.081	
Riboflavin....mg	0.203		2	1		0.058	0.047	
Niacin....mg	3.763		2	1		1.067	0.865	
Pantothenic acid....mg	0.492		0	4		0.139	0.113	
Vitamin B-6....mg	0.103		0	4		0.029	0.024	
Folate, total....mcg	66		0	4		19	15	
Folic acid....mcg	32		0	4		9	7	
Folate, food....mcg	34		0	4		10	8	
Folate, DFE....mcg_DFE	88		0	4		25	20	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	2		0	4		1	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.462		0	4		0.131	0.106	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.445		0	4		0.126	0.102	
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	0.002		0	4		0.001	0.000	
13:0....g								
14:0....g	0.002		0	4		0.001	0.000	
15:0....g								
16:0....g	0.369		0	4		0.105	0.085	
17:0....g								
18:0....g	0.068		0	4		0.019	0.016	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.684		0	4		0.194	0.157	
14:1....g								
15:1....g								

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

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	0.019		0	4		0.005	0.004	
17:1....g								
18:1 undifferentiated....g	0.663		0	4		0.188	0.152	
20:1....g	0.002		0	4		0.001	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.670		0	4		0.473	0.384	
18:2 undifferentiated....g	1.567		0	4		0.444	0.360	
18:3 undifferentiated....g	0.102		0	4		0.029	0.023	
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								
Amino Acids:								
Tryptophan....g	0.103		0	4		0.029	0.024	
Threonine....g	0.257		0	4		0.073	0.059	
Isoleucine....g	0.321		0	4		0.091	0.074	
Leucine....g	0.565		0	4		0.160	0.130	
Lysine....g	0.291		0	4		0.082	0.067	
Methionine....g	0.140		0	4		0.040	0.032	
Cystine....g	0.135		0	4		0.038	0.031	
Phenylalanine....g	0.165		0	4		0.047	0.038	
Tyrosine....g	0.386		0	4		0.109	0.089	
Valine....g	0.364		0	4		0.103	0.084	
Arginine....g	0.384		0	4		0.109	0.088	
Histidine....g	0.183		0	4		0.052	0.042	
Alanine....g	0.312		0	4		0.088	0.072	
Aspartic acid....g	0.527		0	4		0.149	0.121	
Glutamic acid....g	2.197		0	4		0.623	0.505	
Glycine....g	0.318		0	4		0.090	0.073	
Proline....g	0.712		0	4		0.202	0.164	
Serine....g	0.391		0	4		0.111	0.090	
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 = 28.350g: 1 oz

Measure 2 = 23.000g: 1 slice

Calories Factors: **Protein** 3.6 **Fat** 8.6 **Carbohydrate** 3.5

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	35.70		0	4		10.12	6.78	
Energy....kcal	239		0	4		68	45	
Energy....kj	1000			4		283	190	
Protein (N x 0)....g	9.50		0	4		2.69	1.81	
Total lipid (fat)....g	3.80		0	4		1.08	0.72	
Ash....g	1.80		0	4		0.51	0.34	
Carbohydrate, by difference....g	49.20		0	4		13.95	9.35	
Fiber, total dietary....g	14.3		0	4		4.1	2.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	68		0	4		19	13	
Iron, Fe....mg	3.75		0	4		1.06	0.71	
Magnesium, Mg....mg	55		0	4		16	10	
Phosphorus, P....mg	144		0	4		41	27	
Potassium, K....mg	122		0	4		35	23	
Sodium, Na....mg	418		0	4		119	79	
Zinc, Zn....mg	1.19		0	4		0.34	0.23	
Copper, Cu....mg	0.147		0	4		0.042	0.028	
Manganese, Mn....mg	1.006		0	4		0.285	0.191	
Selenium, Se....mcg	24.5		0	4		6.9	4.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.338		0	4		0.096	0.064	
Riboflavin....mg	0.217		0	4		0.062	0.041	
Niacin....mg	4.032		0	4		1.143	0.766	
Pantothenic acid....mg	0.166		0	4		0.047	0.032	
Vitamin B-6....mg	0.087		0	4		0.025	0.017	
Folate, total....mcg	56		0	4		16	11	
Folic acid....mcg	28		0	4		8	5	
Folate, food....mcg	28		0	4		8	5	
Folate, DFE....mcg_DFE	76		0	4		21	14	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	1		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.529		0	4		0.150	0.101	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.530		0	4		0.150	0.101	
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	0.002		0	4		0.001	0.000	
13:0....g								
14:0....g	0.003		0	4		0.001	0.001	
15:0....g								
16:0....g	0.439		0	4		0.124	0.083	
17:0....g								
18:0....g	0.081		0	4		0.023	0.015	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.814		0	4		0.231	0.155	
14:1....g								
15:1....g								

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

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	0.023		0	4		0.007	0.004	
17:1....g								
18:1 undifferentiated....g	0.789		0	4		0.224	0.150	
20:1....g	0.002		0	4		0.001	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.988		0	4		0.564	0.378	
18:2 undifferentiated....g	1.865		0	4		0.529	0.354	
18:3 undifferentiated....g	0.122		0	4		0.035	0.023	
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								
Amino Acids:								
Tryptophan....g	0.123		0	4		0.035	0.023	
Threonine....g	0.306		0	4		0.087	0.058	
Isoleucine....g	0.382		0	4		0.108	0.073	
Leucine....g	0.673		0	4		0.191	0.128	
Lysine....g	0.346		0	4		0.098	0.066	
Methionine....g	0.167		0	4		0.047	0.032	
Cystine....g	0.160		0	4		0.045	0.030	
Phenylalanine....g	0.196		0	4		0.056	0.037	
Tyrosine....g	0.459		0	4		0.130	0.087	
Valine....g	0.433		0	4		0.123	0.082	
Arginine....g	0.458		0	4		0.130	0.087	
Histidine....g	0.217		0	4		0.062	0.041	
Alanine....g	0.371		0	4		0.105	0.070	
Aspartic acid....g	0.627		0	4		0.178	0.119	
Glutamic acid....g	2.616		0	4		0.742	0.497	
Glycine....g	0.379		0	4		0.107	0.072	
Proline....g	0.848		0	4		0.240	0.161	
Serine....g	0.466		0	4		0.132	0.089	
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 = 28.350g: 1 oz

Measure 2 = 19.000g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18051
Bread, reduced-calorie, oatmeal

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	44.00		2	1		12.47	10.12	
Energy....kcal	210		0	4		60	48	
Energy....kj	879			4		249	202	
Protein (N x 5.8)....g	7.60		2	1		2.15	1.75	
Total lipid (fat)....g	3.50		2	1		0.99	0.81	
Ash....g	1.60		2	1		0.45	0.37	
Carbohydrate, by difference....g	43.30		0	4		12.28	9.96	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	115		2	1		33	26	
Iron, Fe....mg	2.30		2	1		0.65	0.53	
Magnesium, Mg....mg	24		0	4		7	6	
Phosphorus, P....mg	100		0	4		28	23	
Potassium, K....mg	124		0	4		35	29	
Sodium, Na....mg	388		2	1		110	89	
Zinc, Zn....mg	0.83		0	4		0.24	0.19	
Copper, Cu....mg	0.099		0	4		0.028	0.023	
Manganese, Mn....mg	0.539		0	4		0.153	0.124	
Selenium, Se....mcg	23.0		0	4		6.5	5.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.1	0.0	
Thiamin....mg	0.348		2	1		0.099	0.080	
Riboflavin....mg	0.280		2	1		0.079	0.064	
Niacin....mg	3.030		2	1		0.859	0.697	
Pantothenic acid....mg	0.431		0	4		0.122	0.099	
Vitamin B-6....mg	0.045		0	4		0.013	0.010	
Folate, total....mcg	55		0	4		16	13	
Folic acid....mcg	21		0	4		6	5	
Folate, food....mcg	34		0	4		10	8	
Folate, DFE....mcg_DFE	70		0	4		20	16	
Vitamin B-12....mcg	0.10		0	4		0.03	0.02	
Vitamin A, IU....IU	6		0	4		2	1	
Vitamin A, RE....mcg_RE	1		0	4		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.599		0	4		0.170	0.138	
4:0....g	0.002		0	4		0.001	0.000	
6:0....g	0.001		0	4		0.000	0.000	
8:0....g	0.001		0	4		0.000	0.000	
10:0....g	0.002		0	4		0.001	0.000	
11:0....g								
12:0....g	0.010		0	4		0.003	0.002	
13:0....g								
14:0....g	0.011		0	4		0.003	0.003	
15:0....g								
16:0....g	0.504		0	4		0.143	0.116	
17:0....g								
18:0....g	0.041		0	4		0.012	0.009	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.822		0	4		0.233	0.189	
14:1....g								
15:1....g								

NDB No. 18051
Bread, reduced-calorie, oatmeal

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	0.039		0	4		0.011	0.009	
17:1....g								
18:1 undifferentiated....g	0.783		0	4		0.222	0.180	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.351		0	4		0.383	0.311	
18:2 undifferentiated....g	1.289		0	4		0.365	0.296	
18:3 undifferentiated....g	0.063		0	4		0.018	0.014	
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		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.096		0	4		0.027	0.022	
Threonine....g	0.234		0	4		0.066	0.054	
Isoleucine....g	0.312		0	4		0.088	0.072	
Leucine....g	0.562		0	4		0.159	0.129	
Lysine....g	0.259		0	4		0.073	0.060	
Methionine....g	0.138		0	4		0.039	0.032	
Cystine....g	0.161		0	4		0.046	0.037	
Phenylalanine....g	0.381		0	4		0.108	0.088	
Tyrosine....g	0.251		0	4		0.071	0.058	
Valine....g	0.359		0	4		0.102	0.083	
Arginine....g	0.327		0	4		0.093	0.075	
Histidine....g	0.170		0	4		0.048	0.039	
Alanine....g	0.274		0	4		0.078	0.063	
Aspartic acid....g	0.431		0	4		0.122	0.099	
Glutamic acid....g	2.235		0	4		0.634	0.514	
Glycine....g	0.282		0	4		0.080	0.065	
Proline....g	0.764		0	4		0.217	0.176	
Serine....g	0.376		0	4		0.107	0.086	
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 = 28.350g: 1 oz

Measure 2 = 23.000g: 1 slice

Calories Factors: **Protein** 3.9 **Fat** 8.4 **Carbohydrate** 3.5

Food Group: 18 Baked Products

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

NDB No. 18053
Bread, reduced-calorie, rye

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	46.00		1	1		13.04	10.58	14.72
Energy....kcal	203		0	4		58	47	65
Energy....kj	849			4		241	195	272
Protein (N x 5.8)....g	9.10		1	1		2.58	2.09	2.91
Total lipid (fat)....g	2.90		1	1		0.82	0.67	0.93
Ash....g	1.60		1	1		0.45	0.37	0.51
Carbohydrate, by difference....g	40.50		0	4		11.48	9.32	12.96
Fiber, total dietary....g	12.0		0	4		3.4	2.8	3.8
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	76		1	1		22	17	24
Iron, Fe....mg	3.10		1	1		0.88	0.71	0.99
Magnesium, Mg....mg	22		0	4		6	5	7
Phosphorus, P....mg	78		0	4		22	18	25
Potassium, K....mg	98		1	1		28	23	31
Sodium, Na....mg	405		1	1		115	93	130
Zinc, Zn....mg	0.66		0	4		0.19	0.15	0.21
Copper, Cu....mg	0.133		0	4		0.038	0.031	0.043
Manganese, Mn....mg	0.453		0	4		0.128	0.104	0.145
Selenium, Se....mcg	27.9		0	4		7.9	6.4	8.9
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		0	4		0.1	0.1	0.1
Thiamin....mg	0.367		1	1		0.104	0.084	0.117
Riboflavin....mg	0.240		1	1		0.068	0.055	0.077
Niacin....mg	2.527		1	1		0.716	0.581	0.809
Pantothenic acid....mg	0.297		0	4		0.084	0.068	0.095
Vitamin B-6....mg	0.077		0	4		0.022	0.018	0.025
Folate, total....mcg	48		0	4		14	11	15
Folic acid....mcg	25		0	4		7	6	8
Folate, food....mcg	23		0	4		7	5	7
Folate, DFE....mcg_DFE	66		0	4		19	15	21
Vitamin B-12....mcg	0.04		0	4		0.01	0.01	0.01
Vitamin A, IU....IU	4		0	4		1	1	1
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	0.254		0	4		0.072	0.058	0.081
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.368		0	4		0.104	0.085	0.118
4:0....g	0.001		0	4		0.000	0.000	0.000
6:0....g	0.001		0	4		0.000	0.000	0.000
8:0....g	0.001		0	4		0.000	0.000	0.000
10:0....g	0.002		0	4		0.001	0.000	0.001
11:0....g								
12:0....g	0.004		0	4		0.001	0.001	0.001
13:0....g								
14:0....g	0.012		0	4		0.003	0.003	0.004
15:0....g								
16:0....g	0.270		0	4		0.077	0.062	0.086
17:0....g								
18:0....g	0.075		0	4		0.021	0.017	0.024
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.672		0	4		0.191	0.155	0.215
14:1....g								
15:1....g								

NDB No. 18053
Bread, reduced-calorie, rye

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	0.034		0	4		0.010	0.008	0.011
17:1....g								
18:1 undifferentiated....g	0.638		0	4		0.181	0.147	0.204
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	0.752		0	4		0.213	0.173	0.241
18:2 undifferentiated....g	0.710		0	4		0.201	0.163	0.227
18:3 undifferentiated....g	0.041		0	4		0.012	0.009	0.013
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		1	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.110		0	4		0.031	0.025	0.035
Threonine....g	0.284		0	4		0.081	0.065	0.091
Isoleucine....g	0.357		0	4		0.101	0.082	0.114
Leucine....g	0.638		0	4		0.181	0.147	0.204
Lysine....g	0.321		0	4		0.091	0.074	0.103
Methionine....g	0.155		0	4		0.044	0.036	0.050
Cystine....g	0.180		0	4		0.051	0.041	0.058
Phenylalanine....g	0.457		0	4		0.130	0.105	0.146
Tyrosine....g	0.288		0	4		0.082	0.066	0.092
Valine....g	0.415		0	4		0.118	0.095	0.133
Arginine....g	0.476		0	4		0.135	0.109	0.152
Histidine....g	0.208		0	4		0.059	0.048	0.067
Alanine....g	0.320		0	4		0.091	0.074	0.102
Aspartic acid....g	0.556		0	4		0.158	0.128	0.178
Glutamic acid....g	2.629		0	4		0.745	0.605	0.841
Glycine....g	0.321		0	4		0.091	0.074	0.103
Proline....g	0.860		0	4		0.244	0.198	0.275
Serine....g	0.432		0	4		0.122	0.099	0.138
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 = 28.350g: 1 oz

Measure 2 = 23.000g: 1 slice

Measure 3 = 32.000g: 1 slice, thick

Calories Factors: **Protein** 4 **Fat** 8.6 **Carbohydrate** 3.5

Food Group: 18 Baked Products

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

NDB No. 18055
Bread, reduced-calorie, wheat

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	43.20	0.656	10	1		12.25	9.94	
Energy....kcal	198		0	4		56	46	
Energy....kj	828			4		235	191	
Protein (N x 5.8)....g	9.10	0.462	7	1		2.58	2.09	
Total lipid (fat)....g	2.30	0.279	8	1		0.65	0.53	
Ash....g	1.90	0.119	6	1		0.54	0.44	
Carbohydrate, by difference....g	43.60		0	4		12.36	10.03	
Fiber, total dietary....g	12.0		0	1		3.4	2.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	80	17.083	6	1		23	18	
Iron, Fe....mg	2.96	0.263	8	1		0.84	0.68	
Magnesium, Mg....mg	39		0	4		11	9	
Phosphorus, P....mg	102		0	4		29	23	
Potassium, K....mg	122		0	4		35	28	
Sodium, Na....mg	511	24.634	3	1		145	118	
Zinc, Zn....mg	1.12		0	4		0.32	0.26	
Copper, Cu....mg	0.137		0	4		0.039	0.032	
Manganese, Mn....mg	0.853		0	4		0.242	0.196	
Selenium, Se....mcg	30.4		0	4		8.6	7.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.0	
Thiamin....mg	0.422	0.089	4	1		0.120	0.097	
Riboflavin....mg	0.295	0.024	6	1		0.084	0.068	
Niacin....mg	3.885	0.138	6	1		1.101	0.894	
Pantothenic acid....mg	0.630		1	1		0.179	0.145	
Vitamin B-6....mg	0.126		1	1		0.036	0.029	
Folate, total....mcg	71		0	4		20	16	
Folic acid....mcg	43		0	4		12	10	
Folate, food....mcg	28		0	4		8	6	
Folate, DFE....mcg_DFE	101		0	4		29	23	
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	0.119		0	4		0.034	0.027	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.344		0	4		0.098	0.079	
4:0....g	0.002		0	4		0.001	0.000	
6:0....g	0.001		0	4		0.000	0.000	
8:0....g	0.001		0	4		0.000	0.000	
10:0....g	0.002		0	4		0.001	0.000	
11:0....g								
12:0....g	0.003		0	4		0.001	0.001	
13:0....g								
14:0....g	0.008		0	4		0.002	0.002	
15:0....g								
16:0....g	0.297		0	4		0.084	0.068	
17:0....g								
18:0....g	0.027		0	4		0.008	0.006	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.252		0	4		0.071	0.058	
14:1....g								
15:1....g								

NDB No. 18055
Bread, reduced-calorie, wheat

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	0.038		0	4		0.011	0.009	
17:1....g								
18:1 undifferentiated....g	0.215		0	4		0.061	0.049	
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	0.969		0	4		0.275	0.223	
18:2 undifferentiated....g	0.918		0	4		0.260	0.211	
18:3 undifferentiated....g	0.050		0	4		0.014	0.012	
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								
Amino Acids:								
Tryptophan....g	0.108		0	4		0.031	0.025	
Threonine....g	0.274		0	4		0.078	0.063	
Isoleucine....g	0.356		0	4		0.101	0.082	
Leucine....g	0.638		0	4		0.181	0.147	
Lysine....g	0.261		0	4		0.074	0.060	
Methionine....g	0.159		0	4		0.045	0.037	
Cystine....g	0.188		0	4		0.053	0.043	
Phenylalanine....g	0.442		0	4		0.125	0.102	
Tyrosine....g	0.275		0	4		0.078	0.063	
Valine....g	0.399		0	4		0.113	0.092	
Arginine....g	0.339		0	4		0.096	0.078	
Histidine....g	0.197		0	4		0.056	0.045	
Alanine....g	0.303		0	4		0.086	0.070	
Aspartic acid....g	0.433		0	4		0.123	0.100	
Glutamic acid....g	2.861		0	4		0.811	0.658	
Glycine....g	0.316		0	4		0.090	0.073	
Proline....g	0.982		0	4		0.278	0.226	
Serine....g	0.439		0	4		0.124	0.101	
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 = 28.350g: 1 oz

Measure 2 = 23.000g: 1 slice

Calories Factors: **Protein** 3.9 **Fat** 8.4 **Carbohydrate** 3.3

Food Group: 18 Baked Products

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

NDB No. 18057
Bread, reduced-calorie, white

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	42.90	0.458	31	1		12.16	9.87	
Energy....kcal	207		0	4		59	48	
Energy....kj	866			4		246	199	
Protein (N x 5.9)....g	8.70	0.162	27	1		2.47	2.00	
Total lipid (fat)....g	2.50	0.157	23	1		0.71	0.58	
Ash....g	1.70	0.038	25	1		0.48	0.39	
Carbohydrate, by difference....g	44.30		0	4		12.56	10.19	
Fiber, total dietary....g	9.7		0	1		2.7	2.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	94	9.146	14	1		27	22	
Iron, Fe....mg	3.19	0.125	15	1		0.90	0.73	
Magnesium, Mg....mg	23		0	4		7	5	
Phosphorus, P....mg	121		0	4		34	28	
Potassium, K....mg	76		1	1		22	17	
Sodium, Na....mg	453	52.276	4	1		128	104	
Zinc, Zn....mg	1.34		1	1		0.38	0.31	
Copper, Cu....mg	0.330		1	1		0.094	0.076	
Manganese, Mn....mg	0.391		0	4		0.111	0.090	
Selenium, Se....mcg	21.7		0	4		6.2	5.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		0	4		0.1	0.1	
Thiamin....mg	0.410	0.032	14	1		0.116	0.094	
Riboflavin....mg	0.289	0.017	13	1		0.082	0.066	
Niacin....mg	3.641	0.207	14	1		1.032	0.837	
Pantothenic acid....mg	0.462		1	1		0.131	0.106	
Vitamin B-6....mg	0.042		1	1		0.012	0.010	
Folate, total....mcg	95		0	4		27	22	
Folic acid....mcg	61		0	4		17	14	
Folate, food....mcg	34		0	4		10	8	
Folate, DFE....mcg_DFE	138		0	4		39	32	
Vitamin B-12....mcg	0.28		0	4		0.08	0.06	
Vitamin A, IU....IU	3		0	4		1	1	
Vitamin A, RE....mcg_RE	1		0	4		0	0	
Vitamin E....mg_ATE	0.139		0	4		0.039	0.032	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.549		0	4		0.156	0.126	
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	0.009		0	4		0.003	0.002	
15:0....g								
16:0....g	0.325		0	4		0.092	0.075	
17:0....g								
18:0....g	0.214		0	4		0.061	0.049	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.077		0	4		0.305	0.248	
14:1....g								
15:1....g								

NDB No. 18057
Bread, reduced-calorie, white

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	0.016		0	4		0.005	0.004	
17:1....g								
18:1 undifferentiated....g	1.061		0	4		0.301	0.244	
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	0.559		0	4		0.158	0.129	
18:2 undifferentiated....g	0.531		0	4		0.151	0.122	
18:3 undifferentiated....g	0.028		0	4		0.008	0.006	
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		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.104		0	4		0.029	0.024	
Threonine....g	0.289		0	4		0.082	0.066	
Isoleucine....g	0.381		0	4		0.108	0.088	
Leucine....g	0.657		0	4		0.186	0.151	
Lysine....g	0.358		0	4		0.101	0.082	
Methionine....g	0.160		0	4		0.045	0.037	
Cystine....g	0.151		0	4		0.043	0.035	
Phenylalanine....g	0.419		0	4		0.119	0.096	
Tyrosine....g	0.296		0	4		0.084	0.068	
Valine....g	0.418		0	4		0.119	0.096	
Arginine....g	0.339		0	4		0.096	0.078	
Histidine....g	0.198		0	4		0.056	0.046	
Alanine....g	0.293		0	4		0.083	0.067	
Aspartic acid....g	0.504		0	4		0.143	0.116	
Glutamic acid....g	2.440		0	4		0.692	0.561	
Glycine....g	0.276		0	4		0.078	0.063	
Proline....g	0.881		0	4		0.250	0.203	
Serine....g	0.430		0	4		0.122	0.099	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0			4		0	0	
Theobromine....mg	0			4		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 = 28.350g: 1 oz

Measure 2 = 23.000g: 1 slice

Calories Factors: Protein 4 **Fat** 8.7 **Carbohydrate** 3.4

Food Group: 18 Baked Products

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

NDB No. 18059
Bread, rice bran

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	41.00		2	1		11.62	11.07	
Energy....kcal	243		0	4		69	66	
Energy....kj	1017			4		288	275	
Protein (N x 5.8)....g	8.90	0.468	4	1		2.52	2.40	
Total lipid (fat)....g	4.60	0.508	4	1		1.30	1.24	
Ash....g	2.00		2	1		0.57	0.54	
Carbohydrate, by difference....g	43.50		0	4		12.33	11.75	
Fiber, total dietary....g	4.9		0	1		1.4	1.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	69	30.109	4	1		20	19	
Iron, Fe....mg	3.61	0.368	4	1		1.02	0.97	
Magnesium, Mg....mg	80		0	4		23	22	
Phosphorus, P....mg	178		0	4		50	48	
Potassium, K....mg	215		0	4		61	58	
Sodium, Na....mg	440	10.245	4	1		125	119	
Zinc, Zn....mg	1.31		0	4		0.37	0.35	
Copper, Cu....mg	0.184		0	4		0.052	0.050	
Manganese, Mn....mg	1.585		0	4		0.449	0.428	
Selenium, Se....mcg	28.7		0	4		8.1	7.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.653	0.058	4	1		0.185	0.176	
Riboflavin....mg	0.300	0.010	4	1		0.085	0.081	
Niacin....mg	6.810	0.811	4	1		1.931	1.839	
Pantothenic acid....mg	0.776		0	4		0.220	0.210	
Vitamin B-6....mg	0.268		0	4		0.076	0.072	
Folate, total....mcg	65		0	4		18	18	
Folic acid....mcg	35		0	4		10	9	
Folate, food....mcg	30		0	4		9	8	
Folate, DFE....mcg_DFE	90		0	4		25	24	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	3		0	4		1	1	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.834		0	4		0.236	0.225	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.709		0	4		0.201	0.191	
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	0.001		0	4		0.000	0.000	
13:0....g								
14:0....g	0.006		0	4		0.002	0.002	
15:0....g								
16:0....g	0.530		0	4		0.150	0.143	
17:0....g								
18:0....g	0.165		0	4		0.047	0.045	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.654		0	4		0.469	0.447	
14:1....g								
15:1....g								

NDB No. 18059
Bread, 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
16:1 undifferentiated....g	0.033		0	4		0.009	0.009	
17:1....g								
18:1 undifferentiated....g	1.621		0	4		0.460	0.438	
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	1.760		0	4		0.499	0.475	
18:2 undifferentiated....g	1.654		0	4		0.469	0.447	
18:3 undifferentiated....g	0.106		0	4		0.030	0.029	
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		2	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.106		0	4		0.030	0.029	
Threonine....g	0.268		0	4		0.076	0.072	
Isoleucine....g	0.347		0	4		0.098	0.094	
Leucine....g	0.624		0	4		0.177	0.168	
Lysine....g	0.259		0	4		0.073	0.070	
Methionine....g	0.156		0	4		0.044	0.042	
Cystine....g	0.190		0	4		0.054	0.051	
Phenylalanine....g	0.439		0	4		0.124	0.119	
Tyrosine....g	0.271		0	4		0.077	0.073	
Valine....g	0.402		0	4		0.114	0.109	
Arginine....g	0.379		0	4		0.107	0.102	
Histidine....g	0.197		0	4		0.056	0.053	
Alanine....g	0.328		0	4		0.093	0.089	
Aspartic acid....g	0.464		0	4		0.132	0.125	
Glutamic acid....g	2.703		0	4		0.766	0.730	
Glycine....g	0.344		0	4		0.098	0.093	
Proline....g	0.910		0	4		0.258	0.246	
Serine....g	0.433		0	4		0.123	0.117	
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 = 28.350g: 1 oz

Measure 2 = 27.000g: 1 slice

Calories Factors: **Protein** 3.7 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18060
Bread, rye

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	37.30	0.212	54	1		10.57	11.94	2.61
Energy....kcal	259		0	4		73	83	18
Energy....kj	1084			4		307	347	76
Protein (N x 5.8)....g	8.50	0.079	76	1		2.41	2.72	0.60
Total lipid (fat)....g	3.30	0.084	78	1		0.94	1.06	0.23
Ash....g	2.50	0.064	41	1		0.71	0.80	0.18
Carbohydrate, by difference....g	48.30		0	4		13.69	15.46	3.38
Fiber, total dietary....g	5.8		0	1		1.6	1.9	0.4
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	73	2.255	103	1		21	23	5
Iron, Fe....mg	2.83	0.047	101	1		0.80	0.91	0.20
Magnesium, Mg....mg	40	1.217	38	1		11	13	3
Phosphorus, P....mg	125	3.819	37	1		35	40	9
Potassium, K....mg	166	3.417	53	1		47	53	12
Sodium, Na....mg	660	10.730	59	1		187	211	46
Zinc, Zn....mg	1.14	0.032	38	1		0.32	0.36	0.08
Copper, Cu....mg	0.186	0.005	34	1		0.053	0.060	0.013
Manganese, Mn....mg	0.824	0.031	36	1		0.234	0.264	0.058
Selenium, Se....mcg	30.9	0.899	44	1		8.8	9.9	2.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		0	4		0.1	0.1	0.0
Thiamin....mg	0.434	0.008	69	1		0.123	0.139	0.030
Riboflavin....mg	0.335	0.013	70	1		0.095	0.107	0.023
Niacin....mg	3.805	0.070	70	1		1.079	1.218	0.266
Pantothenic acid....mg	0.440	0.052	4	1		0.125	0.141	0.031
Vitamin B-6....mg	0.075		2	1		0.021	0.024	0.005
Folate, total....mcg	86		0	4		24	28	6
Folic acid....mcg	35		0	4		10	11	2
Folate, food....mcg	51	14.848	4	1		14	16	4
Folate, DFE....mcg_DFE	111		0	4		31	35	8
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	7		0	4		2	2	0
Vitamin A, RE....mcg_RE	1		0	4		0	0	0
Vitamin E....mg_ATE	0.367		0	4		0.104	0.117	0.026
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.626		0	4		0.177	0.200	0.044
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	0.011		0	4		0.003	0.004	0.001
15:0....g								
16:0....g	0.385		0	4		0.109	0.123	0.027
17:0....g								
18:0....g	0.230		0	4		0.065	0.074	0.016
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.311		0	4		0.372	0.420	0.092
14:1....g								
15:1....g								

NDB No. 18060
Bread, rye

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	0.012		0	4		0.003	0.004	0.001
17:1....g								
18:1 undifferentiated....g	1.296		0	4		0.367	0.415	0.091
20:1....g	0.003		0	4		0.001	0.001	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	0.799		0	4		0.227	0.256	0.056
18:2 undifferentiated....g	0.739		0	4		0.210	0.236	0.052
18:3 undifferentiated....g	0.060		0	4		0.017	0.019	0.004
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	0.000	7	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.096		0	4		0.027	0.031	0.007
Threonine....g	0.255		0	4		0.072	0.082	0.018
Isoleucine....g	0.319		0	4		0.090	0.102	0.022
Leucine....g	0.579		0	4		0.164	0.185	0.041
Lysine....g	0.233		0	4		0.066	0.075	0.016
Methionine....g	0.139		0	4		0.039	0.044	0.010
Cystine....g	0.173		0	4		0.049	0.055	0.012
Phenylalanine....g	0.411		0	4		0.117	0.132	0.029
Tyrosine....g	0.213		0	4		0.060	0.068	0.015
Valine....g	0.379		0	4		0.107	0.121	0.027
Arginine....g	0.325		0	4		0.092	0.104	0.023
Histidine....g	0.182		0	4		0.052	0.058	0.013
Alanine....g	0.299		0	4		0.085	0.096	0.021
Aspartic acid....g	0.442		0	4		0.125	0.141	0.031
Glutamic acid....g	2.603		0	4		0.738	0.833	0.182
Glycine....g	0.302		0	4		0.086	0.097	0.021
Proline....g	0.909		0	4		0.258	0.291	0.064
Serine....g	0.417		0	4		0.118	0.133	0.029
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0			4		0	0	0
Theobromine....mg	0			4		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 = 28.350g: 1 oz

Measure 2 = 32.000g: 1 slice

Measure 3 = 7.000g: 1 slice, snack-size

Calories Factors: **Protein** 3.7 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18061
Bread, rye, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	31.00		0	4		8.79	8.99	7.44
Energy....kcal	284		0	4		81	82	68
Energy....kj	1188			4		337	345	285
Protein (N x 0)....g	9.40		0	4		2.66	2.73	2.26
Total lipid (fat)....g	3.60		0	4		1.02	1.04	0.86
Ash....g	2.70		0	4		0.77	0.78	0.65
Carbohydrate, by difference....g	53.10		0	4		15.05	15.40	12.74
Fiber, total dietary....g	6.4		0	4		1.8	1.9	1.5
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	80		0	4		23	23	19
Iron, Fe....mg	3.10		0	4		0.88	0.90	0.74
Magnesium, Mg....mg	43		0	4		12	12	10
Phosphorus, P....mg	138		0	4		39	40	33
Potassium, K....mg	183		0	4		52	53	44
Sodium, Na....mg	725		0	4		206	210	174
Zinc, Zn....mg	1.25		0	4		0.35	0.36	0.30
Copper, Cu....mg	0.204		0	4		0.058	0.059	0.049
Manganese, Mn....mg	0.905		0	4		0.257	0.262	0.217
Selenium, Se....mcg	34.0		0	4		9.6	9.9	8.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.1	0.1	0.0
Thiamin....mg	0.382		0	4		0.108	0.111	0.092
Riboflavin....mg	0.332		0	4		0.094	0.096	0.080
Niacin....mg	3.763		0	4		1.067	1.091	0.903
Pantothenic acid....mg	0.314		0	4		0.089	0.091	0.075
Vitamin B-6....mg	0.074		0	4		0.021	0.021	0.018
Folate, total....mcg	73		0	4		21	21	18
Folic acid....mcg	34		0	4		10	10	8
Folate, food....mcg	39		0	4		11	11	9
Folate, DFE....mcg_DFE	97		0	4		27	28	23
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	4		0	4		1	1	1
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	0.608		0	4		0.172	0.176	0.146
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.688		0	4		0.195	0.200	0.165
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	0.012		0	4		0.003	0.003	0.003
15:0....g								
16:0....g	0.423		0	4		0.120	0.123	0.102
17:0....g								
18:0....g	0.253		0	4		0.072	0.073	0.061
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.440		0	4		0.408	0.418	0.346
14:1....g								
15:1....g								

NDB No. 18061
Bread, rye, toasted

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	0.013		0	4		0.004	0.004	0.003
17:1....g								
18:1 undifferentiated....g	1.425		0	4		0.404	0.413	0.342
20:1....g	0.003		0	4		0.001	0.001	0.001
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.879		0	4		0.249	0.255	0.211
18:2 undifferentiated....g	0.812		0	4		0.230	0.235	0.195
18:3 undifferentiated....g	0.066		0	4		0.019	0.019	0.016
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								
Amino Acids:								
Tryptophan....g	0.105		0	4		0.030	0.030	0.025
Threonine....g	0.281		0	4		0.080	0.081	0.067
Isoleucine....g	0.351		0	4		0.100	0.102	0.084
Leucine....g	0.637		0	4		0.181	0.185	0.153
Lysine....g	0.256		0	4		0.073	0.074	0.061
Methionine....g	0.153		0	4		0.043	0.044	0.037
Cystine....g	0.190		0	4		0.054	0.055	0.046
Phenylalanine....g	0.451		0	4		0.128	0.131	0.108
Tyrosine....g	0.235		0	4		0.067	0.068	0.056
Valine....g	0.417		0	4		0.118	0.121	0.100
Arginine....g	0.358		0	4		0.101	0.104	0.086
Histidine....g	0.200		0	4		0.057	0.058	0.048
Alanine....g	0.328		0	4		0.093	0.095	0.079
Aspartic acid....g	0.486		0	4		0.138	0.141	0.117
Glutamic acid....g	2.861		0	4		0.811	0.830	0.687
Glycine....g	0.331		0	4		0.094	0.096	0.079
Proline....g	0.999		0	4		0.283	0.290	0.240
Serine....g	0.458		0	4		0.130	0.133	0.110
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 = 28.350g: 1 oz

Measure 2 = 29.000g: 1 slice, large

Measure 3 = 24.000g: 1 slice, regular

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	37.10	0.110	168	1		10.52	9.28	
Energy....kcal	260		0	4		74	65	
Energy....kj	1088			4		308	272	
Protein (N x 5.8)....g	9.10	0.057	208	1		2.58	2.28	
Total lipid (fat)....g	4.10	0.041	208	1		1.16	1.03	
Ash....g	2.30	0.020	158	1		0.65	0.58	
Carbohydrate, by difference....g	47.20		0	4		13.38	11.80	
Fiber, total dietary....g	4.3		0	1		1.2	1.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	105	2.854	205	1		30	26	
Iron, Fe....mg	3.31	0.042	205	1		0.94	0.83	
Magnesium, Mg....mg	46	0.720	126	1		13	12	
Phosphorus, P....mg	150	8.072	3	1		43	38	
Potassium, K....mg	201	9.908	10	1		57	50	
Sodium, Na....mg	530	10.510	56	1		150	133	
Zinc, Zn....mg	1.04	0.017	126	1		0.29	0.26	
Copper, Cu....mg	0.212	0.004	3	1		0.060	0.053	
Manganese, Mn....mg	1.024	0.239	3	1		0.290	0.256	
Selenium, Se....mcg	30.9	2.498	10	1		8.8	7.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	
Thiamin....mg	0.418	0.007	207	1		0.119	0.105	
Riboflavin....mg	0.280	0.008	204	1		0.079	0.070	
Niacin....mg	4.124	0.063	201	1		1.169	1.031	
Pantothenic acid....mg	0.436	0.023	5	1		0.124	0.109	
Vitamin B-6....mg	0.097	0.009	3	1		0.027	0.024	
Folate, total....mcg	77		0	4		22	19	
Folic acid....mcg	36		0	4		10	9	
Folate, food....mcg	41		0	4		12	10	
Folate, DFE....mcg_DFE	102		0	4		29	26	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		1	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.540		0	4		0.153	0.135	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.894		0	4		0.253	0.224	
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	0.001		0	4		0.000	0.000	
13:0....g								
14:0....g	0.015		0	4		0.004	0.004	
15:0....g								
16:0....g	0.536		0	4		0.152	0.134	
17:0....g								
18:0....g	0.339		0	4		0.096	0.085	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.720		0	4		0.488	0.430	
14:1....g								
15:1....g								

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

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	0.017		0	4		0.005	0.004	
17:1....g								
18:1 undifferentiated....g	1.703		0	4		0.483	0.426	
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	0.908		0	4		0.257	0.227	
18:2 undifferentiated....g	0.862		0	4		0.244	0.216	
18:3 undifferentiated....g	0.045		0	4		0.013	0.011	
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	0.001		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	0.250	4	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.118		0	1		0.033	0.030	
Threonine....g	0.275		0	1		0.078	0.069	
Isoleucine....g	0.356		0	1		0.101	0.089	
Leucine....g	0.643		0	1		0.182	0.161	
Lysine....g	0.261		0	1		0.074	0.065	
Methionine....g	0.155		0	1		0.044	0.039	
Cystine....g	0.198		0	1		0.056	0.050	
Phenylalanine....g	0.446		0	1		0.126	0.112	
Tyrosine....g	0.269		0	1		0.076	0.067	
Valine....g	0.409		0	1		0.116	0.102	
Arginine....g	0.380		0	1		0.108	0.095	
Histidine....g	0.205		0	1		0.058	0.051	
Alanine....g	0.323		0	1		0.092	0.081	
Aspartic acid....g	0.475		0	1		0.135	0.119	
Glutamic acid....g	2.906		0	1		0.824	0.727	
Glycine....g	0.344		0	1		0.098	0.086	
Proline....g	0.961		0	1		0.272	0.240	
Serine....g	0.444		0	1		0.126	0.111	
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 = 28.350g: 1 oz

Measure 2 = 25.000g: 1 slice

Calories Factors: **Protein** 3.8 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	31.60		0	1		8.96	7.27	
Energy....kcal	282		0	4		80	65	
Energy....kj	1180			4		334	271	
Protein (N x 0)....g	9.90		0	1		2.81	2.28	
Total lipid (fat)....g	4.40		0	1		1.25	1.01	
Ash....g	2.50		0	1		0.71	0.58	
Carbohydrate, by difference....g	51.30		0	4		14.54	11.80	
Fiber, total dietary....g	5.3		0	4		1.5	1.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	114		0	1		32	26	
Iron, Fe....mg	3.60		0	1		1.02	0.83	
Magnesium, Mg....mg	50		0	1		14	12	
Phosphorus, P....mg	163		0	1		46	37	
Potassium, K....mg	218		0	1		62	50	
Sodium, Na....mg	576		0	1		163	132	
Zinc, Zn....mg	1.13		0	1		0.32	0.26	
Copper, Cu....mg	0.230		0	1		0.065	0.053	
Manganese, Mn....mg	1.113		0	1		0.316	0.256	
Selenium, Se....mcg	33.6		0	4		9.5	7.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.363		0	1		0.103	0.083	
Riboflavin....mg	0.274		0	1		0.078	0.063	
Niacin....mg	4.034		0	1		1.144	0.928	
Pantothenic acid....mg	0.308		0	1		0.087	0.071	
Vitamin B-6....mg	0.095		0	1		0.027	0.022	
Folate, total....mcg	65		0	4		18	15	
Folic acid....mcg	34		0	4		10	8	
Folate, food....mcg	31		0	4		9	7	
Folate, DFE....mcg_DFE	89		0	4		25	20	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.594		0	4		0.168	0.137	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.972		0	1		0.276	0.224	
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	0.001		0	1		0.000	0.000	
13:0....g								
14:0....g	0.017		0	1		0.005	0.004	
15:0....g								
16:0....g	0.583		0	1		0.165	0.134	
17:0....g								
18:0....g	0.368		0	1		0.104	0.085	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.870		0	1		0.530	0.430	
14:1....g								
15:1....g								

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

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	0.019		0	1		0.005	0.004	
17:1....g								
18:1 undifferentiated....g	1.851		0	1		0.525	0.426	
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	0.987		0	1		0.280	0.227	
18:2 undifferentiated....g	0.937		0	1		0.266	0.216	
18:3 undifferentiated....g	0.049		0	1		0.014	0.011	
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	0.001		0	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	0		0	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.129		0	1		0.037	0.030	
Threonine....g	0.299		0	1		0.085	0.069	
Isoleucine....g	0.387		0	1		0.110	0.089	
Leucine....g	0.698		0	1		0.198	0.161	
Lysine....g	0.283		0	1		0.080	0.065	
Methionine....g	0.169		0	1		0.048	0.039	
Cystine....g	0.215		0	1		0.061	0.049	
Phenylalanine....g	0.485		0	1		0.137	0.112	
Tyrosine....g	0.292		0	1		0.083	0.067	
Valine....g	0.445		0	1		0.126	0.102	
Arginine....g	0.414		0	1		0.117	0.095	
Histidine....g	0.222		0	1		0.063	0.051	
Alanine....g	0.351		0	1		0.100	0.081	
Aspartic acid....g	0.516		0	1		0.146	0.119	
Glutamic acid....g	3.159		0	1		0.896	0.727	
Glycine....g	0.374		0	1		0.106	0.086	
Proline....g	1.044		0	1		0.296	0.240	
Serine....g	0.483		0	1		0.137	0.111	
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 = 28.350g: 1 oz

Measure 2 = 23.000g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18066
Bread, wheat bran

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	37.80	1.046	9	1		10.72	13.61	
Energy....kcal	248		0	4		70	89	
Energy....kj	1038			4		294	374	
Protein (N x 5.8)....g	8.80	0.331	7	1		2.49	3.17	
Total lipid (fat)....g	3.40	0.138	20	1		0.96	1.22	
Ash....g	2.20	0.135	8	1		0.62	0.79	
Carbohydrate, by difference....g	47.80		0	4		13.55	17.21	
Fiber, total dietary....g	4.0		0	1		1.1	1.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	74	7.446	5	1		21	27	
Iron, Fe....mg	3.07	0.112	19	1		0.87	1.11	
Magnesium, Mg....mg	81		2	1		23	29	
Phosphorus, P....mg	185		2	1		52	67	
Potassium, K....mg	227	20.410	6	1		64	82	
Sodium, Na....mg	486	17.606	10	1		138	175	
Zinc, Zn....mg	1.35		2	1		0.38	0.49	
Copper, Cu....mg	0.221		2	1		0.063	0.080	
Manganese, Mn....mg	1.668		2	1		0.473	0.600	
Selenium, Se....mcg	31.0		0	4		8.8	11.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.397	0.011	18	1		0.113	0.143	
Riboflavin....mg	0.287	0.009	19	1		0.081	0.103	
Niacin....mg	4.402	0.122	18	1		1.248	1.585	
Pantothenic acid....mg	0.536	0.059	4	1		0.152	0.193	
Vitamin B-6....mg	0.176		2	1		0.050	0.063	
Folate, total....mcg	69		0	4		20	25	
Folic acid....mcg	44		0	4		12	16	
Folate, food....mcg	25		0	4		7	9	
Folate, DFE....mcg_DFE	100		0	4		28	36	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		1	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.464		0	4		0.132	0.167	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.779		0	1		0.221	0.280	
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	0.014		0	1		0.004	0.005	
15:0....g								
16:0....g	0.438		0	1		0.124	0.158	
17:0....g								
18:0....g	0.326		0	1		0.092	0.117	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.618		0	1		0.459	0.582	
14:1....g								
15:1....g								

NDB No. 18066
Bread, wheat 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
16:1 undifferentiated....g	0.009		0	1		0.003	0.003	
17:1....g								
18:1 undifferentiated....g	1.608		0	1		0.456	0.579	
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	0.649		0	1		0.184	0.234	
18:2 undifferentiated....g	0.614		0	1		0.174	0.221	
18:3 undifferentiated....g	0.035		0	1		0.010	0.013	
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		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.111		0	1		0.031	0.040	
Threonine....g	0.256		0	1		0.073	0.092	
Isoleucine....g	0.332		0	1		0.094	0.120	
Leucine....g	0.603		0	1		0.171	0.217	
Lysine....g	0.235		0	1		0.067	0.085	
Methionine....g	0.152		0	1		0.043	0.055	
Cystine....g	0.191		0	1		0.054	0.069	
Phenylalanine....g	0.419		0	1		0.119	0.151	
Tyrosine....g	0.252		0	1		0.071	0.091	
Valine....g	0.385		0	1		0.109	0.139	
Arginine....g	0.357		0	1		0.101	0.129	
Histidine....g	0.196		0	1		0.056	0.071	
Alanine....g	0.311		0	1		0.088	0.112	
Aspartic acid....g	0.433		0	1		0.123	0.156	
Glutamic acid....g	2.750		0	1		0.780	0.990	
Glycine....g	0.334		0	1		0.095	0.120	
Proline....g	0.918		0	1		0.260	0.330	
Serine....g	0.419		0	1		0.119	0.151	
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 = 28.350g: 1 oz

Measure 2 = 36.000g: 1 slice

Calories Factors: **Protein** 3.7 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18068
Bread, wheat germ

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	37.10	0.463	5	1		10.52	10.39	
Energy....kcal	261		0	4		74	73	
Energy....kj	1092			4		310	306	
Protein (N x 5.8)....g	9.60	0.099	18	1		2.72	2.69	
Total lipid (fat)....g	2.90	0.105	18	1		0.82	0.81	
Ash....g	2.10	0.163	4	1		0.60	0.59	
Carbohydrate, by difference....g	48.30		0	4		13.69	13.52	
Fiber, total dietary....g	2.1		0	4		0.6	0.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	89	2.081	18	1		25	25	
Iron, Fe....mg	3.45	0.055	18	1		0.98	0.97	
Magnesium, Mg....mg	28		0	4		8	8	
Phosphorus, P....mg	121		0	4		34	34	
Potassium, K....mg	254		2	1		72	71	
Sodium, Na....mg	553	6.125	9	1		157	155	
Zinc, Zn....mg	0.98		0	4		0.28	0.27	
Copper, Cu....mg	0.204		0	4		0.058	0.057	
Manganese, Mn....mg	0.845		0	4		0.240	0.237	
Selenium, Se....mcg	27.2		0	4		7.7	7.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.1	0.1	
Thiamin....mg	0.369	0.009	18	1		0.105	0.103	
Riboflavin....mg	0.375	0.008	18	1		0.106	0.105	
Niacin....mg	4.498	0.068	18	1		1.275	1.259	
Pantothenic acid....mg	0.521		0	4		0.148	0.146	
Vitamin B-6....mg	0.079		0	4		0.022	0.022	
Folate, total....mcg	94		0	4		27	26	
Folic acid....mcg	39		0	4		11	11	
Folate, food....mcg	55		1	1		16	15	
Folate, DFE....mcg_DFE	121		0	4		34	34	
Vitamin B-12....mcg	0.07		0	4		0.02	0.02	
Vitamin A, IU....IU	1		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.088		0	4		0.025	0.025	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.657		0	1		0.186	0.184	
4:0....g	0.001		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	0.001		0	1		0.000	0.000	
13:0....g								
14:0....g	0.012		0	1		0.003	0.003	
15:0....g								
16:0....g	0.388		0	1		0.110	0.109	
17:0....g								
18:0....g	0.254		0	1		0.072	0.071	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.275		0	1		0.361	0.357	
14:1....g								
15:1....g								

NDB No. 18068
Bread, 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
16:1 undifferentiated....g	0.009		0	1		0.003	0.003	
17:1....g								
18:1 undifferentiated....g	1.265		0	1		0.359	0.354	
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	0.668		0	1		0.189	0.187	
18:2 undifferentiated....g	0.623		0	1		0.177	0.174	
18:3 undifferentiated....g	0.045		0	1		0.013	0.013	
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								
Amino Acids:								
Tryptophan....g	0.114		0	1		0.032	0.032	
Threonine....g	0.302		0	1		0.086	0.085	
Isoleucine....g	0.386		0	1		0.109	0.108	
Leucine....g	0.686		0	1		0.194	0.192	
Lysine....g	0.326		0	1		0.092	0.091	
Methionine....g	0.170		0	1		0.048	0.048	
Cystine....g	0.188		0	1		0.053	0.053	
Phenylalanine....g	0.458		0	1		0.130	0.128	
Tyrosine....g	0.293		0	1		0.083	0.082	
Valine....g	0.438		0	1		0.124	0.123	
Arginine....g	0.397		0	1		0.113	0.111	
Histidine....g	0.216		0	1		0.061	0.060	
Alanine....g	0.343		0	1		0.097	0.096	
Aspartic acid....g	0.526		0	1		0.149	0.147	
Glutamic acid....g	2.843		0	1		0.806	0.796	
Glycine....g	0.346		0	1		0.098	0.097	
Proline....g	0.971		0	1		0.275	0.272	
Serine....g	0.468		0	1		0.133	0.131	
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 = 28.350g: 1 oz

Measure 2 = 28.000g: 1 slice

Calories Factors: **Protein** 3.9 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	36.70	0.101	302	1		16.52	12.85	10.40
Energy....kcal	267		0	4		120	93	76
Energy....kj	1117			4		503	391	317
Protein (N x 5.7)....g	8.20	0.050	218	1		3.69	2.87	2.32
Total lipid (fat)....g	3.60	0.076	224	1		1.62	1.26	1.02
Ash....g	1.90	0.016	286	1		0.86	0.67	0.54
Carbohydrate, by difference....g	49.50		0	4		22.28	17.33	14.03
Fiber, total dietary....g	2.3		0	4		1.0	0.8	0.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	108	2.643	250	1		49	38	31
Iron, Fe....mg	3.03	0.033	256	1		1.36	1.06	0.86
Magnesium, Mg....mg	24	0.430	108	1		11	8	7
Phosphorus, P....mg	94	1.679	96	1		42	33	27
Potassium, K....mg	119	2.041	105	1		54	42	34
Sodium, Na....mg	538	8.630	130	1		242	188	153
Zinc, Zn....mg	0.62	0.015	111	1		0.28	0.22	0.18
Copper, Cu....mg	0.126	0.003	102	1		0.057	0.044	0.036
Manganese, Mn....mg	0.383	0.008	103	1		0.172	0.134	0.109
Selenium, Se....mcg	28.2	1.073	175	1		12.7	9.9	8.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	0.0
Thiamin....mg	0.472	0.005	190	1		0.212	0.165	0.134
Riboflavin....mg	0.341	0.006	177	1		0.153	0.119	0.097
Niacin....mg	3.969	0.034	198	1		1.786	1.389	1.125
Pantothenic acid....mg	0.390	0.015	25	1		0.176	0.137	0.111
Vitamin B-6....mg	0.064	0.005	6	1		0.029	0.022	0.018
Folate, total....mcg	95		0	4		43	33	27
Folic acid....mcg	61		0	4		27	21	17
Folate, food....mcg	34		1	1		15	12	10
Folate, DFE....mcg_DFE	138		0	4		62	48	39
Vitamin B-12....mcg	0.03		0	4		0.01	0.01	0.01
Vitamin A, IU....IU	0		1	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	0.381		0	4		0.171	0.133	0.108
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.526		0	4		0.237	0.184	0.149
4:0....g	0.001		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	0.001		0	4		0.000	0.000	0.000
13:0....g								
14:0....g	0.005		0	4		0.002	0.002	0.001
15:0....g								
16:0....g	0.398		0	4		0.179	0.139	0.113
17:0....g								
18:0....g	0.108		0	4		0.049	0.038	0.031
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.724		0	4		0.326	0.253	0.205
14:1....g								
15:1....g								

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

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	0.029		0	4		0.013	0.010	0.008
17:1....g								
18:1 undifferentiated....g	0.687		0	4		0.309	0.240	0.195
20:1....g	0.005		0	4		0.002	0.002	0.001
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.902		0	4		0.856	0.666	0.539
18:2 undifferentiated....g	1.700		0	4		0.765	0.595	0.482
18:3 undifferentiated....g	0.200		0	4		0.090	0.070	0.057
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	1	0.281	11	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.096		0	4		0.043	0.034	0.027
Threonine....g	0.243		0	4		0.109	0.085	0.069
Isoleucine....g	0.322		0	4		0.145	0.113	0.091
Leucine....g	0.580		0	4		0.261	0.203	0.164
Lysine....g	0.223		0	4		0.100	0.078	0.063
Methionine....g	0.144		0	4		0.065	0.050	0.041
Cystine....g	0.174		0	4		0.078	0.061	0.049
Phenylalanine....g	0.404		0	4		0.182	0.141	0.115
Tyrosine....g	0.237		0	4		0.107	0.083	0.067
Valine....g	0.361		0	4		0.162	0.126	0.102
Arginine....g	0.315		0	4		0.142	0.110	0.089
Histidine....g	0.178		0	4		0.080	0.062	0.050
Alanine....g	0.281		0	4		0.126	0.098	0.080
Aspartic acid....g	0.409		0	4		0.184	0.143	0.116
Glutamic acid....g	2.657		0	4		1.196	0.930	0.753
Glycine....g	0.294		0	4		0.132	0.103	0.083
Proline....g	0.882		0	4		0.397	0.309	0.250
Serine....g	0.400		0	4		0.180	0.140	0.113
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0			4		0	0	0
Theobromine....mg	0			4		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 = 45.000g: 1 cup, crumbs

Measure 2 = 35.000g: 1 cup, cubes

Measure 3 = 28.350g: 1 oz

Calories Factors: **Protein** 3.9 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	30.40		0	1		13.68	12.77	8.62
Energy....kcal	293		0	4		132	123	83
Energy....kj	1226			4		552	515	348
Protein (N x 0)....g	9.00		0	1		4.05	3.78	2.55
Total lipid (fat)....g	4.00		0	1		1.80	1.68	1.13
Ash....g	2.10		0	1		0.95	0.88	0.60
Carbohydrate, by difference....g	54.40		0	4		24.48	22.85	15.42
Fiber, total dietary....g	2.5		0	4		1.1	1.1	0.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	119		0	1		54	50	34
Iron, Fe....mg	3.33		0	1		1.50	1.40	0.94
Magnesium, Mg....mg	26		0	1		12	11	7
Phosphorus, P....mg	103		0	1		46	43	29
Potassium, K....mg	131		0	1		59	55	37
Sodium, Na....mg	592		0	1		266	249	168
Zinc, Zn....mg	0.68		0	1		0.31	0.29	0.19
Copper, Cu....mg	0.138		0	1		0.062	0.058	0.039
Manganese, Mn....mg	0.421		0	1		0.189	0.177	0.119
Selenium, Se....mcg	31.0		0	4		14.0	13.0	8.8
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.415		0	1		0.187	0.174	0.118
Riboflavin....mg	0.337		0	1		0.152	0.142	0.096
Niacin....mg	3.926		0	1		1.767	1.649	1.113
Pantothenic acid....mg	0.278		0	1		0.125	0.117	0.079
Vitamin B-6....mg	0.063		0	1		0.028	0.026	0.018
Folate, total....mcg	81		0	4		36	34	23
Folic acid....mcg	55		0	4		25	23	16
Folate, food....mcg	26		0	1		12	11	7
Folate, DFE....mcg_DFE	120		0	4		54	50	34
Vitamin B-12....mcg	0.02		0	4		0.01	0.01	0.01
Vitamin A, IU....IU	0		0	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.315		0	4		0.142	0.132	0.089
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.578		0	4		0.260	0.243	0.164
4:0....g	0.001		0	4		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	0.001		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.005		0	4		0.002	0.002	0.001
15:0....g								
16:0....g	0.437		0	4		0.197	0.184	0.124
17:0....g								
18:0....g	0.119		0	4		0.054	0.050	0.034
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.796		0	4		0.358	0.334	0.226
14:1....g								
15:1....g								

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

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	0.032		0	4		0.014	0.013	0.009
17:1....g								
18:1 undifferentiated....g	0.755		0	4		0.340	0.317	0.214
20:1....g	0.005		0	4		0.002	0.002	0.001
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.090		0	4		0.941	0.878	0.593
18:2 undifferentiated....g	1.868		0	4		0.841	0.785	0.530
18:3 undifferentiated....g	0.220		0	4		0.099	0.092	0.062
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	1		0	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.106		0	1		0.048	0.045	0.030
Threonine....g	0.267		0	1		0.120	0.112	0.076
Isoleucine....g	0.354		0	1		0.159	0.149	0.100
Leucine....g	0.637		0	1		0.287	0.268	0.181
Lysine....g	0.245		0	1		0.110	0.103	0.069
Methionine....g	0.158		0	1		0.071	0.066	0.045
Cystine....g	0.191		0	1		0.086	0.080	0.054
Phenylalanine....g	0.444		0	1		0.200	0.186	0.126
Tyrosine....g	0.261		0	1		0.117	0.110	0.074
Valine....g	0.397		0	1		0.179	0.167	0.113
Arginine....g	0.346		0	1		0.156	0.145	0.098
Histidine....g	0.196		0	1		0.088	0.082	0.056
Alanine....g	0.308		0	1		0.139	0.129	0.087
Aspartic acid....g	0.449		0	1		0.202	0.189	0.127
Glutamic acid....g	2.920		0	1		1.314	1.226	0.828
Glycine....g	0.323		0	1		0.145	0.136	0.092
Proline....g	0.970		0	1		0.437	0.407	0.275
Serine....g	0.440		0	1		0.198	0.185	0.125
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0			7		0	0	0
Theobromine....mg	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 = 45.000g: 1 cup, crumbs

Measure 2 = 42.000g: 1 cup, cubes

Measure 3 = 28.350g: 1 oz

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	34.80		0	1		9.87	15.31	
Energy....kcal	274		0	4		78	121	
Energy....kj	1146			4		325	504	
Protein (N x 0)....g	7.70		0	1		2.18	3.39	
Total lipid (fat)....g	2.60		0	1		0.74	1.14	
Ash....g	1.40		0	1		0.40	0.62	
Carbohydrate, by difference....g	53.60		0	4		15.20	23.58	
Fiber, total dietary....g	2.0		0	4		0.6	0.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	32		0	1		9	14	
Iron, Fe....mg	3.18		0	1		0.90	1.40	
Magnesium, Mg....mg	17		0	1		5	7	
Phosphorus, P....mg	96		0	1		27	42	
Potassium, K....mg	111		0	1		31	49	
Sodium, Na....mg	336		0	1		95	148	
Zinc, Zn....mg	0.59		0	1		0.17	0.26	
Copper, Cu....mg	0.112		0	1		0.032	0.049	
Manganese, Mn....mg	0.460		0	1		0.130	0.202	
Selenium, Se....mcg	23.1		0	4		6.5	10.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.431		0	1		0.122	0.190	
Riboflavin....mg	0.352		0	1		0.100	0.155	
Niacin....mg	3.731		0	1		1.058	1.642	
Pantothenic acid....mg	0.284		0	1		0.081	0.125	
Vitamin B-6....mg	0.037		0	1		0.010	0.016	
Folate, total....mcg	85		0	4		24	37	
Folic acid....mcg	58		0	4		16	26	
Folate, food....mcg	27		0	1		8	12	
Folate, DFE....mcg_DFE	126		0	4		36	55	
Vitamin B-12....mcg	0.02		0	1		0.01	0.01	
Vitamin A, IU....IU	41		0	1		12	18	
Vitamin A, RE....mcg_RE	12		0	1		3	5	
Vitamin E....mg_ATE	0.392		0	4		0.111	0.172	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.391		0	1		0.111	0.172	
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	0.003		0	1		0.001	0.001	
15:0....g								
16:0....g	0.305		0	1		0.086	0.134	
17:0....g								
18:0....g	0.081		0	1		0.023	0.036	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.527		0	1		0.149	0.232	
14:1....g								
15:1....g								

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

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	0.011		0	1		0.003	0.005	
17:1....g								
18:1 undifferentiated....g	0.511		0	1		0.145	0.225	
20:1....g	0.004		0	1		0.001	0.002	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.401		0	1		0.397	0.616	
18:2 undifferentiated....g	1.254		0	1		0.356	0.552	
18:3 undifferentiated....g	0.147		0	1		0.042	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	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.095		0	1		0.027	0.042	
Threonine....g	0.223		0	1		0.063	0.098	
Isoleucine....g	0.283		0	1		0.080	0.125	
Leucine....g	0.544		0	1		0.154	0.239	
Lysine....g	0.214		0	1		0.061	0.094	
Methionine....g	0.140		0	1		0.040	0.062	
Cystine....g	0.154		0	1		0.044	0.068	
Phenylalanine....g	0.383		0	1		0.109	0.169	
Tyrosine....g	0.243		0	1		0.069	0.107	
Valine....g	0.327		0	1		0.093	0.144	
Arginine....g	0.309		0	1		0.088	0.136	
Histidine....g	0.174		0	1		0.049	0.077	
Alanine....g	0.253		0	1		0.072	0.111	
Aspartic acid....g	0.353		0	1		0.100	0.155	
Glutamic acid....g	2.459		0	1		0.697	1.082	
Glycine....g	0.269		0	1		0.076	0.118	
Proline....g	0.859		0	1		0.244	0.378	
Serine....g	0.384		0	1		0.109	0.169	
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 = 28.350g: 1 oz

Measure 2 = 44.000g: 1 slice

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	35.30		0	1		10.01	14.83	11.65
Energy....kcal	285		0	4		81	120	94
Energy....kj	1192			4		338	501	394
Protein (N x 0)....g	7.90		0	1		2.24	3.32	2.61
Total lipid (fat)....g	5.70		0	1		1.62	2.39	1.88
Ash....g	1.50		0	1		0.43	0.63	0.50
Carbohydrate, by difference....g	49.60		0	4		14.06	20.83	16.37
Fiber, total dietary....g	2.0		0	4		0.6	0.8	0.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	57		0	1		16	24	19
Iron, Fe....mg	2.97		0	1		0.84	1.25	0.98
Magnesium, Mg....mg	19		0	1		5	8	6
Phosphorus, P....mg	115		0	1		33	48	38
Potassium, K....mg	146		0	1		41	61	48
Sodium, Na....mg	359		0	1		102	151	118
Zinc, Zn....mg	0.64		0	1		0.18	0.27	0.21
Copper, Cu....mg	0.115		0	1		0.033	0.048	0.038
Manganese, Mn....mg	0.416		0	1		0.118	0.175	0.137
Selenium, Se....mcg	21.3		0	4		6.0	8.9	7.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.1	0.1	0.1
Thiamin....mg	0.405		0	1		0.115	0.170	0.134
Riboflavin....mg	0.383		0	1		0.109	0.161	0.126
Niacin....mg	3.588		0	1		1.017	1.507	1.184
Pantothenic acid....mg	0.374		0	1		0.106	0.157	0.123
Vitamin B-6....mg	0.051		0	1		0.014	0.021	0.017
Folate, total....mcg	91		0	4		26	38	30
Folic acid....mcg	49		0	4		14	21	16
Folate, food....mcg	42		0	1		12	18	14
Folate, DFE....mcg_DFE	125		0	4		36	53	41
Vitamin B-12....mcg	0.08		0	1		0.02	0.03	0.03
Vitamin A, IU....IU	79		0	1		22	33	26
Vitamin A, RE....mcg_RE	22		0	1		6	9	7
Vitamin E....mg_ATE	0.849		0	4		0.241	0.357	0.280
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.178		0	1		0.334	0.495	0.389
4:0....g	0.025		0	1		0.007	0.011	0.008
6:0....g	0.015		0	1		0.004	0.006	0.005
8:0....g	0.008		0	1		0.002	0.003	0.003
10:0....g	0.019		0	1		0.005	0.008	0.006
11:0....g								
12:0....g	0.022		0	1		0.006	0.009	0.007
13:0....g								
14:0....g	0.082		0	1		0.023	0.034	0.027
15:0....g								
16:0....g	0.742		0	1		0.210	0.312	0.245
17:0....g								
18:0....g	0.264		0	1		0.075	0.111	0.087
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.298		0	1		0.368	0.545	0.428
14:1....g								
15:1....g								

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

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	0.041		0	1		0.012	0.017	0.014
17:1....g								
18:1 undifferentiated....g	1.247		0	1		0.354	0.524	0.412
20:1....g	0.009		0	1		0.003	0.004	0.003
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.781		0	1		0.788	1.168	0.918
18:2 undifferentiated....g	2.461		0	1		0.698	1.034	0.812
18:3 undifferentiated....g	0.319		0	1		0.090	0.134	0.105
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	3		0	1		1	1	1
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.098		0	1		0.028	0.041	0.032
Threonine....g	0.244		0	1		0.069	0.102	0.081
Isoleucine....g	0.311		0	1		0.088	0.131	0.103
Leucine....g	0.576		0	1		0.163	0.242	0.190
Lysine....g	0.268		0	1		0.076	0.113	0.088
Methionine....g	0.148		0	1		0.042	0.062	0.049
Cystine....g	0.147		0	1		0.042	0.062	0.049
Phenylalanine....g	0.389		0	1		0.110	0.163	0.128
Tyrosine....g	0.262		0	1		0.074	0.110	0.086
Valine....g	0.355		0	1		0.101	0.149	0.117
Arginine....g	0.316		0	1		0.090	0.133	0.104
Histidine....g	0.181		0	1		0.051	0.076	0.060
Alanine....g	0.267		0	1		0.076	0.112	0.088
Aspartic acid....g	0.395		0	1		0.112	0.166	0.130
Glutamic acid....g	2.387		0	1		0.677	1.003	0.788
Glycine....g	0.267		0	1		0.076	0.112	0.088
Proline....g	0.849		0	1		0.241	0.357	0.280
Serine....g	0.394		0	1		0.112	0.165	0.130
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 = 28.350g: 1 oz

Measure 2 = 42.000g: 1 slice

Measure 3 = 33.000g: 1 slice, thin (3-3/4" x 5" x 3/8")

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	37.70	0.216	63	1		10.69	10.56	
Energy....kcal	246		0	4		70	69	
Energy....kj	1029			4		292	288	
Protein (N x 5.8)....g	9.70	0.097	76	1		2.75	2.72	
Total lipid (fat)....g	4.20	0.077	76	1		1.19	1.18	
Ash....g	2.30	0.035	76	1		0.65	0.64	
Carbohydrate, by difference....g	46.10		0	4		13.07	12.91	
Fiber, total dietary....g	6.9		0	1		2.0	1.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	72	2.870	130	1		20	20	
Iron, Fe....mg	3.30	0.058	127	1		0.94	0.92	
Magnesium, Mg....mg	86	2.046	81	1		24	24	
Phosphorus, P....mg	229	5.761	60	1		65	64	
Potassium, K....mg	252	3.503	57	1		71	71	
Sodium, Na....mg	527	10.181	69	1		149	148	
Zinc, Zn....mg	1.94	0.043	84	1		0.55	0.54	
Copper, Cu....mg	0.284	0.008	70	1		0.081	0.080	
Manganese, Mn....mg	2.324	0.047	69	1		0.659	0.651	
Selenium, Se....mcg	36.6	0.433	65	1		10.4	10.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.351	0.015	96	1		0.100	0.098	
Riboflavin....mg	0.205	0.017	72	1		0.058	0.057	
Niacin....mg	3.837	0.100	74	1		1.088	1.074	
Pantothenic acid....mg	0.552	0.040	13	1		0.156	0.155	
Vitamin B-6....mg	0.179	0.004	9	1		0.051	0.050	
Folate, total....mcg	50	1.621	14	1		14	14	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	50	1.621	14	1		14	14	
Folate, DFE....mcg_DFE	50		0	4		14	14	
Vitamin B-12....mcg	0.01		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	0.853		0	4		0.242	0.239	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.917		0	4		0.260	0.257	
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	0.001		0	4		0.000	0.000	
13:0....g								
14:0....g	0.016		0	4		0.005	0.004	
15:0....g								
16:0....g	0.575		0	4		0.163	0.161	
17:0....g								
18:0....g	0.318		0	4		0.090	0.089	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.680		0	4		0.476	0.470	
14:1....g								
15:1....g								

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

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	0.023		0	4		0.007	0.006	
17:1....g								
18:1 undifferentiated....g	1.658		0	4		0.470	0.464	
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	1.003		0	4		0.284	0.281	
18:2 undifferentiated....g	0.952		0	4		0.270	0.267	
18:3 undifferentiated....g	0.049		0	4		0.014	0.014	
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	0.002		0	4		0.001	0.001	
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								
Amino Acids:								
Tryptophan....g	0.140		0	1		0.040	0.039	
Threonine....g	0.296		0	1		0.084	0.083	
Isoleucine....g	0.376		0	1		0.107	0.105	
Leucine....g	0.670		0	1		0.190	0.188	
Lysine....g	0.302		0	1		0.086	0.085	
Methionine....g	0.155		0	1		0.044	0.043	
Cystine....g	0.214		0	1		0.061	0.060	
Phenylalanine....g	0.463		0	1		0.131	0.130	
Tyrosine....g	0.289		0	1		0.082	0.081	
Valine....g	0.443		0	1		0.126	0.124	
Arginine....g	0.449		0	1		0.127	0.126	
Histidine....g	0.224		0	1		0.064	0.063	
Alanine....g	0.358		0	1		0.101	0.100	
Aspartic acid....g	0.536		0	1		0.152	0.150	
Glutamic acid....g	2.957		0	1		0.838	0.828	
Glycine....g	0.384		0	1		0.109	0.108	
Proline....g	0.969		0	1		0.275	0.271	
Serine....g	0.463		0	1		0.131	0.130	
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 = 28.350g: 1 oz

Measure 2 = 28.000g: 1 slice

Calories Factors: **Protein** 3.6 **Fat** 8.6 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	30.00		0	1		8.51	7.50	
Energy....kcal	277		0	4		79	69	
Energy....kj	1159			4		329	290	
Protein (N x 0)....g	10.90		0	1		3.09	2.73	
Total lipid (fat)....g	4.80		0	1		1.36	1.20	
Ash....g	2.60		0	1		0.74	0.65	
Carbohydrate, by difference....g	51.70		0	4		14.66	12.93	
Fiber, total dietary....g	7.4		0	4		2.1	1.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	81		0	1		23	20	
Iron, Fe....mg	3.71		0	1		1.05	0.93	
Magnesium, Mg....mg	97		0	1		27	24	
Phosphorus, P....mg	258		0	1		73	65	
Potassium, K....mg	283		0	1		80	71	
Sodium, Na....mg	592		0	1		168	148	
Zinc, Zn....mg	2.18		0	1		0.62	0.55	
Copper, Cu....mg	0.319		0	1		0.090	0.080	
Manganese, Mn....mg	2.611		0	1		0.740	0.653	
Selenium, Se....mcg	41.1		0	4		11.7	10.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.316		0	1		0.090	0.079	
Riboflavin....mg	0.208		0	1		0.059	0.052	
Niacin....mg	3.880		0	1		1.100	0.970	
Pantothenic acid....mg	0.403		0	1		0.114	0.101	
Vitamin B-6....mg	0.181		0	1		0.051	0.045	
Folate, total....mcg	39		0	4		11	10	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	39		0	4		11	10	
Folate, DFE....mcg_DFE	39		0	4		11	10	
Vitamin B-12....mcg	0.01		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	1.164		0	4		0.330	0.291	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.030		0	1		0.292	0.258	
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	0.001		0	1		0.000	0.000	
13:0....g								
14:0....g	0.018		0	1		0.005	0.005	
15:0....g								
16:0....g	0.646		0	1		0.183	0.162	
17:0....g								
18:0....g	0.357		0	1		0.101	0.089	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.888		0	1		0.535	0.472	
14:1....g								
15:1....g								

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

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	0.025		0	1		0.007	0.006	
17:1....g								
18:1 undifferentiated....g	1.863		0	1		0.528	0.466	
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	1.127		0	1		0.320	0.282	
18:2 undifferentiated....g	1.070		0	1		0.303	0.268	
18:3 undifferentiated....g	0.056		0	1		0.016	0.014	
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	0.002		0	1		0.001	0.001	
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								
Amino Acids:								
Tryptophan....g	0.158		0	1		0.045	0.040	
Threonine....g	0.332		0	1		0.094	0.083	
Isoleucine....g	0.422		0	1		0.120	0.106	
Leucine....g	0.753		0	1		0.213	0.188	
Lysine....g	0.340		0	1		0.096	0.085	
Methionine....g	0.175		0	1		0.050	0.044	
Cystine....g	0.240		0	1		0.068	0.060	
Phenylalanine....g	0.520		0	1		0.147	0.130	
Tyrosine....g	0.325		0	1		0.092	0.081	
Valine....g	0.497		0	1		0.141	0.124	
Arginine....g	0.505		0	1		0.143	0.126	
Histidine....g	0.252		0	1		0.071	0.063	
Alanine....g	0.402		0	1		0.114	0.101	
Aspartic acid....g	0.603		0	1		0.171	0.151	
Glutamic acid....g	3.323		0	1		0.942	0.831	
Glycine....g	0.432		0	1		0.122	0.108	
Proline....g	1.089		0	1		0.309	0.272	
Serine....g	0.520		0	1		0.147	0.130	
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 = 28.350g: 1 oz

Measure 2 = 25.000g: 1 slice

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	32.70		0	1		9.27	15.04	10.79
Energy....kcal	278		0	4		79	128	92
Energy....kj	1163			4		330	535	384
Protein (N x 0)....g	8.40		0	1		2.38	3.86	2.77
Total lipid (fat)....g	5.40		0	1		1.53	2.48	1.78
Ash....g	2.00		0	1		0.57	0.92	0.66
Carbohydrate, by difference....g	51.40		0	4		14.57	23.64	16.96
Fiber, total dietary....g	6.0		0	4		1.7	2.8	2.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	33		0	1		9	15	11
Iron, Fe....mg	3.10		0	1		0.88	1.43	1.02
Magnesium, Mg....mg	81		0	1		23	37	27
Phosphorus, P....mg	187		0	1		53	86	62
Potassium, K....mg	314		0	1		89	144	104
Sodium, Na....mg	346		0	1		98	159	114
Zinc, Zn....mg	1.50		0	1		0.43	0.69	0.50
Copper, Cu....mg	0.253		0	1		0.072	0.116	0.083
Manganese, Mn....mg	1.881		0	1		0.533	0.865	0.621
Selenium, Se....mcg	38.6		0	4		10.9	17.8	12.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.303		0	1		0.086	0.139	0.100
Riboflavin....mg	0.227		0	1		0.064	0.104	0.075
Niacin....mg	3.985		0	1		1.130	1.833	1.315
Pantothenic acid....mg	0.473		0	1		0.134	0.218	0.156
Vitamin B-6....mg	0.199		0	1		0.056	0.092	0.066
Folate, total....mcg	61		0	4		17	28	20
Folic acid....mcg	14		0	4		4	6	5
Folate, food....mcg	47		0	1		13	22	16
Folate, DFE....mcg_DFE	71		0	4		20	33	23
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	1.332		0	4		0.378	0.613	0.440
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.796		0	1		0.226	0.366	0.263
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	0.008		0	1		0.002	0.004	0.003
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.001		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.006		0	1		0.002	0.003	0.002
15:0....g								
16:0....g	0.600		0	1		0.170	0.276	0.198
17:0....g								
18:0....g	0.175		0	1		0.050	0.081	0.058
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.158		0	1		0.328	0.533	0.382
14:1....g								
15:1....g								

NDB No. 18077
Bread, whole-wheat, prepared from 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
16:1 undifferentiated....g	0.029		0	1		0.008	0.013	0.010
17:1....g								
18:1 undifferentiated....g	1.120		0	1		0.318	0.515	0.370
20:1....g	0.009		0	1		0.003	0.004	0.003
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.939		0	1		0.833	1.352	0.970
18:2 undifferentiated....g	2.621		0	1		0.743	1.206	0.865
18:3 undifferentiated....g	0.317		0	1		0.090	0.146	0.105
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	0.001		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	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.122		0	1		0.035	0.056	0.040
Threonine....g	0.248		0	1		0.070	0.114	0.082
Isoleucine....g	0.314		0	1		0.089	0.144	0.104
Leucine....g	0.574		0	1		0.163	0.264	0.189
Lysine....g	0.244		0	1		0.069	0.112	0.081
Methionine....g	0.136		0	1		0.039	0.063	0.045
Cystine....g	0.186		0	1		0.053	0.086	0.061
Phenylalanine....g	0.403		0	1		0.114	0.185	0.133
Tyrosine....g	0.252		0	1		0.071	0.116	0.083
Valine....g	0.375		0	1		0.106	0.173	0.124
Arginine....g	0.383		0	1		0.109	0.176	0.126
Histidine....g	0.194		0	1		0.055	0.089	0.064
Alanine....g	0.304		0	1		0.086	0.140	0.100
Aspartic acid....g	0.433		0	1		0.123	0.199	0.143
Glutamic acid....g	2.618		0	1		0.742	1.204	0.864
Glycine....g	0.333		0	1		0.094	0.153	0.110
Proline....g	0.869		0	1		0.246	0.400	0.287
Serine....g	0.402		0	1		0.114	0.185	0.133
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 = 28.350g: 1 oz

Measure 2 = 46.000g: 1 slice

Measure 3 = 33.000g: 1 slice, thin (3-3/4" x 5" x 3/8")

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	26.00		0	1		7.37	10.92	7.80
Energy....kcal	305		0	4		86	128	92
Energy....kj	1276			4		362	536	383
Protein (N x 0)....g	9.20		0	1		2.61	3.86	2.76
Total lipid (fat)....g	5.90		0	1		1.67	2.48	1.77
Ash....g	2.20		0	1		0.62	0.92	0.66
Carbohydrate, by difference....g	56.40		0	4		15.99	23.69	16.92
Fiber, total dietary....g	6.7		0	4		1.9	2.8	2.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	36		0	1		10	15	11
Iron, Fe....mg	3.40		0	1		0.96	1.43	1.02
Magnesium, Mg....mg	89		0	1		25	37	27
Phosphorus, P....mg	205		0	1		58	86	62
Potassium, K....mg	345		0	1		98	145	104
Sodium, Na....mg	381		0	1		108	160	114
Zinc, Zn....mg	1.65		0	1		0.47	0.69	0.50
Copper, Cu....mg	0.278		0	1		0.079	0.117	0.083
Manganese, Mn....mg	2.067		0	1		0.586	0.868	0.620
Selenium, Se....mcg	42.5		0	4		12.0	17.9	12.8
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.266		0	1		0.075	0.112	0.080
Riboflavin....mg	0.225		0	1		0.064	0.095	0.068
Niacin....mg	3.941		0	1		1.117	1.655	1.182
Pantothenic acid....mg	0.338		0	1		0.096	0.142	0.101
Vitamin B-6....mg	0.197		0	1		0.056	0.083	0.059
Folate, total....mcg	57		0	4		16	24	17
Folic acid....mcg	21		0	4		6	9	6
Folate, food....mcg	36		0	1		10	15	11
Folate, DFE....mcg_DFE	72		0	4		20	30	22
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	1.596		0	4		0.452	0.670	0.479
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.874		0	1		0.248	0.367	0.262
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	0.009		0	1		0.003	0.004	0.003
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.001		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.006		0	1		0.002	0.003	0.002
15:0....g								
16:0....g	0.660		0	1		0.187	0.277	0.198
17:0....g								
18:0....g	0.192		0	1		0.054	0.081	0.058
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.272		0	1		0.361	0.534	0.382
14:1....g								
15:1....g								

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

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	0.032		0	1		0.009	0.013	0.010
17:1....g								
18:1 undifferentiated....g	1.230		0	1		0.349	0.517	0.369
20:1....g	0.010		0	1		0.003	0.004	0.003
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.230		0	1		0.916	1.357	0.969
18:2 undifferentiated....g	2.880		0	1		0.816	1.210	0.864
18:3 undifferentiated....g	0.349		0	1		0.099	0.147	0.105
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	0.001		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	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.134		0	1		0.038	0.056	0.040
Threonine....g	0.273		0	1		0.077	0.115	0.082
Isoleucine....g	0.345		0	1		0.098	0.145	0.104
Leucine....g	0.631		0	1		0.179	0.265	0.189
Lysine....g	0.268		0	1		0.076	0.113	0.080
Methionine....g	0.149		0	1		0.042	0.063	0.045
Cystine....g	0.204		0	1		0.058	0.086	0.061
Phenylalanine....g	0.442		0	1		0.125	0.186	0.133
Tyrosine....g	0.277		0	1		0.079	0.116	0.083
Valine....g	0.412		0	1		0.117	0.173	0.124
Arginine....g	0.421		0	1		0.119	0.177	0.126
Histidine....g	0.213		0	1		0.060	0.089	0.064
Alanine....g	0.334		0	1		0.095	0.140	0.100
Aspartic acid....g	0.476		0	1		0.135	0.200	0.143
Glutamic acid....g	2.877		0	1		0.816	1.208	0.863
Glycine....g	0.365		0	1		0.103	0.153	0.110
Proline....g	0.955		0	1		0.271	0.401	0.287
Serine....g	0.442		0	1		0.125	0.186	0.133
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 = 28.350g: 1 oz

Measure 2 = 42.000g: 1 slice

Measure 3 = 30.000g: 1 slice, thin (3-3/4" x 5" x 3/8")

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	6.20	0.199	7	1		6.70	1.76	
Energy....kcal	395		0	4		427	112	
Energy....kj	1653			4		1785	469	
Protein (N x 5.7)....g	12.50		2	1		13.50	3.54	
Total lipid (fat)....g	5.40		2	1		5.83	1.53	
Ash....g	3.40		2	1		3.67	0.96	
Carbohydrate, by difference....g	72.50		0	4		78.30	20.55	
Fiber, total dietary....g	2.4		0	4		2.6	0.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	227		2	1		245	64	
Iron, Fe....mg	6.12		2	1		6.61	1.74	
Magnesium, Mg....mg	46	1.363	6	1		50	13	
Phosphorus, P....mg	147		2	1		159	42	
Potassium, K....mg	221		2	1		239	63	
Sodium, Na....mg	862		2	1		931	244	
Zinc, Zn....mg	1.22	0.088	6	1		1.32	0.35	
Copper, Cu....mg	0.166	0.020	6	1		0.179	0.047	
Manganese, Mn....mg	0.818	0.069	6	1		0.883	0.232	
Selenium, Se....mcg	37.7	3.256	11	1		40.7	10.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.765		2	1		0.826	0.217	
Riboflavin....mg	0.435		2	1		0.470	0.123	
Niacin....mg	6.850		2	1		7.398	1.942	
Pantothenic acid....mg	0.305		2	1		0.329	0.086	
Vitamin B-6....mg	0.100		2	1		0.108	0.028	
Folate, total....mcg	109		0	4		118	31	
Folic acid....mcg	84		0	4		91	24	
Folate, food....mcg	25		0	4		27	7	
Folate, DFE....mcg_DFE	168		0	4		181	48	
Vitamin B-12....mcg	0.02		0	4		0.02	0.01	
Vitamin A, IU....IU	1		0	4		1	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.573		0	4		0.619	0.162	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.212		0	4		1.309	0.344	
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	0.001		0	4		0.001	0.000	
13:0....g								
14:0....g	0.021		0	4		0.023	0.006	
15:0....g								
16:0....g	0.702		0	4		0.758	0.199	
17:0....g								
18:0....g	0.474		0	4		0.512	0.134	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.388		0	4		2.579	0.677	
14:1....g								
15:1....g								

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

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	0.030		0	4		0.032	0.009	
17:1....g								
18:1 undifferentiated....g	2.358		0	4		2.547	0.668	
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	1.112		0	4		1.201	0.315	
18:2 undifferentiated....g	1.051		0	4		1.135	0.298	
18:3 undifferentiated....g	0.062		0	4		0.067	0.018	
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								
Amino Acids:								
Tryptophan....g	0.149		0	4		0.161	0.042	
Threonine....g	0.373		0	4		0.403	0.106	
Isoleucine....g	0.511		0	4		0.552	0.145	
Leucine....g	0.875		0	4		0.945	0.248	
Lysine....g	0.340		0	4		0.367	0.096	
Methionine....g	0.200		0	4		0.216	0.057	
Cystine....g	0.217		0	4		0.234	0.062	
Phenylalanine....g	0.623		0	4		0.673	0.177	
Tyrosine....g	0.298		0	4		0.322	0.084	
Valine....g	0.627		0	4		0.677	0.178	
Arginine....g	0.515		0	4		0.556	0.146	
Histidine....g	0.270		0	4		0.292	0.077	
Alanine....g	0.452		0	4		0.488	0.128	
Aspartic acid....g	0.662		0	4		0.715	0.188	
Glutamic acid....g	3.920		0	4		4.234	1.111	
Glycine....g	0.496		0	4		0.536	0.141	
Proline....g	1.351		0	4		1.459	0.383	
Serine....g	0.638		0	4		0.689	0.181	
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 = 108.000g: 1 cup

Measure 2 = 28.350g: 1 oz

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18080
Bread sticks, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	6.10		2	1		2.81	0.31	0.61
Energy....kcal	412		0	4		190	21	41
Energy....kj	1724			4		793	86	172
Protein (N x 5.7)....g	12.00	0.351	8	1		5.52	0.60	1.20
Total lipid (fat)....g	9.50	1.657	7	1		4.37	0.48	0.95
Ash....g	3.90		2	1		1.79	0.20	0.39
Carbohydrate, by difference....g	68.40		0	4		31.46	3.42	6.84
Fiber, total dietary....g	3.0		0	4		1.4	0.2	0.3
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	22	3.244	4	1		10	1	2
Iron, Fe....mg	4.28	0.398	8	1		1.97	0.21	0.43
Magnesium, Mg....mg	32	0.810	4	1		15	2	3
Phosphorus, P....mg	121	12.613	4	1		56	6	12
Potassium, K....mg	124	33.598	5	1		57	6	12
Sodium, Na....mg	657	88.439	10	1		302	33	66
Zinc, Zn....mg	0.88	0.096	4	1		0.40	0.04	0.09
Copper, Cu....mg	0.188	0.027	4	1		0.086	0.009	0.019
Manganese, Mn....mg	0.557		2	1		0.256	0.028	0.056
Selenium, Se....mcg	37.5		0	4		17.3	1.9	3.8
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.589	0.039	8	1		0.271	0.029	0.059
Riboflavin....mg	0.553	0.056	8	1		0.254	0.028	0.055
Niacin....mg	5.281	0.435	8	1		2.429	0.264	0.528
Pantothenic acid....mg	0.540	0.118	4	1		0.248	0.027	0.054
Vitamin B-6....mg	0.073		2	1		0.034	0.004	0.007
Folate, total....mcg	122		0	4		56	6	12
Folic acid....mcg	92		0	4		42	5	9
Folate, food....mcg	30		0	4		14	2	3
Folate, DFE....mcg_DFE	186		0	4		86	9	19
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	1.481		0	4		0.681	0.074	0.148
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.410		0	4		0.649	0.071	0.141
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	0.001		0	4		0.000	0.000	0.000
13:0....g								
14:0....g	0.009		0	4		0.004	0.000	0.001
15:0....g								
16:0....g	0.981		0	4		0.451	0.049	0.098
17:0....g								
18:0....g	0.406		0	4		0.187	0.020	0.041
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.568		0	4		1.641	0.178	0.357
14:1....g								
15:1....g								

NDB No. 18080
Bread sticks, plain

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	0.066		0	4		0.030	0.003	0.007
17:1....g								
18:1 undifferentiated....g	3.494		0	4		1.607	0.175	0.349
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	3.628		0	4		1.669	0.181	0.363
18:2 undifferentiated....g	3.377		0	4		1.553	0.169	0.338
18:3 undifferentiated....g	0.244		0	4		0.112	0.012	0.024
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	0.000	3	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.139		0	1		0.064	0.007	0.014
Threonine....g	0.338		0	1		0.155	0.017	0.034
Isoleucine....g	0.458		0	1		0.211	0.023	0.046
Leucine....g	0.835		0	1		0.384	0.042	0.084
Lysine....g	0.281		0	1		0.129	0.014	0.028
Methionine....g	0.212		0	1		0.098	0.011	0.021
Cystine....g	0.262		0	1		0.121	0.013	0.026
Phenylalanine....g	0.590		0	1		0.271	0.030	0.059
Tyrosine....g	0.338		0	1		0.155	0.017	0.034
Valine....g	0.516		0	1		0.237	0.026	0.052
Arginine....g	0.432		0	1		0.199	0.022	0.043
Histidine....g	0.258		0	1		0.119	0.013	0.026
Alanine....g	0.395		0	1		0.182	0.020	0.040
Aspartic acid....g	0.535		0	1		0.246	0.027	0.054
Glutamic acid....g	4.026		0	1		1.852	0.201	0.403
Glycine....g	0.422		0	1		0.194	0.021	0.042
Proline....g	1.350		0	1		0.621	0.068	0.135
Serine....g	0.579		0	1		0.266	0.029	0.058
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 = 46.000g: 1 cup, small pieces

Measure 2 = 5.000g: 1 stick, small (approx 4-1/4" long)

Measure 3 = 10.000g: 1 stick (7-5/8" x 5/8")

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18081
Bread stuffing, bread, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.20	0.303	11	1		1.19	7.14	
Energy....kcal	386		0	4		109	656	
Energy....kj	1615			4		458	2746	
Protein (N x 5.7)....g	11.00	0.065	59	1		3.12	18.70	
Total lipid (fat)....g	3.40	0.050	58	1		0.96	5.78	
Ash....g	5.20	0.192	11	1		1.47	8.84	
Carbohydrate, by difference....g	76.20		0	4		21.60	129.54	
Fiber, total dietary....g	3.2		0	4		0.9	5.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	97	1.978	49	1		27	165	
Iron, Fe....mg	3.81	0.067	63	1		1.08	6.48	
Magnesium, Mg....mg	40	0.932	10	1		11	68	
Phosphorus, P....mg	141	3.824	10	1		40	240	
Potassium, K....mg	246	10.715	19	1		70	418	
Sodium, Na....mg	1590	28.469	29	1		451	2703	
Zinc, Zn....mg	0.93	0.027	10	1		0.26	1.58	
Copper, Cu....mg	0.238	0.020	10	1		0.067	0.405	
Manganese, Mn....mg	0.594	0.031	5	1		0.168	1.010	
Selenium, Se....mcg	48.0	4.562	5	1		13.6	81.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.596	0.008	58	1		0.169	1.013	
Riboflavin....mg	0.404	0.006	58	1		0.115	0.687	
Niacin....mg	5.766	0.066	58	1		1.635	9.802	
Pantothenic acid....mg	0.398	0.078	8	1		0.113	0.677	
Vitamin B-6....mg	0.152	0.004	5	1		0.043	0.258	
Folate, total....mcg	144		0	4		41	245	
Folic acid....mcg	58		0	4		16	99	
Folate, food....mcg	86	1.782	5	1		24	146	
Folate, DFE....mcg_DFE	185		0	4		52	314	
Vitamin B-12....mcg	0.02	0.004	5	1		0.01	0.03	
Vitamin A, IU....IU	1		0	4		0	2	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.206		0	4		0.058	0.350	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.845		0	4		0.240	1.437	
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	0.002		0	4		0.001	0.003	
13:0....g								
14:0....g	0.019		0	4		0.005	0.032	
15:0....g								
16:0....g	0.560		0	4		0.159	0.952	
17:0....g								
18:0....g	0.265		0	4		0.075	0.451	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.493		0	4		0.423	2.538	
14:1....g								
15:1....g								

NDB No. 18081
Bread stuffing, bread, dry mix

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	0.074		0	4		0.021	0.126	
17:1....g								
18:1 undifferentiated....g	1.406		0	4		0.399	2.390	
20:1....g	0.013		0	4		0.004	0.022	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.713		0	4		0.202	1.212	
18:2 undifferentiated....g	0.675		0	4		0.191	1.148	
18:3 undifferentiated....g	0.037		0	4		0.010	0.063	
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	0.001		0	4		0.000	0.002	
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	1		0	4		0	2	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.139		0	1		0.039	0.236	
Threonine....g	0.329		0	1		0.093	0.559	
Isoleucine....g	0.404		0	1		0.115	0.687	
Leucine....g	0.774		0	1		0.219	1.316	
Lysine....g	0.317		0	1		0.090	0.539	
Methionine....g	0.193		0	1		0.055	0.328	
Cystine....g	0.224		0	1		0.064	0.381	
Phenylalanine....g	0.553		0	1		0.157	0.940	
Tyrosine....g	0.342		0	1		0.097	0.581	
Valine....g	0.464		0	1		0.132	0.789	
Arginine....g	0.470		0	1		0.133	0.799	
Histidine....g	0.251		0	1		0.071	0.427	
Alanine....g	0.389		0	1		0.110	0.661	
Aspartic acid....g	0.553		0	1		0.157	0.940	
Glutamic acid....g	3.488		0	1		0.989	5.930	
Glycine....g	0.408		0	1		0.116	0.694	
Proline....g	1.192		0	1		0.338	2.026	
Serine....g	0.551		0	1		0.156	0.937	
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 = 28.350g: 1 oz

Measure 2 = 170.000g: 1 package (6 oz)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

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

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	64.80		0	1		18.37	64.80	
Energy....kcal	178		0	4		50	178	
Energy....kj	745			4		211	745	
Protein (N x 0)....g	3.20		0	1		0.91	3.20	
Total lipid (fat)....g	8.60		0	1		2.44	8.60	
Ash....g	1.70		0	1		0.48	1.70	
Carbohydrate, by difference....g	21.70		0	4		6.15	21.70	
Fiber, total dietary....g	2.9		0	1		0.8	2.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	32		0	1		9	32	
Iron, Fe....mg	1.09		0	1		0.31	1.09	
Magnesium, Mg....mg	12		0	1		3	12	
Phosphorus, P....mg	42		0	1		12	42	
Potassium, K....mg	74		0	1		21	74	
Sodium, Na....mg	543		0	1		154	543	
Zinc, Zn....mg	0.28		0	1		0.08	0.28	
Copper, Cu....mg	0.072		0	1		0.020	0.072	
Manganese, Mn....mg	0.169		0	1		0.048	0.169	
Selenium, Se....mcg	49.8		0	4		14.1	49.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.136		0	1		0.039	0.136	
Riboflavin....mg	0.107		0	1		0.030	0.107	
Niacin....mg	1.475		0	1		0.418	1.475	
Pantothenic acid....mg	0.081		0	1		0.023	0.081	
Vitamin B-6....mg	0.040		0	1		0.011	0.040	
Folate, total....mcg	101		0	4		29	101	
Folic acid....mcg	84		0	4		24	84	
Folate, food....mcg	17		0	1		5	17	
Folate, DFE....mcg_DFE	160		0	4		45	160	
Vitamin B-12....mcg	0.01		0	1		0.00	0.01	
Vitamin A, IU....IU	313		0	4		89	313	
Vitamin A, RE....mcg_RE	81		0	4		23	81	
Vitamin E....mg_ATE	1.403		0	4		0.398	1.403	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.734		0	1		0.492	1.734	
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	0.024		0	1		0.007	0.024	
15:0....g								
16:0....g	1.076		0	1		0.305	1.076	
17:0....g								
18:0....g	0.633		0	1		0.179	0.633	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.808		0	1		1.080	3.808	
14:1....g								
15:1....g								

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

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	0.021		0	1		0.006	0.021	
17:1....g								
18:1 undifferentiated....g	3.784		0	1		1.073	3.784	
20:1....g	0.004		0	1		0.001	0.004	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.604		0	1		0.738	2.604	
18:2 undifferentiated....g	2.489		0	1		0.706	2.489	
18:3 undifferentiated....g	0.114		0	1		0.032	0.114	
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								
Amino Acids:								
Tryptophan....g	0.041		0	1		0.012	0.041	
Threonine....g	0.097		0	1		0.027	0.097	
Isoleucine....g	0.120		0	1		0.034	0.120	
Leucine....g	0.228		0	1		0.065	0.228	
Lysine....g	0.096		0	1		0.027	0.096	
Methionine....g	0.057		0	1		0.016	0.057	
Cystine....g	0.064		0	1		0.018	0.064	
Phenylalanine....g	0.161		0	1		0.046	0.161	
Tyrosine....g	0.101		0	1		0.029	0.101	
Valine....g	0.137		0	1		0.039	0.137	
Arginine....g	0.136		0	1		0.039	0.136	
Histidine....g	0.074		0	1		0.021	0.074	
Alanine....g	0.113		0	1		0.032	0.113	
Aspartic acid....g	0.163		0	1		0.046	0.163	
Glutamic acid....g	1.007		0	1		0.285	1.007	
Glycine....g	0.118		0	1		0.033	0.118	
Proline....g	0.346		0	1		0.098	0.346	
Serine....g	0.161		0	1		0.046	0.161	
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 = 28.350g: 1 oz

Measure 2 = 100.000g: .5 cup

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

Food Group: 18 Baked Products

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

NDB No. 18084
Bread stuffing, cornbread, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.60	0.568	3	1		1.30	7.82	
Energy....kcal	389		0	4		110	661	
Energy....kj	1628			4		461	2767	
Protein (N x 5.9)....g	10.00	0.062	20	1		2.84	17.00	
Total lipid (fat)....g	4.20	0.063	20	1		1.19	7.14	
Ash....g	4.40	0.834	3	1		1.25	7.48	
Carbohydrate, by difference....g	76.70		0	4		21.74	130.39	
Fiber, total dietary....g	14.3		0	4		4.1	24.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	78	1.282	20	1		22	133	
Iron, Fe....mg	3.25	0.054	20	1		0.92	5.53	
Magnesium, Mg....mg	44		1	1		12	75	
Phosphorus, P....mg	113		1	1		32	192	
Potassium, K....mg	204	43.693	3	1		58	347	
Sodium, Na....mg	1283		2	1		364	2181	
Zinc, Zn....mg	0.75		1	1		0.21	1.28	
Copper, Cu....mg	0.228		1	1		0.065	0.388	
Manganese, Mn....mg	0.529		0	4		0.150	0.899	
Selenium, Se....mcg	29.6		0	4		8.4	50.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.5		1	1		1.0	6.0	
Thiamin....mg	0.509	0.009	20	1		0.144	0.865	
Riboflavin....mg	0.348	0.008	20	1		0.099	0.592	
Niacin....mg	4.873	0.107	20	1		1.381	8.284	
Pantothenic acid....mg	0.284		1	1		0.081	0.483	
Vitamin B-6....mg	0.146		1	1		0.041	0.248	
Folate, total....mcg	139		0	4		39	236	
Folic acid....mcg	98		0	4		28	167	
Folate, food....mcg	41		1	1		12	70	
Folate, DFE....mcg_DFE	208		0	4		59	353	
Vitamin B-12....mcg	0.01		1	1		0.00	0.02	
Vitamin A, IU....IU	157		1	1		45	267	
Vitamin A, RE....mcg_RE	16		0	1		5	27	
Vitamin E....mg_ATE	0.316		0	4		0.090	0.537	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.922		0	4		0.261	1.567	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g	0.002		0	4		0.001	0.003	
13:0....g								
14:0....g	0.017		0	4		0.005	0.029	
15:0....g								
16:0....g	0.624		0	4		0.177	1.061	
17:0....g								
18:0....g	0.276		0	4		0.078	0.469	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.662		0	4		0.471	2.825	
14:1....g								
15:1....g								

NDB No. 18084
Bread stuffing, cornbread, dry mix

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	0.066		0	4		0.019	0.112	
17:1....g								
18:1 undifferentiated....g	1.587		0	4		0.450	2.698	
20:1....g	0.009		0	4		0.003	0.015	
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.073		0	4		0.304	1.824	
18:2 undifferentiated....g	1.025		0	4		0.291	1.743	
18:3 undifferentiated....g	0.047		0	4		0.013	0.080	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.001		0	4		0.000	0.002	
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		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.105		0	1		0.030	0.179	
Threonine....g	0.320		0	1		0.091	0.544	
Isoleucine....g	0.364		0	1		0.103	0.619	
Leucine....g	0.873		0	1		0.247	1.484	
Lysine....g	0.278		0	1		0.079	0.473	
Methionine....g	0.186		0	1		0.053	0.316	
Cystine....g	0.197		0	1		0.056	0.335	
Phenylalanine....g	0.498		0	1		0.141	0.847	
Tyrosine....g	0.344		0	1		0.098	0.585	
Valine....g	0.447		0	1		0.127	0.760	
Arginine....g	0.441		0	1		0.125	0.750	
Histidine....g	0.251		0	1		0.071	0.427	
Alanine....g	0.481		0	1		0.136	0.818	
Aspartic acid....g	0.546		0	1		0.155	0.928	
Glutamic acid....g	2.735		0	1		0.775	4.650	
Glycine....g	0.381		0	1		0.108	0.648	
Proline....g	1.017		0	1		0.288	1.729	
Serine....g	0.486		0	1		0.138	0.826	
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 = 28.350g: 1 oz

Measure 2 = 170.000g: 1 package (6 oz)

Calories Factors: **Protein** 3.8 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	64.90		0	4		18.40	64.90	
Energy....kcal	179		0	4		51	179	
Energy....kj	749			4		212	749	
Protein (N x 0)....g	2.90		0	4		0.82	2.90	
Total lipid (fat)....g	8.80		0	4		2.49	8.80	
Ash....g	1.50		0	4		0.43	1.50	
Carbohydrate, by difference....g	21.90		0	4		6.21	21.90	
Fiber, total dietary....g	2.9		0	4		0.8	2.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	26		0	4		7	26	
Iron, Fe....mg	0.94		0	4		0.27	0.94	
Magnesium, Mg....mg	13		0	4		4	13	
Phosphorus, P....mg	34		0	4		10	34	
Potassium, K....mg	62		0	4		18	62	
Sodium, Na....mg	455		0	4		129	455	
Zinc, Zn....mg	0.23		0	4		0.07	0.23	
Copper, Cu....mg	0.069		0	4		0.020	0.069	
Manganese, Mn....mg	0.114		0	4		0.032	0.114	
Selenium, Se....mcg	30.7		0	4		8.7	30.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.8		0	4		0.2	0.8	
Thiamin....mg	0.117		0	4		0.033	0.117	
Riboflavin....mg	0.092		0	4		0.026	0.092	
Niacin....mg	1.247		0	4		0.354	1.247	
Pantothenic acid....mg	0.060		0	4		0.017	0.060	
Vitamin B-6....mg	0.038		0	4		0.011	0.038	
Folate, total....mcg	97		0	4		27	97	
Folic acid....mcg	89		0	4		25	89	
Folate, food....mcg	8		0	4		2	8	
Folate, DFE....mcg_DFE	159		0	4		45	159	
Vitamin B-12....mcg	0.01		0	4		0.00	0.01	
Vitamin A, IU....IU	353		0	4		100	353	
Vitamin A, RE....mcg_RE	85		0	4		24	85	
Vitamin E....mg_ATE	1.385		0	4		0.393	1.385	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.755		0	4		0.498	1.755	
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	0.001		0	4		0.000	0.001	
13:0....g								
14:0....g	0.024		0	4		0.007	0.024	
15:0....g								
16:0....g	1.094		0	4		0.310	1.094	
17:0....g								
18:0....g	0.636		0	4		0.180	0.636	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.856		0	4		1.093	3.856	
14:1....g								
15:1....g								

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

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	0.019		0	4		0.005	0.019	
17:1....g								
18:1 undifferentiated....g	3.835		0	4		1.087	3.835	
20:1....g	0.003		0	4		0.001	0.003	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.706		0	4		0.767	2.706	
18:2 undifferentiated....g	2.588		0	4		0.734	2.588	
18:3 undifferentiated....g	0.117		0	4		0.033	0.117	
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								
Amino Acids:								
Tryptophan....g	0.031		0	4		0.009	0.031	
Threonine....g	0.095		0	4		0.027	0.095	
Isoleucine....g	0.108		0	4		0.031	0.108	
Leucine....g	0.256		0	4		0.073	0.256	
Lysine....g	0.085		0	4		0.024	0.085	
Methionine....g	0.055		0	4		0.016	0.055	
Cystine....g	0.057		0	4		0.016	0.057	
Phenylalanine....g	0.145		0	4		0.041	0.145	
Tyrosine....g	0.101		0	4		0.029	0.101	
Valine....g	0.132		0	4		0.037	0.132	
Arginine....g	0.128		0	4		0.036	0.128	
Histidine....g	0.073		0	4		0.021	0.073	
Alanine....g	0.139		0	4		0.039	0.139	
Aspartic acid....g	0.161		0	4		0.046	0.161	
Glutamic acid....g	0.793		0	4		0.225	0.793	
Glycine....g	0.110		0	4		0.031	0.110	
Proline....g	0.296		0	4		0.084	0.296	
Serine....g	0.142		0	4		0.040	0.142	
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 = 28.350g: 1 oz

Measure 2 = 100.000g: .5 cup

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

Food Group: 18 Baked Products

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

NDB No. 18086
Cake, angelfood, commercially prepared

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	33.20	0.911	3	1		9.41	112.88	
Energy....kcal	258		0	4		73	877	
Energy....kj	1079			4		306	3670	
Protein (N x 6.1)....g	5.90	0.071	3	1		1.67	20.06	
Total lipid (fat)....g	0.80		2	1		0.23	2.72	
Ash....g	2.30		1	1		0.65	7.82	
Carbohydrate, by difference....g	57.80		0	4		16.39	196.52	
Fiber, total dietary....g	1.5		0	4		0.4	5.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	140	16.532	6	1		40	476	
Iron, Fe....mg	0.52	0.055	3	1		0.15	1.77	
Magnesium, Mg....mg	12		2	1		3	41	
Phosphorus, P....mg	32		0	4		9	109	
Potassium, K....mg	93		2	1		26	316	
Sodium, Na....mg	749	54.994	3	1		212	2547	
Zinc, Zn....mg	0.07	0.010	5	1		0.02	0.24	
Copper, Cu....mg	0.078		2	1		0.022	0.265	
Manganese, Mn....mg	0.085		2	1		0.024	0.289	
Selenium, Se....mcg	7.3		0	4		2.1	24.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.102	0.030	3	1		0.029	0.347	
Riboflavin....mg	0.491	0.169	3	1		0.139	1.669	
Niacin....mg	0.883	0.120	3	1		0.250	3.002	
Pantothenic acid....mg	0.198	0.034	4	1		0.056	0.673	
Vitamin B-6....mg	0.031		2	1		0.009	0.105	
Folate, total....mcg	35		0	4		10	119	
Folic acid....mcg	32		0	4		9	109	
Folate, food....mcg	3		0	4		1	10	
Folate, DFE....mcg_DFE	57		0	4		16	195	
Vitamin B-12....mcg	0.06		0	4		0.02	0.20	
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	0.121		0	4		0.034	0.411	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g	0.001		0	4		0.000	0.003	
15:0....g								
16:0....g	0.110		0	4		0.031	0.374	
17:0....g								
18:0....g	0.005		0	4		0.001	0.017	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.071		0	4		0.020	0.241	
14:1....g								
15:1....g								

NDB No. 18086
Cake, angelfood, commercially prepared

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	0.002		0	4		0.001	0.007	
17:1....g								
18:1 undifferentiated....g	0.068		0	4		0.019	0.231	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.367		0	4		0.104	1.248	
18:2 undifferentiated....g	0.346		0	4		0.098	1.176	
18:3 undifferentiated....g	0.021		0	4		0.006	0.071	
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								
Amino Acids:								
Tryptophan....g	0.075		0	4		0.021	0.255	
Threonine....g	0.248		0	4		0.070	0.843	
Isoleucine....g	0.312		0	4		0.088	1.061	
Leucine....g	0.481		0	4		0.136	1.635	
Lysine....g	0.364		0	4		0.103	1.238	
Methionine....g	0.183		0	4		0.052	0.622	
Cystine....g	0.149		0	4		0.042	0.507	
Phenylalanine....g	0.334		0	4		0.095	1.136	
Tyrosine....g	0.218		0	4		0.062	0.741	
Valine....g	0.354		0	4		0.100	1.204	
Arginine....g	0.303		0	4		0.086	1.030	
Histidine....g	0.131		0	4		0.037	0.445	
Alanine....g	0.310		0	4		0.088	1.054	
Aspartic acid....g	0.532		0	4		0.151	1.809	
Glutamic acid....g	1.025		0	4		0.291	3.485	
Glycine....g	0.206		0	4		0.058	0.700	
Proline....g	0.317		0	4		0.090	1.078	
Serine....g	0.389		0	4		0.110	1.323	
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 = 28.350g: 1 piece (1/12 of 12 oz cake)

Measure 2 = 340.000g: 1 cake (9" dia x 4")

Calories Factors: **Protein** 4.3 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18087
Cake, angelfood, dry mix

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	2.80	0.058	37	1		0.79	11.51	
Energy....kcal	373		0	4		106	1533	
Energy....kj	1561			4		442	6414	
Protein (N x 6.2)....g	8.90	0.141	37	1		2.52	36.58	
Total lipid (fat)....g	0.40	0.076	32	1		0.11	1.64	
Ash....g	2.80	0.148	27	1		0.79	11.51	
Carbohydrate, by difference....g	85.10		0	4		24.13	349.76	
Fiber, total dietary....g	0.3		0	4		0.1	1.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	121	6.169	33	1		34	497	
Iron, Fe....mg	0.32	0.016	5	1		0.09	1.32	
Magnesium, Mg....mg	11	0.377	13	1		3	45	
Phosphorus, P....mg	337	39.519	21	1		96	1385	
Potassium, K....mg	197	8.987	26	1		56	810	
Sodium, Na....mg	737	29.053	34	1		209	3029	
Zinc, Zn....mg	0.16	0.008	12	1		0.05	0.66	
Copper, Cu....mg	0.094	0.007	12	1		0.027	0.386	
Manganese, Mn....mg	0.142		0	4		0.040	0.584	
Selenium, Se....mcg	12.6		0	4		3.6	51.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.167	0.019	15	1		0.047	0.686	
Riboflavin....mg	0.325	0.016	29	1		0.092	1.336	
Niacin....mg	0.275	0.015	11	1		0.078	1.130	
Pantothenic acid....mg	0.264		0	4		0.075	1.085	
Vitamin B-6....mg	0.009		0	4		0.003	0.037	
Folate, total....mcg	39		0	4		11	160	
Folic acid....mcg	28		0	4		8	115	
Folate, food....mcg	11		0	4		3	45	
Folate, DFE....mcg_DFE	59		0	4		17	241	
Vitamin B-12....mcg	0.05		0	4		0.01	0.21	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.012		0	4		0.003	0.049	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.063		0	4		0.018	0.259	
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	0.057		0	4		0.016	0.234	
17:0....g								
18:0....g	0.003		0	4		0.001	0.012	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.038		0	4		0.011	0.156	
14:1....g								
15:1....g								

NDB No. 18087
Cake, angelfood, dry mix

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	0.001		0	4		0.000	0.004	
17:1....g								
18:1 undifferentiated....g	0.037		0	4		0.010	0.152	
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	0.180		0	4		0.051	0.740	
18:2 undifferentiated....g	0.170		0	4		0.048	0.699	
18:3 undifferentiated....g	0.010		0	4		0.003	0.041	
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								
Amino Acids:								
Tryptophan....g	0.112		0	4		0.032	0.460	
Threonine....g	0.376		0	4		0.107	1.545	
Isoleucine....g	0.470		0	4		0.133	1.932	
Leucine....g	0.721		0	4		0.204	2.963	
Lysine....g	0.552		0	4		0.156	2.269	
Methionine....g	0.279		0	4		0.079	1.147	
Cystine....g	0.223		0	4		0.063	0.917	
Phenylalanine....g	0.497		0	4		0.141	2.043	
Tyrosine....g	0.327		0	4		0.093	1.344	
Valine....g	0.533		0	4		0.151	2.191	
Arginine....g	0.457		0	4		0.130	1.878	
Histidine....g	0.194		0	4		0.055	0.797	
Alanine....g	0.470		0	4		0.133	1.932	
Aspartic acid....g	0.813		0	4		0.230	3.341	
Glutamic acid....g	1.441		0	4		0.409	5.923	
Glycine....g	0.306		0	4		0.087	1.258	
Proline....g	0.443		0	4		0.126	1.821	
Serine....g	0.583		0	4		0.165	2.396	
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 = 28.350g: 1 oz

Measure 2 = 411.000g: 1 package (14.5 oz)

Calories Factors: **Protein** 4.3 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

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

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	32.90		0	4		16.45	196.08	
Energy....kcal	257		0	4		129	1532	
Energy....kj	1075			4		538	6409	
Protein (N x 0)....g	6.10		0	4		3.05	36.36	
Total lipid (fat)....g	0.30		0	4		0.15	1.79	
Ash....g	2.00		0	4		1.00	11.92	
Carbohydrate, by difference....g	58.70		0	4		29.35	349.85	
Fiber, total dietary....g	0.2		0	4		0.1	1.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	84		0	4		42	501	
Iron, Fe....mg	0.23		0	4		0.12	1.37	
Magnesium, Mg....mg	8		0	4		4	48	
Phosphorus, P....mg	232		0	4		116	1383	
Potassium, K....mg	135		0	4		68	805	
Sodium, Na....mg	509		0	4		255	3034	
Zinc, Zn....mg	0.13		0	4		0.07	0.77	
Copper, Cu....mg	0.068		0	4		0.034	0.405	
Manganese, Mn....mg	0.063		0	4		0.032	0.375	
Selenium, Se....mcg	15.3		0	4		7.7	91.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.092		0	4		0.046	0.548	
Riboflavin....mg	0.202		0	4		0.101	1.204	
Niacin....mg	0.171		0	4		0.086	1.019	
Pantothenic acid....mg	0.110		0	4		0.055	0.656	
Vitamin B-6....mg	0.006		0	4		0.003	0.036	
Folate, total....mcg	30		0	4		15	179	
Folic acid....mcg	25		0	4		13	149	
Folate, food....mcg	5		0	4		3	30	
Folate, DFE....mcg_DFE	48		0	4		24	283	
Vitamin B-12....mcg	0.03		0	4		0.02	0.18	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.007		0	4		0.004	0.042	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.043		0	4		0.022	0.256	
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	0.039		0	4		0.020	0.232	
17:0....g								
18:0....g	0.002		0	4		0.001	0.012	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.026		0	4		0.013	0.155	
14:1....g								
15:1....g								

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

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	0.001		0	4		0.001	0.006	
17:1....g								
18:1 undifferentiated....g	0.025		0	4		0.013	0.149	
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	0.124		0	4		0.062	0.739	
18:2 undifferentiated....g	0.117		0	4		0.059	0.697	
18:3 undifferentiated....g	0.007		0	4		0.004	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								
Amino Acids:								
Tryptophan....g	0.077		0	4		0.039	0.459	
Threonine....g	0.259		0	4		0.130	1.544	
Isoleucine....g	0.324		0	4		0.162	1.931	
Leucine....g	0.497		0	4		0.249	2.962	
Lysine....g	0.380		0	4		0.190	2.265	
Methionine....g	0.192		0	4		0.096	1.144	
Cystine....g	0.154		0	4		0.077	0.918	
Phenylalanine....g	0.343		0	4		0.172	2.044	
Tyrosine....g	0.226		0	4		0.113	1.347	
Valine....g	0.368		0	4		0.184	2.193	
Arginine....g	0.315		0	4		0.158	1.877	
Histidine....g	0.134		0	4		0.067	0.799	
Alanine....g	0.324		0	4		0.162	1.931	
Aspartic acid....g	0.561		0	4		0.281	3.344	
Glutamic acid....g	0.994		0	4		0.497	5.924	
Glycine....g	0.211		0	4		0.106	1.258	
Proline....g	0.306		0	4		0.153	1.824	
Serine....g	0.402		0	4		0.201	2.396	
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 = 50.000g: 1 piece (1/12 of 10" dia)

Measure 2 = 596.000g: 1 tube cake (10" dia, 4-3/8" high)

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

Food Group: 18 Baked Products

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

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

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	45.40	2.184	3	1		12.87	41.77	
Energy....kcal	252		0	4		71	232	
Energy....kj	1054			4		299	970	
Protein (N x 6)....g	2.40	0.278	3	1		0.68	2.21	
Total lipid (fat)....g	8.50	0.513	4	1		2.41	7.82	
Ash....g	0.70	0.038	5	1		0.20	0.64	
Carbohydrate, by difference....g	42.90		0	4		12.16	39.47	
Fiber, total dietary....g	1.4		0	1		0.4	1.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	23	0.953	3	1		7	21	
Iron, Fe....mg	0.38	0.063	3	1		0.11	0.35	
Magnesium, Mg....mg	6		2	1		2	6	
Phosphorus, P....mg	49		2	1		14	45	
Potassium, K....mg	39	4.650	3	1		11	36	
Sodium, Na....mg	144	20.814	3	1		41	132	
Zinc, Zn....mg	0.16		2	1		0.05	0.15	
Copper, Cu....mg	0.042		0	4		0.012	0.039	
Manganese, Mn....mg	0.050		2	1		0.014	0.046	
Selenium, Se....mcg	4.1		0	4		1.2	3.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.1	0.2	
Thiamin....mg	0.408	0.051	9	1		0.116	0.375	
Riboflavin....mg	0.270	0.016	9	1		0.077	0.248	
Niacin....mg	0.191	0.052	9	1		0.054	0.176	
Pantothenic acid....mg	0.301	0.012	8	1		0.085	0.277	
Vitamin B-6....mg	0.026	0.000	8	1		0.007	0.024	
Folate, total....mcg	15		0	4		4	14	
Folic acid....mcg	7		0	4		2	6	
Folate, food....mcg	8	0.605	8	1		2	7	
Folate, DFE....mcg_DFE	20		0	4		6	18	
Vitamin B-12....mcg	0.16	0.004	8	1		0.05	0.15	
Vitamin A, IU....IU	80		1	1		23	74	
Vitamin A, RE....mcg_RE	23		0	1		7	21	
Vitamin E....mg_ATE	1.061		0	4		0.301	0.976	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.445		0	4		0.693	2.249	
4:0....g	0.020		0	4		0.006	0.018	
6:0....g	0.012		0	4		0.003	0.011	
8:0....g	0.007		0	4		0.002	0.006	
10:0....g	0.005		0	4		0.001	0.005	
11:0....g								
12:0....g	0.013		0	4		0.004	0.012	
13:0....g								
14:0....g	0.093		0	4		0.026	0.086	
15:0....g								
16:0....g	1.265		0	4		0.359	1.164	
17:0....g								
18:0....g	1.006		0	4		0.285	0.926	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.544		0	4		1.288	4.180	
14:1....g								
15:1....g								

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

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	0.031		0	4		0.009	0.029	
17:1....g								
18:1 undifferentiated....g	4.504		0	4		1.277	4.144	
20:1....g	0.002		0	4		0.001	0.002	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.009		0	4		0.286	0.928	
18:2 undifferentiated....g	0.941		0	4		0.267	0.866	
18:3 undifferentiated....g	0.055		0	4		0.016	0.051	
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	0.010		0	4		0.003	0.009	
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	0.003		0	4		0.001	0.003	
Fatty acids, total trans....g								
Cholesterol....mg	37		1	1		10	34	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.034		0	1		0.010	0.031	
Threonine....g	0.093		0	1		0.026	0.086	
Isoleucine....g	0.115		0	1		0.033	0.106	
Leucine....g	0.190		0	1		0.054	0.175	
Lysine....g	0.136		0	1		0.039	0.125	
Methionine....g	0.054		0	1		0.015	0.050	
Cystine....g	0.046		0	1		0.013	0.042	
Phenylalanine....g	0.119		0	1		0.034	0.109	
Tyrosine....g	0.089		0	1		0.025	0.082	
Valine....g	0.132		0	1		0.037	0.121	
Arginine....g	0.113		0	1		0.032	0.104	
Histidine....g	0.054		0	1		0.015	0.050	
Alanine....g	0.098		0	1		0.028	0.090	
Aspartic acid....g	0.175		0	1		0.050	0.161	
Glutamic acid....g	0.546		0	1		0.155	0.502	
Glycine....g	0.078		0	1		0.022	0.072	
Proline....g	0.191		0	1		0.054	0.176	
Serine....g	0.143		0	1		0.041	0.132	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0		0	4		0	0	
Theobromine....mg	6		0	4		2	6	

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 = 28.350g: 1 oz

Measure 2 = 92.000g: 1 piece (1/6 of pie)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.60		2	1		1.02	18.36	
Energy....kcal	415		0	4		118	2117	
Energy....kj	1736			4		492	8855	
Protein (N x 5.8)....g	5.10		2	1		1.45	26.01	
Total lipid (fat)....g	9.80		2	1		2.78	49.98	
Ash....g	2.40		2	1		0.68	12.24	
Carbohydrate, by difference....g	79.20		0	4		22.45	403.92	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	172		2	1		49	877	
Iron, Fe....mg	1.80		2	1		0.51	9.18	
Magnesium, Mg....mg	8		1	1		2	41	
Phosphorus, P....mg	247		2	1		70	1260	
Potassium, K....mg	169		2	1		48	862	
Sodium, Na....mg	567		2	1		161	2892	
Zinc, Zn....mg	0.20		1	1		0.06	1.02	
Copper, Cu....mg	0.050		1	1		0.014	0.255	
Manganese, Mn....mg	0.528		0	4		0.150	2.693	
Selenium, Se....mcg	14.9		0	4		4.2	76.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.2		0	4		0.3	6.1	
Thiamin....mg	0.265		2	1		0.075	1.352	
Riboflavin....mg	0.170		2	1		0.048	0.867	
Niacin....mg	2.205		2	1		0.625	11.246	
Pantothenic acid....mg	0.294		0	4		0.083	1.499	
Vitamin B-6....mg	0.079		0	4		0.022	0.403	
Folate, total....mcg	67		0	4		19	342	
Folic acid....mcg	53		0	4		15	270	
Folate, food....mcg	14		0	4		4	71	
Folate, DFE....mcg_DFE	104		0	4		30	531	
Vitamin B-12....mcg	0.04		0	4		0.01	0.20	
Vitamin A, IU....IU	1930		2	1		547	9843	
Vitamin A, RE....mcg_RE	418		0	1		119	2132	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.472		0	4		0.417	7.507	
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	0.001		0	4		0.000	0.005	
13:0....g								
14:0....g	0.012		0	4		0.003	0.061	
15:0....g								
16:0....g	0.988		0	4		0.280	5.039	
17:0....g								
18:0....g	0.470		0	4		0.133	2.397	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.036		0	4		1.144	20.584	
14:1....g								
15:1....g								

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

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	0.039		0	4		0.011	0.199	
17:1....g								
18:1 undifferentiated....g	3.988		0	4		1.131	20.339	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.702		0	4		1.050	18.880	
18:2 undifferentiated....g	3.437		0	4		0.974	17.529	
18:3 undifferentiated....g	0.255		0	4		0.072	1.301	
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								
Amino Acids:								
Tryptophan....g	0.061		0	1		0.017	0.311	
Threonine....g	0.149		0	1		0.042	0.760	
Isoleucine....g	0.186		0	1		0.053	0.949	
Leucine....g	0.336		0	1		0.095	1.714	
Lysine....g	0.142		0	1		0.040	0.724	
Methionine....g	0.083		0	1		0.024	0.423	
Cystine....g	0.093		0	1		0.026	0.474	
Phenylalanine....g	0.238		0	1		0.067	1.214	
Tyrosine....g	0.150		0	1		0.043	0.765	
Valine....g	0.212		0	1		0.060	1.081	
Arginine....g	0.201		0	1		0.057	1.025	
Histidine....g	0.109		0	1		0.031	0.556	
Alanine....g	0.180		0	1		0.051	0.918	
Aspartic acid....g	0.286		0	1		0.081	1.459	
Glutamic acid....g	1.546		0	1		0.438	7.885	
Glycine....g	0.170		0	1		0.048	0.867	
Proline....g	0.513		0	1		0.145	2.616	
Serine....g	0.240		0	1		0.068	1.224	
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 = 28.350g: 1 oz

Measure 2 = 510.000g: 1 package (18 oz)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18095
Cake, cherry fudge with chocolate frosting

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	46.10		1	1		13.07	32.73	
Energy....kcal	264		0	4		75	187	
Energy....kj	1105			4		313	784	
Protein (N x 6.1)....g	2.40		1	1		0.68	1.70	
Total lipid (fat)....g	12.50		1	1		3.54	8.88	
Ash....g	1.00		1	1		0.28	0.71	
Carbohydrate, by difference....g	38.00		0	4		10.77	26.98	
Fiber, total dietary....g	1.2		0	4		0.3	0.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	48		1	1		14	34	
Iron, Fe....mg	1.10		1	1		0.31	0.78	
Magnesium, Mg....mg	19		1	1		5	13	
Phosphorus, P....mg	105		1	1		30	75	
Potassium, K....mg	166		1	1		47	118	
Sodium, Na....mg	225		1	1		64	160	
Zinc, Zn....mg	0.28		0	4		0.08	0.20	
Copper, Cu....mg	0.057		0	4		0.016	0.040	
Manganese, Mn....mg	0.067		0	4		0.019	0.048	
Selenium, Se....mcg	3.4		0	4		1.0	2.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	13.6		1	1		3.9	9.7	
Thiamin....mg	0.030		1	1		0.009	0.021	
Riboflavin....mg	0.190		1	1		0.054	0.135	
Niacin....mg	0.700		1	1		0.198	0.497	
Pantothenic acid....mg	0.463		0	4		0.131	0.329	
Vitamin B-6....mg	0.060		0	4		0.017	0.043	
Folate, total....mcg	10		0	4		3	7	
Folic acid....mcg	2		0	4		1	1	
Folate, food....mcg	8		0	4		2	6	
Folate, DFE....mcg_DFE	11		0	4		3	8	
Vitamin B-12....mcg	0.21		0	4		0.06	0.15	
Vitamin A, IU....IU	223		1	1		63	158	
Vitamin A, RE....mcg_RE	102		0	4		29	72	
Vitamin E....mg_ATE	1.196		0	4		0.339	0.849	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.066		0	4		1.436	3.597	
4:0....g	0.212		0	4		0.060	0.151	
6:0....g	0.124		0	4		0.035	0.088	
8:0....g	0.073		0	4		0.021	0.052	
10:0....g	0.163		0	4		0.046	0.116	
11:0....g								
12:0....g	0.181		0	4		0.051	0.129	
13:0....g								
14:0....g	0.660		0	4		0.187	0.469	
15:0....g								
16:0....g	2.384		0	4		0.676	1.693	
17:0....g								
18:0....g	1.123		0	4		0.318	0.797	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.400		0	4		1.247	3.124	
14:1....g								
15:1....g								

NDB No. 18095
Cake, cherry fudge with chocolate frosting

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	0.183		0	4		0.052	0.130	
17:1....g								
18:1 undifferentiated....g	4.113		0	4		1.166	2.920	
20:1....g	0.001		0	4		0.000	0.001	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.340		0	4		0.663	1.661	
18:2 undifferentiated....g	2.084		0	4		0.591	1.480	
18:3 undifferentiated....g	0.240		0	4		0.068	0.170	
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	0.008		0	4		0.002	0.006	
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	0.002		0	4		0.001	0.001	
Fatty acids, total trans....g								
Cholesterol....mg	42		0	4		12	30	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.030		0	4		0.009	0.021	
Threonine....g	0.104		0	4		0.029	0.074	
Isoleucine....g	0.109		0	4		0.031	0.077	
Leucine....g	0.180		0	4		0.051	0.128	
Lysine....g	0.148		0	4		0.042	0.105	
Methionine....g	0.047		0	4		0.013	0.033	
Cystine....g	0.040		0	4		0.011	0.028	
Phenylalanine....g	0.098		0	4		0.028	0.070	
Tyrosine....g	0.074		0	4		0.021	0.053	
Valine....g	0.124		0	4		0.035	0.088	
Arginine....g	0.111		0	4		0.031	0.079	
Histidine....g	0.046		0	4		0.013	0.033	
Alanine....g	0.118		0	4		0.033	0.084	
Aspartic acid....g	0.232		0	4		0.066	0.165	
Glutamic acid....g	0.420		0	4		0.119	0.298	
Glycine....g	0.116		0	4		0.033	0.082	
Proline....g	0.170		0	4		0.048	0.121	
Serine....g	0.126		0	4		0.036	0.089	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0		0	4		0	0	
Theobromine....mg	2		0	4		1	1	

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 = 28.350g: 1 oz

Measure 2 = 71.000g: 1 piece (1/8 cake)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	22.90	0.421	4	1		6.49	14.66	
Energy....kcal	367		0	4		104	235	
Energy....kj	1536			4		435	983	
Protein (N x 5.9)....g	4.10	0.315	3	1		1.16	2.62	
Total lipid (fat)....g	16.40	1.286	3	1		4.65	10.50	
Ash....g	1.70	0.033	3	1		0.48	1.09	
Carbohydrate, by difference....g	54.60		0	4		15.48	34.94	
Fiber, total dietary....g	2.8		0	4		0.8	1.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	43	2.924	30	1		12	28	
Iron, Fe....mg	2.20	0.099	31	1		0.62	1.41	
Magnesium, Mg....mg	34	1.248	31	1		10	22	
Phosphorus, P....mg	122	3.892	30	1		35	78	
Potassium, K....mg	200	8.357	29	1		57	128	
Sodium, Na....mg	334	8.742	31	1		95	214	
Zinc, Zn....mg	0.69	0.030	32	1		0.20	0.44	
Copper, Cu....mg	0.242	0.009	30	1		0.069	0.155	
Manganese, Mn....mg	0.321	0.012	30	1		0.091	0.205	
Selenium, Se....mcg	3.3	0.283	12	1		0.9	2.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.1	
Thiamin....mg	0.027	0.007	3	1		0.008	0.017	
Riboflavin....mg	0.133	0.038	3	1		0.038	0.085	
Niacin....mg	0.577	0.162	3	1		0.164	0.369	
Pantothenic acid....mg	0.202		0	4		0.057	0.129	
Vitamin B-6....mg	0.040		0	4		0.011	0.026	
Folate, total....mcg	17		0	4		5	11	
Folic acid....mcg	9		0	4		3	6	
Folate, food....mcg	8		0	4		2	5	
Folate, DFE....mcg_DFE	23		0	4		7	15	
Vitamin B-12....mcg	0.14		0	4		0.04	0.09	
Vitamin A, IU....IU	85		0	4		24	54	
Vitamin A, RE....mcg_RE	25		0	4		7	16	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.771		0	4		1.353	3.053	
4:0....g	0.001		0	4		0.000	0.001	
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	0.001		0	4		0.000	0.001	
11:0....g								
12:0....g	0.001		0	4		0.000	0.001	
13:0....g								
14:0....g	0.074		0	4		0.021	0.047	
15:0....g								
16:0....g	2.441		0	4		0.692	1.562	
17:0....g								
18:0....g	2.236		0	4		0.634	1.431	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.760		0	4		2.483	5.606	
14:1....g								
15:1....g								

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

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	0.031		0	4		0.009	0.020	
17:1....g								
18:1 undifferentiated....g	8.726		0	4		2.474	5.585	
20:1....g	0.003		0	4		0.001	0.002	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.845		0	4		0.523	1.181	
18:2 undifferentiated....g	1.741		0	4		0.494	1.114	
18:3 undifferentiated....g	0.086		0	4		0.024	0.055	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.014		0	4		0.004	0.009	
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	0.004		0	4		0.001	0.003	
Fatty acids, total trans....g								
Cholesterol....mg	42		0	4		12	27	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.056		0	4		0.016	0.036	
Threonine....g	0.166		0	4		0.047	0.106	
Isoleucine....g	0.192		0	4		0.054	0.123	
Leucine....g	0.310		0	4		0.088	0.198	
Lysine....g	0.236		0	4		0.067	0.151	
Methionine....g	0.085		0	4		0.024	0.054	
Cystine....g	0.073		0	4		0.021	0.047	
Phenylalanine....g	0.203		0	4		0.058	0.130	
Tyrosine....g	0.155		0	4		0.044	0.099	
Valine....g	0.236		0	4		0.067	0.151	
Arginine....g	0.208		0	4		0.059	0.133	
Histidine....g	0.088		0	4		0.025	0.056	
Alanine....g	0.180		0	4		0.051	0.115	
Aspartic acid....g	0.341		0	4		0.097	0.218	
Glutamic acid....g	0.799		0	4		0.227	0.511	
Glycine....g	0.145		0	4		0.041	0.093	
Proline....g	0.268		0	4		0.076	0.172	
Serine....g	0.235		0	4		0.067	0.150	
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 = 28.350g: 1 oz

Measure 2 = 64.000g: 1 piece (1/8 of 18 oz cake)

Calories Factors: **Protein** 3.5 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.90	0.107	48	1		1.11	20.16	
Energy....kcal	396		0	4		112	2047	
Energy....kj	1657			4		470	8566	
Protein (N x 5.8)....g	4.60	0.058	50	1		1.30	23.78	
Total lipid (fat)....g	9.20	0.401	48	1		2.61	47.56	
Ash....g	3.20	0.039	45	1		0.91	16.54	
Carbohydrate, by difference....g	78.70		0	4		22.31	406.88	
Fiber, total dietary....g	3.5		0	4		1.0	18.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	133	6.803	44	1		38	688	
Iron, Fe....mg	2.92	0.083	44	1		0.83	15.10	
Magnesium, Mg....mg	41	0.922	36	1		12	212	
Phosphorus, P....mg	286	2.213	32	1		81	1479	
Potassium, K....mg	337	24.241	40	1		96	1742	
Sodium, Na....mg	893	16.109	40	1		253	4617	
Zinc, Zn....mg	0.78	0.034	36	1		0.22	4.03	
Copper, Cu....mg	0.272	0.008	36	1		0.077	1.406	
Manganese, Mn....mg	0.213		0	4		0.060	1.101	
Selenium, Se....mcg	3.3		0	4		0.9	17.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.5	
Thiamin....mg	0.210	0.009	44	1		0.060	1.086	
Riboflavin....mg	0.170	0.009	44	1		0.048	0.879	
Niacin....mg	2.417	0.059	44	1		0.685	12.496	
Pantothenic acid....mg	0.211		0	4		0.060	1.091	
Vitamin B-6....mg	0.031		0	4		0.009	0.160	
Folate, total....mcg	54		0	4		15	279	
Folic acid....mcg	44		0	4		12	227	
Folate, food....mcg	10		0	4		3	52	
Folate, DFE....mcg_DFE	85		0	4		24	438	
Vitamin B-12....mcg	0.50	0.000	6	1		0.14	2.59	
Vitamin A, IU....IU	2		0	4		1	10	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	1.411		0	4		0.400	7.295	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.923		0	4		0.545	9.942	
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	0.011		0	4		0.003	0.057	
15:0....g								
16:0....g	1.122		0	4		0.318	5.801	
17:0....g								
18:0....g	0.779		0	4		0.221	4.027	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.688		0	4		1.046	19.067	
14:1....g								
15:1....g								

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

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	0.031		0	4		0.009	0.160	
17:1....g								
18:1 undifferentiated....g	3.649		0	4		1.034	18.865	
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	2.985		0	4		0.846	15.432	
18:2 undifferentiated....g	2.775		0	4		0.787	14.347	
18:3 undifferentiated....g	0.202		0	4		0.057	1.044	
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								
Amino Acids:								
Tryptophan....g	0.066		0	4		0.019	0.341	
Threonine....g	0.156		0	4		0.044	0.807	
Isoleucine....g	0.188		0	4		0.053	0.972	
Leucine....g	0.315		0	4		0.089	1.629	
Lysine....g	0.208		0	4		0.059	1.075	
Methionine....g	0.071		0	4		0.020	0.367	
Cystine....g	0.077		0	4		0.022	0.398	
Phenylalanine....g	0.218		0	4		0.062	1.127	
Tyrosine....g	0.156		0	4		0.044	0.807	
Valine....g	0.240		0	4		0.068	1.241	
Arginine....g	0.204		0	4		0.058	1.055	
Histidine....g	0.092		0	4		0.026	0.476	
Alanine....g	0.167		0	4		0.047	0.863	
Aspartic acid....g	0.303		0	4		0.086	1.567	
Glutamic acid....g	1.151		0	4		0.326	5.951	
Glycine....g	0.165		0	4		0.047	0.853	
Proline....g	0.390		0	4		0.111	2.016	
Serine....g	0.227		0	4		0.064	1.174	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	6		0	4		2	31	
Theobromine....mg	207		0	4		59	1070	

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 = 28.350g: 1 oz

Measure 2 = 517.000g: 1 package (18.25 oz)

Calories Factors: **Protein** 3.3 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.10	0.448	5	1		0.88	16.24	
Energy....kcal	428		0	4		121	2243	
Energy....kj	1791			4		508	9384	
Protein (N x 5.7)....g	5.90	0.402	5	1		1.67	30.92	
Total lipid (fat)....g	15.60	1.563	5	1		4.42	81.74	
Ash....g	1.90	0.179	5	1		0.54	9.96	
Carbohydrate, by difference....g	73.00		0	4		20.70	382.52	
Fiber, total dietary....g	2.4		0	1		0.7	12.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	150		1	1		43	786	
Iron, Fe....mg	4.50		1	1		1.28	23.58	
Magnesium, Mg....mg	47		1	1		13	246	
Phosphorus, P....mg	270		1	1		77	1415	
Potassium, K....mg	330		1	1		94	1729	
Sodium, Na....mg	825		1	1		234	4323	
Zinc, Zn....mg	0.80		1	1		0.23	4.19	
Copper, Cu....mg	0.400		1	1		0.113	2.096	
Manganese, Mn....mg	0.223		0	4		0.063	1.169	
Selenium, Se....mcg	12.4		0	4		3.5	65.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.170		1	1		0.048	0.891	
Riboflavin....mg	0.160		1	1		0.045	0.838	
Niacin....mg	1.600		1	1		0.454	8.384	
Pantothenic acid....mg	0.136		0	4		0.039	0.713	
Vitamin B-6....mg	0.039		0	4		0.011	0.204	
Folate, total....mcg	54		0	4		15	283	
Folic acid....mcg	39		0	4		11	204	
Folate, food....mcg	15		0	4		4	79	
Folate, DFE....mcg_DFE	81		0	4		23	426	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	3		0	4		1	16	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	2.405		0	4		0.682	12.602	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.264		0	4		0.925	17.103	
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	0.016		0	4		0.005	0.084	
15:0....g								
16:0....g	1.901		0	4		0.539	9.961	
17:0....g								
18:0....g	1.334		0	4		0.378	6.990	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.310		0	4		1.789	33.064	
14:1....g								
15:1....g								

NDB No. 18099
Cake, chocolate, dry mix, 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
16:1 undifferentiated....g	0.051		0	4		0.014	0.267	
17:1....g								
18:1 undifferentiated....g	6.246		0	4		1.771	32.729	
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	5.044		0	4		1.430	26.431	
18:2 undifferentiated....g	4.689		0	4		1.329	24.570	
18:3 undifferentiated....g	0.342		0	4		0.097	1.792	
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		2	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.080		0	4		0.023	0.419	
Threonine....g	0.195		0	4		0.055	1.022	
Isoleucine....g	0.227		0	4		0.064	1.189	
Leucine....g	0.402		0	4		0.114	2.106	
Lysine....g	0.225		0	4		0.064	1.179	
Methionine....g	0.086		0	4		0.024	0.451	
Cystine....g	0.101		0	4		0.029	0.529	
Phenylalanine....g	0.297		0	4		0.084	1.556	
Tyrosine....g	0.201		0	4		0.057	1.053	
Valine....g	0.288		0	4		0.082	1.509	
Arginine....g	0.307		0	4		0.087	1.609	
Histidine....g	0.127		0	4		0.036	0.665	
Alanine....g	0.229		0	4		0.065	1.200	
Aspartic acid....g	0.439		0	4		0.124	2.300	
Glutamic acid....g	1.499		0	4		0.425	7.855	
Glycine....g	0.239		0	4		0.068	1.252	
Proline....g	0.487		0	4		0.138	2.552	
Serine....g	0.287		0	4		0.081	1.504	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	11		0	4		3	58	
Theobromine....mg	356		0	4		101	1865	

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 = 28.350g: 1 oz

Measure 2 = 524.000g: 1 package (18.50 oz)

Calories Factors: **Protein** 3.2 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	24.40		0	4		277.43	23.18	
Energy....kcal	358		0	4		4070	340	
Energy....kj	1498			4		17031	1423	
Protein (N x 0)....g	5.30		0	4		60.26	5.04	
Total lipid (fat)....g	15.10		0	4		171.69	14.35	
Ash....g	1.30		0	4		14.78	1.24	
Carbohydrate, by difference....g	53.40		0	4		607.16	50.73	
Fiber, total dietary....g	1.6		0	4		18.2	1.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	60		0	4		682	57	
Iron, Fe....mg	1.61		0	4		18.31	1.53	
Magnesium, Mg....mg	32		0	4		364	30	
Phosphorus, P....mg	106		0	4		1205	101	
Potassium, K....mg	140		0	4		1592	133	
Sodium, Na....mg	315		0	4		3582	299	
Zinc, Zn....mg	0.69		0	4		7.85	0.66	
Copper, Cu....mg	0.207		0	4		2.354	0.197	
Manganese, Mn....mg	0.280		0	4		3.184	0.266	
Selenium, Se....mcg	11.9		0	4		135.3	11.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		2.3	0.2	
Thiamin....mg	0.141		0	4		1.603	0.134	
Riboflavin....mg	0.213		0	4		2.422	0.202	
Niacin....mg	1.137		0	4		12.928	1.080	
Pantothenic acid....mg	0.304		0	4		3.456	0.289	
Vitamin B-6....mg	0.041		0	4		0.466	0.039	
Folate, total....mcg	27		0	4		307	26	
Folic acid....mcg	17		0	4		193	16	
Folate, food....mcg	10		0	4		114	10	
Folate, DFE....mcg_DFE	39		0	4		442	37	
Vitamin B-12....mcg	0.16		0	4		1.82	0.15	
Vitamin A, IU....IU	140		0	4		1592	133	
Vitamin A, RE....mcg_RE	40		0	4		455	38	
Vitamin E....mg_ATE	1.592		0	4		18.101	1.512	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.430		0	4		61.739	5.159	
4:0....g	0.017		0	4		0.193	0.016	
6:0....g	0.010		0	4		0.114	0.010	
8:0....g	0.006		0	4		0.068	0.006	
10:0....g	0.014		0	4		0.159	0.013	
11:0....g								
12:0....g	0.015		0	4		0.171	0.014	
13:0....g								
14:0....g	0.101		0	4		1.148	0.096	
15:0....g								
16:0....g	2.836		0	4		32.245	2.694	
17:0....g								
18:0....g	2.392		0	4		27.197	2.272	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.039		0	4		68.663	5.737	
14:1....g								
15:1....g								

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

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	0.051		0	4		0.580	0.048	
17:1....g								
18:1 undifferentiated....g	5.982		0	4		68.015	5.683	
20:1....g	0.004		0	4		0.045	0.004	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.761		0	4		31.393	2.623	
18:2 undifferentiated....g	2.576		0	4		29.289	2.447	
18:3 undifferentiated....g	0.161		0	4		1.831	0.153	
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	0.019		0	4		0.216	0.018	
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	0.005		0	4		0.057	0.005	
Fatty acids, total trans....g								
Cholesterol....mg	58		0	4		659	55	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.068		0	4		0.773	0.065	
Threonine....g	0.202		0	4		2.297	0.192	
Isoleucine....g	0.240		0	4		2.729	0.228	
Leucine....g	0.407		0	4		4.628	0.387	
Lysine....g	0.268		0	4		3.047	0.255	
Methionine....g	0.116		0	4		1.319	0.110	
Cystine....g	0.098		0	4		1.114	0.093	
Phenylalanine....g	0.265		0	4		3.013	0.252	
Tyrosine....g	0.197		0	4		2.240	0.187	
Valine....g	0.283		0	4		3.218	0.269	
Arginine....g	0.253		0	4		2.877	0.240	
Histidine....g	0.120		0	4		1.364	0.114	
Alanine....g	0.220		0	4		2.501	0.209	
Aspartic acid....g	0.390		0	4		4.434	0.371	
Glutamic acid....g	1.177		0	4		13.382	1.118	
Glycine....g	0.179		0	4		2.035	0.170	
Proline....g	0.411		0	4		4.673	0.390	
Serine....g	0.301		0	4		3.422	0.286	
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 = 1137.000g: 1 cake, 2-layer (8" or 9" dia)

Measure 2 = 95.000g: 1 piece (1/12 of 9" dia)

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

Food Group: 18 Baked Products

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

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

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	20.70		0	1		5.87	23.18	
Energy....kcal	356		0	4		101	399	
Energy....kj	1490			4		422	1668	
Protein (N x 0)....g	4.40		0	1		1.25	4.93	
Total lipid (fat)....g	10.30		0	1		2.92	11.54	
Ash....g	1.50		0	1		0.43	1.68	
Carbohydrate, by difference....g	63.20		0	4		17.92	70.78	
Fiber, total dietary....g	1.0		0	4		0.3	1.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	90		0	1		26	101	
Iron, Fe....mg	1.16		0	1		0.33	1.30	
Magnesium, Mg....mg	12		0	1		3	13	
Phosphorus, P....mg	70		0	1		20	78	
Potassium, K....mg	99		0	1		28	111	
Sodium, Na....mg	284		0	1		81	318	
Zinc, Zn....mg	0.33		0	1		0.09	0.37	
Copper, Cu....mg	0.067		0	1		0.019	0.075	
Manganese, Mn....mg	0.277		0	1		0.079	0.310	
Selenium, Se....mcg	10.7		0	4		3.0	12.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.0	0.1	
Thiamin....mg	0.128		0	1		0.036	0.143	
Riboflavin....mg	0.189		0	1		0.054	0.212	
Niacin....mg	1.063		0	1		0.301	1.191	
Pantothenic acid....mg	0.167		0	1		0.047	0.187	
Vitamin B-6....mg	0.029		0	1		0.008	0.032	
Folate, total....mcg	22		0	4		6	25	
Folic acid....mcg	17		0	4		5	19	
Folate, food....mcg	5		0	1		1	6	
Folate, DFE....mcg_DFE	34		0	4		10	38	
Vitamin B-12....mcg	0.06		0	1		0.02	0.07	
Vitamin A, IU....IU	38		0	1		11	43	
Vitamin A, RE....mcg_RE	11		0	1		3	12	
Vitamin E....mg_ATE	0.717		0	4		0.203	0.803	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.897		0	1		1.105	4.365	
4:0....g	0.012		0	1		0.003	0.013	
6:0....g	0.017		0	1		0.005	0.019	
8:0....g	0.133		0	1		0.038	0.149	
10:0....g	0.113		0	1		0.032	0.127	
11:0....g								
12:0....g	0.847		0	1		0.240	0.949	
13:0....g								
14:0....g	0.402		0	1		0.114	0.450	
15:0....g								
16:0....g	1.394		0	1		0.395	1.561	
17:0....g								
18:0....g	0.978		0	1		0.277	1.095	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.692		0	1		1.047	4.135	
14:1....g								
15:1....g								

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

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	0.008		0	1		0.002	0.009	
17:1....g								
18:1 undifferentiated....g	3.683		0	1		1.044	4.125	
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	2.162		0	1		0.613	2.421	
18:2 undifferentiated....g	2.026		0	1		0.574	2.269	
18:3 undifferentiated....g	0.135		0	1		0.038	0.151	
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	1		0	1		0	1	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.054		0	1		0.015	0.060	
Threonine....g	0.157		0	1		0.045	0.176	
Isoleucine....g	0.199		0	1		0.056	0.223	
Leucine....g	0.338		0	1		0.096	0.379	
Lysine....g	0.204		0	1		0.058	0.228	
Methionine....g	0.107		0	1		0.030	0.120	
Cystine....g	0.091		0	1		0.026	0.102	
Phenylalanine....g	0.228		0	1		0.065	0.255	
Tyrosine....g	0.154		0	1		0.044	0.172	
Valine....g	0.229		0	1		0.065	0.256	
Arginine....g	0.213		0	1		0.060	0.239	
Histidine....g	0.099		0	1		0.028	0.111	
Alanine....g	0.183		0	1		0.052	0.205	
Aspartic acid....g	0.303		0	1		0.086	0.339	
Glutamic acid....g	1.035		0	1		0.293	1.159	
Glycine....g	0.146		0	1		0.041	0.164	
Proline....g	0.354		0	1		0.100	0.396	
Serine....g	0.247		0	1		0.070	0.277	
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 = 28.350g: 1 oz

Measure 2 = 112.000g: 1 piece (1/12 of 9" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18103
Coffeecake, cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	32.20	0.409	4	1		9.13	24.47	
Energy....kcal	339		0	4		96	258	
Energy....kj	1418			4		402	1078	
Protein (N x 6)....g	7.00	0.060	4	1		1.98	5.32	
Total lipid (fat)....g	15.20	0.170	4	1		4.31	11.55	
Ash....g	1.20	0.029	4	1		0.34	0.91	
Carbohydrate, by difference....g	44.30		0	4		12.56	33.67	
Fiber, total dietary....g	1.0		0	1		0.3	0.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	59		2	1		17	45	
Iron, Fe....mg	0.64	0.057	4	1		0.18	0.49	
Magnesium, Mg....mg	15	0.103	4	1		4	11	
Phosphorus, P....mg	101		0	4		29	77	
Potassium, K....mg	289		0	4		82	220	
Sodium, Na....mg	339	14.505	4	1		96	258	
Zinc, Zn....mg	0.59	0.004	4	1		0.17	0.45	
Copper, Cu....mg	0.052	0.003	4	1		0.015	0.040	
Manganese, Mn....mg	0.172	0.003	4	1		0.049	0.131	
Selenium, Se....mcg	13.3		0	4		3.8	10.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.1	
Thiamin....mg	0.105	0.009	4	1		0.030	0.080	
Riboflavin....mg	0.125	0.009	4	1		0.035	0.095	
Niacin....mg	0.682	0.028	4	1		0.193	0.518	
Pantothenic acid....mg	0.400		0	4		0.113	0.304	
Vitamin B-6....mg	0.058		0	4		0.016	0.044	
Folate, total....mcg	39		0	4		11	30	
Folic acid....mcg	20			4		6	15	
Folate, food....mcg	19			4		5	14	
Folate, DFE....mcg_DFE	53		0	4		15	40	
Vitamin B-12....mcg	0.34		0	4		0.10	0.26	
Vitamin A, IU....IU	287		0	4		81	218	
Vitamin A, RE....mcg_RE	87		0	4		25	66	
Vitamin E....mg_ATE	1.560		0	4		0.442	1.186	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.391		0	4		1.528	4.097	
4:0....g	0.112		0	4		0.032	0.085	
6:0....g	0.032		0	4		0.009	0.024	
8:0....g	0.038		0	4		0.011	0.029	
10:0....g	0.075		0	4		0.021	0.057	
11:0....g								
12:0....g	0.052		0	4		0.015	0.040	
13:0....g								
14:0....g	0.452		0	4		0.128	0.344	
15:0....g								
16:0....g	2.803		0	4		0.795	2.130	
17:0....g								
18:0....g	1.701		0	4		0.482	1.293	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.129		0	4		2.021	5.418	
14:1....g								
15:1....g								

NDB No. 18103
Coffeecake, cheese

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	0.166		0	4		0.047	0.126	
17:1....g								
18:1 undifferentiated....g	6.903		0	4		1.957	5.246	
20:1....g	0.005		0	4		0.001	0.004	
22:1 undifferentiated....g	0.001		0	4		0.000	0.001	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.645		0	4		0.466	1.250	
18:2 undifferentiated....g	1.488		0	4		0.422	1.131	
18:3 undifferentiated....g	0.125		0	4		0.035	0.095	
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	0.025		0	4		0.007	0.019	
20:5 n-3....g	0.001		0	4		0.000	0.001	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.006		0	4		0.002	0.005	
Fatty acids, total trans....g								
Cholesterol....mg	85		0	4		24	65	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.076		0	1		0.022	0.058	
Threonine....g	0.260		0	1		0.074	0.198	
Isoleucine....g	0.326		0	1		0.092	0.248	
Leucine....g	0.568		0	1		0.161	0.432	
Lysine....g	0.401		0	1		0.114	0.305	
Methionine....g	0.144		0	1		0.041	0.109	
Cystine....g	0.110		0	1		0.031	0.084	
Phenylalanine....g	0.352		0	1		0.100	0.268	
Tyrosine....g	0.263		0	1		0.075	0.200	
Valine....g	0.361		0	1		0.102	0.274	
Arginine....g	0.299		0	1		0.085	0.227	
Histidine....g	0.186		0	1		0.053	0.141	
Alanine....g	0.255		0	1		0.072	0.194	
Aspartic acid....g	0.470		0	1		0.133	0.357	
Glutamic acid....g	1.751		0	1		0.496	1.331	
Glycine....g	0.212		0	1		0.060	0.161	
Proline....g	0.625		0	1		0.177	0.475	
Serine....g	0.373		0	1		0.106	0.283	
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 = 28.350g: 1 oz

Measure 2 = 76.000g: 1 piece (1/6 of 16 oz cake)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	21.90	1.785	9	1		6.21	12.48	13.80
Energy....kcal	418		0	4		119	238	263
Energy....kj	1749			4		496	997	1102
Protein (N x 5.8)....g	6.80	0.166	8	1		1.93	3.88	4.28
Total lipid (fat)....g	23.30	1.742	10	1		6.61	13.28	14.68
Ash....g	1.40	0.070	10	1		0.40	0.80	0.88
Carbohydrate, by difference....g	46.70		0	4		13.24	26.62	29.42
Fiber, total dietary....g	2.0		0	1		0.6	1.1	1.3
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	54	4.602	34	1		15	31	34
Iron, Fe....mg	1.91	0.081	33	1		0.54	1.09	1.20
Magnesium, Mg....mg	22	0.678	34	1		6	13	14
Phosphorus, P....mg	108	3.116	33	1		31	62	68
Potassium, K....mg	123	3.595	32	1		35	70	77
Sodium, Na....mg	351	13.121	35	1		100	200	221
Zinc, Zn....mg	0.81	0.035	33	1		0.23	0.46	0.51
Copper, Cu....mg	0.125	0.006	32	1		0.035	0.071	0.079
Manganese, Mn....mg	0.450		0	4		0.128	0.257	0.284
Selenium, Se....mcg	17.2	0.890	33	1		4.9	9.8	10.8
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	4		0.1	0.2	0.2
Thiamin....mg	0.209	0.006	11	1		0.059	0.119	0.132
Riboflavin....mg	0.229	0.010	11	1		0.065	0.131	0.144
Niacin....mg	1.678	0.064	11	1		0.476	0.956	1.057
Pantothenic acid....mg	0.655	0.011	8	1		0.186	0.373	0.413
Vitamin B-6....mg	0.027	0.000	8	1		0.008	0.015	0.017
Folate, total....mcg	61		0	4		17	35	38
Folic acid....mcg	29		0	4		8	17	18
Folate, food....mcg	32	0.898	8	1		9	18	20
Folate, DFE....mcg_DFE	81		0	4		23	46	51
Vitamin B-12....mcg	0.18		0	4		0.05	0.10	0.11
Vitamin A, IU....IU	111		0	4		31	63	70
Vitamin A, RE....mcg_RE	33		0	4		9	19	21
Vitamin E....mg_ATE	3.409		0	4		0.966	1.943	2.148
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.797		0	4		1.643	3.304	3.652
4:0....g	0.001		0	4		0.000	0.001	0.001
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.001		0	4		0.000	0.001	0.001
10:0....g	0.001		0	4		0.000	0.001	0.001
11:0....g								
12:0....g	0.001		0	4		0.000	0.001	0.001
13:0....g								
14:0....g	0.114		0	4		0.032	0.065	0.072
15:0....g								
16:0....g	3.086		0	4		0.875	1.759	1.944
17:0....g								
18:0....g	2.575		0	4		0.730	1.468	1.622
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	12.976		0	4		3.679	7.396	8.175
14:1....g								
15:1....g								

NDB No. 18104

Coffeecake, cinnamon with crumb topping, commercially prepared, enriched

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	0.059		0	4		0.017	0.034	0.037
17:1....g								
18:1 undifferentiated....g	12.905		0	4		3.659	7.356	8.130
20:1....g	0.005		0	4		0.001	0.003	0.003
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.120		0	4		0.885	1.778	1.966
18:2 undifferentiated....g	2.944		0	4		0.835	1.678	1.855
18:3 undifferentiated....g	0.151		0	4		0.043	0.086	0.095
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	0.019		0	4		0.005	0.011	0.012
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	0.005		0	4		0.001	0.003	0.003
Fatty acids, total trans....g								
Cholesterol....mg	32	1.155	3	1		9	18	20
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.082		0	1		0.023	0.047	0.052
Threonine....g	0.227		0	1		0.064	0.129	0.143
Isoleucine....g	0.287		0	1		0.081	0.164	0.181
Leucine....g	0.500		0	1		0.142	0.285	0.315
Lysine....g	0.260		0	1		0.074	0.148	0.164
Methionine....g	0.122		0	1		0.035	0.070	0.077
Cystine....g	0.127		0	1		0.036	0.072	0.080
Phenylalanine....g	0.324		0	1		0.092	0.185	0.204
Tyrosine....g	0.218		0	1		0.062	0.124	0.137
Valine....g	0.318		0	1		0.090	0.181	0.200
Arginine....g	0.310		0	1		0.088	0.177	0.195
Histidine....g	0.154		0	1		0.044	0.088	0.097
Alanine....g	0.248		0	1		0.070	0.141	0.156
Aspartic acid....g	0.415		0	1		0.118	0.237	0.261
Glutamic acid....g	1.897		0	1		0.538	1.081	1.195
Glycine....g	0.237		0	1		0.067	0.135	0.149
Proline....g	0.634		0	1		0.180	0.361	0.399
Serine....g	0.346		0	1		0.098	0.197	0.218
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 individual cake

Measure 3 = 63.000g: 1 piece (1/9 of 20 oz cake)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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	29.10		2	1		8.25	26.19	
Energy....kcal	331		0	4		94	298	
Energy....kj	1385			4		393	1246	
Protein (N x 5.8)....g	5.00		2	1		1.42	4.50	
Total lipid (fat)....g	10.80		2	1		3.06	9.72	
Ash....g	1.10		2	1		0.31	0.99	
Carbohydrate, by difference....g	53.80		0	4		15.25	48.42	
Fiber, total dietary....g	2.0		0	1		0.6	1.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	38		2	1		11	34	
Iron, Fe....mg	0.51		2	1		0.14	0.46	
Magnesium, Mg....mg	15		2	1		4	14	
Phosphorus, P....mg	75		2	1		21	68	
Potassium, K....mg	78		0	4		22	70	
Sodium, Na....mg	323		2	1		92	291	
Zinc, Zn....mg	0.44		2	1		0.12	0.40	
Copper, Cu....mg	0.070		2	1		0.020	0.063	
Manganese, Mn....mg	0.190		2	1		0.054	0.171	
Selenium, Se....mcg	14.4		0	4		4.1	13.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.1	
Thiamin....mg	0.080		2	1		0.023	0.072	
Riboflavin....mg	0.074		2	1		0.021	0.067	
Niacin....mg	0.840		2	1		0.238	0.756	
Pantothenic acid....mg	0.392		0	4		0.111	0.353	
Vitamin B-6....mg	0.041		0	4		0.012	0.037	
Folate, total....mcg	41		0	4		12	37	
Folic acid....mcg	24			4		7	22	
Folate, food....mcg	17			4		5	15	
Folate, DFE....mcg_DFE	58		0	4		16	52	
Vitamin B-12....mcg	0.20		0	4		0.06	0.18	
Vitamin A, IU....IU	123		0	4		35	111	
Vitamin A, RE....mcg_RE	37		0	4		10	33	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.833		0	4		0.803	2.550	
4:0....g	0.001		0	4		0.000	0.001	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.001		0	4		0.000	0.001	
10:0....g	0.001		0	4		0.000	0.001	
11:0....g								
12:0....g	0.001		0	4		0.000	0.001	
13:0....g								
14:0....g	0.050		0	4		0.014	0.045	
15:0....g								
16:0....g	1.571		0	4		0.445	1.414	
17:0....g								
18:0....g	1.195		0	4		0.339	1.076	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.664		0	4		1.606	5.098	
14:1....g								
15:1....g								

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

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	0.054		0	4		0.015	0.049	
17:1....g								
18:1 undifferentiated....g	5.603		0	4		1.588	5.043	
20:1....g	0.005		0	4		0.001	0.005	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.465		0	4		0.415	1.319	
18:2 undifferentiated....g	1.365		0	4		0.387	1.229	
18:3 undifferentiated....g	0.069		0	4		0.020	0.062	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.024		0	4		0.007	0.022	
20:5 n-3....g	0.001		0	4		0.000	0.001	
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.006		0	4		0.002	0.005	
Fatty acids, total trans....g								
Cholesterol....mg	69		0	4		20	62	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.058		0	1		0.016	0.052	
Threonine....g	0.161		0	1		0.046	0.145	
Isoleucine....g	0.203		0	1		0.058	0.183	
Leucine....g	0.362		0	1		0.103	0.326	
Lysine....g	0.168		0	1		0.048	0.151	
Methionine....g	0.092		0	1		0.026	0.083	
Cystine....g	0.102		0	1		0.029	0.092	
Phenylalanine....g	0.242		0	1		0.069	0.218	
Tyrosine....g	0.154		0	1		0.044	0.139	
Valine....g	0.229		0	1		0.065	0.206	
Arginine....g	0.207		0	1		0.059	0.186	
Histidine....g	0.112		0	1		0.032	0.101	
Alanine....g	0.182		0	1		0.052	0.164	
Aspartic acid....g	0.279		0	1		0.079	0.251	
Glutamic acid....g	1.498		0	1		0.425	1.348	
Glycine....g	0.178		0	1		0.050	0.160	
Proline....g	0.500		0	1		0.142	0.450	
Serine....g	0.256		0	1		0.073	0.230	
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 = 28.350g: 1 oz

Measure 2 = 90.000g: 1 piece (1/6 of 19 oz cake)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18106
Coffeecake, fruit

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	31.70	3.832	3	1		8.99	15.85	
Energy....kcal	311		0	4		88	156	
Energy....kj	1301			4		369	651	
Protein (N x 5.8)....g	5.20	0.204	3	1		1.47	2.60	
Total lipid (fat)....g	10.20	2.604	4	1		2.89	5.10	
Ash....g	1.20	0.014	5	1		0.34	0.60	
Carbohydrate, by difference....g	51.50		0	4		14.60	25.75	
Fiber, total dietary....g	2.5		0	1		0.7	1.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	45	14.292	3	1		13	23	
Iron, Fe....mg	2.43	0.423	3	1		0.69	1.22	
Magnesium, Mg....mg	17	2.501	3	1		5	9	
Phosphorus, P....mg	118	27.140	3	1		33	59	
Potassium, K....mg	90	7.760	3	1		26	45	
Sodium, Na....mg	385	19.248	3	1		109	193	
Zinc, Zn....mg	0.65		2	1		0.18	0.33	
Copper, Cu....mg	0.030		2	1		0.009	0.015	
Manganese, Mn....mg	0.240		2	1		0.068	0.120	
Selenium, Se....mcg	16.5		0	4		4.7	8.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.8	0.033	9	1		0.2	0.4	
Thiamin....mg	0.037	0.013	9	1		0.010	0.019	
Riboflavin....mg	0.190	0.007	9	1		0.054	0.095	
Niacin....mg	2.573	0.052	9	1		0.729	1.287	
Pantothenic acid....mg	0.660	0.012	8	1		0.187	0.330	
Vitamin B-6....mg	0.037	0.000	8	1		0.010	0.019	
Folate, total....mcg	47		0	4		13	24	
Folic acid....mcg	28		0	4		8	14	
Folate, food....mcg	19	1.029	8	1		5	10	
Folate, DFE....mcg_DFE	67		0	4		19	33	
Vitamin B-12....mcg	0.02		0	4		0.01	0.01	
Vitamin A, IU....IU	140		1	1		40	70	
Vitamin A, RE....mcg_RE	20		0	1		6	10	
Vitamin E....mg_ATE	0.854		0	4		0.242	0.427	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.495		0	4		0.707	1.248	
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	0.048		0	4		0.014	0.024	
15:0....g								
16:0....g	1.321		0	4		0.375	0.661	
17:0....g								
18:0....g	1.117		0	4		0.317	0.559	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.557		0	4		1.575	2.779	
14:1....g								
15:1....g								

NDB No. 18106
Coffeecake, fruit

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	0.012		0	4		0.003	0.006	
17:1....g								
18:1 undifferentiated....g	5.543		0	4		1.571	2.772	
20:1....g	0.001		0	4		0.000	0.001	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.473		0	4		0.418	0.737	
18:2 undifferentiated....g	1.390		0	4		0.394	0.695	
18:3 undifferentiated....g	0.079		0	4		0.022	0.040	
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	0.002		0	4		0.001	0.001	
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	0.001		0	4		0.000	0.001	
Fatty acids, total trans....g								
Cholesterol....mg	7		0	4		2	4	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.058		0	1		0.016	0.029	
Threonine....g	0.165		0	1		0.047	0.083	
Isoleucine....g	0.207		0	1		0.059	0.104	
Leucine....g	0.364		0	1		0.103	0.182	
Lysine....g	0.187		0	1		0.053	0.094	
Methionine....g	0.094		0	1		0.027	0.047	
Cystine....g	0.098		0	1		0.028	0.049	
Phenylalanine....g	0.249		0	1		0.071	0.125	
Tyrosine....g	0.153		0	1		0.043	0.077	
Valine....g	0.238		0	1		0.067	0.119	
Arginine....g	0.253		0	1		0.072	0.127	
Histidine....g	0.112		0	1		0.032	0.056	
Alanine....g	0.226		0	1		0.064	0.113	
Aspartic acid....g	0.328		0	1		0.093	0.164	
Glutamic acid....g	1.435		0	1		0.407	0.718	
Glycine....g	0.274		0	1		0.078	0.137	
Proline....g	0.516		0	1		0.146	0.258	
Serine....g	0.261		0	1		0.074	0.131	
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 = 28.350g: 1 oz

Measure 2 = 50.000g: 1 piece (1/8 cake)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18107
Coffeecake, cinnamon with crumb topping, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.30	0.112	25	1		0.94	9.83	
Energy....kcal	436		0	4		124	1299	
Energy....kj	1824			4		517	5436	
Protein (N x 5.7)....g	4.80	0.087	26	1		1.36	14.30	
Total lipid (fat)....g	12.00	0.105	26	1		3.40	35.76	
Ash....g	2.10	0.034	24	1		0.60	6.26	
Carbohydrate, by difference....g	77.70		0	4		22.03	231.55	
Fiber, total dietary....g	1.8		0	4		0.5	5.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	148	3.419	21	1		42	441	
Iron, Fe....mg	1.90	0.038	21	1		0.54	5.66	
Magnesium, Mg....mg	19	1.862	9	1		5	57	
Phosphorus, P....mg	256	10.853	21	1		73	763	
Potassium, K....mg	87	8.277	18	1		25	259	
Sodium, Na....mg	596	15.384	18	1		169	1776	
Zinc, Zn....mg	0.34	0.011	10	1		0.10	1.01	
Copper, Cu....mg	0.220	0.000	10	1		0.062	0.656	
Manganese, Mn....mg	0.411		0	4		0.117	1.225	
Selenium, Se....mcg	16.1		0	4		4.6	48.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.1	0.6	
Thiamin....mg	0.291	0.012	22	1		0.082	0.867	
Riboflavin....mg	0.130	0.008	9	1		0.037	0.387	
Niacin....mg	2.505	0.129	21	1		0.710	7.465	
Pantothenic acid....mg	0.133	0.006	10	1		0.038	0.396	
Vitamin B-6....mg	0.044	0.003	10	1		0.012	0.131	
Folate, total....mcg	72		0	4		20	215	
Folic acid....mcg	57		0	4		16	170	
Folate, food....mcg	15		0	4		4	45	
Folate, DFE....mcg_DFE	112		0	4		32	333	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	22		1	1		6	66	
Vitamin A, RE....mcg_RE	2		0	1		1	6	
Vitamin E....mg_ATE	0.982		0	4		0.278	2.926	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.957		0	4		0.838	8.812	
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	0.047		0	4		0.013	0.140	
15:0....g								
16:0....g	1.696		0	4		0.481	5.054	
17:0....g								
18:0....g	1.226		0	4		0.348	3.653	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.172		0	4		1.466	15.413	
14:1....g								
15:1....g								

NDB No. 18107
Coffeecake, cinnamon with crumb topping, dry mix

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	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	5.172		0	4		1.466	15.413	
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	3.204		0	4		0.908	9.548	
18:2 undifferentiated....g	3.009		0	4		0.853	8.967	
18:3 undifferentiated....g	0.195		0	4		0.055	0.581	
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	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.056		0	1		0.016	0.167	
Threonine....g	0.128		0	1		0.036	0.381	
Isoleucine....g	0.178		0	1		0.050	0.530	
Leucine....g	0.332		0	1		0.094	0.989	
Lysine....g	0.093		0	1		0.026	0.277	
Methionine....g	0.084		0	1		0.024	0.250	
Cystine....g	0.108		0	1		0.031	0.322	
Phenylalanine....g	0.237		0	1		0.067	0.706	
Tyrosine....g	0.131		0	1		0.037	0.390	
Valine....g	0.201		0	1		0.057	0.599	
Arginine....g	0.167		0	1		0.047	0.498	
Histidine....g	0.102		0	1		0.029	0.304	
Alanine....g	0.147		0	1		0.042	0.438	
Aspartic acid....g	0.194		0	1		0.055	0.578	
Glutamic acid....g	1.683		0	1		0.477	5.015	
Glycine....g	0.164		0	1		0.046	0.489	
Proline....g	0.565		0	1		0.160	1.684	
Serine....g	0.233		0	1		0.066	0.694	
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 = 28.350g: 1 oz

Measure 2 = 298.000g: 1 package (10.5 oz)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

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	30.50		0	4		8.65	17.08	
Energy	kcal	318		0	4		90	178	
Energy	kj	1331			4		377	745	
Protein (N x 0)	g	5.50		0	4		1.56	3.08	
Total lipid (fat)	g	9.60		0	4		2.72	5.38	
Ash	g	1.70		0	4		0.48	0.95	
Carbohydrate, by difference	g	52.80		0	4		14.97	29.57	
Fiber, total dietary	g	1.2		0	4		0.3	0.7	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	136		0	4		39	76	
Iron, Fe	mg	1.43		0	4		0.41	0.80	
Magnesium, Mg	mg	18		0	4		5	10	
Phosphorus, P	mg	215		0	4		61	120	
Potassium, K	mg	112		0	4		32	63	
Sodium, Na	mg	421		0	4		119	236	
Zinc, Zn	mg	0.45		0	4		0.13	0.25	
Copper, Cu	mg	0.149		0	4		0.042	0.083	
Manganese, Mn	mg	0.310		0	4		0.088	0.174	
Selenium, Se	mcg	16.7		0	4		4.7	9.4	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.2		0	4		0.1	0.1	
Thiamin	mg	0.167		0	4		0.047	0.094	
Riboflavin	mg	0.175		0	4		0.050	0.098	
Niacin	mg	1.519		0	4		0.431	0.851	
Pantothenic acid	mg	0.269		0	4		0.076	0.151	
Vitamin B-6	mg	0.050		0	4		0.014	0.028	
Folate, total	mcg	48		0	4		14	27	
Folic acid	mcg	36		0	4		10	20	
Folate, food	mcg	12		0	4		3	7	
Folate, DFE	mcg_DFE	73		0	4		21	41	
Vitamin B-12	mcg	0.14		0	4		0.04	0.08	
Vitamin A, IU	IU	139		0	4		39	78	
Vitamin A, RE	mcg_RE	40		0	4		11	22	
Vitamin E	mg_ATE	1.660		0	4		0.471	0.930	
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	1.855		0	4		0.526	1.039	
4:0	g	0.017		0	4		0.005	0.010	
6:0	g	0.010		0	4		0.003	0.006	
8:0	g	0.006		0	4		0.002	0.003	
10:0	g	0.014		0	4		0.004	0.008	
11:0	g								
12:0	g	0.016		0	4		0.005	0.009	
13:0	g								
14:0	g	0.066		0	4		0.019	0.037	
15:0	g								
16:0	g	1.186		0	4		0.336	0.664	
17:0	g								
18:0	g	0.533		0	4		0.151	0.298	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	3.851		0	4		1.092	2.157	
14:1	g								
15:1	g								

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

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	0.075		0	4		0.021	0.042	
17:1....g								
18:1 undifferentiated....g	3.770		0	4		1.069	2.111	
20:1....g	0.003		0	4		0.001	0.002	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.165		0	4		0.897	1.772	
18:2 undifferentiated....g	2.928		0	4		0.830	1.640	
18:3 undifferentiated....g	0.217		0	4		0.062	0.122	
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	0.016		0	4		0.005	0.009	
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	0.004		0	4		0.001	0.002	
Fatty acids, total trans....g								
Cholesterol....mg	49		0	4		14	27	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.066		0	4		0.019	0.037	
Threonine....g	0.190		0	4		0.054	0.106	
Isoleucine....g	0.245		0	4		0.069	0.137	
Leucine....g	0.422		0	4		0.120	0.236	
Lysine....g	0.229		0	4		0.065	0.128	
Methionine....g	0.120		0	4		0.034	0.067	
Cystine....g	0.111		0	4		0.031	0.062	
Phenylalanine....g	0.271		0	4		0.077	0.152	
Tyrosine....g	0.185		0	4		0.052	0.104	
Valine....g	0.275		0	4		0.078	0.154	
Arginine....g	0.224		0	4		0.064	0.125	
Histidine....g	0.123		0	4		0.035	0.069	
Alanine....g	0.203		0	4		0.058	0.114	
Aspartic acid....g	0.332		0	4		0.094	0.186	
Glutamic acid....g	1.472		0	4		0.417	0.824	
Glycine....g	0.173		0	4		0.049	0.097	
Proline....g	0.511		0	4		0.145	0.286	
Serine....g	0.303		0	4		0.086	0.170	
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 = 28.350g: 1 oz

Measure 2 = 56.000g: 1 piece (1/8 of 8" x 5-3/4" cake)

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

Food Group: 18 Baked Products

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

NDB No. 18110
Cake, fruitcake, commercially prepared

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	25.30	1.764	3	1		7.17	10.88	
Energy....kcal	324		0	4		92	139	
Energy....kj	1356			4		384	583	
Protein (N x 5.6)....g	2.90		2	1		0.82	1.25	
Total lipid (fat)....g	9.10	1.072	4	1		2.58	3.91	
Ash....g	1.00	0.010	4	1		0.28	0.43	
Carbohydrate, by difference....g	61.60		0	4		17.46	26.49	
Fiber, total dietary....g	3.7		0	1		1.0	1.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	33	4.905	3	1		9	14	
Iron, Fe....mg	2.07	0.433	3	1		0.59	0.89	
Magnesium, Mg....mg	16		2	1		5	7	
Phosphorus, P....mg	52		2	1		15	22	
Potassium, K....mg	153		2	1		43	66	
Sodium, Na....mg	270	50.964	3	1		77	116	
Zinc, Zn....mg	0.27		2	1		0.08	0.12	
Copper, Cu....mg	0.050		2	1		0.014	0.022	
Manganese, Mn....mg	0.220		2	1		0.062	0.095	
Selenium, Se....mcg	2.0		0	4		0.6	0.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		0	4		0.1	0.2	
Thiamin....mg	0.050	0.013	9	1		0.014	0.022	
Riboflavin....mg	0.099	0.002	9	1		0.028	0.043	
Niacin....mg	0.791	0.052	9	1		0.224	0.340	
Pantothenic acid....mg	0.226	0.006	8	1		0.064	0.097	
Vitamin B-6....mg	0.046	0.002	8	1		0.013	0.020	
Folate, total....mcg	19		0	4		5	8	
Folic acid....mcg	16		0	4		5	7	
Folate, food....mcg	3	0.138	8	1		1	1	
Folate, DFE....mcg_DFE	30		0	4		9	13	
Vitamin B-12....mcg	0.01		0	4		0.00	0.00	
Vitamin A, IU....IU	22		0	4		6	9	
Vitamin A, RE....mcg_RE	4		0	4		1	2	
Vitamin E....mg_ATE	1.646		0	4		0.467	0.708	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.048		0	4		0.297	0.451	
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	0.020		0	4		0.006	0.009	
15:0....g								
16:0....g	0.743		0	4		0.211	0.319	
17:0....g								
18:0....g	0.267		0	4		0.076	0.115	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.200		0	4		1.191	1.806	
14:1....g								
15:1....g								

NDB No. 18110
Cake, fruitcake, commercially prepared

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	0.044		0	4		0.012	0.019	
17:1....g								
18:1 undifferentiated....g	4.100		0	4		1.162	1.763	
20:1....g	0.032		0	4		0.009	0.014	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.323		0	4		0.942	1.429	
18:2 undifferentiated....g	2.959		0	4		0.839	1.272	
18:3 undifferentiated....g	0.336		0	4		0.095	0.144	
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	0.003		0	4		0.001	0.001	
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	0.001		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	5		1	1		1	2	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.042		0	1		0.012	0.018	
Threonine....g	0.102		0	1		0.029	0.044	
Isoleucine....g	0.121		0	1		0.034	0.052	
Leucine....g	0.206		0	1		0.058	0.089	
Lysine....g	0.121		0	1		0.034	0.052	
Methionine....g	0.059		0	1		0.017	0.025	
Cystine....g	0.062		0	1		0.018	0.027	
Phenylalanine....g	0.140		0	1		0.040	0.060	
Tyrosine....g	0.095		0	1		0.027	0.041	
Valine....g	0.144		0	1		0.041	0.062	
Arginine....g	0.262		0	1		0.074	0.113	
Histidine....g	0.071		0	1		0.020	0.031	
Alanine....g	0.125		0	1		0.035	0.054	
Aspartic acid....g	0.270		0	1		0.077	0.116	
Glutamic acid....g	0.639		0	1		0.181	0.275	
Glycine....g	0.124		0	1		0.035	0.053	
Proline....g	0.167		0	1		0.047	0.072	
Serine....g	0.159		0	1		0.045	0.068	
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 = 28.350g: 1 oz

Measure 2 = 43.000g: 1 piece

Calories Factors: **Protein** 3.8 **Fat** 8.6 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.60	0.093	16	1		1.02	18.61	
Energy....kcal	401		0	4		114	2073	
Energy....kj	1678			4		476	8674	
Protein (N x 5.7)....g	4.00	0.078	23	1		1.13	20.68	
Total lipid (fat)....g	9.50	0.140	18	1		2.69	49.12	
Ash....g	2.50	0.048	15	1		0.71	12.93	
Carbohydrate, by difference....g	80.10		0	4		22.71	414.12	
Fiber, total dietary....g	3.5		0	4		1.0	18.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	97	2.723	16	1		27	501	
Iron, Fe....mg	1.93	0.127	10	1		0.55	9.98	
Magnesium, Mg....mg	22	0.397	14	1		6	114	
Phosphorus, P....mg	294	7.648	14	1		83	1520	
Potassium, K....mg	149	6.466	12	1		42	770	
Sodium, Na....mg	643	85.059	16	1		182	3324	
Zinc, Zn....mg	0.42	0.010	14	1		0.12	2.17	
Copper, Cu....mg	0.156	0.004	14	1		0.044	0.807	
Manganese, Mn....mg	0.105		0	4		0.030	0.543	
Selenium, Se....mcg	3.1		0	4		0.9	16.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.255	0.020	16	1		0.072	1.318	
Riboflavin....mg	0.176	0.008	16	1		0.050	0.910	
Niacin....mg	2.605	0.139	16	1		0.739	13.468	
Pantothenic acid....mg	0.072		0	4		0.020	0.372	
Vitamin B-6....mg	0.035		0	4		0.010	0.181	
Folate, total....mcg	30		0	4		9	155	
Folic acid....mcg	20		0	4		6	103	
Folate, food....mcg	10		0	4		3	52	
Folate, DFE....mcg_DFE	44		0	4		12	227	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	3		0	4		1	16	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.601		0	4		0.170	3.107	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.205		0	4		0.909	16.570	
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	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.029		0	4		0.008	0.150	
15:0....g								
16:0....g	1.646		0	4		0.467	8.510	
17:0....g								
18:0....g	1.520		0	4		0.431	7.858	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.781		0	4		1.072	19.548	
14:1....g								
15:1....g								

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

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	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	3.780		0	4		1.072	19.543	
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	1.823		0	4		0.517	9.425	
18:2 undifferentiated....g	1.717		0	4		0.487	8.877	
18:3 undifferentiated....g	0.106		0	4		0.030	0.548	
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	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.058		0	1		0.016	0.300	
Threonine....g	0.128		0	1		0.036	0.662	
Isoleucine....g	0.151		0	1		0.043	0.781	
Leucine....g	0.258		0	1		0.073	1.334	
Lysine....g	0.162		0	1		0.046	0.838	
Methionine....g	0.056		0	1		0.016	0.290	
Cystine....g	0.071		0	1		0.020	0.367	
Phenylalanine....g	0.188		0	1		0.053	0.972	
Tyrosine....g	0.127		0	1		0.036	0.657	
Valine....g	0.199		0	1		0.056	1.029	
Arginine....g	0.180		0	1		0.051	0.931	
Histidine....g	0.076		0	1		0.022	0.393	
Alanine....g	0.144		0	1		0.041	0.744	
Aspartic acid....g	0.255		0	1		0.072	1.318	
Glutamic acid....g	1.029		0	1		0.292	5.320	
Glycine....g	0.151		0	1		0.043	0.781	
Proline....g	0.335		0	1		0.095	1.732	
Serine....g	0.193		0	1		0.055	0.998	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	4		0.0	0.0	
Caffeine....mg	7		0	4		2	36	
Theobromine....mg	242		0	4		69	1251	

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 = 28.350g: 1 oz

Measure 2 = 517.000g: 1 package (18.25 oz)

Calories Factors: **Protein** 3.2 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18114
Cake, gingerbread, dry mix

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	4.40		1	1		1.25	18.08	
Energy....kcal	437		0	4		124	1796	
Energy....kj	1828			4		518	7515	
Protein (N x 5.7)....g	4.40		1	1		1.25	18.08	
Total lipid (fat)....g	13.80		1	1		3.91	56.72	
Ash....g	2.80		1	1		0.79	11.51	
Carbohydrate, by difference....g	74.60		0	4		21.15	306.61	
Fiber, total dietary....g	1.7		0	4		0.5	7.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	94		1	1		27	386	
Iron, Fe....mg	4.70		1	1		1.33	19.32	
Magnesium, Mg....mg	21		0	4		6	86	
Phosphorus, P....mg	226		1	1		64	929	
Potassium, K....mg	341		1	1		97	1402	
Sodium, Na....mg	657		1	1		186	2700	
Zinc, Zn....mg	0.36		0	4		0.10	1.48	
Copper, Cu....mg	0.246		0	4		0.070	1.011	
Manganese, Mn....mg	0.556		0	4		0.158	2.285	
Selenium, Se....mcg	2.1		0	4		0.6	8.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.1	0.8	
Thiamin....mg	0.340		1	1		0.096	1.397	
Riboflavin....mg	0.240		1	1		0.068	0.986	
Niacin....mg	2.550		1	1		0.723	10.481	
Pantothenic acid....mg	0.235		0	4		0.067	0.966	
Vitamin B-6....mg	0.041		0	4		0.012	0.169	
Folate, total....mcg	61		0	4		17	251	
Folic acid....mcg	47		0	4		13	193	
Folate, food....mcg	14		0	4		4	58	
Folate, DFE....mcg_DFE	94		0	4		27	386	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	4		0	4		1	16	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	1.868		0	4		0.530	7.677	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.460		0	1		0.981	14.221	
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	0.001		0	4		0.000	0.004	
11:0....g								
12:0....g	0.001		0	4		0.000	0.004	
13:0....g								
14:0....g	0.069		0	4		0.020	0.284	
15:0....g								
16:0....g	1.792		0	4		0.508	7.365	
17:0....g								
18:0....g	1.632		0	4		0.463	6.708	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.791		0	1		2.209	32.021	
14:1....g								
15:1....g								

NDB No. 18114
Cake, gingerbread, dry mix

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	0.001		0	4		0.000	0.004	
17:1....g								
18:1 undifferentiated....g	7.820		0	4		2.217	32.140	
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	1.804		0	1		0.511	7.414	
18:2 undifferentiated....g	1.675		0	4		0.475	6.884	
18:3 undifferentiated....g	0.091		0	4		0.026	0.374	
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	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.062		0	1		0.018	0.255	
Threonine....g	0.138		0	1		0.039	0.567	
Isoleucine....g	0.175		0	1		0.050	0.719	
Leucine....g	0.309		0	1		0.088	1.270	
Lysine....g	0.187		0	1		0.053	0.769	
Methionine....g	0.068		0	1		0.019	0.279	
Cystine....g	0.087		0	1		0.025	0.358	
Phenylalanine....g	0.209		0	1		0.059	0.859	
Tyrosine....g	0.134		0	1		0.038	0.551	
Valine....g	0.196		0	1		0.056	0.806	
Arginine....g	0.211		0	1		0.060	0.867	
Histidine....g	0.096		0	1		0.027	0.395	
Alanine....g	0.150		0	1		0.043	0.617	
Aspartic acid....g	0.282		0	1		0.080	1.159	
Glutamic acid....g	1.256		0	1		0.356	5.162	
Glycine....g	0.161		0	1		0.046	0.662	
Proline....g	0.415		0	1		0.118	1.706	
Serine....g	0.233		0	1		0.066	0.958	
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 = 28.350g: 1 oz

Measure 2 = 411.000g: 1 package (14.5 oz)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18116
Cake, gingerbread, prepared from recipe

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	28.00		0	1		7.94	20.72	
Energy....kcal	356		0	4		101	263	
Energy....kj	1490			4		422	1102	
Protein (N x 0)....g	3.90		0	1		1.11	2.89	
Total lipid (fat)....g	16.40		0	1		4.65	12.14	
Ash....g	1.80		0	1		0.51	1.33	
Carbohydrate, by difference....g	49.20		0	4		13.95	36.41	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	71		0	1		20	53	
Iron, Fe....mg	2.88		0	1		0.82	2.13	
Magnesium, Mg....mg	70		0	1		20	52	
Phosphorus, P....mg	54		0	1		15	40	
Potassium, K....mg	439		0	1		124	325	
Sodium, Na....mg	327		0	1		93	242	
Zinc, Zn....mg	0.39		0	1		0.11	0.29	
Copper, Cu....mg	0.195		0	1		0.055	0.144	
Manganese, Mn....mg	0.683		0	1		0.194	0.505	
Selenium, Se....mcg	16.3		0	4		4.6	12.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.0	0.1	
Thiamin....mg	0.190		0	1		0.054	0.141	
Riboflavin....mg	0.162		0	1		0.046	0.120	
Niacin....mg	1.738		0	1		0.493	1.286	
Pantothenic acid....mg	0.375		0	1		0.106	0.278	
Vitamin B-6....mg	0.190		0	1		0.054	0.141	
Folate, total....mcg	33		0	4		9	24	
Folic acid....mcg	25		0	4		7	19	
Folate, food....mcg	8		0	1		2	6	
Folate, DFE....mcg_DFE	51		0	4		14	37	
Vitamin B-12....mcg	0.06		0	1		0.02	0.04	
Vitamin A, IU....IU	48		0	1		14	36	
Vitamin A, RE....mcg_RE	14		0	1		4	10	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.122		0	1		1.169	3.050	
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	0.001		0	1		0.000	0.001	
13:0....g								
14:0....g	0.064		0	1		0.018	0.047	
15:0....g								
16:0....g	2.369		0	1		0.672	1.753	
17:0....g								
18:0....g	1.684		0	1		0.477	1.246	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.124		0	1		2.020	5.272	
14:1....g								
15:1....g								

NDB No. 18116
Cake, gingerbread, prepared from 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
16:1 undifferentiated....g	0.022		0	1		0.006	0.016	
17:1....g								
18:1 undifferentiated....g	7.099		0	1		2.013	5.253	
20:1....g	0.002		0	1		0.001	0.001	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	4.216		0	1		1.195	3.120	
18:2 undifferentiated....g	3.948		0	1		1.119	2.922	
18:3 undifferentiated....g	0.254		0	1		0.072	0.188	
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	0.011		0	1		0.003	0.008	
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	0.003		0	1		0.001	0.002	
Fatty acids, total trans....g								
Cholesterol....mg	32		0	1		9	24	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.047		0	1		0.013	0.035	
Threonine....g	0.124		0	1		0.035	0.092	
Isoleucine....g	0.151		0	1		0.043	0.112	
Leucine....g	0.279		0	1		0.079	0.206	
Lysine....g	0.131		0	1		0.037	0.097	
Methionine....g	0.080		0	1		0.023	0.059	
Cystine....g	0.083		0	1		0.024	0.061	
Phenylalanine....g	0.195		0	1		0.055	0.144	
Tyrosine....g	0.125		0	1		0.035	0.093	
Valine....g	0.173		0	1		0.049	0.128	
Arginine....g	0.173		0	1		0.049	0.128	
Histidine....g	0.087		0	1		0.025	0.064	
Alanine....g	0.145		0	1		0.041	0.107	
Aspartic acid....g	0.217		0	1		0.062	0.161	
Glutamic acid....g	1.096		0	1		0.311	0.811	
Glycine....g	0.136		0	1		0.039	0.101	
Proline....g	0.372		0	1		0.105	0.275	
Serine....g	0.214		0	1		0.061	0.158	
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 = 28.350g: 1 oz

Measure 2 = 74.000g: 1 piece (1/9 of 8" square)

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.10	0.048	13	1		0.88	16.03	
Energy....kcal	416		0	4		118	2151	
Energy....kj	1741			4		493	8999	
Protein (N x 5.7)....g	3.40	0.090	13	1		0.96	17.58	
Total lipid (fat)....g	11.70	0.205	13	1		3.32	60.49	
Ash....g	2.30	0.030	13	1		0.65	11.89	
Carbohydrate, by difference....g	79.30		0	4		22.48	409.98	
Fiber, total dietary....g	2.9		0	4		0.8	15.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	76	6.469	13	1		22	393	
Iron, Fe....mg	1.62	0.097	13	1		0.46	8.38	
Magnesium, Mg....mg	18	2.648	12	1		5	93	
Phosphorus, P....mg	275	5.217	13	1		78	1422	
Potassium, K....mg	123	6.400	8	1		35	636	
Sodium, Na....mg	519	63.557	13	1		147	2683	
Zinc, Zn....mg	0.35	0.027	12	1		0.10	1.81	
Copper, Cu....mg	0.135	0.038	12	1		0.038	0.698	
Manganese, Mn....mg	0.139		0	4		0.039	0.719	
Selenium, Se....mcg	2.6		0	4		0.7	13.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.181	0.010	7	1		0.051	0.936	
Riboflavin....mg	0.130	0.004	4	1		0.037	0.672	
Niacin....mg	1.546	0.206	7	1		0.438	7.993	
Pantothenic acid....mg	0.096		0	4		0.027	0.496	
Vitamin B-6....mg	0.025		0	4		0.007	0.129	
Folate, total....mcg	36		0	4		10	186	
Folic acid....mcg	27		0	4		8	140	
Folate, food....mcg	9		0	4		3	47	
Folate, DFE....mcg_DFE	55		0	4		16	284	
Vitamin B-12....mcg	0.00		1	1		0.00	0.00	
Vitamin A, IU....IU	2		0	4		1	10	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	1.812		0	4		0.514	9.368	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.450		0	4		0.695	12.667	
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	0.012		0	4		0.003	0.062	
15:0....g								
16:0....g	1.422		0	4		0.403	7.352	
17:0....g								
18:0....g	1.005		0	4		0.285	5.196	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.750		0	4		1.347	24.558	
14:1....g								
15:1....g								

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

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	0.039		0	4		0.011	0.202	
17:1....g								
18:1 undifferentiated....g	4.701		0	4		1.333	24.304	
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	3.779		0	4		1.071	19.537	
18:2 undifferentiated....g	3.513		0	4		0.996	18.162	
18:3 undifferentiated....g	0.256		0	4		0.073	1.324	
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								
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	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.049		0	1		0.014	0.253	
Threonine....g	0.105		0	1		0.030	0.543	
Isoleucine....g	0.127		0	1		0.036	0.657	
Leucine....g	0.220		0	1		0.062	1.137	
Lysine....g	0.133		0	1		0.038	0.688	
Methionine....g	0.049		0	1		0.014	0.253	
Cystine....g	0.062		0	1		0.018	0.321	
Phenylalanine....g	0.158		0	1		0.045	0.817	
Tyrosine....g	0.105		0	1		0.030	0.543	
Valine....g	0.164		0	1		0.046	0.848	
Arginine....g	0.147		0	1		0.042	0.760	
Histidine....g	0.065		0	1		0.018	0.336	
Alanine....g	0.118		0	1		0.033	0.610	
Aspartic acid....g	0.201		0	1		0.057	1.039	
Glutamic acid....g	0.909		0	1		0.258	4.700	
Glycine....g	0.125		0	1		0.035	0.646	
Proline....g	0.298		0	1		0.084	1.541	
Serine....g	0.166		0	1		0.047	0.858	
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 = 28.350g: 1 oz

Measure 2 = 517.000g: 1 package (18.25 oz)

Calories Factors: **Protein** 3.3 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	32.30		0	1		9.16	37.15	
Energy....kcal	319		0	4		90	367	
Energy....kj	1335			4		378	1535	
Protein (N x 0)....g	3.50		0	1		0.99	4.03	
Total lipid (fat)....g	12.10		0	1		3.43	13.92	
Ash....g	1.70		0	1		0.48	1.96	
Carbohydrate, by difference....g	50.50		0	4		14.32	58.08	
Fiber, total dietary....g	0.8		0	4		0.2	0.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	120		0	1		34	138	
Iron, Fe....mg	1.48		0	1		0.42	1.70	
Magnesium, Mg....mg	13		0	1		4	15	
Phosphorus, P....mg	82		0	1		23	94	
Potassium, K....mg	112		0	1		32	129	
Sodium, Na....mg	319		0	1		90	367	
Zinc, Zn....mg	0.31		0	1		0.09	0.36	
Copper, Cu....mg	0.087		0	1		0.025	0.100	
Manganese, Mn....mg	0.350		0	1		0.099	0.403	
Selenium, Se....mcg	9.4		0	4		2.7	10.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.2		0	1		0.3	1.4	
Thiamin....mg	0.153		0	1		0.043	0.176	
Riboflavin....mg	0.156		0	1		0.044	0.179	
Niacin....mg	1.190		0	1		0.337	1.369	
Pantothenic acid....mg	0.202		0	1		0.057	0.232	
Vitamin B-6....mg	0.034		0	1		0.010	0.039	
Folate, total....mcg	26		0	4		7	30	
Folic acid....mcg	19		0	4		5	22	
Folate, food....mcg	7		0	1		2	8	
Folate, DFE....mcg_DFE	39		0	4		11	45	
Vitamin B-12....mcg	0.08		0	1		0.02	0.09	
Vitamin A, IU....IU	253		0	1		72	291	
Vitamin A, RE....mcg_RE	65		0	1		18	75	
Vitamin E....mg_ATE	1.341		0	4		0.380	1.542	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.915		0	1		0.826	3.352	
4:0....g	0.011		0	1		0.003	0.013	
6:0....g	0.007		0	1		0.002	0.008	
8:0....g	0.004		0	1		0.001	0.005	
10:0....g	0.009		0	1		0.003	0.010	
11:0....g								
12:0....g	0.010		0	1		0.003	0.012	
13:0....g								
14:0....g	0.074		0	1		0.021	0.085	
15:0....g								
16:0....g	1.692		0	1		0.480	1.946	
17:0....g								
18:0....g	1.104		0	1		0.313	1.270	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.194		0	1		1.472	5.973	
14:1....g								
15:1....g								

NDB No. 18119
Cake, pineapple upside-down, prepared from 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
16:1 undifferentiated....g	0.022		0	1		0.006	0.025	
17:1....g								
18:1 undifferentiated....g	5.169		0	1		1.465	5.944	
20:1....g	0.001		0	1		0.000	0.001	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.282		0	1		0.930	3.774	
18:2 undifferentiated....g	3.094		0	1		0.877	3.558	
18:3 undifferentiated....g	0.179		0	1		0.051	0.206	
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	0.007		0	1		0.002	0.008	
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	0.002		0	1		0.001	0.002	
Fatty acids, total trans....g								
Cholesterol....mg	22		0	1		6	25	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.043		0	1		0.012	0.049	
Threonine....g	0.117		0	1		0.033	0.135	
Isoleucine....g	0.147		0	1		0.042	0.169	
Leucine....g	0.264		0	1		0.075	0.304	
Lysine....g	0.143		0	1		0.041	0.164	
Methionine....g	0.074		0	1		0.021	0.085	
Cystine....g	0.066		0	1		0.019	0.076	
Phenylalanine....g	0.173		0	1		0.049	0.199	
Tyrosine....g	0.121		0	1		0.034	0.139	
Valine....g	0.167		0	1		0.047	0.192	
Arginine....g	0.148		0	1		0.042	0.170	
Histidine....g	0.081		0	1		0.023	0.093	
Alanine....g	0.128		0	1		0.036	0.147	
Aspartic acid....g	0.216		0	1		0.061	0.248	
Glutamic acid....g	0.949		0	1		0.269	1.091	
Glycine....g	0.114		0	1		0.032	0.131	
Proline....g	0.338		0	1		0.096	0.389	
Serine....g	0.190		0	1		0.054	0.219	
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 = 28.350g: 1 oz

Measure 2 = 115.000g: 1 piece (1/9 of 8" square)

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

Food Group: 18 Baked Products

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

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

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	24.60	0.778	11	1		7.38	6.97	
Energy....kcal	388		0	4		116	110	
Energy....kj	1623			4		487	460	
Protein (N x 6)....g	5.50	0.164	11	1		1.65	1.56	
Total lipid (fat)....g	19.90	0.854	9	1		5.97	5.64	
Ash....g	1.20	0.069	11	1		0.36	0.34	
Carbohydrate, by difference....g	48.80		0	4		14.64	13.83	
Fiber, total dietary....g	0.5		0	4		0.1	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	35	3.868	7	1		11	10	
Iron, Fe....mg	1.38	0.156	7	1		0.41	0.39	
Magnesium, Mg....mg	11	2.063	7	1		3	3	
Phosphorus, P....mg	137	14.172	7	1		41	39	
Potassium, K....mg	119	18.629	5	1		36	34	
Sodium, Na....mg	398	32.824	7	1		119	113	
Zinc, Zn....mg	0.46		2	1		0.14	0.13	
Copper, Cu....mg	0.035		2	1		0.011	0.010	
Manganese, Mn....mg	0.090		2	1		0.027	0.026	
Selenium, Se....mcg	8.8		0	4		2.6	2.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.137	0.027	7	1		0.041	0.039	
Riboflavin....mg	0.229	0.021	7	1		0.069	0.065	
Niacin....mg	1.311	0.276	7	1		0.393	0.372	
Pantothenic acid....mg	0.445		0	4		0.134	0.126	
Vitamin B-6....mg	0.042		0	4		0.013	0.012	
Folate, total....mcg	41		0	4		12	12	
Folic acid....mcg	30		0	4		9	9	
Folate, food....mcg	11		0	4		3	3	
Folate, DFE....mcg_DFE	62		0	4		19	18	
Vitamin B-12....mcg	0.25		0	4		0.08	0.07	
Vitamin A, IU....IU	606	66.576	5	1		182	172	
Vitamin A, RE....mcg_RE	156		0	1		47	44	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	11.559		0	4		3.468	3.277	
4:0....g	0.564		0	4		0.169	0.160	
6:0....g	0.334		0	4		0.100	0.095	
8:0....g	0.195		0	4		0.059	0.055	
10:0....g	0.437		0	4		0.131	0.124	
11:0....g								
12:0....g	0.489		0	4		0.147	0.139	
13:0....g								
14:0....g	1.757		0	4		0.527	0.498	
15:0....g								
16:0....g	5.108		0	4		1.532	1.448	
17:0....g								
18:0....g	2.285		0	4		0.686	0.648	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.900		0	4		1.770	1.673	
14:1....g								
15:1....g								

NDB No. 18120
Cake, pound, commercially prepared, 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	0.457		0	4		0.137	0.130	
17:1....g								
18:1 undifferentiated....g	5.176		0	4		1.553	1.467	
20:1....g	0.006		0	4		0.002	0.002	
22:1 undifferentiated....g	0.001		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.067		0	4		0.320	0.302	
18:2 undifferentiated....g	0.759		0	4		0.228	0.215	
18:3 undifferentiated....g	0.267		0	4		0.080	0.076	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.032		0	4		0.010	0.009	
20:5 n-3....g	0.001		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.008		0	4		0.002	0.002	
Fatty acids, total trans....g								
Cholesterol....mg	221		2	1		66	63	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.072		0	1		0.022	0.020	
Threonine....g	0.211		0	1		0.063	0.060	
Isoleucine....g	0.261		0	1		0.078	0.074	
Leucine....g	0.430		0	1		0.129	0.122	
Lysine....g	0.307		0	1		0.092	0.087	
Methionine....g	0.133		0	1		0.040	0.038	
Cystine....g	0.115		0	1		0.035	0.033	
Phenylalanine....g	0.274		0	1		0.082	0.078	
Tyrosine....g	0.197		0	1		0.059	0.056	
Valine....g	0.296		0	1		0.089	0.084	
Arginine....g	0.260		0	1		0.078	0.074	
Histidine....g	0.123		0	1		0.037	0.035	
Alanine....g	0.231		0	1		0.069	0.065	
Aspartic acid....g	0.393		0	1		0.118	0.111	
Glutamic acid....g	1.229		0	1		0.369	0.348	
Glycine....g	0.176		0	1		0.053	0.050	
Proline....g	0.418		0	1		0.125	0.119	
Serine....g	0.341		0	1		0.102	0.097	
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 = 30.000g: 1 piece (1/10 of cake)

Measure 2 = 28.350g: 1 piece (1/12 of 12 oz cake)

Calories Factors: **Protein** 4.2 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	23.10	0.847	13	1		6.93	6.55	16.40
Energy....kcal	389		0	4		117	110	276
Energy....kj	1628			4		488	461	1156
Protein (N x 6)....g	5.20	0.092	13	1		1.56	1.47	3.69
Total lipid (fat)....g	17.90	1.056	14	1		5.37	5.07	12.71
Ash....g	1.40	0.110	12	1		0.42	0.40	0.99
Carbohydrate, by difference....g	52.50		0	4		15.75	14.88	37.28
Fiber, total dietary....g	1.0		0	1		0.3	0.3	0.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	64	13.497	7	1		19	18	45
Iron, Fe....mg	1.62	0.131	6	1		0.49	0.46	1.15
Magnesium, Mg....mg	13	2.468	5	1		4	4	9
Phosphorus, P....mg	134	10.038	6	1		40	38	95
Potassium, K....mg	106	25.375	4	1		32	30	75
Sodium, Na....mg	400	41.062	11	1		120	113	284
Zinc, Zn....mg	0.39	0.024	4	1		0.12	0.11	0.28
Copper, Cu....mg	0.054	0.012	4	1		0.016	0.015	0.038
Manganese, Mn....mg	0.088	0.011	4	1		0.026	0.025	0.062
Selenium, Se....mcg	6.8		0	4		2.0	1.9	4.8
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.0	0.1
Thiamin....mg	0.143	0.027	4	1		0.043	0.041	0.102
Riboflavin....mg	0.260	0.010	4	1		0.078	0.074	0.185
Niacin....mg	1.349	0.151	4	1		0.405	0.382	0.958
Pantothenic acid....mg	0.285	0.053	3	1		0.086	0.081	0.202
Vitamin B-6....mg	0.023		1	1		0.007	0.007	0.016
Folate, total....mcg	36		0	4		11	10	26
Folic acid....mcg	27		0	4		8	8	19
Folate, food....mcg	9		0	4		3	3	6
Folate, DFE....mcg_DFE	55		0	4		16	16	39
Vitamin B-12....mcg	0.14		1	1		0.04	0.04	0.10
Vitamin A, IU....IU	118		0	4		35	33	84
Vitamin A, RE....mcg_RE	35		0	4		11	10	25
Vitamin E....mg_ATE	2.385		0	4		0.716	0.676	1.693
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.647		0	4		1.394	1.317	3.299
4:0....g	0.001		0	4		0.000	0.000	0.001
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.001		0	4		0.000	0.000	0.001
10:0....g	0.001		0	4		0.000	0.000	0.001
11:0....g								
12:0....g	0.001		0	4		0.000	0.000	0.001
13:0....g								
14:0....g	0.087		0	4		0.026	0.025	0.062
15:0....g								
16:0....g	2.478		0	4		0.743	0.703	1.759
17:0....g								
18:0....g	2.069		0	4		0.621	0.587	1.469
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.935		0	4		2.981	2.817	7.054
14:1....g								
15:1....g								

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

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	0.049		0	4		0.015	0.014	0.035
17:1....g								
18:1 undifferentiated....g	9.880		0	4		2.964	2.801	7.015
20:1....g	0.004		0	4		0.001	0.001	0.003
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.251		0	4		0.675	0.638	1.598
18:2 undifferentiated....g	2.114		0	4		0.634	0.599	1.501
18:3 undifferentiated....g	0.108		0	4		0.032	0.031	0.077
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	0.023		0	4		0.007	0.007	0.016
20:5 n-3....g	0.001		0	4		0.000	0.000	0.001
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.006		0	4		0.002	0.002	0.004
Fatty acids, total trans....g								
Cholesterol....mg	58	25.910	6	1		17	16	41
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.069		0	1		0.021	0.020	0.049
Threonine....g	0.196		0	1		0.059	0.056	0.139
Isoleucine....g	0.244		0	1		0.073	0.069	0.173
Leucine....g	0.403		0	1		0.121	0.114	0.286
Lysine....g	0.283		0	1		0.085	0.080	0.201
Methionine....g	0.125		0	1		0.038	0.035	0.089
Cystine....g	0.111		0	1		0.033	0.031	0.079
Phenylalanine....g	0.259		0	1		0.078	0.073	0.184
Tyrosine....g	0.184		0	1		0.055	0.052	0.131
Valine....g	0.276		0	1		0.083	0.078	0.196
Arginine....g	0.247		0	1		0.074	0.070	0.175
Histidine....g	0.115		0	1		0.035	0.033	0.082
Alanine....g	0.216		0	1		0.065	0.061	0.153
Aspartic acid....g	0.367		0	1		0.110	0.104	0.261
Glutamic acid....g	1.194		0	1		0.358	0.338	0.848
Glycine....g	0.170		0	1		0.051	0.048	0.121
Proline....g	0.402		0	1		0.121	0.114	0.285
Serine....g	0.323		0	1		0.097	0.092	0.229
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 = 30.000g: 1 piece (1/10 of 10.6 oz cake)

Measure 2 = 28.350g: 1 piece (1/12 of 12 oz cake)

Measure 3 = 71.000g: 1 snack cake (2.5 oz)

Calories Factors: **Protein** 4.2 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

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	28.40		0	1		8.05		
Energy	kcal	346		0	4		98		
Energy	kj	1448			4		410		
Protein	g	6.10		0	1		1.73		
Total lipid (fat)	g	14.20		0	1		4.03		
Ash	g	2.80		0	1		0.79		
Carbohydrate, by difference	g	48.50		0	4		13.75		
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	205		0	1		58		
Iron, Fe	mg	2.54		0	1		0.72		
Magnesium, Mg	mg	16		0	1		5		
Phosphorus, P	mg	143		0	1		41		
Potassium, K	mg	106		0	1		30		
Sodium, Na	mg	506		0	1		143		
Zinc, Zn	mg	0.48		0	1		0.14		
Copper, Cu	mg	0.076		0	1		0.022		
Manganese, Mn	mg	0.330		0	1		0.094		
Selenium, Se	mcg	17.0		0	4		4.8		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.2		0	1		0.1		
Thiamin	mg	0.311		0	1		0.088		
Riboflavin	mg	0.272		0	1		0.077		
Niacin	mg	2.573		0	1		0.729		
Pantothenic acid	mg	0.248		0	1		0.070		
Vitamin B-6	mg	0.030		0	1		0.009		
Folate, total	mcg	53		0	4		15		
Folic acid	mcg	43		0	4		12		
Folate, food	mcg	10		0	1		3		
Folate, DFE	mcg_DFE	83		0	4		24		
Vitamin B-12	mcg	0.07		0	1		0.02		
Vitamin A, IU	IU	72		0	1		20		
Vitamin A, RE	mcg_RE	18		0	1		5		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	3.772		0	1		1.069		
4:0	g	0.022		0	1		0.006		
6:0	g	0.013		0	1		0.004		
8:0	g	0.008		0	1		0.002		
10:0	g	0.017		0	1		0.005		
11:0	g								
12:0	g	0.020		0	1		0.006		
13:0	g								
14:0	g	0.122		0	1		0.035		
15:0	g								
16:0	g	2.095		0	1		0.594		
17:0	g								
18:0	g	1.472		0	1		0.417		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	6.045		0	1		1.714		
14:1	g								
15:1	g								

NDB No. 18126
Cake, shortcake, biscuit-type, prepared from 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
16:1 undifferentiated....g	0.016		0	1		0.005		
17:1....g								
18:1 undifferentiated....g	6.028		0	1		1.709		
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	3.632		0	1		1.030		
18:2 undifferentiated....g	3.402		0	1		0.964		
18:3 undifferentiated....g	0.230		0	1		0.065		
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	3		0	1		1		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.076		0	1		0.022		
Threonine....g	0.184		0	1		0.052		
Isoleucine....g	0.238		0	1		0.067		
Leucine....g	0.449		0	1		0.127		
Lysine....g	0.197		0	1		0.056		
Methionine....g	0.115		0	1		0.033		
Cystine....g	0.115		0	1		0.033		
Phenylalanine....g	0.302		0	1		0.086		
Tyrosine....g	0.203		0	1		0.058		
Valine....g	0.273		0	1		0.077		
Arginine....g	0.240		0	1		0.068		
Histidine....g	0.140		0	1		0.040		
Alanine....g	0.197		0	1		0.056		
Aspartic acid....g	0.292		0	1		0.083		
Glutamic acid....g	1.897		0	1		0.538		
Glycine....g	0.201		0	1		0.057		
Proline....g	0.681		0	1		0.193		
Serine....g	0.307		0	1		0.087		
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 = 28.350g: 1 oz

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	19.80	0.287	87	1		5.61	9.90	
Energy....kcal	376		0	4		107	188	
Energy....kj	1573			4		446	787	
Protein (N x 5.8)....g	3.40	0.045	82	1		0.96	1.70	
Total lipid (fat)....g	14.50	0.304	86	1		4.11	7.25	
Ash....g	2.00	0.034	73	1		0.57	1.00	
Carbohydrate, by difference....g	60.30		0	4		17.10	30.15	
Fiber, total dietary....g	0.8		0	1		0.2	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	73	3.232	89	1		21	37	
Iron, Fe....mg	3.36	0.113	86	1		0.95	1.68	
Magnesium, Mg....mg	41		2	1		12	21	
Phosphorus, P....mg	93		1	1		26	47	
Potassium, K....mg	122		1	1		35	61	
Sodium, Na....mg	425	34.036	14	1		120	213	
Zinc, Zn....mg	0.51		0	4		0.14	0.26	
Copper, Cu....mg	0.208		0	4		0.059	0.104	
Manganese, Mn....mg	0.329		0	4		0.093	0.165	
Selenium, Se....mcg	2.7		0	4		0.8	1.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.221	0.013	79	1		0.063	0.111	
Riboflavin....mg	0.293	0.012	87	1		0.083	0.147	
Niacin....mg	2.429	0.103	89	1		0.689	1.215	
Pantothenic acid....mg	0.214		0	4		0.061	0.107	
Vitamin B-6....mg	0.023		0	4		0.007	0.012	
Folate, total....mcg	29		0	4		8	15	
Folic acid....mcg	22		0	4		6	11	
Folate, food....mcg	7		0	4		2	4	
Folate, DFE....mcg_DFE	44		0	4		13	22	
Vitamin B-12....mcg	0.06		0	4		0.02	0.03	
Vitamin A, IU....IU	17	8.179	4	1		5	9	
Vitamin A, RE....mcg_RE	5		0	1		1	3	
Vitamin E....mg_ATE	3.365		0	4		0.954	1.683	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.858		0	4		0.810	1.429	
4:0....g	0.001		0	4		0.000	0.001	
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	0.008		0	4		0.002	0.004	
13:0....g								
14:0....g	0.073		0	4		0.021	0.037	
15:0....g								
16:0....g	1.968		0	4		0.558	0.984	
17:0....g								
18:0....g	0.728		0	4		0.206	0.364	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.690		0	4		1.613	2.845	
14:1....g								
15:1....g								

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

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	0.098		0	4		0.028	0.049	
17:1....g								
18:1 undifferentiated....g	5.463		0	4		1.549	2.732	
20:1....g	0.075		0	4		0.021	0.038	
22:1 undifferentiated....g	0.026		0	4		0.007	0.013	
24:1 c....g								
Fatty acids, total polyunsaturated....g	5.237		0	4		1.485	2.619	
18:2 undifferentiated....g	4.694		0	4		1.331	2.347	
18:3 undifferentiated....g	0.527		0	4		0.149	0.264	
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	0.005		0	4		0.001	0.003	
20:5 n-3....g	0.000		0	4		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	0.001		0	1		0.000	0.001	
Fatty acids, total trans....g								
Cholesterol....mg	17	2.382	11	1		5	9	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.048		0	1		0.014	0.024	
Threonine....g	0.112		0	1		0.032	0.056	
Isoleucine....g	0.136		0	1		0.039	0.068	
Leucine....g	0.234		0	1		0.066	0.117	
Lysine....g	0.145		0	1		0.041	0.073	
Methionine....g	0.057		0	1		0.016	0.029	
Cystine....g	0.065		0	1		0.018	0.033	
Phenylalanine....g	0.157		0	1		0.045	0.079	
Tyrosine....g	0.106		0	1		0.030	0.053	
Valine....g	0.164		0	1		0.046	0.082	
Arginine....g	0.142		0	1		0.040	0.071	
Histidine....g	0.068		0	1		0.019	0.034	
Alanine....g	0.119		0	1		0.034	0.060	
Aspartic acid....g	0.199		0	1		0.056	0.100	
Glutamic acid....g	0.909		0	1		0.258	0.455	
Glycine....g	0.117		0	1		0.033	0.059	
Proline....g	0.305		0	1		0.086	0.153	
Serine....g	0.175		0	1		0.050	0.088	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	3		0	4		1	2	
Theobromine....mg	112		0	4		32	56	

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 = 28.350g: 1 oz

Measure 2 = 50.000g: 1 cupcake

Calories Factors: **Protein** 3.7 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	20.20	0.673	14	1		5.73	8.59	
Energy....kcal	364		0	4		103	155	
Energy....kj	1523			4		432	647	
Protein (N x 5.9)....g	3.10	0.152	12	1		0.88	1.32	
Total lipid (fat)....g	11.40	0.593	14	1		3.23	4.85	
Ash....g	1.40	0.071	5	1		0.40	0.60	
Carbohydrate, by difference....g	63.90		0	4		18.12	27.16	
Fiber, total dietary....g	0.4		0	4		0.1	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	45	4.253	8	1		13	19	
Iron, Fe....mg	1.29	0.082	11	1		0.37	0.55	
Magnesium, Mg....mg	8		1	1		2	3	
Phosphorus, P....mg	187		0	4		53	79	
Potassium, K....mg	87		0	4		25	37	
Sodium, Na....mg	365	19.881	7	1		103	155	
Zinc, Zn....mg	0.29		0	4		0.08	0.12	
Copper, Cu....mg	0.055		0	4		0.016	0.023	
Manganese, Mn....mg	0.168		0	4		0.048	0.071	
Selenium, Se....mcg	3.1		0	4		0.9	1.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.0	
Thiamin....mg	0.153	0.023	11	1		0.043	0.065	
Riboflavin....mg	0.134	0.009	11	1		0.038	0.057	
Niacin....mg	1.224	0.074	11	1		0.347	0.520	
Pantothenic acid....mg	0.274		0	4		0.078	0.116	
Vitamin B-6....mg	0.025		0	4		0.007	0.011	
Folate, total....mcg	29		0	4		8	12	
Folic acid....mcg	24		0	4		7	10	
Folate, food....mcg	5		0	4		1	2	
Folate, DFE....mcg_DFE	46		0	4		13	19	
Vitamin B-12....mcg	0.11		0	4		0.03	0.05	
Vitamin A, IU....IU	17		0	4		5	7	
Vitamin A, RE....mcg_RE	5		0	4		1	2	
Vitamin E....mg_ATE	2.030		0	4		0.576	0.863	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.561		0	4		0.726	1.088	
4:0....g	0.001		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	0.001		0	4		0.000	0.000	
11:0....g								
12:0....g	0.023		0	4		0.007	0.010	
13:0....g								
14:0....g	0.119		0	4		0.034	0.051	
15:0....g								
16:0....g	1.648		0	4		0.467	0.700	
17:0....g								
18:0....g	0.718		0	4		0.204	0.305	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.073		0	4		1.155	1.731	
14:1....g								
15:1....g								

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

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	0.156		0	4		0.044	0.066	
17:1....g								
18:1 undifferentiated....g	3.843		0	4		1.089	1.633	
20:1....g	0.033		0	4		0.009	0.014	
22:1 undifferentiated....g	0.003		0	4		0.001	0.001	
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.303		0	4		0.936	1.404	
18:2 undifferentiated....g	2.912		0	4		0.826	1.238	
18:3 undifferentiated....g	0.369		0	4		0.105	0.157	
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	0.006		0	4		0.002	0.003	
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	0.001		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	16		2	1		5	7	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.044		0	1		0.012	0.019	
Threonine....g	0.111		0	1		0.031	0.047	
Isoleucine....g	0.144		0	1		0.041	0.061	
Leucine....g	0.244		0	1		0.069	0.104	
Lysine....g	0.160		0	1		0.045	0.068	
Methionine....g	0.064		0	1		0.018	0.027	
Cystine....g	0.059		0	1		0.017	0.025	
Phenylalanine....g	0.149		0	1		0.042	0.063	
Tyrosine....g	0.108		0	1		0.031	0.046	
Valine....g	0.161		0	1		0.046	0.068	
Arginine....g	0.125		0	1		0.035	0.053	
Histidine....g	0.069		0	1		0.020	0.029	
Alanine....g	0.108		0	1		0.031	0.046	
Aspartic acid....g	0.183		0	1		0.052	0.078	
Glutamic acid....g	0.856		0	1		0.243	0.364	
Glycine....g	0.095		0	1		0.027	0.040	
Proline....g	0.307		0	1		0.087	0.130	
Serine....g	0.173		0	1		0.049	0.074	
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 = 28.350g: 1 oz

Measure 2 = 42.500g: 1 cake

Calories Factors: **Protein** 4.1 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

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

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	6.00		2	1		1.70	13.61	
Energy....kcal	397		0	4		113	900	
Energy....kj	1661			4		471	3767	
Protein (N x 5.7)....g	3.00		2	1		0.85	6.80	
Total lipid (fat)....g	8.40		2	1		2.38	19.05	
Ash....g	2.90		2	1		0.82	6.58	
Carbohydrate, by difference....g	79.60		0	4		22.57	180.53	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	26		2	1		7	59	
Iron, Fe....mg	1.99		2	1		0.56	4.51	
Magnesium, Mg....mg	10		2	1		3	23	
Phosphorus, P....mg	296		2	1		84	671	
Potassium, K....mg	149		2	1		42	338	
Sodium, Na....mg	260		2	1		74	590	
Zinc, Zn....mg	0.30		2	1		0.09	0.68	
Copper, Cu....mg	0.057		2	1		0.016	0.129	
Manganese, Mn....mg	0.300		0	4		0.085	0.680	
Selenium, Se....mcg	2.5		0	4		0.7	5.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		2	1		0.0	0.0	
Thiamin....mg	0.289		2	1		0.082	0.655	
Riboflavin....mg	0.179		2	1		0.051	0.406	
Niacin....mg	2.395		2	1		0.679	5.432	
Pantothenic acid....mg	0.196		2	1		0.056	0.445	
Vitamin B-6....mg	0.018		2	1		0.005	0.041	
Folate, total....mcg	69		0	4		20	156	
Folic acid....mcg	60		0	4		17	136	
Folate, food....mcg	9		2	1		3	20	
Folate, DFE....mcg_DFE	111		0	4		31	252	
Vitamin B-12....mcg	0.00		2	1		0.00	0.00	
Vitamin A, IU....IU	0		2	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	1.251		0	4		0.355	2.837	
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	0.008		0	4		0.002	0.018	
15:0....g								
16:0....g	0.836		0	4		0.237	1.896	
17:0....g								
18:0....g	0.403		0	4		0.114	0.914	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.480		0	4		0.987	7.893	
14:1....g								
15:1....g								

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

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	0.033		0	4		0.009	0.075	
17:1....g								
18:1 undifferentiated....g	3.439		0	4		0.975	7.800	
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	3.183		0	4		0.902	7.219	
18:2 undifferentiated....g	2.957		0	4		0.838	6.706	
18:3 undifferentiated....g	0.218		0	4		0.062	0.494	
18:4....g								
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		2	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.044		0	4		0.012	0.100	
Threonine....g	0.084		0	4		0.024	0.191	
Isoleucine....g	0.115		0	4		0.033	0.261	
Leucine....g	0.206		0	4		0.058	0.467	
Lysine....g	0.105		0	4		0.030	0.238	
Methionine....g	0.051		0	4		0.014	0.116	
Cystine....g	0.066		0	4		0.019	0.150	
Phenylalanine....g	0.144		0	4		0.041	0.327	
Tyrosine....g	0.087		0	4		0.025	0.197	
Valine....g	0.133		0	4		0.038	0.302	
Arginine....g	0.116		0	4		0.033	0.263	
Histidine....g	0.062		0	4		0.018	0.141	
Alanine....g	0.092		0	4		0.026	0.209	
Aspartic acid....g	0.127		0	4		0.036	0.288	
Glutamic acid....g	1.002		0	4		0.284	2.273	
Glycine....g	0.103		0	4		0.029	0.234	
Proline....g	0.338		0	4		0.096	0.767	
Serine....g	0.160		0	4		0.045	0.363	
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 = 28.350g: 1 oz

Measure 2 = 226.800g: 1 package (8 oz)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18133
Cake, sponge, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	29.70		0	1		8.42	11.29	
Energy....kcal	289		0	4		82	110	
Energy....kj	1209			4		343	459	
Protein (N x 0)....g	5.40		0	1		1.53	2.05	
Total lipid (fat)....g	2.70		0	1		0.77	1.03	
Ash....g	1.20		0	1		0.34	0.46	
Carbohydrate, by difference....g	61.10		0	4		17.32	23.22	
Fiber, total dietary....g	0.5		0	4		0.2	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	70		0	1		20	27	
Iron, Fe....mg	2.72		0	1		0.77	1.03	
Magnesium, Mg....mg	11		0	1		3	4	
Phosphorus, P....mg	137		0	1		39	52	
Potassium, K....mg	99		0	1		28	38	
Sodium, Na....mg	244		0	1		69	93	
Zinc, Zn....mg	0.51		0	1		0.14	0.19	
Copper, Cu....mg	0.062		0	1		0.018	0.024	
Manganese, Mn....mg	0.210		0	1		0.060	0.080	
Selenium, Se....mcg	9.1		0	4		2.6	3.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.243		0	1		0.069	0.092	
Riboflavin....mg	0.269		0	1		0.076	0.102	
Niacin....mg	1.932		0	1		0.548	0.734	
Pantothenic acid....mg	0.478		0	1		0.136	0.182	
Vitamin B-6....mg	0.052		0	1		0.015	0.020	
Folate, total....mcg	39		0	4		11	15	
Folic acid....mcg	26		0	4		7	10	
Folate, food....mcg	13		0	1		4	5	
Folate, DFE....mcg_DFE	57		0	4		16	22	
Vitamin B-12....mcg	0.24		0	1		0.07	0.09	
Vitamin A, IU....IU	154		0	1		44	59	
Vitamin A, RE....mcg_RE	46		0	1		13	17	
Vitamin E....mg_ATE	0.273		0	4		0.077	0.104	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.802		0	4		0.227	0.305	
4:0....g	0.001		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.001		0	4		0.000	0.000	
10:0....g	0.001		0	4		0.000	0.000	
11:0....g								
12:0....g	0.001		0	4		0.000	0.000	
13:0....g								
14:0....g	0.011		0	4		0.003	0.004	
15:0....g								
16:0....g	0.580		0	4		0.164	0.220	
17:0....g								
18:0....g	0.193		0	4		0.055	0.073	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.949		0	4		0.269	0.361	
14:1....g								
15:1....g								

NDB No. 18133
Cake, sponge, commercially prepared

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	0.073		0	4		0.021	0.028	
17:1....g								
18:1 undifferentiated....g	0.867		0	4		0.246	0.329	
20:1....g	0.007		0	4		0.002	0.003	
22:1 undifferentiated....g	0.001		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.448		0	4		0.127	0.170	
18:2 undifferentiated....g	0.389		0	4		0.110	0.148	
18:3 undifferentiated....g	0.015		0	4		0.004	0.006	
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	0.034		0	4		0.010	0.013	
20:5 n-3....g	0.001		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	0.009		0	4		0.003	0.003	
Fatty acids, total trans....g								
Cholesterol....mg	102		0	1		29	39	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.072		0	1		0.020	0.027	
Threonine....g	0.213		0	1		0.060	0.081	
Isoleucine....g	0.251		0	1		0.071	0.095	
Leucine....g	0.419		0	1		0.119	0.159	
Lysine....g	0.297		0	1		0.084	0.113	
Methionine....g	0.126		0	1		0.036	0.048	
Cystine....g	0.119		0	1		0.034	0.045	
Phenylalanine....g	0.263		0	1		0.075	0.100	
Tyrosine....g	0.187		0	1		0.053	0.071	
Valine....g	0.281		0	1		0.080	0.107	
Arginine....g	0.264		0	1		0.075	0.100	
Histidine....g	0.119		0	1		0.034	0.045	
Alanine....g	0.231		0	1		0.065	0.088	
Aspartic acid....g	0.391		0	1		0.111	0.149	
Glutamic acid....g	1.223		0	1		0.347	0.465	
Glycine....g	0.178		0	1		0.050	0.068	
Proline....g	0.403		0	1		0.114	0.153	
Serine....g	0.342		0	1		0.097	0.130	
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 = 28.350g: 1 oz

Measure 2 = 38.000g: 1 piece (1/12 of 16 oz cake)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18134
Cake, sponge, prepared from recipe

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	29.40		0	1		8.33	18.52	
Energy....kcal	297		0	4		84	187	
Energy....kj	1243			4		352	783	
Protein (N x 0)....g	7.30		0	1		2.07	4.60	
Total lipid (fat)....g	4.30		0	1		1.22	2.71	
Ash....g	1.30		0	1		0.37	0.82	
Carbohydrate, by difference....g	57.70		0	4		16.36	36.35	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	42		0	1		12	26	
Iron, Fe....mg	1.58		0	1		0.45	1.00	
Magnesium, Mg....mg	9		0	1		3	6	
Phosphorus, P....mg	100		0	1		28	63	
Potassium, K....mg	141		0	1		40	89	
Sodium, Na....mg	228		0	1		65	144	
Zinc, Zn....mg	0.59		0	1		0.17	0.37	
Copper, Cu....mg	0.056		0	1		0.016	0.035	
Manganese, Mn....mg	0.167		0	1		0.047	0.105	
Selenium, Se....mcg	18.5		0	4		5.2	11.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.159		0	1		0.045	0.100	
Riboflavin....mg	0.301		0	1		0.085	0.190	
Niacin....mg	1.204		0	1		0.341	0.759	
Pantothenic acid....mg	0.546		0	1		0.155	0.344	
Vitamin B-6....mg	0.059		0	1		0.017	0.037	
Folate, total....mcg	39		0	4		11	25	
Folic acid....mcg	20		0	4		6	13	
Folate, food....mcg	19		0	1		5	12	
Folate, DFE....mcg_DFE	53		0	4		15	33	
Vitamin B-12....mcg	0.37		0	1		0.10	0.23	
Vitamin A, IU....IU	258		0	1		73	163	
Vitamin A, RE....mcg_RE	77		0	1		22	49	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.301		0	1		0.369	0.820	
4:0....g								
6:0....g								
8:0....g	0.001		0	1		0.000	0.001	
10:0....g	0.001		0	1		0.000	0.001	
11:0....g								
12:0....g	0.001		0	1		0.000	0.001	
13:0....g								
14:0....g	0.014		0	1		0.004	0.009	
15:0....g								
16:0....g	0.943		0	1		0.267	0.594	
17:0....g								
18:0....g	0.322		0	1		0.091	0.203	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.576		0	1		0.447	0.993	
14:1....g								
15:1....g								

NDB No. 18134
Cake, sponge, prepared from 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
16:1 undifferentiated....g	0.122		0	1		0.035	0.077	
17:1....g								
18:1 undifferentiated....g	1.439		0	1		0.408	0.907	
20:1....g	0.011		0	1		0.003	0.007	
22:1 undifferentiated....g	0.001		0	1		0.000	0.001	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.649		0	1		0.184	0.409	
18:2 undifferentiated....g	0.556		0	1		0.158	0.350	
18:3 undifferentiated....g	0.019		0	1		0.005	0.012	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.058		0	1		0.016	0.037	
20:5 n-3....g	0.001		0	1		0.000	0.001	
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.015		0	1		0.004	0.009	
Fatty acids, total trans....g								
Cholesterol....mg	170		0	1		48	107	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.089		0	1		0.025	0.056	
Threonine....g	0.308		0	1		0.087	0.194	
Isoleucine....g	0.350		0	1		0.099	0.221	
Leucine....g	0.590		0	1		0.167	0.372	
Lysine....g	0.418		0	1		0.119	0.263	
Methionine....g	0.192		0	1		0.054	0.121	
Cystine....g	0.161		0	1		0.046	0.101	
Phenylalanine....g	0.374		0	1		0.106	0.236	
Tyrosine....g	0.277		0	1		0.079	0.175	
Valine....g	0.395		0	1		0.112	0.249	
Arginine....g	0.404		0	1		0.115	0.255	
Histidine....g	0.172		0	1		0.049	0.108	
Alanine....g	0.350		0	1		0.099	0.221	
Aspartic acid....g	0.600		0	1		0.170	0.378	
Glutamic acid....g	1.427		0	1		0.405	0.899	
Glycine....g	0.250		0	1		0.071	0.158	
Proline....g	0.468		0	1		0.133	0.295	
Serine....g	0.498		0	1		0.141	0.314	
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 = 28.350g: 1 oz

Measure 2 = 63.000g: 1 piece (1/12 of 16 oz cake)

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.50	0.045	16	1		0.99	18.34	
Energy....kcal	423		0	4		120	2217	
Energy....kj	1770			4		502	9274	
Protein (N x 5.8)....g	3.90	0.115	16	1		1.11	20.44	
Total lipid (fat)....g	9.50	0.171	16	1		2.69	49.78	
Ash....g	2.20	0.011	13	1		0.62	11.53	
Carbohydrate, by difference....g	81.00		0	4		22.96	424.44	
Fiber, total dietary....g	0.7		0	4		0.2	3.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	77	1.400	16	1		22	403	
Iron, Fe....mg	1.36	0.031	8	1		0.39	7.13	
Magnesium, Mg....mg	9	0.141	16	1		3	47	
Phosphorus, P....mg	277	6.455	16	1		79	1451	
Potassium, K....mg	72	9.520	8	1		20	377	
Sodium, Na....mg	665	4.266	8	1		189	3485	
Zinc, Zn....mg	0.25	0.004	13	1		0.07	1.31	
Copper, Cu....mg	0.056	0.003	7	1		0.016	0.293	
Manganese, Mn....mg	0.278		0	4		0.079	1.457	
Selenium, Se....mcg	2.7		0	4		0.8	14.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.280	0.015	5	1		0.079	1.467	
Riboflavin....mg	0.180	0.015	8	1		0.051	0.943	
Niacin....mg	2.425	0.129	8	1		0.687	12.707	
Pantothenic acid....mg	0.233		0	4		0.066	1.221	
Vitamin B-6....mg	0.018		0	4		0.005	0.094	
Folate, total....mcg	67		0	4		19	351	
Folic acid....mcg	63		0	4		18	330	
Folate, food....mcg	4		0	4		1	21	
Folate, DFE....mcg_DFE	111		0	4		31	582	
Vitamin B-12....mcg	0.04		0	4		0.01	0.21	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.781		0	4		0.221	4.092	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.340		0	4		0.663	12.262	
4:0....g	0.001		0	4		0.000	0.005	
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	0.001		0	4		0.000	0.005	
13:0....g								
14:0....g	0.048		0	4		0.014	0.252	
15:0....g								
16:0....g	1.234		0	4		0.350	6.466	
17:0....g								
18:0....g	1.106		0	4		0.314	5.795	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.092		0	4		1.160	21.442	
14:1....g								
15:1....g								

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

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	0.002		0	4		0.001	0.010	
17:1....g								
18:1 undifferentiated....g	4.091		0	4		1.160	21.437	
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	2.544		0	4		0.721	13.331	
18:2 undifferentiated....g	1.180		0	4		0.335	6.183	
18:3 undifferentiated....g	0.064		0	4		0.018	0.335	
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								
Amino Acids:								
Tryptophan....g	0.055		0	4		0.016	0.288	
Threonine....g	0.119		0	4		0.034	0.624	
Isoleucine....g	0.162		0	4		0.046	0.849	
Leucine....g	0.284		0	4		0.081	1.488	
Lysine....g	0.165		0	4		0.047	0.865	
Methionine....g	0.071		0	4		0.020	0.372	
Cystine....g	0.075		0	4		0.021	0.393	
Phenylalanine....g	0.183		0	4		0.052	0.959	
Tyrosine....g	0.123		0	4		0.035	0.645	
Valine....g	0.185		0	4		0.052	0.969	
Arginine....g	0.146		0	4		0.041	0.765	
Histidine....g	0.083		0	4		0.024	0.435	
Alanine....g	0.119		0	4		0.034	0.624	
Aspartic acid....g	0.184		0	4		0.052	0.964	
Glutamic acid....g	1.194		0	4		0.338	6.257	
Glycine....g	0.122		0	4		0.035	0.639	
Proline....g	0.421		0	4		0.119	2.206	
Serine....g	0.204		0	4		0.058	1.069	
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 = 28.350g: 1 oz

Measure 2 = 524.000g: 1 package (18.50 oz)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.00	0.095	20	1		1.13	20.96	
Energy....kcal	426		0	4		121	2232	
Energy....kj	1782			4		505	9340	
Protein (N x 5.8)....g	4.50	0.079	20	1		1.28	23.58	
Total lipid (fat)....g	10.90	0.379	20	1		3.09	57.12	
Ash....g	2.70	0.127	12	1		0.77	14.15	
Carbohydrate, by difference....g	78.00		0	4		22.11	408.72	
Fiber, total dietary....g	0.9		0	4		0.3	4.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	192	5.765	6	1		54	1006	
Iron, Fe....mg	1.39	0.057	15	1		0.39	7.28	
Magnesium, Mg....mg	11	0.645	12	1		3	58	
Phosphorus, P....mg	337	12.694	17	1		96	1766	
Potassium, K....mg	117	13.652	8	1		33	613	
Sodium, Na....mg	664	13.701	15	1		188	3479	
Zinc, Zn....mg	0.46	0.105	12	1		0.13	2.41	
Copper, Cu....mg	0.081	0.006	12	1		0.023	0.424	
Manganese, Mn....mg	0.205		0	4		0.058	1.074	
Selenium, Se....mcg	8.6		0	4		2.4	45.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	4		0.1	1.6	
Thiamin....mg	0.235	0.025	4	1		0.067	1.231	
Riboflavin....mg	0.197	0.013	9	1		0.056	1.032	
Niacin....mg	1.080	0.385	9	1		0.306	5.659	
Pantothenic acid....mg	0.294		0	4		0.083	1.541	
Vitamin B-6....mg	0.028		0	4		0.008	0.147	
Folate, total....mcg	48		0	4		14	252	
Folic acid....mcg	37		0	4		10	194	
Folate, food....mcg	11		0	4		3	58	
Folate, DFE....mcg_DFE	74		0	4		21	387	
Vitamin B-12....mcg	0.18		0	4		0.05	0.94	
Vitamin A, IU....IU	2		0	4		1	10	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	1.944		0	4		0.551	10.187	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.643		0	4		0.466	8.609	
4:0....g	0.001		0	4		0.000	0.005	
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	0.001		0	4		0.000	0.005	
11:0....g								
12:0....g	0.001		0	4		0.000	0.005	
13:0....g								
14:0....g	0.014		0	4		0.004	0.073	
15:0....g								
16:0....g	1.089		0	4		0.309	5.706	
17:0....g								
18:0....g	0.535		0	4		0.152	2.803	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.585		0	4		1.300	24.025	
14:1....g								
15:1....g								

NDB No. 18137
Cake, white, dry mix, 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
16:1 undifferentiated....g	0.044		0	4		0.012	0.231	
17:1....g								
18:1 undifferentiated....g	4.530		0	4		1.284	23.737	
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	4.101		0	4		1.163	21.489	
18:2 undifferentiated....g	3.808		0	4		1.080	19.954	
18:3 undifferentiated....g	0.282		0	4		0.080	1.478	
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								
Amino Acids:								
Tryptophan....g	0.060		0	1		0.017	0.314	
Threonine....g	0.138		0	1		0.039	0.723	
Isoleucine....g	0.182		0	1		0.052	0.954	
Leucine....g	0.332		0	1		0.094	1.740	
Lysine....g	0.165		0	1		0.047	0.865	
Methionine....g	0.084		0	1		0.024	0.440	
Cystine....g	0.087		0	1		0.025	0.456	
Phenylalanine....g	0.221		0	1		0.063	1.158	
Tyrosine....g	0.148		0	1		0.042	0.776	
Valine....g	0.208		0	1		0.059	1.090	
Arginine....g	0.176		0	1		0.050	0.922	
Histidine....g	0.101		0	1		0.029	0.529	
Alanine....g	0.143		0	1		0.041	0.749	
Aspartic acid....g	0.218		0	1		0.062	1.142	
Glutamic acid....g	1.397		0	1		0.396	7.320	
Glycine....g	0.146		0	1		0.041	0.765	
Proline....g	0.498		0	1		0.141	2.610	
Serine....g	0.231		0	1		0.065	1.210	
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 = 28.350g: 1 oz

Measure 2 = 524.000g: 1 package (18.50 oz)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

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	23.30		0	1		206.67	17.24	
Energy....kcal	357		0	4		3167	264	
Energy....kj	1494			4		13249	1105	
Protein (N x 0)....g	5.40		0	1		47.90	4.00	
Total lipid (fat)....g	12.40		0	1		109.99	9.18	
Ash....g	1.80		0	1		15.97	1.33	
Carbohydrate, by difference....g	57.20		0	4		507.36	42.33	
Fiber, total dietary....g	0.8		0	4		7.1	0.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	130		0	1		1153	96	
Iron, Fe....mg	1.52		0	1		13.48	1.12	
Magnesium, Mg....mg	12		0	1		106	9	
Phosphorus, P....mg	93		0	1		825	69	
Potassium, K....mg	95		0	1		843	70	
Sodium, Na....mg	327		0	1		2900	242	
Zinc, Zn....mg	0.32		0	1		2.84	0.24	
Copper, Cu....mg	0.059		0	1		0.523	0.044	
Manganese, Mn....mg	0.197		0	1		1.747	0.146	
Selenium, Se....mcg	13.0		0	4		115.3	9.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		1.8	0.1	
Thiamin....mg	0.186		0	1		1.650	0.138	
Riboflavin....mg	0.242		0	1		2.147	0.179	
Niacin....mg	1.533		0	1		13.598	1.134	
Pantothenic acid....mg	0.184		0	1		1.632	0.136	
Vitamin B-6....mg	0.021		0	1		0.186	0.016	
Folate, total....mcg	32		0	4		284	24	
Folic acid....mcg	25		0	4		222	19	
Folate, food....mcg	7		0	1		62	5	
Folate, DFE....mcg_DFE	50		0	4		439	37	
Vitamin B-12....mcg	0.08		0	1		0.71	0.06	
Vitamin A, IU....IU	56		0	1		497	41	
Vitamin A, RE....mcg_RE	16		0	1		142	12	
Vitamin E....mg_ATE	0.992		0	4		8.799	0.734	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.269		0	1		28.996	2.419	
4:0....g	0.018		0	1		0.160	0.013	
6:0....g	0.011		0	1		0.098	0.008	
8:0....g	0.006		0	1		0.053	0.004	
10:0....g	0.014		0	1		0.124	0.010	
11:0....g								
12:0....g	0.015		0	1		0.133	0.011	
13:0....g								
14:0....g	0.101		0	1		0.896	0.075	
15:0....g								
16:0....g	1.812		0	1		16.072	1.341	
17:0....g								
18:0....g	1.291		0	1		11.451	0.955	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.309		0	1		47.091	3.929	
14:1....g								
15:1....g								

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

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	0.012		0	1		0.106	0.009	
17:1....g								
18:1 undifferentiated....g	5.296		0	1		46.976	3.919	
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	3.148		0	1		27.923	2.330	
18:2 undifferentiated....g	2.949		0	1		26.158	2.182	
18:3 undifferentiated....g	0.199		0	1		1.765	0.147	
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	2		0	1		18	1	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.067		0	1		0.594	0.050	
Threonine....g	0.190		0	1		1.685	0.141	
Isoleucine....g	0.243		0	1		2.155	0.180	
Leucine....g	0.419		0	1		3.717	0.310	
Lysine....g	0.241		0	1		2.138	0.178	
Methionine....g	0.128		0	1		1.135	0.095	
Cystine....g	0.111		0	1		0.985	0.082	
Phenylalanine....g	0.281		0	1		2.492	0.208	
Tyrosine....g	0.191		0	1		1.694	0.141	
Valine....g	0.276		0	1		2.448	0.204	
Arginine....g	0.235		0	1		2.084	0.174	
Histidine....g	0.124		0	1		1.100	0.092	
Alanine....g	0.215		0	1		1.907	0.159	
Aspartic acid....g	0.350		0	1		3.105	0.259	
Glutamic acid....g	1.373		0	1		12.179	1.016	
Glycine....g	0.179		0	1		1.588	0.132	
Proline....g	0.483		0	1		4.284	0.357	
Serine....g	0.302		0	1		2.679	0.223	
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 = 887.000g: 1 cake, 2-layer (8" or 9" dia)

Measure 2 = 74.000g: 1 piece (1/12 of 9" dia)

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	21.90	0.935	5	1		6.21	14.02	
Energy....kcal	379		0	4		107	243	
Energy....kj	1586			4		450	1015	
Protein (N x 6)....g	3.80	0.242	7	1		1.08	2.43	
Total lipid (fat)....g	17.40	1.171	7	1		4.93	11.14	
Ash....g	1.30	0.058	5	1		0.37	0.83	
Carbohydrate, by difference....g	55.40		0	4		15.71	35.46	
Fiber, total dietary....g	1.8		0	1		0.5	1.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	37	12.010	5	1		10	24	
Iron, Fe....mg	2.08	0.489	5	1		0.59	1.33	
Magnesium, Mg....mg	30	1.150	3	1		9	19	
Phosphorus, P....mg	161	4.333	3	1		46	103	
Potassium, K....mg	178		1	1		50	114	
Sodium, Na....mg	337	14.562	4	1		96	216	
Zinc, Zn....mg	0.62		2	1		0.18	0.40	
Copper, Cu....mg	0.188		2	1		0.053	0.120	
Manganese, Mn....mg	0.260		2	1		0.074	0.166	
Selenium, Se....mcg	3.4	0.585	4	1		1.0	2.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.120	0.025	3	1		0.034	0.077	
Riboflavin....mg	0.157	0.023	3	1		0.045	0.100	
Niacin....mg	1.247	0.253	3	1		0.354	0.798	
Pantothenic acid....mg	0.282		0	4		0.080	0.180	
Vitamin B-6....mg	0.033		0	4		0.009	0.021	
Folate, total....mcg	22		0	4		6	14	
Folic acid....mcg	14		0	4		4	9	
Folate, food....mcg	8		0	4		2	5	
Folate, DFE....mcg_DFE	32		0	4		9	20	
Vitamin B-12....mcg	0.17		0	4		0.05	0.11	
Vitamin A, IU....IU	110		0	4		31	70	
Vitamin A, RE....mcg_RE	33		0	4		9	21	
Vitamin E....mg_ATE	2.273		0	4		0.644	1.455	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.656		0	4		1.320	2.980	
4:0....g	0.001		0	4		0.000	0.001	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.001		0	4		0.000	0.001	
10:0....g	0.001		0	4		0.000	0.001	
11:0....g								
12:0....g	0.001		0	4		0.000	0.001	
13:0....g								
14:0....g	0.083		0	4		0.024	0.053	
15:0....g								
16:0....g	2.458		0	4		0.697	1.573	
17:0....g								
18:0....g	2.100		0	4		0.595	1.344	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.593		0	4		2.720	6.140	
14:1....g								
15:1....g								

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

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	0.046		0	4		0.013	0.029	
17:1....g								
18:1 undifferentiated....g	9.540		0	4		2.705	6.106	
20:1....g	0.004		0	4		0.001	0.003	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.113		0	4		0.599	1.352	
18:2 undifferentiated....g	1.985		0	4		0.563	1.270	
18:3 undifferentiated....g	0.100		0	4		0.028	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	0.022		0	4		0.006	0.014	
20:5 n-3....g	0.001		0	4		0.000	0.001	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.006		0	4		0.002	0.004	
Fatty acids, total trans....g								
Cholesterol....mg	55		2	1		16	35	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.050		0	1		0.014	0.032	
Threonine....g	0.146		0	1		0.041	0.093	
Isoleucine....g	0.173		0	1		0.049	0.111	
Leucine....g	0.284		0	1		0.081	0.182	
Lysine....g	0.209		0	1		0.059	0.134	
Methionine....g	0.082		0	1		0.023	0.052	
Cystine....g	0.073		0	1		0.021	0.047	
Phenylalanine....g	0.185		0	1		0.052	0.118	
Tyrosine....g	0.137		0	1		0.039	0.088	
Valine....g	0.207		0	1		0.059	0.132	
Arginine....g	0.185		0	1		0.052	0.118	
Histidine....g	0.081		0	1		0.023	0.052	
Alanine....g	0.161		0	1		0.046	0.103	
Aspartic acid....g	0.290		0	1		0.082	0.186	
Glutamic acid....g	0.781		0	1		0.221	0.500	
Glycine....g	0.128		0	1		0.036	0.082	
Proline....g	0.260		0	1		0.074	0.166	
Serine....g	0.222		0	1		0.063	0.142	
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 = 28.350g: 1 oz

Measure 2 = 64.000g: 1 piece (1/8 of 18 oz cake)

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	22.10	1.326	4	1		6.27	14.14	
Energy....kcal	373		0	4		106	239	
Energy....kj	1561			4		442	999	
Protein (N x 6.1)....g	3.50	0.246	5	1		0.99	2.24	
Total lipid (fat)....g	14.50	1.399	6	1		4.11	9.28	
Ash....g	1.00	0.025	4	1		0.28	0.64	
Carbohydrate, by difference....g	58.80		0	4		16.67	37.63	
Fiber, total dietary....g	0.3		0	4		0.1	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	62	2.776	31	1		18	40	
Iron, Fe....mg	1.07	0.050	29	1		0.30	0.68	
Magnesium, Mg....mg	6	0.314	32	1		2	4	
Phosphorus, P....mg	143	3.702	31	1		41	92	
Potassium, K....mg	53	3.319	32	1		15	34	
Sodium, Na....mg	344	5.681	32	1		98	220	
Zinc, Zn....mg	0.25	0.010	27	1		0.07	0.16	
Copper, Cu....mg	0.034	0.002	28	1		0.010	0.022	
Manganese, Mn....mg	0.095	0.004	28	1		0.027	0.061	
Selenium, Se....mcg	5.5		0	4		1.6	3.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.100		1	1		0.028	0.064	
Riboflavin....mg	0.070		1	1		0.020	0.045	
Niacin....mg	0.500		1	1		0.142	0.320	
Pantothenic acid....mg	0.350		0	4		0.099	0.224	
Vitamin B-6....mg	0.027		0	4		0.008	0.017	
Folate, total....mcg	27		0	4		8	17	
Folic acid....mcg	18		0	4		5	12	
Folate, food....mcg	9		0	4		3	6	
Folate, DFE....mcg_DFE	40		0	4		11	25	
Vitamin B-12....mcg	0.15		0	4		0.04	0.10	
Vitamin A, IU....IU	63	6.377	4	1		18	40	
Vitamin A, RE....mcg_RE	19		0	1		5	12	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.371		0	4		0.672	1.517	
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	0.018		0	4		0.005	0.012	
15:0....g								
16:0....g	1.590		0	4		0.451	1.018	
17:0....g								
18:0....g	0.754		0	4		0.214	0.483	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.107		0	4		1.731	3.908	
14:1....g								
15:1....g								

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

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	0.092		0	4		0.026	0.059	
17:1....g								
18:1 undifferentiated....g	5.998		0	4		1.700	3.839	
20:1....g	0.004		0	4		0.001	0.003	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	5.150		0	4		1.460	3.296	
18:2 undifferentiated....g	4.766		0	4		1.351	3.050	
18:3 undifferentiated....g	0.347		0	4		0.098	0.222	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.018		0	4		0.005	0.012	
20:5 n-3....g	0.001		0	4		0.000	0.001	
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.005		0	4		0.001	0.003	
Fatty acids, total trans....g								
Cholesterol....mg	55		0	4		16	35	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.046		0	1		0.013	0.029	
Threonine....g	0.142		0	1		0.040	0.091	
Isoleucine....g	0.177		0	1		0.050	0.113	
Leucine....g	0.290		0	1		0.082	0.186	
Lysine....g	0.216		0	1		0.061	0.138	
Methionine....g	0.087		0	1		0.025	0.056	
Cystine....g	0.067		0	1		0.019	0.043	
Phenylalanine....g	0.174		0	1		0.049	0.111	
Tyrosine....g	0.136		0	1		0.039	0.087	
Valine....g	0.199		0	1		0.056	0.127	
Arginine....g	0.163		0	1		0.046	0.104	
Histidine....g	0.082		0	1		0.023	0.052	
Alanine....g	0.147		0	1		0.042	0.094	
Aspartic acid....g	0.263		0	1		0.075	0.168	
Glutamic acid....g	0.751		0	1		0.213	0.481	
Glycine....g	0.106		0	1		0.030	0.068	
Proline....g	0.271		0	1		0.077	0.173	
Serine....g	0.216		0	1		0.061	0.138	
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 = 28.350g: 1 oz

Measure 2 = 64.000g: 1 piece (1/8 of 18 oz cake)

Calories Factors: **Protein** 4.2 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.00	0.084	48	1		1.13	20.96	
Energy....kcal	423		0	4		120	2217	
Energy....kj	1770			4		502	9274	
Protein (N x 5.8)....g	4.00	0.103	46	1		1.13	20.96	
Total lipid (fat)....g	9.80	0.089	46	1		2.78	51.35	
Ash....g	2.20	0.012	45	1		0.62	11.53	
Carbohydrate, by difference....g	79.90		0	4		22.65	418.68	
Fiber, total dietary....g	0.7		0	4		0.2	3.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	115	7.275	44	1		33	603	
Iron, Fe....mg	1.57	0.081	43	1		0.45	8.23	
Magnesium, Mg....mg	9	0.143	32	1		3	47	
Phosphorus, P....mg	253	4.025	28	1		72	1326	
Potassium, K....mg	63	4.962	36	1		18	330	
Sodium, Na....mg	687	12.856	44	1		195	3600	
Zinc, Zn....mg	0.27	0.008	26	1		0.08	1.41	
Copper, Cu....mg	0.058	0.004	20	1		0.016	0.304	
Manganese, Mn....mg	0.280		0	4		0.079	1.467	
Selenium, Se....mcg	2.4		1	1		0.7	12.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.307	0.008	55	1		0.087	1.609	
Riboflavin....mg	0.188	0.005	55	1		0.053	0.985	
Niacin....mg	2.588	0.059	56	1		0.734	13.561	
Pantothenic acid....mg	0.242		0	4		0.069	1.268	
Vitamin B-6....mg	0.016	0.002	6	1		0.005	0.084	
Folate, total....mcg	68		0	4		19	356	
Folic acid....mcg	59		0	4		17	309	
Folate, food....mcg	9		0	4		3	47	
Folate, DFE....mcg_DFE	109		0	4		31	573	
Vitamin B-12....mcg	0.05		0	4		0.01	0.26	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	1.316		0	4		0.373	6.896	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.472		0	4		0.701	12.953	
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	0.049		0	4		0.014	0.257	
15:0....g								
16:0....g	1.277		0	4		0.362	6.691	
17:0....g								
18:0....g	1.143		0	4		0.324	5.989	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.496		0	4		1.558	28.799	
14:1....g								
15:1....g								

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

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	0.002		0	4		0.001	0.010	
17:1....g								
18:1 undifferentiated....g	5.494		0	4		1.558	28.789	
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	1.295		0	4		0.367	6.786	
18:2 undifferentiated....g	1.229		0	4		0.348	6.440	
18:3 undifferentiated....g	0.066		0	4		0.019	0.346	
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								
Amino Acids:								
Tryptophan....g	0.056		0	1		0.016	0.293	
Threonine....g	0.120		0	1		0.034	0.629	
Isoleucine....g	0.163		0	1		0.046	0.854	
Leucine....g	0.286		0	1		0.081	1.499	
Lysine....g	0.162		0	1		0.046	0.849	
Methionine....g	0.072		0	1		0.020	0.377	
Cystine....g	0.079		0	1		0.022	0.414	
Phenylalanine....g	0.188		0	1		0.053	0.985	
Tyrosine....g	0.124		0	1		0.035	0.650	
Valine....g	0.186		0	1		0.053	0.975	
Arginine....g	0.150		0	1		0.043	0.786	
Histidine....g	0.084		0	1		0.024	0.440	
Alanine....g	0.122		0	1		0.035	0.639	
Aspartic acid....g	0.184		0	1		0.052	0.964	
Glutamic acid....g	1.239		0	1		0.351	6.492	
Glycine....g	0.127		0	1		0.036	0.665	
Proline....g	0.433		0	1		0.123	2.269	
Serine....g	0.209		0	1		0.059	1.095	
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 = 28.350g: 1 oz

Measure 2 = 524.000g: 1 package (18.50 oz)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.70	0.066	86	1		1.05	19.39	
Energy....kcal	432		0	4		122	2264	
Energy....kj	1807			4		512	9471	
Protein (N x 5.9)....g	4.40	0.057	80	1		1.25	23.06	
Total lipid (fat)....g	11.60	0.225	79	1		3.29	60.78	
Ash....g	2.30	0.041	61	1		0.65	12.05	
Carbohydrate, by difference....g	78.10		0	4		22.14	409.24	
Fiber, total dietary....g	1.1		0	1		0.3	5.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	135	6.465	50	1		38	707	
Iron, Fe....mg	1.50	0.053	60	1		0.43	7.86	
Magnesium, Mg....mg	10	0.456	46	1		3	52	
Phosphorus, P....mg	310	7.955	55	1		88	1624	
Potassium, K....mg	82	5.163	27	1		23	430	
Sodium, Na....mg	657	18.708	61	1		186	3443	
Zinc, Zn....mg	0.27	0.009	43	1		0.08	1.41	
Copper, Cu....mg	0.072	0.003	37	1		0.020	0.377	
Manganese, Mn....mg	0.191	0.048	3	1		0.054	1.001	
Selenium, Se....mcg	3.0		0	4		0.9	15.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.1	1.0	
Thiamin....mg	0.193	0.007	33	1		0.055	1.011	
Riboflavin....mg	0.200	0.019	33	1		0.057	1.048	
Niacin....mg	1.778	0.125	24	1		0.504	9.317	
Pantothenic acid....mg	0.364	0.071	4	1		0.103	1.907	
Vitamin B-6....mg	0.077		2	1		0.022	0.403	
Folate, total....mcg	66		0	4		19	346	
Folic acid....mcg	57		0	4		16	299	
Folate, food....mcg	9		0	4		3	47	
Folate, DFE....mcg_DFE	106		0	4		30	555	
Vitamin B-12....mcg	0.10		0	4		0.03	0.52	
Vitamin A, IU....IU	1		0	4		0	5	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	2.066		0	4		0.586	10.826	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.738		0	4		0.493	9.107	
4:0....g	0.001		0	4		0.000	0.005	
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	0.014		0	4		0.004	0.073	
15:0....g								
16:0....g	1.154		0	4		0.327	6.047	
17:0....g								
18:0....g	0.565		0	4		0.160	2.961	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.860		0	4		1.378	25.466	
14:1....g								
15:1....g								

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

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	0.047		0	4		0.013	0.246	
17:1....g								
18:1 undifferentiated....g	4.802		0	4		1.361	25.162	
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	4.378		0	4		1.241	22.941	
18:2 undifferentiated....g	4.066		0	4		1.153	21.306	
18:3 undifferentiated....g	0.301		0	4		0.085	1.577	
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	2		2	1		1	10	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.061		0	1		0.017	0.320	
Threonine....g	0.137		0	1		0.039	0.718	
Isoleucine....g	0.187		0	1		0.053	0.980	
Leucine....g	0.325		0	1		0.092	1.703	
Lysine....g	0.197		0	1		0.056	1.032	
Methionine....g	0.081		0	1		0.023	0.424	
Cystine....g	0.079		0	1		0.022	0.414	
Phenylalanine....g	0.204		0	1		0.058	1.069	
Tyrosine....g	0.144		0	1		0.041	0.755	
Valine....g	0.213		0	1		0.060	1.116	
Arginine....g	0.162		0	1		0.046	0.849	
Histidine....g	0.094		0	1		0.027	0.493	
Alanine....g	0.134		0	1		0.038	0.702	
Aspartic acid....g	0.216		0	1		0.061	1.132	
Glutamic acid....g	1.288		0	1		0.365	6.749	
Glycine....g	0.132		0	1		0.037	0.692	
Proline....g	0.463		0	1		0.131	2.426	
Serine....g	0.228		0	1		0.065	1.195	
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 = 28.350g: 1 oz

Measure 2 = 524.000g: 1 package (18.50 oz)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	25.10		0	1		205.07	17.07	
Energy....kcal	361		0	4		2949	245	
Energy....kj	1510			4		12340	1027	
Protein (N x 0)....g	5.30		0	1		43.30	3.60	
Total lipid (fat)....g	14.60		0	1		119.28	9.93	
Ash....g	1.90		0	1		15.52	1.29	
Carbohydrate, by difference....g	53.00		0	4		433.01	36.04	
Fiber, total dietary....g	0.7		0	4		5.7	0.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	146		0	1		1193	99	
Iron, Fe....mg	1.64		0	1		13.40	1.12	
Magnesium, Mg....mg	12		0	1		98	8	
Phosphorus, P....mg	117		0	1		956	80	
Potassium, K....mg	91		0	1		743	62	
Sodium, Na....mg	343		0	1		2802	233	
Zinc, Zn....mg	0.45		0	1		3.68	0.31	
Copper, Cu....mg	0.056		0	1		0.458	0.038	
Manganese, Mn....mg	0.190		0	1		1.552	0.129	
Selenium, Se....mcg	13.7		0	4		111.9	9.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		1.6	0.1	
Thiamin....mg	0.183		0	1		1.495	0.124	
Riboflavin....mg	0.233		0	1		1.904	0.158	
Niacin....mg	1.456		0	1		11.896	0.990	
Pantothenic acid....mg	0.310		0	1		2.533	0.211	
Vitamin B-6....mg	0.036		0	1		0.294	0.024	
Folate, total....mcg	34		0	4		278	23	
Folic acid....mcg	24		0	4		196	16	
Folate, food....mcg	10		0	1		82	7	
Folate, DFE....mcg_DFE	51		0	4		415	35	
Vitamin B-12....mcg	0.16		0	1		1.31	0.11	
Vitamin A, IU....IU	139		0	1		1136	95	
Vitamin A, RE....mcg_RE	40		0	1		327	27	
Vitamin E....mg_ATE	1.204		0	4		9.837	0.819	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.924		0	1		32.059	2.668	
4:0....g	0.019		0	1		0.155	0.013	
6:0....g	0.011		0	1		0.090	0.007	
8:0....g	0.007		0	1		0.057	0.005	
10:0....g	0.015		0	1		0.123	0.010	
11:0....g								
12:0....g	0.017		0	1		0.139	0.012	
13:0....g								
14:0....g	0.114		0	1		0.931	0.078	
15:0....g								
16:0....g	2.235		0	1		18.260	1.520	
17:0....g								
18:0....g	1.498		0	1		12.239	1.019	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.229		0	1		50.891	4.236	
14:1....g								
15:1....g								

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

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	0.050		0	1		0.409	0.034	
17:1....g								
18:1 undifferentiated....g	6.173		0	1		50.433	4.198	
20:1....g	0.003		0	1		0.025	0.002	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.570		0	1		29.167	2.428	
18:2 undifferentiated....g	3.328		0	1		27.190	2.263	
18:3 undifferentiated....g	0.219		0	1		1.789	0.149	
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	0.017		0	1		0.139	0.012	
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	0.005		0	1		0.041	0.003	
Fatty acids, total trans....g								
Cholesterol....mg	54		0	1		441	37	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.066		0	1		0.539	0.045	
Threonine....g	0.191		0	1		1.560	0.130	
Isoleucine....g	0.236		0	1		1.928	0.160	
Leucine....g	0.414		0	1		3.382	0.282	
Lysine....g	0.246		0	1		2.010	0.167	
Methionine....g	0.120		0	1		0.980	0.082	
Cystine....g	0.103		0	1		0.842	0.070	
Phenylalanine....g	0.266		0	1		2.173	0.181	
Tyrosine....g	0.191		0	1		1.560	0.130	
Valine....g	0.268		0	1		2.190	0.182	
Arginine....g	0.238		0	1		1.944	0.162	
Histidine....g	0.124		0	1		1.013	0.084	
Alanine....g	0.206		0	1		1.683	0.140	
Aspartic acid....g	0.342		0	1		2.794	0.233	
Glutamic acid....g	1.329		0	1		10.858	0.904	
Glycine....g	0.171		0	1		1.397	0.116	
Proline....g	0.473		0	1		3.864	0.322	
Serine....g	0.303		0	1		2.476	0.206	
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 = 817.000g: 1 cake, 2-layer (8" dia)

Measure 2 = 68.000g: 1 piece (1/12 of 8" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18147
Cheesecake commercially prepared

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	45.60	1.287	4	1		12.93	36.48	
Energy....kcal	321		0	4		91	257	
Energy....kj	1343			4		381	1074	
Protein (N x 6.2)....g	5.50	0.553	4	1		1.56	4.40	
Total lipid (fat)....g	22.50	1.514	5	1		6.38	18.00	
Ash....g	0.90	0.069	6	1		0.26	0.72	
Carbohydrate, by difference....g	25.50		0	4		7.23	20.40	
Fiber, total dietary....g	0.4		0	4		0.1	0.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	51	3.541	4	1		14	41	
Iron, Fe....mg	0.63	0.100	4	1		0.18	0.50	
Magnesium, Mg....mg	11	0.647	4	1		3	9	
Phosphorus, P....mg	93	8.299	4	1		26	74	
Potassium, K....mg	90	6.067	4	1		26	72	
Sodium, Na....mg	207	25.604	4	1		59	166	
Zinc, Zn....mg	0.51	0.060	4	1		0.14	0.41	
Copper, Cu....mg	0.020	0.020	3	1		0.006	0.016	
Manganese, Mn....mg	0.140		2	1		0.040	0.112	
Selenium, Se....mcg	5.2		0	4		1.5	4.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		0	4		0.1	0.3	
Thiamin....mg	0.028	0.001	10	1		0.008	0.022	
Riboflavin....mg	0.193	0.011	10	1		0.055	0.154	
Niacin....mg	0.195	0.049	10	1		0.055	0.156	
Pantothenic acid....mg	0.571	0.009	8	1		0.162	0.457	
Vitamin B-6....mg	0.052	0.000	8	1		0.015	0.042	
Folate, total....mcg	18		0	4		5	14	
Folic acid....mcg	3		0	4		1	2	
Folate, food....mcg	15	0.269	8	1		4	12	
Folate, DFE....mcg_DFE	20		0	4		6	16	
Vitamin B-12....mcg	0.17	0.011	8	1		0.05	0.14	
Vitamin A, IU....IU	547		0	4		155	438	
Vitamin A, RE....mcg_RE	146		0	4		41	117	
Vitamin E....mg_ATE	1.581		0	4		0.448	1.265	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	9.921		0	4		2.813	7.937	
4:0....g	0.354		0	4		0.100	0.283	
6:0....g	0.134		0	4		0.038	0.107	
8:0....g	0.119		0	4		0.034	0.095	
10:0....g	0.246		0	4		0.070	0.197	
11:0....g								
12:0....g	0.207		0	4		0.059	0.166	
13:0....g								
14:0....g	1.266		0	4		0.359	1.013	
15:0....g								
16:0....g	4.775		0	4		1.354	3.820	
17:0....g								
18:0....g	2.490		0	4		0.706	1.992	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.634		0	4		2.448	6.907	
14:1....g								
15:1....g								

NDB No. 18147
Cheesecake commercially prepared

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	0.346		0	4		0.098	0.277	
17:1....g								
18:1 undifferentiated....g	8.119		0	4		2.302	6.495	
20:1....g	0.002		0	4		0.001	0.002	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.602		0	4		0.454	1.282	
18:2 undifferentiated....g	1.364		0	4		0.387	1.091	
18:3 undifferentiated....g	0.223		0	4		0.063	0.178	
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	0.012		0	4		0.003	0.010	
20:5 n-3....g	0.000		0	4		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	0.005		0	1		0.001	0.004	
Fatty acids, total trans....g								
Cholesterol....mg	55		2	1		16	44	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.064		0	1		0.018	0.051	
Threonine....g	0.222		0	1		0.063	0.178	
Isoleucine....g	0.281		0	1		0.080	0.225	
Leucine....g	0.464		0	1		0.132	0.371	
Lysine....g	0.372		0	1		0.105	0.298	
Methionine....g	0.136		0	1		0.039	0.109	
Cystine....g	0.071		0	1		0.020	0.057	
Phenylalanine....g	0.258		0	1		0.073	0.206	
Tyrosine....g	0.222		0	1		0.063	0.178	
Valine....g	0.314		0	1		0.089	0.251	
Arginine....g	0.251		0	1		0.071	0.201	
Histidine....g	0.133		0	1		0.038	0.106	
Alanine....g	0.252		0	1		0.071	0.202	
Aspartic acid....g	0.406		0	1		0.115	0.325	
Glutamic acid....g	1.022		0	1		0.290	0.818	
Glycine....g	0.221		0	1		0.063	0.177	
Proline....g	0.481		0	1		0.136	0.385	
Serine....g	0.307		0	1		0.087	0.246	
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 = 28.350g: 1 oz

Measure 2 = 80.000g: 1 piece (1/6 of 17 oz cake)

Calories Factors: **Protein** 4.2 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

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

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	44.20	0.961	6	1		12.53	43.76	
Energy....kcal	274		0	4		78	271	
Energy....kj	1146			4		325	1135	
Protein (N x 6.2)....g	5.50	0.163	6	1		1.56	5.45	
Total lipid (fat)....g	12.70	0.571	7	1		3.60	12.57	
Ash....g	2.00	0.066	8	1		0.57	1.98	
Carbohydrate, by difference....g	35.50		0	4		10.06	35.15	
Fiber, total dietary....g	1.9		0	1		0.5	1.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	172	14.902	6	1		49	170	
Iron, Fe....mg	0.47	0.053	6	1		0.13	0.47	
Magnesium, Mg....mg	19	0.787	4	1		5	19	
Phosphorus, P....mg	234	18.645	6	1		66	232	
Potassium, K....mg	211	14.076	6	1		60	209	
Sodium, Na....mg	380	52.785	6	1		108	376	
Zinc, Zn....mg	0.46	0.065	4	1		0.13	0.46	
Copper, Cu....mg	0.029	0.012	4	1		0.008	0.029	
Manganese, Mn....mg	0.120		2	1		0.034	0.119	
Selenium, Se....mcg	4.7		0	4		1.3	4.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		2	1		0.1	0.5	
Thiamin....mg	0.121	0.013	12	1		0.034	0.120	
Riboflavin....mg	0.263	0.011	12	1		0.075	0.260	
Niacin....mg	0.493	0.031	12	1		0.140	0.488	
Pantothenic acid....mg	0.612	0.056	10	1		0.174	0.606	
Vitamin B-6....mg	0.052	0.002	10	1		0.015	0.051	
Folate, total....mcg	30		0	4		9	30	
Folic acid....mcg	12		0	4		3	12	
Folate, food....mcg	18	1.918	10	1		5	18	
Folate, DFE....mcg_DFE	38		0	4		11	38	
Vitamin B-12....mcg	0.31	0.025	10	1		0.09	0.31	
Vitamin A, IU....IU	366	35.454	4	1		104	362	
Vitamin A, RE....mcg_RE	99		0	1		28	98	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.691		0	4		1.897	6.624	
4:0....g	0.282		0	4		0.080	0.279	
6:0....g	0.120		0	4		0.034	0.119	
8:0....g	0.096		0	4		0.027	0.095	
10:0....g	0.201		0	4		0.057	0.199	
11:0....g								
12:0....g	0.181		0	4		0.051	0.179	
13:0....g								
14:0....g	0.969		0	4		0.275	0.959	
15:0....g								
16:0....g	3.109		0	4		0.881	3.078	
17:0....g								
18:0....g	1.487		0	4		0.422	1.472	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.519		0	4		1.281	4.474	
14:1....g								
15:1....g								

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

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	0.242		0	4		0.069	0.240	
17:1....g								
18:1 undifferentiated....g	4.145		0	4		1.175	4.104	
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	0.808		0	4		0.229	0.800	
18:2 undifferentiated....g	0.650		0	4		0.184	0.644	
18:3 undifferentiated....g	0.157		0	4		0.045	0.155	
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	29		0	4		8	29	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.066		0	1		0.019	0.065	
Threonine....g	0.209		0	1		0.059	0.207	
Isoleucine....g	0.269		0	1		0.076	0.266	
Leucine....g	0.468		0	1		0.133	0.463	
Lysine....g	0.363		0	1		0.103	0.359	
Methionine....g	0.116		0	1		0.033	0.115	
Cystine....g	0.069		0	1		0.020	0.068	
Phenylalanine....g	0.264		0	1		0.075	0.261	
Tyrosine....g	0.220		0	1		0.062	0.218	
Valine....g	0.302		0	1		0.086	0.299	
Arginine....g	0.202		0	1		0.057	0.200	
Histidine....g	0.147		0	1		0.042	0.146	
Alanine....g	0.172		0	1		0.049	0.170	
Aspartic acid....g	0.345		0	1		0.098	0.342	
Glutamic acid....g	1.325		0	1		0.376	1.312	
Glycine....g	0.132		0	1		0.037	0.131	
Proline....g	0.519		0	1		0.147	0.514	
Serine....g	0.279		0	1		0.079	0.276	
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 = 28.350g: 1 oz

Measure 2 = 99.000g: 1 piece (1/12 of 9" dia)

Calories Factors: **Protein** 4.2 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.90	0.182	42	1		1.11	0.19	0.10
Energy....kcal	446		0	4		126	22	11
Energy....kj	1866			4		529	91	47
Protein (N x 5.7)....g	6.90	0.155	46	1		1.96	0.34	0.17
Total lipid (fat)....g	13.80	0.229	46	1		3.91	0.68	0.35
Ash....g	1.30	0.028	44	1		0.37	0.06	0.03
Carbohydrate, by difference....g	74.10		0	4		21.01	3.63	1.85
Fiber, total dietary....g	1.1		0	4		0.3	0.1	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	43	5.640	36	1		12	2	1
Iron, Fe....mg	2.75	0.067	37	1		0.78	0.13	0.07
Magnesium, Mg....mg	18	0.492	32	1		5	1	0
Phosphorus, P....mg	114	6.234	35	1		32	6	3
Potassium, K....mg	100	2.786	34	1		28	5	3
Sodium, Na....mg	393	12.049	45	1		111	19	10
Zinc, Zn....mg	0.64	0.029	32	1		0.18	0.03	0.02
Copper, Cu....mg	0.157	0.012	31	1		0.045	0.008	0.004
Manganese, Mn....mg	0.423	0.015	27	1		0.120	0.021	0.011
Selenium, Se....mcg	7.0	2.000	4	1		2.0	0.3	0.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.350	0.015	37	1		0.099	0.017	0.009
Riboflavin....mg	0.326	0.015	34	1		0.092	0.016	0.008
Niacin....mg	3.470	0.124	35	1		0.984	0.170	0.087
Pantothenic acid....mg	0.376		2	1		0.107	0.018	0.009
Vitamin B-6....mg	0.022		2	1		0.006	0.001	0.001
Folate, total....mcg	85		0	4		24	4	2
Folic acid....mcg	71		0	4		20	3	2
Folate, food....mcg	14		1	1		4	1	0
Folate, DFE....mcg_DFE	135		0	4		38	7	3
Vitamin B-12....mcg	0.05		1	1		0.01	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	1.844		0	4		0.523	0.090	0.046
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.463		0	4		0.982	0.170	0.087
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	0.067		0	4		0.019	0.003	0.002
15:0....g								
16:0....g	1.797		0	4		0.509	0.088	0.045
17:0....g								
18:0....g	1.591		0	4		0.451	0.078	0.040
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.666		0	4		2.173	0.376	0.192
14:1....g								
15:1....g								

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

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	0.003		0	4		0.001	0.000	0.000
17:1....g								
18:1 undifferentiated....g	7.663		0	4		2.172	0.375	0.192
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	1.873		0	4		0.531	0.092	0.047
18:2 undifferentiated....g	1.776		0	4		0.503	0.087	0.044
18:3 undifferentiated....g	0.096		0	4		0.027	0.005	0.002
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								
Amino Acids:								
Tryptophan....g	0.099		0	1		0.028	0.005	0.002
Threonine....g	0.193		0	1		0.055	0.009	0.005
Isoleucine....g	0.263		0	1		0.075	0.013	0.007
Leucine....g	0.470		0	1		0.133	0.023	0.012
Lysine....g	0.242		0	1		0.069	0.012	0.006
Methionine....g	0.116		0	1		0.033	0.006	0.003
Cystine....g	0.149		0	1		0.042	0.007	0.004
Phenylalanine....g	0.324		0	1		0.092	0.016	0.008
Tyrosine....g	0.196		0	1		0.056	0.010	0.005
Valine....g	0.303		0	1		0.086	0.015	0.008
Arginine....g	0.263		0	1		0.075	0.013	0.007
Histidine....g	0.140		0	1		0.040	0.007	0.004
Alanine....g	0.209		0	1		0.059	0.010	0.005
Aspartic acid....g	0.292		0	1		0.083	0.014	0.007
Glutamic acid....g	2.262		0	1		0.641	0.111	0.057
Glycine....g	0.231		0	1		0.065	0.011	0.006
Proline....g	0.763		0	1		0.216	0.037	0.019
Serine....g	0.362		0	1		0.103	0.018	0.009
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 = 28.350g: 1 oz

Measure 2 = 4.900g: 1 Arrowroot biscuit (include Arrowroot cookie)

Measure 3 = 2.500g: 1 cracker

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18151
Cookies, brownies, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	13.60	0.647	15	1		3.86	7.62	8.30
Energy....kcal	405		0	4		115	227	247
Energy....kj	1695			4		480	949	1034
Protein (N x 5.9)....g	4.80	0.173	19	1		1.36	2.69	2.93
Total lipid (fat)....g	16.30	0.610	21	1		4.62	9.13	9.94
Ash....g	1.30	0.083	16	1		0.37	0.73	0.79
Carbohydrate, by difference....g	63.90		0	4		18.12	35.78	38.98
Fiber, total dietary....g	2.1		0	1		0.6	1.2	1.3
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	29	2.976	18	1		8	16	18
Iron, Fe....mg	2.25	0.156	18	1		0.64	1.26	1.37
Magnesium, Mg....mg	31	1.880	11	1		9	17	19
Phosphorus, P....mg	101	8.275	12	1		29	57	62
Potassium, K....mg	149	17.040	11	1		42	83	91
Sodium, Na....mg	312	34.632	13	1		88	175	190
Zinc, Zn....mg	0.72	0.033	9	1		0.20	0.40	0.44
Copper, Cu....mg	0.224	0.021	10	1		0.064	0.125	0.137
Manganese, Mn....mg	0.128		0	4		0.036	0.072	0.078
Selenium, Se....mcg	6.3		0	4		1.8	3.5	3.8
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.255	0.034	16	1		0.072	0.143	0.156
Riboflavin....mg	0.210	0.016	18	1		0.060	0.118	0.128
Niacin....mg	1.721	0.234	17	1		0.488	0.964	1.050
Pantothenic acid....mg	0.547		1	1		0.155	0.306	0.334
Vitamin B-6....mg	0.035		1	1		0.010	0.020	0.021
Folate, total....mcg	21		0	4		6	12	13
Folic acid....mcg	9		0	4		3	5	5
Folate, food....mcg	12		0	4		3	7	7
Folate, DFE....mcg_DFE	27		0	4		8	15	17
Vitamin B-12....mcg	0.07		0	4		0.02	0.04	0.04
Vitamin A, IU....IU	69		1	1		20	39	42
Vitamin A, RE....mcg_RE	6		0	4		2	3	4
Vitamin E....mg_ATE	2.091		0	4		0.593	1.171	1.276
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.235		0	4		1.201	2.372	2.583
4:0....g	0.001		0	4		0.000	0.001	0.001
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	0.078		0	4		0.022	0.044	0.048
15:0....g								
16:0....g	2.176		0	4		0.617	1.219	1.327
17:0....g								
18:0....g	1.973		0	4		0.559	1.105	1.204
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.965		0	4		2.542	5.020	5.469
14:1....g								
15:1....g								

NDB No. 18151
Cookies, brownies, commercially prepared

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	0.011		0	4		0.003	0.006	0.007
17:1....g								
18:1 undifferentiated....g	8.946		0	4		2.536	5.010	5.457
20:1....g	0.006		0	4		0.002	0.003	0.004
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.259		0	4		0.640	1.265	1.378
18:2 undifferentiated....g	2.090		0	4		0.593	1.170	1.275
18:3 undifferentiated....g	0.159		0	4		0.045	0.089	0.097
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	0.004		0	4		0.001	0.002	0.002
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	0.001		0	4		0.000	0.001	0.001
Fatty acids, total trans....g								
Cholesterol....mg	17	8.577	4	1		5	10	10
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.064		0	1		0.018	0.036	0.039
Threonine....g	0.189		0	1		0.054	0.106	0.115
Isoleucine....g	0.224		0	1		0.064	0.125	0.137
Leucine....g	0.361		0	1		0.102	0.202	0.220
Lysine....g	0.260		0	1		0.074	0.146	0.159
Methionine....g	0.112		0	1		0.032	0.063	0.068
Cystine....g	0.105		0	1		0.030	0.059	0.064
Phenylalanine....g	0.241		0	1		0.068	0.135	0.147
Tyrosine....g	0.166		0	1		0.047	0.093	0.101
Valine....g	0.264		0	1		0.075	0.148	0.161
Arginine....g	0.256		0	1		0.073	0.143	0.156
Histidine....g	0.102		0	1		0.029	0.057	0.062
Alanine....g	0.219		0	1		0.062	0.123	0.134
Aspartic acid....g	0.392		0	1		0.111	0.220	0.239
Glutamic acid....g	0.952		0	1		0.270	0.533	0.581
Glycine....g	0.171		0	1		0.048	0.096	0.104
Proline....g	0.298		0	1		0.084	0.167	0.182
Serine....g	0.285		0	1		0.081	0.160	0.174
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	2		0	4		1	1	1
Theobromine....mg	78		0	4		22	44	48

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 = 28.350g: 1 oz

Measure 2 = 56.000g: 1 square, large (2-3/4" sq x 7/8")

Measure 3 = 61.000g: 1 package, Little Debbie (twin wrapped)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	2.80	0.044	40	1		0.79	17.08	
Energy....kcal	434		0	4		123	2647	
Energy....kj	1816			4		515	11077	
Protein (N x 5.6)....g	4.00	0.047	37	1		1.13	24.40	
Total lipid (fat)....g	14.90	0.597	39	1		4.22	90.89	
Ash....g	1.30	0.023	29	1		0.37	7.93	
Carbohydrate, by difference....g	76.60		0	4		21.72	467.26	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	19	0.571	36	1		5	116	
Iron, Fe....mg	1.99	0.075	32	1		0.56	12.14	
Magnesium, Mg....mg	40	1.046	25	1		11	244	
Phosphorus, P....mg	82	2.679	37	1		23	500	
Potassium, K....mg	219	14.627	29	1		62	1336	
Sodium, Na....mg	303	13.419	37	1		86	1848	
Zinc, Zn....mg	0.64	0.022	25	1		0.18	3.90	
Copper, Cu....mg	0.276	0.011	22	1		0.078	1.684	
Manganese, Mn....mg	0.351		0	4		0.100	2.141	
Selenium, Se....mcg	2.6		0	4		0.7	15.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	4		0.1	1.8	
Thiamin....mg	0.165	0.007	29	1		0.047	1.007	
Riboflavin....mg	0.162	0.009	29	1		0.046	0.988	
Niacin....mg	1.882	0.081	25	1		0.534	11.480	
Pantothenic acid....mg	0.131		0	4		0.037	0.799	
Vitamin B-6....mg	0.067		0	4		0.019	0.409	
Folate, total....mcg	35		0	4		10	214	
Folic acid....mcg	26		0	4		7	159	
Folate, food....mcg	9		0	4		3	55	
Folate, DFE....mcg_DFE	53		0	4		15	325	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	11		0	4		3	67	
Vitamin A, RE....mcg_RE	1		0	4		0	6	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.519		0	4		0.714	15.366	
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	0.026		0	4		0.007	0.159	
15:0....g								
16:0....g	1.543		0	4		0.437	9.412	
17:0....g								
18:0....g	0.935		0	4		0.265	5.704	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.158		0	4		1.462	31.464	
14:1....g								
15:1....g								

NDB No. 18152
Cookies, brownies, dry mix, 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
16:1 undifferentiated....g	0.046		0	4		0.013	0.281	
17:1....g								
18:1 undifferentiated....g	5.045		0	4		1.430	30.775	
20:1....g	0.042		0	4		0.012	0.256	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	6.373		0	4		1.807	38.875	
18:2 undifferentiated....g	5.549		0	4		1.573	33.849	
18:3 undifferentiated....g	0.771		0	4		0.219	4.703	
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	0.002		0	4		0.001	0.012	
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								
Fatty acids, total trans....g								
Cholesterol....mg	0		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.058		0	1		0.016	0.354	
Threonine....g	0.134		0	1		0.038	0.817	
Isoleucine....g	0.154		0	1		0.044	0.939	
Leucine....g	0.261		0	1		0.074	1.592	
Lysine....g	0.165		0	1		0.047	1.007	
Methionine....g	0.057		0	1		0.016	0.348	
Cystine....g	0.071		0	1		0.020	0.433	
Phenylalanine....g	0.191		0	1		0.054	1.165	
Tyrosine....g	0.132		0	1		0.037	0.805	
Valine....g	0.209		0	1		0.059	1.275	
Arginine....g	0.228		0	1		0.065	1.391	
Histidine....g	0.078		0	1		0.022	0.476	
Alanine....g	0.155		0	1		0.044	0.946	
Aspartic acid....g	0.297		0	1		0.084	1.812	
Glutamic acid....g	0.952		0	1		0.270	5.807	
Glycine....g	0.163		0	1		0.046	0.994	
Proline....g	0.296		0	1		0.084	1.806	
Serine....g	0.195		0	1		0.055	1.190	
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 = 28.350g: 1 oz

Measure 2 = 610.000g: 1 package (21.5 oz)

Calories Factors: **Protein** 3 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18154
Cookies, brownies, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	12.60		0	1		3.57	3.02	
Energy....kcal	466		0	4		132	112	
Energy....kj	1950			4		553	468	
Protein (N x 0)....g	6.20		0	1		1.76	1.49	
Total lipid (fat)....g	29.10		0	1		8.25	6.98	
Ash....g	1.60		0	1		0.45	0.38	
Carbohydrate, by difference....g	50.20		0	4		14.23	12.05	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	57		0	1		16	14	
Iron, Fe....mg	1.84		0	1		0.52	0.44	
Magnesium, Mg....mg	53		0	1		15	13	
Phosphorus, P....mg	132		0	1		37	32	
Potassium, K....mg	176		0	1		50	42	
Sodium, Na....mg	343		0	1		97	82	
Zinc, Zn....mg	0.97		0	1		0.27	0.23	
Copper, Cu....mg	0.388		0	1		0.110	0.093	
Manganese, Mn....mg	0.587		0	1		0.166	0.141	
Selenium, Se....mcg	11.5		0	4		3.3	2.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	1		0.1	0.1	
Thiamin....mg	0.141		0	1		0.040	0.034	
Riboflavin....mg	0.190		0	1		0.054	0.046	
Niacin....mg	0.982		0	1		0.278	0.236	
Pantothenic acid....mg	0.328		0	1		0.093	0.079	
Vitamin B-6....mg	0.094		0	1		0.027	0.023	
Folate, total....mcg	29		0	4		8	7	
Folic acid....mcg	14		0	4		4	3	
Folate, food....mcg	15		0	1		4	4	
Folate, DFE....mcg_DFE	39		0	4		11	9	
Vitamin B-12....mcg	0.16		0	1		0.05	0.04	
Vitamin A, IU....IU	765		0	1		217	184	
Vitamin A, RE....mcg_RE	199		0	1		56	48	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.319		0	1		2.075	1.757	
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	0.001		0	1		0.000	0.000	
10:0....g	0.001		0	1		0.000	0.000	
11:0....g								
12:0....g	0.001		0	1		0.000	0.000	
13:0....g								
14:0....g	0.074		0	1		0.021	0.018	
15:0....g								
16:0....g	4.158		0	1		1.179	0.998	
17:0....g								
18:0....g	3.037		0	1		0.861	0.729	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.839		0	1		3.073	2.601	
14:1....g								
15:1....g								

NDB No. 18154
Cookies, brownies, prepared from 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
16:1 undifferentiated....g	0.068		0	1		0.019	0.016	
17:1....g								
18:1 undifferentiated....g	10.710		0	1		3.036	2.570	
20:1....g	0.059		0	1		0.017	0.014	
22:1 undifferentiated....g	0.001		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	9.412		0	1		2.668	2.259	
18:2 undifferentiated....g	8.446		0	1		2.394	2.027	
18:3 undifferentiated....g	0.932		0	1		0.264	0.224	
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	0.027		0	1		0.008	0.006	
20:5 n-3....g	0.001		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	0.006		0	1		0.002	0.001	
Fatty acids, total trans....g								
Cholesterol....mg	73		0	1		21	18	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.078		0	1		0.022	0.019	
Threonine....g	0.228		0	1		0.065	0.055	
Isoleucine....g	0.265		0	1		0.075	0.064	
Leucine....g	0.447		0	1		0.127	0.107	
Lysine....g	0.283		0	1		0.080	0.068	
Methionine....g	0.132		0	1		0.037	0.032	
Cystine....g	0.125		0	1		0.035	0.030	
Phenylalanine....g	0.298		0	1		0.084	0.072	
Tyrosine....g	0.215		0	1		0.061	0.052	
Valine....g	0.323		0	1		0.092	0.078	
Arginine....g	0.433		0	1		0.123	0.104	
Histidine....g	0.136		0	1		0.039	0.033	
Alanine....g	0.271		0	1		0.077	0.065	
Aspartic acid....g	0.516		0	1		0.146	0.124	
Glutamic acid....g	1.203		0	1		0.341	0.289	
Glycine....g	0.238		0	1		0.067	0.057	
Proline....g	0.362		0	1		0.103	0.087	
Serine....g	0.352		0	1		0.100	0.084	
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 = 28.350g: 1 oz

Measure 2 = 24.000g: 1 brownie (2" square)

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.60	0.496	9	1		1.30	0.23	
Energy....kcal	467		0	4		132	23	
Energy....kj	1954			4		554	98	
Protein (N x 5.9)....g	6.10	0.411	10	1		1.73	0.31	
Total lipid (fat)....g	18.80	0.958	14	1		5.33	0.94	
Ash....g	1.50	0.103	12	1		0.43	0.08	
Carbohydrate, by difference....g	68.90		0	4		19.53	3.45	
Fiber, total dietary....g	0.8		0	4		0.2	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	29	6.020	5	1		8	1	
Iron, Fe....mg	2.22	0.207	3	1		0.63	0.11	
Magnesium, Mg....mg	12	3.067	3	1		3	1	
Phosphorus, P....mg	102	28.864	4	1		29	5	
Potassium, K....mg	111	20.071	3	1		31	6	
Sodium, Na....mg	351	58.423	4	1		100	18	
Zinc, Zn....mg	0.38	0.060	3	1		0.11	0.02	
Copper, Cu....mg	0.200		1	1		0.057	0.010	
Manganese, Mn....mg	0.170		2	1		0.048	0.009	
Selenium, Se....mcg	8.4		0	4		2.4	0.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.370		2	1		0.105	0.019	
Riboflavin....mg	0.335		2	1		0.095	0.017	
Niacin....mg	3.190		2	1		0.904	0.160	
Pantothenic acid....mg	0.488	0.017	8	1		0.138	0.024	
Vitamin B-6....mg	0.036	0.000	8	1		0.010	0.002	
Folate, total....mcg	39		0	4		11	2	
Folic acid....mcg	33		0	4		9	2	
Folate, food....mcg	6	0.138	8	1		2	0	
Folate, DFE....mcg_DFE	62		0	4		18	3	
Vitamin B-12....mcg	0.36		0	4		0.10	0.02	
Vitamin A, IU....IU	673		0	4		191	34	
Vitamin A, RE....mcg_RE	168		0	4		48	8	
Vitamin E....mg_ATE	0.527		0	4		0.149	0.026	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	11.051		0	4		3.133	0.553	
4:0....g	0.546		0	4		0.155	0.027	
6:0....g	0.323		0	4		0.092	0.016	
8:0....g	0.188		0	4		0.053	0.009	
10:0....g	0.422		0	4		0.120	0.021	
11:0....g								
12:0....g	0.473		0	4		0.134	0.024	
13:0....g								
14:0....g	1.700		0	4		0.482	0.085	
15:0....g								
16:0....g	4.849		0	4		1.375	0.242	
17:0....g								
18:0....g	2.179		0	4		0.618	0.109	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.522		0	4		1.565	0.276	
14:1....g								
15:1....g								

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

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	0.420		0	4		0.119	0.021	
17:1....g								
18:1 undifferentiated....g	4.845		0	4		1.374	0.242	
20:1....g	0.005		0	4		0.001	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.982		0	4		0.278	0.049	
18:2 undifferentiated....g	0.681		0	4		0.193	0.034	
18:3 undifferentiated....g	0.256		0	4		0.073	0.013	
18:4....g	0.002		0	4		0.001	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.023		0	4		0.007	0.001	
20:5 n-3....g	0.011		0	4		0.003	0.001	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.007		0	4		0.002	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	117		0	4		33	6	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.084		0	1		0.024	0.004	
Threonine....g	0.215		0	1		0.061	0.011	
Isoleucine....g	0.277		0	1		0.079	0.014	
Leucine....g	0.471		0	1		0.134	0.024	
Lysine....g	0.308		0	1		0.087	0.015	
Methionine....g	0.131		0	1		0.037	0.007	
Cystine....g	0.122		0	1		0.035	0.006	
Phenylalanine....g	0.299		0	1		0.085	0.015	
Tyrosine....g	0.211		0	1		0.060	0.011	
Valine....g	0.315		0	1		0.089	0.016	
Arginine....g	0.261		0	1		0.074	0.013	
Histidine....g	0.136		0	1		0.039	0.007	
Alanine....g	0.224		0	1		0.064	0.011	
Aspartic acid....g	0.371		0	1		0.105	0.019	
Glutamic acid....g	1.618		0	1		0.459	0.081	
Glycine....g	0.194		0	1		0.055	0.010	
Proline....g	0.566		0	1		0.160	0.028	
Serine....g	0.354		0	1		0.100	0.018	
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 = 28.350g: 1 oz

Measure 2 = 5.000g: 1 cookie

Calories Factors: **Protein** 4.2 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	11.80	0.225	35	1		3.35	2.48	
Energy....kcal	349		0	4		99	73	
Energy....kj	1460			4		414	307	
Protein (N x 5.7)....g	5.00	0.064	35	1		1.42	1.05	
Total lipid (fat)....g	3.70	0.088	35	1		1.05	0.78	
Ash....g	0.90	0.017	35	1		0.26	0.19	
Carbohydrate, by difference....g	78.30		0	4		22.20	16.44	
Fiber, total dietary....g	2.8		0	4		0.8	0.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	34	0.646	38	1		10	7	
Iron, Fe....mg	2.48	0.111	38	1		0.70	0.52	
Magnesium, Mg....mg	32	1.423	7	1		9	7	
Phosphorus, P....mg	83	1.230	38	1		24	17	
Potassium, K....mg	138	2.026	37	1		39	29	
Sodium, Na....mg	192	3.214	38	1		54	40	
Zinc, Zn....mg	0.55	0.022	7	1		0.16	0.12	
Copper, Cu....mg	0.291	0.038	7	1		0.082	0.061	
Manganese, Mn....mg	0.322	0.015	6	1		0.091	0.068	
Selenium, Se....mcg	3.6		0	4		1.0	0.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.0	
Thiamin....mg	0.226	0.018	38	1		0.064	0.047	
Riboflavin....mg	0.194	0.006	38	1		0.055	0.041	
Niacin....mg	1.203	0.048	38	1		0.341	0.253	
Pantothenic acid....mg	0.244		0	4		0.069	0.051	
Vitamin B-6....mg	0.031		0	4		0.009	0.007	
Folate, total....mcg	43		0	4		12	9	
Folic acid....mcg	34		0	4		10	7	
Folate, food....mcg	9		0	4		3	2	
Folate, DFE....mcg_DFE	67		0	4		19	14	
Vitamin B-12....mcg	0.08		0	4		0.02	0.02	
Vitamin A, IU....IU	2		0	4		1	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.112		0	1		0.315	0.234	
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	0.002		0	1		0.001	0.000	
15:0....g								
16:0....g	0.548		0	1		0.155	0.115	
17:0....g								
18:0....g	0.545		0	1		0.155	0.114	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.813		0	1		0.514	0.381	
14:1....g								
15:1....g								

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

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	0.005		0	1		0.001	0.001	
17:1....g								
18:1 undifferentiated....g	1.807		0	1		0.512	0.379	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.466		0	1		0.132	0.098	
18:2 undifferentiated....g	0.453		0	1		0.128	0.095	
18:3 undifferentiated....g	0.013		0	1		0.004	0.003	
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								
Amino Acids:								
Tryptophan....g	0.055		0	1		0.016	0.012	
Threonine....g	0.148		0	1		0.042	0.031	
Isoleucine....g	0.174		0	1		0.049	0.037	
Leucine....g	0.305		0	1		0.086	0.064	
Lysine....g	0.225		0	1		0.064	0.047	
Methionine....g	0.071		0	1		0.020	0.015	
Cystine....g	0.067		0	1		0.019	0.014	
Phenylalanine....g	0.207		0	1		0.059	0.043	
Tyrosine....g	0.131		0	1		0.037	0.028	
Valine....g	0.225		0	1		0.064	0.047	
Arginine....g	0.269		0	1		0.076	0.056	
Histidine....g	0.088		0	1		0.025	0.018	
Alanine....g	0.263		0	1		0.075	0.055	
Aspartic acid....g	0.314		0	1		0.089	0.066	
Glutamic acid....g	1.162		0	1		0.329	0.244	
Glycine....g	0.448		0	1		0.127	0.094	
Proline....g	0.553		0	1		0.157	0.116	
Serine....g	0.233		0	1		0.066	0.049	
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 = 28.350g: 1 oz

Measure 2 = 21.000g: 1 cookie

Calories Factors: **Protein** 3.6 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18157
Cookies, chocolate wafers

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.50	0.364	14	1		5.04	1.28	0.27
Energy....kcal	433		0	4		485	123	26
Energy....kj	1812			4		2029	514	109
Protein (N x 5.7)....g	6.60	0.141	17	1		7.39	1.87	0.40
Total lipid (fat)....g	14.20	1.023	15	1		15.90	4.03	0.85
Ash....g	2.00	0.115	14	1		2.24	0.57	0.12
Carbohydrate, by difference....g	72.40		0	4		81.09	20.53	4.34
Fiber, total dietary....g	3.4		0	4		3.8	1.0	0.2
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	31	1.049	16	1		35	9	2
Iron, Fe....mg	4.01	0.225	17	1		4.49	1.14	0.24
Magnesium, Mg....mg	53	2.847	13	1		59	15	3
Phosphorus, P....mg	132	3.148	15	1		148	37	8
Potassium, K....mg	210	11.881	16	1		235	60	13
Sodium, Na....mg	580	38.417	18	1		650	164	35
Zinc, Zn....mg	1.09	0.034	15	1		1.22	0.31	0.07
Copper, Cu....mg	0.463	0.036	13	1		0.519	0.131	0.028
Manganese, Mn....mg	0.696	0.045	9	1		0.780	0.197	0.042
Selenium, Se....mcg	5.7		0	4		6.4	1.6	0.3
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.203	0.032	14	1		0.227	0.058	0.012
Riboflavin....mg	0.266	0.018	17	1		0.298	0.075	0.016
Niacin....mg	2.858	0.150	17	1		3.201	0.810	0.171
Pantothenic acid....mg	0.381		0	4		0.427	0.108	0.023
Vitamin B-6....mg	0.051		0	4		0.057	0.014	0.003
Folate, total....mcg	50		0	4		56	14	3
Folic acid....mcg	39		0	4		44	11	2
Folate, food....mcg	11		0	4		12	3	1
Folate, DFE....mcg_DFE	77		0	4		87	22	5
Vitamin B-12....mcg	0.09		0	4		0.10	0.03	0.01
Vitamin A, IU....IU	13		0	4		15	4	1
Vitamin A, RE....mcg_RE	3		0	4		3	1	0
Vitamin E....mg_ATE	1.565		0	4		1.753	0.444	0.094
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.241		0	4		4.750	1.202	0.254
4:0....g	0.001		0	4		0.001	0.000	0.000
6:0....g	0.011		0	4		0.012	0.003	0.001
8:0....g	0.128		0	4		0.143	0.036	0.008
10:0....g	0.102		0	4		0.114	0.029	0.006
11:0....g								
12:0....g	0.760		0	4		0.851	0.215	0.046
13:0....g								
14:0....g	0.305		0	4		0.342	0.086	0.018
15:0....g								
16:0....g	1.796		0	4		2.012	0.509	0.108
17:0....g								
18:0....g	1.125		0	4		1.260	0.319	0.068
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.865		0	4		5.449	1.379	0.292
14:1....g								
15:1....g								

NDB No. 18157
Cookies, chocolate wafers

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	0.048		0	4		0.054	0.014	0.003
17:1....g								
18:1 undifferentiated....g	4.807		0	4		5.384	1.363	0.288
20:1....g	0.001		0	4		0.001	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	4.153		0	4		4.651	1.177	0.249
18:2 undifferentiated....g	3.866		0	4		4.330	1.096	0.232
18:3 undifferentiated....g	0.268		0	4		0.300	0.076	0.016
18:4....g	0.001		0	4		0.001	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.006		0	4		0.007	0.002	0.000
20:5 n-3....g	0.003		0	4		0.003	0.001	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	0.002		0	4		0.002	0.001	0.000
Fatty acids, total trans....g								
Cholesterol....mg	2		1	1		2	1	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.096		0	1		0.108	0.027	0.006
Threonine....g	0.220		0	1		0.246	0.062	0.013
Isoleucine....g	0.261		0	1		0.292	0.074	0.016
Leucine....g	0.447		0	1		0.501	0.127	0.027
Lysine....g	0.281		0	1		0.315	0.080	0.017
Methionine....g	0.105		0	1		0.118	0.030	0.006
Cystine....g	0.127		0	1		0.142	0.036	0.008
Phenylalanine....g	0.308		0	1		0.345	0.087	0.018
Tyrosine....g	0.205		0	1		0.230	0.058	0.012
Valine....g	0.323		0	1		0.362	0.092	0.019
Arginine....g	0.286		0	1		0.320	0.081	0.017
Histidine....g	0.128		0	1		0.143	0.036	0.008
Alanine....g	0.238		0	1		0.267	0.067	0.014
Aspartic acid....g	0.407		0	1		0.456	0.115	0.024
Glutamic acid....g	1.753		0	1		1.963	0.497	0.105
Glycine....g	0.236		0	1		0.264	0.067	0.014
Proline....g	0.577		0	1		0.646	0.164	0.035
Serine....g	0.335		0	1		0.375	0.095	0.020
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	7		0	4		8	2	0
Theobromine....mg	223		0	4		250	63	13

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 = 112.000g: 1 cup, crumbs

Measure 2 = 28.350g: 1 oz

Measure 3 = 6.000g: 1 wafer

Calories Factors: **Protein** 3.5 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.10	0.409	11	1		1.16	0.41	
Energy....kcal	453		0	4		128	45	
Energy....kj	1895			4		537	190	
Protein (N x 5.8)....g	5.80	0.118	12	1		1.64	0.58	
Total lipid (fat)....g	15.40	0.385	12	1		4.37	1.54	
Ash....g	1.30	0.077	11	1		0.37	0.13	
Carbohydrate, by difference....g	73.30		0	4		20.78	7.33	
Fiber, total dietary....g	3.6		0	1		1.0	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	19	3.216	11	1		5	2	
Iron, Fe....mg	3.07	0.273	11	1		0.87	0.31	
Magnesium, Mg....mg	28	1.991	8	1		8	3	
Phosphorus, P....mg	84	1.598	10	1		24	8	
Potassium, K....mg	123	11.316	10	1		35	12	
Sodium, Na....mg	377	16.967	11	1		107	38	
Zinc, Zn....mg	0.70	0.048	8	1		0.20	0.07	
Copper, Cu....mg	0.247	0.025	7	1		0.070	0.025	
Manganese, Mn....mg	0.450	0.036	5	1		0.128	0.045	
Selenium, Se....mcg	6.0	0.687	27	1		1.7	0.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.289	0.026	7	1		0.082	0.029	
Riboflavin....mg	0.266	0.011	10	1		0.075	0.027	
Niacin....mg	2.767	0.122	10	1		0.784	0.277	
Pantothenic acid....mg	0.309		0	4		0.088	0.031	
Vitamin B-6....mg	0.262		1	1		0.074	0.026	
Folate, total....mcg	70		0	4		20	7	
Folic acid....mcg	64		0	4		18	6	
Folate, food....mcg	6		0	4		2	1	
Folate, DFE....mcg_DFE	115		0	4		33	11	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	2		0	4		1	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.810		0	4		1.080	0.381	
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	0.007		0	4		0.002	0.001	
13:0....g								
14:0....g	0.029		0	4		0.008	0.003	
15:0....g								
16:0....g	2.074		0	4		0.588	0.207	
17:0....g								
18:0....g	1.655		0	4		0.469	0.166	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.095		0	4		1.728	0.610	
14:1....g								
15:1....g								

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

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	0.058		0	4		0.016	0.006	
17:1....g								
18:1 undifferentiated....g	6.027		0	4		1.709	0.603	
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	4.649		0	4		1.318	0.465	
18:2 undifferentiated....g	4.320		0	4		1.225	0.432	
18:3 undifferentiated....g	0.318		0	4		0.090	0.032	
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		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.083		0	1		0.024	0.008	
Threonine....g	0.174		0	1		0.049	0.017	
Isoleucine....g	0.234		0	1		0.066	0.023	
Leucine....g	0.418		0	1		0.119	0.042	
Lysine....g	0.223		0	1		0.063	0.022	
Methionine....g	0.103		0	1		0.029	0.010	
Cystine....g	0.114		0	1		0.032	0.011	
Phenylalanine....g	0.282		0	1		0.080	0.028	
Tyrosine....g	0.181		0	1		0.051	0.018	
Valine....g	0.274		0	1		0.078	0.027	
Arginine....g	0.216		0	1		0.061	0.022	
Histidine....g	0.115		0	1		0.033	0.012	
Alanine....g	0.180		0	1		0.051	0.018	
Aspartic acid....g	0.279		0	1		0.079	0.028	
Glutamic acid....g	1.829		0	1		0.519	0.183	
Glycine....g	0.190		0	1		0.054	0.019	
Proline....g	0.628		0	1		0.178	0.063	
Serine....g	0.302		0	1		0.086	0.030	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	7		0	4		2	1	
Theobromine....mg	55		0	4		16	6	

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 = 28.350g: 1 oz

Measure 2 = 10.000g: 1 cookie

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.10	0.091	87	1		1.16	0.49	1.64
Energy....kcal	481		0	4		136	58	192
Energy....kj	2013			4		571	242	805
Protein (N x 5.8)....g	5.40	0.064	88	1		1.53	0.65	2.16
Total lipid (fat)....g	22.60	0.153	89	1		6.41	2.71	9.04
Ash....g	1.10	0.017	85	1		0.31	0.13	0.44
Carbohydrate, by difference....g	66.80		0	4		18.94	8.02	26.72
Fiber, total dietary....g	2.5		0	1		0.7	0.3	1.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	25	0.775	115	1		7	3	10
Iron, Fe....mg	2.81	0.053	114	1		0.80	0.34	1.12
Magnesium, Mg....mg	31	0.551	110	1		9	4	12
Phosphorus, P....mg	108	1.778	110	1		31	13	43
Potassium, K....mg	135	2.448	107	1		38	16	54
Sodium, Na....mg	315	4.625	112	1		89	38	126
Zinc, Zn....mg	0.64	0.011	107	1		0.18	0.08	0.26
Copper, Cu....mg	0.212	0.007	105	1		0.060	0.025	0.085
Manganese, Mn....mg	0.449	0.009	102	1		0.127	0.054	0.180
Selenium, Se....mcg	6.0	0.687	27	1		1.7	0.7	2.4
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	1		0.0	0.0	0.0
Thiamin....mg	0.221	0.006	81	1		0.063	0.027	0.088
Riboflavin....mg	0.284	0.023	83	1		0.081	0.034	0.114
Niacin....mg	2.718	0.037	84	1		0.771	0.326	1.087
Pantothenic acid....mg	0.229		2	1		0.065	0.027	0.092
Vitamin B-6....mg	0.056		1	1		0.016	0.007	0.022
Folate, total....mcg	42		0	4		12	5	17
Folic acid....mcg	33		0	4		9	4	13
Folate, food....mcg	9	0.102	3	1		3	1	4
Folate, DFE....mcg_DFE	65		0	4		18	8	26
Vitamin B-12....mcg	0.01		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	4		0	4		1	0	2
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	2.574		0	4		0.730	0.309	1.030
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.476		0	4		2.119	0.897	2.990
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	0.010		0	4		0.003	0.001	0.004
13:0....g								
14:0....g	0.112		0	4		0.032	0.013	0.045
15:0....g								
16:0....g	3.594		0	4		1.019	0.431	1.438
17:0....g								
18:0....g	3.697		0	4		1.048	0.444	1.479
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.671		0	4		3.309	1.401	4.668
14:1....g								
15:1....g								

NDB No. 18159

Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched

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	0.017		0	4		0.005	0.002	0.007
17:1....g								
18:1 undifferentiated....g	11.656		0	4		3.304	1.399	4.662
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	2.367		0	4		0.671	0.284	0.947
18:2 undifferentiated....g	2.246		0	4		0.637	0.270	0.898
18:3 undifferentiated....g	0.122		0	4		0.035	0.015	0.049
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								
Amino Acids:								
Tryptophan....g	0.073		0	1		0.021	0.009	0.029
Threonine....g	0.168		0	1		0.048	0.020	0.067
Isoleucine....g	0.222		0	1		0.063	0.027	0.089
Leucine....g	0.396		0	1		0.112	0.048	0.158
Lysine....g	0.219		0	1		0.062	0.026	0.088
Methionine....g	0.095		0	1		0.027	0.011	0.038
Cystine....g	0.095		0	1		0.027	0.011	0.038
Phenylalanine....g	0.261		0	1		0.074	0.031	0.104
Tyrosine....g	0.173		0	1		0.049	0.021	0.069
Valine....g	0.261		0	1		0.074	0.031	0.104
Arginine....g	0.191		0	1		0.054	0.023	0.076
Histidine....g	0.102		0	1		0.029	0.012	0.041
Alanine....g	0.168		0	1		0.048	0.020	0.067
Aspartic acid....g	0.277		0	1		0.079	0.033	0.111
Glutamic acid....g	1.602		0	1		0.454	0.192	0.641
Glycine....g	0.168		0	1		0.048	0.020	0.067
Proline....g	0.557		0	1		0.158	0.067	0.223
Serine....g	0.272		0	1		0.077	0.033	0.109
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	11		0	4		3	1	4
Theobromine....mg	83		0	4		24	10	33

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 = 28.350g: 1 oz

Measure 2 = 12.000g: 1 cookie Pepperidge Farm Chocolate Chunk Pecan

Measure 3 = 40.000g: 1 cookie, big (3-1/2" - 4" dia) (include Grandma brand)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	11.60		2	1		3.29	1.74	
Energy....kcal	458		0	4		130	69	
Energy....kj	1916			4		543	287	
Protein (N x 5.8)....g	3.50		2	1		0.99	0.53	
Total lipid (fat)....g	24.30	0.831	3	1		6.89	3.65	
Ash....g	1.30	0.025	4	1		0.37	0.20	
Carbohydrate, by difference....g	59.10		0	4		16.75	8.87	
Fiber, total dietary....g	3.2		0	1		0.9	0.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	15		2	1		4	2	
Iron, Fe....mg	2.41		2	1		0.68	0.36	
Magnesium, Mg....mg	35		2	1		10	5	
Phosphorus, P....mg	50		2	1		14	8	
Potassium, K....mg	93		2	1		26	14	
Sodium, Na....mg	326		2	1		92	49	
Zinc, Zn....mg	0.46		2	1		0.13	0.07	
Copper, Cu....mg	0.160		2	1		0.045	0.024	
Manganese, Mn....mg	0.370		2	1		0.105	0.056	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.110	0.006	8	1		0.031	0.017	
Riboflavin....mg	0.201	0.003	8	1		0.057	0.030	
Niacin....mg	1.620	0.085	8	1		0.459	0.243	
Pantothenic acid....mg	0.275	0.007	8	1		0.078	0.041	
Vitamin B-6....mg	0.160	0.000	8	1		0.045	0.024	
Folate, total....mcg	39		0	4		11	6	
Folic acid....mcg	34		0	4		10	5	
Folate, food....mcg	5	0.219	8	1		1	1	
Folate, DFE....mcg_DFE	63		0	4		18	9	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	3		0	4		1	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.411		0	4		2.101	1.112	
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	0.007		0	4		0.002	0.001	
13:0....g								
14:0....g	0.120		0	4		0.034	0.018	
15:0....g								
16:0....g	3.625		0	4		1.028	0.544	
17:0....g								
18:0....g	3.615		0	4		1.025	0.542	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	13.034		0	4		3.695	1.955	
14:1....g								
15:1....g								

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

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	0.012		0	4		0.003	0.002	
17:1....g								
18:1 undifferentiated....g	13.023		0	4		3.692	1.953	
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	3.500		0	4		0.992	0.525	
18:2 undifferentiated....g	2.556		0	4		0.725	0.383	
18:3 undifferentiated....g	0.137		0	4		0.039	0.021	
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	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.051		0	1		0.014	0.008	
Threonine....g	0.117		0	1		0.033	0.018	
Isoleucine....g	0.154		0	1		0.044	0.023	
Leucine....g	0.268		0	1		0.076	0.040	
Lysine....g	0.156		0	1		0.044	0.023	
Methionine....g	0.069		0	1		0.020	0.010	
Cystine....g	0.069		0	1		0.020	0.010	
Phenylalanine....g	0.177		0	1		0.050	0.027	
Tyrosine....g	0.118		0	1		0.033	0.018	
Valine....g	0.179		0	1		0.051	0.027	
Arginine....g	0.140		0	1		0.040	0.021	
Histidine....g	0.073		0	1		0.021	0.011	
Alanine....g	0.119		0	1		0.034	0.018	
Aspartic acid....g	0.195		0	1		0.055	0.029	
Glutamic acid....g	1.061		0	1		0.301	0.159	
Glycine....g	0.116		0	1		0.033	0.017	
Proline....g	0.367		0	1		0.104	0.055	
Serine....g	0.193		0	1		0.055	0.029	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	7		0	4		2	1	
Theobromine....mg	58		0	4		16	9	

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 = 28.350g: 1 oz

Measure 2 = 15.000g: 1 cookie

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18161
Cookies, chocolate chip, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.00		2	1		0.85	14.88	
Energy....kcal	497		0	4		141	2465	
Energy....kj	2079			4		590	10314	
Protein (N x 5.8)....g	4.60		2	1		1.30	22.82	
Total lipid (fat)....g	25.20		2	1		7.14	124.99	
Ash....g	1.20		2	1		0.34	5.95	
Carbohydrate, by difference....g	66.10		0	4		18.74	327.86	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	43		2	1		12	213	
Iron, Fe....mg	2.07		2	1		0.59	10.27	
Magnesium, Mg....mg	36		1	1		10	179	
Phosphorus, P....mg	80		2	1		23	397	
Potassium, K....mg	208		2	1		59	1032	
Sodium, Na....mg	290		2	1		82	1438	
Zinc, Zn....mg	0.60		1	1		0.17	2.98	
Copper, Cu....mg	0.300		1	1		0.085	1.488	
Manganese, Mn....mg	0.363		0	4		0.103	1.800	
Selenium, Se....mcg	2.4		0	4		0.7	11.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.195		2	1		0.055	0.967	
Riboflavin....mg	0.205		2	1		0.058	1.017	
Niacin....mg	1.990		2	1		0.564	9.870	
Pantothenic acid....mg	0.171		0	4		0.048	0.848	
Vitamin B-6....mg	0.017		0	4		0.005	0.084	
Folate, total....mcg	51		0	4		14	253	
Folic acid....mcg	45		0	4		13	223	
Folate, food....mcg	6		0	4		2	30	
Folate, DFE....mcg_DFE	83		0	4		23	409	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	4		0	4		1	20	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	8.316		0	4		2.358	41.247	
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	0.011		0	4		0.003	0.055	
13:0....g								
14:0....g	0.125		0	4		0.035	0.620	
15:0....g								
16:0....g	3.996		0	4		1.133	19.820	
17:0....g								
18:0....g	4.116		0	4		1.167	20.415	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	13.077		0	4		3.707	64.862	
14:1....g								
15:1....g								

NDB No. 18161
Cookies, chocolate chip, dry mix

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	0.018		0	4		0.005	0.089	
17:1....g								
18:1 undifferentiated....g	13.061		0	4		3.703	64.783	
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	2.620		0	4		0.743	12.995	
18:2 undifferentiated....g	2.486		0	4		0.705	12.331	
18:3 undifferentiated....g	0.134		0	4		0.038	0.665	
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								
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								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.064		0	4		0.018	0.317	
Threonine....g	0.141		0	4		0.040	0.699	
Isoleucine....g	0.189		0	4		0.054	0.937	
Leucine....g	0.337		0	4		0.096	1.672	
Lysine....g	0.184		0	4		0.052	0.913	
Methionine....g	0.081		0	4		0.023	0.402	
Cystine....g	0.084		0	4		0.024	0.417	
Phenylalanine....g	0.224		0	4		0.064	1.111	
Tyrosine....g	0.148		0	4		0.042	0.734	
Valine....g	0.222		0	4		0.063	1.101	
Arginine....g	0.166		0	4		0.047	0.823	
Histidine....g	0.089		0	4		0.025	0.441	
Alanine....g	0.143		0	4		0.041	0.709	
Aspartic acid....g	0.232		0	4		0.066	1.151	
Glutamic acid....g	1.397		0	4		0.396	6.929	
Glycine....g	0.146		0	4		0.041	0.724	
Proline....g	0.484		0	4		0.137	2.401	
Serine....g	0.235		0	4		0.067	1.166	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	12		0	4		3	60	
Theobromine....mg	91		0	4		26	451	

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 = 28.350g: 1 oz

Measure 2 = 496.000g: 1 package (17.5 oz)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18163
Cookies, chocolate chip, refrigerated dough

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	12.70	0.180	29	1		3.68	3.60	
Energy....kcal	443		0	4		128	126	
Energy....kj	1854			4		538	525	
Protein (N x 5.9)....g	4.40	0.142	27	1		1.28	1.25	
Total lipid (fat)....g	20.40	0.351	29	1		5.92	5.78	
Ash....g	1.10	0.026	29	1		0.32	0.31	
Carbohydrate, by difference....g	61.40		0	4		17.81	17.41	
Fiber, total dietary....g	1.5		0	4		0.4	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	25	1.199	17	1		7	7	
Iron, Fe....mg	2.25	0.162	19	1		0.65	0.64	
Magnesium, Mg....mg	24	1.122	9	1		7	7	
Phosphorus, P....mg	69	1.098	9	1		20	20	
Potassium, K....mg	180	27.864	19	1		52	51	
Sodium, Na....mg	209	21.068	19	1		61	59	
Zinc, Zn....mg	0.50	0.012	9	1		0.15	0.14	
Copper, Cu....mg	0.180	0.013	5	1		0.052	0.051	
Manganese, Mn....mg	0.373		0	4		0.108	0.106	
Selenium, Se....mcg	5.0		0	4		1.5	1.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	1		0.0	0.0	
Thiamin....mg	0.187	0.052	15	1		0.054	0.053	
Riboflavin....mg	0.191	0.033	19	1		0.055	0.054	
Niacin....mg	1.975	0.126	19	1		0.573	0.560	
Pantothenic acid....mg	0.308		0	4		0.089	0.087	
Vitamin B-6....mg	0.038		0	4		0.011	0.011	
Folate, total....mcg	57		0	4		17	16	
Folic acid....mcg	48		0	4		14	14	
Folate, food....mcg	9		0	4		3	3	
Folate, DFE....mcg_DFE	91		0	4		26	26	
Vitamin B-12....mcg	0.08		0	4		0.02	0.02	
Vitamin A, IU....IU	59	3.121	8	1		17	17	
Vitamin A, RE....mcg_RE	17		0	1		5	5	
Vitamin E....mg_ATE	2.317		0	4		0.672	0.657	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.729		0	4		1.951	1.908	
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	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.100		0	4		0.029	0.028	
15:0....g								
16:0....g	3.298		0	4		0.956	0.935	
17:0....g								
18:0....g	3.267		0	4		0.947	0.926	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.414		0	4		3.020	2.952	
14:1....g								
15:1....g								

NDB No. 18163
Cookies, chocolate chip, refrigerated dough

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	0.035		0	4		0.010	0.010	
17:1....g								
18:1 undifferentiated....g	10.378		0	4		3.010	2.942	
20:1....g	0.002		0	4		0.001	0.001	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.172		0	4		0.630	0.616	
18:2 undifferentiated....g	2.042		0	4		0.592	0.579	
18:3 undifferentiated....g	0.108		0	4		0.031	0.031	
18:4....g	0.001		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.011		0	4		0.003	0.003	
20:5 n-3....g	0.006		0	4		0.002	0.002	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.004		0	4		0.001	0.001	
Fatty acids, total trans....g								
Cholesterol....mg	24	1.539	18	1		7	7	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.059		0	1		0.017	0.017	
Threonine....g	0.149		0	1		0.043	0.042	
Isoleucine....g	0.190		0	1		0.055	0.054	
Leucine....g	0.328		0	1		0.095	0.093	
Lysine....g	0.200		0	1		0.058	0.057	
Methionine....g	0.089		0	1		0.026	0.025	
Cystine....g	0.088		0	1		0.026	0.025	
Phenylalanine....g	0.218		0	1		0.063	0.062	
Tyrosine....g	0.146		0	1		0.042	0.041	
Valine....g	0.220		0	1		0.064	0.062	
Arginine....g	0.181		0	1		0.052	0.051	
Histidine....g	0.090		0	1		0.026	0.026	
Alanine....g	0.158		0	1		0.046	0.045	
Aspartic acid....g	0.260		0	1		0.075	0.074	
Glutamic acid....g	1.202		0	1		0.349	0.341	
Glycine....g	0.143		0	1		0.041	0.041	
Proline....g	0.409		0	1		0.119	0.116	
Serine....g	0.246		0	1		0.071	0.070	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	9		0	4		3	3	
Theobromine....mg	72		0	4		21	20	

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: 1 portion, dough spoon from roll

Measure 2 = 28.350g: 1 oz

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

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	3.00		0	4		0.85	0.36	
Energy....kcal	492		0	4		139	59	
Energy....kj	2059			4		584	247	
Protein....g	4.90		0	4		1.39	0.59	
Total lipid (fat)....g	22.60		0	4		6.41	2.71	
Ash....g	1.20		0	4		0.34	0.14	
Carbohydrate, by difference....g	68.20		0	4		19.33	8.18	
Fiber, total dietary....g	1.7		0	4		0.5	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	28		0	4		8	3	
Iron, Fe....mg	2.50		0	4		0.71	0.30	
Magnesium, Mg....mg	27		0	4		8	3	
Phosphorus, P....mg	76		0	4		22	9	
Potassium, K....mg	200		0	4		57	24	
Sodium, Na....mg	232		0	4		66	28	
Zinc, Zn....mg	0.56		0	4		0.16	0.07	
Copper, Cu....mg	0.200		0	4		0.057	0.024	
Manganese, Mn....mg	0.473		0	4		0.134	0.057	
Selenium, Se....mcg	5.6		0	4		1.6	0.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.166		0	4		0.047	0.020	
Riboflavin....mg	0.191		0	4		0.054	0.023	
Niacin....mg	1.975		0	4		0.560	0.237	
Pantothenic acid....mg	0.180		0	4		0.051	0.022	
Vitamin B-6....mg	0.005		0	4		0.001	0.001	
Folate, total....mcg	44		0	4		12	5	
Folic acid....mcg	37		0	4		10	4	
Folate, food....mcg	7		0	4		2	1	
Folate, DFE....mcg_DFE	70		0	4		20	8	
Vitamin B-12....mcg	0.07		0	4		0.02	0.01	
Vitamin A, IU....IU	59		0	4		17	7	
Vitamin A, RE....mcg_RE	17		0	4		5	2	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.759		0	4		2.200	0.931	
4:0....g								
6:0....g								
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	0.086		0	4		0.024	0.010	
15:0....g								
16:0....g	3.769		0	4		1.069	0.452	
17:0....g								
18:0....g	3.900		0	4		1.106	0.468	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.258		0	4		3.192	1.351	
14:1....g								
15:1....g								

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

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	0.043		0	4		0.012	0.005	
17:1....g								
18:1 undifferentiated....g	11.213		0	4		3.179	1.346	
20:1....g	0.003		0	4		0.001	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.319		0	4		0.657	0.278	
18:2 undifferentiated....g	2.190		0	4		0.621	0.263	
18:3 undifferentiated....g	0.111		0	4		0.031	0.013	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.014		0	4		0.004	0.002	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.004		0	4		0.001	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	27		0	4		8	3	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.066		0	4		0.019	0.008	
Threonine....g	0.166		0	4		0.047	0.020	
Isoleucine....g	0.212		0	4		0.060	0.025	
Leucine....g	0.365		0	4		0.103	0.044	
Lysine....g	0.222		0	4		0.063	0.027	
Methionine....g	0.099		0	4		0.028	0.012	
Cystine....g	0.098		0	4		0.028	0.012	
Phenylalanine....g	0.242		0	4		0.069	0.029	
Tyrosine....g	0.162		0	4		0.046	0.019	
Valine....g	0.244		0	4		0.069	0.029	
Arginine....g	0.202		0	4		0.057	0.024	
Histidine....g	0.100		0	4		0.028	0.012	
Alanine....g	0.176		0	4		0.050	0.021	
Aspartic acid....g	0.289		0	4		0.082	0.035	
Glutamic acid....g	1.336		0	4		0.379	0.160	
Glycine....g	0.159		0	4		0.045	0.019	
Proline....g	0.454		0	4		0.129	0.054	
Serine....g	0.274		0	4		0.078	0.033	
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 = 28.350g: 1 oz

Measure 2 = 12.000g: 1 cookie, medium (2-1/4" dia)

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	5.70		0	1		1.62	1.82	0.91
Energy....kcal	488		0	4		138	156	78
Energy....kj	2042			4		579	653	327
Protein (N x 0)....g	5.70		0	1		1.62	1.82	0.91
Total lipid (fat)....g	28.30		0	1		8.02	9.06	4.53
Ash....g	1.50		0	1		0.43	0.48	0.24
Carbohydrate, by difference....g	58.40		0	4		16.56	18.69	9.34
Fiber, total dietary....g	2.8		0	4		0.8	0.9	0.4
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	39		0	1		11	12	6
Iron, Fe....mg	2.46		0	1		0.70	0.79	0.39
Magnesium, Mg....mg	55		0	1		16	18	9
Phosphorus, P....mg	100		0	1		28	32	16
Potassium, K....mg	224		0	1		64	72	36
Sodium, Na....mg	361		0	1		102	116	58
Zinc, Zn....mg	0.93		0	1		0.26	0.30	0.15
Copper, Cu....mg	0.383		0	1		0.109	0.123	0.061
Manganese, Mn....mg	0.663		0	1		0.188	0.212	0.106
Selenium, Se....mcg	11.1		0	4		3.1	3.6	1.8
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	1		0.1	0.1	0.0
Thiamin....mg	0.185		0	1		0.052	0.059	0.030
Riboflavin....mg	0.178		0	1		0.050	0.057	0.028
Niacin....mg	1.362		0	1		0.386	0.436	0.218
Pantothenic acid....mg	0.255		0	1		0.072	0.082	0.041
Vitamin B-6....mg	0.085		0	1		0.024	0.027	0.014
Folate, total....mcg	33		0	4		9	11	5
Folic acid....mcg	20		0	4		6	6	3
Folate, food....mcg	13		0	1		4	4	2
Folate, DFE....mcg_DFE	47		0	4		13	15	8
Vitamin B-12....mcg	0.08		0	1		0.02	0.03	0.01
Vitamin A, IU....IU	636		0	1		180	204	102
Vitamin A, RE....mcg_RE	164		0	1		46	52	26
Vitamin E....mg_ATE	2.870		0	4		0.814	0.918	0.459
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	8.074		0	1		2.289	2.584	1.292
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	0.068		0	1		0.019	0.022	0.011
15:0....g								
16:0....g	4.361		0	1		1.236	1.396	0.698
17:0....g								
18:0....g	3.582		0	1		1.015	1.146	0.573
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.377		0	1		2.942	3.321	1.660
14:1....g								
15:1....g								

NDB No. 18165
Cookies, chocolate chip, prepared from recipe, made with 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
16:1 undifferentiated....g	0.038		0	1		0.011	0.012	0.006
17:1....g								
18:1 undifferentiated....g	10.288		0	1		2.917	3.292	1.646
20:1....g	0.050		0	1		0.014	0.016	0.008
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	8.410		0	1		2.384	2.691	1.346
18:2 undifferentiated....g	7.565		0	1		2.145	2.421	1.210
18:3 undifferentiated....g	0.829		0	1		0.235	0.265	0.133
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	0.013		0	1		0.004	0.004	0.002
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	0.003		0	1		0.001	0.001	0.000
Fatty acids, total trans....g								
Cholesterol....mg	32		0	1		9	10	5
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.072		0	1		0.020	0.023	0.012
Threonine....g	0.191		0	1		0.054	0.061	0.031
Isoleucine....g	0.224		0	1		0.064	0.072	0.036
Leucine....g	0.392		0	1		0.111	0.125	0.063
Lysine....g	0.214		0	1		0.061	0.068	0.034
Methionine....g	0.106		0	1		0.030	0.034	0.017
Cystine....g	0.111		0	1		0.031	0.036	0.018
Phenylalanine....g	0.271		0	1		0.077	0.087	0.043
Tyrosine....g	0.188		0	1		0.053	0.060	0.030
Valine....g	0.279		0	1		0.079	0.089	0.045
Arginine....g	0.377		0	1		0.107	0.121	0.060
Histidine....g	0.123		0	1		0.035	0.039	0.020
Alanine....g	0.227		0	1		0.064	0.073	0.036
Aspartic acid....g	0.424		0	1		0.120	0.136	0.068
Glutamic acid....g	1.285		0	1		0.364	0.411	0.206
Glycine....g	0.223		0	1		0.063	0.071	0.036
Proline....g	0.399		0	1		0.113	0.128	0.064
Serine....g	0.298		0	1		0.084	0.095	0.048
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 = 28.350g: 1 oz

Measure 2 = 32.000g: 1 bar (2" square)

Measure 3 = 16.000g: 1 cookie, medium (2-1/4" dia)

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	2.30	0.121	51	1		0.65	0.23	
Energy....kcal	472		0	4		134	47	
Energy....kj	1975			4		560	197	
Protein (N x 5.7)....g	4.70	0.065	54	1		1.33	0.47	
Total lipid (fat)....g	20.60	0.269	60	1		5.84	2.06	
Ash....g	1.90	0.042	53	1		0.54	0.19	
Carbohydrate, by difference....g	70.30		0	4		19.93	7.03	
Fiber, total dietary....g	3.2		0	1		0.9	0.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	26	1.068	80	1		7	3	
Iron, Fe....mg	3.88	0.155	81	1		1.10	0.39	
Magnesium, Mg....mg	45	0.783	74	1		13	5	
Phosphorus, P....mg	98	2.158	74	1		28	10	
Potassium, K....mg	175	2.895	74	1		50	18	
Sodium, Na....mg	604	12.289	80	1		171	60	
Zinc, Zn....mg	0.81	0.016	73	1		0.23	0.08	
Copper, Cu....mg	0.351	0.009	70	1		0.100	0.035	
Manganese, Mn....mg	0.525	0.009	68	1		0.149	0.053	
Selenium, Se....mcg	5.0	0.900	16	1		1.4	0.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.079	0.008	52	1		0.022	0.008	
Riboflavin....mg	0.179	0.007	54	1		0.051	0.018	
Niacin....mg	2.074	0.061	54	1		0.588	0.207	
Pantothenic acid....mg	0.172	0.018	10	1		0.049	0.017	
Vitamin B-6....mg	0.019	0.003	9	1		0.005	0.002	
Folate, total....mcg	43		0	4		12	4	
Folic acid....mcg	38		0	4		11	4	
Folate, food....mcg	5	0.050	8	1		1	1	
Folate, DFE....mcg_DFE	70		0	4		20	7	
Vitamin B-12....mcg	0.03		0	4		0.01	0.00	
Vitamin A, IU....IU	2		0	4		1	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	3.460		0	4		0.981	0.346	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.657		0	4		1.037	0.366	
4:0....g	0.001		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	0.022		0	4		0.006	0.002	
15:0....g								
16:0....g	2.255		0	4		0.639	0.226	
17:0....g								
18:0....g	1.367		0	4		0.388	0.137	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.557		0	4		2.426	0.856	
14:1....g								
15:1....g								

NDB No. 18166
Cookies, chocolate sandwich, with creme filling, 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
16:1 undifferentiated....g	0.076		0	4		0.022	0.008	
17:1....g								
18:1 undifferentiated....g	8.462		0	4		2.399	0.846	
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	7.245		0	4		2.054	0.725	
18:2 undifferentiated....g	6.731		0	4		1.908	0.673	
18:3 undifferentiated....g	0.495		0	4		0.140	0.050	
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								
Amino Acids:								
Tryptophan....g	0.068		0	1		0.019	0.007	
Threonine....g	0.150		0	1		0.043	0.015	
Isoleucine....g	0.182		0	1		0.052	0.018	
Leucine....g	0.321		0	1		0.091	0.032	
Lysine....g	0.187		0	1		0.053	0.019	
Methionine....g	0.072		0	1		0.020	0.007	
Cystine....g	0.091		0	1		0.026	0.009	
Phenylalanine....g	0.220		0	1		0.062	0.022	
Tyrosine....g	0.146		0	1		0.041	0.015	
Valine....g	0.226		0	1		0.064	0.023	
Arginine....g	0.200		0	1		0.057	0.020	
Histidine....g	0.093		0	1		0.026	0.009	
Alanine....g	0.166		0	1		0.047	0.017	
Aspartic acid....g	0.273		0	1		0.077	0.027	
Glutamic acid....g	1.307		0	1		0.371	0.131	
Glycine....g	0.170		0	1		0.048	0.017	
Proline....g	0.435		0	1		0.123	0.044	
Serine....g	0.236		0	1		0.067	0.024	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	13		0	4		4	1	
Theobromine....mg	430		0	4		122	43	

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 = 28.350g: 1 oz

Measure 2 = 10.000g: 1 cookie

Calories Factors: **Protein** 3.5 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	2.00	0.256	11	1		0.57	0.34	
Energy....kcal	481		0	4		136	82	
Energy....kj	2013			4		571	342	
Protein (N x 5.7)....g	3.60	0.177	11	1		1.02	0.61	
Total lipid (fat)....g	26.40	0.817	11	1		7.48	4.49	
Ash....g	1.60	0.138	11	1		0.45	0.27	
Carbohydrate, by difference....g	66.10		0	4		18.74	11.24	
Fiber, total dietary....g	5.2		0	4		1.5	0.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	35	1.565	11	1		10	6	
Iron, Fe....mg	3.13	0.252	10	1		0.89	0.53	
Magnesium, Mg....mg	39	1.292	11	1		11	7	
Phosphorus, P....mg	90	3.569	11	1		26	15	
Potassium, K....mg	240	15.591	11	1		68	41	
Sodium, Na....mg	326	8.088	11	1		92	55	
Zinc, Zn....mg	0.58	0.027	11	1		0.16	0.10	
Copper, Cu....mg	0.315	0.021	10	1		0.089	0.054	
Manganese, Mn....mg	0.372	0.024	10	1		0.105	0.063	
Selenium, Se....mcg	3.2		0	4		0.9	0.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.095	0.014	10	1		0.027	0.016	
Riboflavin....mg	0.204	0.018	11	1		0.058	0.035	
Niacin....mg	1.373	0.067	11	1		0.389	0.233	
Pantothenic acid....mg	0.178		0	4		0.050	0.030	
Vitamin B-6....mg	0.044		0	4		0.012	0.007	
Folate, total....mcg	18		0	4		5	3	
Folic acid....mcg	11		0	4		3	2	
Folate, food....mcg	7		0	4		2	1	
Folate, DFE....mcg_DFE	26		0	4		7	4	
Vitamin B-12....mcg	0.05		0	4		0.01	0.01	
Vitamin A, IU....IU	3		0	4		1	1	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	3.322		0	4		0.942	0.565	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.426		0	4		2.105	1.262	
4:0....g	0.001		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	0.124		0	4		0.035	0.021	
15:0....g								
16:0....g	3.714		0	4		1.053	0.631	
17:0....g								
18:0....g	3.571		0	4		1.012	0.607	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	14.584		0	4		4.135	2.479	
14:1....g								
15:1....g								

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

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	0.001		0	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	14.582		0	4		4.134	2.479	
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	3.001		0	4		0.851	0.510	
18:2 undifferentiated....g	2.855		0	4		0.809	0.485	
18:3 undifferentiated....g	0.146		0	4		0.041	0.025	
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								
Amino Acids:								
Tryptophan....g	0.056		0	1		0.016	0.010	
Threonine....g	0.149		0	1		0.042	0.025	
Isoleucine....g	0.155		0	1		0.044	0.026	
Leucine....g	0.258		0	1		0.073	0.044	
Lysine....g	0.185		0	1		0.052	0.031	
Methionine....g	0.051		0	1		0.014	0.009	
Cystine....g	0.062		0	1		0.018	0.011	
Phenylalanine....g	0.176		0	1		0.050	0.030	
Tyrosine....g	0.128		0	1		0.036	0.022	
Valine....g	0.207		0	1		0.059	0.035	
Arginine....g	0.182		0	1		0.052	0.031	
Histidine....g	0.070		0	1		0.020	0.012	
Alanine....g	0.160		0	1		0.045	0.027	
Aspartic acid....g	0.311		0	1		0.088	0.053	
Glutamic acid....g	0.793		0	1		0.225	0.135	
Glycine....g	0.148		0	1		0.042	0.025	
Proline....g	0.253		0	1		0.072	0.043	
Serine....g	0.178		0	1		0.050	0.030	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	1		0	4		0	0	
Theobromine....mg	26		0	4		7	4	

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 = 28.350g: 1 oz

Measure 2 = 17.000g: 1 cookie

Calories Factors: **Protein** 2.7 **Fat** 8.8 **Carbohydrate** 3.6

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.60	0.173	9	1		0.45	0.21	
Energy....kcal	500		0	4		142	65	
Energy....kj	2092			4		593	272	
Protein (N x 5.7)....g	3.60	0.068	9	1		1.02	0.47	
Total lipid (fat)....g	25.20	0.670	9	1		7.14	3.28	
Ash....g	1.40	0.026	9	1		0.40	0.18	
Carbohydrate, by difference....g	68.10		0	4		19.31	8.85	
Fiber, total dietary....g	2.0		0	4		0.6	0.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	24	2.131	8	1		7	3	
Iron, Fe....mg	2.85	0.311	9	1		0.81	0.37	
Magnesium, Mg....mg	34	1.266	8	1		10	4	
Phosphorus, P....mg	91	6.879	9	1		26	12	
Potassium, K....mg	122	5.624	9	1		35	16	
Sodium, Na....mg	493	22.146	9	1		140	64	
Zinc, Zn....mg	0.65	0.022	8	1		0.18	0.08	
Copper, Cu....mg	0.347	0.033	8	1		0.098	0.045	
Manganese, Mn....mg	0.384	0.037	5	1		0.109	0.050	
Selenium, Se....mcg	2.6		0	4		0.7	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.059	0.008	8	1		0.017	0.008	
Riboflavin....mg	0.145	0.013	9	1		0.041	0.019	
Niacin....mg	1.566	0.089	8	1		0.444	0.204	
Pantothenic acid....mg	0.221		0	4		0.063	0.029	
Vitamin B-6....mg	0.022		0	4		0.006	0.003	
Folate, total....mcg	43		0	4		12	6	
Folic acid....mcg	39		0	4		11	5	
Folate, food....mcg	4		0	4		1	1	
Folate, DFE....mcg_DFE	70		0	4		20	9	
Vitamin B-12....mcg	0.02		0	4		0.01	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	4.493		0	4		1.274	0.584	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.874		0	4		1.098	0.504	
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	0.026		0	4		0.007	0.003	
15:0....g								
16:0....g	2.528		0	4		0.717	0.329	
17:0....g								
18:0....g	1.315		0	4		0.373	0.171	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.679		0	4		3.027	1.388	
14:1....g								
15:1....g								

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

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	0.100		0	4		0.028	0.013	
17:1....g								
18:1 undifferentiated....g	10.555		0	4		2.992	1.372	
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	9.392		0	4		2.663	1.221	
18:2 undifferentiated....g	8.721		0	4		2.472	1.134	
18:3 undifferentiated....g	0.647		0	4		0.183	0.084	
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								
Amino Acids:								
Tryptophan....g	0.051		0	1		0.014	0.007	
Threonine....g	0.114		0	1		0.032	0.015	
Isoleucine....g	0.138		0	1		0.039	0.018	
Leucine....g	0.248		0	1		0.070	0.032	
Lysine....g	0.141		0	1		0.040	0.018	
Methionine....g	0.056		0	1		0.016	0.007	
Cystine....g	0.070		0	1		0.020	0.009	
Phenylalanine....g	0.170		0	1		0.048	0.022	
Tyrosine....g	0.111		0	1		0.031	0.014	
Valine....g	0.173		0	1		0.049	0.022	
Arginine....g	0.153		0	1		0.043	0.020	
Histidine....g	0.073		0	1		0.021	0.009	
Alanine....g	0.129		0	1		0.037	0.017	
Aspartic acid....g	0.205		0	1		0.058	0.027	
Glutamic acid....g	1.019		0	1		0.289	0.132	
Glycine....g	0.130		0	1		0.037	0.017	
Proline....g	0.340		0	1		0.096	0.044	
Serine....g	0.182		0	1		0.052	0.024	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	5		0	4		1	1	
Theobromine....mg	169		0	4		48	22	

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 = 28.350g: 1 oz

Measure 2 = 13.000g: 1 cookie

Calories Factors: **Protein** 3.6 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	10.60		0	1		3.01	2.54	
Energy....kcal	404		0	4		115	97	
Energy....kj	1690			4		479	406	
Protein (N x 0)....g	3.60		0	1		1.02	0.86	
Total lipid (fat)....g	12.70		0	1		3.60	3.05	
Ash....g	1.00		0	1		0.28	0.24	
Carbohydrate, by difference....g	72.20		0	4		20.47	17.33	
Fiber, total dietary....g	1.8		0	4		0.5	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	7		0	1		2	2	
Iron, Fe....mg	0.75		0	1		0.21	0.18	
Magnesium, Mg....mg	21		0	1		6	5	
Phosphorus, P....mg	43		0	1		12	10	
Potassium, K....mg	156		0	1		44	37	
Sodium, Na....mg	247		0	1		70	59	
Zinc, Zn....mg	0.71		0	1		0.20	0.17	
Copper, Cu....mg	0.143		0	1		0.041	0.034	
Manganese, Mn....mg	0.947		0	1		0.268	0.227	
Selenium, Se....mcg	10.5		0	4		3.0	2.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.011		0	1		0.003	0.003	
Riboflavin....mg	0.110		0	1		0.031	0.026	
Niacin....mg	0.130		0	1		0.037	0.031	
Pantothenic acid....mg	0.270		0	1		0.077	0.065	
Vitamin B-6....mg	0.099		0	1		0.028	0.024	
Folate, total....mcg	4		0	4		1	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	4		0	4		1	1	
Folate, DFE....mcg_DFE	4		0	4		1	1	
Vitamin B-12....mcg	0.03		0	1		0.01	0.01	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.288		0	4		0.082	0.069	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	11.236		0	1		3.185	2.697	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.069		0	1		0.020	0.017	
8:0....g	0.865		0	1		0.245	0.208	
10:0....g	0.697		0	1		0.198	0.167	
11:0....g								
12:0....g	5.614		0	1		1.592	1.347	
13:0....g								
14:0....g	2.235		0	1		0.634	0.536	
15:0....g								
16:0....g	1.089		0	1		0.309	0.261	
17:0....g								
18:0....g	0.669		0	1		0.190	0.161	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.549		0	1		0.156	0.132	
14:1....g								
15:1....g								

NDB No. 18169
Cookies, coconut macaroons, prepared from 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
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.549		0	1		0.156	0.132	
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	0.141		0	1		0.040	0.034	
18:2 undifferentiated....g	0.141		0	1		0.040	0.034	
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	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.041		0	1		0.012	0.010	
Threonine....g	0.143		0	1		0.041	0.034	
Isoleucine....g	0.171		0	1		0.048	0.041	
Leucine....g	0.273		0	1		0.077	0.066	
Lysine....g	0.203		0	1		0.058	0.049	
Methionine....g	0.099		0	1		0.028	0.024	
Cystine....g	0.081		0	1		0.023	0.019	
Phenylalanine....g	0.188		0	1		0.053	0.045	
Tyrosine....g	0.122		0	1		0.035	0.029	
Valine....g	0.211		0	1		0.060	0.051	
Arginine....g	0.303		0	1		0.086	0.073	
Histidine....g	0.076		0	1		0.022	0.018	
Alanine....g	0.187		0	1		0.053	0.045	
Aspartic acid....g	0.338		0	1		0.096	0.081	
Glutamic acid....g	0.552		0	1		0.156	0.132	
Glycine....g	0.131		0	1		0.037	0.031	
Proline....g	0.133		0	1		0.038	0.032	
Serine....g	0.213		0	1		0.060	0.051	
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 = 28.350g: 1 oz

Measure 2 = 24.000g: 1 cookie, medium (2" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18170
Cookies, fig bars

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	16.50	0.305	26	1		4.68	7.10	2.64
Energy....kcal	348		0	4		99	150	56
Energy....kj	1456			4		413	626	233
Protein (N x 5.9)....g	3.70	0.075	29	1		1.05	1.59	0.59
Total lipid (fat)....g	7.30	0.285	31	1		2.07	3.14	1.17
Ash....g	1.60	0.055	25	1		0.45	0.69	0.26
Carbohydrate, by difference....g	70.90		0	4		20.10	30.49	11.34
Fiber, total dietary....g	4.6		0	1		1.3	2.0	0.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	64	3.985	28	1		18	28	10
Iron, Fe....mg	2.90	0.129	29	1		0.82	1.25	0.46
Magnesium, Mg....mg	27	0.820	25	1		8	12	4
Phosphorus, P....mg	62	1.326	26	1		18	27	10
Potassium, K....mg	207	9.247	26	1		59	89	33
Sodium, Na....mg	350	21.427	27	1		99	151	56
Zinc, Zn....mg	0.39	0.013	25	1		0.11	0.17	0.06
Copper, Cu....mg	0.147	0.014	25	1		0.042	0.063	0.024
Manganese, Mn....mg	0.343	0.012	21	1		0.097	0.147	0.055
Selenium, Se....mcg	3.3		2	1		0.9	1.4	0.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	4		0.1	0.1	0.0
Thiamin....mg	0.158	0.009	26	1		0.045	0.068	0.025
Riboflavin....mg	0.217	0.025	26	1		0.062	0.093	0.035
Niacin....mg	1.874	0.184	32	1		0.531	0.806	0.300
Pantothenic acid....mg	0.364	0.016	12	1		0.103	0.157	0.058
Vitamin B-6....mg	0.075	0.002	10	1		0.021	0.032	0.012
Folate, total....mcg	27		0	4		8	12	4
Folic acid....mcg	17		0	4		5	7	3
Folate, food....mcg	10	0.166	8	1		3	4	2
Folate, DFE....mcg_DFE	39		0	4		11	17	6
Vitamin B-12....mcg	0.09		0	4		0.03	0.04	0.01
Vitamin A, IU....IU	33		0	4		9	14	5
Vitamin A, RE....mcg_RE	4		0	4		1	2	1
Vitamin E....mg_ATE	1.247		0	4		0.354	0.536	0.200
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.123		0	4		0.318	0.483	0.180
4:0....g	0.002		0	4		0.001	0.001	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	0.001		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	0.013		0	4		0.004	0.006	0.002
15:0....g								
16:0....g	0.747		0	4		0.212	0.321	0.120
17:0....g								
18:0....g	0.355		0	4		0.101	0.153	0.057
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.003		0	4		0.851	1.291	0.480
14:1....g								
15:1....g								

NDB No. 18170
Cookies, fig bars

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	0.029		0	4		0.008	0.012	0.005
17:1....g								
18:1 undifferentiated....g	2.966		0	4		0.841	1.275	0.475
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	2.772		0	4		0.786	1.192	0.444
18:2 undifferentiated....g	2.583		0	4		0.732	1.111	0.413
18:3 undifferentiated....g	0.182		0	4		0.052	0.078	0.029
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								
Amino Acids:								
Tryptophan....g	0.046		0	1		0.013	0.020	0.007
Threonine....g	0.113		0	1		0.032	0.049	0.018
Isoleucine....g	0.132		0	1		0.037	0.057	0.021
Leucine....g	0.224		0	1		0.064	0.096	0.036
Lysine....g	0.140		0	1		0.040	0.060	0.022
Methionine....g	0.053		0	1		0.015	0.023	0.008
Cystine....g	0.073		0	1		0.021	0.031	0.012
Phenylalanine....g	0.145		0	1		0.041	0.062	0.023
Tyrosine....g	0.122		0	1		0.035	0.052	0.020
Valine....g	0.155		0	1		0.044	0.067	0.025
Arginine....g	0.121		0	1		0.034	0.052	0.019
Histidine....g	0.067		0	1		0.019	0.029	0.011
Alanine....g	0.148		0	1		0.042	0.064	0.024
Aspartic acid....g	0.387		0	1		0.110	0.166	0.062
Glutamic acid....g	0.914		0	1		0.259	0.393	0.146
Glycine....g	0.122		0	1		0.035	0.052	0.020
Proline....g	0.347		0	1		0.098	0.149	0.056
Serine....g	0.189		0	1		0.054	0.081	0.030
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 = 28.350g: 1 oz

Measure 2 = 43.000g: 1 Figaroo (2 square halves)

Measure 3 = 16.000g: 1 cookie

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18171
Cookies, fortune

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	8.00		2	1		2.27	0.64	
Energy....kcal	378		0	4		107	30	
Energy....kj	1582			4		448	127	
Protein (N x 5.7)....g	4.20		2	1		1.19	0.34	
Total lipid (fat)....g	2.70	0.052	3	1		0.77	0.22	
Ash....g	0.90	0.015	4	1		0.26	0.07	
Carbohydrate, by difference....g	84.00		0	4		23.81	6.72	
Fiber, total dietary....g	1.6		0	1		0.5	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	12		2	1		3	1	
Iron, Fe....mg	1.44		2	1		0.41	0.12	
Magnesium, Mg....mg	7		2	1		2	1	
Phosphorus, P....mg	35		2	1		10	3	
Potassium, K....mg	41		2	1		12	3	
Sodium, Na....mg	274		2	1		78	22	
Zinc, Zn....mg	0.17		2	1		0.05	0.01	
Copper, Cu....mg	0.060		2	1		0.017	0.005	
Manganese, Mn....mg	0.190		2	1		0.054	0.015	
Selenium, Se....mcg	2.9		0	4		0.8	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.182	0.005	8	1		0.052	0.015	
Riboflavin....mg	0.130	0.004	8	1		0.037	0.010	
Niacin....mg	1.840	0.117	8	1		0.522	0.147	
Pantothenic acid....mg	0.297	0.008	8	1		0.084	0.024	
Vitamin B-6....mg	0.013	0.000	8	1		0.004	0.001	
Folate, total....mcg	55		0	4		16	4	
Folic acid....mcg	45		0	4		13	4	
Folate, food....mcg	10	0.244	8	1		3	1	
Folate, DFE....mcg_DFE	87		0	4		25	7	
Vitamin B-12....mcg	0.01		0	4		0.00	0.00	
Vitamin A, IU....IU	3		0	4		1	0	
Vitamin A, RE....mcg_RE	1		0	4		0	0	
Vitamin E....mg_ATE	0.339		0	4		0.096	0.027	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.669		0	1		0.190	0.054	
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	0.012		0	1		0.003	0.001	
15:0....g								
16:0....g	0.378		0	1		0.107	0.030	
17:0....g								
18:0....g	0.276		0	1		0.078	0.022	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.345		0	1		0.381	0.108	
14:1....g								
15:1....g								

NDB No. 18171
Cookies, fortune

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	0.008		0	1		0.002	0.001	
17:1....g								
18:1 undifferentiated....g	1.337		0	1		0.379	0.107	
20:1....g	0.001		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	0.466		0	1		0.132	0.037	
18:2 undifferentiated....g	0.438		0	1		0.124	0.035	
18:3 undifferentiated....g	0.024		0	1		0.007	0.002	
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	0.003		0	1		0.001	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	0.001		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	2		0	4		1	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.061		0	1		0.017	0.005	
Threonine....g	0.123		0	1		0.035	0.010	
Isoleucine....g	0.165		0	1		0.047	0.013	
Leucine....g	0.295		0	1		0.084	0.024	
Lysine....g	0.157		0	1		0.045	0.013	
Methionine....g	0.076		0	1		0.022	0.006	
Cystine....g	0.093		0	1		0.026	0.007	
Phenylalanine....g	0.203		0	1		0.058	0.016	
Tyrosine....g	0.125		0	1		0.035	0.010	
Valine....g	0.192		0	1		0.054	0.015	
Arginine....g	0.168		0	1		0.048	0.013	
Histidine....g	0.088		0	1		0.025	0.007	
Alanine....g	0.135		0	1		0.038	0.011	
Aspartic acid....g	0.193		0	1		0.055	0.015	
Glutamic acid....g	1.359		0	1		0.385	0.109	
Glycine....g	0.144		0	1		0.041	0.012	
Proline....g	0.457		0	1		0.130	0.037	
Serine....g	0.230		0	1		0.065	0.018	
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 = 28.350g: 1 oz

Measure 2 = 8.000g: 1 cookie

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18172
Cookies, gingersnaps

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	5.30	0.283	23	1		1.50	0.37	1.70
Energy....kcal	416		0	4		118	29	133
Energy....kj	1741			4		493	122	557
Protein (N x 5.7)....g	5.60	0.117	25	1		1.59	0.39	1.79
Total lipid (fat)....g	9.80	0.219	25	1		2.78	0.69	3.14
Ash....g	2.40	0.082	24	1		0.68	0.17	0.77
Carbohydrate, by difference....g	76.90		0	4		21.80	5.38	24.61
Fiber, total dietary....g	2.2		0	1		0.6	0.2	0.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	77	4.415	24	1		22	5	25
Iron, Fe....mg	6.40	0.301	24	1		1.81	0.45	2.05
Magnesium, Mg....mg	49	2.470	23	1		14	3	16
Phosphorus, P....mg	83	2.007	24	1		24	6	27
Potassium, K....mg	346	20.574	22	1		98	24	111
Sodium, Na....mg	654	16.033	23	1		185	46	209
Zinc, Zn....mg	0.55	0.031	23	1		0.16	0.04	0.18
Copper, Cu....mg	0.305	0.025	22	1		0.086	0.021	0.098
Manganese, Mn....mg	1.555	0.116	18	1		0.441	0.109	0.498
Selenium, Se....mcg	5.1		0	4		1.4	0.4	1.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.200	0.013	21	1		0.057	0.014	0.064
Riboflavin....mg	0.293	0.014	24	1		0.083	0.021	0.094
Niacin....mg	3.235	0.097	24	1		0.917	0.226	1.035
Pantothenic acid....mg	0.380		0	4		0.108	0.027	0.122
Vitamin B-6....mg	0.098		0	4		0.028	0.007	0.031
Folate, total....mcg	72		0	4		20	5	23
Folic acid....mcg	66		0	4		19	5	21
Folate, food....mcg	6		0	4		2	0	2
Folate, DFE....mcg_DFE	118		0	4		34	8	38
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	2		0	4		1	0	1
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	1.296		0	4		0.367	0.091	0.415
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.451		0	4		0.695	0.172	0.784
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	0.001		0	4		0.000	0.000	0.000
10:0....g	0.002		0	4		0.001	0.000	0.001
11:0....g								
12:0....g	0.004		0	4		0.001	0.000	0.001
13:0....g								
14:0....g	0.048		0	4		0.014	0.003	0.015
15:0....g								
16:0....g	1.279		0	4		0.363	0.090	0.409
17:0....g								
18:0....g	1.111		0	4		0.315	0.078	0.356
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.365		0	4		1.521	0.376	1.717
14:1....g								
15:1....g								

NDB No. 18172
Cookies, gingersnaps

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	0.002		0	4		0.001	0.000	0.001
17:1....g								
18:1 undifferentiated....g	5.363		0	4		1.520	0.375	1.716
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	1.372		0	4		0.389	0.096	0.439
18:2 undifferentiated....g	1.298		0	4		0.368	0.091	0.415
18:3 undifferentiated....g	0.073		0	4		0.021	0.005	0.023
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	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.080		0	1		0.023	0.006	0.026
Threonine....g	0.155		0	1		0.044	0.011	0.050
Isoleucine....g	0.212		0	1		0.060	0.015	0.068
Leucine....g	0.380		0	1		0.108	0.027	0.122
Lysine....g	0.195		0	1		0.055	0.014	0.062
Methionine....g	0.094		0	1		0.027	0.007	0.030
Cystine....g	0.120		0	1		0.034	0.008	0.038
Phenylalanine....g	0.263		0	1		0.075	0.018	0.084
Tyrosine....g	0.159		0	1		0.045	0.011	0.051
Valine....g	0.248		0	1		0.070	0.017	0.079
Arginine....g	0.213		0	1		0.060	0.015	0.068
Histidine....g	0.114		0	1		0.032	0.008	0.036
Alanine....g	0.169		0	1		0.048	0.012	0.054
Aspartic acid....g	0.248		0	1		0.070	0.017	0.079
Glutamic acid....g	1.825		0	1		0.517	0.128	0.584
Glycine....g	0.189		0	1		0.054	0.013	0.060
Proline....g	0.614		0	1		0.174	0.043	0.196
Serine....g	0.292		0	1		0.083	0.020	0.093
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 = 28.350g: 1 oz

Measure 2 = 7.000g: 1 cookie

Measure 3 = 32.000g: 1 large (approx 3-1/2" to 4" dia)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.40	0.128	67	1		3.70	1.25	0.62
Energy....kcal	423		0	4		355	120	59
Energy....kj	1770			4		1487	502	248
Protein (N x 5.7)....g	6.90	0.091	70	1		5.80	1.96	0.97
Total lipid (fat)....g	10.10	0.127	78	1		8.48	2.86	1.41
Ash....g	1.80	0.039	74	1		1.51	0.51	0.25
Carbohydrate, by difference....g	76.80		0	4		64.51	21.77	10.75
Fiber, total dietary....g	2.8		0	1		2.4	0.8	0.4
Sugars, total....g	18.50		1	1		15.54	5.24	2.59
Starch....g								
Minerals:								
Calcium, Ca....mg	24	1.139	57	1		20	7	3
Iron, Fe....mg	3.73	0.080	50	1		3.13	1.06	0.52
Magnesium, Mg....mg	30	1.119	48	1		25	9	4
Phosphorus, P....mg	104	2.614	47	1		87	29	15
Potassium, K....mg	135	6.528	50	1		113	38	19
Sodium, Na....mg	605	15.868	65	1		508	172	85
Zinc, Zn....mg	0.81	0.021	42	1		0.68	0.23	0.11
Copper, Cu....mg	0.202	0.011	41	1		0.170	0.057	0.028
Manganese, Mn....mg	0.804	0.026	35	1		0.675	0.228	0.113
Selenium, Se....mcg	10.2	0.886	11	1		8.6	2.9	1.4
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.222	0.017	62	1		0.186	0.063	0.031
Riboflavin....mg	0.314	0.013	73	1		0.264	0.089	0.044
Niacin....mg	4.122	0.096	67	1		3.462	1.169	0.577
Pantothenic acid....mg	0.537	0.011	18	1		0.451	0.152	0.075
Vitamin B-6....mg	0.065		2	1		0.055	0.018	0.009
Folate, total....mcg	60		0	4		50	17	8
Folic acid....mcg	43		0	4		36	12	6
Folate, food....mcg	17	1.350	18	1		14	5	2
Folate, DFE....mcg_DFE	90		0	4		76	26	13
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	2.040		0	4		1.714	0.578	0.286
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.519		0	4		1.276	0.431	0.213
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	0.005		0	4		0.004	0.001	0.001
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	0.010		0	4		0.008	0.003	0.001
15:0....g								
16:0....g	1.029		0	4		0.864	0.292	0.144
17:0....g								
18:0....g	0.471		0	4		0.396	0.134	0.066
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.086		0	4		3.432	1.158	0.572
14:1....g								
15:1....g								

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

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	0.041		0	4		0.034	0.012	0.006
17:1....g								
18:1 undifferentiated....g	4.036		0	4		3.390	1.144	0.565
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	3.832		0	4		3.219	1.086	0.536
18:2 undifferentiated....g	3.563		0	4		2.993	1.010	0.499
18:3 undifferentiated....g	0.259		0	4		0.218	0.073	0.036
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	0.001		0	4		0.001	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	0.233	9	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.091		0	1		0.076	0.026	0.013
Threonine....g	0.191		0	1		0.160	0.054	0.027
Isoleucine....g	0.243		0	1		0.204	0.069	0.034
Leucine....g	0.475		0	1		0.399	0.135	0.067
Lysine....g	0.162		0	1		0.136	0.046	0.023
Methionine....g	0.119		0	1		0.100	0.034	0.017
Cystine....g	0.150		0	1		0.126	0.043	0.021
Phenylalanine....g	0.345		0	1		0.290	0.098	0.048
Tyrosine....g	0.208		0	1		0.175	0.059	0.029
Valine....g	0.287		0	1		0.241	0.081	0.040
Arginine....g	0.292		0	1		0.245	0.083	0.041
Histidine....g	0.155		0	1		0.130	0.044	0.022
Alanine....g	0.227		0	1		0.191	0.064	0.032
Aspartic acid....g	0.308		0	1		0.259	0.087	0.043
Glutamic acid....g	2.301		0	1		1.933	0.652	0.322
Glycine....g	0.256		0	1		0.215	0.073	0.036
Proline....g	0.784		0	1		0.659	0.222	0.110
Serine....g	0.341		0	1		0.286	0.097	0.048
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 = 84.000g: 1 cup, crushed

Measure 2 = 28.350g: 1 oz

Measure 3 = 14.000g: 1 large rectangular piece or 2 squares or 4 small rectangular pieces

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

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	2.60	0.263	14	1		0.74	0.36	
Energy....kcal	484		0	4		137	68	
Energy....kj	2025			4		574	284	
Protein (N x 5.9)....g	5.80	0.323	14	1		1.64	0.81	
Total lipid (fat)....g	23.20	1.139	14	1		6.58	3.25	
Ash....g	1.80	0.249	14	1		0.51	0.25	
Carbohydrate, by difference....g	66.50		0	4		18.85	9.31	
Fiber, total dietary....g	3.1		0	4		0.9	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	58	14.374	14	1		16	8	
Iron, Fe....mg	3.58	0.303	14	1		1.01	0.50	
Magnesium, Mg....mg	58	8.217	13	1		16	8	
Phosphorus, P....mg	134	8.182	13	1		38	19	
Potassium, K....mg	209	18.789	13	1		59	29	
Sodium, Na....mg	291	20.261	14	1		82	41	
Zinc, Zn....mg	0.97	0.107	13	1		0.27	0.14	
Copper, Cu....mg	0.430	0.060	13	1		0.122	0.060	
Manganese, Mn....mg	0.726	0.075	12	1		0.206	0.102	
Selenium, Se....mcg	14.2		0	4		4.0	2.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.144	0.014	14	1		0.041	0.020	
Riboflavin....mg	0.212	0.018	14	1		0.060	0.030	
Niacin....mg	2.176	0.137	14	1		0.617	0.305	
Pantothenic acid....mg	0.245		0	4		0.069	0.034	
Vitamin B-6....mg	0.074		0	4		0.021	0.010	
Folate, total....mcg	17		0	4		5	2	
Folic acid....mcg	7		0	4		2	1	
Folate, food....mcg	10		0	4		3	1	
Folate, DFE....mcg_DFE	22		0	4		6	3	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	16		0	4		5	2	
Vitamin A, RE....mcg_RE	1		0	4		0	0	
Vitamin E....mg_ATE	1.125		0	4		0.319	0.158	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	13.380		0	4		3.793	1.873	
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	0.002		0	4		0.001	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.045		0	4		0.013	0.006	
13:0....g								
14:0....g	0.113		0	4		0.032	0.016	
15:0....g								
16:0....g	5.859		0	4		1.661	0.820	
17:0....g								
18:0....g	7.098		0	4		2.012	0.994	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.687		0	4		2.179	1.076	
14:1....g								
15:1....g								

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

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	0.071		0	4		0.020	0.010	
17:1....g								
18:1 undifferentiated....g	7.623		0	4		2.161	1.067	
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	1.038		0	4		0.294	0.145	
18:2 undifferentiated....g	0.973		0	4		0.276	0.136	
18:3 undifferentiated....g	0.064		0	4		0.018	0.009	
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		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.073		0	1		0.021	0.010	
Threonine....g	0.198		0	1		0.056	0.028	
Isoleucine....g	0.250		0	1		0.071	0.035	
Leucine....g	0.460		0	1		0.130	0.064	
Lysine....g	0.226		0	1		0.064	0.032	
Methionine....g	0.110		0	1		0.031	0.015	
Cystine....g	0.087		0	1		0.025	0.012	
Phenylalanine....g	0.301		0	1		0.085	0.042	
Tyrosine....g	0.213		0	1		0.060	0.030	
Valine....g	0.302		0	1		0.086	0.042	
Arginine....g	0.211		0	1		0.060	0.030	
Histidine....g	0.112		0	1		0.032	0.016	
Alanine....g	0.196		0	1		0.056	0.027	
Aspartic acid....g	0.356		0	1		0.101	0.050	
Glutamic acid....g	1.623		0	1		0.460	0.227	
Glycine....g	0.184		0	1		0.052	0.026	
Proline....g	0.584		0	1		0.166	0.082	
Serine....g	0.279		0	1		0.079	0.039	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	46		0	4		13	6	
Theobromine....mg	363		0	4		103	51	

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 = 28.350g: 1 oz

Measure 2 = 14.000g: 1 cracker (2-1/2" square)

Calories Factors: **Protein** 3.8 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	19.50		0	1		5.53	2.54	4.68
Energy....kcal	365		0	4		103	47	88
Energy....kj	1527			4		433	199	367
Protein (N x 0)....g	10.60		0	1		3.01	1.38	2.54
Total lipid (fat)....g	9.10		0	1		2.58	1.18	2.18
Ash....g	1.10		0	1		0.31	0.14	0.26
Carbohydrate, by difference....g	59.70		0	4		16.92	7.76	14.33
Fiber, total dietary....g	1.0		0	4		0.3	0.1	0.2
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	47		0	1		13	6	11
Iron, Fe....mg	3.58		0	1		1.01	0.47	0.86
Magnesium, Mg....mg	12		0	1		3	2	3
Phosphorus, P....mg	173		0	1		49	22	42
Potassium, K....mg	113		0	1		32	15	27
Sodium, Na....mg	147		0	1		42	19	35
Zinc, Zn....mg	1.14		0	1		0.32	0.15	0.27
Copper, Cu....mg	0.095		0	1		0.027	0.012	0.023
Manganese, Mn....mg	0.240		0	1		0.068	0.031	0.058
Selenium, Se....mcg	21.1		0	4		6.0	2.7	5.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.7		0	1		1.0	0.5	0.9
Thiamin....mg	0.284		0	1		0.081	0.037	0.068
Riboflavin....mg	0.428		0	1		0.121	0.056	0.103
Niacin....mg	2.104		0	1		0.596	0.274	0.505
Pantothenic acid....mg	1.116		0	1		0.316	0.145	0.268
Vitamin B-6....mg	0.122		0	1		0.035	0.016	0.029
Folate, total....mcg	77		0	4		22	10	18
Folic acid....mcg	40		0	4		11	5	10
Folate, food....mcg	37		0	1		10	5	9
Folate, DFE....mcg_DFE	105		0	4		30	14	25
Vitamin B-12....mcg	0.75		0	1		0.21	0.10	0.18
Vitamin A, IU....IU	556		0	1		158	72	133
Vitamin A, RE....mcg_RE	167		0	1		47	22	40
Vitamin E....mg_ATE	1.282		0	4		0.363	0.167	0.308
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.477		0	4		0.986	0.452	0.834
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	0.003		0	4		0.001	0.000	0.001
10:0....g	0.003		0	4		0.001	0.000	0.001
11:0....g								
12:0....g	0.003		0	4		0.001	0.000	0.001
13:0....g								
14:0....g	0.038		0	4		0.011	0.005	0.009
15:0....g								
16:0....g	2.503		0	4		0.710	0.325	0.601
17:0....g								
18:0....g	0.873		0	4		0.247	0.113	0.210
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.253		0	4		1.206	0.553	1.021
14:1....g								
15:1....g								

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

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	0.332		0	4		0.094	0.043	0.080
17:1....g								
18:1 undifferentiated....g	3.877		0	4		1.099	0.504	0.930
20:1....g	0.031		0	4		0.009	0.004	0.007
22:1 undifferentiated....g	0.003		0	4		0.001	0.000	0.001
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.611		0	4		0.457	0.209	0.387
18:2 undifferentiated....g	1.366		0	4		0.387	0.178	0.328
18:3 undifferentiated....g	0.043		0	4		0.012	0.006	0.010
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	0.158		0	4		0.045	0.021	0.038
20:5 n-3....g	0.004		0	4		0.001	0.001	0.001
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.041		0	4		0.012	0.005	0.010
Fatty acids, total trans....g								
Cholesterol....mg	365		0	1		103	47	88
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.133		0	1		0.038	0.017	0.032
Threonine....g	0.467		0	1		0.132	0.061	0.112
Isoleucine....g	0.516		0	1		0.146	0.067	0.124
Leucine....g	0.861		0	1		0.244	0.112	0.207
Lysine....g	0.679		0	1		0.192	0.088	0.163
Methionine....g	0.268		0	1		0.076	0.035	0.064
Cystine....g	0.224		0	1		0.064	0.029	0.054
Phenylalanine....g	0.511		0	1		0.145	0.066	0.123
Tyrosine....g	0.408		0	1		0.116	0.053	0.098
Valine....g	0.579		0	1		0.164	0.075	0.139
Arginine....g	0.610		0	1		0.173	0.079	0.146
Histidine....g	0.248		0	1		0.070	0.032	0.060
Alanine....g	0.502		0	1		0.142	0.065	0.120
Aspartic acid....g	0.888		0	1		0.252	0.115	0.213
Glutamic acid....g	1.920		0	1		0.544	0.250	0.461
Glycine....g	0.346		0	1		0.098	0.045	0.083
Proline....g	0.625		0	1		0.177	0.081	0.150
Serine....g	0.761		0	1		0.216	0.099	0.183
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 = 28.350g: 1 oz

Measure 2 = 13.000g: 1 anisette sponge (4" x 1-1/8" x 7/8")

Measure 3 = 24.000g: 1 breakfast treat (approx 4" x 2" x 7/8")

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	10.10	0.592	20	1		2.86	2.83	3.94
Energy....kcal	421		0	4		119	118	164
Energy....kj	1761			4		499	493	687
Protein (N x 5.7)....g	4.00	0.123	20	1		1.13	1.12	1.56
Total lipid (fat)....g	16.90	0.578	20	1		4.79	4.73	6.59
Ash....g	1.10	0.061	20	1		0.31	0.31	0.43
Carbohydrate, by difference....g	67.70		0	4		19.19	18.96	26.40
Fiber, total dietary....g	2.0		0	4		0.6	0.6	0.8
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	46	3.554	21	1		13	13	18
Iron, Fe....mg	2.53	0.268	18	1		0.72	0.71	0.99
Magnesium, Mg....mg	36	3.794	21	1		10	10	14
Phosphorus, P....mg	97	3.615	21	1		27	27	38
Potassium, K....mg	182	5.627	21	1		52	51	71
Sodium, Na....mg	168	6.125	21	1		48	47	66
Zinc, Zn....mg	0.65	0.079	18	1		0.18	0.18	0.25
Copper, Cu....mg	0.262	0.039	18	1		0.074	0.073	0.102
Manganese, Mn....mg	0.285	0.037	17	1		0.081	0.080	0.111
Selenium, Se....mcg	4.4		0	4		1.2	1.2	1.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.0	0.0
Thiamin....mg	0.093	0.007	17	1		0.026	0.026	0.036
Riboflavin....mg	0.208	0.013	20	1		0.059	0.058	0.081
Niacin....mg	0.784	0.132	17	1		0.222	0.220	0.306
Pantothenic acid....mg	0.476		0	4		0.135	0.133	0.186
Vitamin B-6....mg	0.062		0	4		0.018	0.017	0.024
Folate, total....mcg	19		0	4		5	5	7
Folic acid....mcg	15		0	4		4	4	6
Folate, food....mcg	4		0	4		1	1	2
Folate, DFE....mcg_DFE	30		0	4		8	8	12
Vitamin B-12....mcg	0.17		0	4		0.05	0.05	0.07
Vitamin A, IU....IU	5		0	4		1	1	2
Vitamin A, RE....mcg_RE	1		0	4		0	0	0
Vitamin E....mg_ATE	2.139		0	4		0.606	0.599	0.834
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.722		0	4		1.339	1.322	1.842
4:0....g	0.004		0	4		0.001	0.001	0.002
6:0....g	0.001		0	4		0.000	0.000	0.000
8:0....g	0.001		0	4		0.000	0.000	0.000
10:0....g	0.001		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	0.001		0	4		0.000	0.000	0.000
13:0....g								
14:0....g	0.086		0	4		0.024	0.024	0.034
15:0....g								
16:0....g	2.367		0	4		0.671	0.663	0.923
17:0....g								
18:0....g	2.249		0	4		0.638	0.630	0.877
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.345		0	4		2.649	2.617	3.645
14:1....g								
15:1....g								

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

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	0.003		0	4		0.001	0.001	0.001
17:1....g								
18:1 undifferentiated....g	9.341		0	4		2.648	2.615	3.643
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	1.943		0	4		0.551	0.544	0.758
18:2 undifferentiated....g	1.847		0	4		0.524	0.517	0.720
18:3 undifferentiated....g	0.096		0	4		0.027	0.027	0.037
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								
Amino Acids:								
Tryptophan....g	0.036		0	1		0.010	0.010	0.014
Threonine....g	0.128		0	1		0.036	0.036	0.050
Isoleucine....g	0.127		0	1		0.036	0.036	0.050
Leucine....g	0.225		0	1		0.064	0.063	0.088
Lysine....g	0.197		0	1		0.056	0.055	0.077
Methionine....g	0.049		0	1		0.014	0.014	0.019
Cystine....g	0.043		0	1		0.012	0.012	0.017
Phenylalanine....g	0.142		0	1		0.040	0.040	0.055
Tyrosine....g	0.083		0	1		0.024	0.023	0.032
Valine....g	0.170		0	1		0.048	0.048	0.066
Arginine....g	0.242		0	1		0.069	0.068	0.094
Histidine....g	0.059		0	1		0.017	0.017	0.023
Alanine....g	0.265		0	1		0.075	0.074	0.103
Aspartic acid....g	0.294		0	1		0.083	0.082	0.115
Glutamic acid....g	0.742		0	1		0.210	0.208	0.289
Glycine....g	0.487		0	1		0.138	0.136	0.190
Proline....g	0.442		0	1		0.125	0.124	0.172
Serine....g	0.172		0	1		0.049	0.048	0.067
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	5		0	4		1	1	2
Theobromine....mg	159		0	4		45	45	62

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 = 28.350g: 1 oz

Measure 2 = 28.000g: 1 Fudge Mashmallow

Measure 3 = 39.000g: 1 pie, marshmallow (3" dia x 3/4")

Calories Factors: **Protein** 3.6 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18177
Cookies, molasses

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	5.80	0.448	14	1		1.64	1.86	0.87
Energy....kcal	430		0	4		122	138	65
Energy....kj	1799			4		510	576	270
Protein (N x 5.7)....g	5.60	0.183	14	1		1.59	1.79	0.84
Total lipid (fat)....g	12.80	0.489	15	1		3.63	4.10	1.92
Ash....g	2.00	0.081	15	1		0.57	0.64	0.30
Carbohydrate, by difference....g	73.80		0	4		20.92	23.62	11.07
Fiber, total dietary....g	1.0		0	4		0.3	0.3	0.1
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	74	5.223	14	1		21	24	11
Iron, Fe....mg	6.43	0.544	12	1		1.82	2.06	0.96
Magnesium, Mg....mg	52	3.644	9	1		15	17	8
Phosphorus, P....mg	95	5.257	10	1		27	30	14
Potassium, K....mg	346	30.901	12	1		98	111	52
Sodium, Na....mg	459	21.240	13	1		130	147	69
Zinc, Zn....mg	0.45	0.038	9	1		0.13	0.14	0.07
Copper, Cu....mg	0.373	0.043	7	1		0.106	0.119	0.056
Manganese, Mn....mg	1.257	0.269	9	1		0.356	0.402	0.189
Selenium, Se....mcg	5.6		0	4		1.6	1.8	0.8
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.355	0.064	13	1		0.101	0.114	0.053
Riboflavin....mg	0.264	0.014	14	1		0.075	0.084	0.040
Niacin....mg	3.031	0.162	13	1		0.859	0.970	0.455
Pantothenic acid....mg	0.411		0	4		0.117	0.132	0.062
Vitamin B-6....mg	0.104		0	4		0.029	0.033	0.016
Folate, total....mcg	74		0	4		21	24	11
Folic acid....mcg	67		0	4		19	21	10
Folate, food....mcg	7		0	4		2	2	1
Folate, DFE....mcg_DFE	121		0	4		34	39	18
Vitamin B-12....mcg	0.00		0	1		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	1.712		0	4		0.485	0.548	0.257
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.212		0	4		0.911	1.028	0.482
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	0.062		0	4		0.018	0.020	0.009
15:0....g								
16:0....g	1.666		0	4		0.472	0.533	0.250
17:0....g								
18:0....g	1.480		0	4		0.420	0.474	0.222
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.130		0	4		2.021	2.282	1.070
14:1....g								
15:1....g								

NDB No. 18177
Cookies, molasses

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	0.002		0	4		0.001	0.001	0.000
17:1....g								
18:1 undifferentiated....g	7.128		0	4		2.021	2.281	1.069
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	1.729		0	4		0.490	0.553	0.259
18:2 undifferentiated....g	1.641		0	4		0.465	0.525	0.246
18:3 undifferentiated....g	0.088		0	4		0.025	0.028	0.013
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	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.080		0	1		0.023	0.026	0.012
Threonine....g	0.154		0	1		0.044	0.049	0.023
Isoleucine....g	0.210		0	1		0.060	0.067	0.032
Leucine....g	0.377		0	1		0.107	0.121	0.057
Lysine....g	0.193		0	1		0.055	0.062	0.029
Methionine....g	0.094		0	1		0.027	0.030	0.014
Cystine....g	0.120		0	1		0.034	0.038	0.018
Phenylalanine....g	0.263		0	1		0.075	0.084	0.039
Tyrosine....g	0.158		0	1		0.045	0.051	0.024
Valine....g	0.244		0	1		0.069	0.078	0.037
Arginine....g	0.212		0	1		0.060	0.068	0.032
Histidine....g	0.113		0	1		0.032	0.036	0.017
Alanine....g	0.167		0	1		0.047	0.053	0.025
Aspartic acid....g	0.238		0	1		0.067	0.076	0.036
Glutamic acid....g	1.824		0	1		0.517	0.584	0.274
Glycine....g	0.188		0	1		0.053	0.060	0.028
Proline....g	0.614		0	1		0.174	0.196	0.092
Serine....g	0.291		0	1		0.082	0.093	0.044
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 = 28.350g: 1 oz

Measure 2 = 32.000g: 1 large (3-1/2" to 4" dia) (include Archway brand)

Measure 3 = 15.000g: 1 medium

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	5.70	0.171	28	1		1.62	1.43	1.03
Energy....kcal	450		0	4		128	113	81
Energy....kj	1883			4		534	471	339
Protein (N x 5.8)....g	6.20	0.104	32	1		1.76	1.55	1.12
Total lipid (fat)....g	18.10	0.382	31	1		5.13	4.53	3.26
Ash....g	1.40	0.032	28	1		0.40	0.35	0.25
Carbohydrate, by difference....g	68.70		0	4		19.48	17.18	12.37
Fiber, total dietary....g	2.8		0	1		0.8	0.7	0.5
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	37	2.122	28	1		10	9	7
Iron, Fe....mg	2.58	0.099	24	1		0.73	0.65	0.46
Magnesium, Mg....mg	33	1.802	20	1		9	8	6
Phosphorus, P....mg	138	6.038	24	1		39	35	25
Potassium, K....mg	142	9.343	24	1		40	36	26
Sodium, Na....mg	383	14.081	28	1		109	96	69
Zinc, Zn....mg	0.79	0.036	18	1		0.22	0.20	0.14
Copper, Cu....mg	0.134	0.007	16	1		0.038	0.034	0.024
Manganese, Mn....mg	0.839	0.026	13	1		0.238	0.210	0.151
Selenium, Se....mcg	9.8	0.208	7	1		2.8	2.5	1.8
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		0	4		0.1	0.1	0.1
Thiamin....mg	0.267	0.020	26	1		0.076	0.067	0.048
Riboflavin....mg	0.230	0.014	26	1		0.065	0.058	0.041
Niacin....mg	2.227	0.097	28	1		0.631	0.557	0.401
Pantothenic acid....mg	0.386		0	4		0.109	0.097	0.069
Vitamin B-6....mg	0.066		0	4		0.019	0.017	0.012
Folate, total....mcg	45		0	4		13	11	8
Folic acid....mcg	38		0	4		11	10	7
Folate, food....mcg	7		0	4		2	2	1
Folate, DFE....mcg_DFE	72		0	4		20	18	13
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	18		0	4		5	5	3
Vitamin A, RE....mcg_RE	2		0	4		1	1	0
Vitamin E....mg_ATE	2.517		0	4		0.714	0.629	0.453
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.519		0	4		1.281	1.130	0.813
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	0.003		0	4		0.001	0.001	0.001
13:0....g								
14:0....g	0.086		0	4		0.024	0.022	0.015
15:0....g								
16:0....g	2.383		0	4		0.676	0.596	0.429
17:0....g								
18:0....g	2.031		0	4		0.576	0.508	0.366
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.025		0	4		2.842	2.506	1.805
14:1....g								
15:1....g								

NDB No. 18178
Cookies, oatmeal, commercially prepared, 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
16:1 undifferentiated....g	0.003		0	4		0.001	0.001	0.001
17:1....g								
18:1 undifferentiated....g	10.022		0	4		2.841	2.506	1.804
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	2.543		0	4		0.721	0.636	0.458
18:2 undifferentiated....g	2.413		0	4		0.684	0.603	0.434
18:3 undifferentiated....g	0.129		0	4		0.037	0.032	0.023
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	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.099		0	1		0.028	0.025	0.018
Threonine....g	0.174		0	1		0.049	0.044	0.031
Isoleucine....g	0.221		0	1		0.063	0.055	0.040
Leucine....g	0.431		0	1		0.122	0.108	0.078
Lysine....g	0.237		0	1		0.067	0.059	0.043
Methionine....g	0.120		0	1		0.034	0.030	0.022
Cystine....g	0.168		0	1		0.048	0.042	0.030
Phenylalanine....g	0.295		0	1		0.084	0.074	0.053
Tyrosine....g	0.202		0	1		0.057	0.051	0.036
Valine....g	0.298		0	1		0.084	0.075	0.054
Arginine....g	0.365		0	1		0.103	0.091	0.066
Histidine....g	0.144		0	1		0.041	0.036	0.026
Alanine....g	0.255		0	1		0.072	0.064	0.046
Aspartic acid....g	0.452		0	1		0.128	0.113	0.081
Glutamic acid....g	1.618		0	1		0.459	0.405	0.291
Glycine....g	0.272		0	1		0.077	0.068	0.049
Proline....g	0.476		0	1		0.135	0.119	0.086
Serine....g	0.317		0	1		0.090	0.079	0.057
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 = 28.350g: 1 oz

Measure 2 = 25.000g: 1 cookie, big (3-1/2" - 4" dia) (include Archway brand, Grandma brand)

Measure 3 = 18.000g: 1 large

Calories Factors: **Protein** 3.7 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	11.00	0.505	5	1		3.12	1.65	
Energy....kcal	409		0	4		116	61	
Energy....kj	1711			4		485	257	
Protein (N x 5.9)....g	6.10	0.126	4	1		1.73	0.92	
Total lipid (fat)....g	14.70	0.475	4	1		4.17	2.21	
Ash....g	2.40	0.148	4	1		0.68	0.36	
Carbohydrate, by difference....g	65.70		0	4		18.63	9.86	
Fiber, total dietary....g	2.7		0	1		0.8	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	90	20.405	3	1		26	14	
Iron, Fe....mg	2.79	0.765	3	1		0.79	0.42	
Magnesium, Mg....mg	30	2.615	3	1		9	5	
Phosphorus, P....mg	209	4.806	3	1		59	31	
Potassium, K....mg	135	28.727	3	1		38	20	
Sodium, Na....mg	349	43.247	3	1		99	52	
Zinc, Zn....mg	0.44	0.081	3	1		0.12	0.07	
Copper, Cu....mg	0.550	0.029	3	1		0.156	0.083	
Manganese, Mn....mg	0.421	0.017	3	1		0.119	0.063	
Selenium, Se....mcg	10.5		0	4		3.0	1.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.1	0.0	
Thiamin....mg	0.186	0.012	4	1		0.053	0.028	
Riboflavin....mg	0.228	0.009	4	1		0.065	0.034	
Niacin....mg	1.823	0.159	4	1		0.517	0.273	
Pantothenic acid....mg	0.461		0	4		0.131	0.069	
Vitamin B-6....mg	0.085		0	4		0.024	0.013	
Folate, total....mcg	34		0	4		10	5	
Folic acid....mcg	26		0	4		7	4	
Folate, food....mcg	8		0	4		2	1	
Folate, DFE....mcg_DFE	52		0	4		15	8	
Vitamin B-12....mcg	0.01		0	4		0.00	0.00	
Vitamin A, IU....IU	32		0	4		9	5	
Vitamin A, RE....mcg_RE	5		0	4		1	1	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.630		0	4		1.029	0.545	
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	0.005		0	4		0.001	0.001	
13:0....g								
14:0....g	0.068		0	4		0.019	0.010	
15:0....g								
16:0....g	1.956		0	4		0.555	0.293	
17:0....g								
18:0....g	1.581		0	4		0.448	0.237	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.988		0	4		2.265	1.198	
14:1....g								
15:1....g								

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

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	0.006		0	4		0.002	0.001	
17:1....g								
18:1 undifferentiated....g	7.981		0	4		2.263	1.197	
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	2.204		0	4		0.625	0.331	
18:2 undifferentiated....g	2.093		0	4		0.593	0.314	
18:3 undifferentiated....g	0.109		0	4		0.031	0.016	
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	0.002		0	4		0.001	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	5		0	4		1	1	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.096		0	1		0.027	0.014	
Threonine....g	0.193		0	1		0.055	0.029	
Isoleucine....g	0.240		0	1		0.068	0.036	
Leucine....g	0.450		0	1		0.128	0.068	
Lysine....g	0.271		0	1		0.077	0.041	
Methionine....g	0.130		0	1		0.037	0.020	
Cystine....g	0.168		0	1		0.048	0.025	
Phenylalanine....g	0.301		0	1		0.085	0.045	
Tyrosine....g	0.213		0	1		0.060	0.032	
Valine....g	0.314		0	1		0.089	0.047	
Arginine....g	0.375		0	1		0.106	0.056	
Histidine....g	0.142		0	1		0.040	0.021	
Alanine....g	0.275		0	1		0.078	0.041	
Aspartic acid....g	0.489		0	1		0.139	0.073	
Glutamic acid....g	1.434		0	1		0.407	0.215	
Glycine....g	0.268		0	1		0.076	0.040	
Proline....g	0.416		0	1		0.118	0.062	
Serine....g	0.337		0	1		0.096	0.051	
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 = 28.350g: 1 oz

Measure 2 = 15.000g: 1 cookie

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18180
Cookies, oatmeal, dry mix

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	5.30	0.091	26	1		1.50	26.29	
Energy....kcal	462		0	4		131	2292	
Energy....kj	1933			4		548	9588	
Protein (N x 5.8)....g	6.50	0.108	27	1		1.84	32.24	
Total lipid (fat)....g	19.20	0.198	27	1		5.44	95.23	
Ash....g	1.70	0.022	27	1		0.48	8.43	
Carbohydrate, by difference....g	67.30		0	4		19.08	333.81	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	25	4.052	13	1		7	124	
Iron, Fe....mg	2.22		1	1		0.63	11.01	
Magnesium, Mg....mg	48		1	1		14	238	
Phosphorus, P....mg	163	13.333	3	1		46	808	
Potassium, K....mg	183	9.425	9	1		52	908	
Sodium, Na....mg	473	33.867	9	1		134	2346	
Zinc, Zn....mg	0.80		1	1		0.23	3.97	
Copper, Cu....mg	0.200		1	1		0.057	0.992	
Manganese, Mn....mg	1.230		0	4		0.349	6.101	
Selenium, Se....mcg	10.6		0	4		3.0	52.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.5	
Thiamin....mg	0.142		0	4		0.040	0.704	
Riboflavin....mg	0.140		1	1		0.040	0.694	
Niacin....mg	1.300		1	1		0.369	6.448	
Pantothenic acid....mg	0.457		0	4		0.130	2.267	
Vitamin B-6....mg	0.042		0	4		0.012	0.208	
Folate, total....mcg	50		0	4		14	248	
Folic acid....mcg	39		0	4		11	193	
Folate, food....mcg	11		0	4		3	55	
Folate, DFE....mcg_DFE	77		0	4		22	383	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	28		0	4		8	139	
Vitamin A, RE....mcg_RE	2		0	4		1	10	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.755		0	4		1.348	23.585	
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	0.006		0	4		0.002	0.030	
13:0....g								
14:0....g	0.090		0	4		0.026	0.446	
15:0....g								
16:0....g	2.529		0	4		0.717	12.544	
17:0....g								
18:0....g	2.107		0	4		0.597	10.451	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.567		0	4		2.996	52.412	
14:1....g								
15:1....g								

NDB No. 18180
Cookies, oatmeal, dry mix

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	0.004		0	4		0.001	0.020	
17:1....g								
18:1 undifferentiated....g	10.563		0	4		2.995	52.392	
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	2.792		0	4		0.792	13.848	
18:2 undifferentiated....g	2.656		0	4		0.753	13.174	
18:3 undifferentiated....g	0.136		0	4		0.039	0.675	
18:4....g								
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	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.113		0	1		0.032	0.560	
Threonine....g	0.183		0	1		0.052	0.908	
Isoleucine....g	0.247		0	1		0.070	1.225	
Leucine....g	0.486		0	1		0.138	2.411	
Lysine....g	0.262		0	1		0.074	1.300	
Methionine....g	0.119		0	1		0.034	0.590	
Cystine....g	0.188		0	1		0.053	0.932	
Phenylalanine....g	0.327		0	1		0.093	1.622	
Tyrosine....g	0.226		0	1		0.064	1.121	
Valine....g	0.332		0	1		0.094	1.647	
Arginine....g	0.394		0	1		0.112	1.954	
Histidine....g	0.145		0	1		0.041	0.719	
Alanine....g	0.277		0	1		0.079	1.374	
Aspartic acid....g	0.473		0	1		0.134	2.346	
Glutamic acid....g	1.662		0	1		0.471	8.244	
Glycine....g	0.304		0	1		0.086	1.508	
Proline....g	0.494		0	1		0.140	2.450	
Serine....g	0.335		0	1		0.095	1.662	
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 = 28.350g: 1 oz

Measure 2 = 496.000g: 1 package (17.5 oz)

Calories Factors: **Protein** 3.7 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18182
Cookies, oatmeal, refrigerated dough

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	15.30	0.277	35	1		4.34	2.45	
Energy....kcal	424		0	4		120	68	
Energy....kj	1774			4		503	284	
Protein (N x 5.9)....g	5.40	0.108	34	1		1.53	0.86	
Total lipid (fat)....g	18.90	0.314	36	1		5.36	3.02	
Ash....g	1.30	0.055	35	1		0.37	0.21	
Carbohydrate, by difference....g	59.10		0	4		16.75	9.46	
Fiber, total dietary....g	2.5		0	4		0.7	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	31	1.478	26	1		9	5	
Iron, Fe....mg	2.14	0.100	22	1		0.61	0.34	
Magnesium, Mg....mg	28	1.284	17	1		8	4	
Phosphorus, P....mg	104	3.531	18	1		29	17	
Potassium, K....mg	147	15.432	18	1		42	24	
Sodium, Na....mg	294	12.727	30	1		83	47	
Zinc, Zn....mg	0.64	0.036	17	1		0.18	0.10	
Copper, Cu....mg	0.110	0.010	16	1		0.031	0.018	
Manganese, Mn....mg	0.765		0	4		0.217	0.122	
Selenium, Se....mcg	9.1		0	4		2.6	1.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.234	0.021	22	1		0.066	0.037	
Riboflavin....mg	0.148	0.008	25	1		0.042	0.024	
Niacin....mg	1.865	0.123	23	1		0.529	0.298	
Pantothenic acid....mg	0.372		0	4		0.105	0.060	
Vitamin B-6....mg	0.041		0	4		0.012	0.007	
Folate, total....mcg	35		0	4		10	6	
Folic acid....mcg	26		0	4		7	4	
Folate, food....mcg	9		0	4		3	1	
Folate, DFE....mcg_DFE	53		0	4		15	9	
Vitamin B-12....mcg	0.04		0	4		0.01	0.01	
Vitamin A, IU....IU	70	9.073	6	1		20	11	
Vitamin A, RE....mcg_RE	13		0	1		4	2	
Vitamin E....mg_ATE	2.551		0	4		0.723	0.408	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.751		0	4		1.347	0.760	
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	0.003		0	4		0.001	0.000	
13:0....g								
14:0....g	0.090		0	4		0.026	0.014	
15:0....g								
16:0....g	2.509		0	4		0.711	0.401	
17:0....g								
18:0....g	2.134		0	4		0.605	0.341	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.531		0	4		2.986	1.685	
14:1....g								
15:1....g								

NDB No. 18182
Cookies, oatmeal, refrigerated dough

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	0.010		0	4		0.003	0.002	
17:1....g								
18:1 undifferentiated....g	10.520		0	4		2.982	1.683	
20:1....g	0.001		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	2.592		0	4		0.735	0.415	
18:2 undifferentiated....g	2.458		0	4		0.697	0.393	
18:3 undifferentiated....g	0.126		0	4		0.036	0.020	
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	0.005		0	4		0.001	0.001	
20:5 n-3....g	0.001		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	0.001		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	24	1.980	15	1		7	4	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.088		0	1		0.025	0.014	
Threonine....g	0.177		0	1		0.050	0.028	
Isoleucine....g	0.227		0	1		0.064	0.036	
Leucine....g	0.414		0	1		0.117	0.066	
Lysine....g	0.257		0	1		0.073	0.041	
Methionine....g	0.122		0	1		0.035	0.020	
Cystine....g	0.153		0	1		0.043	0.024	
Phenylalanine....g	0.278		0	1		0.079	0.044	
Tyrosine....g	0.195		0	1		0.055	0.031	
Valine....g	0.291		0	1		0.082	0.047	
Arginine....g	0.334		0	1		0.095	0.053	
Histidine....g	0.125		0	1		0.035	0.020	
Alanine....g	0.255		0	1		0.072	0.041	
Aspartic acid....g	0.451		0	1		0.128	0.072	
Glutamic acid....g	1.206		0	1		0.342	0.193	
Glycine....g	0.241		0	1		0.068	0.039	
Proline....g	0.348		0	1		0.099	0.056	
Serine....g	0.305		0	1		0.086	0.049	
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 = 28.350g: 1 oz

Measure 2 = 16.000g: 1 portion, dough for 1 cookie

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	5.80		0	4		1.64	0.70	
Energy....kcal	471		0	4		134	57	
Energy....kj	1971			4		559	236	
Protein....g	6.00		0	4		1.70	0.72	
Total lipid (fat)....g	21.00		0	4		5.95	2.52	
Ash....g	1.40		0	4		0.40	0.17	
Carbohydrate, by difference....g	65.70		0	4		18.63	7.88	
Fiber, total dietary....g	2.8		0	4		0.8	0.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	35		0	4		10	4	
Iron, Fe....mg	2.38		0	4		0.67	0.29	
Magnesium, Mg....mg	32		0	4		9	4	
Phosphorus, P....mg	116		0	4		33	14	
Potassium, K....mg	163		0	4		46	20	
Sodium, Na....mg	327		0	4		93	39	
Zinc, Zn....mg	0.71		0	4		0.20	0.09	
Copper, Cu....mg	0.122		0	4		0.035	0.015	
Manganese, Mn....mg	0.953		0	4		0.270	0.114	
Selenium, Se....mcg	10.1		0	4		2.9	1.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.0	
Thiamin....mg	0.208		0	4		0.059	0.025	
Riboflavin....mg	0.148		0	4		0.042	0.018	
Niacin....mg	1.865		0	4		0.529	0.224	
Pantothenic acid....mg	0.210		0	4		0.060	0.025	
Vitamin B-6....mg	0.055		0	4		0.016	0.007	
Folate, total....mcg	27		0	4		8	3	
Folic acid....mcg	20		0	4		6	2	
Folate, food....mcg	7		0	4		2	1	
Folate, DFE....mcg_DFE	41		0	4		12	5	
Vitamin B-12....mcg	0.04		0	4		0.01	0.00	
Vitamin A, IU....IU	70		0	4		20	8	
Vitamin A, RE....mcg_RE	13		0	4		4	2	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.339		0	4		1.514	0.641	
4:0....g								
6:0....g								
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	0.102		0	4		0.029	0.012	
15:0....g								
16:0....g	2.871		0	4		0.814	0.345	
17:0....g								
18:0....g	2.365		0	4		0.670	0.284	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.729		0	4		3.325	1.407	
14:1....g								
15:1....g								

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

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	0.015		0	4		0.004	0.002	
17:1....g								
18:1 undifferentiated....g	11.713		0	4		3.321	1.406	
20:1....g	0.001		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	2.976		0	4		0.844	0.357	
18:2 undifferentiated....g	2.818		0	4		0.799	0.338	
18:3 undifferentiated....g	0.152		0	4		0.043	0.018	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.005		0	4		0.001	0.001	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.001		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	26		0	4		7	3	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.098		0	4		0.028	0.012	
Threonine....g	0.197		0	4		0.056	0.024	
Isoleucine....g	0.252		0	4		0.071	0.030	
Leucine....g	0.460		0	4		0.130	0.055	
Lysine....g	0.286		0	4		0.081	0.034	
Methionine....g	0.136		0	4		0.039	0.016	
Cystine....g	0.170		0	4		0.048	0.020	
Phenylalanine....g	0.309		0	4		0.088	0.037	
Tyrosine....g	0.217		0	4		0.062	0.026	
Valine....g	0.323		0	4		0.092	0.039	
Arginine....g	0.371		0	4		0.105	0.045	
Histidine....g	0.139		0	4		0.039	0.017	
Alanine....g	0.284		0	4		0.081	0.034	
Aspartic acid....g	0.501		0	4		0.142	0.060	
Glutamic acid....g	1.340		0	4		0.380	0.161	
Glycine....g	0.268		0	4		0.076	0.032	
Proline....g	0.387		0	4		0.110	0.046	
Serine....g	0.339		0	4		0.096	0.041	
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 = 28.350g: 1 oz

Measure 2 = 12.000g: 1 cookie

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	6.40		0	1		1.81	0.96	
Energy....kcal	435		0	4		123	65	
Energy....kj	1820			4		516	273	
Protein (N x 0)....g	6.50		0	1		1.84	0.98	
Total lipid (fat)....g	16.20		0	1		4.59	2.43	
Ash....g	2.40		0	1		0.68	0.36	
Carbohydrate, by difference....g	68.40		0	4		19.39	10.26	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	100		0	1		28	15	
Iron, Fe....mg	2.65		0	1		0.75	0.40	
Magnesium, Mg....mg	42		0	1		12	6	
Phosphorus, P....mg	161		0	1		46	24	
Potassium, K....mg	239		0	1		68	36	
Sodium, Na....mg	538		0	1		153	81	
Zinc, Zn....mg	0.86		0	1		0.24	0.13	
Copper, Cu....mg	0.181		0	1		0.051	0.027	
Manganese, Mn....mg	0.987		0	1		0.280	0.148	
Selenium, Se....mcg	15.6		0	4		4.4	2.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		0	1		0.1	0.1	
Thiamin....mg	0.249		0	1		0.071	0.037	
Riboflavin....mg	0.166		0	1		0.047	0.025	
Niacin....mg	1.259		0	1		0.357	0.189	
Pantothenic acid....mg	0.329		0	1		0.093	0.049	
Vitamin B-6....mg	0.071		0	1		0.020	0.011	
Folate, total....mcg	30		0	4		9	5	
Folic acid....mcg	19		0	4		5	3	
Folate, food....mcg	11		0	1		3	2	
Folate, DFE....mcg_DFE	43		0	4		12	6	
Vitamin B-12....mcg	0.08		0	1		0.02	0.01	
Vitamin A, IU....IU	641		0	1		182	96	
Vitamin A, RE....mcg_RE	164		0	1		46	25	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.232		0	1		0.916	0.485	
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	0.004		0	1		0.001	0.001	
13:0....g								
14:0....g	0.041		0	1		0.012	0.006	
15:0....g								
16:0....g	2.072		0	1		0.587	0.311	
17:0....g								
18:0....g	1.098		0	1		0.311	0.165	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.888		0	1		1.953	1.033	
14:1....g								
15:1....g								

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

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	0.025		0	1		0.007	0.004	
17:1....g								
18:1 undifferentiated....g	6.860		0	1		1.945	1.029	
20:1....g	0.002		0	1		0.001	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	5.034		0	1		1.427	0.755	
18:2 undifferentiated....g	4.800		0	1		1.361	0.720	
18:3 undifferentiated....g	0.220		0	1		0.062	0.033	
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	0.011		0	1		0.003	0.002	
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	0.003		0	1		0.001	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	33		0	1		9	5	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.081		0	1		0.023	0.012	
Threonine....g	0.217		0	1		0.062	0.033	
Isoleucine....g	0.254		0	1		0.072	0.038	
Leucine....g	0.466		0	1		0.132	0.070	
Lysine....g	0.256		0	1		0.073	0.038	
Methionine....g	0.135		0	1		0.038	0.020	
Cystine....g	0.143		0	1		0.041	0.021	
Phenylalanine....g	0.322		0	1		0.091	0.048	
Tyrosine....g	0.213		0	1		0.060	0.032	
Valine....g	0.322		0	1		0.091	0.048	
Arginine....g	0.379		0	1		0.107	0.057	
Histidine....g	0.155		0	1		0.044	0.023	
Alanine....g	0.292		0	1		0.083	0.044	
Aspartic acid....g	0.489		0	1		0.139	0.073	
Glutamic acid....g	1.549		0	1		0.439	0.232	
Glycine....g	0.254		0	1		0.072	0.038	
Proline....g	0.446		0	1		0.126	0.067	
Serine....g	0.310		0	1		0.088	0.047	
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 = 28.350g: 1 oz

Measure 2 = 15.000g: 1 cookie (2-5/8" dia)

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	6.10	0.648	6	1		1.73	0.92	
Energy....kcal	477		0	4		135	72	
Energy....kj	1996			4		566	299	
Protein (N x 5.6)....g	9.60	0.688	6	1		2.72	1.44	
Total lipid (fat)....g	23.60	0.682	6	1		6.69	3.54	
Ash....g	1.80	0.054	5	1		0.51	0.27	
Carbohydrate, by difference....g	58.90		0	4		16.70	8.84	
Fiber, total dietary....g	1.8		0	1		0.5	0.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	35	6.467	6	1		10	5	
Iron, Fe....mg	2.51	0.417	7	1		0.71	0.38	
Magnesium, Mg....mg	45	0.743	5	1		13	7	
Phosphorus, P....mg	86	12.021	5	1		24	13	
Potassium, K....mg	167	24.641	5	1		47	25	
Sodium, Na....mg	415	27.519	6	1		118	62	
Zinc, Zn....mg	0.53	0.092	4	1		0.15	0.08	
Copper, Cu....mg	0.200		1	1		0.057	0.030	
Manganese, Mn....mg	0.280	0.032	3	1		0.079	0.042	
Selenium, Se....mcg	5.9	1.164	6	1		1.7	0.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.170	0.020	7	1		0.048	0.026	
Riboflavin....mg	0.180	0.020	7	1		0.051	0.027	
Niacin....mg	4.270	0.547	7	1		1.211	0.641	
Pantothenic acid....mg	0.582		0	4		0.165	0.087	
Vitamin B-6....mg	0.087		0	4		0.025	0.013	
Folate, total....mcg	62		0	4		18	9	
Folic acid....mcg	30		0	4		9	5	
Folate, food....mcg	32		0	4		9	5	
Folate, DFE....mcg_DFE	83		0	4		24	12	
Vitamin B-12....mcg	0.04		0	4		0.01	0.01	
Vitamin A, IU....IU	9		0	4		3	1	
Vitamin A, RE....mcg_RE	3		0	4		1	0	
Vitamin E....mg_ATE	3.366		0	4		0.954	0.505	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.485		0	4		1.271	0.673	
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	0.057		0	4		0.016	0.009	
15:0....g								
16:0....g	2.772		0	4		0.786	0.416	
17:0....g								
18:0....g	1.504		0	4		0.426	0.226	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	12.368		0	4		3.506	1.855	
14:1....g								
15:1....g								

NDB No. 18185
Cookies, peanut butter, commercially prepared, 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
16:1 undifferentiated....g	0.013		0	4		0.004	0.002	
17:1....g								
18:1 undifferentiated....g	12.174		0	4		3.451	1.826	
20:1....g	0.179		0	4		0.051	0.027	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	5.518		0	4		1.564	0.828	
18:2 undifferentiated....g	5.440		0	4		1.542	0.816	
18:3 undifferentiated....g	0.067		0	4		0.019	0.010	
18:4....g	0.001		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.006		0	4		0.002	0.001	
20:5 n-3....g	0.003		0	4		0.001	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.002		0	4		0.001	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	1	0.010	3	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.110		0	1		0.031	0.017	
Threonine....g	0.323		0	1		0.092	0.048	
Isoleucine....g	0.363		0	1		0.103	0.054	
Leucine....g	0.652		0	1		0.185	0.098	
Lysine....g	0.380		0	1		0.108	0.057	
Methionine....g	0.148		0	1		0.042	0.022	
Cystine....g	0.160		0	1		0.045	0.024	
Phenylalanine....g	0.485		0	1		0.137	0.073	
Tyrosine....g	0.353		0	1		0.100	0.053	
Valine....g	0.425		0	1		0.120	0.064	
Arginine....g	0.852		0	1		0.242	0.128	
Histidine....g	0.225		0	1		0.064	0.034	
Alanine....g	0.370		0	1		0.105	0.056	
Aspartic acid....g	0.922		0	1		0.261	0.138	
Glutamic acid....g	2.271		0	1		0.644	0.341	
Glycine....g	0.477		0	1		0.135	0.072	
Proline....g	0.612		0	1		0.174	0.092	
Serine....g	0.504		0	1		0.143	0.076	
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 = 28.350g: 1 oz

Measure 2 = 15.000g: 1 cookie

Calories Factors: **Protein** 3.7 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	11.50		2	1		3.26	1.73	
Energy....kcal	457		0	4		130	69	
Energy....kj	1912			4		542	287	
Protein (N x 5.5)....g	5.30		2	1		1.50	0.80	
Total lipid (fat)....g	24.40	0.237	3	1		6.92	3.66	
Ash....g	1.10		2	1		0.31	0.17	
Carbohydrate, by difference....g	57.70		0	4		16.36	8.66	
Fiber, total dietary....g	1.7		0	1		0.5	0.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	12		2	1		3	2	
Iron, Fe....mg	0.89		2	1		0.25	0.13	
Magnesium, Mg....mg	32		2	1		9	5	
Phosphorus, P....mg	87		2	1		25	13	
Potassium, K....mg	107		2	1		30	16	
Sodium, Na....mg	336		2	1		95	50	
Zinc, Zn....mg	0.55		2	1		0.16	0.08	
Copper, Cu....mg	0.080		2	1		0.023	0.012	
Manganese, Mn....mg	0.430		2	1		0.122	0.065	
Selenium, Se....mcg	4.4		1	1		1.2	0.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	
Thiamin....mg	0.248	0.008	8	1		0.070	0.037	
Riboflavin....mg	0.165	0.001	8	1		0.047	0.025	
Niacin....mg	2.160	0.042	8	1		0.612	0.324	
Pantothenic acid....mg	0.362	0.007	8	1		0.103	0.054	
Vitamin B-6....mg	0.027		0	4		0.008	0.004	
Folate, total....mcg	67		0	4		19	10	
Folic acid....mcg	62		0	4		18	9	
Folate, food....mcg	5	0.032	8	1		1	1	
Folate, DFE....mcg_DFE	110		0	4		31	17	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.149		0	4		1.743	0.922	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g	0.002		0	1		0.001	0.000	
13:0....g								
14:0....g	0.089		0	1		0.025	0.013	
15:0....g								
16:0....g	3.006		0	1		0.852	0.451	
17:0....g								
18:0....g	2.268		0	1		0.643	0.340	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	13.844		0	4		3.925	2.077	
14:1....g								
15:1....g								

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

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	0.001		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	13.169		0	1		3.733	1.975	
20:1....g	0.098		0	1		0.028	0.015	
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.181		0	4		0.902	0.477	
18:2 undifferentiated....g	4.243		0	1		1.203	0.636	
18:3 undifferentiated....g	0.113		0	1		0.032	0.017	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.018		0	1		0.005	0.003	
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	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.063		0	1		0.018	0.009	
Threonine....g	0.174		0	1		0.049	0.026	
Isoleucine....g	0.200		0	1		0.057	0.030	
Leucine....g	0.360		0	1		0.102	0.054	
Lysine....g	0.201		0	1		0.057	0.030	
Methionine....g	0.069		0	1		0.020	0.010	
Cystine....g	0.087		0	1		0.025	0.013	
Phenylalanine....g	0.268		0	1		0.076	0.040	
Tyrosine....g	0.194		0	1		0.055	0.029	
Valine....g	0.234		0	1		0.066	0.035	
Arginine....g	0.461		0	1		0.131	0.069	
Histidine....g	0.126		0	1		0.036	0.019	
Alanine....g	0.196		0	1		0.056	0.029	
Aspartic acid....g	0.488		0	1		0.138	0.073	
Glutamic acid....g	1.329		0	1		0.377	0.199	
Glycine....g	0.262		0	1		0.074	0.039	
Proline....g	0.368		0	1		0.104	0.055	
Serine....g	0.274		0	1		0.078	0.041	
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 = 28.350g: 1 oz

Measure 2 = 15.000g: 1 cookie

Calories Factors: **Protein** 3.7 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18187
Cookies, peanut butter, refrigerated dough

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	12.60	0.187	38	1		3.57	2.02	
Energy....kcal	458		0	4		130	73	
Energy....kj	1916			4		543	307	
Protein (N x 5.7)....g	8.20	0.171	38	1		2.32	1.31	
Total lipid (fat)....g	25.00	0.357	40	1		7.09	4.00	
Ash....g	2.00	0.086	38	1		0.57	0.32	
Carbohydrate, by difference....g	52.10		0	4		14.77	8.34	
Fiber, total dietary....g	1.1		0	4		0.3	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	101	8.905	34	1		29	16	
Iron, Fe....mg	1.70	0.083	30	1		0.48	0.27	
Magnesium, Mg....mg	37	1.046	22	1		10	6	
Phosphorus, P....mg	241	7.821	23	1		68	39	
Potassium, K....mg	308	31.025	26	1		87	49	
Sodium, Na....mg	397	32.309	38	1		113	64	
Zinc, Zn....mg	0.68	0.021	22	1		0.19	0.11	
Copper, Cu....mg	0.151	0.006	22	1		0.043	0.024	
Manganese, Mn....mg	0.326		0	4		0.092	0.052	
Selenium, Se....mcg	5.0		0	4		1.4	0.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	1		0.0	0.0	
Thiamin....mg	0.191	0.025	15	1		0.054	0.031	
Riboflavin....mg	0.186	0.012	8	1		0.053	0.030	
Niacin....mg	4.143	0.186	30	1		1.175	0.663	
Pantothenic acid....mg	0.379		0	4		0.107	0.061	
Vitamin B-6....mg	0.142		0	4		0.040	0.023	
Folate, total....mcg	57		0	4		16	9	
Folic acid....mcg	45		0	4		13	7	
Folate, food....mcg	12		0	4		3	2	
Folate, DFE....mcg_DFE	89		0	4		25	14	
Vitamin B-12....mcg	0.04		0	4		0.01	0.01	
Vitamin A, IU....IU	47		1	1		13	8	
Vitamin A, RE....mcg_RE	14		0	1		4	2	
Vitamin E....mg_ATE	4.068		0	4		1.153	0.651	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.791		0	4		1.642	0.927	
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	0.005		0	4		0.001	0.001	
13:0....g								
14:0....g	0.115		0	4		0.033	0.018	
15:0....g								
16:0....g	3.083		0	4		0.874	0.493	
17:0....g								
18:0....g	2.205		0	4		0.625	0.353	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	13.124		0	4		3.721	2.100	
14:1....g								
15:1....g								

NDB No. 18187
Cookies, peanut butter, refrigerated dough

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	0.013		0	4		0.004	0.002	
17:1....g								
18:1 undifferentiated....g	13.013		0	4		3.689	2.082	
20:1....g	0.098		0	4		0.028	0.016	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	4.787		0	4		1.357	0.766	
18:2 undifferentiated....g	4.677		0	4		1.326	0.748	
18:3 undifferentiated....g	0.102		0	4		0.029	0.016	
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	0.006		0	4		0.002	0.001	
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	0.002		0	4		0.001	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	27	2.199	17	1		8	4	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.098		0	1		0.028	0.016	
Threonine....g	0.278		0	1		0.079	0.044	
Isoleucine....g	0.324		0	1		0.092	0.052	
Leucine....g	0.571		0	1		0.162	0.091	
Lysine....g	0.339		0	1		0.096	0.054	
Methionine....g	0.129		0	1		0.037	0.021	
Cystine....g	0.148		0	1		0.042	0.024	
Phenylalanine....g	0.412		0	1		0.117	0.066	
Tyrosine....g	0.292		0	1		0.083	0.047	
Valine....g	0.378		0	1		0.107	0.060	
Arginine....g	0.632		0	1		0.179	0.101	
Histidine....g	0.190		0	1		0.054	0.030	
Alanine....g	0.315		0	1		0.089	0.050	
Aspartic acid....g	0.705		0	1		0.200	0.113	
Glutamic acid....g	2.018		0	1		0.572	0.323	
Glycine....g	0.370		0	1		0.105	0.059	
Proline....g	0.582		0	1		0.165	0.093	
Serine....g	0.450		0	1		0.128	0.072	
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 = 28.350g: 1 oz

Measure 2 = 16.000g: 1 portion, dough for 1 cookie

Calories Factors: **Protein** 3.8 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.00		0	4		1.13	0.48	
Energy....kcal	503		0	4		143	60	
Energy....kj	2105			4		597	253	
Protein....g	9.10		0	4		2.58	1.09	
Total lipid (fat)....g	27.50		0	4		7.80	3.30	
Ash....g	2.10		0	4		0.60	0.25	
Carbohydrate, by difference....g	57.30		0	4		16.24	6.88	
Fiber, total dietary....g	1.2		0	4		0.4	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	111		0	4		31	13	
Iron, Fe....mg	1.87		0	4		0.53	0.22	
Magnesium, Mg....mg	41		0	4		12	5	
Phosphorus, P....mg	264		0	4		75	32	
Potassium, K....mg	338		0	4		96	41	
Sodium, Na....mg	436		0	4		124	52	
Zinc, Zn....mg	0.75		0	4		0.21	0.09	
Copper, Cu....mg	0.166		0	4		0.047	0.020	
Manganese, Mn....mg	0.461		0	4		0.131	0.055	
Selenium, Se....mcg	5.1		1	1		1.4	0.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.168		0	4		0.048	0.020	
Riboflavin....mg	0.184		0	4		0.052	0.022	
Niacin....mg	4.098		0	4		1.162	0.492	
Pantothenic acid....mg	0.300		0	4		0.085	0.036	
Vitamin B-6....mg	0.064		0	4		0.018	0.008	
Folate, total....mcg	44		0	4		12	5	
Folic acid....mcg	35		0	4		10	4	
Folate, food....mcg	9		0	4		3	1	
Folate, DFE....mcg_DFE	69		0	4		19	8	
Vitamin B-12....mcg	0.06		0	4		0.02	0.01	
Vitamin A, IU....IU	46		0	4		13	6	
Vitamin A, RE....mcg_RE	14		0	4		4	2	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.199		0	4		1.757	0.744	
4:0....g								
6:0....g								
8:0....g	0.001		0	4		0.000	0.000	
10:0....g	0.001		0	4		0.000	0.000	
11:0....g								
12:0....g	0.004		0	4		0.001	0.000	
13:0....g								
14:0....g	0.099		0	4		0.028	0.012	
15:0....g								
16:0....g	3.539		0	4		1.003	0.425	
17:0....g								
18:0....g	2.552		0	4		0.723	0.306	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	14.526		0	4		4.118	1.743	
14:1....g								
15:1....g								

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

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	0.044		0	4		0.012	0.005	
17:1....g								
18:1 undifferentiated....g	14.372		0	4		4.074	1.725	
20:1....g	0.110		0	4		0.031	0.013	
22:1 undifferentiated....g	0.001		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	4.889		0	4		1.386	0.587	
18:2 undifferentiated....g	4.700		0	4		1.332	0.564	
18:3 undifferentiated....g	0.131		0	4		0.037	0.016	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.052		0	4		0.015	0.006	
20:5 n-3....g	0.001		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.005		0	4		0.001	0.001	
Fatty acids, total trans....g								
Cholesterol....mg	30		0	4		9	4	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.108		0	4		0.031	0.013	
Threonine....g	0.305		0	4		0.086	0.037	
Isoleucine....g	0.356		0	4		0.101	0.043	
Leucine....g	0.628		0	4		0.178	0.075	
Lysine....g	0.372		0	4		0.105	0.045	
Methionine....g	0.141		0	4		0.040	0.017	
Cystine....g	0.162		0	4		0.046	0.019	
Phenylalanine....g	0.453		0	4		0.128	0.054	
Tyrosine....g	0.321		0	4		0.091	0.039	
Valine....g	0.415		0	4		0.118	0.050	
Arginine....g	0.695		0	4		0.197	0.083	
Histidine....g	0.208		0	4		0.059	0.025	
Alanine....g	0.347		0	4		0.098	0.042	
Aspartic acid....g	0.774		0	4		0.219	0.093	
Glutamic acid....g	2.218		0	4		0.629	0.266	
Glycine....g	0.407		0	4		0.115	0.049	
Proline....g	0.639		0	4		0.181	0.077	
Serine....g	0.494		0	4		0.140	0.059	
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 = 28.350g: 1 oz

Measure 2 = 12.000g: 1 cookie

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

Food Group: 18 Baked Products

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

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

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	5.90		0	1		1.67	1.18	
Energy....kcal	475		0	4		135	95	
Energy....kj	1987			4		563	397	
Protein (N x 0)....g	9.00		0	1		2.55	1.80	
Total lipid (fat)....g	23.80		0	1		6.75	4.76	
Ash....g	2.00		0	1		0.57	0.40	
Carbohydrate, by difference....g	58.90		0	4		16.70	11.78	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	39		0	1		11	8	
Iron, Fe....mg	2.23		0	1		0.63	0.45	
Magnesium, Mg....mg	39		0	1		11	8	
Phosphorus, P....mg	116		0	1		33	23	
Potassium, K....mg	231		0	1		65	46	
Sodium, Na....mg	518		0	1		147	104	
Zinc, Zn....mg	0.82		0	1		0.23	0.16	
Copper, Cu....mg	0.183		0	1		0.052	0.037	
Manganese, Mn....mg	0.570		0	1		0.162	0.114	
Selenium, Se....mcg	14.8		0	4		4.2	3.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.0	0.0	
Thiamin....mg	0.222		0	1		0.063	0.044	
Riboflavin....mg	0.210		0	1		0.060	0.042	
Niacin....mg	3.514		0	1		0.996	0.703	
Pantothenic acid....mg	0.345		0	1		0.098	0.069	
Vitamin B-6....mg	0.084		0	1		0.024	0.017	
Folate, total....mcg	55		0	4		16	11	
Folic acid....mcg	37		0	4		10	7	
Folate, food....mcg	18		0	1		5	4	
Folate, DFE....mcg_DFE	81		0	4		23	16	
Vitamin B-12....mcg	0.09		0	1		0.03	0.02	
Vitamin A, IU....IU	601		0	1		170	120	
Vitamin A, RE....mcg_RE	156		0	1		44	31	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.438		0	1		1.258	0.888	
4:0....g	0.003		0	1		0.001	0.001	
6:0....g	0.002		0	1		0.001	0.000	
8:0....g	0.001		0	1		0.000	0.000	
10:0....g	0.002		0	1		0.001	0.000	
11:0....g								
12:0....g	0.007		0	1		0.002	0.001	
13:0....g								
14:0....g	0.054		0	1		0.015	0.011	
15:0....g								
16:0....g	2.905		0	1		0.824	0.581	
17:0....g								
18:0....g	1.461		0	1		0.414	0.292	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.832		0	1		3.071	2.166	
14:1....g								
15:1....g								

NDB No. 18189
Cookies, peanut butter, prepared from 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
16:1 undifferentiated....g	0.024		0	1		0.007	0.005	
17:1....g								
18:1 undifferentiated....g	10.684		0	1		3.029	2.137	
20:1....g	0.123		0	1		0.035	0.025	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	7.223		0	1		2.048	1.445	
18:2 undifferentiated....g	6.966		0	1		1.975	1.393	
18:3 undifferentiated....g	0.207		0	1		0.059	0.041	
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	0.047		0	1		0.013	0.009	
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	0.003		0	1		0.001	0.001	
Fatty acids, total trans....g								
Cholesterol....mg	31		0	1		9	6	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.099		0	1		0.028	0.020	
Threonine....g	0.299		0	1		0.085	0.060	
Isoleucine....g	0.338		0	1		0.096	0.068	
Leucine....g	0.623		0	1		0.177	0.125	
Lysine....g	0.321		0	1		0.091	0.064	
Methionine....g	0.149		0	1		0.042	0.030	
Cystine....g	0.151		0	1		0.043	0.030	
Phenylalanine....g	0.460		0	1		0.130	0.092	
Tyrosine....g	0.332		0	1		0.094	0.066	
Valine....g	0.395		0	1		0.112	0.079	
Arginine....g	0.734		0	1		0.208	0.147	
Histidine....g	0.216		0	1		0.061	0.043	
Alanine....g	0.344		0	1		0.098	0.069	
Aspartic acid....g	0.799		0	1		0.227	0.160	
Glutamic acid....g	2.223		0	1		0.630	0.445	
Glycine....g	0.425		0	1		0.120	0.085	
Proline....g	0.643		0	1		0.182	0.129	
Serine....g	0.469		0	1		0.133	0.094	
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 = 28.350g: 1 oz

Measure 2 = 20.000g: 1 cookie (3" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18190
Cookies, peanut butter sandwich, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	2.80	0.146	21	1		0.79	0.39	
Energy....kcal	478		0	4		136	67	
Energy....kj	2000			4		567	280	
Protein (N x 5.6)....g	8.80	0.171	21	1		2.49	1.23	
Total lipid (fat)....g	21.10	0.401	24	1		5.98	2.95	
Ash....g	1.60	0.042	22	1		0.45	0.22	
Carbohydrate, by difference....g	65.60		0	4		18.60	9.18	
Fiber, total dietary....g	1.9		0	4		0.5	0.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	53	1.900	19	1		15	7	
Iron, Fe....mg	2.60	0.060	19	1		0.74	0.36	
Magnesium, Mg....mg	49	0.999	19	1		14	7	
Phosphorus, P....mg	188	6.870	18	1		53	26	
Potassium, K....mg	192	4.326	19	1		54	27	
Sodium, Na....mg	368	8.869	19	1		104	52	
Zinc, Zn....mg	1.06	0.019	19	1		0.30	0.15	
Copper, Cu....mg	0.237	0.015	19	1		0.067	0.033	
Manganese, Mn....mg	0.912	0.022	17	1		0.259	0.128	
Selenium, Se....mcg	7.7	1.570	3	1		2.2	1.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1	0.033	3	1		0.0	0.0	
Thiamin....mg	0.325	0.015	17	1		0.092	0.046	
Riboflavin....mg	0.263	0.013	18	1		0.075	0.037	
Niacin....mg	3.739	0.088	19	1		1.060	0.523	
Pantothenic acid....mg	0.915		0	4		0.259	0.128	
Vitamin B-6....mg	0.139		0	4		0.039	0.019	
Folate, total....mcg	44		0	4		12	6	
Folic acid....mcg	29		0	4		8	4	
Folate, food....mcg	15		0	4		4	2	
Folate, DFE....mcg_DFE	64		0	4		18	9	
Vitamin B-12....mcg	0.23		0	4		0.07	0.03	
Vitamin A, IU....IU	4	4.000	3	1		1	1	
Vitamin A, RE....mcg_RE	1		0	1		0	0	
Vitamin E....mg_ATE	3.252		0	4		0.922	0.455	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.995		0	4		1.416	0.699	
4:0....g	0.006		0	4		0.002	0.001	
6:0....g	0.001		0	4		0.000	0.000	
8:0....g	0.001		0	4		0.000	0.000	
10:0....g	0.002		0	4		0.001	0.000	
11:0....g								
12:0....g	0.006		0	4		0.002	0.001	
13:0....g								
14:0....g	0.107		0	4		0.030	0.015	
15:0....g								
16:0....g	2.649		0	4		0.751	0.371	
17:0....g								
18:0....g	1.980		0	4		0.561	0.277	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.191		0	4		3.173	1.567	
14:1....g								
15:1....g								

NDB No. 18190
Cookies, peanut butter sandwich, 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
16:1 undifferentiated....g	0.000		0	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	11.126		0	4		3.154	1.558	
20:1....g	0.059		0	4		0.017	0.008	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.795		0	4		1.076	0.531	
18:2 undifferentiated....g	3.688		0	4		1.046	0.516	
18:3 undifferentiated....g	0.107		0	4		0.030	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	0	0.044	3	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.110		0	1		0.031	0.015	
Threonine....g	0.297		0	1		0.084	0.042	
Isoleucine....g	0.341		0	1		0.097	0.048	
Leucine....g	0.617		0	1		0.175	0.086	
Lysine....g	0.352		0	1		0.100	0.049	
Methionine....g	0.128		0	1		0.036	0.018	
Cystine....g	0.164		0	1		0.046	0.023	
Phenylalanine....g	0.442		0	1		0.125	0.062	
Tyrosine....g	0.319		0	1		0.090	0.045	
Valine....g	0.402		0	1		0.114	0.056	
Arginine....g	0.716		0	1		0.203	0.100	
Histidine....g	0.205		0	1		0.058	0.029	
Alanine....g	0.341		0	1		0.097	0.048	
Aspartic acid....g	0.791		0	1		0.224	0.111	
Glutamic acid....g	2.206		0	1		0.625	0.309	
Glycine....g	0.420		0	1		0.119	0.059	
Proline....g	0.622		0	1		0.176	0.087	
Serine....g	0.462		0	1		0.131	0.065	
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 = 28.350g: 1 oz

Measure 2 = 14.000g: 1 cookie

Calories Factors: **Protein** 3.8 **Fat** 8.6 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18191
Cookies, raisin, soft-type

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	13.10	1.368	4	1		3.71	1.97	
Energy....kcal	401		0	4		114	60	
Energy....kj	1678			4		476	252	
Protein (N x 5.9)....g	4.10	0.473	4	1		1.16	0.62	
Total lipid (fat)....g	13.60	1.300	4	1		3.86	2.04	
Ash....g	1.20	0.039	4	1		0.34	0.18	
Carbohydrate, by difference....g	68.00		0	4		19.28	10.20	
Fiber, total dietary....g	1.2		0	4		0.3	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	46	9.820	4	1		13	7	
Iron, Fe....mg	2.29	0.366	4	1		0.65	0.34	
Magnesium, Mg....mg	21	0.569	3	1		6	3	
Phosphorus, P....mg	83	14.226	3	1		24	12	
Potassium, K....mg	140	22.995	3	1		40	21	
Sodium, Na....mg	338	42.721	4	1		96	51	
Zinc, Zn....mg	0.32	0.047	3	1		0.09	0.05	
Copper, Cu....mg	0.413	0.022	3	1		0.117	0.062	
Manganese, Mn....mg	0.305		0	4		0.086	0.046	
Selenium, Se....mcg	2.8		0	4		0.8	0.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		0	4		0.1	0.1	
Thiamin....mg	0.216	0.032	4	1		0.061	0.032	
Riboflavin....mg	0.206	0.012	4	1		0.058	0.031	
Niacin....mg	1.967	0.144	4	1		0.558	0.295	
Pantothenic acid....mg	0.244		0	4		0.069	0.037	
Vitamin B-6....mg	0.052		0	4		0.015	0.008	
Folate, total....mcg	44		0	4		12	7	
Folic acid....mcg	35		0	4		10	5	
Folate, food....mcg	9		0	4		3	1	
Folate, DFE....mcg_DFE	69		0	4		19	10	
Vitamin B-12....mcg	0.03		0	4		0.01	0.00	
Vitamin A, IU....IU	5		0	4		1	1	
Vitamin A, RE....mcg_RE	1		0	4		0	0	
Vitamin E....mg_ATE	1.918		0	4		0.544	0.288	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.460		0	4		0.981	0.519	
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	0.067		0	4		0.019	0.010	
15:0....g								
16:0....g	1.795		0	4		0.509	0.269	
17:0....g								
18:0....g	1.594		0	4		0.452	0.239	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.649		0	4		2.168	1.147	
14:1....g								
15:1....g								

NDB No. 18191
Cookies, raisin, soft-type

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	0.006		0	4		0.002	0.001	
17:1....g								
18:1 undifferentiated....g	7.642		0	4		2.167	1.146	
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	1.756		0	4		0.498	0.263	
18:2 undifferentiated....g	1.660		0	4		0.471	0.249	
18:3 undifferentiated....g	0.092		0	4		0.026	0.014	
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	0.002		0	4		0.001	0.000	
20:5 n-3....g	0.001		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	0.001		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	2		1	1		1	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.054		0	1		0.015	0.008	
Threonine....g	0.140		0	1		0.040	0.021	
Isoleucine....g	0.165		0	1		0.047	0.025	
Leucine....g	0.285		0	1		0.081	0.043	
Lysine....g	0.183		0	1		0.052	0.027	
Methionine....g	0.085		0	1		0.024	0.013	
Cystine....g	0.086		0	1		0.024	0.013	
Phenylalanine....g	0.187		0	1		0.053	0.028	
Tyrosine....g	0.125		0	1		0.035	0.019	
Valine....g	0.191		0	1		0.054	0.029	
Arginine....g	0.189		0	1		0.054	0.028	
Histidine....g	0.091		0	1		0.026	0.014	
Alanine....g	0.154		0	1		0.044	0.023	
Aspartic acid....g	0.270		0	1		0.077	0.041	
Glutamic acid....g	1.095		0	1		0.310	0.164	
Glycine....g	0.137		0	1		0.039	0.021	
Proline....g	0.354		0	1		0.100	0.053	
Serine....g	0.231		0	1		0.065	0.035	
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 = 28.350g: 1 oz

Measure 2 = 15.000g: 1 cookie

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.70	0.364	17	1		1.05	0.30	
Energy....kcal	502		0	4		142	40	
Energy....kj	2100			4		595	168	
Protein (N x 5.8)....g	6.10	0.187	17	1		1.73	0.49	
Total lipid (fat)....g	24.10	0.485	18	1		6.83	1.93	
Ash....g	1.50	0.075	17	1		0.43	0.12	
Carbohydrate, by difference....g	64.50		0	4		18.29	5.16	
Fiber, total dietary....g	1.8		0	1		0.5	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	35	4.198	19	1		10	3	
Iron, Fe....mg	2.74	0.118	23	1		0.78	0.22	
Magnesium, Mg....mg	17	0.271	15	1		5	1	
Phosphorus, P....mg	108	5.517	15	1		31	9	
Potassium, K....mg	100	4.379	16	1		28	8	
Sodium, Na....mg	455	18.596	17	1		129	36	
Zinc, Zn....mg	0.53	0.018	19	1		0.15	0.04	
Copper, Cu....mg	0.144	0.013	13	1		0.041	0.012	
Manganese, Mn....mg	0.428	0.018	8	1		0.121	0.034	
Selenium, Se....mcg	7.3		0	4		2.1	0.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.330	0.015	16	1		0.094	0.026	
Riboflavin....mg	0.329	0.014	16	1		0.093	0.026	
Niacin....mg	3.339	0.137	16	1		0.947	0.267	
Pantothenic acid....mg	0.302		0	4		0.086	0.024	
Vitamin B-6....mg	0.081		0	4		0.023	0.006	
Folate, total....mcg	59		0	4		17	5	
Folic acid....mcg	50		0	4		14	4	
Folate, food....mcg	9	1.023	3	1		3	1	
Folate, DFE....mcg_DFE	94		0	4		27	8	
Vitamin B-12....mcg	0.09		0	4		0.03	0.01	
Vitamin A, IU....IU	86		0	4		24	7	
Vitamin A, RE....mcg_RE	12		0	4		3	1	
Vitamin E....mg_ATE	3.208		0	4		0.909	0.257	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.106		0	4		1.731	0.488	
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	0.115		0	4		0.033	0.009	
15:0....g								
16:0....g	3.208		0	4		0.909	0.257	
17:0....g								
18:0....g	2.775		0	4		0.787	0.222	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	13.420		0	4		3.805	1.074	
14:1....g								
15:1....g								

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

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	0.022		0	4		0.006	0.002	
17:1....g								
18:1 undifferentiated....g	13.395		0	4		3.797	1.072	
20:1....g	0.002		0	4		0.001	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.233		0	4		0.917	0.259	
18:2 undifferentiated....g	3.057		0	4		0.867	0.245	
18:3 undifferentiated....g	0.155		0	4		0.044	0.012	
18:4....g	0.001		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.011		0	4		0.003	0.001	
20:5 n-3....g	0.006		0	4		0.002	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.004		0	4		0.001	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	20	6.607	3	1		6	2	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.084		0	1		0.024	0.007	
Threonine....g	0.195		0	1		0.055	0.016	
Isoleucine....g	0.251		0	1		0.071	0.020	
Leucine....g	0.451		0	1		0.128	0.036	
Lysine....g	0.253		0	1		0.072	0.020	
Methionine....g	0.119		0	1		0.034	0.010	
Cystine....g	0.134		0	1		0.038	0.011	
Phenylalanine....g	0.295		0	1		0.084	0.024	
Tyrosine....g	0.191		0	1		0.054	0.015	
Valine....g	0.290		0	1		0.082	0.023	
Arginine....g	0.259		0	1		0.073	0.021	
Histidine....g	0.131		0	1		0.037	0.010	
Alanine....g	0.224		0	1		0.064	0.018	
Aspartic acid....g	0.327		0	1		0.093	0.026	
Glutamic acid....g	1.768		0	1		0.501	0.141	
Glycine....g	0.208		0	1		0.059	0.017	
Proline....g	0.598		0	1		0.170	0.048	
Serine....g	0.343		0	1		0.097	0.027	
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 = 28.350g: 1 oz

Measure 2 = 8.000g: 1 cookie (1-5/8" square)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.30	0.163	23	1		0.94	0.46	
Energy....kcal	542		0	4		154	76	
Energy....kj	2268			4		643	317	
Protein (N x 5.6)....g	4.90	0.127	23	1		1.39	0.69	
Total lipid (fat)....g	32.50	0.332	24	1		9.21	4.55	
Ash....g	1.00	0.018	23	1		0.28	0.14	
Carbohydrate, by difference....g	58.30		0	4		16.53	8.16	
Fiber, total dietary....g	1.8		0	1		0.5	0.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	30	1.156	23	1		9	4	
Iron, Fe....mg	2.43	0.063	23	1		0.69	0.34	
Magnesium, Mg....mg	18	0.410	22	1		5	3	
Phosphorus, P....mg	85	1.814	23	1		24	12	
Potassium, K....mg	73	2.202	23	1		21	10	
Sodium, Na....mg	281	5.292	23	1		80	39	
Zinc, Zn....mg	0.58	0.020	22	1		0.16	0.08	
Copper, Cu....mg	0.152	0.012	22	1		0.043	0.021	
Manganese, Mn....mg	0.617	0.021	17	1		0.175	0.086	
Selenium, Se....mcg	3.2		0	4		0.9	0.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.293	0.012	28	1		0.083	0.041	
Riboflavin....mg	0.220	0.011	28	1		0.062	0.031	
Niacin....mg	2.481	0.123	28	1		0.703	0.347	
Pantothenic acid....mg	0.377	0.009	8	1		0.107	0.053	
Vitamin B-6....mg	0.020	0.001	8	1		0.006	0.003	
Folate, total....mcg	63		0	4		18	9	
Folic acid....mcg	55		0	4		16	8	
Folate, food....mcg	8	0.046	8	1		2	1	
Folate, DFE....mcg_DFE	102		0	4		29	14	
Vitamin B-12....mcg	0.01		0	4		0.00	0.00	
Vitamin A, IU....IU	3		0	4		1	0	
Vitamin A, RE....mcg_RE	1		0	4		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	8.204		0	4		2.326	1.149	
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	0.158		0	4		0.045	0.022	
15:0....g								
16:0....g	4.209		0	4		1.193	0.589	
17:0....g								
18:0....g	3.830		0	4		1.086	0.536	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	18.628		0	4		5.281	2.608	
14:1....g								
15:1....g								

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

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	0.035		0	1		0.010	0.005	
17:1....g								
18:1 undifferentiated....g	18.618		0	4		5.278	2.607	
20:1....g	0.047		0	1		0.013	0.007	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	4.122		0	4		1.169	0.577	
18:2 undifferentiated....g	3.913		0	4		1.109	0.548	
18:3 undifferentiated....g	0.206		0	4		0.058	0.029	
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	0.001		0	4		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	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	33		1	1		9	5	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.080		0	1		0.023	0.011	
Threonine....g	0.143		0	1		0.041	0.020	
Isoleucine....g	0.192		0	1		0.054	0.027	
Leucine....g	0.337		0	1		0.096	0.047	
Lysine....g	0.178		0	1		0.050	0.025	
Methionine....g	0.091		0	1		0.026	0.013	
Cystine....g	0.112		0	1		0.032	0.016	
Phenylalanine....g	0.239		0	1		0.068	0.033	
Tyrosine....g	0.149		0	1		0.042	0.021	
Valine....g	0.224		0	1		0.064	0.031	
Arginine....g	0.276		0	1		0.078	0.039	
Histidine....g	0.109		0	1		0.031	0.015	
Alanine....g	0.163		0	1		0.046	0.023	
Aspartic acid....g	0.252		0	1		0.071	0.035	
Glutamic acid....g	1.509		0	1		0.428	0.211	
Glycine....g	0.179		0	1		0.051	0.025	
Proline....g	0.490		0	1		0.139	0.069	
Serine....g	0.259		0	1		0.073	0.036	
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 = 28.350g: 1 oz

Measure 2 = 14.000g: 1 cookie (2" dia)

Calories Factors: Protein 4 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.50		1	1		0.99	8.44	
Energy....kcal	426		0	4		121	1027	
Energy....kj	1782			4		505	4296	
Protein (N x 5.7)....g	2.90		1	1		0.82	6.99	
Total lipid (fat)....g	12.50		1	1		3.54	30.13	
Ash....g	0.70		1	1		0.20	1.69	
Carbohydrate, by difference....g	80.40		0	4		22.79	193.76	
Fiber, total dietary....g	4.2		0	4		1.2	10.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	12		1	1		3	29	
Iron, Fe....mg	1.52		1	1		0.43	3.66	
Magnesium, Mg....mg	4		1	1		1	10	
Phosphorus, P....mg	57		1	1		16	137	
Potassium, K....mg	335		1	1		95	807	
Sodium, Na....mg	83		1	1		24	200	
Zinc, Zn....mg	0.14		1	1		0.04	0.34	
Copper, Cu....mg	0.026		1	1		0.007	0.063	
Manganese, Mn....mg	0.201		0	4		0.057	0.484	
Selenium, Se....mcg	2.0		0	4		0.6	4.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	
Thiamin....mg	0.139		1	1		0.039	0.335	
Riboflavin....mg	0.109		1	1		0.031	0.263	
Niacin....mg	1.240		1	1		0.352	2.988	
Pantothenic acid....mg	0.091		1	1		0.026	0.219	
Vitamin B-6....mg	0.008		1	1		0.002	0.019	
Folate, total....mcg	48		0	4		14	116	
Folic acid....mcg	45		0	4		13	108	
Folate, food....mcg	3		1	1		1	7	
Folate, DFE....mcg_DFE	80		0	4		23	192	
Vitamin B-12....mcg	0.00		1	1		0.00	0.00	
Vitamin A, IU....IU	0		1	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	2.179		0	4		0.618	5.251	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.018		0	4		0.572	4.863	
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	0.013		0	4		0.004	0.031	
15:0....g								
16:0....g	1.293		0	4		0.367	3.116	
17:0....g								
18:0....g	0.707		0	4		0.200	1.704	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.233		0	4		1.484	12.612	
14:1....g								
15:1....g								

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

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	0.048		0	4		0.014	0.116	
17:1....g								
18:1 undifferentiated....g	5.173		0	4		1.467	12.467	
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	4.577		0	4		1.298	11.031	
18:2 undifferentiated....g	4.251		0	4		1.205	10.245	
18:3 undifferentiated....g	0.315		0	4		0.089	0.759	
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		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.041		0	1		0.012	0.099	
Threonine....g	0.087		0	1		0.025	0.210	
Isoleucine....g	0.109		0	1		0.031	0.263	
Leucine....g	0.189		0	1		0.054	0.455	
Lysine....g	0.109		0	1		0.031	0.263	
Methionine....g	0.044		0	1		0.012	0.106	
Cystine....g	0.056		0	1		0.016	0.135	
Phenylalanine....g	0.136		0	1		0.039	0.328	
Tyrosine....g	0.087		0	1		0.025	0.210	
Valine....g	0.136		0	1		0.039	0.328	
Arginine....g	0.121		0	1		0.034	0.292	
Histidine....g	0.056		0	1		0.016	0.135	
Alanine....g	0.096		0	1		0.027	0.231	
Aspartic acid....g	0.156		0	1		0.044	0.376	
Glutamic acid....g	0.830		0	1		0.235	2.000	
Glycine....g	0.104		0	1		0.029	0.251	
Proline....g	0.275		0	1		0.078	0.663	
Serine....g	0.144		0	1		0.041	0.347	
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 = 28.350g: 1 oz

Measure 2 = 241.000g: 1 package (8.5 oz)

Calories Factors: **Protein** 3.6 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	13.00		0	4		3.69	2.86	
Energy....kcal	384		0	4		109	84	
Energy....kj	1607			4		455	353	
Protein (N x 0)....g	3.80		0	4		1.08	0.84	
Total lipid (fat)....g	11.10		0	4		3.15	2.44	
Ash....g	0.70		0	4		0.20	0.15	
Carbohydrate, by difference....g	71.30		0	4		20.21	15.69	
Fiber, total dietary....g	3.7		0	4		1.0	0.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	12		0	4		3	3	
Iron, Fe....mg	1.35		0	4		0.38	0.30	
Magnesium, Mg....mg	6		0	4		2	1	
Phosphorus, P....mg	52		0	4		15	11	
Potassium, K....mg	314		0	4		89	69	
Sodium, Na....mg	94		0	4		27	21	
Zinc, Zn....mg	0.13		0	4		0.04	0.03	
Copper, Cu....mg	0.026		0	4		0.007	0.006	
Manganese, Mn....mg	0.406		0	4		0.115	0.089	
Selenium, Se....mcg	2.7		0	4		0.8	0.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.099		0	4		0.028	0.022	
Riboflavin....mg	0.140		0	4		0.040	0.031	
Niacin....mg	0.999		0	4		0.283	0.220	
Pantothenic acid....mg	0.066		0	4		0.019	0.015	
Vitamin B-6....mg	0.007		0	4		0.002	0.002	
Folate, total....mcg	34		0	4		10	7	
Folic acid....mcg	32		0	4		9	7	
Folate, food....mcg	2		0	4		1	0	
Folate, DFE....mcg_DFE	56		0	4		16	12	
Vitamin B-12....mcg	0.02		0	4		0.01	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	1.650		0	4		0.468	0.363	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.096		0	4		1.445	1.121	
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	0.095		0	4		0.027	0.021	
13:0....g								
14:0....g	0.096		0	4		0.027	0.021	
15:0....g								
16:0....g	3.100		0	4		0.879	0.682	
17:0....g								
18:0....g	1.803		0	4		0.511	0.397	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.573		0	4		1.296	1.006	
14:1....g								
15:1....g								

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

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	0.003		0	4		0.001	0.001	
17:1....g								
18:1 undifferentiated....g	4.570		0	4		1.296	1.005	
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	0.806		0	4		0.229	0.177	
18:2 undifferentiated....g	0.759		0	4		0.215	0.167	
18:3 undifferentiated....g	0.046		0	4		0.013	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								
Amino Acids:								
Tryptophan....g	0.053		0	4		0.015	0.012	
Threonine....g	0.136		0	4		0.039	0.030	
Isoleucine....g	0.169		0	4		0.048	0.037	
Leucine....g	0.277		0	4		0.079	0.061	
Lysine....g	0.185		0	4		0.052	0.041	
Methionine....g	0.083		0	4		0.024	0.018	
Cystine....g	0.083		0	4		0.024	0.018	
Phenylalanine....g	0.195		0	4		0.055	0.043	
Tyrosine....g	0.127		0	4		0.036	0.028	
Valine....g	0.202		0	4		0.057	0.044	
Arginine....g	0.177		0	4		0.050	0.039	
Histidine....g	0.079		0	4		0.022	0.017	
Alanine....g	0.160		0	4		0.045	0.035	
Aspartic acid....g	0.270		0	4		0.077	0.059	
Glutamic acid....g	0.906		0	4		0.257	0.199	
Glycine....g	0.137		0	4		0.039	0.030	
Proline....g	0.293		0	4		0.083	0.064	
Serine....g	0.217		0	4		0.062	0.048	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	2		0	4		1	0	
Theobromine....mg	51		0	4		14	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 = 28.350g: 1 oz

Measure 2 = 22.000g: 1 brownie (2" square)

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	5.10		1	1		1.45	0.36	
Energy....kcal	450		0	4		128	32	
Energy....kj	1883			4		534	132	
Protein (N x 5.8)....g	3.90		1	1		1.11	0.27	
Total lipid (fat)....g	16.80		1	1		4.76	1.18	
Ash....g	0.70		1	1		0.20	0.05	
Carbohydrate, by difference....g	73.40		0	4		20.81	5.14	
Fiber, total dietary....g	1.6		0	4		0.5	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	46		0	4		13	3	
Iron, Fe....mg	3.50		0	4		0.99	0.25	
Magnesium, Mg....mg	21		0	4		6	1	
Phosphorus, P....mg	109		0	4		31	8	
Potassium, K....mg	199		1	1		56	14	
Sodium, Na....mg	11		1	1		3	1	
Zinc, Zn....mg	0.47		0	4		0.13	0.03	
Copper, Cu....mg	0.218		0	4		0.062	0.015	
Manganese, Mn....mg	0.365		0	4		0.103	0.026	
Selenium, Se....mcg	2.6		0	4		0.7	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.373		0	4		0.106	0.026	
Riboflavin....mg	0.188		0	4		0.053	0.013	
Niacin....mg	2.843		0	4		0.806	0.199	
Pantothenic acid....mg	0.201		0	4		0.057	0.014	
Vitamin B-6....mg	0.018		0	4		0.005	0.001	
Folate, total....mcg	45		0	4		13	3	
Folic acid....mcg	39		0	4		11	3	
Folate, food....mcg	6		0	4		2	0	
Folate, DFE....mcg_DFE	72		0	4		20	5	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	3		0	4		1	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	2.477		0	4		0.702	0.173	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.183		0	4		1.186	0.293	
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	0.008		0	4		0.002	0.001	
13:0....g								
14:0....g	0.032		0	4		0.009	0.002	
15:0....g								
16:0....g	2.263		0	4		0.642	0.158	
17:0....g								
18:0....g	1.832		0	4		0.519	0.128	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.730		0	4		1.908	0.471	
14:1....g								
15:1....g								

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

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	0.063		0	4		0.018	0.004	
17:1....g								
18:1 undifferentiated....g	6.655		0	4		1.887	0.466	
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	5.035		0	4		1.427	0.352	
18:2 undifferentiated....g	4.677		0	4		1.326	0.327	
18:3 undifferentiated....g	0.346		0	4		0.098	0.024	
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								
Amino Acids:								
Tryptophan....g	0.055		0	1		0.016	0.004	
Threonine....g	0.120		0	1		0.034	0.008	
Isoleucine....g	0.160		0	1		0.045	0.011	
Leucine....g	0.285		0	1		0.081	0.020	
Lysine....g	0.154		0	1		0.044	0.011	
Methionine....g	0.069		0	1		0.020	0.005	
Cystine....g	0.075		0	1		0.021	0.005	
Phenylalanine....g	0.191		0	1		0.054	0.013	
Tyrosine....g	0.125		0	1		0.035	0.009	
Valine....g	0.188		0	1		0.053	0.013	
Arginine....g	0.144		0	1		0.041	0.010	
Histidine....g	0.077		0	1		0.022	0.005	
Alanine....g	0.122		0	1		0.035	0.009	
Aspartic acid....g	0.194		0	1		0.055	0.014	
Glutamic acid....g	1.213		0	1		0.344	0.085	
Glycine....g	0.127		0	1		0.036	0.009	
Proline....g	0.418		0	1		0.119	0.029	
Serine....g	0.202		0	1		0.057	0.014	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	8		0	4		2	1	
Theobromine....mg	61		0	4		17	4	

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 = 28.350g: 1 oz

Measure 2 = 7.000g: 1 cookie, medium (1-5/8" dia)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

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

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	4.20		1	1		1.19	0.42	
Energy	kcal	461		0	4		131	46	
Energy	kj	1929			4		547	193	
Protein (N x 5.7)	g	4.50		1	1		1.28	0.45	
Total lipid (fat)	g	22.10		1	1		6.27	2.21	
Ash	g	1.20		1	1		0.34	0.12	
Carbohydrate, by difference	g	67.70		0	4		19.19	6.77	
Fiber, total dietary	g	4.1		0	4		1.2	0.4	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	98		0	4		28	10	
Iron, Fe	mg	4.72		0	4		1.34	0.47	
Magnesium, Mg	mg	26		0	4		7	3	
Phosphorus, P	mg	200		0	4		57	20	
Potassium, K	mg	295		1	1		84	30	
Sodium, Na	mg	243		1	1		69	24	
Zinc, Zn	mg	0.58		0	4		0.16	0.06	
Copper, Cu	mg	0.220		0	4		0.062	0.022	
Manganese, Mn	mg	0.403		0	4		0.114	0.040	
Selenium, Se	mcg	3.7		0	4		1.0	0.4	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	4		0.0	0.0	
Thiamin	mg	0.524		0	4		0.149	0.052	
Riboflavin	mg	0.292		0	4		0.083	0.029	
Niacin	mg	3.971		0	4		1.126	0.397	
Pantothenic acid	mg	0.359		0	4		0.102	0.036	
Vitamin B-6	mg	0.033		0	4		0.009	0.003	
Folate, total	mcg	62		0	4		18	6	
Folic acid	mcg	52		0	4		15	5	
Folate, food	mcg	10		0	4		3	1	
Folate, DFE	mcg_DFE	98		0	4		28	10	
Vitamin B-12	mcg	0.04		0	4		0.01	0.00	
Vitamin A, IU	IU	3		0	4		1	0	
Vitamin A, RE	mcg_RE	0		0	4		0	0	
Vitamin E	mg_ATE	3.779		0	4		1.071	0.378	
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	3.825		0	4		1.084	0.383	
4:0	g	0.001		0	4		0.000	0.000	
6:0	g	0.000		0	1		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	0.181		0	4		0.051	0.018	
13:0	g								
14:0	g	0.025		0	4		0.007	0.003	
15:0	g								
16:0	g	2.392		0	4		0.678	0.239	
17:0	g								
18:0	g	1.393		0	4		0.395	0.139	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	9.228		0	4		2.616	0.923	
14:1	g								
15:1	g								

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

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	0.084		0	4		0.024	0.008	
17:1....g								
18:1 undifferentiated....g	9.123		0	4		2.586	0.912	
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	7.940		0	4		2.251	0.794	
18:2 undifferentiated....g	7.375		0	4		2.091	0.738	
18:3 undifferentiated....g	0.544		0	4		0.154	0.054	
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								
Amino Acids:								
Tryptophan....g	0.066		0	1		0.019	0.007	
Threonine....g	0.152		0	1		0.043	0.015	
Isoleucine....g	0.180		0	1		0.051	0.018	
Leucine....g	0.308		0	1		0.087	0.031	
Lysine....g	0.193		0	1		0.055	0.019	
Methionine....g	0.069		0	1		0.020	0.007	
Cystine....g	0.082		0	1		0.023	0.008	
Phenylalanine....g	0.213		0	1		0.060	0.021	
Tyrosine....g	0.146		0	1		0.041	0.015	
Valine....g	0.228		0	1		0.065	0.023	
Arginine....g	0.194		0	1		0.055	0.019	
Histidine....g	0.087		0	1		0.025	0.009	
Alanine....g	0.163		0	1		0.046	0.016	
Aspartic acid....g	0.290		0	1		0.082	0.029	
Glutamic acid....g	1.187		0	1		0.337	0.119	
Glycine....g	0.163		0	1		0.046	0.016	
Proline....g	0.392		0	1		0.111	0.039	
Serine....g	0.223		0	1		0.063	0.022	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	3		0	4		1	0	
Theobromine....mg	20		0	4		6	2	

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 = 28.350g: 1 oz

Measure 2 = 10.000g: 1 cookie

Calories Factors: **Protein** 3.3 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	6.50		1	1		1.84	0.46	
Energy....kcal	449		0	4		127	31	
Energy....kj	1879			4		533	132	
Protein (N x 5.8)....g	4.80		1	1		1.36	0.34	
Total lipid (fat)....g	18.00		1	1		5.10	1.26	
Ash....g	0.70		1	1		0.20	0.05	
Carbohydrate, by difference....g	69.90		0	4		19.82	4.89	
Fiber, total dietary....g	2.9		0	4		0.8	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	54		0	4		15	4	
Iron, Fe....mg	4.07		0	4		1.15	0.28	
Magnesium, Mg....mg	17		0	4		5	1	
Phosphorus, P....mg	122		0	4		35	9	
Potassium, K....mg	175		1	1		50	12	
Sodium, Na....mg	9		1	1		3	1	
Zinc, Zn....mg	0.49		0	4		0.14	0.03	
Copper, Cu....mg	0.151		0	4		0.043	0.011	
Manganese, Mn....mg	0.640		0	4		0.181	0.045	
Selenium, Se....mcg	4.4		0	4		1.2	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	4		0.1	0.0	
Thiamin....mg	0.460		0	4		0.130	0.032	
Riboflavin....mg	0.211		0	4		0.060	0.015	
Niacin....mg	3.236		0	4		0.917	0.227	
Pantothenic acid....mg	0.285		0	4		0.081	0.020	
Vitamin B-6....mg	0.026		0	4		0.007	0.002	
Folate, total....mcg	52		0	4		15	4	
Folic acid....mcg	44		0	4		12	3	
Folate, food....mcg	8		0	4		2	1	
Folate, DFE....mcg_DFE	83		0	4		23	6	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	8		0	4		2	1	
Vitamin A, RE....mcg_RE	1		0	4		0	0	
Vitamin E....mg_ATE	3.204		0	4		0.908	0.224	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.693		0	4		0.763	0.189	
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	0.001		0	4		0.000	0.000	
13:0....g								
14:0....g	0.019		0	4		0.005	0.001	
15:0....g								
16:0....g	1.798		0	4		0.510	0.126	
17:0....g								
18:0....g	0.867		0	4		0.246	0.061	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.550		0	4		2.140	0.529	
14:1....g								
15:1....g								

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

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	0.071		0	4		0.020	0.005	
17:1....g								
18:1 undifferentiated....g	7.462		0	4		2.115	0.522	
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	6.784		0	4		1.923	0.475	
18:2 undifferentiated....g	6.303		0	4		1.787	0.441	
18:3 undifferentiated....g	0.464		0	4		0.132	0.032	
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	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.077		0	1		0.022	0.005	
Threonine....g	0.137		0	1		0.039	0.010	
Isoleucine....g	0.174		0	1		0.049	0.012	
Leucine....g	0.337		0	1		0.096	0.024	
Lysine....g	0.185		0	1		0.052	0.013	
Methionine....g	0.093		0	1		0.026	0.007	
Cystine....g	0.129		0	1		0.037	0.009	
Phenylalanine....g	0.230		0	1		0.065	0.016	
Tyrosine....g	0.157		0	1		0.045	0.011	
Valine....g	0.232		0	1		0.066	0.016	
Arginine....g	0.280		0	1		0.079	0.020	
Histidine....g	0.112		0	1		0.032	0.008	
Alanine....g	0.196		0	1		0.056	0.014	
Aspartic acid....g	0.345		0	1		0.098	0.024	
Glutamic acid....g	1.287		0	1		0.365	0.090	
Glycine....g	0.210		0	1		0.060	0.015	
Proline....g	0.383		0	1		0.109	0.027	
Serine....g	0.250		0	1		0.071	0.018	
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 = 28.350g: 1 oz

Measure 2 = 7.000g: 1 cookie, medium (1-5/8" dia)

Calories Factors: **Protein** 3.7 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.70		1	1		1.05	0.37	
Energy....kcal	535		0	4		152	54	
Energy....kj	2238			4		635	224	
Protein (N x 5.5)....g	10.00		1	1		2.84	1.00	
Total lipid (fat)....g	34.00		1	1		9.64	3.40	
Ash....g	1.40		1	1		0.40	0.14	
Carbohydrate, by difference....g	50.80		0	4		14.40	5.08	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	43		0	4		12	4	
Iron, Fe....mg	2.55		0	4		0.72	0.26	
Magnesium, Mg....mg	51		0	4		14	5	
Phosphorus, P....mg	154		0	4		44	15	
Potassium, K....mg	294		1	1		83	29	
Sodium, Na....mg	412		1	1		117	41	
Zinc, Zn....mg	1.03		0	4		0.29	0.10	
Copper, Cu....mg	0.267		0	4		0.076	0.027	
Manganese, Mn....mg	0.705		0	4		0.200	0.071	
Selenium, Se....mcg	3.5		0	4		1.0	0.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.346		0	4		0.098	0.035	
Riboflavin....mg	0.148		0	4		0.042	0.015	
Niacin....mg	5.259		0	4		1.491	0.526	
Pantothenic acid....mg	0.507		0	4		0.144	0.051	
Vitamin B-6....mg	0.078		0	4		0.022	0.008	
Folate, total....mcg	54		0	4		15	5	
Folic acid....mcg	21		0	4		6	2	
Folate, food....mcg	33		0	4		9	3	
Folate, DFE....mcg_DFE	69		0	4		19	7	
Vitamin B-12....mcg	0.01		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	5.739		0	4		1.627	0.574	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.937		0	4		1.400	0.494	
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	0.028		0	4		0.008	0.003	
15:0....g								
16:0....g	3.426		0	4		0.971	0.343	
17:0....g								
18:0....g	1.335		0	4		0.378	0.134	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	15.391		0	4		4.363	1.539	
14:1....g								
15:1....g								

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

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	0.087		0	4		0.025	0.009	
17:1....g								
18:1 undifferentiated....g	15.110		0	4		4.284	1.511	
20:1....g	0.172		0	4		0.049	0.017	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	12.026		0	4		3.409	1.203	
18:2 undifferentiated....g	11.454		0	4		3.247	1.145	
18:3 undifferentiated....g	0.551		0	4		0.156	0.055	
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								
Amino Acids:								
Tryptophan....g	0.111		0	1		0.031	0.011	
Threonine....g	0.334		0	1		0.095	0.033	
Isoleucine....g	0.363		0	1		0.103	0.036	
Leucine....g	0.668		0	1		0.189	0.067	
Lysine....g	0.367		0	1		0.104	0.037	
Methionine....g	0.109		0	1		0.031	0.011	
Cystine....g	0.151		0	1		0.043	0.015	
Phenylalanine....g	0.509		0	1		0.144	0.051	
Tyrosine....g	0.379		0	1		0.107	0.038	
Valine....g	0.429		0	1		0.122	0.043	
Arginine....g	0.998		0	1		0.283	0.100	
Histidine....g	0.243		0	1		0.069	0.024	
Alanine....g	0.378		0	1		0.107	0.038	
Aspartic acid....g	1.034		0	1		0.293	0.103	
Glutamic acid....g	2.391		0	1		0.678	0.239	
Glycine....g	0.538		0	1		0.153	0.054	
Proline....g	0.607		0	1		0.172	0.061	
Serine....g	0.505		0	1		0.143	0.051	
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 = 28.350g: 1 oz

Measure 2 = 10.000g: 1 cookie

Calories Factors: **Protein** 3.6 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

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	4.40	0.287	3	1		1.25	0.18	
Energy....kcal	502		0	4		142	20	
Energy....kj	2100			4		595	84	
Protein (N x 5.7)....g	3.10	0.004	3	1		0.88	0.12	
Total lipid (fat)....g	25.70	0.751	3	1		7.29	1.03	
Ash....g	0.90	0.168	3	1		0.26	0.04	
Carbohydrate, by difference....g	66.00		0	4		18.71	2.64	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	53	3.867	3	1		15	2	
Iron, Fe....mg	1.44	0.030	3	1		0.41	0.06	
Magnesium, Mg....mg	6	0.443	3	1		2	0	
Phosphorus, P....mg	34	6.017	3	1		10	1	
Potassium, K....mg	61	6.950	3	1		17	2	
Sodium, Na....mg	9	8.111	3	1		3	0	
Zinc, Zn....mg	0.20	0.014	3	1		0.06	0.01	
Copper, Cu....mg	0.038	0.003	3	1		0.011	0.002	
Manganese, Mn....mg	0.254		0	4		0.072	0.010	
Selenium, Se....mcg	6.3		0	4		1.8	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	1		0.0	0.0	
Thiamin....mg	0.164	0.010	3	1		0.046	0.007	
Riboflavin....mg	0.107	0.002	3	1		0.030	0.004	
Niacin....mg	1.533	0.077	3	1		0.435	0.061	
Pantothenic acid....mg	0.098	0.007	3	1		0.028	0.004	
Vitamin B-6....mg	0.009	0.001	3	1		0.003	0.000	
Folate, total....mcg	42		0	4		12	2	
Folic acid....mcg	38		0	4		11	2	
Folate, food....mcg	4	0.292	3	1		1	0	
Folate, DFE....mcg_DFE	69		0	4		19	3	
Vitamin B-12....mcg	0.00	0.000	3	1		0.00	0.00	
Vitamin A, IU....IU	0	0.023	3	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.829		0	4		1.086	0.153	
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	0.026		0	4		0.007	0.001	
15:0....g								
16:0....g	2.530		0	4		0.717	0.101	
17:0....g								
18:0....g	1.270		0	4		0.360	0.051	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.932		0	4		3.099	0.437	
14:1....g								
15:1....g								

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

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	0.103		0	4		0.029	0.004	
17:1....g								
18:1 undifferentiated....g	10.804		0	4		3.063	0.432	
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	9.684		0	4		2.745	0.387	
18:2 undifferentiated....g	8.991		0	4		2.549	0.360	
18:3 undifferentiated....g	0.668		0	4		0.189	0.027	
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	3	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.044		0	1		0.012	0.002	
Threonine....g	0.085		0	1		0.024	0.003	
Isoleucine....g	0.116		0	1		0.033	0.005	
Leucine....g	0.209		0	1		0.059	0.008	
Lysine....g	0.107		0	1		0.030	0.004	
Methionine....g	0.052		0	1		0.015	0.002	
Cystine....g	0.067		0	1		0.019	0.003	
Phenylalanine....g	0.145		0	1		0.041	0.006	
Tyrosine....g	0.088		0	1		0.025	0.004	
Valine....g	0.135		0	1		0.038	0.005	
Arginine....g	0.117		0	1		0.033	0.005	
Histidine....g	0.062		0	1		0.018	0.002	
Alanine....g	0.093		0	1		0.026	0.004	
Aspartic acid....g	0.128		0	1		0.036	0.005	
Glutamic acid....g	1.014		0	1		0.287	0.041	
Glycine....g	0.104		0	1		0.029	0.004	
Proline....g	0.342		0	1		0.097	0.014	
Serine....g	0.161		0	1		0.046	0.006	
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 = 28.350g: 1 oz

Measure 2 = 4.000g: 1 wafer

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	5.70		1	1		1.62	0.40	
Energy....kcal	431		0	4		122	30	
Energy....kj	1803			4		511	126	
Protein (N x 5.7)....g	4.10		1	1		1.16	0.29	
Total lipid (fat)....g	13.00		1	1		3.69	0.91	
Ash....g	0.40		1	1		0.11	0.03	
Carbohydrate, by difference....g	76.80		0	4		21.77	5.38	
Fiber, total dietary....g	0.9		0	4		0.3	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	25		0	4		7	2	
Iron, Fe....mg	4.01		0	4		1.14	0.28	
Magnesium, Mg....mg	9		0	4		3	1	
Phosphorus, P....mg	73		0	4		21	5	
Potassium, K....mg	104		1	1		29	7	
Sodium, Na....mg	3		1	1		1	0	
Zinc, Zn....mg	0.34		0	4		0.10	0.02	
Copper, Cu....mg	0.150		0	4		0.043	0.011	
Manganese, Mn....mg	0.343		0	4		0.097	0.024	
Selenium, Se....mcg	2.8		0	4		0.8	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.481		0	4		0.136	0.034	
Riboflavin....mg	0.232		0	4		0.066	0.016	
Niacin....mg	3.659		0	4		1.037	0.256	
Pantothenic acid....mg	0.247		0	4		0.070	0.017	
Vitamin B-6....mg	0.018		0	4		0.005	0.001	
Folate, total....mcg	58		0	4		16	4	
Folic acid....mcg	51		0	4		14	4	
Folate, food....mcg	7		0	4		2	0	
Folate, DFE....mcg_DFE	94		0	4		27	7	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	2.234		0	4		0.633	0.156	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.872		0	4		0.531	0.131	
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	0.013		0	4		0.004	0.001	
15:0....g								
16:0....g	1.247		0	4		0.354	0.087	
17:0....g								
18:0....g	0.608		0	4		0.172	0.043	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.243		0	4		1.486	0.367	
14:1....g								
15:1....g								

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

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	0.050		0	4		0.014	0.004	
17:1....g								
18:1 undifferentiated....g	5.180		0	4		1.469	0.363	
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	4.755		0	4		1.348	0.333	
18:2 undifferentiated....g	4.416		0	4		1.252	0.309	
18:3 undifferentiated....g	0.327		0	4		0.093	0.023	
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	1		0	0	
Phytosterols....mg								
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 = 28.350g: 1 oz

Measure 2 = 7.000g: 1 cookie, medium (1-5/8" dia)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.80	0.586	3	1		1.36	0.72	
Energy....kcal	478		0	4		136	72	
Energy....kj	2000			4		567	300	
Protein (N x 5.9)....g	5.10	0.316	8	1		1.45	0.77	
Total lipid (fat)....g	21.10	0.771	8	1		5.98	3.17	
Ash....g	1.20	0.129	4	1		0.34	0.18	
Carbohydrate, by difference....g	67.90		0	4		19.25	10.19	
Fiber, total dietary....g	0.8		0	4		0.2	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	21	4.514	5	1		6	3	
Iron, Fe....mg	2.14	0.171	5	1		0.61	0.32	
Magnesium, Mg....mg	12	2.413	3	1		3	2	
Phosphorus, P....mg	80	10.797	3	1		23	12	
Potassium, K....mg	63		2	1		18	9	
Sodium, Na....mg	357	35.150	7	1		101	54	
Zinc, Zn....mg	0.43		2	1		0.12	0.06	
Copper, Cu....mg	0.073		0	4		0.021	0.011	
Manganese, Mn....mg	0.010		0	4		0.003	0.002	
Selenium, Se....mcg	2.1		2	1		0.6	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.0	
Thiamin....mg	0.233	0.052	5	1		0.066	0.035	
Riboflavin....mg	0.214	0.013	5	1		0.061	0.032	
Niacin....mg	2.691	0.204	4	1		0.763	0.404	
Pantothenic acid....mg	0.237		0	4		0.067	0.036	
Vitamin B-6....mg	0.056		1	1		0.016	0.008	
Folate, total....mcg	45		0	4		13	7	
Folic acid....mcg	34		0	4		10	5	
Folate, food....mcg	11		0	4		3	2	
Folate, DFE....mcg_DFE	69		0	4		20	10	
Vitamin B-12....mcg	0.19		0	4		0.05	0.03	
Vitamin A, IU....IU	90		1	1		26	14	
Vitamin A, RE....mcg_RE	27		0	1		8	4	
Vitamin E....mg_ATE	2.834		0	4		0.803	0.425	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.435		0	4		1.541	0.815	
4:0....g	0.001		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	0.104		0	4		0.029	0.016	
15:0....g								
16:0....g	2.856		0	4		0.810	0.428	
17:0....g								
18:0....g	2.469		0	4		0.700	0.370	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.836		0	4		3.356	1.775	
14:1....g								
15:1....g								

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

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	0.030		0	4		0.009	0.005	
17:1....g								
18:1 undifferentiated....g	11.802		0	4		3.346	1.770	
20:1....g	0.003		0	4		0.001	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.660		0	4		0.754	0.399	
18:2 undifferentiated....g	2.500		0	4		0.709	0.375	
18:3 undifferentiated....g	0.130		0	4		0.037	0.020	
18:4....g	0.002		0	4		0.001	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.016		0	4		0.005	0.002	
20:5 n-3....g	0.008		0	4		0.002	0.001	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.005		0	4		0.001	0.001	
Fatty acids, total trans....g								
Cholesterol....mg	51		1	1		14	8	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.070		0	1		0.020	0.011	
Threonine....g	0.179		0	1		0.051	0.027	
Isoleucine....g	0.230		0	1		0.065	0.035	
Leucine....g	0.390		0	1		0.111	0.059	
Lysine....g	0.256		0	1		0.073	0.038	
Methionine....g	0.110		0	1		0.031	0.017	
Cystine....g	0.104		0	1		0.029	0.016	
Phenylalanine....g	0.250		0	1		0.071	0.038	
Tyrosine....g	0.175		0	1		0.050	0.026	
Valine....g	0.263		0	1		0.075	0.039	
Arginine....g	0.221		0	1		0.063	0.033	
Histidine....g	0.112		0	1		0.032	0.017	
Alanine....g	0.190		0	1		0.054	0.029	
Aspartic acid....g	0.310		0	1		0.088	0.047	
Glutamic acid....g	1.355		0	1		0.384	0.203	
Glycine....g	0.164		0	1		0.046	0.025	
Proline....g	0.469		0	1		0.133	0.070	
Serine....g	0.298		0	1		0.084	0.045	
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 = 28.350g: 1 oz

Measure 2 = 15.000g: 1 cookie

Calories Factors: **Protein** 4.2 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18205
Cookies, sugar, refrigerated dough

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	14.50	0.169	28	1		2.47	3.77	4.11
Energy....kcal	436		0	4		74	113	124
Energy....kj	1824			4		310	474	517
Protein (N x 5.8)....g	4.20	0.165	23	1		0.71	1.09	1.19
Total lipid (fat)....g	20.70	0.465	25	1		3.52	5.38	5.87
Ash....g	1.50	0.108	25	1		0.26	0.39	0.43
Carbohydrate, by difference....g	59.00		0	4		10.03	15.34	16.73
Fiber, total dietary....g	0.7		0	4		0.1	0.2	0.2
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	81	10.666	17	1		14	21	23
Iron, Fe....mg	1.65	0.157	11	1		0.28	0.43	0.47
Magnesium, Mg....mg	7	0.360	11	1		1	2	2
Phosphorus, P....mg	169	5.121	11	1		29	44	48
Potassium, K....mg	147	66.352	7	1		25	38	42
Sodium, Na....mg	422	39.068	19	1		72	110	120
Zinc, Zn....mg	0.24	0.011	11	1		0.04	0.06	0.07
Copper, Cu....mg	0.037	0.002	19	1		0.006	0.010	0.010
Manganese, Mn....mg	0.308		0	4		0.052	0.080	0.087
Selenium, Se....mcg	3.1		0	4		0.5	0.8	0.9
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	1		0.0	0.0	0.0
Thiamin....mg	0.205	0.023	13	1		0.035	0.053	0.058
Riboflavin....mg	0.122	0.011	15	1		0.021	0.032	0.035
Niacin....mg	2.412	0.333	13	1		0.410	0.627	0.684
Pantothenic acid....mg	0.246		0	4		0.042	0.064	0.070
Vitamin B-6....mg	0.019		0	4		0.003	0.005	0.005
Folate, total....mcg	75		0	4		13	20	21
Folic acid....mcg	67		0	4		11	17	19
Folate, food....mcg	8		0	4		1	2	2
Folate, DFE....mcg_DFE	122		0	4		21	32	35
Vitamin B-12....mcg	0.02		0	4		0.00	0.01	0.01
Vitamin A, IU....IU	37		1	1		6	10	10
Vitamin A, RE....mcg_RE	11		0	1		2	3	3
Vitamin E....mg_ATE	2.802		0	4		0.476	0.729	0.794
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.265		0	4		0.895	1.369	1.493
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	0.102		0	4		0.017	0.027	0.029
15:0....g								
16:0....g	2.711		0	4		0.461	0.705	0.769
17:0....g								
18:0....g	2.448		0	4		0.416	0.636	0.694
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.761		0	4		1.999	3.058	3.334
14:1....g								
15:1....g								

NDB No. 18205
Cookies, sugar, refrigerated dough

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	0.007		0	4		0.001	0.002	0.002
17:1....g								
18:1 undifferentiated....g	11.753		0	4		1.998	3.056	3.332
20:1....g	0.001		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	2.620		0	4		0.445	0.681	0.743
18:2 undifferentiated....g	2.485		0	4		0.422	0.646	0.704
18:3 undifferentiated....g	0.132		0	4		0.022	0.034	0.037
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	0.003		0	4		0.001	0.001	0.001
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	0.001		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	29	2.106	13	1		5	8	8
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.059		0	1		0.010	0.015	0.017
Threonine....g	0.138		0	1		0.023	0.036	0.039
Isoleucine....g	0.178		0	1		0.030	0.046	0.050
Leucine....g	0.306		0	1		0.052	0.080	0.087
Lysine....g	0.185		0	1		0.031	0.048	0.052
Methionine....g	0.086		0	1		0.015	0.022	0.024
Cystine....g	0.094		0	1		0.016	0.024	0.027
Phenylalanine....g	0.207		0	1		0.035	0.054	0.059
Tyrosine....g	0.134		0	1		0.023	0.035	0.038
Valine....g	0.204		0	1		0.035	0.053	0.058
Arginine....g	0.184		0	1		0.031	0.048	0.052
Histidine....g	0.090		0	1		0.015	0.023	0.026
Alanine....g	0.154		0	1		0.026	0.040	0.044
Aspartic acid....g	0.236		0	1		0.040	0.061	0.067
Glutamic acid....g	1.207		0	1		0.205	0.314	0.342
Glycine....g	0.144		0	1		0.024	0.037	0.041
Proline....g	0.403		0	1		0.069	0.105	0.114
Serine....g	0.246		0	1		0.042	0.064	0.070
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 = 17.000g: 1 cookie rolled cookie dough

Measure 2 = 26.000g: 1 cookie pre-sliced cookie dough

Measure 3 = 28.350g: 1 oz

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	5.00		0	1		0.75	1.15	1.42
Energy....kcal	484		0	4		73	111	137
Energy....kj	2025			4		304	466	574
Protein (N x 0)....g	4.70		0	1		0.71	1.08	1.33
Total lipid (fat)....g	23.10		0	1		3.47	5.31	6.55
Ash....g	1.70		0	1		0.26	0.39	0.48
Carbohydrate, by difference....g	65.60		0	4		9.84	15.09	18.60
Fiber, total dietary....g	0.8		0	1		0.1	0.2	0.2
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	90		0	1		14	21	26
Iron, Fe....mg	1.84		0	1		0.28	0.42	0.52
Magnesium, Mg....mg	8		0	1		1	2	2
Phosphorus, P....mg	187		0	1		28	43	53
Potassium, K....mg	163		0	1		24	37	46
Sodium, Na....mg	468		0	1		70	108	133
Zinc, Zn....mg	0.27		0	1		0.04	0.06	0.08
Copper, Cu....mg	0.041		0	1		0.006	0.009	0.012
Manganese, Mn....mg	0.289		0	4		0.043	0.066	0.082
Selenium, Se....mcg	3.5		0	4		0.5	0.8	1.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.182		0	1		0.027	0.042	0.052
Riboflavin....mg	0.122		0	1		0.018	0.028	0.035
Niacin....mg	2.412		0	1		0.362	0.555	0.684
Pantothenic acid....mg	0.151		0	4		0.023	0.035	0.043
Vitamin B-6....mg	0.023		0	4		0.003	0.005	0.007
Folate, total....mcg	53		0	4		8	12	15
Folic acid....mcg	47		0	4		7	11	13
Folate, food....mcg	6		0	4		1	1	2
Folate, DFE....mcg_DFE	86		0	4		13	20	24
Vitamin B-12....mcg	0.07		0	4		0.01	0.02	0.02
Vitamin A, IU....IU	37		0	1		6	9	10
Vitamin A, RE....mcg_RE	11		0	1		2	3	3
Vitamin E....mg_ATE	3.197		0	4		0.480	0.735	0.906
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.906		0	1		0.886	1.358	1.674
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	0.112		0	1		0.017	0.026	0.032
15:0....g								
16:0....g	3.081		0	1		0.462	0.709	0.873
17:0....g								
18:0....g	2.709		0	1		0.406	0.623	0.768
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	13.010		0	1		1.952	2.992	3.688
14:1....g								
15:1....g								

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

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	0.028		0	1		0.004	0.006	0.008
17:1....g								
18:1 undifferentiated....g	12.979		0	1		1.947	2.985	3.680
20:1....g	0.003		0	1		0.000	0.001	0.001
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.891		0	1		0.434	0.665	0.820
18:2 undifferentiated....g	2.731		0	1		0.410	0.628	0.774
18:3 undifferentiated....g	0.143		0	1		0.021	0.033	0.041
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	0.013		0	1		0.002	0.003	0.004
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	0.003		0	1		0.000	0.001	0.001
Fatty acids, total trans....g								
Cholesterol....mg	32		0	1		5	7	9
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.066		0	1		0.010	0.015	0.019
Threonine....g	0.153		0	1		0.023	0.035	0.043
Isoleucine....g	0.197		0	1		0.030	0.045	0.056
Leucine....g	0.340		0	1		0.051	0.078	0.096
Lysine....g	0.205		0	1		0.031	0.047	0.058
Methionine....g	0.096		0	1		0.014	0.022	0.027
Cystine....g	0.105		0	1		0.016	0.024	0.030
Phenylalanine....g	0.230		0	1		0.035	0.053	0.065
Tyrosine....g	0.149		0	1		0.022	0.034	0.042
Valine....g	0.227		0	1		0.034	0.052	0.064
Arginine....g	0.205		0	1		0.031	0.047	0.058
Histidine....g	0.100		0	1		0.015	0.023	0.028
Alanine....g	0.171		0	1		0.026	0.039	0.048
Aspartic acid....g	0.262		0	1		0.039	0.060	0.074
Glutamic acid....g	1.341		0	1		0.201	0.308	0.380
Glycine....g	0.160		0	1		0.024	0.037	0.045
Proline....g	0.447		0	1		0.067	0.103	0.127
Serine....g	0.273		0	1		0.041	0.063	0.077
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg				7				
Theobromine....mg				7				

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 cookie rolled cookie dough

Measure 2 = 23.000g: 1 cookie pre-sliced cookie dough

Measure 3 = 28.350g: 1 oz

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

Food Group: 18 Baked Products

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

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

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	8.90		0	1		2.52	1.25	
Energy	kcal	472		0	4		134	66	
Energy	kj	1975			4		560	276	
Protein (N x 0)	g	5.90		0	1		1.67	0.83	
Total lipid (fat)	g	23.40		0	1		6.63	3.28	
Ash	g	1.80		0	1		0.51	0.25	
Carbohydrate, by difference	g	60.00		0	4		17.01	8.40	
Fiber, total dietary	g	1.2		0	4		0.3	0.2	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	73		0	1		21	10	
Iron, Fe	mg	2.33		0	1		0.66	0.33	
Magnesium, Mg	mg	12		0	1		3	2	
Phosphorus, P	mg	90		0	1		26	13	
Potassium, K	mg	77		0	1		22	11	
Sodium, Na	mg	491		0	1		139	69	
Zinc, Zn	mg	0.42		0	1		0.12	0.06	
Copper, Cu	mg	0.078		0	1		0.022	0.011	
Manganese, Mn	mg	0.316		0	1		0.090	0.044	
Selenium, Se	mcg	17.6		0	4		5.0	2.5	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.1		0	1		0.0	0.0	
Thiamin	mg	0.294		0	1		0.083	0.041	
Riboflavin	mg	0.257		0	1		0.073	0.036	
Niacin	mg	2.443		0	1		0.693	0.342	
Pantothenic acid	mg	0.240		0	1		0.068	0.034	
Vitamin B-6	mg	0.030		0	1		0.009	0.004	
Folate, total	mcg	52		0	4		15	7	
Folic acid	mcg	41		0	4		12	6	
Folate, food	mcg	11		0	1		3	2	
Folate, DFE	mcg_DFE	81		0	4		23	11	
Vitamin B-12	mcg	0.09		0	1		0.03	0.01	
Vitamin A, IU	IU	964		0	1		273	135	
Vitamin A, RE	mcg_RE	250		0	1		71	35	
Vitamin E	mg_ATE	3.631		0	4		1.029	0.508	
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	4.690		0	1		1.330	0.657	
4:0	g	0.004		0	1		0.001	0.001	
6:0	g	0.002		0	1		0.001	0.000	
8:0	g	0.001		0	1		0.000	0.000	
10:0	g	0.003		0	1		0.001	0.000	
11:0	g								
12:0	g	0.003		0	1		0.001	0.000	
13:0	g								
14:0	g	0.068		0	1		0.019	0.010	
15:0	g								
16:0	g	2.911		0	1		0.825	0.408	
17:0	g								
18:0	g	1.694		0	1		0.480	0.237	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	10.189		0	1		2.889	1.426	
14:1	g								
15:1	g								

NDB No. 18208
Cookies, sugar, prepared from recipe, made with 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
16:1 undifferentiated....g	0.021		0	1		0.006	0.003	
17:1....g								
18:1 undifferentiated....g	10.166		0	1		2.882	1.423	
20:1....g	0.002		0	1		0.001	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	7.290		0	1		2.067	1.021	
18:2 undifferentiated....g	6.962		0	1		1.974	0.975	
18:3 undifferentiated....g	0.318		0	1		0.090	0.045	
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	0.009		0	1		0.003	0.001	
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	0.002		0	1		0.001	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	26		0	1		7	4	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.073		0	1		0.021	0.010	
Threonine....g	0.184		0	1		0.052	0.026	
Isoleucine....g	0.230		0	1		0.065	0.032	
Leucine....g	0.430		0	1		0.122	0.060	
Lysine....g	0.192		0	1		0.054	0.027	
Methionine....g	0.118		0	1		0.033	0.017	
Cystine....g	0.122		0	1		0.035	0.017	
Phenylalanine....g	0.298		0	1		0.084	0.042	
Tyrosine....g	0.193		0	1		0.055	0.027	
Valine....g	0.264		0	1		0.075	0.037	
Arginine....g	0.251		0	1		0.071	0.035	
Histidine....g	0.134		0	1		0.038	0.019	
Alanine....g	0.208		0	1		0.059	0.029	
Aspartic acid....g	0.307		0	1		0.087	0.043	
Glutamic acid....g	1.775		0	1		0.503	0.249	
Glycine....g	0.204		0	1		0.058	0.029	
Proline....g	0.618		0	1		0.175	0.087	
Serine....g	0.315		0	1		0.089	0.044	
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 = 28.350g: 1 oz

Measure 2 = 14.000g: 1 cookie (3" dia)

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.00	0.189	12	1		0.28	0.09	0.04
Energy....kcal	511		0	4		145	46	18
Energy....kj	2138			4		606	192	75
Protein (N x 5.7)....g	4.10	0.219	16	1		1.16	0.37	0.14
Total lipid (fat)....g	24.30	0.764	15	1		6.89	2.19	0.85
Ash....g	0.50	0.048	12	1		0.14	0.05	0.02
Carbohydrate, by difference....g	70.10		0	4		19.87	6.31	2.45
Fiber, total dietary....g	0.6		0	4		0.2	0.1	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	18	2.899	17	1		5	2	1
Iron, Fe....mg	1.95	0.234	16	1		0.55	0.18	0.07
Magnesium, Mg....mg	11	0.362	14	1		3	1	0
Phosphorus, P....mg	56	1.676	14	1		16	5	2
Potassium, K....mg	59	3.297	15	1		17	5	2
Sodium, Na....mg	147	10.923	16	1		42	13	5
Zinc, Zn....mg	0.35	0.008	13	1		0.10	0.03	0.01
Copper, Cu....mg	0.091	0.008	14	1		0.026	0.008	0.003
Manganese, Mn....mg	0.276	0.014	6	1		0.078	0.025	0.010
Selenium, Se....mcg	2.4		0	4		0.7	0.2	0.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.102	0.021	13	1		0.029	0.009	0.004
Riboflavin....mg	0.196	0.016	14	1		0.056	0.018	0.007
Niacin....mg	2.432	0.123	14	1		0.689	0.219	0.085
Pantothenic acid....mg	0.195		0	4		0.055	0.018	0.007
Vitamin B-6....mg	0.014		0	4		0.004	0.001	0.000
Folate, total....mcg	43		0	4		12	4	2
Folic acid....mcg	36		0	4		10	3	1
Folate, food....mcg	7		0	4		2	1	0
Folate, DFE....mcg_DFE	68		0	4		19	6	2
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	4.381		0	4		1.242	0.394	0.153
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.622		0	4		1.027	0.326	0.127
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	0.025		0	4		0.007	0.002	0.001
15:0....g								
16:0....g	2.394		0	4		0.679	0.215	0.084
17:0....g								
18:0....g	1.200		0	4		0.340	0.108	0.042
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.331		0	4		2.929	0.930	0.362
14:1....g								
15:1....g								

NDB No. 18209
Cookies, sugar wafers with creme filling, 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
16:1 undifferentiated....g	0.097		0	4		0.027	0.009	0.003
17:1....g								
18:1 undifferentiated....g	10.210		0	4		2.895	0.919	0.357
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	9.158		0	4		2.596	0.824	0.321
18:2 undifferentiated....g	8.503		0	4		2.411	0.765	0.298
18:3 undifferentiated....g	0.632		0	4		0.179	0.057	0.022
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								
Amino Acids:								
Tryptophan....g	0.059		0	4		0.017	0.005	0.002
Threonine....g	0.115		0	4		0.033	0.010	0.004
Isoleucine....g	0.156		0	4		0.044	0.014	0.005
Leucine....g	0.281		0	4		0.080	0.025	0.010
Lysine....g	0.144		0	4		0.041	0.013	0.005
Methionine....g	0.070		0	4		0.020	0.006	0.002
Cystine....g	0.089		0	4		0.025	0.008	0.003
Phenylalanine....g	0.194		0	4		0.055	0.017	0.007
Tyrosine....g	0.118		0	4		0.033	0.011	0.004
Valine....g	0.181		0	4		0.051	0.016	0.006
Arginine....g	0.156		0	4		0.044	0.014	0.005
Histidine....g	0.083		0	4		0.024	0.007	0.003
Alanine....g	0.126		0	4		0.036	0.011	0.004
Aspartic acid....g	0.174		0	4		0.049	0.016	0.006
Glutamic acid....g	1.344		0	4		0.381	0.121	0.047
Glycine....g	0.138		0	4		0.039	0.012	0.005
Proline....g	0.453		0	4		0.128	0.041	0.016
Serine....g	0.215		0	4		0.061	0.019	0.008
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 = 28.350g: 1 oz

Measure 2 = 9.000g: 1 wafer, large (3-1/2" x 1" x 1/2")

Measure 3 = 3.500g: 1 wafer, small (2-1/2" x 3/4" x 1/4")

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18210
Cookies, vanilla sandwich with creme filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	2.20	0.098	32	1		0.62	0.33	0.22
Energy....kcal	483		0	4		137	72	48
Energy....kj	2021			4		573	303	202
Protein (N x 5.7)....g	4.50	0.093	39	1		1.28	0.68	0.45
Total lipid (fat)....g	20.00	0.306	40	1		5.67	3.00	2.00
Ash....g	1.20	0.048	34	1		0.34	0.18	0.12
Carbohydrate, by difference....g	72.10		0	4		20.44	10.82	7.21
Fiber, total dietary....g	1.5		0	4		0.4	0.2	0.2
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	27	2.837	38	1		8	4	3
Iron, Fe....mg	2.21	0.060	40	1		0.63	0.33	0.22
Magnesium, Mg....mg	14	0.354	31	1		4	2	1
Phosphorus, P....mg	75	3.781	36	1		21	11	8
Potassium, K....mg	91	6.964	33	1		26	14	9
Sodium, Na....mg	349	12.440	36	1		99	52	35
Zinc, Zn....mg	0.40	0.014	32	1		0.11	0.06	0.04
Copper, Cu....mg	0.114	0.011	30	1		0.032	0.017	0.011
Manganese, Mn....mg	0.292	0.014	24	1		0.083	0.044	0.029
Selenium, Se....mcg	3.0		0	4		0.9	0.5	0.3
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.261	0.024	40	1		0.074	0.039	0.026
Riboflavin....mg	0.243	0.009	41	1		0.069	0.036	0.024
Niacin....mg	2.690	0.088	40	1		0.763	0.404	0.269
Pantothenic acid....mg	0.394	0.008	8	1		0.112	0.059	0.039
Vitamin B-6....mg	0.018		0	4		0.005	0.003	0.002
Folate, total....mcg	59		0	4		17	9	6
Folic acid....mcg	55		0	4		16	8	6
Folate, food....mcg	4	0.608	11	1		1	1	0
Folate, DFE....mcg_DFE	98		0	4		28	15	10
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	3.585		0	4		1.016	0.538	0.359
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.979		0	4		0.845	0.447	0.298
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	0.020		0	4		0.006	0.003	0.002
15:0....g								
16:0....g	1.976		0	4		0.560	0.296	0.198
17:0....g								
18:0....g	0.979		0	4		0.278	0.147	0.098
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.437		0	4		2.392	1.266	0.844
14:1....g								
15:1....g								

NDB No. 18210
Cookies, vanilla sandwich with creme filling

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	0.080		0	4		0.023	0.012	0.008
17:1....g								
18:1 undifferentiated....g	8.338		0	4		2.364	1.251	0.834
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	7.551		0	4		2.141	1.133	0.755
18:2 undifferentiated....g	7.011		0	4		1.988	1.052	0.701
18:3 undifferentiated....g	0.520		0	4		0.147	0.078	0.052
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								
Amino Acids:								
Tryptophan....g	0.064		0	4		0.018	0.010	0.006
Threonine....g	0.124		0	4		0.035	0.019	0.012
Isoleucine....g	0.170		0	4		0.048	0.026	0.017
Leucine....g	0.306		0	4		0.087	0.046	0.031
Lysine....g	0.156		0	4		0.044	0.023	0.016
Methionine....g	0.075		0	4		0.021	0.011	0.008
Cystine....g	0.097		0	4		0.027	0.015	0.010
Phenylalanine....g	0.212		0	4		0.060	0.032	0.021
Tyrosine....g	0.128		0	4		0.036	0.019	0.013
Valine....g	0.196		0	4		0.056	0.029	0.020
Arginine....g	0.171		0	4		0.048	0.026	0.017
Histidine....g	0.091		0	4		0.026	0.014	0.009
Alanine....g	0.135		0	4		0.038	0.020	0.014
Aspartic acid....g	0.187		0	4		0.053	0.028	0.019
Glutamic acid....g	1.479		0	4		0.419	0.222	0.148
Glycine....g	0.152		0	4		0.043	0.023	0.015
Proline....g	0.499		0	4		0.141	0.075	0.050
Serine....g	0.236		0	4		0.067	0.035	0.024
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 = 28.350g: 1 oz

Measure 2 = 15.000g: 1 cookie, oval (3-1/8" x 1-1/4" x 3/8")

Measure 3 = 10.000g: 1 cookie, round (1-3/4" dia)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	7.40		0	1		2.10	18.13	2.96
Energy....kcal	558		0	4		158	1367	223
Energy....kj	2335			4		662	5720	934
Protein (N x 0)....g	7.40		0	1		2.10	18.13	2.96
Total lipid (fat)....g	38.50		0	1		10.91	94.33	15.40
Ash....g	1.00		0	1		0.28	2.45	0.40
Carbohydrate, by difference....g	45.70		0	4		12.96	111.97	18.28
Fiber, total dietary....g	1.5		0	4		0.4	3.7	0.6
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	10		0	1		3	25	4
Iron, Fe....mg	2.60		0	1		0.74	6.37	1.04
Magnesium, Mg....mg	16		0	1		5	39	6
Phosphorus, P....mg	60		0	1		17	147	24
Potassium, K....mg	62		0	1		18	152	25
Sodium, Na....mg	253		0	1		72	620	101
Zinc, Zn....mg	0.54		0	1		0.15	1.32	0.22
Copper, Cu....mg	0.115		0	1		0.033	0.282	0.046
Manganese, Mn....mg	0.495		0	1		0.140	1.213	0.198
Selenium, Se....mcg	24.5		0	4		6.9	60.0	9.8
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.323		0	1		0.092	0.791	0.129
Riboflavin....mg	0.258		0	1		0.073	0.632	0.103
Niacin....mg	3.800		0	1		1.077	9.310	1.520
Pantothenic acid....mg	0.000		0	1		0.000	0.000	0.000
Vitamin B-6....mg	0.019		0	1		0.005	0.047	0.008
Folate, total....mcg	47		0	4		13	115	19
Folic acid....mcg	38		0	4		11	93	15
Folate, food....mcg	9		0	1		3	22	4
Folate, DFE....mcg_DFE	74		0	4		21	180	29
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	2.375		0	4		0.673	5.819	0.950
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.502		0	1		1.560	13.480	2.201
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	0.039		0	1		0.011	0.096	0.016
15:0....g								
16:0....g	4.016		0	1		1.139	9.839	1.606
17:0....g								
18:0....g	1.438		0	1		0.408	3.523	0.575
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.828		0	1		2.503	21.629	3.531
14:1....g								
15:1....g								

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

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	0.078		0	1		0.022	0.191	0.031
17:1....g								
18:1 undifferentiated....g	8.674		0	1		2.459	21.251	3.470
20:1....g	0.075		0	1		0.021	0.184	0.030
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	22.228		0	1		6.302	54.459	8.891
18:2 undifferentiated....g	19.640		0	1		5.568	48.118	7.856
18:3 undifferentiated....g	2.588		0	1		0.734	6.341	1.035
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	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.086		0	1		0.024	0.211	0.034
Threonine....g	0.198		0	1		0.056	0.485	0.079
Isoleucine....g	0.275		0	1		0.078	0.674	0.110
Leucine....g	0.514		0	1		0.146	1.259	0.206
Lysine....g	0.144		0	1		0.041	0.353	0.058
Methionine....g	0.131		0	1		0.037	0.321	0.052
Cystine....g	0.167		0	1		0.047	0.409	0.067
Phenylalanine....g	0.367		0	1		0.104	0.899	0.147
Tyrosine....g	0.204		0	1		0.058	0.500	0.082
Valine....g	0.312		0	1		0.088	0.764	0.125
Arginine....g	0.259		0	1		0.073	0.635	0.104
Histidine....g	0.158		0	1		0.045	0.387	0.063
Alanine....g	0.227		0	1		0.064	0.556	0.091
Aspartic acid....g	0.300		0	1		0.085	0.735	0.120
Glutamic acid....g	2.607		0	1		0.739	6.387	1.043
Glycine....g	0.255		0	1		0.072	0.625	0.102
Proline....g	0.875		0	1		0.248	2.144	0.350
Serine....g	0.360		0	1		0.102	0.882	0.144
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 = 28.350g: 1 oz

Measure 2 = 245.000g: 1 sheet

Measure 3 = 40.000g: 1 shell

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

Food Group: 18 Baked Products

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

NDB No. 18212
Cookies, vanilla wafers, lower fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	5.10	0.111	47	1		4.08	1.45	0.31
Energy....kcal	441		0	4		353	125	26
Energy....kj	1845			4		1476	523	111
Protein (N x 5.9)....g	5.00	0.055	48	1		4.00	1.42	0.30
Total lipid (fat)....g	15.20	0.219	46	1		12.16	4.31	0.91
Ash....g	1.10	0.023	45	1		0.88	0.31	0.07
Carbohydrate, by difference....g	73.60		0	4		58.88	20.87	4.42
Fiber, total dietary....g	1.9		0	1		1.5	0.5	0.1
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	48	1.163	51	1		38	14	3
Iron, Fe....mg	2.38	0.059	48	1		1.90	0.67	0.14
Magnesium, Mg....mg	14	0.624	47	1		11	4	1
Phosphorus, P....mg	104	1.755	47	1		83	29	6
Potassium, K....mg	97	1.863	46	1		78	27	6
Sodium, Na....mg	312	6.630	47	1		250	88	19
Zinc, Zn....mg	0.36	0.012	49	1		0.29	0.10	0.02
Copper, Cu....mg	0.100	0.009	45	1		0.080	0.028	0.006
Manganese, Mn....mg	0.262	0.009	44	1		0.210	0.074	0.016
Selenium, Se....mcg	11.3	1.259	3	1		9.0	3.2	0.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.275	0.011	45	1		0.220	0.078	0.017
Riboflavin....mg	0.320	0.017	45	1		0.256	0.091	0.019
Niacin....mg	3.106	0.083	46	1		2.485	0.881	0.186
Pantothenic acid....mg	0.410	0.083	4	1		0.328	0.116	0.025
Vitamin B-6....mg	0.073		2	1		0.058	0.021	0.004
Folate, total....mcg	50		0	4		40	14	3
Folic acid....mcg	41		0	4		33	12	2
Folate, food....mcg	9		0	4		7	3	1
Folate, DFE....mcg_DFE	79		0	4		63	22	5
Vitamin B-12....mcg	0.13		0	4		0.10	0.04	0.01
Vitamin A, IU....IU	27		0	4		22	8	2
Vitamin A, RE....mcg_RE	8		0	4		6	2	0
Vitamin E....mg_ATE	1.283		0	4		1.026	0.364	0.077
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.838		0	4		3.070	1.088	0.230
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	0.060		0	4		0.048	0.017	0.004
15:0....g								
16:0....g	2.244		0	4		1.795	0.636	0.135
17:0....g								
18:0....g	1.543		0	4		1.234	0.437	0.093
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.544		0	4		5.235	1.855	0.393
14:1....g								
15:1....g								

NDB No. 18212
Cookies, vanilla wafers, lower fat

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	0.031		0	4		0.025	0.009	0.002
17:1....g								
18:1 undifferentiated....g	6.508		0	4		5.206	1.845	0.390
20:1....g	0.003		0	4		0.002	0.001	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	3.887		0	4		3.110	1.102	0.233
18:2 undifferentiated....g	3.625		0	4		2.900	1.028	0.218
18:3 undifferentiated....g	0.231		0	4		0.185	0.065	0.014
18:4....g	0.002		0	4		0.002	0.001	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.017		0	4		0.014	0.005	0.001
20:5 n-3....g	0.008		0	4		0.006	0.002	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	0.005		0	4		0.004	0.001	0.000
Fatty acids, total trans....g								
Cholesterol....mg	51		0	4		41	14	3
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.068		0	1		0.054	0.019	0.004
Threonine....g	0.169		0	1		0.135	0.048	0.010
Isoleucine....g	0.213		0	1		0.170	0.060	0.013
Leucine....g	0.365		0	1		0.292	0.103	0.022
Lysine....g	0.230		0	1		0.184	0.065	0.014
Methionine....g	0.105		0	1		0.084	0.030	0.006
Cystine....g	0.110		0	1		0.088	0.031	0.007
Phenylalanine....g	0.243		0	1		0.194	0.069	0.015
Tyrosine....g	0.160		0	1		0.128	0.045	0.010
Valine....g	0.244		0	1		0.195	0.069	0.015
Arginine....g	0.221		0	1		0.177	0.063	0.013
Histidine....g	0.106		0	1		0.085	0.030	0.006
Alanine....g	0.188		0	1		0.150	0.053	0.011
Aspartic acid....g	0.297		0	1		0.238	0.084	0.018
Glutamic acid....g	1.335		0	1		1.068	0.378	0.080
Glycine....g	0.167		0	1		0.134	0.047	0.010
Proline....g	0.444		0	1		0.355	0.126	0.027
Serine....g	0.293		0	1		0.234	0.083	0.018
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 = 80.000g: 1 cup, crumbs

Measure 2 = 28.350g: 1 oz

Measure 3 = 6.000g: 1 large

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18213
Cookies, vanilla wafers, higher fat

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	4.20	0.297	14	1		1.19	0.25	
Energy....kcal	473		0	4		134	28	
Energy....kj	1979			4		561	119	
Protein (N x 5.7)....g	4.30	0.045	14	1		1.22	0.26	
Total lipid (fat)....g	19.40	0.340	14	1		5.50	1.16	
Ash....g	1.00	0.028	14	1		0.28	0.06	
Carbohydrate, by difference....g	71.10		0	4		20.16	4.27	
Fiber, total dietary....g	2.0		0	1		0.6	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	25	0.983	14	1		7	2	
Iron, Fe....mg	2.21	0.133	14	1		0.63	0.13	
Magnesium, Mg....mg	12	0.413	13	1		3	1	
Phosphorus, P....mg	64	1.527	14	1		18	4	
Potassium, K....mg	107	4.156	14	1		30	6	
Sodium, Na....mg	306	6.537	14	1		87	18	
Zinc, Zn....mg	0.33	0.013	10	1		0.09	0.02	
Copper, Cu....mg	0.124	0.024	9	1		0.035	0.007	
Manganese, Mn....mg	0.384	0.153	8	1		0.109	0.023	
Selenium, Se....mcg	11.3	1.259	3	1		3.2	0.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.361	0.023	14	1		0.102	0.022	
Riboflavin....mg	0.209	0.016	14	1		0.059	0.013	
Niacin....mg	2.976	0.153	14	1		0.844	0.179	
Pantothenic acid....mg	0.284		0	4		0.081	0.017	
Vitamin B-6....mg	0.024		0	4		0.007	0.001	
Folate, total....mcg	43		0	4		12	3	
Folic acid....mcg	35		0	4		10	2	
Folate, food....mcg	8		0	4		2	0	
Folate, DFE....mcg_DFE	68		0	4		19	4	
Vitamin B-12....mcg	0.04		0	4		0.01	0.00	
Vitamin A, IU....IU	1		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	4.936		0	4		1.399	0.296	
4:0....g	0.001		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	0.097		0	4		0.027	0.006	
15:0....g								
16:0....g	2.526		0	4		0.716	0.152	
17:0....g								
18:0....g	2.307		0	4		0.654	0.138	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.076		0	4		3.140	0.665	
14:1....g								
15:1....g								

NDB No. 18213
Cookies, vanilla wafers, higher fat

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	0.002		0	4		0.001	0.000	
17:1....g								
18:1 undifferentiated....g	11.074		0	4		3.139	0.664	
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	2.437		0	4		0.691	0.146	
18:2 undifferentiated....g	2.314		0	4		0.656	0.139	
18:3 undifferentiated....g	0.123		0	4		0.035	0.007	
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								
Amino Acids:								
Tryptophan....g	0.062		0	4		0.018	0.004	
Threonine....g	0.131		0	4		0.037	0.008	
Isoleucine....g	0.169		0	4		0.048	0.010	
Leucine....g	0.303		0	4		0.086	0.018	
Lysine....g	0.165		0	4		0.047	0.010	
Methionine....g	0.073		0	4		0.021	0.004	
Cystine....g	0.093		0	4		0.026	0.006	
Phenylalanine....g	0.200		0	4		0.057	0.012	
Tyrosine....g	0.123		0	4		0.035	0.007	
Valine....g	0.193		0	4		0.055	0.012	
Arginine....g	0.163		0	4		0.046	0.010	
Histidine....g	0.087		0	4		0.025	0.005	
Alanine....g	0.136		0	4		0.039	0.008	
Aspartic acid....g	0.199		0	4		0.056	0.012	
Glutamic acid....g	1.375		0	4		0.390	0.083	
Glycine....g	0.141		0	4		0.040	0.008	
Proline....g	0.465		0	4		0.132	0.028	
Serine....g	0.226		0	4		0.064	0.014	
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 = 28.350g: 1 oz

Measure 2 = 6.000g: 1 wafer

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18214
Crackers, cheese, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.10	0.124	48	1		1.92	2.23	0.02
Energy....kcal	503		0	4		312	362	3
Energy....kj	2105			4		1305	1515	13
Protein (N x 5.9)....g	10.10	0.228	47	1		6.26	7.27	0.06
Total lipid (fat)....g	25.30	0.541	51	1		15.69	18.22	0.15
Ash....g	3.30	0.118	43	1		2.05	2.38	0.02
Carbohydrate, by difference....g	58.20		0	4		36.08	41.90	0.35
Fiber, total dietary....g	2.4		0	1		1.5	1.7	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	151	11.424	48	1		94	109	1
Iron, Fe....mg	4.77	0.206	45	1		2.96	3.43	0.03
Magnesium, Mg....mg	36	2.525	43	1		22	26	0
Phosphorus, P....mg	218	11.747	44	1		135	157	1
Potassium, K....mg	145	4.559	47	1		90	104	1
Sodium, Na....mg	995	39.270	49	1		617	716	6
Zinc, Zn....mg	1.13	0.035	42	1		0.70	0.81	0.01
Copper, Cu....mg	0.210	0.017	42	1		0.130	0.151	0.001
Manganese, Mn....mg	0.629	0.013	36	1		0.390	0.453	0.004
Selenium, Se....mcg	8.6		1	1		5.3	6.2	0.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.570	0.018	42	1		0.353	0.410	0.003
Riboflavin....mg	0.428	0.015	42	1		0.265	0.308	0.003
Niacin....mg	4.671	0.104	41	1		2.896	3.363	0.028
Pantothenic acid....mg	0.526	0.107	4	1		0.326	0.379	0.003
Vitamin B-6....mg	0.553	0.424	3	1		0.343	0.398	0.003
Folate, total....mcg	80		0	4		50	58	0
Folic acid....mcg	55		0	4		34	40	0
Folate, food....mcg	25		1	1		16	18	0
Folate, DFE....mcg_DFE	119		0	4		73	85	1
Vitamin B-12....mcg	0.46		1	1		0.29	0.33	0.00
Vitamin A, IU....IU	162		1	1		100	117	1
Vitamin A, RE....mcg_RE	30		0	1		19	22	0
Vitamin E....mg_ATE	2.641		0	4		1.637	1.902	0.016
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	9.371		0	4		5.810	6.747	0.056
4:0....g	0.268		0	4		0.166	0.193	0.002
6:0....g	0.135		0	4		0.084	0.097	0.001
8:0....g	0.071		0	4		0.044	0.051	0.000
10:0....g	0.154		0	4		0.095	0.111	0.001
11:0....g								
12:0....g	0.154		0	4		0.095	0.111	0.001
13:0....g								
14:0....g	0.875		0	4		0.543	0.630	0.005
15:0....g								
16:0....g	4.386		0	4		2.719	3.158	0.026
17:0....g								
18:0....g	3.007		0	4		1.864	2.165	0.018
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	12.105		0	4		7.505	8.716	0.073
14:1....g								
15:1....g								

NDB No. 18214
Crackers, cheese, 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
16:1 undifferentiated....g	0.270		0	4		0.167	0.194	0.002
17:1....g								
18:1 undifferentiated....g	11.700		0	4		7.254	8.424	0.070
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	2.472		0	4		1.533	1.780	0.015
18:2 undifferentiated....g	2.339		0	4		1.450	1.684	0.014
18:3 undifferentiated....g	0.132		0	4		0.082	0.095	0.001
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	13		1	1		8	9	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.129		0	1		0.080	0.093	0.001
Threonine....g	0.295		0	1		0.183	0.212	0.002
Isoleucine....g	0.424		0	1		0.263	0.305	0.003
Leucine....g	0.744		0	1		0.461	0.536	0.004
Lysine....g	0.418		0	1		0.259	0.301	0.003
Methionine....g	0.194		0	1		0.120	0.140	0.001
Cystine....g	0.168		0	1		0.104	0.121	0.001
Phenylalanine....g	0.490		0	1		0.304	0.353	0.003
Tyrosine....g	0.340		0	1		0.211	0.245	0.002
Valine....g	0.478		0	1		0.296	0.344	0.003
Arginine....g	0.386		0	1		0.239	0.278	0.002
Histidine....g	0.245		0	1		0.152	0.176	0.001
Alanine....g	0.304		0	1		0.188	0.219	0.002
Aspartic acid....g	0.480		0	1		0.298	0.346	0.003
Glutamic acid....g	3.034		0	1		1.881	2.184	0.018
Glycine....g	0.302		0	1		0.187	0.217	0.002
Proline....g	1.110		0	1		0.688	0.799	0.007
Serine....g	0.521		0	1		0.323	0.375	0.003
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 = 62.000g: 1 cup, bite size

Measure 2 = 72.000g: 1 cup, crushed

Measure 3 = 0.600g: 1 gold fish

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.80	0.310	12	1		3.15	0.27	0.54
Energy....kcal	482		0	4		400	34	68
Energy....kj	2017			4		1674	141	286
Protein (N x 5.6)....g	12.60	0.474	13	1		10.46	0.88	1.79
Total lipid (fat)....g	23.20	0.781	16	1		19.26	1.62	3.29
Ash....g	3.30	0.168	12	1		2.74	0.23	0.47
Carbohydrate, by difference....g	57.00		0	4		47.31	3.99	8.08
Fiber, total dietary....g	2.8		0	4		2.3	0.2	0.4
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	79	17.466	11	1		66	6	11
Iron, Fe....mg	2.92	0.131	12	1		2.42	0.20	0.41
Magnesium, Mg....mg	58	3.154	8	1		48	4	8
Phosphorus, P....mg	324	13.237	9	1		269	23	46
Potassium, K....mg	245	20.658	9	1		203	17	35
Sodium, Na....mg	992	79.015	12	1		823	69	141
Zinc, Zn....mg	1.09	0.060	9	1		0.90	0.08	0.15
Copper, Cu....mg	0.234	0.024	9	1		0.194	0.016	0.033
Manganese, Mn....mg	0.750	0.047	7	1		0.623	0.053	0.106
Selenium, Se....mcg	18.2		0	4		15.1	1.3	2.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		0	4		0.3	0.0	0.1
Thiamin....mg	0.403	0.058	19	1		0.334	0.028	0.057
Riboflavin....mg	0.344	0.053	19	1		0.286	0.024	0.049
Niacin....mg	6.520	0.344	18	1		5.412	0.456	0.924
Pantothenic acid....mg	0.510	0.045	12	1		0.423	0.036	0.072
Vitamin B-6....mg	1.492		2	1		1.238	0.104	0.211
Folate, total....mcg	88		0	4		73	6	12
Folic acid....mcg	63		0	4		52	4	9
Folate, food....mcg	25	1.393	8	1		21	2	4
Folate, DFE....mcg_DFE	132		0	4		110	9	19
Vitamin B-12....mcg	0.01		0	4		0.01	0.00	0.00
Vitamin A, IU....IU	319		0	4		265	22	45
Vitamin A, RE....mcg_RE	34		0	4		28	2	5
Vitamin E....mg_ATE	3.738		0	4		3.103	0.262	0.530
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.447		0	4		4.521	0.381	0.772
4:0....g	0.016		0	4		0.013	0.001	0.002
6:0....g	0.008		0	4		0.007	0.001	0.001
8:0....g	0.004		0	4		0.003	0.000	0.001
10:0....g	0.009		0	4		0.007	0.001	0.001
11:0....g								
12:0....g	0.014		0	4		0.012	0.001	0.002
13:0....g								
14:0....g	0.154		0	4		0.128	0.011	0.022
15:0....g								
16:0....g	2.898		0	4		2.405	0.203	0.411
17:0....g								
18:0....g	1.946		0	4		1.615	0.136	0.276
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.772		0	4		9.771	0.824	1.669
14:1....g								
15:1....g								

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

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	0.019		0	4		0.016	0.001	0.003
17:1....g								
18:1 undifferentiated....g	11.649		0	4		9.669	0.815	1.651
20:1....g	0.097		0	4		0.081	0.007	0.014
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	4.685		0	4		3.889	0.328	0.664
18:2 undifferentiated....g	4.579		0	4		3.801	0.321	0.649
18:3 undifferentiated....g	0.106		0	4		0.088	0.007	0.015
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	5		2	1		4	0	1
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.142		0	4		0.118	0.010	0.020
Threonine....g	0.397		0	4		0.330	0.028	0.056
Isoleucine....g	0.467		0	4		0.388	0.033	0.066
Leucine....g	0.854		0	4		0.709	0.060	0.121
Lysine....g	0.442		0	4		0.367	0.031	0.063
Methionine....g	0.194		0	4		0.161	0.014	0.027
Cystine....g	0.212		0	4		0.176	0.015	0.030
Phenylalanine....g	0.631		0	4		0.524	0.044	0.089
Tyrosine....g	0.444		0	4		0.369	0.031	0.063
Valine....g	0.546		0	4		0.453	0.038	0.077
Arginine....g	0.951		0	4		0.789	0.067	0.135
Histidine....g	0.300		0	4		0.249	0.021	0.043
Alanine....g	0.458		0	4		0.380	0.032	0.065
Aspartic acid....g	1.017		0	4		0.844	0.071	0.144
Glutamic acid....g	3.373		0	4		2.800	0.236	0.478
Glycine....g	0.582		0	4		0.483	0.041	0.082
Proline....g	1.008		0	4		0.837	0.071	0.143
Serine....g	0.636		0	4		0.528	0.045	0.090
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 = 83.000g: 1 cup, crushed

Measure 2 = 7.000g: 1 sandwich

Measure 3 = 14.175g: .5 oz

Calories Factors: **Protein** 3.8 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18216
Crackers, crispbread, rye

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	6.10	0.669	4	1		3.36	0.61	0.12
Energy....kcal	366		0	4		201	37	7
Energy....kj	1531			4		842	153	31
Protein (N x 5.9)....g	7.90	0.129	4	1		4.35	0.79	0.16
Total lipid (fat)....g	1.30	0.328	6	1		0.72	0.13	0.03
Ash....g	2.40	0.112	6	1		1.32	0.24	0.05
Carbohydrate, by difference....g	82.20		0	4		45.21	8.22	1.64
Fiber, total dietary....g	16.5		0	1		9.1	1.7	0.3
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	31	3.837	4	1		17	3	1
Iron, Fe....mg	2.43	0.124	4	1		1.34	0.24	0.05
Magnesium, Mg....mg	78	3.814	4	1		43	8	2
Phosphorus, P....mg	269	19.040	4	1		148	27	5
Potassium, K....mg	319	34.499	4	1		175	32	6
Sodium, Na....mg	264	48.832	4	1		145	26	5
Zinc, Zn....mg	2.39	0.225	4	1		1.31	0.24	0.05
Copper, Cu....mg	0.255	0.016	4	1		0.140	0.026	0.005
Manganese, Mn....mg	2.475	0.168	4	1		1.361	0.248	0.050
Selenium, Se....mcg	36.6		0	4		20.1	3.7	0.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.243	0.010	16	1		0.134	0.024	0.005
Riboflavin....mg	0.145	0.016	16	1		0.080	0.015	0.003
Niacin....mg	1.040	0.096	16	1		0.572	0.104	0.021
Pantothenic acid....mg	0.676	0.015	16	1		0.372	0.068	0.014
Vitamin B-6....mg	0.210	0.002	16	1		0.116	0.021	0.004
Folate, total....mcg	47		0	4		26	5	1
Folic acid....mcg	25		0	4		14	3	1
Folate, food....mcg	22	1.048	16	1		12	2	0
Folate, DFE....mcg_DFE	65		0	4		35	6	1
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	1.349		0	4		0.742	0.135	0.027
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.145		0	1		0.080	0.015	0.003
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	0.002		0	1		0.001	0.000	0.000
15:0....g								
16:0....g	0.138		0	1		0.076	0.014	0.003
17:0....g								
18:0....g	0.005		0	1		0.003	0.001	0.000
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.165		0	1		0.091	0.017	0.003
14:1....g								
15:1....g								

NDB No. 18216
Crackers, crispbread, rye

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	0.012		0	1		0.007	0.001	0.000
17:1....g								
18:1 undifferentiated....g	0.146		0	1		0.080	0.015	0.003
20:1....g	0.006		0	1		0.003	0.001	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	0.557		0	1		0.306	0.056	0.011
18:2 undifferentiated....g	0.479		0	1		0.263	0.048	0.010
18:3 undifferentiated....g	0.079		0	1		0.043	0.008	0.002
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								
Amino Acids:								
Tryptophan....g	0.092		0	1		0.051	0.009	0.002
Threonine....g	0.285		0	1		0.157	0.029	0.006
Isoleucine....g	0.318		0	1		0.175	0.032	0.006
Leucine....g	0.556		0	1		0.306	0.056	0.011
Lysine....g	0.300		0	1		0.165	0.030	0.006
Methionine....g	0.121		0	1		0.067	0.012	0.002
Cystine....g	0.155		0	1		0.085	0.016	0.003
Phenylalanine....g	0.403		0	1		0.222	0.040	0.008
Tyrosine....g	0.168		0	1		0.092	0.017	0.003
Valine....g	0.404		0	1		0.222	0.040	0.008
Arginine....g	0.366		0	1		0.201	0.037	0.007
Histidine....g	0.179		0	1		0.098	0.018	0.004
Alanine....g	0.342		0	1		0.188	0.034	0.007
Aspartic acid....g	0.564		0	1		0.310	0.056	0.011
Glutamic acid....g	2.160		0	1		1.188	0.216	0.043
Glycine....g	0.310		0	1		0.171	0.031	0.006
Proline....g	0.822		0	1		0.452	0.082	0.016
Serine....g	0.431		0	1		0.237	0.043	0.009
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 = 55.000g: 1 cup, crushed

Measure 2 = 10.000g: 1 crispbread

Measure 3 = 2.000g: 1 wafer, thin

Calories Factors: **Protein** 3.2 **Fat** 8.4 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18217
Crackers, matzo, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.30	0.615	9	1		1.22	0.61	
Energy....kcal	395		0	4		112	56	
Energy....kj	1653			4		469	234	
Protein (N x 5.7)....g	10.00	0.176	10	1		2.84	1.42	
Total lipid (fat)....g	1.40	0.127	10	1		0.40	0.20	
Ash....g	0.60	0.002	4	1		0.17	0.09	
Carbohydrate, by difference....g	83.70		0	4		23.73	11.86	
Fiber, total dietary....g	3.0		0	1		0.9	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	13		2	1		4	2	
Iron, Fe....mg	3.16	0.010	4	1		0.90	0.45	
Magnesium, Mg....mg	25		2	1		7	4	
Phosphorus, P....mg	89		2	1		25	13	
Potassium, K....mg	112	8.758	4	1		32	16	
Sodium, Na....mg	2	0.277	6	1		1	0	
Zinc, Zn....mg	0.68		2	1		0.19	0.10	
Copper, Cu....mg	0.060		2	1		0.017	0.009	
Manganese, Mn....mg	0.650		2	1		0.184	0.092	
Selenium, Se....mcg	36.9		0	4		10.5	5.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.387	0.021	12	1		0.110	0.055	
Riboflavin....mg	0.291	0.001	4	1		0.082	0.041	
Niacin....mg	3.892	0.014	4	1		1.103	0.552	
Pantothenic acid....mg	0.443	0.016	8	1		0.126	0.063	
Vitamin B-6....mg	0.115	0.001	8	1		0.033	0.016	
Folate, total....mcg	17		0	4		5	2	
Folic acid....mcg	0			7		0	0	
Folate, food....mcg	17		0	4		5	2	
Folate, DFE....mcg_DFE	17		0	4		5	2	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.065		0	4		0.018	0.009	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.226		0	1		0.064	0.032	
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	0.216		0	1		0.061	0.031	
17:0....g								
18:0....g	0.010		0	1		0.003	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.127		0	1		0.036	0.018	
14:1....g								
15:1....g								

NDB No. 18217
Crackers, matzo, plain

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	
17:1....g								
18:1 undifferentiated....g	0.127		0	1		0.036	0.018	
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	0.603		0	1		0.171	0.085	
18:2 undifferentiated....g	0.570		0	1		0.162	0.081	
18:3 undifferentiated....g	0.032		0	1		0.009	0.005	
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		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.116		0	1		0.033	0.016	
Threonine....g	0.267		0	1		0.076	0.038	
Isoleucine....g	0.371		0	1		0.105	0.053	
Leucine....g	0.692		0	1		0.196	0.098	
Lysine....g	0.193		0	1		0.055	0.027	
Methionine....g	0.176		0	1		0.050	0.025	
Cystine....g	0.225		0	1		0.064	0.032	
Phenylalanine....g	0.494		0	1		0.140	0.070	
Tyrosine....g	0.274		0	1		0.078	0.039	
Valine....g	0.420		0	1		0.119	0.060	
Arginine....g	0.348		0	1		0.099	0.049	
Histidine....g	0.213		0	1		0.060	0.030	
Alanine....g	0.306		0	1		0.087	0.043	
Aspartic acid....g	0.404		0	1		0.115	0.057	
Glutamic acid....g	3.509		0	1		0.995	0.497	
Glycine....g	0.343		0	1		0.097	0.049	
Proline....g	1.177		0	1		0.334	0.167	
Serine....g	0.485		0	1		0.137	0.069	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0			4		0	0	
Theobromine....mg	0			4		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 = 28.350g: 1 matzo

Measure 2 = 14.175g: .5 oz

Calories Factors: **Protein** 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18218
Crackers, matzo, egg

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	6.40		1	1		1.81	0.91	
Energy....kcal	391		0	4		111	55	
Energy....kj	1636			4		464	232	
Protein (N x 5.8)....g	12.30		1	1		3.49	1.74	
Total lipid (fat)....g	2.10		1	1		0.60	0.30	
Ash....g	0.60		1	1		0.17	0.09	
Carbohydrate, by difference....g	78.60		0	4		22.28	11.14	
Fiber, total dietary....g	2.8		0	4		0.8	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	40		1	1		11	6	
Iron, Fe....mg	2.70		1	1		0.77	0.38	
Magnesium, Mg....mg	24		0	4		7	3	
Phosphorus, P....mg	148		0	4		42	21	
Potassium, K....mg	150		1	1		43	21	
Sodium, Na....mg	21		1	1		6	3	
Zinc, Zn....mg	0.73		1	1		0.21	0.10	
Copper, Cu....mg	0.155		0	4		0.044	0.022	
Manganese, Mn....mg	0.600		1	1		0.170	0.085	
Selenium, Se....mcg	27.7		0	4		7.9	3.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.0	
Thiamin....mg	0.788		0	4		0.223	0.112	
Riboflavin....mg	0.618		1	1		0.175	0.088	
Niacin....mg	5.080		1	1		1.440	0.720	
Pantothenic acid....mg	0.435		1	1		0.123	0.062	
Vitamin B-6....mg	0.054		1	1		0.015	0.008	
Folate, total....mcg	24			4		7	3	
Folic acid....mcg	0			7		0	0	
Folate, food....mcg	24			4		7	3	
Folate, DFE....mcg_DFE	24		0	4		7	3	
Vitamin B-12....mcg	0.19		0	4		0.05	0.03	
Vitamin A, IU....IU	42		1	1		12	6	
Vitamin A, RE....mcg_RE	13		0	1		4	2	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.548		0	1		0.155	0.078	
4:0....g								
6:0....g								
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	0.005		0	1		0.001	0.001	
15:0....g								
16:0....g	0.423		0	1		0.120	0.060	
17:0....g								
18:0....g	0.119		0	1		0.034	0.017	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.612		0	1		0.174	0.087	
14:1....g								
15:1....g								

NDB No. 18218
Crackers, matzo, egg

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	0.043		0	1		0.012	0.006	
17:1....g								
18:1 undifferentiated....g	0.564		0	1		0.160	0.080	
20:1....g	0.004		0	1		0.001	0.001	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.473		0	1		0.134	0.067	
18:2 undifferentiated....g	0.427		0	1		0.121	0.061	
18:3 undifferentiated....g	0.020		0	1		0.006	0.003	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.021		0	1		0.006	0.003	
20:5 n-3....g	0.001		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.005		0	1		0.001	0.001	
Fatty acids, total trans....g								
Cholesterol....mg	83		0	4		24	12	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.151		0	1		0.043	0.021	
Threonine....g	0.384		0	1		0.109	0.054	
Isoleucine....g	0.472		0	1		0.134	0.067	
Leucine....g	0.886		0	1		0.251	0.126	
Lysine....g	0.389		0	1		0.110	0.055	
Methionine....g	0.248		0	1		0.070	0.035	
Cystine....g	0.268		0	1		0.076	0.038	
Phenylalanine....g	0.624		0	1		0.177	0.088	
Tyrosine....g	0.397		0	1		0.113	0.056	
Valine....g	0.544		0	1		0.154	0.077	
Arginine....g	0.544		0	1		0.154	0.077	
Histidine....g	0.278		0	1		0.079	0.039	
Alanine....g	0.450		0	1		0.128	0.064	
Aspartic acid....g	0.656		0	1		0.186	0.093	
Glutamic acid....g	3.666		0	1		1.039	0.520	
Glycine....g	0.438		0	1		0.124	0.062	
Proline....g	1.251		0	1		0.355	0.177	
Serine....g	0.673		0	1		0.191	0.095	
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 = 28.350g: 1 matzo

Measure 2 = 14.175g: .5 oz

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18219
Crackers, matzo, whole-wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.80	0.517	4	1		1.36	0.68	
Energy....kcal	351		0	4		100	50	
Energy....kj	1469			4		416	208	
Protein (N x 5.8)....g	13.10	0.600	6	1		3.71	1.86	
Total lipid (fat)....g	1.50	0.227	6	1		0.43	0.21	
Ash....g	1.60	0.005	4	1		0.45	0.23	
Carbohydrate, by difference....g	78.90		0	4		22.37	11.18	
Fiber, total dietary....g	11.8		0	1		3.3	1.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	23	2.063	3	1		7	3	
Iron, Fe....mg	4.65	0.388	4	1		1.32	0.66	
Magnesium, Mg....mg	134		2	1		38	19	
Phosphorus, P....mg	305		2	1		86	43	
Potassium, K....mg	316		2	1		90	45	
Sodium, Na....mg	2	0.368	5	1		1	0	
Zinc, Zn....mg	2.61		2	1		0.74	0.37	
Copper, Cu....mg	0.350		2	1		0.099	0.050	
Manganese, Mn....mg	3.500		2	1		0.992	0.496	
Selenium, Se....mcg	75.1		0	4		21.3	10.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	
Thiamin....mg	0.365	0.016	10	1		0.103	0.052	
Riboflavin....mg	0.271		2	1		0.077	0.038	
Niacin....mg	5.410	0.596	3	1		1.534	0.767	
Pantothenic acid....mg	1.235	0.041	8	1		0.350	0.175	
Vitamin B-6....mg	0.159	0.010	9	1		0.045	0.023	
Folate, total....mcg	35	1.045	9	1		10	5	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	35	1.045	9	1		10	5	
Folate, DFE....mcg_DFE	35		0	4		10	5	
Vitamin B-12....mcg	0.00		1	1		0.00	0.00	
Vitamin A, IU....IU	0		1	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	1.337		0	4		0.379	0.190	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.243		0	1		0.069	0.034	
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	0.002		0	1		0.001	0.000	
15:0....g								
16:0....g	0.222		0	1		0.063	0.031	
17:0....g								
18:0....g	0.012		0	1		0.003	0.002	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.194		0	1		0.055	0.027	
14:1....g								
15:1....g								

NDB No. 18219
Crackers, matzo, whole-wheat

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	0.010		0	1		0.003	0.001	
17:1....g								
18:1 undifferentiated....g	0.184		0	1		0.052	0.026	
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	0.653		0	1		0.185	0.093	
18:2 undifferentiated....g	0.618		0	1		0.175	0.088	
18:3 undifferentiated....g	0.033		0	1		0.009	0.005	
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	0.002		0	1		0.001	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								
Amino Acids:								
Tryptophan....g	0.206		0	1		0.058	0.029	
Threonine....g	0.382		0	1		0.108	0.054	
Isoleucine....g	0.489		0	1		0.139	0.069	
Leucine....g	0.889		0	1		0.252	0.126	
Lysine....g	0.371		0	1		0.105	0.053	
Methionine....g	0.204		0	1		0.058	0.029	
Cystine....g	0.308		0	1		0.087	0.044	
Phenylalanine....g	0.620		0	1		0.176	0.088	
Tyrosine....g	0.385		0	1		0.109	0.055	
Valine....g	0.597		0	1		0.169	0.085	
Arginine....g	0.631		0	1		0.179	0.089	
Histidine....g	0.310		0	1		0.088	0.044	
Alanine....g	0.475		0	1		0.135	0.067	
Aspartic acid....g	0.688		0	1		0.195	0.098	
Glutamic acid....g	4.112		0	1		1.166	0.583	
Glycine....g	0.541		0	1		0.153	0.077	
Proline....g	1.351		0	1		0.383	0.192	
Serine....g	0.622		0	1		0.176	0.088	
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 = 28.350g: 1 matzo

Measure 2 = 14.175g: .5 oz

Calories Factors: **Protein** 3.5 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 18 Baked Products

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

NDB No. 18220
Crackers, melba toast, plain

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	5.10	0.196	16	1		1.53	1.68	0.15
Energy....kcal	390		0	4		117	129	12
Energy....kj	1632			4		490	538	49
Protein (N x 5.7)....g	12.10	0.387	15	1		3.63	3.99	0.36
Total lipid (fat)....g	3.20	0.429	11	1		0.96	1.06	0.10
Ash....g	3.00	0.154	13	1		0.90	0.99	0.09
Carbohydrate, by difference....g	76.60		0	4		22.98	25.28	2.30
Fiber, total dietary....g	6.3		0	1		1.9	2.1	0.2
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	93	14.161	15	1		28	31	3
Iron, Fe....mg	3.70	0.408	10	1		1.11	1.22	0.11
Magnesium, Mg....mg	59	6.585	8	1		18	19	2
Phosphorus, P....mg	196	7.975	12	1		59	65	6
Potassium, K....mg	202	10.786	13	1		61	67	6
Sodium, Na....mg	829	112.068	9	1		249	274	25
Zinc, Zn....mg	2.01	0.295	7	1		0.60	0.66	0.06
Copper, Cu....mg	0.289	0.054	7	1		0.087	0.095	0.009
Manganese, Mn....mg	1.130	0.154	4	1		0.339	0.373	0.034
Selenium, Se....mcg	34.8		1	1		10.4	11.5	1.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.413	0.045	16	1		0.124	0.136	0.012
Riboflavin....mg	0.273	0.018	16	1		0.082	0.090	0.008
Niacin....mg	4.113	0.414	16	1		1.234	1.357	0.123
Pantothenic acid....mg	0.693	0.036	12	1		0.208	0.229	0.021
Vitamin B-6....mg	0.098	0.007	10	1		0.029	0.032	0.003
Folate, total....mcg	124		0	4		37	41	4
Folic acid....mcg	98		0	4		29	32	3
Folate, food....mcg	26	1.382	8	1		8	9	1
Folate, DFE....mcg_DFE	193		0	4		58	64	6
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.056		0	4		0.017	0.018	0.002
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.445		0	1		0.134	0.147	0.013
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	0.002		0	1		0.001	0.001	0.000
15:0....g								
16:0....g	0.355		0	1		0.107	0.117	0.011
17:0....g								
18:0....g	0.088		0	1		0.026	0.029	0.003
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.782		0	1		0.235	0.258	0.023
14:1....g								
15:1....g								

NDB No. 18220
Crackers, melba toast, plain

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	0.020		0	1		0.006	0.007	0.001
17:1....g								
18:1 undifferentiated....g	0.762		0	1		0.229	0.251	0.023
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	1.282		0	1		0.385	0.423	0.038
18:2 undifferentiated....g	1.210		0	1		0.363	0.399	0.036
18:3 undifferentiated....g	0.071		0	1		0.021	0.023	0.002
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	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.140		0	1		0.042	0.046	0.004
Threonine....g	0.342		0	1		0.103	0.113	0.010
Isoleucine....g	0.462		0	1		0.139	0.152	0.014
Leucine....g	0.844		0	1		0.253	0.279	0.025
Lysine....g	0.280		0	1		0.084	0.092	0.008
Methionine....g	0.214		0	1		0.064	0.071	0.006
Cystine....g	0.265		0	1		0.080	0.087	0.008
Phenylalanine....g	0.596		0	1		0.179	0.197	0.018
Tyrosine....g	0.339		0	1		0.102	0.112	0.010
Valine....g	0.520		0	1		0.156	0.172	0.016
Arginine....g	0.435		0	1		0.131	0.144	0.013
Histidine....g	0.261		0	1		0.078	0.086	0.008
Alanine....g	0.395		0	1		0.119	0.130	0.012
Aspartic acid....g	0.532		0	1		0.160	0.176	0.016
Glutamic acid....g	4.086		0	1		1.226	1.348	0.123
Glycine....g	0.424		0	1		0.127	0.140	0.013
Proline....g	1.366		0	1		0.410	0.451	0.041
Serine....g	0.586		0	1		0.176	0.193	0.018
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 = 30.000g: 1 cup pieces

Measure 2 = 33.000g: 1 cup, rounds

Measure 3 = 3.000g: 1 melba round

Calories Factors: **Protein** 4 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.90	0.473	7	1		0.69	0.25	
Energy....kcal	389		0	4		55	19	
Energy....kj	1628			4		231	81	
Protein (N x 5.8)....g	11.60	0.298	8	1		1.64	0.58	
Total lipid (fat)....g	3.40	0.536	8	1		0.48	0.17	
Ash....g	2.90	0.140	8	1		0.41	0.15	
Carbohydrate, by difference....g	77.30		0	4		10.96	3.87	
Fiber, total dietary....g	8.0		0	4		1.1	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	78	15.069	8	1		11	4	
Iron, Fe....mg	3.68	0.384	5	1		0.52	0.18	
Magnesium, Mg....mg	39	4.465	3	1		6	2	
Phosphorus, P....mg	183	18.481	6	1		26	9	
Potassium, K....mg	193	21.727	6	1		27	10	
Sodium, Na....mg	899	58.679	5	1		127	45	
Zinc, Zn....mg	1.36	0.323	3	1		0.19	0.07	
Copper, Cu....mg	0.401	0.161	3	1		0.057	0.020	
Manganese, Mn....mg	0.738		2	1		0.105	0.037	
Selenium, Se....mcg	38.7		0	4		5.5	1.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.473	0.042	11	1		0.067	0.024	
Riboflavin....mg	0.284	0.010	11	1		0.040	0.014	
Niacin....mg	4.718	0.429	11	1		0.669	0.236	
Pantothenic acid....mg	0.484	0.012	8	1		0.069	0.024	
Vitamin B-6....mg	0.086	0.001	8	1		0.012	0.004	
Folate, total....mcg	85		0	4		12	4	
Folic acid....mcg	63		0	4		9	3	
Folate, food....mcg	22	1.032	8	1		3	1	
Folate, DFE....mcg_DFE	129		0	4		18	6	
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	0.645		0	4		0.091	0.032	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.453		0	4		0.064	0.023	
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	0.003		0	4		0.000	0.000	
15:0....g								
16:0....g	0.357		0	4		0.051	0.018	
17:0....g								
18:0....g	0.092		0	4		0.013	0.005	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.907		0	4		0.129	0.045	
14:1....g								
15:1....g								

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

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	0.025		0	4		0.004	0.001	
17:1....g								
18:1 undifferentiated....g	0.879		0	4		0.125	0.044	
20:1....g	0.004		0	4		0.001	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.347		0	4		0.191	0.067	
18:2 undifferentiated....g	1.241		0	4		0.176	0.062	
18:3 undifferentiated....g	0.106		0	4		0.015	0.005	
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								
Amino Acids:								
Tryptophan....g	0.132		0	4		0.019	0.007	
Threonine....g	0.361		0	4		0.051	0.018	
Isoleucine....g	0.445		0	4		0.063	0.022	
Leucine....g	0.796		0	4		0.113	0.040	
Lysine....g	0.337		0	4		0.048	0.017	
Methionine....g	0.190		0	4		0.027	0.010	
Cystine....g	0.237		0	4		0.034	0.012	
Phenylalanine....g	0.569		0	4		0.081	0.028	
Tyrosine....g	0.289		0	4		0.041	0.014	
Valine....g	0.529		0	4		0.075	0.026	
Arginine....g	0.459		0	4		0.065	0.023	
Histidine....g	0.251		0	4		0.036	0.013	
Alanine....g	0.425		0	4		0.060	0.021	
Aspartic acid....g	0.634		0	4		0.090	0.032	
Glutamic acid....g	3.525		0	4		0.500	0.176	
Glycine....g	0.419		0	4		0.059	0.021	
Proline....g	1.237		0	4		0.175	0.062	
Serine....g	0.581		0	4		0.082	0.029	
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 = 14.175g: .5 oz

Measure 2 = 5.000g: 1 toast

Calories Factors: **Protein** 3.7 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18222
Crackers, melba toast, wheat

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	5.50	0.591	3	1		0.78	0.28	
Energy....kcal	374		0	4		53	19	
Energy....kj	1565			4		222	78	
Protein (N x 5.8)....g	12.90	0.382	3	1		1.83	0.65	
Total lipid (fat)....g	2.30	0.810	4	1		0.33	0.12	
Ash....g	2.90	0.088	5	1		0.41	0.15	
Carbohydrate, by difference....g	76.40		0	4		10.83	3.82	
Fiber, total dietary....g	7.4		0	1		1.0	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	43	3.521	3	1		6	2	
Iron, Fe....mg	4.50	0.557	3	1		0.64	0.23	
Magnesium, Mg....mg	56		2	1		8	3	
Phosphorus, P....mg	165		2	1		23	8	
Potassium, K....mg	148		2	1		21	7	
Sodium, Na....mg	837	50.441	3	1		119	42	
Zinc, Zn....mg	1.50		2	1		0.21	0.08	
Copper, Cu....mg	0.265		2	1		0.038	0.013	
Manganese, Mn....mg	1.064		2	1		0.151	0.053	
Selenium, Se....mcg	55.0		0	4		7.8	2.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.422	0.018	9	1		0.060	0.021	
Riboflavin....mg	0.299	0.004	9	1		0.042	0.015	
Niacin....mg	5.083	0.340	9	1		0.721	0.254	
Pantothenic acid....mg	0.517	0.015	8	1		0.073	0.026	
Vitamin B-6....mg	0.103	0.001	8	1		0.015	0.005	
Folate, total....mcg	132		0	4		19	7	
Folic acid....mcg	108		0	4		15	5	
Folate, food....mcg	24	0.827	8	1		3	1	
Folate, DFE....mcg_DFE	208		0	4		29	10	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.337		0	1		0.048	0.017	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.002		0	1		0.000	0.000	
15:0....g								
16:0....g	0.275		0	1		0.039	0.014	
17:0....g								
18:0....g	0.056		0	1		0.008	0.003	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.544		0	1		0.077	0.027	
14:1....g								
15:1....g								

NDB No. 18222
Crackers, melba toast, wheat

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	0.018		0	1		0.003	0.001	
17:1....g								
18:1 undifferentiated....g	0.526		0	1		0.075	0.026	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.910		0	1		0.129	0.046	
18:2 undifferentiated....g	0.858		0	1		0.122	0.043	
18:3 undifferentiated....g	0.050		0	1		0.007	0.003	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.001		0	1		0.000	0.000	
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	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.171		0	1		0.024	0.009	
Threonine....g	0.371		0	1		0.053	0.019	
Isoleucine....g	0.489		0	1		0.069	0.024	
Leucine....g	0.884		0	1		0.125	0.044	
Lysine....g	0.344		0	1		0.049	0.017	
Methionine....g	0.213		0	1		0.030	0.011	
Cystine....g	0.284		0	1		0.040	0.014	
Phenylalanine....g	0.615		0	1		0.087	0.031	
Tyrosine....g	0.371		0	1		0.053	0.019	
Valine....g	0.571		0	1		0.081	0.029	
Arginine....g	0.533		0	1		0.076	0.027	
Histidine....g	0.286		0	1		0.041	0.014	
Alanine....g	0.446		0	1		0.063	0.022	
Aspartic acid....g	0.628		0	1		0.089	0.031	
Glutamic acid....g	4.122		0	1		0.584	0.206	
Glycine....g	0.484		0	1		0.069	0.024	
Proline....g	1.366		0	1		0.194	0.068	
Serine....g	0.613		0	1		0.087	0.031	
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 = 14.175g: .5 oz

Measure 2 = 5.000g: 1 toast

Calories Factors: **Protein** 3.8 **Fat** 8.6 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18223
Crackers, milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.70	0.442	10	1		0.52	0.67	
Energy....kcal	455		0	4		50	64	
Energy....kj	1904			4		209	270	
Protein (N x 5.7)....g	7.60	0.127	10	1		0.84	1.08	
Total lipid (fat)....g	15.80	0.456	10	1		1.74	2.24	
Ash....g	2.20	0.030	10	1		0.24	0.31	
Carbohydrate, by difference....g	69.70		0	4		7.67	9.88	
Fiber, total dietary....g	1.9		0	4		0.2	0.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	172	2.652	9	1		19	24	
Iron, Fe....mg	3.58	0.076	9	1		0.39	0.51	
Magnesium, Mg....mg	22	0.656	9	1		2	3	
Phosphorus, P....mg	303	4.473	9	1		33	43	
Potassium, K....mg	114	5.834	9	1		13	16	
Sodium, Na....mg	592	11.450	10	1		65	84	
Zinc, Zn....mg	0.67	0.025	9	1		0.07	0.09	
Copper, Cu....mg	0.227	0.009	9	1		0.025	0.032	
Manganese, Mn....mg	0.552	0.033	7	1		0.061	0.078	
Selenium, Se....mcg	15.9		0	4		1.7	2.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.0	0.0	
Thiamin....mg	0.538	0.031	9	1		0.059	0.076	
Riboflavin....mg	0.418	0.018	9	1		0.046	0.059	
Niacin....mg	4.430	0.119	9	1		0.487	0.628	
Pantothenic acid....mg	0.407		0	4		0.045	0.058	
Vitamin B-6....mg	0.037		0	4		0.004	0.005	
Folate, total....mcg	82		0	4		9	12	
Folic acid....mcg	66		0	4		7	9	
Folate, food....mcg	16		0	4		2	2	
Folate, DFE....mcg_DFE	128		0	4		14	18	
Vitamin B-12....mcg	0.08		0	4		0.01	0.01	
Vitamin A, IU....IU	23		0	4		3	3	
Vitamin A, RE....mcg_RE	7		0	4		1	1	
Vitamin E....mg_ATE	2.707		0	4		0.298	0.384	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.633		0	4		0.290	0.373	
4:0....g	0.016		0	4		0.002	0.002	
6:0....g	0.005		0	4		0.001	0.001	
8:0....g	0.005		0	4		0.001	0.001	
10:0....g	0.011		0	4		0.001	0.002	
11:0....g								
12:0....g	0.012		0	4		0.001	0.002	
13:0....g								
14:0....g	0.068		0	4		0.007	0.010	
15:0....g								
16:0....g	1.700		0	4		0.187	0.241	
17:0....g								
18:0....g	0.795		0	4		0.087	0.113	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.479		0	4		0.713	0.918	
14:1....g								
15:1....g								

NDB No. 18223
Crackers, milk

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	0.087		0	4		0.010	0.012	
17:1....g								
18:1 undifferentiated....g	6.367		0	4		0.700	0.903	
20:1....g	0.001		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	5.749		0	4		0.632	0.815	
18:2 undifferentiated....g	5.335		0	4		0.587	0.756	
18:3 undifferentiated....g	0.395		0	4		0.043	0.056	
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	0.003		0	4		0.000	0.000	
20:5 n-3....g	0.001		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	0.001		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	11		0	4		1	2	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.100		0	4		0.011	0.014	
Threonine....g	0.221		0	4		0.024	0.031	
Isoleucine....g	0.289		0	4		0.032	0.041	
Leucine....g	0.541		0	4		0.060	0.077	
Lysine....g	0.241		0	4		0.027	0.034	
Methionine....g	0.138		0	4		0.015	0.020	
Cystine....g	0.159		0	4		0.017	0.023	
Phenylalanine....g	0.376		0	4		0.041	0.053	
Tyrosine....g	0.237		0	4		0.026	0.034	
Valine....g	0.333		0	4		0.037	0.047	
Arginine....g	0.307		0	4		0.034	0.044	
Histidine....g	0.167		0	4		0.018	0.024	
Alanine....g	0.246		0	4		0.027	0.035	
Aspartic acid....g	0.345		0	4		0.038	0.049	
Glutamic acid....g	2.482		0	4		0.273	0.352	
Glycine....g	0.264		0	4		0.029	0.037	
Proline....g	0.858		0	4		0.094	0.122	
Serine....g	0.399		0	4		0.044	0.057	
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 = 11.000g: 1 cracker

Measure 2 = 14.175g: .5 oz

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18224
Crackers, rusk toast

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	5.50	0.222	15	1		0.55	0.78	
Energy....kcal	407		0	4		41	58	
Energy....kj	1703			4		170	241	
Protein (N x 6)....g	13.50	0.250	15	1		1.35	1.91	
Total lipid (fat)....g	7.20	0.181	15	1		0.72	1.02	
Ash....g	1.20	0.029	15	1		0.12	0.17	
Carbohydrate, by difference....g	72.30		0	4		7.23	10.25	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	27	0.978	15	1		3	4	
Iron, Fe....mg	2.72	0.313	13	1		0.27	0.39	
Magnesium, Mg....mg	36	0.538	12	1		4	5	
Phosphorus, P....mg	153	1.922	15	1		15	22	
Potassium, K....mg	245	8.107	14	1		25	35	
Sodium, Na....mg	253	6.440	15	1		25	36	
Zinc, Zn....mg	1.10	0.021	12	1		0.11	0.16	
Copper, Cu....mg	0.245	0.025	12	1		0.025	0.035	
Manganese, Mn....mg	0.439	0.022	8	1		0.044	0.062	
Selenium, Se....mcg	20.1		0	4		2.0	2.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.404	0.032	15	1		0.040	0.057	
Riboflavin....mg	0.399	0.039	15	1		0.040	0.057	
Niacin....mg	4.625	0.426	15	1		0.463	0.656	
Pantothenic acid....mg	0.605		0	4		0.061	0.086	
Vitamin B-6....mg	0.047		0	4		0.005	0.007	
Folate, total....mcg	87		0	4		9	12	
Folic acid....mcg	23		0	4		2	3	
Folate, food....mcg	64		0	4		6	9	
Folate, DFE....mcg_DFE	103		0	4		10	15	
Vitamin B-12....mcg	0.18		0	4		0.02	0.03	
Vitamin A, IU....IU	41		0	4		4	6	
Vitamin A, RE....mcg_RE	12		0	4		1	2	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.376		0	4		0.138	0.195	
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	0.011		0	4		0.001	0.002	
15:0....g								
16:0....g	0.973		0	4		0.097	0.138	
17:0....g								
18:0....g	0.386		0	4		0.039	0.055	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.755		0	4		0.276	0.391	
14:1....g								
15:1....g								

NDB No. 18224
Crackers, rusk toast

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	0.065		0	4		0.007	0.009	
17:1....g								
18:1 undifferentiated....g	2.678		0	4		0.268	0.380	
20:1....g	0.005		0	4		0.001	0.001	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.310		0	4		0.231	0.327	
18:2 undifferentiated....g	2.114		0	4		0.211	0.300	
18:3 undifferentiated....g	0.143		0	4		0.014	0.020	
18:4....g	0.003		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.026		0	4		0.003	0.004	
20:5 n-3....g	0.013		0	4		0.001	0.002	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.008		0	4		0.001	0.001	
Fatty acids, total trans....g								
Cholesterol....mg	78		0	4		8	11	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.171		0	1		0.017	0.024	
Threonine....g	0.512		0	1		0.051	0.073	
Isoleucine....g	0.610		0	1		0.061	0.086	
Leucine....g	1.010		0	1		0.101	0.143	
Lysine....g	0.684		0	1		0.068	0.097	
Methionine....g	0.290		0	1		0.029	0.041	
Cystine....g	0.272		0	1		0.027	0.039	
Phenylalanine....g	0.668		0	1		0.067	0.095	
Tyrosine....g	0.471		0	1		0.047	0.067	
Valine....g	0.684		0	1		0.068	0.097	
Arginine....g	0.649		0	1		0.065	0.092	
Histidine....g	0.309		0	1		0.031	0.044	
Alanine....g	0.606		0	1		0.061	0.086	
Aspartic acid....g	0.944		0	1		0.094	0.134	
Glutamic acid....g	3.192		0	1		0.319	0.452	
Glycine....g	0.498		0	1		0.050	0.071	
Proline....g	1.052		0	1		0.105	0.149	
Serine....g	0.768		0	1		0.077	0.109	
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 = 10.000g: 1 rusk

Measure 2 = 14.175g: .5 oz

Calories Factors: **Protein** 3.9 **Fat** 8.9 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.80	0.167	5	1		0.54	0.27	
Energy....kcal	481		0	4		68	34	
Energy....kj	2013			4		285	141	
Protein (N x 5.8)....g	9.20	0.486	5	1		1.30	0.64	
Total lipid (fat)....g	22.30	0.317	5	1		3.16	1.56	
Ash....g	3.90	0.082	5	1		0.55	0.27	
Carbohydrate, by difference....g	60.80		0	4		8.62	4.26	
Fiber, total dietary....g	3.6		0	4		0.5	0.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	222	18.575	5	1		31	16	
Iron, Fe....mg	2.45	0.121	5	1		0.35	0.17	
Magnesium, Mg....mg	37	0.744	4	1		5	3	
Phosphorus, P....mg	339	4.557	4	1		48	24	
Potassium, K....mg	342	61.985	5	1		48	24	
Sodium, Na....mg	1044	73.130	5	1		148	73	
Zinc, Zn....mg	0.70	0.055	4	1		0.10	0.05	
Copper, Cu....mg	0.096	0.016	4	1		0.014	0.007	
Manganese, Mn....mg	0.635	0.029	4	1		0.090	0.044	
Selenium, Se....mcg	20.8		0	4		2.9	1.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		0	4		0.1	0.0	
Thiamin....mg	0.612	0.172	5	1		0.087	0.043	
Riboflavin....mg	0.494	0.060	5	1		0.070	0.035	
Niacin....mg	3.570	0.205	5	1		0.506	0.250	
Pantothenic acid....mg	0.585		0	4		0.083	0.041	
Vitamin B-6....mg	0.076		0	4		0.011	0.005	
Folate, total....mcg	81		0	4		11	6	
Folic acid....mcg	65		0	4		9	5	
Folate, food....mcg	16		0	4		2	1	
Folate, DFE....mcg_DFE	127		0	4		18	9	
Vitamin B-12....mcg	0.12		0	4		0.02	0.01	
Vitamin A, IU....IU	334		0	4		47	23	
Vitamin A, RE....mcg_RE	39		0	4		6	3	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.987		0	4		0.849	0.419	
4:0....g	0.031		0	4		0.004	0.002	
6:0....g	0.015		0	4		0.002	0.001	
8:0....g	0.008		0	4		0.001	0.001	
10:0....g	0.018		0	4		0.003	0.001	
11:0....g								
12:0....g	0.017		0	4		0.002	0.001	
13:0....g								
14:0....g	0.202		0	4		0.029	0.014	
15:0....g								
16:0....g	3.063		0	4		0.434	0.214	
17:0....g								
18:0....g	2.602		0	4		0.369	0.182	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	12.236		0	4		1.734	0.857	
14:1....g								
15:1....g								

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

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	0.031		0	4		0.004	0.002	
17:1....g								
18:1 undifferentiated....g	12.191		0	4		1.728	0.853	
20:1....g	0.001		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	2.863		0	4		0.406	0.200	
18:2 undifferentiated....g	2.702		0	4		0.383	0.189	
18:3 undifferentiated....g	0.161		0	4		0.023	0.011	
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	9		1	1		1	1	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.115		0	1		0.016	0.008	
Threonine....g	0.286		0	1		0.041	0.020	
Isoleucine....g	0.354		0	1		0.050	0.025	
Leucine....g	0.649		0	1		0.092	0.045	
Lysine....g	0.333		0	1		0.047	0.023	
Methionine....g	0.161		0	1		0.023	0.011	
Cystine....g	0.185		0	1		0.026	0.013	
Phenylalanine....g	0.442		0	1		0.063	0.031	
Tyrosine....g	0.273		0	1		0.039	0.019	
Valine....g	0.417		0	1		0.059	0.029	
Arginine....g	0.396		0	1		0.056	0.028	
Histidine....g	0.208		0	1		0.029	0.015	
Alanine....g	0.319		0	1		0.045	0.022	
Aspartic acid....g	0.510		0	1		0.072	0.036	
Glutamic acid....g	2.729		0	1		0.387	0.191	
Glycine....g	0.330		0	1		0.047	0.023	
Proline....g	0.972		0	1		0.138	0.068	
Serine....g	0.459		0	1		0.065	0.032	
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 = 14.175g: .5 oz

Measure 2 = 7.000g: 1 cracker, sandwich

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18226
Crackers, rye, wafers, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	5.00		1	1		3.05	0.55	0.71
Energy....kcal	334		0	4		204	37	47
Energy....kj	1397			4		852	154	198
Protein (N x 5.9)....g	9.60	0.101	21	1		5.86	1.06	1.36
Total lipid (fat)....g	0.90	0.054	21	1		0.55	0.10	0.13
Ash....g	4.10	0.180	21	1		2.50	0.45	0.58
Carbohydrate, by difference....g	80.40		0	4		49.04	8.84	11.40
Fiber, total dietary....g	22.9		0	4		14.0	2.5	3.2
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	40	1.353	21	1		24	4	6
Iron, Fe....mg	5.94	0.536	21	1		3.62	0.65	0.84
Magnesium, Mg....mg	121	1.361	21	1		74	13	17
Phosphorus, P....mg	334	9.126	21	1		204	37	47
Potassium, K....mg	495		2	1		302	54	70
Sodium, Na....mg	794	11.515	21	1		484	87	113
Zinc, Zn....mg	2.80	0.096	21	1		1.71	0.31	0.40
Copper, Cu....mg	0.461	0.028	21	1		0.281	0.051	0.065
Manganese, Mn....mg	5.366		0	4		3.273	0.590	0.761
Selenium, Se....mcg	23.8	21.934	3	1		14.5	2.6	3.4
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.1	0.0	0.0
Thiamin....mg	0.427	0.056	14	1		0.260	0.047	0.061
Riboflavin....mg	0.289	0.029	14	1		0.176	0.032	0.041
Niacin....mg	1.581	0.103	21	1		0.964	0.174	0.224
Pantothenic acid....mg	0.569	0.032	17	1		0.347	0.063	0.081
Vitamin B-6....mg	0.271	0.017	21	1		0.165	0.030	0.038
Folate, total....mcg	45	5.680	17	1		27	5	6
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	45	5.680	17	1		27	5	6
Folate, DFE....mcg_DFE	45		0	4		27	5	6
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	5		0	4		3	1	1
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	1.432		0	4		0.874	0.158	0.203
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.108		0	1		0.066	0.012	0.015
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	0.001		0	1		0.001	0.000	0.000
15:0....g								
16:0....g	0.101		0	1		0.062	0.011	0.014
17:0....g								
18:0....g	0.006		0	1		0.004	0.001	0.001
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.152		0	1		0.093	0.017	0.022
14:1....g								
15:1....g								

NDB No. 18226
Crackers, rye, wafers, plain

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	0.003		0	1		0.002	0.000	0.000
17:1....g								
18:1 undifferentiated....g	0.145		0	1		0.088	0.016	0.021
20:1....g	0.004		0	1		0.002	0.000	0.001
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.397		0	1		0.242	0.044	0.056
18:2 undifferentiated....g	0.349		0	1		0.213	0.038	0.049
18:3 undifferentiated....g	0.048		0	1		0.029	0.005	0.007
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	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 = 61.000g: 1 cup, crushed

Measure 2 = 11.000g: 1 cracker (4-1/2" x 2-1/2" x 1/8")

Measure 3 = 14.175g: .5 oz

Calories Factors: **Protein** 3 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 18 Baked Products

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

NDB No. 18227
Crackers, rye, wafers, seasoned

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	4.00		2	1		0.57	0.88	
Energy....kcal	381		0	4		54	84	
Energy....kj	1594			4		226	351	
Protein (N x 5.9)....g	9.00	0.147	7	1		1.28	1.98	
Total lipid (fat)....g	9.20	1.005	6	1		1.30	2.02	
Ash....g	4.00	0.359	3	1		0.57	0.88	
Carbohydrate, by difference....g	73.80		0	4		10.46	16.24	
Fiber, total dietary....g	20.9		0	4		3.0	4.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	44	4.717	5	1		6	10	
Iron, Fe....mg	3.04	0.199	6	1		0.43	0.67	
Magnesium, Mg....mg	106	5.237	5	1		15	23	
Phosphorus, P....mg	307	11.601	5	1		44	68	
Potassium, K....mg	454	9.327	5	1		64	100	
Sodium, Na....mg	887	51.905	6	1		126	195	
Zinc, Zn....mg	2.55	0.093	5	1		0.36	0.56	
Copper, Cu....mg	0.495	0.026	5	1		0.070	0.109	
Manganese, Mn....mg	2.371		0	4		0.336	0.522	
Selenium, Se....mcg	32.5		0	4		4.6	7.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.0	
Thiamin....mg	0.316	0.035	6	1		0.045	0.070	
Riboflavin....mg	0.223	0.031	6	1		0.032	0.049	
Niacin....mg	2.474	0.528	6	1		0.351	0.544	
Pantothenic acid....mg	0.558		2	1		0.079	0.123	
Vitamin B-6....mg	0.190		2	1		0.027	0.042	
Folate, total....mcg	52		2	1		7	11	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	52		2	1		7	11	
Folate, DFE....mcg_DFE	52		0	4		7	11	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	8		0	4		1	2	
Vitamin A, RE....mcg_RE	1		0	4		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.287		0	4		0.182	0.283	
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	0.921		0	4		0.131	0.203	
17:0....g								
18:0....g	0.352		0	4		0.050	0.077	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.270		0	4		0.464	0.719	
14:1....g								
15:1....g								

NDB No. 18227
Crackers, rye, wafers, seasoned

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	0.037		0	4		0.005	0.008	
17:1....g								
18:1 undifferentiated....g	3.215		0	4		0.456	0.707	
20:1....g	0.011		0	4		0.002	0.002	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.608		0	4		0.511	0.794	
18:2 undifferentiated....g	3.283		0	4		0.465	0.722	
18:3 undifferentiated....g	0.318		0	4		0.045	0.070	
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								

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 = 14.175g: .5 oz

Measure 2 = 22.000g: 1 cracker, triple

Calories Factors: **Protein** 3 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.10	0.082	176	1		2.87	1.85	0.12
Energy....kcal	434		0	4		304	195	13
Energy....kj	1816			4		1271	817	54
Protein (N x 5.7)....g	9.20	0.056	155	1		6.44	4.14	0.28
Total lipid (fat)....g	11.80	0.142	161	1		8.26	5.31	0.35
Ash....g	3.30	0.080	153	1		2.31	1.49	0.10
Carbohydrate, by difference....g	71.50		0	4		50.05	32.18	2.15
Fiber, total dietary....g	3.0		0	1		2.1	1.4	0.1
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	119	5.322	162	1		83	54	4
Iron, Fe....mg	5.40	0.080	171	1		3.78	2.43	0.16
Magnesium, Mg....mg	27	0.355	162	1		19	12	1
Phosphorus, P....mg	105	1.525	165	1		74	47	3
Potassium, K....mg	128	1.697	166	1		90	58	4
Sodium, Na....mg	1302	26.093	129	1		911	586	39
Zinc, Zn....mg	0.77	0.011	161	1		0.54	0.35	0.02
Copper, Cu....mg	0.199	0.007	163	1		0.139	0.090	0.006
Manganese, Mn....mg	0.695	0.009	142	1		0.487	0.313	0.021
Selenium, Se....mcg	11.7	0.060	51	1		8.2	5.3	0.4
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.565	0.016	128	1		0.396	0.254	0.017
Riboflavin....mg	0.462	0.006	129	1		0.323	0.208	0.014
Niacin....mg	5.249	0.072	131	1		3.674	2.362	0.157
Pantothenic acid....mg	0.456	0.101	7	1		0.319	0.205	0.014
Vitamin B-6....mg	0.038	0.004	5	1		0.027	0.017	0.001
Folate, total....mcg	124		0	4		87	56	4
Folic acid....mcg	93		0	4		65	42	3
Folate, food....mcg	31		2	1		22	14	1
Folate, DFE....mcg_DFE	189		0	4		132	85	6
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	1.554		0	4		1.088	0.699	0.047
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.932		0	4		2.052	1.319	0.088
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	0.055		0	4		0.039	0.025	0.002
15:0....g								
16:0....g	1.545		0	4		1.082	0.695	0.046
17:0....g								
18:0....g	1.329		0	4		0.930	0.598	0.040
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.422		0	4		4.495	2.890	0.193
14:1....g								
15:1....g								

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

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	0.005		0	4		0.004	0.002	0.000
17:1....g								
18:1 undifferentiated....g	6.417		0	4		4.492	2.888	0.193
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	1.679		0	4		1.175	0.756	0.050
18:2 undifferentiated....g	1.593		0	4		1.115	0.717	0.048
18:3 undifferentiated....g	0.086		0	4		0.060	0.039	0.003
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	0.000	9	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.122		0	1		0.085	0.055	0.004
Threonine....g	0.256		0	1		0.179	0.115	0.008
Isoleucine....g	0.334		0	1		0.234	0.150	0.010
Leucine....g	0.632		0	1		0.442	0.284	0.019
Lysine....g	0.258		0	1		0.181	0.116	0.008
Methionine....g	0.159		0	1		0.111	0.072	0.005
Cystine....g	0.198		0	1		0.139	0.089	0.006
Phenylalanine....g	0.452		0	1		0.316	0.203	0.014
Tyrosine....g	0.274		0	1		0.192	0.123	0.008
Valine....g	0.387		0	1		0.271	0.174	0.012
Arginine....g	0.366		0	1		0.256	0.165	0.011
Histidine....g	0.198		0	1		0.139	0.089	0.006
Alanine....g	0.292		0	1		0.204	0.131	0.009
Aspartic acid....g	0.394		0	1		0.276	0.177	0.012
Glutamic acid....g	3.066		0	1		2.146	1.380	0.092
Glycine....g	0.324		0	1		0.227	0.146	0.010
Proline....g	1.046		0	1		0.732	0.471	0.031
Serine....g	0.472		0	1		0.330	0.212	0.014
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 = 70.000g: 1 cup, crushed

Measure 2 = 45.000g: 1 cup oyster crackers

Measure 3 = 3.000g: 1 cracker

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.50	0.078	157	1		2.17	2.52	0.02
Energy....kcal	502		0	4		311	361	3
Energy....kj	2100			4		1302	1512	13
Protein (N x 5.7)....g	7.40	0.093	159	1		4.59	5.33	0.04
Total lipid (fat)....g	25.30	0.329	169	1		15.69	18.22	0.15
Ash....g	2.80	0.056	149	1		1.74	2.02	0.02
Carbohydrate, by difference....g	61.00		0	4		37.82	43.92	0.37
Fiber, total dietary....g	1.6		0	1		1.0	1.2	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	120	3.998	145	1		74	86	1
Iron, Fe....mg	3.60	0.056	147	1		2.23	2.59	0.02
Magnesium, Mg....mg	27	1.161	137	1		17	19	0
Phosphorus, P....mg	228	6.627	139	1		141	164	1
Potassium, K....mg	133	4.352	142	1		82	96	1
Sodium, Na....mg	847	14.000	164	1		525	610	5
Zinc, Zn....mg	0.68	0.021	143	1		0.42	0.49	0.00
Copper, Cu....mg	0.213	0.011	138	1		0.132	0.153	0.001
Manganese, Mn....mg	0.556	0.014	123	1		0.345	0.400	0.003
Selenium, Se....mcg	6.6	0.653	6	1		4.1	4.8	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.408	0.009	129	1		0.253	0.294	0.002
Riboflavin....mg	0.342	0.006	131	1		0.212	0.246	0.002
Niacin....mg	4.048	0.048	133	1		2.510	2.915	0.024
Pantothenic acid....mg	0.271	0.028	5	1		0.168	0.195	0.002
Vitamin B-6....mg	0.053	0.003	3	1		0.033	0.038	0.000
Folate, total....mcg	77		0	4		48	55	0
Folic acid....mcg	63		0	4		39	45	0
Folate, food....mcg	14	0.006	3	1		9	10	0
Folate, DFE....mcg_DFE	121		0	4		75	87	1
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	4.518		0	4		2.801	3.253	0.027
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.776		0	4		2.341	2.719	0.023
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	0.025		0	4		0.016	0.018	0.000
15:0....g								
16:0....g	2.516		0	4		1.560	1.812	0.015
17:0....g								
18:0....g	1.235		0	4		0.766	0.889	0.007
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.640		0	4		6.597	7.661	0.064
14:1....g								
15:1....g								

NDB No. 18229
Crackers, standard snack-type, 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
16:1 undifferentiated....g	0.098		0	4		0.061	0.071	0.001
17:1....g								
18:1 undifferentiated....g	10.517		0	4		6.521	7.572	0.063
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	9.545		0	4		5.918	6.872	0.057
18:2 undifferentiated....g	8.865		0	4		5.496	6.383	0.053
18:3 undifferentiated....g	0.655		0	4		0.406	0.472	0.004
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	0.000	7	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.091		0	1		0.056	0.066	0.001
Threonine....g	0.202		0	1		0.125	0.145	0.001
Isoleucine....g	0.255		0	1		0.158	0.184	0.002
Leucine....g	0.507		0	1		0.314	0.365	0.003
Lysine....g	0.164		0	1		0.102	0.118	0.001
Methionine....g	0.131		0	1		0.081	0.094	0.001
Cystine....g	0.157		0	1		0.097	0.113	0.001
Phenylalanine....g	0.371		0	1		0.230	0.267	0.002
Tyrosine....g	0.223		0	1		0.138	0.161	0.001
Valine....g	0.296		0	1		0.184	0.213	0.002
Arginine....g	0.298		0	1		0.185	0.215	0.002
Histidine....g	0.164		0	1		0.102	0.118	0.001
Alanine....g	0.238		0	1		0.148	0.171	0.001
Aspartic acid....g	0.313		0	1		0.194	0.225	0.002
Glutamic acid....g	2.475		0	1		1.535	1.782	0.015
Glycine....g	0.265		0	1		0.164	0.191	0.002
Proline....g	0.854		0	1		0.529	0.615	0.005
Serine....g	0.367		0	1		0.228	0.264	0.002
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 = 62.000g: 1 cup, bite size

Measure 2 = 72.000g: 1 cup, crushed

Measure 3 = 0.600g: 1 cracker, bite size

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.90	0.278	7	1		0.55	0.27	
Energy....kcal	477		0	4		68	33	
Energy....kj	1996			4		283	140	
Protein (N x 5.8)....g	9.30	0.314	7	1		1.32	0.65	
Total lipid (fat)....g	21.10	0.579	7	1		2.99	1.48	
Ash....g	4.00	0.685	3	1		0.57	0.28	
Carbohydrate, by difference....g	61.70		0	4		8.75	4.32	
Fiber, total dietary....g	1.9		0	4		0.3	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	257	17.634	6	1		36	18	
Iron, Fe....mg	2.39	0.130	5	1		0.34	0.17	
Magnesium, Mg....mg	36	0.872	5	1		5	3	
Phosphorus, P....mg	406	9.721	5	1		58	28	
Potassium, K....mg	429	53.599	6	1		61	30	
Sodium, Na....mg	1401	8.177	5	1		199	98	
Zinc, Zn....mg	0.62	0.036	5	1		0.09	0.04	
Copper, Cu....mg	0.082	0.002	5	1		0.012	0.006	
Manganese, Mn....mg	0.290	0.066	5	1		0.041	0.020	
Selenium, Se....mcg	21.5		0	4		3.0	1.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.0	
Thiamin....mg	0.446	0.015	7	1		0.063	0.031	
Riboflavin....mg	0.684	0.069	7	1		0.097	0.048	
Niacin....mg	3.766	0.101	7	1		0.534	0.264	
Pantothenic acid....mg	0.509		0	4		0.072	0.036	
Vitamin B-6....mg	0.049		0	4		0.007	0.003	
Folate, total....mcg	84		0	4		12	6	
Folic acid....mcg	70		0	4		10	5	
Folate, food....mcg	14		0	4		2	1	
Folate, DFE....mcg_DFE	133		0	4		19	9	
Vitamin B-12....mcg	0.10		0	4		0.01	0.01	
Vitamin A, IU....IU	72		0	4		10	5	
Vitamin A, RE....mcg_RE	19		0	4		3	1	
Vitamin E....mg_ATE	2.583		0	4		0.366	0.181	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.125		0	4		0.868	0.429	
4:0....g	0.031		0	1		0.004	0.002	
6:0....g	0.017		0	1		0.002	0.001	
8:0....g	0.009		0	1		0.001	0.001	
10:0....g	0.020		0	1		0.003	0.001	
11:0....g								
12:0....g	0.020		0	1		0.003	0.001	
13:0....g								
14:0....g	0.196		0	1		0.028	0.014	
15:0....g								
16:0....g	2.911		0	1		0.413	0.204	
17:0....g								
18:0....g	2.446		0	1		0.347	0.171	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.254		0	4		1.595	0.788	
14:1....g								
15:1....g								

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

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	0.058		0	4		0.008	0.004	
17:1....g								
18:1 undifferentiated....g	11.165		0	4		1.583	0.782	
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	2.567		0	4		0.364	0.180	
18:2 undifferentiated....g	2.415		0	4		0.342	0.169	
18:3 undifferentiated....g	0.153		0	4		0.022	0.011	
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	2		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.120		0	1		0.017	0.008	
Threonine....g	0.266		0	1		0.038	0.019	
Isoleucine....g	0.348		0	1		0.049	0.024	
Leucine....g	0.649		0	1		0.092	0.045	
Lysine....g	0.293		0	1		0.042	0.021	
Methionine....g	0.165		0	1		0.023	0.012	
Cystine....g	0.189		0	1		0.027	0.013	
Phenylalanine....g	0.447		0	1		0.063	0.031	
Tyrosine....g	0.279		0	1		0.040	0.020	
Valine....g	0.398		0	1		0.056	0.028	
Arginine....g	0.361		0	1		0.051	0.025	
Histidine....g	0.204		0	1		0.029	0.014	
Alanine....g	0.290		0	1		0.041	0.020	
Aspartic acid....g	0.414		0	1		0.059	0.029	
Glutamic acid....g	2.977		0	1		0.422	0.208	
Glycine....g	0.309		0	1		0.044	0.022	
Proline....g	1.031		0	1		0.146	0.072	
Serine....g	0.470		0	1		0.067	0.033	
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 = 14.175g: .5 oz

Measure 2 = 7.000g: 1 cracker, sandwich

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.10	0.115	20	1		0.44	0.22	
Energy....kcal	488		0	4		69	34	
Energy....kj	2042			4		289	143	
Protein (N x 5.6)....g	11.10	0.249	20	1		1.57	0.78	
Total lipid (fat)....g	23.90	0.585	20	1		3.39	1.67	
Ash....g	3.20	0.056	20	1		0.45	0.22	
Carbohydrate, by difference....g	58.70		0	4		8.32	4.11	
Fiber, total dietary....g	2.8		0	4		0.4	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	97	8.077	19	1		14	7	
Iron, Fe....mg	3.04	0.125	20	1		0.43	0.21	
Magnesium, Mg....mg	53	2.066	16	1		8	4	
Phosphorus, P....mg	241	12.110	18	1		34	17	
Potassium, K....mg	223	11.194	20	1		32	16	
Sodium, Na....mg	942	50.906	20	1		134	66	
Zinc, Zn....mg	1.06	0.039	14	1		0.15	0.07	
Copper, Cu....mg	0.255	0.019	14	1		0.036	0.018	
Manganese, Mn....mg	0.776	0.017	13	1		0.110	0.054	
Selenium, Se....mcg	4.8	0.291	5	1		0.7	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.425	0.032	19	1		0.060	0.030	
Riboflavin....mg	0.337	0.018	19	1		0.048	0.024	
Niacin....mg	5.890	0.267	19	1		0.835	0.412	
Pantothenic acid....mg	0.453		0	4		0.064	0.032	
Vitamin B-6....mg	0.117		0	4		0.017	0.008	
Folate, total....mcg	84		0	4		12	6	
Folic acid....mcg	50		0	4		7	4	
Folate, food....mcg	34		0	4		5	2	
Folate, DFE....mcg_DFE	119		0	4		17	8	
Vitamin B-12....mcg	0.01		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	3.734		0	4		0.529	0.261	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.596		0	4		0.793	0.392	
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	0.004		0	4		0.001	0.000	
13:0....g								
14:0....g	0.110		0	4		0.016	0.008	
15:0....g								
16:0....g	2.966		0	4		0.420	0.208	
17:0....g								
18:0....g	2.226		0	4		0.316	0.156	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	12.637		0	4		1.791	0.885	
14:1....g								
15:1....g								

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

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	0.001		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	12.563		0	4		1.781	0.879	
20:1....g	0.074		0	4		0.010	0.005	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	4.368		0	4		0.619	0.306	
18:2 undifferentiated....g	4.252		0	4		0.603	0.298	
18:3 undifferentiated....g	0.116		0	4		0.016	0.008	
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	0.035		0	1		0.005	0.002	
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								
Amino Acids:								
Tryptophan....g	0.070		0	1		0.010	0.005	
Threonine....g	0.147		0	1		0.021	0.010	
Isoleucine....g	0.195		0	1		0.028	0.014	
Leucine....g	0.370		0	1		0.052	0.026	
Lysine....g	0.147		0	1		0.021	0.010	
Methionine....g	0.093		0	1		0.013	0.007	
Cystine....g	0.117		0	1		0.017	0.008	
Phenylalanine....g	0.266		0	1		0.038	0.019	
Tyrosine....g	0.159		0	1		0.023	0.011	
Valine....g	0.227		0	1		0.032	0.016	
Arginine....g	0.213		0	1		0.030	0.015	
Histidine....g	0.115		0	1		0.016	0.008	
Alanine....g	0.169		0	1		0.024	0.012	
Aspartic acid....g	0.227		0	1		0.032	0.016	
Glutamic acid....g	1.807		0	1		0.256	0.126	
Glycine....g	0.189		0	1		0.027	0.013	
Proline....g	0.616		0	1		0.087	0.043	
Serine....g	0.276		0	1		0.039	0.019	
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 = 14.175g: .5 oz

Measure 2 = 7.000g: 1 cracker, sandwich

Calories Factors: **Protein** 3.8 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18232
Crackers, wheat, 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	3.10	0.095	57	1		2.57		
Energy....kcal	473		0	4		393		
Energy....kj	1979			4		1643		
Protein (N x 5.8)....g	8.60	0.190	58	1		7.14		
Total lipid (fat)....g	20.60	0.403	56	1		17.10		
Ash....g	2.80	0.091	55	1		2.32		
Carbohydrate, by difference....g	64.90		0	4		53.87		
Fiber, total dietary....g	4.5		0	1		3.7		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	49	4.931	55	1		41		
Iron, Fe....mg	4.40	0.106	56	1		3.65		
Magnesium, Mg....mg	62	1.667	52	1		51		
Phosphorus, P....mg	220	9.705	53	1		183		
Potassium, K....mg	183	6.333	55	1		152		
Sodium, Na....mg	795	26.881	56	1		660		
Zinc, Zn....mg	1.60	0.067	52	1		1.33		
Copper, Cu....mg	0.318	0.027	52	1		0.264		
Manganese, Mn....mg	1.781	0.070	46	1		1.478		
Selenium, Se....mcg	6.3	1.039	8	1		5.2		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0		
Thiamin....mg	0.505	0.015	54	1		0.419		
Riboflavin....mg	0.327	0.014	55	1		0.271		
Niacin....mg	4.961	0.140	55	1		4.118		
Pantothenic acid....mg	0.522	0.151	3	1		0.433		
Vitamin B-6....mg	0.136		2	1		0.113		
Folate, total....mcg	44		0	4		37		
Folic acid....mcg	26		0	4		22		
Folate, food....mcg	18		1	1		15		
Folate, DFE....mcg_DFE	62		0	4		52		
Vitamin B-12....mcg	0.00		0	1		0.00		
Vitamin A, IU....IU	0		0	1		0		
Vitamin A, RE....mcg_RE	0		0	1		0		
Vitamin E....mg_ATE	3.227		0	4		2.678		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.178		0	4		4.298		
4:0....g	0.000		0	4		0.000		
6:0....g	0.000		0	4		0.000		
8:0....g	0.008		0	4		0.007		
10:0....g	0.000		0	4		0.000		
11:0....g								
12:0....g	0.000		0	4		0.000		
13:0....g								
14:0....g	0.099		0	4		0.082		
15:0....g								
16:0....g	2.693		0	4		2.235		
17:0....g								
18:0....g	2.371		0	4		1.968		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.448		0	4		9.502		
14:1....g								
15:1....g								

NDB No. 18232
Crackers, wheat, 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
16:1 undifferentiated....g	0.006		0	4		0.005		
17:1....g								
18:1 undifferentiated....g	11.442		0	4		9.497		
20:1....g	0.000		0	4		0.000		
22:1 undifferentiated....g	0.000		0	4		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.796		0	4		2.321		
18:2 undifferentiated....g	2.653		0	4		2.202		
18:3 undifferentiated....g	0.140		0	4		0.116		
18:4....g	0.000		0	4		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.001		0	4		0.001		
20:5 n-3....g	0.000		0	4		0.000		
22:2....g								
22:5 n-3....g	0.000		0	4		0.000		
22:6 n-3....g	0.000		0	4		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		2	1		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.124		0	1		0.103		
Threonine....g	0.242		0	1		0.201		
Isoleucine....g	0.314		0	1		0.261		
Leucine....g	0.582		0	1		0.483		
Lysine....g	0.236		0	1		0.196		
Methionine....g	0.138		0	1		0.115		
Cystine....g	0.193		0	1		0.160		
Phenylalanine....g	0.412		0	1		0.342		
Tyrosine....g	0.250		0	1		0.208		
Valine....g	0.375		0	1		0.311		
Arginine....g	0.375		0	1		0.311		
Histidine....g	0.193		0	1		0.160		
Alanine....g	0.289		0	1		0.240		
Aspartic acid....g	0.406		0	1		0.337		
Glutamic acid....g	2.765		0	1		2.295		
Glycine....g	0.328		0	1		0.272		
Proline....g	0.925		0	1		0.768		
Serine....g	0.418		0	1		0.347		
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 = 83.000g: 1 cup, crushed

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.20		1	1		0.45	0.22	
Energy....kcal	497		0	4		70	35	
Energy....kj	2079			4		295	146	
Protein (N x 5.8)....g	9.80		2	1		1.39	0.69	
Total lipid (fat)....g	25.00		2	1		3.54	1.75	
Ash....g	3.80		2	1		0.54	0.27	
Carbohydrate, by difference....g	58.20		0	4		8.25	4.07	
Fiber, total dietary....g	3.1		0	4		0.4	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	204		2	1		29	14	
Iron, Fe....mg	2.62		2	1		0.37	0.18	
Magnesium, Mg....mg	54		1	1		8	4	
Phosphorus, P....mg	382		1	1		54	27	
Potassium, K....mg	306		2	1		43	21	
Sodium, Na....mg	913		2	1		129	64	
Zinc, Zn....mg	0.87		1	1		0.12	0.06	
Copper, Cu....mg	0.160		1	1		0.023	0.011	
Manganese, Mn....mg	1.083		0	4		0.154	0.076	
Selenium, Se....mcg	24.3		0	4		3.4	1.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.5		1	1		0.2	0.1	
Thiamin....mg	0.358		2	1		0.051	0.025	
Riboflavin....mg	0.427		2	1		0.061	0.030	
Niacin....mg	3.185		2	1		0.451	0.223	
Pantothenic acid....mg	0.622		0	4		0.088	0.044	
Vitamin B-6....mg	0.261		1	1		0.037	0.018	
Folate, total....mcg	64		0	4		9	4	
Folic acid....mcg	45		0	4		6	3	
Folate, food....mcg	19		0	4		3	1	
Folate, DFE....mcg_DFE	96		0	4		14	7	
Vitamin B-12....mcg	0.12		0	4		0.02	0.01	
Vitamin A, IU....IU	71		1	1		10	5	
Vitamin A, RE....mcg_RE	9		0	1		1	1	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.129		0	4		0.585	0.289	
4:0....g	0.027		0	4		0.004	0.002	
6:0....g	0.014		0	4		0.002	0.001	
8:0....g	0.011		0	4		0.002	0.001	
10:0....g	0.017		0	4		0.002	0.001	
11:0....g								
12:0....g	0.017		0	4		0.002	0.001	
13:0....g								
14:0....g	0.107		0	4		0.015	0.007	
15:0....g								
16:0....g	2.639		0	4		0.374	0.185	
17:0....g								
18:0....g	1.271		0	4		0.180	0.089	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.351		0	4		1.467	0.725	
14:1....g								
15:1....g								

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

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	0.119		0	4		0.017	0.008	
17:1....g								
18:1 undifferentiated....g	10.196		0	4		1.445	0.714	
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	9.166		0	4		1.299	0.642	
18:2 undifferentiated....g	8.505		0	4		1.206	0.595	
18:3 undifferentiated....g	0.637		0	4		0.090	0.045	
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	7		2	1		1	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.130		0	1		0.018	0.009	
Threonine....g	0.298		0	1		0.042	0.021	
Isoleucine....g	0.383		0	1		0.054	0.027	
Leucine....g	0.698		0	1		0.099	0.049	
Lysine....g	0.344		0	1		0.049	0.024	
Methionine....g	0.167		0	1		0.024	0.012	
Cystine....g	0.194		0	1		0.027	0.014	
Phenylalanine....g	0.472		0	1		0.067	0.033	
Tyrosine....g	0.300		0	1		0.043	0.021	
Valine....g	0.438		0	1		0.062	0.031	
Arginine....g	0.408		0	1		0.058	0.029	
Histidine....g	0.219		0	1		0.031	0.015	
Alanine....g	0.322		0	1		0.046	0.023	
Aspartic acid....g	0.506		0	1		0.072	0.035	
Glutamic acid....g	2.996		0	1		0.425	0.210	
Glycine....g	0.339		0	1		0.048	0.024	
Proline....g	1.036		0	1		0.147	0.073	
Serine....g	0.494		0	1		0.070	0.035	
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 = 14.175g: .5 oz

Measure 2 = 7.000g: 1 cracker, sandwich

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.40	0.732	3	1		0.48	0.24	
Energy....kcal	495		0	4		70	35	
Energy....kj	2071			4		294	145	
Protein (N x 5.6)....g	13.50	0.545	4	1		1.91	0.95	
Total lipid (fat)....g	26.70	0.984	4	1		3.78	1.87	
Ash....g	2.60	0.224	4	1		0.37	0.18	
Carbohydrate, by difference....g	53.80		0	4		7.63	3.77	
Fiber, total dietary....g	4.4		0	4		0.6	0.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	170		2	1		24	12	
Iron, Fe....mg	2.67		2	1		0.38	0.19	
Magnesium, Mg....mg	38		1	1		5	3	
Phosphorus, P....mg	347		1	1		49	24	
Potassium, K....mg	297		2	1		42	21	
Sodium, Na....mg	807		2	1		114	56	
Zinc, Zn....mg	0.82		1	1		0.12	0.06	
Copper, Cu....mg	0.055		1	1		0.008	0.004	
Manganese, Mn....mg	0.701		1	1		0.099	0.049	
Selenium, Se....mcg	21.8		0	4		3.1	1.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	
Thiamin....mg	0.389	0.031	4	1		0.055	0.027	
Riboflavin....mg	0.293	0.013	4	1		0.042	0.021	
Niacin....mg	5.877	0.272	3	1		0.833	0.411	
Pantothenic acid....mg	0.564		0	4		0.080	0.039	
Vitamin B-6....mg	0.137		1	1		0.019	0.010	
Folate, total....mcg	70		0	4		10	5	
Folic acid....mcg	33		0	4		5	2	
Folate, food....mcg	37		0	4		5	3	
Folate, DFE....mcg_DFE	93		0	4		13	7	
Vitamin B-12....mcg	0.00		0	1		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	4.602		0	4		0.652	0.322	
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	0.003		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.005		0	4		0.001	0.000	
13:0....g								
14:0....g	0.064		0	4		0.009	0.004	
15:0....g								
16:0....g	2.809		0	4		0.398	0.197	
17:0....g								
18:0....g	1.335		0	4		0.189	0.093	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.766		0	4		1.668	0.824	
14:1....g								
15:1....g								

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

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	0.061		0	4		0.009	0.004	
17:1....g								
18:1 undifferentiated....g	11.594		0	4		1.643	0.812	
20:1....g	0.097		0	4		0.014	0.007	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	8.862		0	4		1.256	0.620	
18:2 undifferentiated....g	8.436		0	4		1.196	0.591	
18:3 undifferentiated....g	0.411		0	4		0.058	0.029	
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	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.164		0	1		0.023	0.011	
Threonine....g	0.418		0	1		0.059	0.029	
Isoleucine....g	0.488		0	1		0.069	0.034	
Leucine....g	0.908		0	1		0.129	0.064	
Lysine....g	0.437		0	1		0.062	0.031	
Methionine....g	0.198		0	1		0.028	0.014	
Cystine....g	0.239		0	1		0.034	0.017	
Phenylalanine....g	0.674		0	1		0.096	0.047	
Tyrosine....g	0.464		0	1		0.066	0.032	
Valine....g	0.575		0	1		0.082	0.040	
Arginine....g	1.034		0	1		0.147	0.072	
Histidine....g	0.319		0	1		0.045	0.022	
Alanine....g	0.490		0	1		0.069	0.034	
Aspartic acid....g	1.092		0	1		0.155	0.076	
Glutamic acid....g	3.667		0	1		0.520	0.257	
Glycine....g	0.633		0	1		0.090	0.044	
Proline....g	1.082		0	1		0.153	0.076	
Serine....g	0.674		0	1		0.096	0.047	
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 = 14.175g: .5 oz

Measure 2 = 7.000g: 1 cracker, sandwich

Calories Factors: **Protein** 3.7 **Fat** 8.6 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18235
Crackers, whole-wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	2.70	0.170	34	1		2.54	0.11	0.27
Energy....kcal	443		0	4		416	18	44
Energy....kj	1854			4		1742	74	185
Protein (N x 5.8)....g	8.80	0.309	16	1		8.27	0.35	0.88
Total lipid (fat)....g	17.20	0.532	23	1		16.17	0.69	1.72
Ash....g	2.70	0.131	18	1		2.54	0.11	0.27
Carbohydrate, by difference....g	68.60		0	4		64.48	2.74	6.86
Fiber, total dietary....g	10.5		0	1		9.9	0.4	1.1
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	50	7.806	24	1		47	2	5
Iron, Fe....mg	3.08	0.199	24	1		2.90	0.12	0.31
Magnesium, Mg....mg	99	2.966	24	1		93	4	10
Phosphorus, P....mg	295	9.701	23	1		277	12	30
Potassium, K....mg	297	9.566	24	1		279	12	30
Sodium, Na....mg	659	47.959	23	1		619	26	66
Zinc, Zn....mg	2.15	0.074	26	1		2.02	0.09	0.22
Copper, Cu....mg	0.444	0.032	25	1		0.417	0.018	0.044
Manganese, Mn....mg	2.247	0.102	21	1		2.112	0.090	0.225
Selenium, Se....mcg	14.7	7.683	5	1		13.8	0.6	1.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.201	0.007	21	1		0.189	0.008	0.020
Riboflavin....mg	0.100	0.018	22	1		0.094	0.004	0.010
Niacin....mg	4.519	0.103	15	1		4.248	0.181	0.452
Pantothenic acid....mg	0.813	0.026	10	1		0.764	0.033	0.081
Vitamin B-6....mg	0.183	0.005	9	1		0.172	0.007	0.018
Folate, total....mcg	28	0.403	8	1		26	1	3
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	28	0.403	8	1		26	1	3
Folate, DFE....mcg_DFE	28		0	4		26	1	3
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	1.110		0	4		1.043	0.044	0.111
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.393		0	4		3.189	0.136	0.339
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	0.016		0	4		0.015	0.001	0.002
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	0.003		0	4		0.003	0.000	0.000
15:0....g								
16:0....g	1.744		0	4		1.639	0.070	0.174
17:0....g								
18:0....g	1.617		0	4		1.520	0.065	0.162
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.880		0	4		5.527	0.235	0.588
14:1....g								
15:1....g								

NDB No. 18235
Crackers, whole-wheat

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	0.012		0	4		0.011	0.000	0.001
17:1....g								
18:1 undifferentiated....g	5.868		0	4		5.516	0.235	0.587
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	6.596		0	4		6.200	0.264	0.660
18:2 undifferentiated....g	6.218		0	4		5.845	0.249	0.622
18:3 undifferentiated....g	0.376		0	4		0.353	0.015	0.038
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	0.002		0	4		0.002	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	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.137		0	1		0.129	0.005	0.014
Threonine....g	0.256		0	1		0.241	0.010	0.026
Isoleucine....g	0.329		0	1		0.309	0.013	0.033
Leucine....g	0.600		0	1		0.564	0.024	0.060
Lysine....g	0.245		0	1		0.230	0.010	0.025
Methionine....g	0.137		0	1		0.129	0.005	0.014
Cystine....g	0.206		0	1		0.194	0.008	0.021
Phenylalanine....g	0.419		0	1		0.394	0.017	0.042
Tyrosine....g	0.259		0	1		0.243	0.010	0.026
Valine....g	0.401		0	1		0.377	0.016	0.040
Arginine....g	0.416		0	1		0.391	0.017	0.042
Histidine....g	0.206		0	1		0.194	0.008	0.021
Alanine....g	0.315		0	1		0.296	0.013	0.032
Aspartic acid....g	0.456		0	1		0.429	0.018	0.046
Glutamic acid....g	2.804		0	1		2.636	0.112	0.280
Glycine....g	0.358		0	1		0.337	0.014	0.036
Proline....g	0.922		0	1		0.867	0.037	0.092
Serine....g	0.419		0	1		0.394	0.017	0.042
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 = 94.000g: 1 cup, crushed

Measure 2 = 4.000g: 1 cracker

Measure 3 = 10.000g: 10 Triscuit Bits

Calories Factors: **Protein** 3.6 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18236
Cracker meal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	7.60	0.456	13	1		8.74	2.15	
Energy....kcal	383		0	4		440	109	
Energy....kj	1602			4		1843	454	
Protein (N x 5.7)....g	9.30	0.267	16	1		10.70	2.64	
Total lipid (fat)....g	1.70	0.156	15	1		1.96	0.48	
Ash....g	0.60	0.094	13	1		0.69	0.17	
Carbohydrate, by difference....g	80.90		0	4		93.04	22.94	
Fiber, total dietary....g	2.6		0	4		2.9	0.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	23	1.096	15	1		26	7	
Iron, Fe....mg	4.64	0.143	16	1		5.34	1.32	
Magnesium, Mg....mg	24	0.894	15	1		28	7	
Phosphorus, P....mg	104	3.643	16	1		120	29	
Potassium, K....mg	115	4.413	14	1		132	33	
Sodium, Na....mg	28	8.883	13	1		32	8	
Zinc, Zn....mg	0.69	0.042	15	1		0.79	0.20	
Copper, Cu....mg	0.225	0.031	15	1		0.259	0.064	
Manganese, Mn....mg	0.944	0.254	11	1		1.086	0.268	
Selenium, Se....mcg	42.3		0	4		48.6	12.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.696	0.036	14	1		0.800	0.197	
Riboflavin....mg	0.468	0.024	14	1		0.538	0.133	
Niacin....mg	5.707	0.157	15	1		6.563	1.618	
Pantothenic acid....mg	0.467		0	4		0.537	0.132	
Vitamin B-6....mg	0.039		0	4		0.045	0.011	
Folate, total....mcg	115		0	4		132	33	
Folic acid....mcg	93		0	4		107	26	
Folate, food....mcg	22		0	4		25	6	
Folate, DFE....mcg_DFE	180		0	4		207	51	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.053		0	4		0.061	0.015	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.271		0	1		0.312	0.077	
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	0.259		0	1		0.298	0.073	
17:0....g								
18:0....g	0.012		0	1		0.014	0.003	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.152		0	1		0.175	0.043	
14:1....g								
15:1....g								

NDB No. 18236
Cracker meal

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	
17:1....g								
18:1 undifferentiated....g	0.152		0	1		0.175	0.043	
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	0.722		0	1		0.830	0.205	
18:2 undifferentiated....g	0.683		0	1		0.785	0.194	
18:3 undifferentiated....g	0.039		0	1		0.045	0.011	
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								
Amino Acids:								
Tryptophan....g	0.107		0	1		0.123	0.030	
Threonine....g	0.247		0	1		0.284	0.070	
Isoleucine....g	0.342		0	1		0.393	0.097	
Leucine....g	0.639		0	1		0.735	0.181	
Lysine....g	0.179		0	1		0.206	0.051	
Methionine....g	0.162		0	1		0.186	0.046	
Cystine....g	0.208		0	1		0.239	0.059	
Phenylalanine....g	0.456		0	1		0.524	0.129	
Tyrosine....g	0.253		0	1		0.291	0.072	
Valine....g	0.388		0	1		0.446	0.110	
Arginine....g	0.321		0	1		0.369	0.091	
Histidine....g	0.196		0	1		0.225	0.056	
Alanine....g	0.282		0	1		0.324	0.080	
Aspartic acid....g	0.373		0	1		0.429	0.106	
Glutamic acid....g	3.241		0	1		3.727	0.919	
Glycine....g	0.316		0	1		0.363	0.090	
Proline....g	1.087		0	1		1.250	0.308	
Serine....g	0.448		0	1		0.515	0.127	
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 = 115.000g: 1 cup

Measure 2 = 28.350g: 1 oz

Calories Factors: Protein 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	40.50		0	1		11.48	19.44	26.73
Energy....kcal	362		0	4		103	174	239
Energy....kj	1515			4		429	727	1000
Protein (N x 0)....g	9.00		0	1		2.55	4.32	5.94
Total lipid (fat)....g	25.90		0	1		7.34	12.43	17.09
Ash....g	1.80		0	1		0.51	0.86	1.19
Carbohydrate, by difference....g	22.80		0	4		6.46	10.94	15.05
Fiber, total dietary....g	0.8		0	4		0.2	0.4	0.5
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	36		0	1		10	17	24
Iron, Fe....mg	2.02		0	1		0.57	0.97	1.33
Magnesium, Mg....mg	12		0	1		3	6	8
Phosphorus, P....mg	119		0	1		34	57	79
Potassium, K....mg	97		0	1		27	47	64
Sodium, Na....mg	557		0	1		158	267	368
Zinc, Zn....mg	0.73		0	1		0.21	0.35	0.48
Copper, Cu....mg	0.051		0	1		0.014	0.024	0.034
Manganese, Mn....mg	0.211		0	1		0.060	0.101	0.139
Selenium, Se....mcg	24.0		0	4		6.8	11.5	15.8
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.206		0	1		0.058	0.099	0.136
Riboflavin....mg	0.360		0	1		0.102	0.173	0.238
Niacin....mg	1.567		0	1		0.444	0.752	1.034
Pantothenic acid....mg	0.624		0	1		0.177	0.300	0.412
Vitamin B-6....mg	0.075		0	1		0.021	0.036	0.050
Folate, total....mcg	48		0	4		14	23	32
Folic acid....mcg	26		0	4		7	12	17
Folate, food....mcg	22		0	1		6	11	15
Folate, DFE....mcg_DFE	66		0	4		19	32	44
Vitamin B-12....mcg	0.39		0	1		0.11	0.19	0.26
Vitamin A, IU....IU	1157		0	1		328	555	764
Vitamin A, RE....mcg_RE	308		0	1		87	148	203
Vitamin E....mg_ATE	3.845		0	4		1.090	1.846	2.538
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.599		0	1		1.587	2.688	3.695
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	0.001		0	1		0.000	0.000	0.001
10:0....g	0.001		0	1		0.000	0.000	0.001
11:0....g								
12:0....g	0.001		0	1		0.000	0.000	0.001
13:0....g								
14:0....g	0.068		0	1		0.019	0.033	0.045
15:0....g								
16:0....g	3.601		0	1		1.021	1.728	2.377
17:0....g								
18:0....g	1.904		0	1		0.540	0.914	1.257
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.128		0	1		3.155	5.341	7.344
14:1....g								
15:1....g								

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

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	0.137		0	1		0.039	0.066	0.090
17:1....g								
18:1 undifferentiated....g	10.973		0	1		3.111	5.267	7.242
20:1....g	0.013		0	1		0.004	0.006	0.009
22:1 undifferentiated....g	0.001		0	1		0.000	0.000	0.001
24:1 c....g								
Fatty acids, total polyunsaturated....g	7.380		0	1		2.092	3.542	4.871
18:2 undifferentiated....g	6.987		0	1		1.981	3.354	4.611
18:3 undifferentiated....g	0.309		0	1		0.088	0.148	0.204
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	0.065		0	1		0.018	0.031	0.043
20:5 n-3....g	0.002		0	1		0.001	0.001	0.001
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.017		0	1		0.005	0.008	0.011
Fatty acids, total trans....g								
Cholesterol....mg	196		0	1		56	94	129
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.110		0	1		0.031	0.053	0.073
Threonine....g	0.367		0	1		0.104	0.176	0.242
Isoleucine....g	0.430		0	1		0.122	0.206	0.284
Leucine....g	0.718		0	1		0.204	0.345	0.474
Lysine....g	0.497		0	1		0.141	0.239	0.328
Methionine....g	0.238		0	1		0.067	0.114	0.157
Cystine....g	0.199		0	1		0.056	0.096	0.131
Phenylalanine....g	0.466		0	1		0.132	0.224	0.308
Tyrosine....g	0.335		0	1		0.095	0.161	0.221
Valine....g	0.485		0	1		0.137	0.233	0.320
Arginine....g	0.473		0	1		0.134	0.227	0.312
Histidine....g	0.209		0	1		0.059	0.100	0.138
Alanine....g	0.424		0	1		0.120	0.204	0.280
Aspartic acid....g	0.721		0	1		0.204	0.346	0.476
Glutamic acid....g	1.801		0	1		0.511	0.864	1.189
Glycine....g	0.305		0	1		0.086	0.146	0.201
Proline....g	0.596		0	1		0.169	0.286	0.393
Serine....g	0.589		0	1		0.167	0.283	0.389
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 = 28.350g: 1 oz

Measure 2 = 48.000g: 1 eclair (5" x 2" x 1-3/4")

Measure 3 = 66.000g: 1 cream puff shell

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	53.50		0	1		15.17	69.55	48.15
Energy....kcal	258		0	4		73	335	232
Energy....kj	1079			4		306	1403	972
Protein (N x 0)....g	6.70		0	1		1.90	8.71	6.03
Total lipid (fat)....g	15.50		0	1		4.39	20.15	13.95
Ash....g	1.30		0	1		0.37	1.69	1.17
Carbohydrate, by difference....g	22.90		0	4		6.49	29.77	20.61
Fiber, total dietary....g	0.4		0	4		0.1	0.5	0.4
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	66		0	1		19	86	59
Iron, Fe....mg	1.17		0	1		0.33	1.52	1.05
Magnesium, Mg....mg	12		0	1		3	16	11
Phosphorus, P....mg	109		0	1		31	142	98
Potassium, K....mg	115		0	1		33	150	104
Sodium, Na....mg	341		0	1		97	443	307
Zinc, Zn....mg	0.60		0	1		0.17	0.78	0.54
Copper, Cu....mg	0.035		0	1		0.010	0.046	0.032
Manganese, Mn....mg	0.112		0	1		0.032	0.146	0.101
Selenium, Se....mcg	15.4		0	4		4.4	20.0	13.9
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	1		0.1	0.4	0.3
Thiamin....mg	0.122		0	1		0.035	0.159	0.110
Riboflavin....mg	0.280		0	1		0.079	0.364	0.252
Niacin....mg	0.835		0	1		0.237	1.086	0.752
Pantothenic acid....mg	0.517		0	1		0.147	0.672	0.465
Vitamin B-6....mg	0.062		0	1		0.018	0.081	0.056
Folate, total....mcg	28		0	4		8	36	25
Folic acid....mcg	13		0	4		4	17	12
Folate, food....mcg	15		0	1		4	20	14
Folate, DFE....mcg_DFE	37		0	4		11	48	33
Vitamin B-12....mcg	0.36		0	1		0.10	0.47	0.32
Vitamin A, IU....IU	745		0	1		211	969	671
Vitamin A, RE....mcg_RE	199		0	1		56	259	179
Vitamin E....mg_ATE	2.207		0	4		0.626	2.869	1.986
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.679		0	1		1.043	4.783	3.311
4:0....g	0.023		0	1		0.007	0.030	0.021
6:0....g	0.014		0	1		0.004	0.018	0.013
8:0....g	0.009		0	1		0.003	0.012	0.008
10:0....g	0.019		0	1		0.005	0.025	0.017
11:0....g								
12:0....g	0.021		0	1		0.006	0.027	0.019
13:0....g								
14:0....g	0.111		0	1		0.031	0.144	0.100
15:0....g								
16:0....g	2.290		0	1		0.649	2.977	2.061
17:0....g								
18:0....g	1.177		0	1		0.334	1.530	1.059
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.527		0	1		1.850	8.485	5.874
14:1....g								
15:1....g								

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

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	0.108		0	1		0.031	0.140	0.097
17:1....g								
18:1 undifferentiated....g	6.406		0	1		1.816	8.328	5.765
20:1....g	0.009		0	1		0.003	0.012	0.008
22:1 undifferentiated....g	0.001		0	1		0.000	0.001	0.001
24:1 c....g								
Fatty acids, total polyunsaturated....g	4.156		0	1		1.178	5.403	3.740
18:2 undifferentiated....g	3.918		0	1		1.111	5.093	3.526
18:3 undifferentiated....g	0.182		0	1		0.052	0.237	0.164
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	0.044		0	1		0.012	0.057	0.040
20:5 n-3....g	0.001		0	1		0.000	0.001	0.001
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.011		0	1		0.003	0.014	0.010
Fatty acids, total trans....g								
Cholesterol....mg	134		0	1		38	174	121
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.083		0	1		0.024	0.108	0.075
Threonine....g	0.283		0	1		0.080	0.368	0.255
Isoleucine....g	0.339		0	1		0.096	0.441	0.305
Leucine....g	0.558		0	1		0.158	0.725	0.502
Lysine....g	0.411		0	1		0.117	0.534	0.370
Methionine....g	0.179		0	1		0.051	0.233	0.161
Cystine....g	0.133		0	1		0.038	0.173	0.120
Phenylalanine....g	0.342		0	1		0.097	0.445	0.308
Tyrosine....g	0.264		0	1		0.075	0.343	0.238
Valine....g	0.381		0	1		0.108	0.495	0.343
Arginine....g	0.338		0	1		0.096	0.439	0.304
Histidine....g	0.160		0	1		0.045	0.208	0.144
Alanine....g	0.307		0	1		0.087	0.399	0.276
Aspartic acid....g	0.547		0	1		0.155	0.711	0.492
Glutamic acid....g	1.280		0	1		0.363	1.664	1.152
Glycine....g	0.211		0	1		0.060	0.274	0.190
Proline....g	0.452		0	1		0.128	0.588	0.407
Serine....g	0.431		0	1		0.122	0.560	0.388
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 = 28.350g: 1 oz

Measure 2 = 130.000g: 1 cream puff

Measure 3 = 90.000g: 1 eclair (5" x 2" x 1-3/4")

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

Food Group: 18 Baked Products

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

NDB No. 18239
Croissants, butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	23.20	0.731	6	1		6.58	6.58	9.74
Energy....kcal	406		0	4		115	115	171
Energy....kj	1699			4		482	482	713
Protein (N x 5.9)....g	8.20	0.030	26	1		2.32	2.32	3.44
Total lipid (fat)....g	21.00	0.307	27	1		5.95	5.95	8.82
Ash....g	1.60	0.049	6	1		0.45	0.45	0.67
Carbohydrate, by difference....g	45.80		0	4		12.98	12.98	19.24
Fiber, total dietary....g	2.6		0	1		0.7	0.7	1.1
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	37	1.492	26	1		10	10	16
Iron, Fe....mg	2.03	0.583	4	1		0.58	0.58	0.85
Magnesium, Mg....mg	16	0.504	25	1		5	5	7
Phosphorus, P....mg	105	4.790	3	1		30	30	44
Potassium, K....mg	118	1.758	25	1		33	33	50
Sodium, Na....mg	744	37.662	26	1		211	211	312
Zinc, Zn....mg	0.75		2	1		0.21	0.21	0.32
Copper, Cu....mg	0.080		2	1		0.023	0.023	0.034
Manganese, Mn....mg	0.330		2	1		0.094	0.094	0.139
Selenium, Se....mcg	22.7		0	4		6.4	6.4	9.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.1	0.1	0.1
Thiamin....mg	0.388	0.038	10	1		0.110	0.110	0.163
Riboflavin....mg	0.241	0.020	10	1		0.068	0.068	0.101
Niacin....mg	2.188	0.147	10	1		0.620	0.620	0.919
Pantothenic acid....mg	0.861	0.022	8	1		0.244	0.244	0.362
Vitamin B-6....mg	0.058	0.001	8	1		0.016	0.016	0.024
Folate, total....mcg	62		0	4		18	18	26
Folic acid....mcg	34		0	4		10	10	14
Folate, food....mcg	28	1.503	8	1		8	8	12
Folate, DFE....mcg_DFE	86		0	4		24	24	36
Vitamin B-12....mcg	0.16		0	4		0.05	0.05	0.07
Vitamin A, IU....IU	744		0	4		211	211	312
Vitamin A, RE....mcg_RE	186		0	4		53	53	78
Vitamin E....mg_ATE	0.434		0	4		0.123	0.123	0.182
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	11.659		0	4		3.305	3.305	4.897
4:0....g	0.595		0	4		0.169	0.169	0.250
6:0....g	0.351		0	4		0.100	0.100	0.147
8:0....g	0.205		0	4		0.058	0.058	0.086
10:0....g	0.459		0	4		0.130	0.130	0.193
11:0....g								
12:0....g	0.514		0	4		0.146	0.146	0.216
13:0....g								
14:0....g	1.845		0	4		0.523	0.523	0.775
15:0....g								
16:0....g	5.023		0	4		1.424	1.424	2.110
17:0....g								
18:0....g	2.259		0	4		0.640	0.640	0.949
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.525		0	4		1.566	1.566	2.321
14:1....g								
15:1....g								

NDB No. 18239
Croissants, 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	0.429		0	4		0.122	0.122	0.180
17:1....g								
18:1 undifferentiated....g	4.822		0	4		1.367	1.367	2.025
20:1....g	0.001		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	1.094		0	4		0.310	0.310	0.459
18:2 undifferentiated....g	0.795		0	4		0.225	0.225	0.334
18:3 undifferentiated....g	0.289		0	4		0.082	0.082	0.121
18:4....g	0.001		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.006		0	4		0.002	0.002	0.003
20:5 n-3....g	0.003		0	4		0.001	0.001	0.001
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.002		0	4		0.001	0.001	0.001
Fatty acids, total trans....g								
Cholesterol....mg	67		0	4		19	19	28
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.099		0	1		0.028	0.028	0.042
Threonine....g	0.284		0	1		0.081	0.081	0.119
Isoleucine....g	0.365		0	1		0.103	0.103	0.153
Leucine....g	0.623		0	1		0.177	0.177	0.262
Lysine....g	0.329		0	1		0.093	0.093	0.138
Methionine....g	0.175		0	1		0.050	0.050	0.074
Cystine....g	0.172		0	1		0.049	0.049	0.072
Phenylalanine....g	0.416		0	1		0.118	0.118	0.175
Tyrosine....g	0.271		0	1		0.077	0.077	0.114
Valine....g	0.410		0	1		0.116	0.116	0.172
Arginine....g	0.339		0	1		0.096	0.096	0.142
Histidine....g	0.187		0	1		0.053	0.053	0.079
Alanine....g	0.325		0	1		0.092	0.092	0.137
Aspartic acid....g	0.501		0	1		0.142	0.142	0.210
Glutamic acid....g	2.300		0	1		0.652	0.652	0.966
Glycine....g	0.288		0	1		0.082	0.082	0.121
Proline....g	0.778		0	1		0.221	0.221	0.327
Serine....g	0.440		0	1		0.125	0.125	0.185
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 = 28.350g: 1 oz

Measure 2 = 28.350g: 1 croissant, mini

Measure 3 = 42.000g: 1 croissant, small

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18240
Croissants, apple

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	45.60		2	1		12.93	25.99	
Energy....kcal	254		0	4		72	145	
Energy....kj	1063			4		301	606	
Protein (N x 5.9)....g	7.40		2	1		2.10	4.22	
Total lipid (fat)....g	8.70	0.295	3	1		2.47	4.96	
Ash....g	1.20		2	1		0.34	0.68	
Carbohydrate, by difference....g	37.10		0	4		10.52	21.15	
Fiber, total dietary....g	2.5		0	1		0.7	1.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	30		2	1		9	17	
Iron, Fe....mg	1.10		2	1		0.31	0.63	
Magnesium, Mg....mg	13		2	1		4	7	
Phosphorus, P....mg	58		2	1		16	33	
Potassium, K....mg	90		2	1		26	51	
Sodium, Na....mg	274		2	1		78	156	
Zinc, Zn....mg	1.03		2	1		0.29	0.59	
Copper, Cu....mg	0.040		2	1		0.011	0.023	
Manganese, Mn....mg	0.210		2	1		0.060	0.120	
Selenium, Se....mcg	19.0		0	4		5.4	10.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		0	4		0.1	0.3	
Thiamin....mg	0.232	0.007	8	1		0.066	0.132	
Riboflavin....mg	0.164	0.003	8	1		0.046	0.093	
Niacin....mg	1.600	0.053	8	1		0.454	0.912	
Pantothenic acid....mg	0.596	0.019	8	1		0.169	0.340	
Vitamin B-6....mg	0.032	0.000	8	1		0.009	0.018	
Folate, total....mcg	57		0	4		16	32	
Folic acid....mcg	44		0	4		12	25	
Folate, food....mcg	13	0.435	8	1		4	7	
Folate, DFE....mcg_DFE	88		0	4		25	50	
Vitamin B-12....mcg	0.20		0	4		0.06	0.11	
Vitamin A, IU....IU	380		0	4		108	217	
Vitamin A, RE....mcg_RE	98		0	4		28	56	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.994		0	4		1.416	2.847	
4:0....g	0.211		0	1		0.060	0.120	
6:0....g	0.125		0	1		0.035	0.071	
8:0....g	0.073		0	1		0.021	0.042	
10:0....g	0.165		0	1		0.047	0.094	
11:0....g								
12:0....g	0.185		0	1		0.052	0.105	
13:0....g								
14:0....g	0.663		0	1		0.188	0.378	
15:0....g								
16:0....g	2.115		0	1		0.600	1.206	
17:0....g								
18:0....g	0.908		0	1		0.257	0.518	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.393		0	4		0.678	1.364	
14:1....g								
15:1....g								

NDB No. 18240
Croissants, apple

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		0	1		0.057	0.114	
17:1....g								
18:1 undifferentiated....g	2.169		0	1		0.615	1.236	
20:1....g	0.004		0	1		0.001	0.002	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.628		0	4		0.178	0.358	
18:2 undifferentiated....g	0.600		0	1		0.170	0.342	
18:3 undifferentiated....g	0.118		0	1		0.033	0.067	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.019		0	1		0.005	0.011	
20:5 n-3....g	0.001		0	1		0.000	0.001	
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.005		0	1		0.001	0.003	
Fatty acids, total trans....g								
Cholesterol....mg	31		0	4		9	18	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.086		0	1		0.024	0.049	
Threonine....g	0.256		0	1		0.073	0.146	
Isoleucine....g	0.325		0	1		0.092	0.185	
Leucine....g	0.556		0	1		0.158	0.317	
Lysine....g	0.318		0	1		0.090	0.181	
Methionine....g	0.151		0	1		0.043	0.086	
Cystine....g	0.140		0	1		0.040	0.080	
Phenylalanine....g	0.359		0	1		0.102	0.205	
Tyrosine....g	0.243		0	1		0.069	0.139	
Valine....g	0.368		0	1		0.104	0.210	
Arginine....g	0.309		0	1		0.088	0.176	
Histidine....g	0.166		0	1		0.047	0.095	
Alanine....g	0.296		0	1		0.084	0.169	
Aspartic acid....g	0.456		0	1		0.129	0.260	
Glutamic acid....g	1.970		0	1		0.558	1.123	
Glycine....g	0.296		0	1		0.084	0.169	
Proline....g	0.712		0	1		0.202	0.406	
Serine....g	0.383		0	1		0.109	0.218	
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 croissant, medium

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18241
Croissants, cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	21.00		2	1		5.95	8.82	11.97
Energy....kcal	414		0	4		117	174	236
Energy....kj	1732			4		491	728	987
Protein (N x 5.9)....g	9.20		2	1		2.61	3.86	5.24
Total lipid (fat)....g	20.90	0.294	3	1		5.93	8.78	11.91
Ash....g	1.90		2	1		0.54	0.80	1.08
Carbohydrate, by difference....g	47.00		0	4		13.32	19.74	26.79
Fiber, total dietary....g	2.6		0	4		0.7	1.1	1.5
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	53		2	1		15	22	30
Iron, Fe....mg	2.15		2	1		0.61	0.90	1.23
Magnesium, Mg....mg	24		2	1		7	10	14
Phosphorus, P....mg	130		2	1		37	55	74
Potassium, K....mg	132		2	1		37	55	75
Sodium, Na....mg	555		2	1		157	233	316
Zinc, Zn....mg	0.94		2	1		0.27	0.39	0.54
Copper, Cu....mg	0.100		2	1		0.028	0.042	0.057
Manganese, Mn....mg	0.340		2	1		0.096	0.143	0.194
Selenium, Se....mcg	26.8		0	4		7.6	11.3	15.3
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.1	0.1	0.1
Thiamin....mg	0.523	0.003	8	1		0.148	0.220	0.298
Riboflavin....mg	0.325	0.011	8	1		0.092	0.137	0.185
Niacin....mg	2.160	0.074	8	1		0.612	0.907	1.231
Pantothenic acid....mg	0.842	0.024	8	1		0.239	0.354	0.480
Vitamin B-6....mg	0.073	0.001	8	1		0.021	0.031	0.042
Folate, total....mcg	74		0	4		21	31	42
Folic acid....mcg	41		0	4		12	17	23
Folate, food....mcg	33	0.552	8	1		9	14	19
Folate, DFE....mcg_DFE	103		0	4		29	43	59
Vitamin B-12....mcg	0.32	0.011	8	1		0.09	0.13	0.18
Vitamin A, IU....IU	805		0	4		228	338	459
Vitamin A, RE....mcg_RE	197		0	4		56	83	112
Vitamin E....mg_ATE	1.036		0	4		0.294	0.435	0.591
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	10.628		0	4		3.013	4.464	6.058
4:0....g	0.497		0	4		0.141	0.209	0.283
6:0....g	0.293		0	4		0.083	0.123	0.167
8:0....g	0.170		0	4		0.048	0.071	0.097
10:0....g	0.382		0	4		0.108	0.160	0.218
11:0....g								
12:0....g	0.426		0	4		0.121	0.179	0.243
13:0....g								
14:0....g	1.553		0	4		0.440	0.652	0.885
15:0....g								
16:0....g	4.762		0	4		1.350	2.000	2.714
17:0....g								
18:0....g	2.198		0	4		0.623	0.923	1.253
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.509		0	4		1.845	2.734	3.710
14:1....g								
15:1....g								

NDB No. 18241
Croissants, cheese

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	0.363		0	4		0.103	0.152	0.207
17:1....g								
18:1 undifferentiated....g	5.917		0	4		1.677	2.485	3.373
20:1....g	0.001		0	4		0.000	0.000	0.001
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.384		0	4		0.676	1.001	1.359
18:2 undifferentiated....g	2.069		0	4		0.587	0.869	1.179
18:3 undifferentiated....g	0.306		0	4		0.087	0.129	0.174
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	0.005		0	4		0.001	0.002	0.003
20:5 n-3....g	0.002		0	4		0.001	0.001	0.001
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.002		0	4		0.001	0.001	0.001
Fatty acids, total trans....g								
Cholesterol....mg	57		0	4		16	24	32
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.109		0	1		0.031	0.046	0.062
Threonine....g	0.304		0	1		0.086	0.128	0.173
Isoleucine....g	0.407		0	1		0.115	0.171	0.232
Leucine....g	0.692		0	1		0.196	0.291	0.394
Lysine....g	0.371		0	1		0.105	0.156	0.211
Methionine....g	0.187		0	1		0.053	0.079	0.107
Cystine....g	0.176		0	1		0.050	0.074	0.100
Phenylalanine....g	0.455		0	1		0.129	0.191	0.259
Tyrosine....g	0.302		0	1		0.086	0.127	0.172
Valine....g	0.453		0	1		0.128	0.190	0.258
Arginine....g	0.363		0	1		0.103	0.152	0.207
Histidine....g	0.212		0	1		0.060	0.089	0.121
Alanine....g	0.338		0	1		0.096	0.142	0.193
Aspartic acid....g	0.527		0	1		0.149	0.221	0.300
Glutamic acid....g	2.585		0	1		0.733	1.086	1.473
Glycine....g	0.301		0	1		0.085	0.126	0.172
Proline....g	0.894		0	1		0.253	0.375	0.510
Serine....g	0.478		0	1		0.136	0.201	0.272
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 = 28.350g: 1 oz

Measure 2 = 42.000g: 1 croissant, small

Measure 3 = 57.000g: 1 croissant, medium

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18242
Croutons, plain

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	5.50	0.306	5	1		1.65	0.78	
Energy....kcal	407		0	4		122	58	
Energy....kj	1703			4		511	241	
Protein (N x 5.7)....g	11.90	0.971	5	1		3.57	1.69	
Total lipid (fat)....g	6.60	3.084	6	1		1.98	0.94	
Ash....g	2.50	0.133	5	1		0.75	0.35	
Carbohydrate, by difference....g	73.50		0	4		22.05	10.42	
Fiber, total dietary....g	5.1		0	1		1.5	0.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	76	10.262	5	1		23	11	
Iron, Fe....mg	4.08	0.455	5	1		1.22	0.58	
Magnesium, Mg....mg	31	2.294	5	1		9	4	
Phosphorus, P....mg	115	6.373	4	1		35	16	
Potassium, K....mg	124	18.648	6	1		37	18	
Sodium, Na....mg	698	60.698	6	1		209	99	
Zinc, Zn....mg	0.89	0.125	5	1		0.27	0.13	
Copper, Cu....mg	0.163	0.036	5	1		0.049	0.023	
Manganese, Mn....mg	0.500	0.013	4	1		0.150	0.071	
Selenium, Se....mcg	37.5		0	4		11.3	5.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.623	0.061	11	1		0.187	0.088	
Riboflavin....mg	0.272	0.031	11	1		0.082	0.039	
Niacin....mg	5.439	0.547	11	1		1.632	0.771	
Pantothenic acid....mg	0.429	0.049	12	1		0.129	0.061	
Vitamin B-6....mg	0.026	0.006	10	1		0.008	0.004	
Folate, total....mcg	132		0	4		40	19	
Folic acid....mcg	110		0	4		33	16	
Folate, food....mcg	22	0.315	8	1		7	3	
Folate, DFE....mcg_DFE	209		0	4		63	30	
Vitamin B-12....mcg	0.00		1	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.510		0	4		0.453	0.214	
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	0.001		0	4		0.000	0.000	
13:0....g								
14:0....g	0.026		0	4		0.008	0.004	
15:0....g								
16:0....g	0.857		0	4		0.257	0.121	
17:0....g								
18:0....g	0.613		0	4		0.184	0.087	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.059		0	4		0.918	0.434	
14:1....g								
15:1....g								

NDB No. 18242
Croutons, plain

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	0.031		0	4		0.009	0.004	
17:1....g								
18:1 undifferentiated....g	3.029		0	4		0.909	0.429	
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	1.273		0	4		0.382	0.180	
18:2 undifferentiated....g	1.204		0	4		0.361	0.171	
18:3 undifferentiated....g	0.070		0	4		0.021	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		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.140		0	1		0.042	0.020	
Threonine....g	0.337		0	1		0.101	0.048	
Isoleucine....g	0.456		0	1		0.137	0.065	
Leucine....g	0.832		0	1		0.250	0.118	
Lysine....g	0.278		0	1		0.083	0.039	
Methionine....g	0.211		0	1		0.063	0.030	
Cystine....g	0.261		0	1		0.078	0.037	
Phenylalanine....g	0.586		0	1		0.176	0.083	
Tyrosine....g	0.337		0	1		0.101	0.048	
Valine....g	0.514		0	1		0.154	0.073	
Arginine....g	0.431		0	1		0.129	0.061	
Histidine....g	0.255		0	1		0.077	0.036	
Alanine....g	0.391		0	1		0.117	0.055	
Aspartic acid....g	0.529		0	1		0.159	0.075	
Glutamic acid....g	4.024		0	1		1.207	0.570	
Glycine....g	0.418		0	1		0.125	0.059	
Proline....g	1.345		0	1		0.404	0.191	
Serine....g	0.579		0	1		0.174	0.082	
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 = 30.000g: 1 cup

Measure 2 = 14.175g: .5 oz

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18243
Croutons, seasoned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.60	0.319	9	1		1.44	0.36	0.04
Energy....kcal	465		0	4		186	47	5
Energy....kj	1946			4		778	195	19
Protein (N x 5.8)....g	10.80	0.146	40	1		4.32	1.08	0.11
Total lipid (fat)....g	18.30	0.346	40	1		7.32	1.83	0.18
Ash....g	3.80	0.197	11	1		1.52	0.38	0.04
Carbohydrate, by difference....g	63.50		0	4		25.40	6.35	0.64
Fiber, total dietary....g	5.0		0	1		2.0	0.5	0.1
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	96	4.583	40	1		38	10	1
Iron, Fe....mg	2.82	0.089	40	1		1.13	0.28	0.03
Magnesium, Mg....mg	42	2.551	5	1		17	4	0
Phosphorus, P....mg	140	20.623	5	1		56	14	1
Potassium, K....mg	181	6.887	15	1		72	18	2
Sodium, Na....mg	1238	43.584	20	1		495	124	12
Zinc, Zn....mg	0.94	0.101	5	1		0.38	0.09	0.01
Copper, Cu....mg	0.168	0.028	5	1		0.067	0.017	0.002
Manganese, Mn....mg	0.514	0.038	4	1		0.206	0.051	0.005
Selenium, Se....mcg	28.8		0	4		11.5	2.9	0.3
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.506	0.006	46	1		0.202	0.051	0.005
Riboflavin....mg	0.421	0.011	46	1		0.168	0.042	0.004
Niacin....mg	4.646	0.060	39	1		1.858	0.465	0.046
Pantothenic acid....mg	0.835	0.062	12	1		0.334	0.084	0.008
Vitamin B-6....mg	0.083	0.001	10	1		0.033	0.008	0.001
Folate, total....mcg	88		0	4		35	9	1
Folic acid....mcg	48		0	4		19	5	0
Folate, food....mcg	40	2.001	8	1		16	4	0
Folate, DFE....mcg_DFE	122		0	4		49	12	1
Vitamin B-12....mcg	0.14		0	4		0.06	0.01	0.00
Vitamin A, IU....IU	39		0	4		16	4	0
Vitamin A, RE....mcg_RE	10		0	4		4	1	0
Vitamin E....mg_ATE	2.182		0	4		0.873	0.218	0.022
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.247		0	4		2.099	0.525	0.052
4:0....g	0.092		0	4		0.037	0.009	0.001
6:0....g	0.034		0	4		0.014	0.003	0.000
8:0....g	0.018		0	4		0.007	0.002	0.000
10:0....g	0.045		0	4		0.018	0.005	0.000
11:0....g								
12:0....g	0.061		0	4		0.024	0.006	0.001
13:0....g								
14:0....g	0.282		0	4		0.113	0.028	0.003
15:0....g								
16:0....g	2.634		0	4		1.054	0.263	0.026
17:0....g								
18:0....g	2.023		0	4		0.809	0.202	0.020
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.498		0	4		3.799	0.950	0.095
14:1....g								
15:1....g								

NDB No. 18243
Croutons, seasoned

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	0.047		0	4		0.019	0.005	0.000
17:1....g								
18:1 undifferentiated....g	9.451		0	4		3.780	0.945	0.095
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	2.368		0	4		0.947	0.237	0.024
18:2 undifferentiated....g	2.227		0	4		0.891	0.223	0.022
18:3 undifferentiated....g	0.142		0	4		0.057	0.014	0.001
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	7		0	4		3	1	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.125		0	1		0.050	0.013	0.001
Threonine....g	0.326		0	1		0.130	0.033	0.003
Isoleucine....g	0.428		0	1		0.171	0.043	0.004
Leucine....g	0.774		0	1		0.310	0.077	0.008
Lysine....g	0.344		0	1		0.138	0.034	0.003
Methionine....g	0.195		0	1		0.078	0.020	0.002
Cystine....g	0.218		0	1		0.087	0.022	0.002
Phenylalanine....g	0.525		0	1		0.210	0.053	0.005
Tyrosine....g	0.331		0	1		0.132	0.033	0.003
Valine....g	0.488		0	1		0.195	0.049	0.005
Arginine....g	0.402		0	1		0.161	0.040	0.004
Histidine....g	0.246		0	1		0.098	0.025	0.002
Alanine....g	0.357		0	1		0.143	0.036	0.004
Aspartic acid....g	0.540		0	1		0.216	0.054	0.005
Glutamic acid....g	3.378		0	1		1.351	0.338	0.034
Glycine....g	0.361		0	1		0.144	0.036	0.004
Proline....g	1.163		0	1		0.465	0.116	0.012
Serine....g	0.527		0	1		0.211	0.053	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 = 40.000g: 1 cup

Measure 2 = 10.000g: 1 package, fast food

Measure 3 = 1.000g: 4 cubes

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18244
Danish pastry, cinnamon, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	24.30	1.535	3	1		6.89	34.51	8.51
Energy....kcal	403		0	4		114	572	141
Energy....kj	1686			4		478	2394	590
Protein (N x 5.8)....g	7.00	0.511	3	1		1.98	9.94	2.45
Total lipid (fat)....g	22.40	1.634	3	1		6.35	31.81	7.84
Ash....g	1.70	0.103	5	1		0.48	2.41	0.60
Carbohydrate, by difference....g	44.60		0	4		12.64	63.33	15.61
Fiber, total dietary....g	1.3		0	1		0.4	1.8	0.5
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	71	5.973	30	1		20	101	25
Iron, Fe....mg	1.96	0.096	29	1		0.56	2.78	0.69
Magnesium, Mg....mg	19	0.467	31	1		5	27	7
Phosphorus, P....mg	107	3.843	30	1		30	152	37
Potassium, K....mg	125	4.168	29	1		35	178	44
Sodium, Na....mg	371	8.862	31	1		105	527	130
Zinc, Zn....mg	0.72	0.027	31	1		0.20	1.02	0.25
Copper, Cu....mg	0.100	0.005	30	1		0.028	0.142	0.035
Manganese, Mn....mg	0.362	0.017	30	1		0.103	0.514	0.127
Selenium, Se....mcg	17.0	0.755	33	1		4.8	24.1	6.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.1	0.0
Thiamin....mg	0.300	0.040	3	1		0.085	0.426	0.105
Riboflavin....mg	0.263	0.012	3	1		0.075	0.373	0.092
Niacin....mg	2.867	0.240	3	1		0.813	4.071	1.003
Pantothenic acid....mg	0.396		0	4		0.112	0.562	0.139
Vitamin B-6....mg	0.038		0	4		0.011	0.054	0.013
Folate, total....mcg	62		0	4		18	88	22
Folic acid....mcg	29		0	4		8	41	10
Folate, food....mcg	33		0	4		9	47	12
Folate, DFE....mcg_DFE	82		0	4		23	117	29
Vitamin B-12....mcg	0.10		0	4		0.03	0.14	0.04
Vitamin A, IU....IU	12		0	4		3	17	4
Vitamin A, RE....mcg_RE	3		0	4		1	4	1
Vitamin E....mg_ATE	2.972		0	4		0.843	4.220	1.040
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.681		0	4		1.611	8.067	1.988
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	0.109		0	4		0.031	0.155	0.038
15:0....g								
16:0....g	2.961		0	4		0.839	4.205	1.036
17:0....g								
18:0....g	2.602		0	4		0.738	3.695	0.911
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	12.515		0	4		3.548	17.771	4.380
14:1....g								
15:1....g								

NDB No. 18244
Danish pastry, cinnamon, enriched

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	0.022		0	4		0.006	0.031	0.008
17:1....g								
18:1 undifferentiated....g	12.491		0	4		3.541	17.737	4.372
20:1....g	0.001		0	4		0.000	0.001	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	2.933		0	4		0.832	4.165	1.027
18:2 undifferentiated....g	2.772		0	4		0.786	3.936	0.970
18:3 undifferentiated....g	0.148		0	4		0.042	0.210	0.052
18:4....g	0.001		0	4		0.000	0.001	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.007		0	4		0.002	0.010	0.002
20:5 n-3....g	0.003		0	4		0.001	0.004	0.001
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.002		0	4		0.001	0.003	0.001
Fatty acids, total trans....g								
Cholesterol....mg	21		0	4		6	30	7
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.084		0	1		0.024	0.119	0.029
Threonine....g	0.245		0	1		0.069	0.348	0.086
Isoleucine....g	0.310		0	1		0.088	0.440	0.109
Leucine....g	0.532		0	1		0.151	0.755	0.186
Lysine....g	0.296		0	1		0.084	0.420	0.104
Methionine....g	0.139		0	1		0.039	0.197	0.049
Cystine....g	0.139		0	1		0.039	0.197	0.049
Phenylalanine....g	0.348		0	1		0.099	0.494	0.122
Tyrosine....g	0.233		0	1		0.066	0.331	0.082
Valine....g	0.344		0	1		0.098	0.488	0.120
Arginine....g	0.312		0	1		0.088	0.443	0.109
Histidine....g	0.160		0	1		0.045	0.227	0.056
Alanine....g	0.274		0	1		0.078	0.389	0.096
Aspartic acid....g	0.463		0	1		0.131	0.657	0.162
Glutamic acid....g	1.882		0	1		0.534	2.672	0.659
Glycine....g	0.245		0	1		0.069	0.348	0.086
Proline....g	0.637		0	1		0.181	0.905	0.223
Serine....g	0.376		0	1		0.107	0.534	0.132
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 = 28.350g: 1 oz

Measure 2 = 142.000g: 1 large (approx 7" dia)

Measure 3 = 35.000g: 1 small or frozen (approx 3" dia)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18245
Danish pastry, cheese

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	31.40		1	1		8.90	22.29	
Energy....kcal	374		0	4		106	266	
Energy....kj	1565			4		444	1111	
Protein (N x 6)....g	8.00		1	1		2.27	5.68	
Total lipid (fat)....g	21.90		1	1		6.21	15.55	
Ash....g	1.50		1	1		0.43	1.07	
Carbohydrate, by difference....g	37.20		0	4		10.55	26.41	
Fiber, total dietary....g	1.0		0	4		0.3	0.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	35		1	1		10	25	
Iron, Fe....mg	1.60		1	1		0.45	1.14	
Magnesium, Mg....mg	15		1	1		4	11	
Phosphorus, P....mg	108		1	1		31	77	
Potassium, K....mg	98		1	1		28	70	
Sodium, Na....mg	450		1	1		128	320	
Zinc, Zn....mg	0.70		0	4		0.20	0.50	
Copper, Cu....mg	0.089		0	4		0.025	0.063	
Manganese, Mn....mg	0.351		0	4		0.100	0.249	
Selenium, Se....mcg	18.9		0	4		5.4	13.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.1	
Thiamin....mg	0.190		1	1		0.054	0.135	
Riboflavin....mg	0.260		1	1		0.074	0.185	
Niacin....mg	2.000		1	1		0.567	1.420	
Pantothenic acid....mg	0.304		0	4		0.086	0.216	
Vitamin B-6....mg	0.040		0	4		0.011	0.028	
Folate, total....mcg	60		0	4		17	43	
Folic acid....mcg	35		0	4		10	25	
Folate, food....mcg	25		0	4		7	18	
Folate, DFE....mcg_DFE	85		0	4		24	60	
Vitamin B-12....mcg	0.17		0	4		0.05	0.12	
Vitamin A, IU....IU	146		0	4		41	104	
Vitamin A, RE....mcg_RE	45		0	4		13	32	
Vitamin E....mg_ATE	2.545		0	4		0.722	1.807	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.794		0	4		1.926	4.824	
4:0....g	0.097		0	4		0.027	0.069	
6:0....g	0.028		0	4		0.008	0.020	
8:0....g	0.033		0	4		0.009	0.023	
10:0....g	0.065		0	4		0.018	0.046	
11:0....g								
12:0....g	0.045		0	4		0.013	0.032	
13:0....g								
14:0....g	0.438		0	4		0.124	0.311	
15:0....g								
16:0....g	3.439		0	4		0.975	2.442	
17:0....g								
18:0....g	2.542		0	4		0.721	1.805	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.313		0	4		3.207	8.032	
14:1....g								
15:1....g								

NDB No. 18245
Danish pastry, cheese

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	0.107		0	4		0.030	0.076	
17:1....g								
18:1 undifferentiated....g	11.159		0	4		3.164	7.923	
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	2.575		0	4		0.730	1.828	
18:2 undifferentiated....g	2.401		0	4		0.681	1.705	
18:3 undifferentiated....g	0.173		0	4		0.049	0.123	
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	0.002		0	4		0.001	0.001	
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	16		0	4		5	11	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.089		0	1		0.025	0.063	
Threonine....g	0.293		0	1		0.083	0.208	
Isoleucine....g	0.371		0	1		0.105	0.263	
Leucine....g	0.644		0	1		0.183	0.457	
Lysine....g	0.430		0	1		0.122	0.305	
Methionine....g	0.174		0	1		0.049	0.124	
Cystine....g	0.137		0	1		0.039	0.097	
Phenylalanine....g	0.402		0	1		0.114	0.285	
Tyrosine....g	0.293		0	1		0.083	0.208	
Valine....g	0.412		0	1		0.117	0.293	
Arginine....g	0.324		0	1		0.092	0.230	
Histidine....g	0.205		0	1		0.058	0.146	
Alanine....g	0.292		0	1		0.083	0.207	
Aspartic acid....g	0.511		0	1		0.145	0.363	
Glutamic acid....g	2.021		0	1		0.573	1.435	
Glycine....g	0.239		0	1		0.068	0.170	
Proline....g	0.717		0	1		0.203	0.509	
Serine....g	0.428		0	1		0.121	0.304	
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 = 28.350g: 1 oz

Measure 2 = 71.000g: 1 pastry

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18246

Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	27.10	1.256	18	1		7.68	38.48	9.49
Energy....kcal	371		0	4		105	527	130
Energy....kj	1552			4		440	2204	543
Protein (N x 5.8)....g	5.40	0.230	18	1		1.53	7.67	1.89
Total lipid (fat)....g	18.50	0.710	15	1		5.24	26.27	6.48
Ash....g	1.20	0.040	18	1		0.34	1.70	0.42
Carbohydrate, by difference....g	47.80		0	4		13.55	67.88	16.73
Fiber, total dietary....g	1.9		0	4		0.5	2.7	0.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	46	9.200	16	1		13	65	16
Iron, Fe....mg	1.77	0.101	14	1		0.50	2.51	0.62
Magnesium, Mg....mg	15	0.643	15	1		4	21	5
Phosphorus, P....mg	89	8.600	15	1		25	126	31
Potassium, K....mg	83	6.753	11	1		24	118	29
Sodium, Na....mg	354	6.785	16	1		100	503	124
Zinc, Zn....mg	0.54	0.020	6	1		0.15	0.77	0.19
Copper, Cu....mg	0.065	0.005	6	1		0.018	0.092	0.023
Manganese, Mn....mg	0.253	0.012	6	1		0.072	0.359	0.089
Selenium, Se....mcg	14.8		0	4		4.2	21.0	5.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.9	1.837	15	1		1.1	5.5	1.4
Thiamin....mg	0.263	0.020	20	1		0.075	0.373	0.092
Riboflavin....mg	0.220	0.010	19	1		0.062	0.312	0.077
Niacin....mg	1.992	0.074	16	1		0.565	2.829	0.697
Pantothenic acid....mg	0.634	0.023	8	1		0.180	0.900	0.222
Vitamin B-6....mg	0.043		0	4		0.012	0.061	0.015
Folate, total....mcg	33		0	4		9	47	12
Folic acid....mcg	17		0	4		5	24	6
Folate, food....mcg	16	1.032	8	1		5	23	6
Folate, DFE....mcg_DFE	45		0	4		13	64	16
Vitamin B-12....mcg	0.09		0	4		0.03	0.13	0.03
Vitamin A, IU....IU	74		0	4		21	105	26
Vitamin A, RE....mcg_RE	22		0	4		6	31	8
Vitamin E....mg_ATE	2.460		0	4		0.697	3.493	0.861
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.860		0	4		1.378	6.901	1.701
4:0....g	0.001		0	4		0.000	0.001	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	0.088		0	4		0.025	0.125	0.031
15:0....g								
16:0....g	2.668		0	4		0.756	3.789	0.934
17:0....g								
18:0....g	2.096		0	4		0.594	2.976	0.734
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.026		0	4		2.842	14.237	3.509
14:1....g								
15:1....g								

NDB No. 18246

Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)

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	0.069		0	4		0.020	0.098	0.024
17:1....g								
18:1 undifferentiated....g	9.947		0	4		2.820	14.125	3.481
20:1....g	0.008		0	4		0.002	0.011	0.003
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.364		0	4		0.670	3.357	0.827
18:2 undifferentiated....g	2.184		0	4		0.619	3.101	0.764
18:3 undifferentiated....g	0.108		0	4		0.031	0.153	0.038
18:4....g	0.004		0	4		0.001	0.006	0.001
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.038		0	4		0.011	0.054	0.013
20:5 n-3....g	0.019		0	4		0.005	0.027	0.007
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.012		0	4		0.003	0.017	0.004
Fatty acids, total trans....g								
Cholesterol....mg	114		0	4		32	162	40
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.064		0	4		0.018	0.091	0.022
Threonine....g	0.171		0	4		0.048	0.243	0.060
Isoleucine....g	0.224		0	4		0.064	0.318	0.078
Leucine....g	0.398		0	4		0.113	0.565	0.139
Lysine....g	0.177		0	4		0.050	0.251	0.062
Methionine....g	0.110		0	4		0.031	0.156	0.039
Cystine....g	0.118		0	4		0.033	0.168	0.041
Phenylalanine....g	0.267		0	4		0.076	0.379	0.093
Tyrosine....g	0.166		0	4		0.047	0.236	0.058
Valine....g	0.252		0	4		0.071	0.358	0.088
Arginine....g	0.209		0	4		0.059	0.297	0.073
Histidine....g	0.118		0	4		0.033	0.168	0.041
Alanine....g	0.191		0	4		0.054	0.271	0.067
Aspartic acid....g	0.300		0	4		0.085	0.426	0.105
Glutamic acid....g	1.603		0	4		0.454	2.276	0.561
Glycine....g	0.178		0	4		0.050	0.253	0.062
Proline....g	0.543		0	4		0.154	0.771	0.190
Serine....g	0.285		0	4		0.081	0.405	0.100
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 = 28.350g: 1 oz

Measure 2 = 142.000g: 1 large (approx 7" dia)

Measure 3 = 35.000g: 1 small or frozen (approx 3" dia)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18247
Danish pastry, nut (includes almond, raisin nut, cinnamon nut)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	20.40	0.311	7	1		5.78	13.26	10.81
Energy....kcal	430		0	4		122	280	228
Energy....kj	1799			4		510	1169	954
Protein (N x 5.8)....g	7.10	0.186	7	1		2.01	4.62	3.76
Total lipid (fat)....g	25.20	0.583	7	1		7.14	16.38	13.36
Ash....g	1.50	0.061	7	1		0.43	0.98	0.80
Carbohydrate, by difference....g	45.70		0	4		12.96	29.71	24.22
Fiber, total dietary....g	2.0		0	1		0.6	1.3	1.1
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	94	19.147	7	1		27	61	50
Iron, Fe....mg	1.80		1	1		0.51	1.17	0.95
Magnesium, Mg....mg	32	1.540	7	1		9	21	17
Phosphorus, P....mg	110	5.450	7	1		31	72	58
Potassium, K....mg	95		1	1		27	62	50
Sodium, Na....mg	363	16.099	7	1		103	236	192
Zinc, Zn....mg	0.87	0.060	6	1		0.25	0.57	0.46
Copper, Cu....mg	0.195	0.005	6	1		0.055	0.127	0.103
Manganese, Mn....mg	0.845	0.049	6	1		0.240	0.549	0.448
Selenium, Se....mcg	14.2		0	4		4.0	9.2	7.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.7	0.044	6	1		0.5	1.1	0.9
Thiamin....mg	0.220		1	1		0.062	0.143	0.117
Riboflavin....mg	0.240		1	1		0.068	0.156	0.127
Niacin....mg	2.300		1	1		0.652	1.495	1.219
Pantothenic acid....mg	0.702		0	4		0.199	0.456	0.372
Vitamin B-6....mg	0.104		0	4		0.029	0.068	0.055
Folate, total....mcg	83		0	4		24	54	44
Folic acid....mcg	56		0	4		16	36	30
Folate, food....mcg	27		0	4		8	18	14
Folate, DFE....mcg_DFE	122		0	4		35	79	65
Vitamin B-12....mcg	0.21		0	4		0.06	0.14	0.11
Vitamin A, IU....IU	52		1	1		15	34	28
Vitamin A, RE....mcg_RE	14		0	1		4	9	7
Vitamin E....mg_ATE	3.642		0	4		1.033	2.367	1.930
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.821		0	4		1.650	3.784	3.085
4:0....g	0.001		0	4		0.000	0.001	0.001
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	0.001		0	4		0.000	0.001	0.001
11:0....g								
12:0....g	0.002		0	4		0.001	0.001	0.001
13:0....g								
14:0....g	0.119		0	4		0.034	0.077	0.063
15:0....g								
16:0....g	3.128		0	4		0.887	2.033	1.658
17:0....g								
18:0....g	2.552		0	4		0.723	1.659	1.353
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	13.685		0	4		3.880	8.895	7.253
14:1....g								
15:1....g								

NDB No. 18247
Danish pastry, nut (includes almond, raisin nut, cinnamon nut)

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	0.083		0	4		0.024	0.054	0.044
17:1....g								
18:1 undifferentiated....g	13.562		0	4		3.845	8.815	7.188
20:1....g	0.024		0	4		0.007	0.016	0.013
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	4.281		0	4		1.214	2.783	2.269
18:2 undifferentiated....g	3.903		0	4		1.107	2.537	2.069
18:3 undifferentiated....g	0.342		0	4		0.097	0.222	0.181
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	0.014		0	4		0.004	0.009	0.007
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	0.003		0	4		0.001	0.002	0.002
Fatty acids, total trans....g								
Cholesterol....mg	46		1	1		13	30	24
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.088		0	1		0.025	0.057	0.047
Threonine....g	0.238		0	1		0.067	0.155	0.126
Isoleucine....g	0.305		0	1		0.086	0.198	0.162
Leucine....g	0.529		0	1		0.150	0.344	0.280
Lysine....g	0.271		0	1		0.077	0.176	0.144
Methionine....g	0.139		0	1		0.039	0.090	0.074
Cystine....g	0.139		0	1		0.039	0.090	0.074
Phenylalanine....g	0.337		0	1		0.096	0.219	0.179
Tyrosine....g	0.235		0	1		0.067	0.153	0.125
Valine....g	0.348		0	1		0.099	0.226	0.184
Arginine....g	0.430		0	1		0.122	0.280	0.228
Histidine....g	0.166		0	1		0.047	0.108	0.088
Alanine....g	0.268		0	1		0.076	0.174	0.142
Aspartic acid....g	0.479		0	1		0.136	0.311	0.254
Glutamic acid....g	1.895		0	1		0.537	1.232	1.004
Glycine....g	0.261		0	1		0.074	0.170	0.138
Proline....g	0.614		0	1		0.174	0.399	0.325
Serine....g	0.369		0	1		0.105	0.240	0.196
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 = 28.350g: 1 oz

Measure 2 = 65.000g: 1 pastry (4-1/4" dia)

Measure 3 = 53.000g: 1 piece (1/8 of 15 oz ring)

Calories Factors: **Protein** 3.9 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18248
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	20.80	0.587	25	1		5.90	10.82	10.82
Energy....kcal	421		0	4		119	219	219
Energy....kj	1761			4		499	916	916
Protein (N x 5.9)....g	5.00	0.292	15	1		1.42	2.60	2.60
Total lipid (fat)....g	22.90	1.396	18	1		6.49	11.91	11.91
Ash....g	1.50	0.130	13	1		0.43	0.78	0.78
Carbohydrate, by difference....g	49.70		0	4		14.09	25.84	25.84
Fiber, total dietary....g	1.5		0	1		0.4	0.8	0.8
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	44	1.550	36	1		12	23	23
Iron, Fe....mg	1.95	0.084	34	1		0.55	1.01	1.01
Magnesium, Mg....mg	20	0.507	34	1		6	10	10
Phosphorus, P....mg	269	5.640	28	1		76	140	140
Potassium, K....mg	127	4.793	32	1		36	66	66
Sodium, Na....mg	546	10.069	36	1		155	284	284
Zinc, Zn....mg	0.55	0.023	31	1		0.16	0.29	0.29
Copper, Cu....mg	0.102	0.003	31	1		0.029	0.053	0.053
Manganese, Mn....mg	0.341	0.010	30	1		0.097	0.177	0.177
Selenium, Se....mcg	9.3	0.476	31	1		2.6	4.8	4.8
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.1	0.1	0.1
Thiamin....mg	0.222	0.015	11	1		0.063	0.115	0.115
Riboflavin....mg	0.240	0.041	11	1		0.068	0.125	0.125
Niacin....mg	1.853	0.194	11	1		0.525	0.964	0.964
Pantothenic acid....mg	0.276	0.043	4	1		0.078	0.144	0.144
Vitamin B-6....mg	0.056		2	1		0.016	0.029	0.029
Folate, total....mcg	47		0	4		13	24	24
Folic acid....mcg	39		0	4		11	20	20
Folate, food....mcg	8	0.989	3	1		2	4	4
Folate, DFE....mcg_DFE	74		0	4		21	39	39
Vitamin B-12....mcg	0.27		0	4		0.08	0.14	0.14
Vitamin A, IU....IU	57		2	1		16	30	30
Vitamin A, RE....mcg_RE	17		0	1		5	9	9
Vitamin E....mg_ATE	3.833		0	4		1.087	1.993	1.993
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.625		0	4		1.028	1.885	1.885
4:0....g	0.002		0	4		0.001	0.001	0.001
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.001		0	4		0.000	0.001	0.001
10:0....g	0.001		0	4		0.000	0.001	0.001
11:0....g								
12:0....g	0.001		0	4		0.000	0.001	0.001
13:0....g								
14:0....g	0.030		0	4		0.009	0.016	0.016
15:0....g								
16:0....g	2.429		0	4		0.689	1.263	1.263
17:0....g								
18:0....g	1.148		0	4		0.325	0.597	0.597
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.297		0	4		2.636	4.834	4.834
14:1....g								
15:1....g								

NDB No. 18248
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

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	0.139		0	4		0.039	0.072	0.072
17:1....g								
18:1 undifferentiated....g	9.130		0	4		2.588	4.748	4.748
20:1....g	0.005		0	4		0.001	0.003	0.003
22:1 undifferentiated....g	0.001		0	4		0.000	0.001	0.001
24:1 c....g								
Fatty acids, total polyunsaturated....g	7.881		0	4		2.234	4.098	4.098
18:2 undifferentiated....g	7.295		0	4		2.068	3.793	3.793
18:3 undifferentiated....g	0.532		0	4		0.151	0.277	0.277
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	0.027		0	4		0.008	0.014	0.014
20:5 n-3....g	0.001		0	4		0.000	0.001	0.001
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.007		0	4		0.002	0.004	0.004
Fatty acids, total trans....g								
Cholesterol....mg	37	4.333	3	1		10	19	19
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.065		0	1		0.018	0.034	0.034
Threonine....g	0.174		0	1		0.049	0.090	0.090
Isoleucine....g	0.213		0	1		0.060	0.111	0.111
Leucine....g	0.378		0	1		0.107	0.197	0.197
Lysine....g	0.231		0	1		0.065	0.120	0.120
Methionine....g	0.098		0	1		0.028	0.051	0.051
Cystine....g	0.096		0	1		0.027	0.050	0.050
Phenylalanine....g	0.231		0	1		0.065	0.120	0.120
Tyrosine....g	0.170		0	1		0.048	0.088	0.088
Valine....g	0.242		0	1		0.069	0.126	0.126
Arginine....g	0.218		0	1		0.062	0.113	0.113
Histidine....g	0.112		0	1		0.032	0.058	0.058
Alanine....g	0.174		0	1		0.049	0.090	0.090
Aspartic acid....g	0.286		0	1		0.081	0.149	0.149
Glutamic acid....g	1.351		0	1		0.383	0.703	0.703
Glycine....g	0.155		0	1		0.044	0.081	0.081
Proline....g	0.471		0	1		0.134	0.245	0.245
Serine....g	0.291		0	1		0.082	0.151	0.151
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 = 28.350g: 1 oz

Measure 2 = 52.000g: 1 doughnut stick

Measure 3 = 52.000g: 1 doughnut, long type (twist) (4-1/2" long)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

NDB No. 18249
Doughnuts, cake-type, plain, chocolate-coated or frosted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	14.40	0.802	3	1		4.08	4.03	6.19
Energy....kcal	474		0	4		134	133	204
Energy....kj	1983			4		562	555	853
Protein (N x 5.9)....g	5.00		2	1		1.42	1.40	2.15
Total lipid (fat)....g	31.00	0.608	3	1		8.79	8.68	13.33
Ash....g	1.50		2	1		0.43	0.42	0.65
Carbohydrate, by difference....g	48.00		0	4		13.61	13.44	20.64
Fiber, total dietary....g	2.0		0	1		0.6	0.6	0.9
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	35	0.404	3	1		10	10	15
Iron, Fe....mg	2.46	0.593	3	1		0.70	0.69	1.06
Magnesium, Mg....mg	40		2	1		11	11	17
Phosphorus, P....mg	202		2	1		57	57	87
Potassium, K....mg	196		0	4		56	55	84
Sodium, Na....mg	429	50.363	3	1		122	120	184
Zinc, Zn....mg	0.61		2	1		0.17	0.17	0.26
Copper, Cu....mg	0.215		2	1		0.061	0.060	0.092
Manganese, Mn....mg	0.395		2	1		0.112	0.111	0.170
Selenium, Se....mcg	5.9		0	4		1.7	1.7	2.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.1	0.1	0.1
Thiamin....mg	0.127	0.027	3	1		0.036	0.036	0.055
Riboflavin....mg	0.105	0.007	3	1		0.030	0.029	0.045
Niacin....mg	1.300	0.100	3	1		0.369	0.364	0.559
Pantothenic acid....mg	0.424		0	4		0.120	0.119	0.182
Vitamin B-6....mg	0.050		0	4		0.014	0.014	0.022
Folate, total....mcg	29		0	4		8	8	12
Folic acid....mcg	12		0	4		3	3	5
Folate, food....mcg	17		0	4		5	5	7
Folate, DFE....mcg_DFE	37		0	4		11	10	16
Vitamin B-12....mcg	0.24		0	4		0.07	0.07	0.10
Vitamin A, IU....IU	36		0	4		10	10	15
Vitamin A, RE....mcg_RE	11		0	4		3	3	5
Vitamin E....mg_ATE	4.163		0	4		1.180	1.166	1.790
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	8.107		0	4		2.298	2.270	3.486
4:0....g	0.001		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	0.153		0	4		0.043	0.043	0.066
15:0....g								
16:0....g	4.216		0	4		1.195	1.180	1.813
17:0....g								
18:0....g	3.729		0	4		1.057	1.044	1.603
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	17.502		0	4		4.962	4.901	7.526
14:1....g								
15:1....g								

NDB No. 18249
Doughnuts, cake-type, plain, chocolate-coated or frosted

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	0.037		0	4		0.010	0.010	0.016
17:1....g								
18:1 undifferentiated....g	17.459		0	4		4.950	4.889	7.507
20:1....g	0.004		0	4		0.001	0.001	0.002
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.786		0	4		1.073	1.060	1.628
18:2 undifferentiated....g	3.568		0	4		1.012	0.999	1.534
18:3 undifferentiated....g	0.184		0	4		0.052	0.052	0.079
18:4....g	0.002		0	4		0.001	0.001	0.001
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.022		0	4		0.006	0.006	0.009
20:5 n-3....g	0.005		0	4		0.001	0.001	0.002
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.006		0	4		0.002	0.002	0.003
Fatty acids, total trans....g								
Cholesterol....mg	61		0	4		17	17	26
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.067		0	1		0.019	0.019	0.029
Threonine....g	0.187		0	1		0.053	0.052	0.080
Isoleucine....g	0.217		0	1		0.062	0.061	0.093
Leucine....g	0.373		0	1		0.106	0.104	0.160
Lysine....g	0.259		0	1		0.073	0.073	0.111
Methionine....g	0.085		0	1		0.024	0.024	0.037
Cystine....g	0.085		0	1		0.024	0.024	0.037
Phenylalanine....g	0.234		0	1		0.066	0.066	0.101
Tyrosine....g	0.177		0	1		0.050	0.050	0.076
Valine....g	0.254		0	1		0.072	0.071	0.109
Arginine....g	0.255		0	1		0.072	0.071	0.110
Histidine....g	0.112		0	1		0.032	0.031	0.048
Alanine....g	0.194		0	1		0.055	0.054	0.083
Aspartic acid....g	0.380		0	1		0.108	0.106	0.163
Glutamic acid....g	1.142		0	1		0.324	0.320	0.491
Glycine....g	0.175		0	1		0.050	0.049	0.075
Proline....g	0.389		0	1		0.110	0.109	0.167
Serine....g	0.280		0	1		0.079	0.078	0.120
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	2		0	4		1	1	1
Theobromine....mg	68		0	4		19	19	29

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 = 28.350g: 1 oz

Measure 2 = 28.000g: 1 doughnut (2" dia)

Measure 3 = 43.000g: 1 doughnut, medium (approx 3" dia)

Calories Factors: **Protein** 3.7 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

NDB No. 18250
Doughnuts, cake-type, plain, sugared or glazed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	19.60	0.398	21	1		5.56	8.82	
Energy....kcal	426		0	4		121	192	
Energy....kj	1782			4		505	802	
Protein (N x 5.9)....g	5.20	0.332	15	1		1.47	2.34	
Total lipid (fat)....g	22.90	0.905	20	1		6.49	10.31	
Ash....g	1.50	0.056	13	1		0.43	0.68	
Carbohydrate, by difference....g	50.80		0	4		14.40	22.86	
Fiber, total dietary....g	1.5		0	4		0.4	0.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	60	12.663	15	1		17	27	
Iron, Fe....mg	1.06	0.072	11	1		0.30	0.48	
Magnesium, Mg....mg	17	0.517	7	1		5	8	
Phosphorus, P....mg	117	19.229	6	1		33	53	
Potassium, K....mg	102	5.941	6	1		29	46	
Sodium, Na....mg	402	22.793	19	1		114	181	
Zinc, Zn....mg	0.44	0.028	7	1		0.12	0.20	
Copper, Cu....mg	0.101	0.010	7	1		0.029	0.045	
Manganese, Mn....mg	0.334	0.016	3	1		0.095	0.150	
Selenium, Se....mcg	9.6		0	4		2.7	4.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.0	
Thiamin....mg	0.233	0.038	12	1		0.066	0.105	
Riboflavin....mg	0.198	0.032	13	1		0.056	0.089	
Niacin....mg	1.512	0.067	12	1		0.429	0.680	
Pantothenic acid....mg	0.435		0	4		0.123	0.196	
Vitamin B-6....mg	0.027		1	1		0.008	0.012	
Folate, total....mcg	46		0	4		13	21	
Folic acid....mcg	34		0	4		10	15	
Folate, food....mcg	12		0	4		3	5	
Folate, DFE....mcg_DFE	70		0	4		20	31	
Vitamin B-12....mcg	0.24		0	4		0.07	0.11	
Vitamin A, IU....IU	10		2	1		3	5	
Vitamin A, RE....mcg_RE	3		0	1		1	1	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.926		0	4		1.680	2.667	
4:0....g	0.001		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.001		0	4		0.000	0.000	
10:0....g	0.001		0	4		0.000	0.000	
11:0....g								
12:0....g	0.001		0	4		0.000	0.000	
13:0....g								
14:0....g	0.112		0	4		0.032	0.050	
15:0....g								
16:0....g	3.153		0	4		0.894	1.419	
17:0....g								
18:0....g	2.643		0	4		0.749	1.189	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	12.697		0	4		3.600	5.714	
14:1....g								
15:1....g								

NDB No. 18250
Doughnuts, cake-type, plain, sugared or glazed

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	0.057		0	4		0.016	0.026	
17:1....g								
18:1 undifferentiated....g	12.632		0	4		3.581	5.684	
20:1....g	0.005		0	4		0.001	0.002	
22:1 undifferentiated....g	0.001		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.909		0	4		0.825	1.309	
18:2 undifferentiated....g	2.735		0	4		0.775	1.231	
18:3 undifferentiated....g	0.141		0	4		0.040	0.063	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.026		0	4		0.007	0.012	
20:5 n-3....g	0.001		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	0.007		0	4		0.002	0.003	
Fatty acids, total trans....g								
Cholesterol....mg	32	4.623	15	1		9	14	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.069		0	1		0.020	0.031	
Threonine....g	0.189		0	1		0.054	0.085	
Isoleucine....g	0.231		0	1		0.065	0.104	
Leucine....g	0.405		0	1		0.115	0.182	
Lysine....g	0.256		0	1		0.073	0.115	
Methionine....g	0.105		0	1		0.030	0.047	
Cystine....g	0.100		0	1		0.028	0.045	
Phenylalanine....g	0.244		0	1		0.069	0.110	
Tyrosine....g	0.183		0	1		0.052	0.082	
Valine....g	0.261		0	1		0.074	0.117	
Arginine....g	0.238		0	1		0.067	0.107	
Histidine....g	0.120		0	1		0.034	0.054	
Alanine....g	0.189		0	1		0.054	0.085	
Aspartic acid....g	0.316		0	1		0.090	0.142	
Glutamic acid....g	1.392		0	1		0.395	0.626	
Glycine....g	0.164		0	1		0.046	0.074	
Proline....g	0.488		0	1		0.138	0.220	
Serine....g	0.314		0	1		0.089	0.141	
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 = 28.350g: 1 oz

Measure 2 = 45.000g: 1 doughnut, medium (approx 3" dia)

Calories Factors: **Protein** 4.2 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18251
Doughnuts, cake-type, chocolate, sugared or glazed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	16.30		2	1		4.62	9.78	6.85
Energy....kcal	417		0	4		118	250	175
Energy....kj	1745			4		495	1047	733
Protein (N x 5.9)....g	4.50		2	1		1.28	2.70	1.89
Total lipid (fat)....g	19.90		2	1		5.64	11.94	8.36
Ash....g	1.80		2	1		0.51	1.08	0.76
Carbohydrate, by difference....g	57.40		0	4		16.27	34.44	24.11
Fiber, total dietary....g	2.2		0	1		0.6	1.3	0.9
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	213		2	1		60	128	89
Iron, Fe....mg	2.27		2	1		0.64	1.36	0.95
Magnesium, Mg....mg	34		2	1		10	20	14
Phosphorus, P....mg	162		2	1		46	97	68
Potassium, K....mg	106		0	4		30	64	45
Sodium, Na....mg	340		2	1		96	204	143
Zinc, Zn....mg	0.57		2	1		0.16	0.34	0.24
Copper, Cu....mg	0.191		2	1		0.054	0.115	0.080
Manganese, Mn....mg	0.370		2	1		0.105	0.222	0.155
Selenium, Se....mcg	4.1		0	4		1.2	2.5	1.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.1	0.0
Thiamin....mg	0.045		2	1		0.013	0.027	0.019
Riboflavin....mg	0.070		2	1		0.020	0.042	0.029
Niacin....mg	0.470		2	1		0.133	0.282	0.197
Pantothenic acid....mg	0.342		0	4		0.097	0.205	0.144
Vitamin B-6....mg	0.027		0	4		0.008	0.016	0.011
Folate, total....mcg	38		0	4		11	23	16
Folic acid....mcg	21		0	4		6	13	9
Folate, food....mcg	17		0	4		5	10	7
Folate, DFE....mcg_DFE	53		0	4		15	32	22
Vitamin B-12....mcg	0.10		0	4		0.03	0.06	0.04
Vitamin A, IU....IU	39		0	4		11	23	16
Vitamin A, RE....mcg_RE	11		0	4		3	7	5
Vitamin E....mg_ATE	2.688		0	4		0.762	1.613	1.129
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.132		0	4		1.455	3.079	2.155
4:0....g	0.001		0	4		0.000	0.001	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	0.001		0	4		0.000	0.001	0.000
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	0.000
13:0....g								
14:0....g	0.099		0	4		0.028	0.059	0.042
15:0....g								
16:0....g	2.649		0	4		0.751	1.589	1.113
17:0....g								
18:0....g	2.376		0	4		0.674	1.426	0.998
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.278		0	4		3.197	6.767	4.737
14:1....g								
15:1....g								

NDB No. 18251
Doughnuts, cake-type, chocolate, sugared or glazed

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	0.013		0	4		0.004	0.008	0.005
17:1....g								
18:1 undifferentiated....g	11.263		0	4		3.193	6.758	4.730
20:1....g	0.001		0	4		0.000	0.001	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	2.477		0	4		0.702	1.486	1.040
18:2 undifferentiated....g	2.343		0	4		0.664	1.406	0.984
18:3 undifferentiated....g	0.123		0	4		0.035	0.074	0.052
18:4....g	0.001		0	4		0.000	0.001	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.007		0	4		0.002	0.004	0.003
20:5 n-3....g	0.002		0	4		0.001	0.001	0.001
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.002		0	4		0.001	0.001	0.001
Fatty acids, total trans....g								
Cholesterol....mg	57		0	4		16	34	24
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.058		0	1		0.016	0.035	0.024
Threonine....g	0.170		0	1		0.048	0.102	0.071
Isoleucine....g	0.205		0	1		0.058	0.123	0.086
Leucine....g	0.339		0	1		0.096	0.203	0.142
Lysine....g	0.234		0	1		0.066	0.140	0.098
Methionine....g	0.096		0	1		0.027	0.058	0.040
Cystine....g	0.091		0	1		0.026	0.055	0.038
Phenylalanine....g	0.224		0	1		0.064	0.134	0.094
Tyrosine....g	0.156		0	1		0.044	0.094	0.066
Valine....g	0.234		0	1		0.066	0.140	0.098
Arginine....g	0.227		0	1		0.064	0.136	0.095
Histidine....g	0.100		0	1		0.028	0.060	0.042
Alanine....g	0.190		0	1		0.054	0.114	0.080
Aspartic acid....g	0.352		0	1		0.100	0.211	0.148
Glutamic acid....g	0.998		0	1		0.283	0.599	0.419
Glycine....g	0.159		0	1		0.045	0.095	0.067
Proline....g	0.327		0	1		0.093	0.196	0.137
Serine....g	0.263		0	1		0.075	0.158	0.110
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	1		0	4		0	1	0
Theobromine....mg	21		0	4		6	13	9

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 = 28.350g: 1 oz

Measure 2 = 60.000g: 1 doughnut (3-3/4" dia)

Measure 3 = 42.000g: 1 doughnut, medium (approx 3" dia)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18252
Doughnuts, cake-type, wheat, sugared or glazed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	29.80		1	1		8.45	8.34	13.41
Energy....kcal	360		0	4		102	101	162
Energy....kj	1506			4		427	422	678
Protein (N x 5.9)....g	6.30		1	1		1.79	1.76	2.84
Total lipid (fat)....g	19.30		1	1		5.47	5.40	8.69
Ash....g	2.10		1	1		0.60	0.59	0.95
Carbohydrate, by difference....g	42.60		0	4		12.08	11.93	19.17
Fiber, total dietary....g	2.2		0	4		0.6	0.6	1.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	49		1	1		14	14	22
Iron, Fe....mg	1.10		1	1		0.31	0.31	0.50
Magnesium, Mg....mg	22		1	1		6	6	10
Phosphorus, P....mg	104		1	1		29	29	47
Potassium, K....mg	148		1	1		42	41	67
Sodium, Na....mg	355		1	1		101	99	160
Zinc, Zn....mg	0.68		1	1		0.19	0.19	0.31
Copper, Cu....mg	0.110		1	1		0.031	0.031	0.050
Manganese, Mn....mg	0.864		0	4		0.245	0.242	0.389
Selenium, Se....mcg	19.4		0	4		5.5	5.4	8.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.1	0.1	0.1
Thiamin....mg	0.220		1	1		0.062	0.062	0.099
Riboflavin....mg	0.243		1	1		0.069	0.068	0.109
Niacin....mg	1.852		1	1		0.525	0.519	0.833
Pantothenic acid....mg	0.439		0	4		0.124	0.123	0.198
Vitamin B-6....mg	0.097		0	4		0.027	0.027	0.044
Folate, total....mcg	20		0	4		6	6	9
Folic acid....mcg	5		0	4		1	1	2
Folate, food....mcg	15		0	4		4	4	7
Folate, DFE....mcg_DFE	24		0	4		7	7	11
Vitamin B-12....mcg	0.17		0	4		0.05	0.05	0.08
Vitamin A, IU....IU	53		0	4		15	15	24
Vitamin A, RE....mcg_RE	15		0	4		4	4	7
Vitamin E....mg_ATE	3.610		0	4		1.023	1.011	1.625
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.023		0	4		0.857	0.846	1.360
4:0....g	0.001		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.004		0	4		0.001	0.001	0.002
10:0....g	0.001		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	0.001		0	4		0.000	0.000	0.000
13:0....g								
14:0....g	0.023		0	4		0.007	0.006	0.010
15:0....g								
16:0....g	2.018		0	4		0.572	0.565	0.908
17:0....g								
18:0....g	0.968		0	4		0.274	0.271	0.436
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.101		0	4		2.297	2.268	3.645
14:1....g								
15:1....g								

NDB No. 18252
Doughnuts, cake-type, wheat, sugared or glazed

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	0.100		0	4		0.028	0.028	0.045
17:1....g								
18:1 undifferentiated....g	7.980		0	4		2.262	2.234	3.591
20:1....g	0.002		0	4		0.001	0.001	0.001
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	7.077		0	4		2.006	1.982	3.185
18:2 undifferentiated....g	6.563		0	4		1.861	1.838	2.953
18:3 undifferentiated....g	0.481		0	4		0.136	0.135	0.216
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	0.012		0	4		0.003	0.003	0.005
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	0.003		0	4		0.001	0.001	0.001
Fatty acids, total trans....g								
Cholesterol....mg	20		1	1		6	6	9
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.088		0	1		0.025	0.025	0.040
Threonine....g	0.218		0	1		0.062	0.061	0.098
Isoleucine....g	0.273		0	1		0.077	0.076	0.123
Leucine....g	0.478		0	1		0.136	0.134	0.215
Lysine....g	0.284		0	1		0.081	0.080	0.128
Methionine....g	0.114		0	1		0.032	0.032	0.051
Cystine....g	0.120		0	1		0.034	0.034	0.054
Phenylalanine....g	0.296		0	1		0.084	0.083	0.133
Tyrosine....g	0.214		0	1		0.061	0.060	0.096
Valine....g	0.311		0	1		0.088	0.087	0.140
Arginine....g	0.294		0	1		0.083	0.082	0.132
Histidine....g	0.148		0	1		0.042	0.041	0.067
Alanine....g	0.226		0	1		0.064	0.063	0.102
Aspartic acid....g	0.395		0	1		0.112	0.111	0.178
Glutamic acid....g	1.709		0	1		0.485	0.479	0.769
Glycine....g	0.215		0	1		0.061	0.060	0.097
Proline....g	0.598		0	1		0.170	0.167	0.269
Serine....g	0.340		0	1		0.096	0.095	0.153
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 = 28.350g: 1 oz

Measure 2 = 28.000g: 1 doughnut (2" dia)

Measure 3 = 45.000g: 1 doughnut, medium (approx 3" dia)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18253
Doughnuts, french crullers, glazed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	17.90		1	1		5.07	7.34	
Energy....kcal	412		0	4		117	169	
Energy....kj	1724			4		489	707	
Protein (N x 5.8)....g	3.10		1	1		0.88	1.27	
Total lipid (fat)....g	18.30		1	1		5.19	7.50	
Ash....g	1.10		1	1		0.31	0.45	
Carbohydrate, by difference....g	59.50		0	4		16.87	24.40	
Fiber, total dietary....g	1.2		0	4		0.3	0.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	26		1	1		7	11	
Iron, Fe....mg	2.42		0	4		0.69	0.99	
Magnesium, Mg....mg	12		1	1		3	5	
Phosphorus, P....mg	123		1	1		35	50	
Potassium, K....mg	78		1	1		22	32	
Sodium, Na....mg	345		1	1		98	141	
Zinc, Zn....mg	0.26		1	1		0.07	0.11	
Copper, Cu....mg	0.070		1	1		0.020	0.029	
Manganese, Mn....mg	0.215		0	4		0.061	0.088	
Selenium, Se....mcg	2.2		0	4		0.6	0.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.181		1	1		0.051	0.074	
Riboflavin....mg	0.230		1	1		0.065	0.094	
Niacin....mg	2.130		0	4		0.604	0.873	
Pantothenic acid....mg	0.216		0	4		0.061	0.089	
Vitamin B-6....mg	0.020		0	4		0.006	0.008	
Folate, total....mcg	35		0	4		10	14	
Folic acid....mcg	27		0	4		8	11	
Folate, food....mcg	8		0	4		2	3	
Folate, DFE....mcg_DFE	54		0	4		15	22	
Vitamin B-12....mcg	0.05		0	4		0.01	0.02	
Vitamin A, IU....IU	18		0	4		5	7	
Vitamin A, RE....mcg_RE	3		0	4		1	1	
Vitamin E....mg_ATE	2.483		0	4		0.704	1.018	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.667		0	4		1.323	1.913	
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	0.091		0	4		0.026	0.037	
15:0....g								
16:0....g	2.395		0	4		0.679	0.982	
17:0....g								
18:0....g	2.176		0	4		0.617	0.892	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.446		0	4		2.961	4.283	
14:1....g								
15:1....g								

NDB No. 18253
Doughnuts, french crullers, glazed

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	0.006		0	4		0.002	0.002	
17:1....g								
18:1 undifferentiated....g	10.440		0	4		2.960	4.280	
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	2.285		0	4		0.648	0.937	
18:2 undifferentiated....g	2.167		0	4		0.614	0.888	
18:3 undifferentiated....g	0.115		0	4		0.033	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	0.002		0	4		0.001	0.001	
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	0.001		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	11		1	1		3	5	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.045		0	4		0.013	0.018	
Threonine....g	0.106		0	4		0.030	0.043	
Isoleucine....g	0.132		0	4		0.037	0.054	
Leucine....g	0.232		0	4		0.066	0.095	
Lysine....g	0.146		0	4		0.041	0.060	
Methionine....g	0.055		0	4		0.016	0.023	
Cystine....g	0.060		0	4		0.017	0.025	
Phenylalanine....g	0.147		0	4		0.042	0.060	
Tyrosine....g	0.101		0	4		0.029	0.041	
Valine....g	0.149		0	4		0.042	0.061	
Arginine....g	0.137		0	4		0.039	0.056	
Histidine....g	0.068		0	4		0.019	0.028	
Alanine....g	0.107		0	4		0.030	0.044	
Aspartic acid....g	0.189		0	4		0.054	0.077	
Glutamic acid....g	0.891		0	4		0.253	0.365	
Glycine....g	0.105		0	4		0.030	0.043	
Proline....g	0.305		0	4		0.086	0.125	
Serine....g	0.171		0	4		0.048	0.070	
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 = 28.350g: 1 oz

Measure 2 = 41.000g: 1 cruller (3" dia)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18254
Doughnuts, yeast-leavened, with creme filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	38.20		2	1		10.83	32.47	
Energy....kcal	361		0	4		102	307	
Energy....kj	1510			4		428	1284	
Protein (N x 5.8)....g	6.40		2	1		1.81	5.44	
Total lipid (fat)....g	24.50		2	1		6.95	20.83	
Ash....g	0.80		2	1		0.23	0.68	
Carbohydrate, by difference....g	30.00		0	4		8.51	25.50	
Fiber, total dietary....g	0.8		0	4		0.2	0.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	25		2	1		7	21	
Iron, Fe....mg	1.83		2	1		0.52	1.56	
Magnesium, Mg....mg	20		2	1		6	17	
Phosphorus, P....mg	76		2	1		22	65	
Potassium, K....mg	80		2	1		23	68	
Sodium, Na....mg	309		2	1		88	263	
Zinc, Zn....mg	0.80		2	1		0.23	0.68	
Copper, Cu....mg	0.113		2	1		0.032	0.096	
Manganese, Mn....mg	0.225		0	4		0.064	0.191	
Selenium, Se....mcg	10.8		0	4		3.1	9.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.338		2	1		0.096	0.287	
Riboflavin....mg	0.148		2	1		0.042	0.126	
Niacin....mg	2.242		2	1		0.636	1.906	
Pantothenic acid....mg	0.662		0	4		0.188	0.563	
Vitamin B-6....mg	0.068		0	4		0.019	0.058	
Folate, total....mcg	64		0	4		18	54	
Folic acid....mcg	50		0	4		14	43	
Folate, food....mcg	14		0	4		4	12	
Folate, DFE....mcg_DFE	99		0	4		28	84	
Vitamin B-12....mcg	0.14		0	4		0.04	0.12	
Vitamin A, IU....IU	65		0	4		18	55	
Vitamin A, RE....mcg_RE	19		0	4		5	16	
Vitamin E....mg_ATE	2.764		0	4		0.784	2.349	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.430		0	4		1.539	4.616	
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	0.001		0	4		0.000	0.001	
13:0....g								
14:0....g	0.103		0	4		0.029	0.088	
15:0....g								
16:0....g	2.867		0	4		0.813	2.437	
17:0....g								
18:0....g	2.452		0	4		0.695	2.084	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	12.080		0	4		3.425	10.268	
14:1....g								
15:1....g								

NDB No. 18254
Doughnuts, yeast-leavened, with creme filling

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	0.073		0	4		0.021	0.062	
17:1....g								
18:1 undifferentiated....g	12.008		0	4		3.404	10.207	
20:1....g	0.002		0	4		0.001	0.002	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.082		0	4		0.874	2.620	
18:2 undifferentiated....g	2.900		0	4		0.822	2.465	
18:3 undifferentiated....g	0.162		0	4		0.046	0.138	
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	0.012		0	4		0.003	0.010	
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	0.003		0	4		0.001	0.003	
Fatty acids, total trans....g								
Cholesterol....mg	24		2	1		7	20	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.078		0	1		0.022	0.066	
Threonine....g	0.214		0	1		0.061	0.182	
Isoleucine....g	0.271		0	1		0.077	0.230	
Leucine....g	0.479		0	1		0.136	0.407	
Lysine....g	0.241		0	1		0.068	0.205	
Methionine....g	0.118		0	1		0.033	0.100	
Cystine....g	0.127		0	1		0.036	0.108	
Phenylalanine....g	0.311		0	1		0.088	0.264	
Tyrosine....g	0.204		0	1		0.058	0.173	
Valine....g	0.301		0	1		0.085	0.256	
Arginine....g	0.270		0	1		0.077	0.230	
Histidine....g	0.147		0	1		0.042	0.125	
Alanine....g	0.236		0	1		0.067	0.201	
Aspartic acid....g	0.382		0	1		0.108	0.325	
Glutamic acid....g	1.865		0	1		0.529	1.585	
Glycine....g	0.223		0	1		0.063	0.190	
Proline....g	0.632		0	1		0.179	0.537	
Serine....g	0.329		0	1		0.093	0.280	
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 = 28.350g: 1 oz

Measure 2 = 85.000g: 1 doughnut oval (3-1/2" x 2-1/2")

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18255
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	25.40	0.945	23	1		7.20	3.30	14.22
Energy....kcal	403		0	4		114	52	226
Energy....kj	1686			4		478	219	944
Protein (N x 5.8)....g	6.40	0.287	20	1		1.81	0.83	3.58
Total lipid (fat)....g	22.80	0.973	20	1		6.46	2.96	12.77
Ash....g	1.10	0.083	19	1		0.31	0.14	0.62
Carbohydrate, by difference....g	44.30		0	4		12.56	5.76	24.81
Fiber, total dietary....g	1.2		0	1		0.3	0.2	0.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	43	9.647	13	1		12	6	24
Iron, Fe....mg	2.04	0.220	11	1		0.58	0.27	1.14
Magnesium, Mg....mg	22	0.749	7	1		6	3	12
Phosphorus, P....mg	93	2.900	7	1		26	12	52
Potassium, K....mg	108	6.546	7	1		31	14	60
Sodium, Na....mg	342	30.988	14	1		97	44	192
Zinc, Zn....mg	0.77	0.146	6	1		0.22	0.10	0.43
Copper, Cu....mg	0.169	0.032	6	1		0.048	0.022	0.095
Manganese, Mn....mg	0.263	0.004	3	1		0.075	0.034	0.147
Selenium, Se....mcg	19.8	2.558	5	1		5.6	2.6	11.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.0	0.1
Thiamin....mg	0.364	0.032	10	1		0.103	0.047	0.204
Riboflavin....mg	0.215	0.020	10	1		0.061	0.028	0.120
Niacin....mg	2.852	0.216	10	1		0.809	0.371	1.597
Pantothenic acid....mg	0.473	0.029	12	1		0.134	0.061	0.265
Vitamin B-6....mg	0.057		2	1		0.016	0.007	0.032
Folate, total....mcg	43		0	4		12	6	24
Folic acid....mcg	21		0	4		6	3	12
Folate, food....mcg	22	3.819	3	1		6	3	12
Folate, DFE....mcg_DFE	58		0	4		16	8	32
Vitamin B-12....mcg	0.09		0	4		0.03	0.01	0.05
Vitamin A, IU....IU	14		0	4		4	2	8
Vitamin A, RE....mcg_RE	4		0	4		1	1	2
Vitamin E....mg_ATE	3.057		0	4		0.867	0.397	1.712
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.813		0	4		1.648	0.756	3.255
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	0.112		0	4		0.032	0.015	0.063
15:0....g								
16:0....g	3.018		0	4		0.856	0.392	1.690
17:0....g								
18:0....g	2.676		0	4		0.759	0.348	1.499
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	12.865		0	4		3.647	1.672	7.204
14:1....g								
15:1....g								

NDB No. 18255
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

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	0.021		0	4		0.006	0.003	0.012
17:1....g								
18:1 undifferentiated....g	12.841		0	4		3.640	1.669	7.191
20:1....g	0.001		0	4		0.000	0.000	0.001
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.902		0	4		0.823	0.377	1.625
18:2 undifferentiated....g	2.744		0	4		0.778	0.357	1.537
18:3 undifferentiated....g	0.145		0	4		0.041	0.019	0.081
18:4....g	0.001		0	4		0.000	0.000	0.001
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.008		0	4		0.002	0.001	0.004
20:5 n-3....g	0.002		0	4		0.001	0.000	0.001
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.002		0	4		0.001	0.000	0.001
Fatty acids, total trans....g								
Cholesterol....mg	6	2.381	8	1		2	1	3
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.077		0	4		0.022	0.010	0.043
Threonine....g	0.213		0	4		0.060	0.028	0.119
Isoleucine....g	0.266		0	4		0.075	0.035	0.149
Leucine....g	0.468		0	4		0.133	0.061	0.262
Lysine....g	0.231		0	4		0.065	0.030	0.129
Methionine....g	0.114		0	4		0.032	0.015	0.064
Cystine....g	0.130		0	4		0.037	0.017	0.073
Phenylalanine....g	0.310		0	4		0.088	0.040	0.174
Tyrosine....g	0.200		0	4		0.057	0.026	0.112
Valine....g	0.295		0	4		0.084	0.038	0.165
Arginine....g	0.271		0	4		0.077	0.035	0.152
Histidine....g	0.144		0	4		0.041	0.019	0.081
Alanine....g	0.235		0	4		0.067	0.031	0.132
Aspartic acid....g	0.380		0	4		0.108	0.049	0.213
Glutamic acid....g	1.873		0	4		0.531	0.243	1.049
Glycine....g	0.227		0	4		0.064	0.030	0.127
Proline....g	0.626		0	4		0.177	0.081	0.351
Serine....g	0.330		0	4		0.094	0.043	0.185
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 = 28.350g: 1 oz

Measure 2 = 13.000g: 1 doughnut hole

Measure 3 = 56.000g: 1 doughnut stick

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18256
Doughnuts, yeast-leavened, with jelly filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	35.60		2	1		10.09	30.26	
Energy....kcal	340		0	4		96	289	
Energy....kj	1423			4		403	1209	
Protein (N x 5.8)....g	5.90		2	1		1.67	5.02	
Total lipid (fat)....g	18.70		2	1		5.30	15.90	
Ash....g	0.80		2	1		0.23	0.68	
Carbohydrate, by difference....g	39.00		0	4		11.06	33.15	
Fiber, total dietary....g	0.9		0	4		0.2	0.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	25		2	1		7	21	
Iron, Fe....mg	1.76		2	1		0.50	1.50	
Magnesium, Mg....mg	20		2	1		6	17	
Phosphorus, P....mg	85		2	1		24	72	
Potassium, K....mg	79		2	1		22	67	
Sodium, Na....mg	293		2	1		83	249	
Zinc, Zn....mg	0.75		2	1		0.21	0.64	
Copper, Cu....mg	0.136		2	1		0.039	0.116	
Manganese, Mn....mg	0.205		0	4		0.058	0.174	
Selenium, Se....mcg	12.5		0	4		3.5	10.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.312		2	1		0.088	0.265	
Riboflavin....mg	0.142		2	1		0.040	0.121	
Niacin....mg	2.137		2	1		0.606	1.816	
Pantothenic acid....mg	0.876		0	4		0.248	0.745	
Vitamin B-6....mg	0.100		0	4		0.028	0.085	
Folate, total....mcg	62		0	4		18	53	
Folic acid....mcg	45		0	4		13	38	
Folate, food....mcg	17		0	4		5	14	
Folate, DFE....mcg_DFE	94		0	4		27	79	
Vitamin B-12....mcg	0.22		0	4		0.06	0.19	
Vitamin A, IU....IU	54		0	4		15	46	
Vitamin A, RE....mcg_RE	16		0	4		5	14	
Vitamin E....mg_ATE	2.455		0	4		0.696	2.087	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.843		0	4		1.373	4.117	
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	0.087		0	4		0.025	0.074	
15:0....g								
16:0....g	2.637		0	4		0.748	2.241	
17:0....g								
18:0....g	2.111		0	4		0.598	1.794	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.226		0	4		2.899	8.692	
14:1....g								
15:1....g								

NDB No. 18256
Doughnuts, yeast-leavened, with jelly filling

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	0.110		0	4		0.031	0.094	
17:1....g								
18:1 undifferentiated....g	10.107		0	4		2.865	8.591	
20:1....g	0.006		0	4		0.002	0.005	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.377		0	4		0.674	2.020	
18:2 undifferentiated....g	2.214		0	4		0.628	1.882	
18:3 undifferentiated....g	0.110		0	4		0.031	0.094	
18:4....g	0.003		0	4		0.001	0.003	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.033		0	4		0.009	0.028	
20:5 n-3....g	0.008		0	4		0.002	0.007	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.010		0	4		0.003	0.009	
Fatty acids, total trans....g								
Cholesterol....mg	26		2	1		7	22	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.070		0	1		0.020	0.060	
Threonine....g	0.194		0	1		0.055	0.165	
Isoleucine....g	0.244		0	1		0.069	0.207	
Leucine....g	0.431		0	1		0.122	0.366	
Lysine....g	0.209		0	1		0.059	0.178	
Methionine....g	0.105		0	1		0.030	0.089	
Cystine....g	0.118		0	1		0.033	0.100	
Phenylalanine....g	0.284		0	1		0.081	0.241	
Tyrosine....g	0.183		0	1		0.052	0.156	
Valine....g	0.269		0	1		0.076	0.229	
Arginine....g	0.249		0	1		0.071	0.212	
Histidine....g	0.132		0	1		0.037	0.112	
Alanine....g	0.219		0	1		0.062	0.186	
Aspartic acid....g	0.346		0	1		0.098	0.294	
Glutamic acid....g	1.733		0	1		0.491	1.473	
Glycine....g	0.213		0	1		0.060	0.181	
Proline....g	0.583		0	1		0.165	0.496	
Serine....g	0.304		0	1		0.086	0.258	
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 = 28.350g: 1 oz

Measure 2 = 85.000g: 1 doughnut oval (3-1/2" x 2-1/2")

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18257
Eclairs, custard-filled with chocolate glaze, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	52.40		0	1		14.86	58.69	52.40
Energy....kcal	262		0	4		74	293	262
Energy....kj	1096			4		311	1228	1096
Protein (N x 0)....g	6.40		0	1		1.81	7.17	6.40
Total lipid (fat)....g	15.70		0	1		4.45	17.58	15.70
Ash....g	1.30		0	1		0.37	1.46	1.30
Carbohydrate, by difference....g	24.20		0	4		6.86	27.10	24.20
Fiber, total dietary....g	0.6		0	4		0.2	0.7	0.6
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	63		0	1		18	71	63
Iron, Fe....mg	1.18		0	1		0.33	1.32	1.18
Magnesium, Mg....mg	15		0	1		4	17	15
Phosphorus, P....mg	107		0	1		30	120	107
Potassium, K....mg	117		0	1		33	131	117
Sodium, Na....mg	337		0	1		96	377	337
Zinc, Zn....mg	0.61		0	1		0.17	0.68	0.61
Copper, Cu....mg	0.058		0	1		0.016	0.065	0.058
Manganese, Mn....mg	0.128		0	1		0.036	0.143	0.128
Selenium, Se....mcg	15.6		0	4		4.4	17.5	15.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	1		0.1	0.3	0.3
Thiamin....mg	0.115		0	1		0.033	0.129	0.115
Riboflavin....mg	0.266		0	1		0.075	0.298	0.266
Niacin....mg	0.799		0	1		0.227	0.895	0.799
Pantothenic acid....mg	0.489		0	1		0.139	0.548	0.489
Vitamin B-6....mg	0.059		0	1		0.017	0.066	0.059
Folate, total....mcg	28		0	4		8	31	28
Folic acid....mcg	14		0	4		4	16	14
Folate, food....mcg	14		0	1		4	16	14
Folate, DFE....mcg_DFE	38		0	4		11	42	38
Vitamin B-12....mcg	0.34		0	1		0.10	0.38	0.34
Vitamin A, IU....IU	718		0	1		204	804	718
Vitamin A, RE....mcg_RE	191		0	1		54	214	191
Vitamin E....mg_ATE	2.097		0	4		0.594	2.349	2.097
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.119		0	1		1.168	4.613	4.119
4:0....g	0.037		0	1		0.010	0.041	0.037
6:0....g	0.022		0	1		0.006	0.025	0.022
8:0....g	0.013		0	1		0.004	0.015	0.013
10:0....g	0.029		0	1		0.008	0.032	0.029
11:0....g								
12:0....g	0.033		0	1		0.009	0.037	0.033
13:0....g								
14:0....g	0.152		0	1		0.043	0.170	0.152
15:0....g								
16:0....g	2.445		0	1		0.693	2.738	2.445
17:0....g								
18:0....g	1.358		0	1		0.385	1.521	1.358
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.484		0	1		1.838	7.262	6.484
14:1....g								
15:1....g								

NDB No. 18257
Eclairs, custard-filled with chocolate glaze, prepared from 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
16:1 undifferentiated....g	0.112		0	1		0.032	0.125	0.112
17:1....g								
18:1 undifferentiated....g	6.353		0	1		1.801	7.115	6.353
20:1....g	0.008		0	1		0.002	0.009	0.008
22:1 undifferentiated....g	0.001		0	1		0.000	0.001	0.001
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.948		0	1		1.119	4.422	3.948
18:2 undifferentiated....g	3.717		0	1		1.054	4.163	3.717
18:3 undifferentiated....g	0.178		0	1		0.050	0.199	0.178
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	0.041		0	1		0.012	0.046	0.041
20:5 n-3....g	0.001		0	1		0.000	0.001	0.001
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.011		0	1		0.003	0.012	0.011
Fatty acids, total trans....g								
Cholesterol....mg	127		0	1		36	142	127
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.080		0	1		0.023	0.090	0.080
Threonine....g	0.271		0	1		0.077	0.304	0.271
Isoleucine....g	0.324		0	1		0.092	0.363	0.324
Leucine....g	0.532		0	1		0.151	0.596	0.532
Lysine....g	0.392		0	1		0.111	0.439	0.392
Methionine....g	0.169		0	1		0.048	0.189	0.169
Cystine....g	0.127		0	1		0.036	0.142	0.127
Phenylalanine....g	0.328		0	1		0.093	0.367	0.328
Tyrosine....g	0.253		0	1		0.072	0.283	0.253
Valine....g	0.365		0	1		0.103	0.409	0.365
Arginine....g	0.325		0	1		0.092	0.364	0.325
Histidine....g	0.152		0	1		0.043	0.170	0.152
Alanine....g	0.294		0	1		0.083	0.329	0.294
Aspartic acid....g	0.527		0	1		0.149	0.590	0.527
Glutamic acid....g	1.223		0	1		0.347	1.370	1.223
Glycine....g	0.204		0	1		0.058	0.228	0.204
Proline....g	0.431		0	1		0.122	0.483	0.431
Serine....g	0.411		0	1		0.117	0.460	0.411
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	4		0.0	0.0	0.0
Caffeine....mg	2		0	4		1	2	2
Theobromine....mg	14		0	4		4	16	14

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 = 28.350g: 1 oz

Measure 2 = 112.000g: 1 cream puff (3-1/2" x 2")

Measure 3 = 100.000g: 1 eclair (5" x 2" x 1-3/4")

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

Food Group: 18 Baked Products

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

NDB No. 18258
English muffins, plain, enriched, with ca prop (includes sourdough)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	42.10	0.221	140	1		11.94	24.00	
Energy....kcal	235		0	4		67	134	
Energy....kj	983			4		279	560	
Protein (N x 5.8)....g	7.70	0.039	142	1		2.18	4.39	
Total lipid (fat)....g	1.80	0.031	141	1		0.51	1.03	
Ash....g	2.20	0.107	37	1		0.62	1.25	
Carbohydrate, by difference....g	46.00		0	4		13.04	26.22	
Fiber, total dietary....g	2.7		0	1		0.8	1.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	174	10.922	28	1		49	99	
Iron, Fe....mg	2.50	0.098	42	1		0.71	1.43	
Magnesium, Mg....mg	21	0.921	16	1		6	12	
Phosphorus, P....mg	133	16.347	11	1		38	76	
Potassium, K....mg	131	10.979	14	1		37	75	
Sodium, Na....mg	464	21.312	20	1		132	264	
Zinc, Zn....mg	0.70	0.039	28	1		0.20	0.40	
Copper, Cu....mg	0.129	0.016	11	1		0.037	0.074	
Manganese, Mn....mg	0.357	0.031	10	1		0.101	0.203	
Selenium, Se....mcg	20.1	1.023	13	1		5.7	11.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.442	0.006	129	1		0.125	0.252	
Riboflavin....mg	0.281	0.013	33	1		0.080	0.160	
Niacin....mg	3.884	0.125	33	1		1.101	2.214	
Pantothenic acid....mg	0.446	0.041	9	1		0.126	0.254	
Vitamin B-6....mg	0.043	0.004	4	1		0.012	0.025	
Folate, total....mcg	81		0	4		23	46	
Folic acid....mcg	44		0	4		12	25	
Folate, food....mcg	37		0	4		10	21	
Folate, DFE....mcg_DFE	112		0	4		32	64	
Vitamin B-12....mcg	0.04		0	4		0.01	0.02	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.170		0	4		0.048	0.097	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.259		0	4		0.073	0.148	
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	0.001		0	4		0.000	0.001	
13:0....g								
14:0....g	0.002		0	4		0.001	0.001	
15:0....g								
16:0....g	0.212		0	4		0.060	0.121	
17:0....g								
18:0....g	0.041		0	4		0.012	0.023	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.302		0	4		0.086	0.172	
14:1....g								
15:1....g								

NDB No. 18258
English muffins, plain, enriched, with ca prop (includes sourdough)

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	0.027		0	4		0.008	0.015	
17:1....g								
18:1 undifferentiated....g	0.274		0	4		0.078	0.156	
20:1....g	0.002		0	4		0.001	0.001	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.888		0	4		0.252	0.506	
18:2 undifferentiated....g	0.813		0	4		0.230	0.463	
18:3 undifferentiated....g	0.075		0	4		0.021	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	0.016	4	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.092		0	1		0.026	0.052	
Threonine....g	0.242		0	1		0.069	0.138	
Isoleucine....g	0.315		0	1		0.089	0.180	
Leucine....g	0.553		0	1		0.157	0.315	
Lysine....g	0.241		0	1		0.068	0.137	
Methionine....g	0.139		0	1		0.039	0.079	
Cystine....g	0.160		0	1		0.045	0.091	
Phenylalanine....g	0.379		0	1		0.107	0.216	
Tyrosine....g	0.233		0	1		0.066	0.133	
Valine....g	0.353		0	1		0.100	0.201	
Arginine....g	0.295		0	1		0.084	0.168	
Histidine....g	0.170		0	1		0.048	0.097	
Alanine....g	0.281		0	1		0.080	0.160	
Aspartic acid....g	0.398		0	1		0.113	0.227	
Glutamic acid....g	2.419		0	1		0.686	1.379	
Glycine....g	0.280		0	1		0.079	0.160	
Proline....g	0.809		0	1		0.229	0.461	
Serine....g	0.376		0	1		0.107	0.214	
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 muffin

Calories Factors: **Protein** 3.9 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18259

English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	37.10		0	1		10.52	19.29	
Energy....kcal	255		0	4		72	133	
Energy....kj	1067			4		302	555	
Protein (N x 0)....g	8.40		0	1		2.38	4.37	
Total lipid (fat)....g	2.00		0	1		0.57	1.04	
Ash....g	2.40		0	1		0.68	1.25	
Carbohydrate, by difference....g	50.00		0	4		14.18	26.00	
Fiber, total dietary....g	2.9		0	4		0.8	1.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	189		0	1		54	98	
Iron, Fe....mg	2.72		0	1		0.77	1.41	
Magnesium, Mg....mg	22		0	1		6	11	
Phosphorus, P....mg	145		0	1		41	75	
Potassium, K....mg	143		0	1		41	74	
Sodium, Na....mg	504		0	1		143	262	
Zinc, Zn....mg	0.76		0	1		0.22	0.40	
Copper, Cu....mg	0.140		0	1		0.040	0.073	
Manganese, Mn....mg	0.388		0	1		0.110	0.202	
Selenium, Se....mcg	27.0	5.745	3	1		7.7	14.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.1	
Thiamin....mg	0.384		0	1		0.109	0.200	
Riboflavin....mg	0.275		0	1		0.078	0.143	
Niacin....mg	3.799		0	1		1.077	1.975	
Pantothenic acid....mg	0.315		0	1		0.089	0.164	
Vitamin B-6....mg	0.042		0	1		0.012	0.022	
Folate, total....mcg	74		0	4		21	38	
Folic acid....mcg	45		0	4		13	23	
Folate, food....mcg	29		0	4		8	15	
Folate, DFE....mcg_DFE	106		0	4		30	55	
Vitamin B-12....mcg	0.04		0	4		0.01	0.02	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.185		0	4		0.052	0.096	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.281		0	1		0.080	0.146	
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	0.001		0	1		0.000	0.001	
13:0....g								
14:0....g	0.002		0	1		0.001	0.001	
15:0....g								
16:0....g	0.230		0	1		0.065	0.120	
17:0....g								
18:0....g	0.045		0	1		0.013	0.023	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.329		0	1		0.093	0.171	
14:1....g								
15:1....g								

NDB No. 18259

English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)

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	0.030		0	1		0.009	0.016	
17:1....g								
18:1 undifferentiated....g	0.297		0	1		0.084	0.154	
20:1....g	0.002		0	1		0.001	0.001	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.965		0	1		0.274	0.502	
18:2 undifferentiated....g	0.883		0	1		0.250	0.459	
18:3 undifferentiated....g	0.082		0	1		0.023	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	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.100		0	1		0.028	0.052	
Threonine....g	0.263		0	1		0.075	0.137	
Isoleucine....g	0.342		0	1		0.097	0.178	
Leucine....g	0.601		0	1		0.170	0.313	
Lysine....g	0.262		0	1		0.074	0.136	
Methionine....g	0.151		0	1		0.043	0.079	
Cystine....g	0.173		0	1		0.049	0.090	
Phenylalanine....g	0.412		0	1		0.117	0.214	
Tyrosine....g	0.253		0	1		0.072	0.132	
Valine....g	0.384		0	1		0.109	0.200	
Arginine....g	0.320		0	1		0.091	0.166	
Histidine....g	0.185		0	1		0.052	0.096	
Alanine....g	0.306		0	1		0.087	0.159	
Aspartic acid....g	0.432		0	1		0.122	0.225	
Glutamic acid....g	2.630		0	1		0.746	1.368	
Glycine....g	0.304		0	1		0.086	0.158	
Proline....g	0.879		0	1		0.249	0.457	
Serine....g	0.409		0	1		0.116	0.213	
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 = 28.350g: 1 oz

Measure 2 = 52.000g: 1 muffin

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

Food Group: 18 Baked Products

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

NDB No. 18260
English muffins, mixed-grain (includes granola)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	40.20		2	1		11.40	26.53	
Energy....kcal	235		0	4		67	155	
Energy....kj	983			4		279	649	
Protein (N x 5.8)....g	9.10	0.261	10	1		2.58	6.01	
Total lipid (fat)....g	1.80	0.376	9	1		0.51	1.19	
Ash....g	2.50	0.218	6	1		0.71	1.65	
Carbohydrate, by difference....g	46.30		0	4		13.13	30.56	
Fiber, total dietary....g	2.8		0	4		0.8	1.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	196	18.699	10	1		56	129	
Iron, Fe....mg	3.02	0.221	10	1		0.86	1.99	
Magnesium, Mg....mg	41		0	4		12	27	
Phosphorus, P....mg	81		0	4		23	53	
Potassium, K....mg	156		2	1		44	103	
Sodium, Na....mg	416	59.658	4	1		118	275	
Zinc, Zn....mg	1.39		0	4		0.39	0.92	
Copper, Cu....mg	0.243		0	4		0.069	0.160	
Manganese, Mn....mg	0.604		0	4		0.171	0.399	
Selenium, Se....mcg	25.5		0	4		7.2	16.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.430	0.038	3	1		0.122	0.284	
Riboflavin....mg	0.313	0.018	3	1		0.089	0.207	
Niacin....mg	3.583	0.509	3	1		1.016	2.365	
Pantothenic acid....mg	0.408		0	4		0.116	0.269	
Vitamin B-6....mg	0.038		0	4		0.011	0.025	
Folate, total....mcg	80		0	4		23	53	
Folic acid....mcg	45		0	4		13	30	
Folate, food....mcg	35		0	4		10	23	
Folate, DFE....mcg_DFE	112		0	4		32	74	
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	0.272		0	4		0.077	0.180	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.230		0	4		0.065	0.152	
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	0.001		0	4		0.000	0.001	
13:0....g								
14:0....g	0.005		0	4		0.001	0.003	
15:0....g								
16:0....g	0.172		0	4		0.049	0.114	
17:0....g								
18:0....g	0.048		0	4		0.014	0.032	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.827		0	4		0.234	0.546	
14:1....g								
15:1....g								

NDB No. 18260
English muffins, mixed-grain (includes granola)

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	0.014		0	4		0.004	0.009	
17:1....g								
18:1 undifferentiated....g	0.813		0	4		0.230	0.537	
20:1....g	0.001		0	4		0.000	0.001	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.559		0	4		0.158	0.369	
18:2 undifferentiated....g	0.531		0	4		0.151	0.350	
18:3 undifferentiated....g	0.029		0	4		0.008	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	0.000	4	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.118		0	1		0.033	0.078	
Threonine....g	0.279		0	1		0.079	0.184	
Isoleucine....g	0.361		0	1		0.102	0.238	
Leucine....g	0.649		0	1		0.184	0.428	
Lysine....g	0.291		0	1		0.082	0.192	
Methionine....g	0.158		0	1		0.045	0.104	
Cystine....g	0.199		0	1		0.056	0.131	
Phenylalanine....g	0.449		0	1		0.127	0.296	
Tyrosine....g	0.280		0	1		0.079	0.185	
Valine....g	0.422		0	1		0.120	0.279	
Arginine....g	0.441		0	1		0.125	0.291	
Histidine....g	0.202		0	1		0.057	0.133	
Alanine....g	0.353		0	1		0.100	0.233	
Aspartic acid....g	0.549		0	1		0.156	0.362	
Glutamic acid....g	2.671		0	1		0.757	1.763	
Glycine....g	0.368		0	1		0.104	0.243	
Proline....g	0.850		0	1		0.241	0.561	
Serine....g	0.435		0	1		0.123	0.287	
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 = 28.350g: 1 oz

Measure 2 = 66.000g: 1 muffin

Calories Factors: **Protein** 3.7 **Fat** 8.5 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18261
English muffins, mixed-grain, toasted (includes granola)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	35.00		0	1		9.92	21.35	
Energy....kcal	255		0	4		72	156	
Energy....kj	1067			4		302	651	
Protein (N x 0)....g	9.90		0	1		2.81	6.04	
Total lipid (fat)....g	1.90		0	1		0.54	1.16	
Ash....g	2.70		0	1		0.77	1.65	
Carbohydrate, by difference....g	50.30		0	4		14.26	30.68	
Fiber, total dietary....g	3.0		0	4		0.9	1.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	213		0	1		60	130	
Iron, Fe....mg	3.29		0	1		0.93	2.01	
Magnesium, Mg....mg	48		0	4		14	29	
Phosphorus, P....mg	162		0	4		46	99	
Potassium, K....mg	169		0	1		48	103	
Sodium, Na....mg	453		0	1		128	276	
Zinc, Zn....mg	1.05		0	4		0.30	0.64	
Copper, Cu....mg	0.254		0	4		0.072	0.155	
Manganese, Mn....mg	0.823		0	4		0.233	0.502	
Selenium, Se....mcg	27.7		0	4		7.9	16.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.374		0	1		0.106	0.228	
Riboflavin....mg	0.307		0	1		0.087	0.187	
Niacin....mg	3.505		0	1		0.994	2.138	
Pantothenic acid....mg	0.325		0	4		0.092	0.198	
Vitamin B-6....mg	0.103		0	4		0.029	0.063	
Folate, total....mcg	67		0	4		19	41	
Folic acid....mcg	40		0	4		11	24	
Folate, food....mcg	27		0	4		8	16	
Folate, DFE....mcg_DFE	95		0	4		27	58	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	6		0	4		2	4	
Vitamin A, RE....mcg_RE	1		0	4		0	1	
Vitamin E....mg_ATE	1.245		0	4		0.353	0.759	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.250		0	1		0.071	0.153	
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	0.001		0	1		0.000	0.001	
13:0....g								
14:0....g	0.006		0	1		0.002	0.004	
15:0....g								
16:0....g	0.187		0	1		0.053	0.114	
17:0....g								
18:0....g	0.052		0	1		0.015	0.032	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.899		0	1		0.255	0.548	
14:1....g								
15:1....g								

NDB No. 18261
English muffins, mixed-grain, toasted (includes granola)

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	0.015		0	1		0.004	0.009	
17:1....g								
18:1 undifferentiated....g	0.884		0	1		0.251	0.539	
20:1....g	0.001		0	1		0.000	0.001	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.608		0	1		0.172	0.371	
18:2 undifferentiated....g	0.577		0	1		0.164	0.352	
18:3 undifferentiated....g	0.031		0	1		0.009	0.019	
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								
Amino Acids:								
Tryptophan....g	0.128		0	1		0.036	0.078	
Threonine....g	0.303		0	1		0.086	0.185	
Isoleucine....g	0.393		0	1		0.111	0.240	
Leucine....g	0.706		0	1		0.200	0.431	
Lysine....g	0.317		0	1		0.090	0.193	
Methionine....g	0.171		0	1		0.048	0.104	
Cystine....g	0.216		0	1		0.061	0.132	
Phenylalanine....g	0.488		0	1		0.138	0.298	
Tyrosine....g	0.305		0	1		0.086	0.186	
Valine....g	0.458		0	1		0.130	0.279	
Arginine....g	0.479		0	1		0.136	0.292	
Histidine....g	0.220		0	1		0.062	0.134	
Alanine....g	0.384		0	1		0.109	0.234	
Aspartic acid....g	0.597		0	1		0.169	0.364	
Glutamic acid....g	2.903		0	1		0.823	1.771	
Glycine....g	0.400		0	1		0.113	0.244	
Proline....g	0.924		0	1		0.262	0.564	
Serine....g	0.472		0	1		0.134	0.288	
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 = 28.350g: 1 oz

Measure 2 = 61.000g: 1 muffin

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

Food Group: 18 Baked Products

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

NDB No. 18262
English muffins, raisin-cinnamon (includes apple-cinnamon)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	38.60	0.783	9	1		10.94	22.00	
Energy....kcal	243		0	4		69	139	
Energy....kj	1017			4		288	580	
Protein (N x 5.8)....g	7.50	0.112	24	1		2.13	4.28	
Total lipid (fat)....g	2.70	0.112	25	1		0.77	1.54	
Ash....g	2.30	0.141	5	1		0.65	1.31	
Carbohydrate, by difference....g	48.70		0	4		13.81	27.76	
Fiber, total dietary....g	2.9		0	4		0.8	1.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	147	21.598	7	1		42	84	
Iron, Fe....mg	2.42	0.076	24	1		0.69	1.38	
Magnesium, Mg....mg	15		1	1		4	9	
Phosphorus, P....mg	69		0	4		20	39	
Potassium, K....mg	208		2	1		59	119	
Sodium, Na....mg	447	55.373	8	1		127	255	
Zinc, Zn....mg	1.00		1	1		0.28	0.57	
Copper, Cu....mg	0.109		0	4		0.031	0.062	
Manganese, Mn....mg	0.342		0	4		0.097	0.195	
Selenium, Se....mcg	16.0		0	4		4.5	9.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	4		0.1	0.2	
Thiamin....mg	0.380	0.016	24	1		0.108	0.217	
Riboflavin....mg	0.293	0.006	24	1		0.083	0.167	
Niacin....mg	3.553	0.085	24	1		1.007	2.025	
Pantothenic acid....mg	0.527		0	4		0.149	0.300	
Vitamin B-6....mg	0.064		0	4		0.018	0.036	
Folate, total....mcg	81		0	4		23	46	
Folic acid....mcg	49		0	4		14	28	
Folate, food....mcg	32		0	4		9	18	
Folate, DFE....mcg_DFE	115		0	4		33	66	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	1		0	4		0	1	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.409		0	4		0.116	0.233	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.394		0	4		0.112	0.225	
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	0.001		0	4		0.000	0.001	
13:0....g								
14:0....g	0.003		0	4		0.001	0.002	
15:0....g								
16:0....g	0.309		0	4		0.088	0.176	
17:0....g								
18:0....g	0.078		0	4		0.022	0.044	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.508		0	4		0.144	0.290	
14:1....g								
15:1....g								

NDB No. 18262
English muffins, raisin-cinnamon (includes apple-cinnamon)

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	0.028		0	4		0.008	0.016	
17:1....g								
18:1 undifferentiated....g	0.477		0	4		0.135	0.272	
20:1....g	0.003		0	4		0.001	0.002	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.374		0	4		0.390	0.783	
18:2 undifferentiated....g	1.234		0	4		0.350	0.703	
18:3 undifferentiated....g	0.140		0	4		0.040	0.080	
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		2	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.085		0	1		0.024	0.048	
Threonine....g	0.236		0	1		0.067	0.135	
Isoleucine....g	0.295		0	1		0.084	0.168	
Leucine....g	0.519		0	1		0.147	0.296	
Lysine....g	0.234		0	1		0.066	0.133	
Methionine....g	0.143		0	1		0.041	0.082	
Cystine....g	0.155		0	1		0.044	0.088	
Phenylalanine....g	0.360		0	1		0.102	0.205	
Tyrosine....g	0.221		0	1		0.063	0.126	
Valine....g	0.337		0	1		0.096	0.192	
Arginine....g	0.307		0	1		0.087	0.175	
Histidine....g	0.173		0	1		0.049	0.099	
Alanine....g	0.285		0	1		0.081	0.162	
Aspartic acid....g	0.423		0	1		0.120	0.241	
Glutamic acid....g	2.312		0	1		0.655	1.318	
Glycine....g	0.277		0	1		0.079	0.158	
Proline....g	0.752		0	1		0.213	0.429	
Serine....g	0.368		0	1		0.104	0.210	
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 muffin

Calories Factors: **Protein** 3.8 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18263
English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	33.30		0	1		9.44	17.32	
Energy....kcal	264		0	4		75	137	
Energy....kj	1105			4		313	574	
Protein (N x 0)....g	8.20		0	1		2.32	4.26	
Total lipid (fat)....g	2.90		0	1		0.82	1.51	
Ash....g	2.50		0	1		0.71	1.30	
Carbohydrate, by difference....g	53.00		0	4		15.03	27.56	
Fiber, total dietary....g	3.1		0	4		0.9	1.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	159		0	1		45	83	
Iron, Fe....mg	2.63		0	1		0.75	1.37	
Magnesium, Mg....mg	17		0	1		5	9	
Phosphorus, P....mg	84		0	4		24	44	
Potassium, K....mg	226		0	1		64	118	
Sodium, Na....mg	486		0	1		138	253	
Zinc, Zn....mg	1.09		0	1		0.31	0.57	
Copper, Cu....mg	0.147		0	4		0.042	0.076	
Manganese, Mn....mg	0.531		0	4		0.151	0.276	
Selenium, Se....mcg	17.4		0	4		4.9	9.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	4		0.1	0.2	
Thiamin....mg	0.330		0	1		0.094	0.172	
Riboflavin....mg	0.287		0	1		0.081	0.149	
Niacin....mg	3.476		0	1		0.985	1.808	
Pantothenic acid....mg	0.173		0	4		0.049	0.090	
Vitamin B-6....mg	0.078		0	4		0.022	0.041	
Folate, total....mcg	69		0	4		20	36	
Folic acid....mcg	44		0	4		12	23	
Folate, food....mcg	25		0	4		7	13	
Folate, DFE....mcg_DFE	100		0	4		28	52	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	2		0	4		1	1	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.192		0	4		0.054	0.100	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.428		0	1		0.121	0.223	
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	0.001		0	1		0.000	0.001	
13:0....g								
14:0....g	0.004		0	1		0.001	0.002	
15:0....g								
16:0....g	0.336		0	1		0.095	0.175	
17:0....g								
18:0....g	0.085		0	1		0.024	0.044	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.552		0	1		0.156	0.287	
14:1....g								
15:1....g								

NDB No. 18263
English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)

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	0.031		0	1		0.009	0.016	
17:1....g								
18:1 undifferentiated....g	0.518		0	1		0.147	0.269	
20:1....g	0.004		0	1		0.001	0.002	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.493		0	1		0.423	0.776	
18:2 undifferentiated....g	1.341		0	1		0.380	0.697	
18:3 undifferentiated....g	0.152		0	1		0.043	0.079	
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								
Amino Acids:								
Tryptophan....g	0.092		0	1		0.026	0.048	
Threonine....g	0.256		0	1		0.073	0.133	
Isoleucine....g	0.321		0	1		0.091	0.167	
Leucine....g	0.564		0	1		0.160	0.293	
Lysine....g	0.255		0	1		0.072	0.133	
Methionine....g	0.155		0	1		0.044	0.081	
Cystine....g	0.168		0	1		0.048	0.087	
Phenylalanine....g	0.391		0	1		0.111	0.203	
Tyrosine....g	0.240		0	1		0.068	0.125	
Valine....g	0.367		0	1		0.104	0.191	
Arginine....g	0.334		0	1		0.095	0.174	
Histidine....g	0.188		0	1		0.053	0.098	
Alanine....g	0.309		0	1		0.088	0.161	
Aspartic acid....g	0.460		0	1		0.130	0.239	
Glutamic acid....g	2.513		0	1		0.712	1.307	
Glycine....g	0.301		0	1		0.085	0.157	
Proline....g	0.817		0	1		0.232	0.425	
Serine....g	0.400		0	1		0.113	0.208	
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 = 28.350g: 1 oz

Measure 2 = 52.000g: 1 muffin

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

Food Group: 18 Baked Products

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

NDB No. 18264
English muffins, wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	42.30	1.166	7	1		11.99	24.11	
Energy....kcal	223		0	4		63	127	
Energy....kj	933			4		265	532	
Protein (N x 5.8)....g	8.70	0.380	7	1		2.47	4.96	
Total lipid (fat)....g	2.00	0.246	6	1		0.57	1.14	
Ash....g	2.30	0.243	5	1		0.65	1.31	
Carbohydrate, by difference....g	44.80		0	4		12.70	25.54	
Fiber, total dietary....g	4.6		0	4		1.3	2.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	178	22.876	11	1		50	101	
Iron, Fe....mg	2.87	0.194	11	1		0.81	1.64	
Magnesium, Mg....mg	37		0	4		10	21	
Phosphorus, P....mg	107		0	4		30	61	
Potassium, K....mg	186		1	1		53	106	
Sodium, Na....mg	382		2	1		108	218	
Zinc, Zn....mg	1.07		0	4		0.30	0.61	
Copper, Cu....mg	0.148		0	4		0.042	0.084	
Manganese, Mn....mg	1.001		0	4		0.284	0.571	
Selenium, Se....mcg	29.2		0	4		8.3	16.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.431	0.041	6	1		0.122	0.246	
Riboflavin....mg	0.292	0.034	5	1		0.083	0.166	
Niacin....mg	3.356	0.154	5	1		0.951	1.913	
Pantothenic acid....mg	0.444		0	4		0.126	0.253	
Vitamin B-6....mg	0.087		0	4		0.025	0.050	
Folate, total....mcg	55		0	4		16	31	
Folic acid....mcg	16		0	4		5	9	
Folate, food....mcg	39		0	4		11	22	
Folate, DFE....mcg_DFE	66		0	4		19	38	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	1		0	4		0	1	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.483		0	4		0.137	0.275	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.287		0	4		0.081	0.164	
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	0.001		0	4		0.000	0.001	
13:0....g								
14:0....g	0.002		0	4		0.001	0.001	
15:0....g								
16:0....g	0.254		0	4		0.072	0.145	
17:0....g								
18:0....g	0.024		0	4		0.007	0.014	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.280		0	4		0.079	0.160	
14:1....g								
15:1....g								

NDB No. 18264
English muffins, wheat

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	0.037		0	4		0.010	0.021	
17:1....g								
18:1 undifferentiated....g	0.243		0	4		0.069	0.139	
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	0.834		0	4		0.236	0.475	
18:2 undifferentiated....g	0.785		0	4		0.223	0.447	
18:3 undifferentiated....g	0.048		0	4		0.014	0.027	
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	0.001		0	4		0.000	0.001	
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		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.112		0	1		0.032	0.064	
Threonine....g	0.266		0	1		0.075	0.152	
Isoleucine....g	0.341		0	1		0.097	0.194	
Leucine....g	0.596		0	1		0.169	0.340	
Lysine....g	0.270		0	1		0.077	0.154	
Methionine....g	0.145		0	1		0.041	0.083	
Cystine....g	0.181		0	1		0.051	0.103	
Phenylalanine....g	0.412		0	1		0.117	0.235	
Tyrosine....g	0.255		0	1		0.072	0.145	
Valine....g	0.391		0	1		0.111	0.223	
Arginine....g	0.359		0	1		0.102	0.205	
Histidine....g	0.193		0	1		0.055	0.110	
Alanine....g	0.321		0	1		0.091	0.183	
Aspartic acid....g	0.456		0	1		0.129	0.260	
Glutamic acid....g	2.612		0	1		0.741	1.489	
Glycine....g	0.327		0	1		0.093	0.186	
Proline....g	0.862		0	1		0.244	0.491	
Serine....g	0.409		0	1		0.116	0.233	
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 muffin

Calories Factors: **Protein** 3.7 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18265
English muffins, wheat, toasted

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	37.20		0	1		10.55	19.34	
Energy....kcal	243		0	4		69	126	
Energy....kj	1017			4		288	529	
Protein (N x 0)....g	9.40		0	1		2.66	4.89	
Total lipid (fat)....g	2.10		0	1		0.60	1.09	
Ash....g	2.50		0	1		0.71	1.30	
Carbohydrate, by difference....g	48.70		0	4		13.81	25.32	
Fiber, total dietary....g	5.0		0	4		1.4	2.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	193		0	1		55	100	
Iron, Fe....mg	3.12		0	1		0.88	1.62	
Magnesium, Mg....mg	42		0	4		12	22	
Phosphorus, P....mg	125		0	4		35	65	
Potassium, K....mg	202		0	1		57	105	
Sodium, Na....mg	415		0	1		118	216	
Zinc, Zn....mg	1.22		0	4		0.35	0.63	
Copper, Cu....mg	0.163		0	4		0.046	0.085	
Manganese, Mn....mg	1.120		0	4		0.318	0.582	
Selenium, Se....mcg	31.8		0	4		9.0	16.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.375		0	1		0.106	0.195	
Riboflavin....mg	0.286		0	1		0.081	0.149	
Niacin....mg	3.283		0	1		0.931	1.707	
Pantothenic acid....mg	0.214		0	4		0.061	0.111	
Vitamin B-6....mg	0.098		0	4		0.028	0.051	
Folate, total....mcg	46		0	4		13	24	
Folic acid....mcg	16		0	4		5	8	
Folate, food....mcg	30		0	4		9	16	
Folate, DFE....mcg_DFE	57		0	4		16	30	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	2		0	4		1	1	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.337		0	4		0.096	0.175	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.312		0	1		0.088	0.162	
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	0.001		0	1		0.000	0.001	
13:0....g								
14:0....g	0.002		0	1		0.001	0.001	
15:0....g								
16:0....g	0.276		0	1		0.078	0.144	
17:0....g								
18:0....g	0.026		0	1		0.007	0.014	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.305		0	1		0.086	0.159	
14:1....g								
15:1....g								

NDB No. 18265
English muffins, wheat, toasted

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	0.040		0	1		0.011	0.021	
17:1....g								
18:1 undifferentiated....g	0.264		0	1		0.075	0.137	
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	0.906		0	1		0.257	0.471	
18:2 undifferentiated....g	0.853		0	1		0.242	0.444	
18:3 undifferentiated....g	0.052		0	1		0.015	0.027	
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	0.001		0	1		0.000	0.001	
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								
Amino Acids:								
Tryptophan....g	0.122		0	1		0.035	0.063	
Threonine....g	0.289		0	1		0.082	0.150	
Isoleucine....g	0.370		0	1		0.105	0.192	
Leucine....g	0.648		0	1		0.184	0.337	
Lysine....g	0.294		0	1		0.083	0.153	
Methionine....g	0.158		0	1		0.045	0.082	
Cystine....g	0.197		0	1		0.056	0.102	
Phenylalanine....g	0.448		0	1		0.127	0.233	
Tyrosine....g	0.278		0	1		0.079	0.145	
Valine....g	0.425		0	1		0.120	0.221	
Arginine....g	0.390		0	1		0.111	0.203	
Histidine....g	0.209		0	1		0.059	0.109	
Alanine....g	0.349		0	1		0.099	0.181	
Aspartic acid....g	0.495		0	1		0.140	0.257	
Glutamic acid....g	2.839		0	1		0.805	1.476	
Glycine....g	0.356		0	1		0.101	0.185	
Proline....g	0.937		0	1		0.266	0.487	
Serine....g	0.445		0	1		0.126	0.231	
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 = 28.350g: 1 oz

Measure 2 = 52.000g: 1 muffin

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

Food Group: 18 Baked Products

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

NDB No. 18266
English muffins, whole-wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	45.70		2	1		12.96	30.16	
Energy....kcal	203		0	4		58	134	
Energy....kj	849			4		241	561	
Protein (N x 5.9)....g	8.80		1	1		2.49	5.81	
Total lipid (fat)....g	2.10		1	1		0.60	1.39	
Ash....g	2.80		2	1		0.79	1.85	
Carbohydrate, by difference....g	40.40		0	4		11.45	26.66	
Fiber, total dietary....g	6.7		0	1		1.9	4.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	265		1	1		75	175	
Iron, Fe....mg	2.45		1	1		0.69	1.62	
Magnesium, Mg....mg	71		0	4		20	47	
Phosphorus, P....mg	282		0	4		80	186	
Potassium, K....mg	210		1	1		60	139	
Sodium, Na....mg	637		1	1		181	420	
Zinc, Zn....mg	1.60		0	4		0.45	1.06	
Copper, Cu....mg	0.212		0	4		0.060	0.140	
Manganese, Mn....mg	1.790		0	4		0.507	1.181	
Selenium, Se....mcg	40.3		0	4		11.4	26.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.300		1	1		0.085	0.198	
Riboflavin....mg	0.140		1	1		0.040	0.092	
Niacin....mg	3.410		1	1		0.967	2.251	
Pantothenic acid....mg	0.695		0	4		0.197	0.459	
Vitamin B-6....mg	0.163		0	4		0.046	0.108	
Folate, total....mcg	49		0	4		14	32	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	49		0	4		14	32	
Folate, DFE....mcg_DFE	49		0	4		14	32	
Vitamin B-12....mcg	0.00		0	1		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	0.701		0	4		0.199	0.463	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.334		0	4		0.095	0.220	
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	0.001		0	4		0.000	0.001	
13:0....g								
14:0....g	0.003		0	4		0.001	0.002	
15:0....g								
16:0....g	0.276		0	4		0.078	0.182	
17:0....g								
18:0....g	0.049		0	4		0.014	0.032	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.513		0	4		0.145	0.339	
14:1....g								
15:1....g								

NDB No. 18266
English muffins, whole-wheat

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	0.034		0	4		0.010	0.022	
17:1....g								
18:1 undifferentiated....g	0.479		0	4		0.136	0.316	
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	0.835		0	4		0.237	0.551	
18:2 undifferentiated....g	0.787		0	4		0.223	0.519	
18:3 undifferentiated....g	0.046		0	4		0.013	0.030	
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	0.002		0	4		0.001	0.001	
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		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.129		0	1		0.037	0.085	
Threonine....g	0.283		0	1		0.080	0.187	
Isoleucine....g	0.351		0	1		0.100	0.232	
Leucine....g	0.610		0	1		0.173	0.403	
Lysine....g	0.309		0	1		0.088	0.204	
Methionine....g	0.141		0	1		0.040	0.093	
Cystine....g	0.190		0	1		0.054	0.125	
Phenylalanine....g	0.417		0	1		0.118	0.275	
Tyrosine....g	0.272		0	1		0.077	0.180	
Valine....g	0.414		0	1		0.117	0.273	
Arginine....g	0.417		0	1		0.118	0.275	
Histidine....g	0.205		0	1		0.058	0.135	
Alanine....g	0.350		0	1		0.099	0.231	
Aspartic acid....g	0.510		0	1		0.145	0.337	
Glutamic acid....g	2.560		0	1		0.726	1.690	
Glycine....g	0.362		0	1		0.103	0.239	
Proline....g	0.841		0	1		0.238	0.555	
Serine....g	0.415		0	1		0.118	0.274	
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 = 28.350g: 1 oz

Measure 2 = 66.000g: 1 muffin

Calories Factors: **Protein** 3.5 **Fat** 8.5 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18267
English muffins, whole-wheat, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	41.00		0	1		11.62	25.01	
Energy....kcal	221		0	4		63	135	
Energy....kj	925			4		262	564	
Protein (N x 0)....g	9.60		0	1		2.72	5.86	
Total lipid (fat)....g	2.30		0	1		0.65	1.40	
Ash....g	3.00		0	1		0.85	1.83	
Carbohydrate, by difference....g	44.10		0	4		12.50	26.90	
Fiber, total dietary....g	7.3		0	4		2.1	4.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	288		0	1		82	176	
Iron, Fe....mg	2.66		0	1		0.75	1.62	
Magnesium, Mg....mg	77		0	1		22	47	
Phosphorus, P....mg	307		0	1		87	187	
Potassium, K....mg	228		0	1		65	139	
Sodium, Na....mg	692		0	1		196	422	
Zinc, Zn....mg	1.74		0	1		0.49	1.06	
Copper, Cu....mg	0.225		0	4		0.064	0.137	
Manganese, Mn....mg	1.946		0	1		0.552	1.187	
Selenium, Se....mcg	43.8		0	4		12.4	26.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.261		0	1		0.074	0.159	
Riboflavin....mg	0.137		0	1		0.039	0.084	
Niacin....mg	3.336		0	1		0.946	2.035	
Pantothenic acid....mg	0.491		0	1		0.139	0.300	
Vitamin B-6....mg	0.159		0	1		0.045	0.097	
Folate, total....mcg	37		0	4		10	23	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	37		0	4		10	23	
Folate, DFE....mcg_DFE	37		0	4		10	23	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.762		0	4		0.216	0.465	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.363		0	1		0.103	0.221	
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	0.001		0	1		0.000	0.001	
13:0....g								
14:0....g	0.004		0	1		0.001	0.002	
15:0....g								
16:0....g	0.299		0	1		0.085	0.182	
17:0....g								
18:0....g	0.053		0	1		0.015	0.032	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.557		0	1		0.158	0.340	
14:1....g								
15:1....g								

NDB No. 18267
English muffins, whole-wheat, toasted

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	0.037		0	1		0.010	0.023	
17:1....g								
18:1 undifferentiated....g	0.521		0	1		0.148	0.318	
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	0.908		0	1		0.257	0.554	
18:2 undifferentiated....g	0.856		0	1		0.243	0.522	
18:3 undifferentiated....g	0.050		0	1		0.014	0.031	
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	0.002		0	1		0.001	0.001	
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								
Amino Acids:								
Tryptophan....g	0.141		0	1		0.040	0.086	
Threonine....g	0.308		0	1		0.087	0.188	
Isoleucine....g	0.382		0	1		0.108	0.233	
Leucine....g	0.663		0	1		0.188	0.404	
Lysine....g	0.336		0	1		0.095	0.205	
Methionine....g	0.154		0	1		0.044	0.094	
Cystine....g	0.207		0	1		0.059	0.126	
Phenylalanine....g	0.453		0	1		0.128	0.276	
Tyrosine....g	0.296		0	1		0.084	0.181	
Valine....g	0.450		0	1		0.128	0.275	
Arginine....g	0.453		0	1		0.128	0.276	
Histidine....g	0.223		0	1		0.063	0.136	
Alanine....g	0.380		0	1		0.108	0.232	
Aspartic acid....g	0.554		0	1		0.157	0.338	
Glutamic acid....g	2.782		0	1		0.789	1.697	
Glycine....g	0.393		0	1		0.111	0.240	
Proline....g	0.914		0	1		0.259	0.558	
Serine....g	0.451		0	1		0.128	0.275	
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 = 28.350g: 1 oz

Measure 2 = 61.000g: 1 muffin

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

Food Group: 18 Baked Products

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

NDB No. 18268
French toast, frozen, ready-to-heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	52.60	0.330	66	1		14.91	31.03	
Energy....kcal	213		0	4		60	126	
Energy....kj	891			4		253	526	
Protein (N x 6)....g	7.40	0.058	54	1		2.10	4.37	
Total lipid (fat)....g	6.10	0.148	54	1		1.73	3.60	
Ash....g	1.80	0.028	54	1		0.51	1.06	
Carbohydrate, by difference....g	32.10		0	4		9.10	18.94	
Fiber, total dietary....g	1.1		0	4		0.3	0.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	107	2.773	52	1		30	63	
Iron, Fe....mg	2.21	0.060	63	1		0.63	1.30	
Magnesium, Mg....mg	17	0.839	26	1		5	10	
Phosphorus, P....mg	139	2.965	24	1		39	82	
Potassium, K....mg	134	3.480	46	1		38	79	
Sodium, Na....mg	495	8.699	46	1		140	292	
Zinc, Zn....mg	0.77	0.016	15	1		0.22	0.45	
Copper, Cu....mg	0.084	0.008	24	1		0.024	0.050	
Manganese, Mn....mg	0.245	0.023	4	1		0.069	0.145	
Selenium, Se....mcg	16.7		1	1		4.7	9.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	4		0.1	0.2	
Thiamin....mg	0.277	0.007	76	1		0.079	0.163	
Riboflavin....mg	0.381	0.011	76	1		0.108	0.225	
Niacin....mg	2.722	0.076	70	1		0.772	1.606	
Pantothenic acid....mg	0.940	0.072	32	1		0.266	0.555	
Vitamin B-6....mg	0.496	0.021	61	1		0.141	0.293	
Folate, total....mcg	52		0	4		15	31	
Folic acid....mcg	28		0	4		8	17	
Folate, food....mcg	24	0.760	8	1		7	14	
Folate, DFE....mcg_DFE	72		0	4		20	42	
Vitamin B-12....mcg	1.68	0.087	64	1		0.48	0.99	
Vitamin A, IU....IU	187	12.939	39	1		53	110	
Vitamin A, RE....mcg_RE	54		0	1		15	32	
Vitamin E....mg_ATE	0.669		0	4		0.190	0.395	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.533		0	4		0.435	0.904	
4:0....g	0.022		0	4		0.006	0.013	
6:0....g	0.013		0	4		0.004	0.008	
8:0....g	0.008		0	4		0.002	0.005	
10:0....g	0.017		0	4		0.005	0.010	
11:0....g								
12:0....g	0.019		0	4		0.005	0.011	
13:0....g								
14:0....g	0.077		0	4		0.022	0.045	
15:0....g								
16:0....g	0.971		0	4		0.275	0.573	
17:0....g								
18:0....g	0.380		0	4		0.108	0.224	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.040		0	4		0.578	1.204	
14:1....g								
15:1....g								

NDB No. 18268
French toast, frozen, ready-to-heat

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	0.101		0	4		0.029	0.060	
17:1....g								
18:1 undifferentiated....g	1.917		0	4		0.543	1.131	
20:1....g	0.007		0	4		0.002	0.004	
22:1 undifferentiated....g	0.001		0	4		0.000	0.001	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.227		0	4		0.348	0.724	
18:2 undifferentiated....g	1.103		0	4		0.313	0.651	
18:3 undifferentiated....g	0.076		0	4		0.022	0.045	
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	0.036		0	4		0.010	0.021	
20:5 n-3....g	0.001		0	4		0.000	0.001	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.009		0	4		0.003	0.005	
Fatty acids, total trans....g								
Cholesterol....mg	82		1	1		23	48	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.094		0	1		0.027	0.055	
Threonine....g	0.281		0	1		0.080	0.166	
Isoleucine....g	0.339		0	1		0.096	0.200	
Leucine....g	0.585		0	1		0.166	0.345	
Lysine....g	0.370		0	1		0.105	0.218	
Methionine....g	0.167		0	1		0.047	0.099	
Cystine....g	0.142		0	1		0.040	0.084	
Phenylalanine....g	0.366		0	1		0.104	0.216	
Tyrosine....g	0.268		0	1		0.076	0.158	
Valine....g	0.380		0	1		0.108	0.224	
Arginine....g	0.336		0	1		0.095	0.198	
Histidine....g	0.171		0	1		0.048	0.101	
Alanine....g	0.297		0	1		0.084	0.175	
Aspartic acid....g	0.509		0	1		0.144	0.300	
Glutamic acid....g	1.784		0	1		0.506	1.053	
Glycine....g	0.240		0	1		0.068	0.142	
Proline....g	0.635		0	1		0.180	0.375	
Serine....g	0.420		0	1		0.119	0.248	
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 = 28.350g: 1 oz

Measure 2 = 59.000g: 1 piece

Calories Factors: **Protein** 4.1 **Fat** 8.9 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18269
French toast, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	54.70		0	1		15.51	35.56	
Energy....kcal	229		0	4		65	149	
Energy....kj	958			4		272	623	
Protein (N x 0)....g	7.70		0	1		2.18	5.01	
Total lipid (fat)....g	10.80		0	1		3.06	7.02	
Ash....g	1.80		0	1		0.51	1.17	
Carbohydrate, by difference....g	25.00		0	4		7.09	16.25	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	100		0	1		28	65	
Iron, Fe....mg	1.67		0	1		0.47	1.09	
Magnesium, Mg....mg	17		0	1		5	11	
Phosphorus, P....mg	117		0	1		33	76	
Potassium, K....mg	134		0	1		38	87	
Sodium, Na....mg	479		0	1		136	311	
Zinc, Zn....mg	0.67		0	1		0.19	0.44	
Copper, Cu....mg	0.058		0	1		0.016	0.038	
Manganese, Mn....mg	0.188		0	1		0.053	0.122	
Selenium, Se....mcg	20.1		0	4		5.7	13.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	1		0.1	0.2	
Thiamin....mg	0.204		0	1		0.058	0.133	
Riboflavin....mg	0.321		0	1		0.091	0.209	
Niacin....mg	1.628		0	1		0.462	1.058	
Pantothenic acid....mg	0.549		0	1		0.156	0.357	
Vitamin B-6....mg	0.074		0	1		0.021	0.048	
Folate, total....mcg	43		0	4		12	28	
Folic acid....mcg	20		0	4		6	13	
Folate, food....mcg	23		0	1		7	15	
Folate, DFE....mcg_DFE	57		0	4		16	37	
Vitamin B-12....mcg	0.31		0	1		0.09	0.20	
Vitamin A, IU....IU	484		0	1		137	315	
Vitamin A, RE....mcg_RE	132		0	1		37	86	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.723		0	1		0.772	1.770	
4:0....g	0.021		0	1		0.006	0.014	
6:0....g	0.012		0	1		0.003	0.008	
8:0....g	0.008		0	1		0.002	0.005	
10:0....g	0.017		0	1		0.005	0.011	
11:0....g								
12:0....g	0.019		0	1		0.005	0.012	
13:0....g								
14:0....g	0.094		0	1		0.027	0.061	
15:0....g								
16:0....g	1.677		0	1		0.475	1.090	
17:0....g								
18:0....g	0.860		0	1		0.244	0.559	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.524		0	1		1.283	2.941	
14:1....g								
15:1....g								

NDB No. 18269
French toast, prepared from recipe, made with low fat (2%) milk

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	0.099		0	1		0.028	0.064	
17:1....g								
18:1 undifferentiated....g	4.414		0	1		1.251	2.869	
20:1....g	0.007		0	1		0.002	0.005	
22:1 undifferentiated....g	0.001		0	1		0.000	0.001	
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.594		0	1		0.735	1.686	
18:2 undifferentiated....g	2.431		0	1		0.689	1.580	
18:3 undifferentiated....g	0.115		0	1		0.033	0.075	
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	0.038		0	1		0.011	0.025	
20:5 n-3....g	0.001		0	1		0.000	0.001	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.010		0	1		0.003	0.007	
Fatty acids, total trans....g								
Cholesterol....mg	116		0	1		33	75	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.094		0	1		0.027	0.061	
Threonine....g	0.305		0	1		0.086	0.198	
Isoleucine....g	0.375		0	1		0.106	0.244	
Leucine....g	0.621		0	1		0.176	0.404	
Lysine....g	0.413		0	1		0.117	0.268	
Methionine....g	0.188		0	1		0.053	0.122	
Cystine....g	0.156		0	1		0.044	0.101	
Phenylalanine....g	0.389		0	1		0.110	0.253	
Tyrosine....g	0.282		0	1		0.080	0.183	
Valine....g	0.419		0	1		0.119	0.272	
Arginine....g	0.364		0	1		0.103	0.237	
Histidine....g	0.179		0	1		0.051	0.116	
Alanine....g	0.334		0	1		0.095	0.217	
Aspartic acid....g	0.578		0	1		0.164	0.376	
Glutamic acid....g	1.718		0	1		0.487	1.117	
Glycine....g	0.251		0	1		0.071	0.163	
Proline....g	0.588		0	1		0.167	0.382	
Serine....g	0.465		0	1		0.132	0.302	
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 = 28.350g: 1 oz

Measure 2 = 65.000g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18270
Hush puppies, prepared from recipe

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	29.00		0	1		44.08	8.22	6.38
Energy....kcal	337		0	4		512	96	74
Energy....kj	1410			4		2143	400	310
Protein (N x 0)....g	7.70		0	1		11.70	2.18	1.69
Total lipid (fat)....g	13.50		0	1		20.52	3.83	2.97
Ash....g	3.90		0	1		5.93	1.11	0.86
Carbohydrate, by difference....g	46.00		0	4		69.92	13.04	10.12
Fiber, total dietary....g	2.8		0	1		4.3	0.8	0.6
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	278		0	1		423	79	61
Iron, Fe....mg	3.04		0	1		4.62	0.86	0.67
Magnesium, Mg....mg	24		0	1		36	7	5
Phosphorus, P....mg	189		0	1		287	54	42
Potassium, K....mg	144		0	1		219	41	32
Sodium, Na....mg	668		0	1		1015	189	147
Zinc, Zn....mg	0.66		0	1		1.00	0.19	0.15
Copper, Cu....mg	0.066		0	1		0.100	0.019	0.015
Manganese, Mn....mg	0.220		0	1		0.334	0.062	0.048
Selenium, Se....mcg	15.8		0	4		24.0	4.5	3.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.3	0.1	0.0
Thiamin....mg	0.352		0	1		0.535	0.100	0.077
Riboflavin....mg	0.332		0	1		0.505	0.094	0.073
Niacin....mg	2.782		0	1		4.229	0.789	0.612
Pantothenic acid....mg	0.357		0	1		0.543	0.101	0.079
Vitamin B-6....mg	0.102		0	1		0.155	0.029	0.022
Folate, total....mcg	74		0	4		112	21	16
Folic acid....mcg	54		0	4		82	15	12
Folate, food....mcg	20		0	1		30	6	4
Folate, DFE....mcg_DFE	112		0	4		170	32	25
Vitamin B-12....mcg	0.19		0	1		0.29	0.05	0.04
Vitamin A, IU....IU	142		0	1		216	40	31
Vitamin A, RE....mcg_RE	43		0	1		65	12	9
Vitamin E....mg_ATE	2.382		0	4		3.621	0.675	0.524
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.108		0	1		3.204	0.598	0.464
4:0....g	0.001		0	1		0.002	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.001		0	1		0.002	0.000	0.000
10:0....g	0.001		0	1		0.002	0.000	0.000
11:0....g								
12:0....g	0.001		0	1		0.002	0.000	0.000
13:0....g								
14:0....g	0.018		0	1		0.027	0.005	0.004
15:0....g								
16:0....g	1.540		0	1		2.341	0.437	0.339
17:0....g								
18:0....g	0.538		0	1		0.818	0.153	0.118
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.263		0	1		4.960	0.925	0.718
14:1....g								
15:1....g								

NDB No. 18270
Hush puppies, prepared from 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
16:1 undifferentiated....g	0.057		0	1		0.087	0.016	0.013
17:1....g								
18:1 undifferentiated....g	3.178		0	1		4.831	0.901	0.699
20:1....g	0.026		0	1		0.040	0.007	0.006
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	7.219		0	1		10.973	2.047	1.588
18:2 undifferentiated....g	6.390		0	1		9.713	1.812	1.406
18:3 undifferentiated....g	0.811		0	1		1.233	0.230	0.178
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	0.015		0	1		0.023	0.004	0.003
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	0.004		0	1		0.006	0.001	0.001
Fatty acids, total trans....g								
Cholesterol....mg	45		0	1		68	13	10
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.082		0	1		0.125	0.023	0.018
Threonine....g	0.279		0	1		0.424	0.079	0.061
Isoleucine....g	0.321		0	1		0.488	0.091	0.071
Leucine....g	0.710		0	1		1.079	0.201	0.156
Lysine....g	0.310		0	1		0.471	0.088	0.068
Methionine....g	0.169		0	1		0.257	0.048	0.037
Cystine....g	0.144		0	1		0.219	0.041	0.032
Phenylalanine....g	0.382		0	1		0.581	0.108	0.084
Tyrosine....g	0.289		0	1		0.439	0.082	0.064
Valine....g	0.388		0	1		0.590	0.110	0.085
Arginine....g	0.352		0	1		0.535	0.100	0.077
Histidine....g	0.197		0	1		0.299	0.056	0.043
Alanine....g	0.383		0	1		0.582	0.109	0.084
Aspartic acid....g	0.501		0	1		0.762	0.142	0.110
Glutamic acid....g	1.793		0	1		2.725	0.508	0.394
Glycine....g	0.268		0	1		0.407	0.076	0.059
Proline....g	0.693		0	1		1.053	0.196	0.152
Serine....g	0.412		0	1		0.626	0.117	0.091
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 = 152.000g: 1 cup

Measure 2 = 28.350g: 1 oz

Measure 3 = 22.000g: 1 hush puppy

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

Food Group: 18 Baked Products

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

NDB No. 18271
Ice cream cones, cake or wafer-type

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	5.30	0.310	13	1		1.50	0.21	1.54
Energy....kcal	417		0	4		118	17	121
Energy....kj	1745			4		495	70	506
Protein (N x 5.7)....g	8.10	0.234	11	1		2.30	0.32	2.35
Total lipid (fat)....g	6.90	0.567	10	1		1.96	0.28	2.00
Ash....g	0.70	0.066	11	1		0.20	0.03	0.20
Carbohydrate, by difference....g	79.00		0	4		22.40	3.16	22.91
Fiber, total dietary....g	3.0		0	1		0.9	0.1	0.9
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	25	1.229	13	1		7	1	7
Iron, Fe....mg	3.60	0.116	12	1		1.02	0.14	1.04
Magnesium, Mg....mg	26	1.518	13	1		7	1	8
Phosphorus, P....mg	97	3.302	13	1		27	4	28
Potassium, K....mg	112	5.610	13	1		32	4	32
Sodium, Na....mg	143	16.932	13	1		41	6	41
Zinc, Zn....mg	0.67	0.038	14	1		0.19	0.03	0.19
Copper, Cu....mg	0.204	0.026	10	1		0.058	0.008	0.059
Manganese, Mn....mg	0.572	0.032	12	1		0.162	0.023	0.166
Selenium, Se....mcg	4.8		1	1		1.4	0.2	1.4
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	0.0
Thiamin....mg	0.250	0.027	11	1		0.071	0.010	0.073
Riboflavin....mg	0.354	0.024	19	1		0.100	0.014	0.103
Niacin....mg	4.427	0.145	18	1		1.255	0.177	1.284
Pantothenic acid....mg	0.479	0.016	8	1		0.136	0.019	0.139
Vitamin B-6....mg	0.030	0.003	9	1		0.009	0.001	0.009
Folate, total....mcg	102		0	4		29	4	30
Folic acid....mcg	97		0	4		27	4	28
Folate, food....mcg	5	0.067	8	1		1	0	1
Folate, DFE....mcg_DFE	170		0	4		48	7	49
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	1.744		0	4		0.494	0.070	0.506
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.222		0	4		0.346	0.049	0.354
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	0.018		0	4		0.005	0.001	0.005
15:0....g								
16:0....g	0.976		0	4		0.277	0.039	0.283
17:0....g								
18:0....g	0.228		0	4		0.065	0.009	0.066
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.845		0	4		0.523	0.074	0.535
14:1....g								
15:1....g								

NDB No. 18271
Ice cream cones, cake or wafer-type

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	0.012		0	4		0.003	0.000	0.003
17:1....g								
18:1 undifferentiated....g	1.833		0	4		0.520	0.073	0.532
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	3.264		0	4		0.925	0.131	0.947
18:2 undifferentiated....g	3.076		0	4		0.872	0.123	0.892
18:3 undifferentiated....g	0.188		0	4		0.053	0.008	0.055
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	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.094		0	1		0.027	0.004	0.027
Threonine....g	0.217		0	1		0.062	0.009	0.063
Isoleucine....g	0.301		0	1		0.085	0.012	0.087
Leucine....g	0.561		0	1		0.159	0.022	0.163
Lysine....g	0.157		0	1		0.045	0.006	0.046
Methionine....g	0.142		0	1		0.040	0.006	0.041
Cystine....g	0.182		0	1		0.052	0.007	0.053
Phenylalanine....g	0.400		0	1		0.113	0.016	0.116
Tyrosine....g	0.222		0	1		0.063	0.009	0.064
Valine....g	0.340		0	1		0.096	0.014	0.099
Arginine....g	0.282		0	1		0.080	0.011	0.082
Histidine....g	0.172		0	1		0.049	0.007	0.050
Alanine....g	0.248		0	1		0.070	0.010	0.072
Aspartic acid....g	0.328		0	1		0.093	0.013	0.095
Glutamic acid....g	2.845		0	1		0.807	0.114	0.825
Glycine....g	0.278		0	1		0.079	0.011	0.081
Proline....g	0.954		0	1		0.270	0.038	0.277
Serine....g	0.393		0	1		0.111	0.016	0.114
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 = 28.350g: 1 oz

Measure 2 = 4.000g: 1 cone

Measure 3 = 29.000g: 1 large waffle cone

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18272
Ice cream cones, sugar, rolled-type

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	3.00	0.239	13	1		0.85	0.30	
Energy....kcal	402		0	4		114	40	
Energy....kj	1682			4		477	168	
Protein (N x 5.7)....g	7.90	0.212	13	1		2.24	0.79	
Total lipid (fat)....g	3.80	0.256	14	1		1.08	0.38	
Ash....g	1.10	0.098	13	1		0.31	0.11	
Carbohydrate, by difference....g	84.10		0	4		23.84	8.41	
Fiber, total dietary....g	1.7		0	4		0.5	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	44	3.403	13	1		12	4	
Iron, Fe....mg	4.43	0.422	13	1		1.26	0.44	
Magnesium, Mg....mg	31	1.440	13	1		9	3	
Phosphorus, P....mg	103	3.895	13	1		29	10	
Potassium, K....mg	145	6.381	13	1		41	15	
Sodium, Na....mg	320	15.054	11	1		91	32	
Zinc, Zn....mg	0.75	0.037	14	1		0.21	0.08	
Copper, Cu....mg	0.268	0.050	10	1		0.076	0.027	
Manganese, Mn....mg	0.732	0.044	13	1		0.208	0.073	
Selenium, Se....mcg	4.8		1	1		1.4	0.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	
Thiamin....mg	0.511	0.042	9	1		0.145	0.051	
Riboflavin....mg	0.405	0.038	9	1		0.115	0.041	
Niacin....mg	5.066	0.356	10	1		1.436	0.507	
Pantothenic acid....mg	0.429	0.029	9	1		0.122	0.043	
Vitamin B-6....mg	0.052	0.001	9	1		0.015	0.005	
Folate, total....mcg	83		0	4		24	8	
Folic acid....mcg	78		0	4		22	8	
Folate, food....mcg	5	0.060	8	1		1	1	
Folate, DFE....mcg_DFE	138		0	4		39	14	
Vitamin B-12....mcg	0.00		1	1		0.00	0.00	
Vitamin A, IU....IU	0		1	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.464		0	4		0.132	0.046	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.573		0	1		0.162	0.057	
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	0.003		0	1		0.001	0.000	
15:0....g								
16:0....g	0.400		0	1		0.113	0.040	
17:0....g								
18:0....g	0.170		0	1		0.048	0.017	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.470		0	1		0.417	0.147	
14:1....g								
15:1....g								

NDB No. 18272
Ice cream cones, sugar, rolled-type

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	0.013		0	1		0.004	0.001	
17:1....g								
18:1 undifferentiated....g	1.457		0	1		0.413	0.146	
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	1.452		0	1		0.412	0.145	
18:2 undifferentiated....g	1.355		0	1		0.384	0.136	
18:3 undifferentiated....g	0.097		0	1		0.027	0.010	
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								
Amino Acids:								
Tryptophan....g	0.092		0	1		0.026	0.009	
Threonine....g	0.211		0	1		0.060	0.021	
Isoleucine....g	0.293		0	1		0.083	0.029	
Leucine....g	0.547		0	1		0.155	0.055	
Lysine....g	0.153		0	1		0.043	0.015	
Methionine....g	0.139		0	1		0.039	0.014	
Cystine....g	0.178		0	1		0.050	0.018	
Phenylalanine....g	0.390		0	1		0.111	0.039	
Tyrosine....g	0.217		0	1		0.062	0.022	
Valine....g	0.332		0	1		0.094	0.033	
Arginine....g	0.275		0	1		0.078	0.028	
Histidine....g	0.168		0	1		0.048	0.017	
Alanine....g	0.242		0	1		0.069	0.024	
Aspartic acid....g	0.319		0	1		0.090	0.032	
Glutamic acid....g	2.774		0	1		0.786	0.277	
Glycine....g	0.271		0	1		0.077	0.027	
Proline....g	0.931		0	1		0.264	0.093	
Serine....g	0.383		0	1		0.109	0.038	
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 = 28.350g: 1 oz

Measure 2 = 10.000g: 1 cone

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18273
Muffins, plain, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	37.70		0	1		10.69	21.49	
Energy....kcal	296		0	4		84	169	
Energy....kj	1238			4		351	706	
Protein (N x 0)....g	6.90		0	1		1.96	3.93	
Total lipid (fat)....g	11.40		0	1		3.23	6.50	
Ash....g	2.70		0	1		0.77	1.54	
Carbohydrate, by difference....g	41.40		0	4		11.74	23.60	
Fiber, total dietary....g	2.7		0	4		0.8	1.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	200		0	1		57	114	
Iron, Fe....mg	2.39		0	1		0.68	1.36	
Magnesium, Mg....mg	17		0	1		5	10	
Phosphorus, P....mg	153		0	1		43	87	
Potassium, K....mg	121		0	1		34	69	
Sodium, Na....mg	467		0	1		132	266	
Zinc, Zn....mg	0.56		0	1		0.16	0.32	
Copper, Cu....mg	0.069		0	1		0.020	0.039	
Manganese, Mn....mg	0.296		0	1		0.084	0.169	
Selenium, Se....mcg	18.0		0	4		5.1	10.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	1		0.1	0.2	
Thiamin....mg	0.284		0	1		0.081	0.162	
Riboflavin....mg	0.301		0	1		0.085	0.172	
Niacin....mg	2.308		0	1		0.654	1.316	
Pantothenic acid....mg	0.351		0	1		0.100	0.200	
Vitamin B-6....mg	0.042		0	1		0.012	0.024	
Folate, total....mcg	51		0	4		14	29	
Folic acid....mcg	38		0	4		11	22	
Folate, food....mcg	13		0	1		4	7	
Folate, DFE....mcg_DFE	78		0	4		22	44	
Vitamin B-12....mcg	0.15		0	1		0.04	0.09	
Vitamin A, IU....IU	140		0	1		40	80	
Vitamin A, RE....mcg_RE	40		0	1		11	23	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.156		0	1		0.611	1.229	
4:0....g	0.027		0	1		0.008	0.015	
6:0....g	0.016		0	1		0.005	0.009	
8:0....g	0.009		0	1		0.003	0.005	
10:0....g	0.021		0	1		0.006	0.012	
11:0....g								
12:0....g	0.024		0	1		0.007	0.014	
13:0....g								
14:0....g	0.095		0	1		0.027	0.054	
15:0....g								
16:0....g	1.433		0	1		0.406	0.817	
17:0....g								
18:0....g	0.525		0	1		0.149	0.299	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.757		0	1		0.782	1.571	
14:1....g								
15:1....g								

NDB No. 18273
Muffins, plain, prepared from recipe, made with low fat (2%) milk

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	0.063		0	1		0.018	0.036	
17:1....g								
18:1 undifferentiated....g	2.671		0	1		0.757	1.522	
20:1....g	0.021		0	1		0.006	0.012	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	5.721		0	1		1.622	3.261	
18:2 undifferentiated....g	5.046		0	1		1.431	2.876	
18:3 undifferentiated....g	0.659		0	1		0.187	0.376	
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	0.012		0	1		0.003	0.007	
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	0.003		0	1		0.001	0.002	
Fatty acids, total trans....g								
Cholesterol....mg	39		0	1		11	22	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.086		0	1		0.024	0.049	
Threonine....g	0.231		0	1		0.065	0.132	
Isoleucine....g	0.290		0	1		0.082	0.165	
Leucine....g	0.523		0	1		0.148	0.298	
Lysine....g	0.279		0	1		0.079	0.159	
Methionine....g	0.144		0	1		0.041	0.082	
Cystine....g	0.130		0	1		0.037	0.074	
Phenylalanine....g	0.342		0	1		0.097	0.195	
Tyrosine....g	0.240		0	1		0.068	0.137	
Valine....g	0.330		0	1		0.094	0.188	
Arginine....g	0.290		0	1		0.082	0.165	
Histidine....g	0.159		0	1		0.045	0.091	
Alanine....g	0.246		0	1		0.070	0.140	
Aspartic acid....g	0.393		0	1		0.111	0.224	
Glutamic acid....g	1.900		0	1		0.539	1.083	
Glycine....g	0.222		0	1		0.063	0.127	
Proline....g	0.681		0	1		0.193	0.388	
Serine....g	0.371		0	1		0.105	0.211	
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 muffin

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

Food Group: 18 Baked Products

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

NDB No. 18274
Muffins, blueberry, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	38.30	1.837	3	1		10.86	4.21	27.19
Energy....kcal	277		0	4		79	30	197
Energy....kj	1159			4		329	127	823
Protein (N x 5.9)....g	5.50		1	1		1.56	0.61	3.91
Total lipid (fat)....g	6.50		2	1		1.84	0.72	4.62
Ash....g	1.60		1	1		0.45	0.18	1.14
Carbohydrate, by difference....g	48.00		0	4		13.61	5.28	34.08
Fiber, total dietary....g	2.6		0	1		0.7	0.3	1.8
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	57	5.270	29	1		16	6	40
Iron, Fe....mg	1.61	0.113	29	1		0.46	0.18	1.14
Magnesium, Mg....mg	16	1.401	28	1		5	2	11
Phosphorus, P....mg	197	9.644	28	1		56	22	140
Potassium, K....mg	123	8.118	28	1		35	14	87
Sodium, Na....mg	447	16.071	30	1		127	49	317
Zinc, Zn....mg	0.49	0.032	28	1		0.14	0.05	0.35
Copper, Cu....mg	0.074	0.005	27	1		0.021	0.008	0.053
Manganese, Mn....mg	0.440	0.033	26	1		0.125	0.048	0.312
Selenium, Se....mcg	11.2	0.986	30	1		3.2	1.2	8.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.1		2	1		0.3	0.1	0.8
Thiamin....mg	0.140		1	1		0.040	0.015	0.099
Riboflavin....mg	0.120		1	1		0.034	0.013	0.085
Niacin....mg	1.100		1	1		0.312	0.121	0.781
Pantothenic acid....mg	0.335		1	1		0.095	0.037	0.238
Vitamin B-6....mg	0.022		1	1		0.006	0.002	0.016
Folate, total....mcg	45		0	4		13	5	32
Folic acid....mcg	29		0	4		8	3	21
Folate, food....mcg	16		0	4		5	2	11
Folate, DFE....mcg_DFE	65		0	4		19	7	46
Vitamin B-12....mcg	0.58		0	4		0.16	0.06	0.41
Vitamin A, IU....IU	34		0	4		10	4	24
Vitamin A, RE....mcg_RE	9		0	4		3	1	6
Vitamin E....mg_ATE	1.049		0	4		0.297	0.115	0.745
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.397		0	4		0.396	0.154	0.992
4:0....g	0.001		0	4		0.000	0.000	0.001
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	0.001		0	4		0.000	0.000	0.001
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	0.000
13:0....g								
14:0....g	0.022		0	4		0.006	0.002	0.016
15:0....g								
16:0....g	1.060		0	4		0.301	0.117	0.753
17:0....g								
18:0....g	0.306		0	4		0.087	0.034	0.217
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.972		0	4		0.559	0.217	1.400
14:1....g								
15:1....g								

NDB No. 18274
Muffins, blueberry, commercially prepared

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	0.053		0	4		0.015	0.006	0.038
17:1....g								
18:1 undifferentiated....g	1.911		0	4		0.542	0.210	1.357
20:1....g	0.005		0	4		0.001	0.001	0.004
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.495		0	4		0.707	0.274	1.771
18:2 undifferentiated....g	2.302		0	4		0.653	0.253	1.634
18:3 undifferentiated....g	0.147		0	4		0.042	0.016	0.104
18:4....g	0.002		0	4		0.001	0.000	0.001
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.024		0	4		0.007	0.003	0.017
20:5 n-3....g	0.012		0	4		0.003	0.001	0.009
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.008		0	4		0.002	0.001	0.006
Fatty acids, total trans....g								
Cholesterol....mg	30		1	1		9	3	21
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.066		0	4		0.019	0.007	0.047
Threonine....g	0.181		0	4		0.051	0.020	0.129
Isoleucine....g	0.224		0	4		0.064	0.025	0.159
Leucine....g	0.421		0	4		0.119	0.046	0.299
Lysine....g	0.199		0	4		0.056	0.022	0.141
Methionine....g	0.115		0	4		0.033	0.013	0.082
Cystine....g	0.112		0	4		0.032	0.012	0.080
Phenylalanine....g	0.277		0	4		0.079	0.030	0.197
Tyrosine....g	0.184		0	4		0.052	0.020	0.131
Valine....g	0.257		0	4		0.073	0.028	0.182
Arginine....g	0.243		0	4		0.069	0.027	0.173
Histidine....g	0.128		0	4		0.036	0.014	0.091
Alanine....g	0.211		0	4		0.060	0.023	0.150
Aspartic acid....g	0.319		0	4		0.090	0.035	0.226
Glutamic acid....g	1.527		0	4		0.433	0.168	1.084
Glycine....g	0.189		0	4		0.054	0.021	0.134
Proline....g	0.535		0	4		0.152	0.059	0.380
Serine....g	0.299		0	4		0.085	0.033	0.212
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 = 28.350g: 1 oz

Measure 2 = 11.000g: 1 muffin, miniature (1-1/4" dia)

Measure 3 = 71.000g: 1 muffin, large (3-1/4" dia x 2-3/4")

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18275
Muffins, blueberry, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	20.00		2	1		5.67	71.20	
Energy....kcal	366		0	4		104	1303	
Energy....kj	1531			4		434	5452	
Protein (N x 5.7)....g	4.90		2	1		1.39	17.44	
Total lipid (fat)....g	10.00		1	1		2.84	35.60	
Ash....g	2.00		2	1		0.57	7.12	
Carbohydrate, by difference....g	63.20		0	4		17.92	224.99	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	25		2	1		7	89	
Iron, Fe....mg	1.26		2	1		0.36	4.49	
Magnesium, Mg....mg	13		2	1		4	46	
Phosphorus, P....mg	220		2	1		62	783	
Potassium, K....mg	84		2	1		24	299	
Sodium, Na....mg	548		2	1		155	1951	
Zinc, Zn....mg	0.33		2	1		0.09	1.17	
Copper, Cu....mg	0.088		2	1		0.025	0.313	
Manganese, Mn....mg	0.276		1	1		0.078	0.983	
Selenium, Se....mcg	3.1		0	4		0.9	11.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		0	4		0.1	1.4	
Thiamin....mg	0.233	0.037	3	1		0.066	0.829	
Riboflavin....mg	0.380	0.075	3	1		0.108	1.353	
Niacin....mg	3.212	0.352	3	1		0.911	11.435	
Pantothenic acid....mg	0.553	0.263	3	1		0.157	1.969	
Vitamin B-6....mg	0.082		2	1		0.023	0.292	
Folate, total....mcg	92		0	4		26	328	
Folic acid....mcg	79		0	4		22	281	
Folate, food....mcg	13		0	4		4	46	
Folate, DFE....mcg_DFE	147		0	4		42	524	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	12		0	4		3	43	
Vitamin A, RE....mcg_RE	1		0	4		0	4	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.489		0	4		0.706	8.861	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g	0.048		0	4		0.014	0.171	
15:0....g								
16:0....g	1.294		0	4		0.367	4.607	
17:0....g								
18:0....g	1.142		0	4		0.324	4.066	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.507		0	4		1.561	19.605	
14:1....g								
15:1....g								

NDB No. 18275
Muffins, blueberry, dry mix

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	0.002		0	4		0.001	0.007	
17:1....g								
18:1 undifferentiated....g	5.505		0	4		1.561	19.598	
20:1....g	0.001		0	1		0.000	0.004	
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.393		0	4		0.395	4.959	
18:2 undifferentiated....g	1.307		0	4		0.371	4.653	
18:3 undifferentiated....g	0.086		0	4		0.024	0.306	
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	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.069		0	1		0.020	0.246	
Threonine....g	0.135		0	1		0.038	0.481	
Isoleucine....g	0.184		0	1		0.052	0.655	
Leucine....g	0.330		0	1		0.094	1.175	
Lysine....g	0.168		0	1		0.048	0.598	
Methionine....g	0.082		0	1		0.023	0.292	
Cystine....g	0.106		0	1		0.030	0.377	
Phenylalanine....g	0.229		0	1		0.065	0.815	
Tyrosine....g	0.138		0	1		0.039	0.491	
Valine....g	0.213		0	1		0.060	0.758	
Arginine....g	0.187		0	1		0.053	0.666	
Histidine....g	0.099		0	1		0.028	0.352	
Alanine....g	0.147		0	1		0.042	0.523	
Aspartic acid....g	0.205		0	1		0.058	0.730	
Glutamic acid....g	1.596		0	1		0.452	5.682	
Glycine....g	0.165		0	1		0.047	0.587	
Proline....g	0.538		0	1		0.153	1.915	
Serine....g	0.255		0	1		0.072	0.908	
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 = 28.350g: 1 oz

Measure 2 = 356.000g: 1 package, mix + drained berries

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18277
Muffins, blueberry, toaster-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	30.80		2	1		8.73	10.16	
Energy....kcal	313		0	4		89	103	
Energy....kj	1310			4		371	432	
Protein (N x 5.7)....g	4.60		2	1		1.30	1.52	
Total lipid (fat)....g	9.50		2	1		2.69	3.14	
Ash....g	1.80		2	1		0.51	0.59	
Carbohydrate, by difference....g	53.30		0	4		15.11	17.59	
Fiber, total dietary....g	1.8		0	4		0.5	0.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	13		1	1		4	4	
Iron, Fe....mg	0.51		1	1		0.14	0.17	
Magnesium, Mg....mg	12		0	4		3	4	
Phosphorus, P....mg	59		0	4		17	19	
Potassium, K....mg	83		1	1		24	27	
Sodium, Na....mg	478		1	1		136	158	
Zinc, Zn....mg	0.39		0	4		0.11	0.13	
Copper, Cu....mg	0.083		0	4		0.024	0.027	
Manganese, Mn....mg	0.368		0	4		0.104	0.121	
Selenium, Se....mcg	17.6		0	4		5.0	5.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	
Thiamin....mg	0.240		1	1		0.068	0.079	
Riboflavin....mg	0.290		1	1		0.082	0.096	
Niacin....mg	2.020		1	1		0.573	0.667	
Pantothenic acid....mg	0.246		0	4		0.070	0.081	
Vitamin B-6....mg	0.027		0	4		0.008	0.009	
Folate, total....mcg	55		0	4		16	18	
Folic acid....mcg	44		0	4		12	15	
Folate, food....mcg	11		0	4		3	4	
Folate, DFE....mcg_DFE	86		0	4		24	28	
Vitamin B-12....mcg	0.02		0	4		0.01	0.01	
Vitamin A, IU....IU	318		1	1		90	105	
Vitamin A, RE....mcg_RE	67		0	1		19	22	
Vitamin E....mg_ATE	1.739		0	4		0.493	0.574	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.398		0	4		0.396	0.461	
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	0.009		0	4		0.003	0.003	
15:0....g								
16:0....g	1.018		0	4		0.289	0.336	
17:0....g								
18:0....g	0.351		0	4		0.100	0.116	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.162		0	4		0.613	0.713	
14:1....g								
15:1....g								

NDB No. 18277
Muffins, blueberry, toaster-type

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	0.022		0	4		0.006	0.007	
17:1....g								
18:1 undifferentiated....g	2.113		0	4		0.599	0.697	
20:1....g	0.018		0	4		0.005	0.006	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	5.351		0	4		1.517	1.766	
18:2 undifferentiated....g	4.722		0	4		1.339	1.558	
18:3 undifferentiated....g	0.617		0	4		0.175	0.204	
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	0.002		0	4		0.001	0.001	
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	0.001		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	6		0	4		2	2	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.062		0	1		0.018	0.020	
Threonine....g	0.180		0	1		0.051	0.059	
Isoleucine....g	0.205		0	1		0.058	0.068	
Leucine....g	0.353		0	1		0.100	0.116	
Lysine....g	0.259		0	1		0.073	0.085	
Methionine....g	0.067		0	1		0.019	0.022	
Cystine....g	0.076		0	1		0.022	0.025	
Phenylalanine....g	0.228		0	1		0.065	0.075	
Tyrosine....g	0.162		0	1		0.046	0.053	
Valine....g	0.217		0	1		0.062	0.072	
Arginine....g	0.304		0	1		0.086	0.100	
Histidine....g	0.115		0	1		0.033	0.038	
Alanine....g	0.196		0	1		0.056	0.065	
Aspartic acid....g	0.479		0	1		0.136	0.158	
Glutamic acid....g	0.967		0	1		0.274	0.319	
Glycine....g	0.192		0	1		0.054	0.063	
Proline....g	0.307		0	1		0.087	0.101	
Serine....g	0.251		0	1		0.071	0.083	
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 = 28.350g: 1 oz

Measure 2 = 33.000g: 1 muffin, toaster

Calories Factors: **Protein** 3.6 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18278
Muffins, blueberry, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	39.50		0	1		11.20	22.52	
Energy....kcal	285		0	4		81	162	
Energy....kj	1192			4		338	680	
Protein (N x 0)....g	6.50		0	1		1.84	3.71	
Total lipid (fat)....g	10.80		0	1		3.06	6.16	
Ash....g	2.50		0	1		0.71	1.43	
Carbohydrate, by difference....g	40.70		0	4		11.54	23.20	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	189		0	1		54	108	
Iron, Fe....mg	2.27		0	1		0.64	1.29	
Magnesium, Mg....mg	16		0	1		5	9	
Phosphorus, P....mg	145		0	1		41	83	
Potassium, K....mg	123		0	1		35	70	
Sodium, Na....mg	441		0	1		125	251	
Zinc, Zn....mg	0.54		0	1		0.15	0.31	
Copper, Cu....mg	0.071		0	1		0.020	0.040	
Manganese, Mn....mg	0.312		0	1		0.088	0.178	
Selenium, Se....mcg	17.1		0	4		4.8	9.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.5		0	1		0.4	0.9	
Thiamin....mg	0.272		0	1		0.077	0.155	
Riboflavin....mg	0.289		0	1		0.082	0.165	
Niacin....mg	2.211		0	1		0.627	1.260	
Pantothenic acid....mg	0.341		0	1		0.097	0.194	
Vitamin B-6....mg	0.043		0	1		0.012	0.025	
Folate, total....mcg	48		0	4		14	27	
Folic acid....mcg	36		0	4		10	21	
Folate, food....mcg	12		0	1		3	7	
Folate, DFE....mcg_DFE	73		0	4		21	42	
Vitamin B-12....mcg	0.14		0	1		0.04	0.08	
Vitamin A, IU....IU	141		0	1		40	80	
Vitamin A, RE....mcg_RE	39		0	1		11	22	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.030		0	1		0.576	1.157	
4:0....g	0.025		0	1		0.007	0.014	
6:0....g	0.015		0	1		0.004	0.009	
8:0....g	0.009		0	1		0.003	0.005	
10:0....g	0.020		0	1		0.006	0.011	
11:0....g								
12:0....g	0.022		0	1		0.006	0.013	
13:0....g								
14:0....g	0.090		0	1		0.026	0.051	
15:0....g								
16:0....g	1.349		0	1		0.382	0.769	
17:0....g								
18:0....g	0.494		0	1		0.140	0.282	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.596		0	1		0.736	1.480	
14:1....g								
15:1....g								

NDB No. 18278
Muffins, blueberry, prepared from recipe, made with low fat (2%) milk

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	0.059		0	1		0.017	0.034	
17:1....g								
18:1 undifferentiated....g	2.515		0	1		0.713	1.434	
20:1....g	0.020		0	1		0.006	0.011	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	5.388		0	1		1.527	3.071	
18:2 undifferentiated....g	4.752		0	1		1.347	2.709	
18:3 undifferentiated....g	0.621		0	1		0.176	0.354	
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	0.011		0	1		0.003	0.006	
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	0.003		0	1		0.001	0.002	
Fatty acids, total trans....g								
Cholesterol....mg	37		0	1		10	21	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.081		0	1		0.023	0.046	
Threonine....g	0.219		0	1		0.062	0.125	
Isoleucine....g	0.276		0	1		0.078	0.157	
Leucine....g	0.498		0	1		0.141	0.284	
Lysine....g	0.264		0	1		0.075	0.150	
Methionine....g	0.137		0	1		0.039	0.078	
Cystine....g	0.124		0	1		0.035	0.071	
Phenylalanine....g	0.325		0	1		0.092	0.185	
Tyrosine....g	0.227		0	1		0.064	0.129	
Valine....g	0.314		0	1		0.089	0.179	
Arginine....g	0.277		0	1		0.079	0.158	
Histidine....g	0.151		0	1		0.043	0.086	
Alanine....g	0.235		0	1		0.067	0.134	
Aspartic acid....g	0.376		0	1		0.107	0.214	
Glutamic acid....g	1.799		0	1		0.510	1.025	
Glycine....g	0.213		0	1		0.060	0.121	
Proline....g	0.644		0	1		0.183	0.367	
Serine....g	0.352		0	1		0.100	0.201	
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 muffin

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

Food Group: 18 Baked Products

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

NDB No. 18279
Muffins, corn, commercially prepared

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	32.60	1.403	6	1		9.24	18.58	
Energy....kcal	305		0	4		86	174	
Energy....kj	1276			4		362	727	
Protein (N x 5.9)....g	5.90		2	1		1.67	3.36	
Total lipid (fat)....g	8.40		2	1		2.38	4.79	
Ash....g	2.10	0.116	3	1		0.60	1.20	
Carbohydrate, by difference....g	50.90		0	4		14.43	29.01	
Fiber, total dietary....g	3.4		0	4		1.0	1.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	74		2	1		21	42	
Iron, Fe....mg	2.81		1	1		0.80	1.60	
Magnesium, Mg....mg	32		0	4		9	18	
Phosphorus, P....mg	284		2	1		81	162	
Potassium, K....mg	69		1	1		20	39	
Sodium, Na....mg	521		2	1		148	297	
Zinc, Zn....mg	0.54		0	4		0.15	0.31	
Copper, Cu....mg	0.299		0	4		0.085	0.170	
Manganese, Mn....mg	0.355		0	4		0.101	0.202	
Selenium, Se....mcg	15.2	3.470	3	1		4.3	8.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.273		1	1		0.077	0.156	
Riboflavin....mg	0.326		1	1		0.092	0.186	
Niacin....mg	2.037		1	1		0.577	1.161	
Pantothenic acid....mg	0.444		1	1		0.126	0.253	
Vitamin B-6....mg	0.084		1	1		0.024	0.048	
Folate, total....mcg	62		0	4		18	35	
Folic acid....mcg	28		0	4		8	16	
Folate, food....mcg	34		0	4		10	19	
Folate, DFE....mcg_DFE	82		0	4		23	47	
Vitamin B-12....mcg	0.09		0	4		0.03	0.05	
Vitamin A, IU....IU	208		2	1		59	119	
Vitamin A, RE....mcg_RE	36		0	1		10	21	
Vitamin E....mg_ATE	1.839		0	4		0.521	1.048	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.354		0	4		0.384	0.772	
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	0.021		0	4		0.006	0.012	
15:0....g								
16:0....g	1.048		0	4		0.297	0.597	
17:0....g								
18:0....g	0.278		0	4		0.079	0.158	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.104		0	4		0.596	1.199	
14:1....g								
15:1....g								

NDB No. 18279
Muffins, corn, commercially prepared

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	0.031		0	4		0.009	0.018	
17:1....g								
18:1 undifferentiated....g	2.070		0	4		0.587	1.180	
20:1....g	0.002		0	4		0.001	0.001	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.215		0	4		0.911	1.833	
18:2 undifferentiated....g	3.021		0	4		0.856	1.722	
18:3 undifferentiated....g	0.182		0	4		0.052	0.104	
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	0.009		0	4		0.003	0.005	
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	0.002		0	4		0.001	0.001	
Fatty acids, total trans....g								
Cholesterol....mg	26		0	4		7	15	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.068		0	1		0.019	0.039	
Threonine....g	0.226		0	1		0.064	0.129	
Isoleucine....g	0.257		0	1		0.073	0.146	
Leucine....g	0.516		0	1		0.146	0.294	
Lysine....g	0.279		0	1		0.079	0.159	
Methionine....g	0.117		0	1		0.033	0.067	
Cystine....g	0.110		0	1		0.031	0.063	
Phenylalanine....g	0.297		0	1		0.084	0.169	
Tyrosine....g	0.218		0	1		0.062	0.124	
Valine....g	0.294		0	1		0.083	0.168	
Arginine....g	0.319		0	1		0.090	0.182	
Histidine....g	0.151		0	1		0.043	0.086	
Alanine....g	0.285		0	1		0.081	0.162	
Aspartic acid....g	0.480		0	1		0.136	0.274	
Glutamic acid....g	1.326		0	1		0.376	0.756	
Glycine....g	0.224		0	1		0.064	0.128	
Proline....g	0.477		0	1		0.135	0.272	
Serine....g	0.325		0	1		0.092	0.185	
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 muffin (2-1/2" dia x 2-1/4")

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18280
Muffins, corn, dry mix, prepared

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	30.50		0	1		8.65		
Energy	kcal	321		0	4		91		
Energy	kj	1343			4		381		
Protein	g	7.40		0	1		2.10		
Total lipid (fat)	g	10.20		0	1		2.89		
Ash	g	2.80		0	1		0.79		
Carbohydrate, by difference	g	49.10		0	4		13.92		
Fiber, total dietary	g	2.4		0	4		0.7		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	75		0	1		21		
Iron, Fe	mg	1.94		0	1		0.55		
Magnesium, Mg	mg	21		0	1		6		
Phosphorus, P	mg	384		0	1		109		
Potassium, K	mg	131		0	1		37		
Sodium, Na	mg	795		0	1		225		
Zinc, Zn	mg	0.64		0	1		0.18		
Copper, Cu	mg	0.063		0	1		0.018		
Manganese, Mn	mg	0.221		0	1		0.063		
Selenium, Se	mcg	15.2	3.470	3	1		4.3		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.1		0	1		0.0		
Thiamin	mg	0.249		0	1		0.071		
Riboflavin	mg	0.276		0	1		0.078		
Niacin	mg	2.101		0	1		0.596		
Pantothenic acid	mg	0.451		0	1		0.128		
Vitamin B-6	mg	0.106		0	1		0.030		
Folate, total	mcg	57		0	4		16		
Folic acid	mcg	46		0	4		13		
Folate, food	mcg	11		0	1		3		
Folate, DFE	mcg_DFE	89		0	4		25		
Vitamin B-12	mcg	0.16		0	1		0.05		
Vitamin A, IU	IU	210		0	1		60		
Vitamin A, RE	mcg_RE	45		0	1		13		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	2.797		0	1		0.793		
4:0	g	0.017		0	1		0.005		
6:0	g	0.010		0	1		0.003		
8:0	g	0.006		0	1		0.002		
10:0	g	0.013		0	1		0.004		
11:0	g								
12:0	g	0.015		0	1		0.004		
13:0	g								
14:0	g	0.096		0	1		0.027		
15:0	g								
16:0	g	1.507		0	1		0.427		
17:0	g								
18:0	g	1.124		0	1		0.319		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	5.249		0	1		1.488		
14:1	g								
15:1	g								

NDB No. 18280
Muffins, corn, dry mix, prepared

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	0.054		0	1		0.015		
17:1....g								
18:1 undifferentiated....g	5.189		0	1		1.471		
20:1....g	0.004		0	1		0.001		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.250		0	1		0.354		
18:2 undifferentiated....g	1.159		0	1		0.329		
18:3 undifferentiated....g	0.064		0	1		0.018		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.020		0	1		0.006		
20:5 n-3....g	0.001		0	1		0.000		
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.005		0	1		0.001		
Fatty acids, total trans....g								
Cholesterol....mg	62		0	1		18		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.081		0	1		0.023		
Threonine....g	0.273		0	1		0.077		
Isoleucine....g	0.317		0	1		0.090		
Leucine....g	0.660		0	1		0.187		
Lysine....g	0.323		0	1		0.092		
Methionine....g	0.166		0	1		0.047		
Cystine....g	0.139		0	1		0.039		
Phenylalanine....g	0.367		0	1		0.104		
Tyrosine....g	0.275		0	1		0.078		
Valine....g	0.379		0	1		0.107		
Arginine....g	0.341		0	1		0.097		
Histidine....g	0.184		0	1		0.052		
Alanine....g	0.356		0	1		0.101		
Aspartic acid....g	0.498		0	1		0.141		
Glutamic acid....g	1.659		0	1		0.470		
Glycine....g	0.251		0	1		0.071		
Proline....g	0.634		0	1		0.180		
Serine....g	0.404		0	1		0.115		
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 = 28.350g: 1 oz

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

Food Group: 18 Baked Products

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

NDB No. 18281
Muffins, corn, toaster-type

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	23.60		2	1		6.69	7.79	
Energy....kcal	346		0	4		98	114	
Energy....kj	1448			4		410	478	
Protein (N x 5.9)....g	5.30		2	1		1.50	1.75	
Total lipid (fat)....g	11.30		2	1		3.20	3.73	
Ash....g	1.90		2	1		0.54	0.63	
Carbohydrate, by difference....g	57.90		0	4		16.41	19.11	
Fiber, total dietary....g	1.6		0	4		0.5	0.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	19		1	1		5	6	
Iron, Fe....mg	1.47		1	1		0.42	0.49	
Magnesium, Mg....mg	14		0	4		4	5	
Phosphorus, P....mg	151		0	4		43	50	
Potassium, K....mg	92		1	1		26	30	
Sodium, Na....mg	430		1	1		122	142	
Zinc, Zn....mg	0.39		0	4		0.11	0.13	
Copper, Cu....mg	0.072		0	4		0.020	0.024	
Manganese, Mn....mg	0.280		0	4		0.079	0.092	
Selenium, Se....mcg	15.2		0	4		4.3	5.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	
Thiamin....mg	0.310		1	1		0.088	0.102	
Riboflavin....mg	0.370		1	1		0.105	0.122	
Niacin....mg	2.310		1	1		0.655	0.762	
Pantothenic acid....mg	0.241		0	4		0.068	0.080	
Vitamin B-6....mg	0.048		0	4		0.014	0.016	
Folate, total....mcg	57		0	4		16	19	
Folic acid....mcg	45		0	4		13	15	
Folate, food....mcg	12		0	4		3	4	
Folate, DFE....mcg_DFE	89		0	4		25	29	
Vitamin B-12....mcg	0.03		0	4		0.01	0.01	
Vitamin A, IU....IU	97		1	1		27	32	
Vitamin A, RE....mcg_RE	20		0	1		6	7	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.681		0	4		0.477	0.555	
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	0.012		0	4		0.003	0.004	
15:0....g								
16:0....g	1.220		0	4		0.346	0.403	
17:0....g								
18:0....g	0.426		0	4		0.121	0.141	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.625		0	4		0.744	0.866	
14:1....g								
15:1....g								

NDB No. 18281
Muffins, corn, toaster-type

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	0.030		0	4		0.009	0.010	
17:1....g								
18:1 undifferentiated....g	2.562		0	4		0.726	0.845	
20:1....g	0.022		0	4		0.006	0.007	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	6.324		0	4		1.793	2.087	
18:2 undifferentiated....g	5.586		0	4		1.584	1.843	
18:3 undifferentiated....g	0.722		0	4		0.205	0.238	
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	0.004		0	4		0.001	0.001	
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	0.001		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	13		0	4		4	4	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.060		0	1		0.017	0.020	
Threonine....g	0.186		0	1		0.053	0.061	
Isoleucine....g	0.214		0	1		0.061	0.071	
Leucine....g	0.441		0	1		0.125	0.146	
Lysine....g	0.197		0	1		0.056	0.065	
Methionine....g	0.118		0	1		0.033	0.039	
Cystine....g	0.113		0	1		0.032	0.037	
Phenylalanine....g	0.271		0	1		0.077	0.089	
Tyrosine....g	0.186		0	1		0.053	0.061	
Valine....g	0.254		0	1		0.072	0.084	
Arginine....g	0.252		0	1		0.071	0.083	
Histidine....g	0.129		0	1		0.037	0.043	
Alanine....g	0.245		0	1		0.069	0.081	
Aspartic acid....g	0.336		0	1		0.095	0.111	
Glutamic acid....g	1.352		0	1		0.383	0.446	
Glycine....g	0.192		0	1		0.054	0.063	
Proline....g	0.478		0	1		0.136	0.158	
Serine....g	0.300		0	1		0.085	0.099	
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 = 28.350g: 1 oz

Measure 2 = 33.000g: 1 muffin, toaster

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18282
Muffins, corn, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: 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	33.00		0	1		9.36	18.81	
Energy....kcal	316		0	4		90	180	
Energy....kj	1322			4		375	754	
Protein (N x 0)....g	7.10		0	1		2.01	4.05	
Total lipid (fat)....g	12.30		0	1		3.49	7.01	
Ash....g	3.40		0	1		0.96	1.94	
Carbohydrate, by difference....g	44.20		0	4		12.53	25.19	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	259		0	1		73	148	
Iron, Fe....mg	2.61		0	1		0.74	1.49	
Magnesium, Mg....mg	23		0	1		7	13	
Phosphorus, P....mg	177		0	1		50	101	
Potassium, K....mg	145		0	1		41	83	
Sodium, Na....mg	585		0	1		166	333	
Zinc, Zn....mg	0.61		0	1		0.17	0.35	
Copper, Cu....mg	0.059		0	1		0.017	0.034	
Manganese, Mn....mg	0.186		0	1		0.053	0.106	
Selenium, Se....mcg	13.4		0	4		3.8	7.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	1		0.1	0.2	
Thiamin....mg	0.303		0	1		0.086	0.173	
Riboflavin....mg	0.310		0	1		0.088	0.177	
Niacin....mg	2.382		0	1		0.675	1.358	
Pantothenic acid....mg	0.359		0	1		0.102	0.205	
Vitamin B-6....mg	0.093		0	1		0.026	0.053	
Folate, total....mcg	62		0	4		18	35	
Folic acid....mcg	44		0	4		12	25	
Folate, food....mcg	18		0	1		5	10	
Folate, DFE....mcg_DFE	93		0	4		26	53	
Vitamin B-12....mcg	0.16		0	1		0.05	0.09	
Vitamin A, IU....IU	241		0	1		68	137	
Vitamin A, RE....mcg_RE	51		0	1		14	29	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.311		0	1		0.655	1.317	
4:0....g	0.028		0	1		0.008	0.016	
6:0....g	0.017		0	1		0.005	0.010	
8:0....g	0.010		0	1		0.003	0.006	
10:0....g	0.022		0	1		0.006	0.013	
11:0....g								
12:0....g	0.025		0	1		0.007	0.014	
13:0....g								
14:0....g	0.102		0	1		0.029	0.058	
15:0....g								
16:0....g	1.535		0	1		0.435	0.875	
17:0....g								
18:0....g	0.562		0	1		0.159	0.320	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.012		0	1		0.854	1.717	
14:1....g								
15:1....g								

NDB No. 18282
Muffins, corn, prepared from recipe, made with low fat (2%) milk

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	0.068		0	1		0.019	0.039	
17:1....g								
18:1 undifferentiated....g	2.919		0	1		0.828	1.664	
20:1....g	0.022		0	1		0.006	0.013	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	6.162		0	1		1.747	3.512	
18:2 undifferentiated....g	5.445		0	1		1.544	3.104	
18:3 undifferentiated....g	0.700		0	1		0.198	0.399	
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	0.013		0	1		0.004	0.007	
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	0.003		0	1		0.001	0.002	
Fatty acids, total trans....g								
Cholesterol....mg	42		0	1		12	24	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.077		0	1		0.022	0.044	
Threonine....g	0.261		0	1		0.074	0.149	
Isoleucine....g	0.304		0	1		0.086	0.173	
Leucine....g	0.655		0	1		0.186	0.373	
Lysine....g	0.304		0	1		0.086	0.173	
Methionine....g	0.156		0	1		0.044	0.089	
Cystine....g	0.127		0	1		0.036	0.072	
Phenylalanine....g	0.350		0	1		0.099	0.200	
Tyrosine....g	0.271		0	1		0.077	0.154	
Valine....g	0.364		0	1		0.103	0.207	
Arginine....g	0.319		0	1		0.090	0.182	
Histidine....g	0.182		0	1		0.052	0.104	
Alanine....g	0.345		0	1		0.098	0.197	
Aspartic acid....g	0.466		0	1		0.132	0.266	
Glutamic acid....g	1.628		0	1		0.462	0.928	
Glycine....g	0.239		0	1		0.068	0.136	
Proline....g	0.637		0	1		0.181	0.363	
Serine....g	0.378		0	1		0.107	0.215	
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 muffin (2-3/4" dia x 2")

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

Food Group: 18 Baked Products

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

NDB No. 18283
Muffins, oat bran

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	35.00		2	1		9.92	19.95	
Energy....kcal	270		0	4		77	154	
Energy....kj	1130			4		320	644	
Protein (N x 6.2)....g	7.00		2	1		1.98	3.99	
Total lipid (fat)....g	7.40	0.081	3	1		2.10	4.22	
Ash....g	2.30	0.000	4	1		0.65	1.31	
Carbohydrate, by difference....g	48.30		0	4		13.69	27.53	
Fiber, total dietary....g	4.6		0	1		1.3	2.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	63		2	1		18	36	
Iron, Fe....mg	4.20		2	1		1.19	2.39	
Magnesium, Mg....mg	157		2	1		45	89	
Phosphorus, P....mg	376		2	1		107	214	
Potassium, K....mg	507		2	1		144	289	
Sodium, Na....mg	393		2	1		111	224	
Zinc, Zn....mg	1.84		2	1		0.52	1.05	
Copper, Cu....mg	0.330		2	1		0.094	0.188	
Manganese, Mn....mg	2.630		2	1		0.746	1.499	
Selenium, Se....mcg	11.0		0	4		3.1	6.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.262	0.008	8	1		0.074	0.149	
Riboflavin....mg	0.095	0.002	8	1		0.027	0.054	
Niacin....mg	0.420	0.025	8	1		0.119	0.239	
Pantothenic acid....mg	1.010	0.025	8	1		0.286	0.576	
Vitamin B-6....mg	0.161		0	4		0.046	0.092	
Folate, total....mcg	52		0	4		15	30	
Folic acid....mcg	34		0	4		10	19	
Folate, food....mcg	18	0.290	8	1		5	10	
Folate, DFE....mcg_DFE	76		0	4		21	43	
Vitamin B-12....mcg	0.01		0	4		0.00	0.01	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	1.308		0	4		0.371	0.746	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.087		0	4		0.308	0.620	
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	0.002		0	4		0.001	0.001	
13:0....g								
14:0....g	0.008		0	4		0.002	0.005	
15:0....g								
16:0....g	0.803		0	4		0.228	0.458	
17:0....g								
18:0....g	0.252		0	4		0.071	0.144	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.695		0	4		0.481	0.966	
14:1....g								
15:1....g								

NDB No. 18283
Muffins, oat 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
16:1 undifferentiated....g	0.016		0	4		0.005	0.009	
17:1....g								
18:1 undifferentiated....g	1.661		0	4		0.471	0.947	
20:1....g	0.013		0	4		0.004	0.007	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	4.129		0	4		1.171	2.354	
18:2 undifferentiated....g	3.664		0	4		1.039	2.088	
18:3 undifferentiated....g	0.458		0	4		0.130	0.261	
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								
Amino Acids:								
Tryptophan....g	0.105		0	4		0.030	0.060	
Threonine....g	0.210		0	4		0.060	0.120	
Isoleucine....g	0.262		0	4		0.074	0.149	
Leucine....g	0.506		0	4		0.143	0.288	
Lysine....g	0.277		0	4		0.079	0.158	
Methionine....g	0.123		0	4		0.035	0.070	
Cystine....g	0.182		0	4		0.052	0.104	
Phenylalanine....g	0.346		0	4		0.098	0.197	
Tyrosine....g	0.234		0	4		0.066	0.133	
Valine....g	0.364		0	4		0.103	0.207	
Arginine....g	0.472		0	4		0.134	0.269	
Histidine....g	0.156		0	4		0.044	0.089	
Alanine....g	0.337		0	4		0.096	0.192	
Aspartic acid....g	0.576		0	4		0.163	0.328	
Glutamic acid....g	1.430		0	4		0.405	0.815	
Glycine....g	0.338		0	4		0.096	0.193	
Proline....g	0.365		0	4		0.103	0.208	
Serine....g	0.309		0	4		0.088	0.176	
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 muffin (2-1/2" dia x 2-1/4")

Calories Factors: **Protein** 3.2 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18284
Muffins, wheat bran, dry mix

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	4.80		1	1		1.36	9.50	
Energy....kcal	396		0	4		112	784	
Energy....kj	1657			4		470	3281	
Protein (N x 6)....g	7.10		1	1		2.01	14.06	
Total lipid (fat)....g	12.00		1	1		3.40	23.76	
Ash....g	3.10		1	1		0.88	6.14	
Carbohydrate, by difference....g	73.00		0	4		20.70	144.54	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	36		1	1		10	71	
Iron, Fe....mg	3.60		1	1		1.02	7.13	
Magnesium, Mg....mg	87		1	1		25	172	
Phosphorus, P....mg	480		1	1		136	950	
Potassium, K....mg	200		1	1		57	396	
Sodium, Na....mg	700		1	1		198	1386	
Zinc, Zn....mg	1.50		1	1		0.43	2.97	
Copper, Cu....mg	0.200		1	1		0.057	0.396	
Manganese, Mn....mg	2.666		0	4		0.756	5.279	
Selenium, Se....mcg	18.0		0	4		5.1	35.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.360		1	1		0.102	0.713	
Riboflavin....mg	0.280		1	1		0.079	0.554	
Niacin....mg	5.000		1	1		1.418	9.900	
Pantothenic acid....mg	0.669		0	4		0.190	1.325	
Vitamin B-6....mg	0.282		0	4		0.080	0.558	
Folate, total....mcg	85		0	4		24	168	
Folic acid....mcg	62		0	4		18	123	
Folate, food....mcg	23		0	4		7	46	
Folate, DFE....mcg_DFE	128		0	4		36	254	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.939		0	4		0.833	5.819	
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	0.056		0	4		0.016	0.111	
15:0....g								
16:0....g	1.562		0	4		0.443	3.093	
17:0....g								
18:0....g	1.312		0	4		0.372	2.598	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.403		0	4		1.815	12.678	
14:1....g								
15:1....g								

NDB No. 18284
Muffins, wheat bran, dry mix

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	0.005		0	4		0.001	0.010	
17:1....g								
18:1 undifferentiated....g	6.398		0	4		1.814	12.668	
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	1.904		0	4		0.540	3.770	
18:2 undifferentiated....g	1.795		0	4		0.509	3.554	
18:3 undifferentiated....g	0.108		0	4		0.031	0.214	
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	0.001		0	4		0.000	0.002	
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								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.115		0	1		0.033	0.228	
Threonine....g	0.212		0	1		0.060	0.420	
Isoleucine....g	0.245		0	1		0.069	0.485	
Leucine....g	0.453		0	1		0.128	0.897	
Lysine....g	0.259		0	1		0.073	0.513	
Methionine....g	0.112		0	1		0.032	0.222	
Cystine....g	0.162		0	1		0.046	0.321	
Phenylalanine....g	0.303		0	1		0.086	0.600	
Tyrosine....g	0.201		0	1		0.057	0.398	
Valine....g	0.322		0	1		0.091	0.638	
Arginine....g	0.385		0	1		0.109	0.762	
Histidine....g	0.170		0	1		0.048	0.337	
Alanine....g	0.282		0	1		0.080	0.558	
Aspartic acid....g	0.406		0	1		0.115	0.804	
Glutamic acid....g	1.823		0	1		0.517	3.610	
Glycine....g	0.326		0	1		0.092	0.645	
Proline....g	0.594		0	1		0.168	1.176	
Serine....g	0.343		0	1		0.097	0.679	
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 = 28.350g: 1 oz

Measure 2 = 198.000g: 1 package (7 oz)

Calories Factors: **Protein** 2.9 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 18 Baked Products

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

NDB No. 18286
Muffins, wheat bran, toaster-type with raisins

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	31.40		2	1		8.90	11.30	
Energy....kcal	295		0	4		84	106	
Energy....kj	1234			4		350	444	
Protein (N x 5.9)....g	5.20		2	1		1.47	1.87	
Total lipid (fat)....g	8.80		2	1		2.49	3.17	
Ash....g	2.40		2	1		0.68	0.86	
Carbohydrate, by difference....g	52.20		0	4		14.80	18.79	
Fiber, total dietary....g	7.7		0	4		2.2	2.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	37		1	1		10	13	
Iron, Fe....mg	2.66		1	1		0.75	0.96	
Magnesium, Mg....mg	31		0	4		9	11	
Phosphorus, P....mg	198		0	4		56	71	
Potassium, K....mg	166		1	1		47	60	
Sodium, Na....mg	495		1	1		140	178	
Zinc, Zn....mg	0.65		0	4		0.18	0.23	
Copper, Cu....mg	0.137		0	4		0.039	0.049	
Manganese, Mn....mg	0.715		0	4		0.203	0.257	
Selenium, Se....mcg	19.1		0	4		5.4	6.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	
Thiamin....mg	0.240		1	1		0.068	0.086	
Riboflavin....mg	0.300		1	1		0.085	0.108	
Niacin....mg	2.420		1	1		0.686	0.871	
Pantothenic acid....mg	0.311		0	4		0.088	0.112	
Vitamin B-6....mg	0.098		0	4		0.028	0.035	
Folate, total....mcg	32		0	4		9	12	
Folic acid....mcg	22		0	4		6	8	
Folate, food....mcg	10		0	4		3	4	
Folate, DFE....mcg_DFE	47		0	4		13	17	
Vitamin B-12....mcg	0.04		0	4		0.01	0.01	
Vitamin A, IU....IU	178		1	1		50	64	
Vitamin A, RE....mcg_RE	50		0	1		14	18	
Vitamin E....mg_ATE	1.734		0	4		0.492	0.624	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.357		0	4		0.385	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	0.002		0	4		0.001	0.001	
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	0.010		0	4		0.003	0.004	
15:0....g								
16:0....g	0.989		0	4		0.280	0.356	
17:0....g								
18:0....g	0.337		0	4		0.096	0.121	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.036		0	4		0.577	0.733	
14:1....g								
15:1....g								

NDB No. 18286
Muffins, wheat bran, toaster-type with raisins

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	0.027		0	4		0.008	0.010	
17:1....g								
18:1 undifferentiated....g	1.983		0	4		0.562	0.714	
20:1....g	0.017		0	4		0.005	0.006	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	4.822		0	4		1.367	1.736	
18:2 undifferentiated....g	4.254		0	4		1.206	1.531	
18:3 undifferentiated....g	0.549		0	4		0.156	0.198	
18:4....g	0.001		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.006		0	4		0.002	0.002	
20:5 n-3....g	0.003		0	4		0.001	0.001	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.002		0	4		0.001	0.001	
Fatty acids, total trans....g								
Cholesterol....mg	17		0	4		5	6	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.070		0	1		0.020	0.025	
Threonine....g	0.185		0	1		0.052	0.067	
Isoleucine....g	0.206		0	1		0.058	0.074	
Leucine....g	0.370		0	1		0.105	0.133	
Lysine....g	0.235		0	1		0.067	0.085	
Methionine....g	0.088		0	1		0.025	0.032	
Cystine....g	0.100		0	1		0.028	0.036	
Phenylalanine....g	0.247		0	1		0.070	0.089	
Tyrosine....g	0.168		0	1		0.048	0.060	
Valine....g	0.236		0	1		0.067	0.085	
Arginine....g	0.306		0	1		0.087	0.110	
Histidine....g	0.127		0	1		0.036	0.046	
Alanine....g	0.216		0	1		0.061	0.078	
Aspartic acid....g	0.433		0	1		0.123	0.156	
Glutamic acid....g	1.200		0	1		0.340	0.432	
Glycine....g	0.212		0	1		0.060	0.076	
Proline....g	0.387		0	1		0.110	0.139	
Serine....g	0.276		0	1		0.078	0.099	
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 = 28.350g: 1 oz

Measure 2 = 36.000g: 1 muffin, toaster

Calories Factors: **Protein** 3.6 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18288
Pancakes plain, frozen, ready-to-heat (includes buttermilk)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	45.20		2	1		12.81	16.27	33.00
Energy....kcal	229		0	4		65	82	167
Energy....kj	958			4		272	345	699
Protein (N x 5.9)....g	5.20		2	1		1.47	1.87	3.80
Total lipid (fat)....g	3.30		2	1		0.94	1.19	2.41
Ash....g	2.70		2	1		0.77	0.97	1.97
Carbohydrate, by difference....g	43.60		0	4		12.36	15.70	31.83
Fiber, total dietary....g	1.8		0	4		0.5	0.6	1.3
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	62		2	1		18	22	45
Iron, Fe....mg	3.48		1	1		0.99	1.25	2.54
Magnesium, Mg....mg	14		1	1		4	5	10
Phosphorus, P....mg	372	0.453	3	1		105	134	272
Potassium, K....mg	73		1	1		21	26	53
Sodium, Na....mg	509		1	1		144	183	372
Zinc, Zn....mg	0.66		2	1		0.19	0.24	0.48
Copper, Cu....mg	0.040		1	1		0.011	0.014	0.029
Manganese, Mn....mg	0.255		0	4		0.072	0.092	0.186
Selenium, Se....mcg	15.7		0	4		4.5	5.7	11.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	4		0.1	0.1	0.2
Thiamin....mg	0.379	0.057	3	1		0.107	0.136	0.277
Riboflavin....mg	0.469	0.055	3	1		0.133	0.169	0.342
Niacin....mg	4.010		1	1		1.137	1.444	2.927
Pantothenic acid....mg	0.431		0	4		0.122	0.155	0.315
Vitamin B-6....mg	0.080		0	4		0.023	0.029	0.058
Folate, total....mcg	50		0	4		14	18	37
Folic acid....mcg	36		0	4		10	13	26
Folate, food....mcg	14		0	4		4	5	10
Folate, DFE....mcg_DFE	75		0	4		21	27	55
Vitamin B-12....mcg	0.18		0	4		0.05	0.06	0.13
Vitamin A, IU....IU	100		1	1		28	36	73
Vitamin A, RE....mcg_RE	29		0	1		8	10	21
Vitamin E....mg_ATE	0.398		0	4		0.113	0.143	0.291
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.767		0	1		0.217	0.276	0.560
4:0....g	0.010		0	1		0.003	0.004	0.007
6:0....g	0.006		0	1		0.002	0.002	0.004
8:0....g	0.004		0	1		0.001	0.001	0.003
10:0....g	0.008		0	1		0.002	0.003	0.006
11:0....g								
12:0....g	0.009		0	1		0.003	0.003	0.007
13:0....g								
14:0....g	0.035		0	1		0.010	0.013	0.026
15:0....g								
16:0....g	0.502		0	1		0.142	0.181	0.366
17:0....g								
18:0....g	0.194		0	1		0.055	0.070	0.142
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.207		0	1		0.342	0.435	0.881
14:1....g								
15:1....g								

NDB No. 18288
Pancakes plain, frozen, ready-to-heat (includes buttermilk)

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	0.040		0	1		0.011	0.014	0.029
17:1....g								
18:1 undifferentiated....g	1.165		0	1		0.330	0.419	0.850
20:1....g	0.002		0	1		0.001	0.001	0.001
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.963		0	1		0.273	0.347	0.703
18:2 undifferentiated....g	0.887		0	1		0.251	0.319	0.648
18:3 undifferentiated....g	0.061		0	1		0.017	0.022	0.045
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	0.012		0	1		0.003	0.004	0.009
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	0.003		0	1		0.001	0.001	0.002
Fatty acids, total trans....g								
Cholesterol....mg	9		1	1		3	3	7
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.061		0	1		0.017	0.022	0.045
Threonine....g	0.184		0	1		0.052	0.066	0.134
Isoleucine....g	0.225		0	1		0.064	0.081	0.164
Leucine....g	0.416		0	1		0.118	0.150	0.304
Lysine....g	0.223		0	1		0.063	0.080	0.163
Methionine....g	0.112		0	1		0.032	0.040	0.082
Cystine....g	0.099		0	1		0.028	0.036	0.072
Phenylalanine....g	0.265		0	1		0.075	0.095	0.193
Tyrosine....g	0.181		0	1		0.051	0.065	0.132
Valine....g	0.262		0	1		0.074	0.094	0.191
Arginine....g	0.229		0	1		0.065	0.082	0.167
Histidine....g	0.125		0	1		0.035	0.045	0.091
Alanine....g	0.205		0	1		0.058	0.074	0.150
Aspartic acid....g	0.318		0	1		0.090	0.114	0.232
Glutamic acid....g	1.368		0	1		0.388	0.492	0.999
Glycine....g	0.173		0	1		0.049	0.062	0.126
Proline....g	0.505		0	1		0.143	0.182	0.369
Serine....g	0.283		0	1		0.080	0.102	0.207
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 = 28.350g: 1 oz

Measure 2 = 36.000g: 1 pancake (4" dia)

Measure 3 = 73.000g: 1 pancake (6" dia)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18289
Pancakes, plain, dry mix, complete (includes buttermilk)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	8.80	0.103	105	1		11.44	2.49	
Energy....kcal	376		0	4		489	107	
Energy....kj	1573			4		2045	446	
Protein (N x 6)....g	10.10	0.077	104	1		13.13	2.86	
Total lipid (fat)....g	4.90	0.077	102	1		6.37	1.39	
Ash....g	4.90	0.068	89	1		6.37	1.39	
Carbohydrate, by difference....g	71.30		0	4		92.69	20.21	
Fiber, total dietary....g	2.7		0	1		3.5	0.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	241	14.229	85	1		313	68	
Iron, Fe....mg	3.01	0.074	73	1		3.91	0.85	
Magnesium, Mg....mg	37	3.697	25	1		48	10	
Phosphorus, P....mg	649	12.261	95	1		844	184	
Potassium, K....mg	341	34.544	64	1		443	97	
Sodium, Na....mg	1215	37.736	72	1		1580	344	
Zinc, Zn....mg	0.71	0.051	23	1		0.92	0.20	
Copper, Cu....mg	0.174	0.020	22	1		0.226	0.049	
Manganese, Mn....mg	0.527	0.048	4	1		0.685	0.149	
Selenium, Se....mcg	25.9		0	4		33.7	7.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		0	4		0.5	0.1	
Thiamin....mg	0.511	0.015	74	1		0.664	0.145	
Riboflavin....mg	0.467	0.019	74	1		0.607	0.132	
Niacin....mg	3.690	0.097	73	1		4.797	1.046	
Pantothenic acid....mg	0.727	0.048	16	1		0.945	0.206	
Vitamin B-6....mg	0.197	0.016	13	1		0.256	0.056	
Folate, total....mcg	101		0	4		131	29	
Folic acid....mcg	76		0	4		99	22	
Folate, food....mcg	25		0	4		33	7	
Folate, DFE....mcg_DFE	154		0	4		200	44	
Vitamin B-12....mcg	0.38	0.006	10	1		0.49	0.11	
Vitamin A, IU....IU	68	3.424	10	1		88	19	
Vitamin A, RE....mcg_RE	20		0	1		26	6	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.984		0	1		1.279	0.279	
4:0....g	0.009		0	1		0.012	0.003	
6:0....g	0.005		0	1		0.007	0.001	
8:0....g	0.003		0	1		0.004	0.001	
10:0....g	0.007		0	1		0.009	0.002	
11:0....g								
12:0....g	0.009		0	1		0.012	0.003	
13:0....g								
14:0....g	0.035		0	1		0.046	0.010	
15:0....g								
16:0....g	0.669		0	1		0.870	0.190	
17:0....g								
18:0....g	0.243		0	1		0.316	0.069	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.710		0	1		2.223	0.485	
14:1....g								
15:1....g								

NDB No. 18289
Pancakes, plain, dry mix, complete (includes buttermilk)

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	0.044		0	1		0.057	0.012	
17:1....g								
18:1 undifferentiated....g	1.663		0	1		2.162	0.471	
20:1....g	0.002		0	1		0.003	0.001	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.592		0	1		2.070	0.451	
18:2 undifferentiated....g	1.484		0	1		1.929	0.421	
18:3 undifferentiated....g	0.093		0	1		0.121	0.026	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.012		0	1		0.016	0.003	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.003		0	1		0.004	0.001	
Fatty acids, total trans....g								
Cholesterol....mg	21		0	4		27	6	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.114		0	1		0.148	0.032	
Threonine....g	0.360		0	1		0.468	0.102	
Isoleucine....g	0.419		0	1		0.545	0.119	
Leucine....g	0.863		0	1		1.122	0.245	
Lysine....g	0.407		0	1		0.529	0.115	
Methionine....g	0.204		0	1		0.265	0.058	
Cystine....g	0.186		0	1		0.242	0.053	
Phenylalanine....g	0.494		0	1		0.642	0.140	
Tyrosine....g	0.352		0	1		0.458	0.100	
Valine....g	0.501		0	1		0.651	0.142	
Arginine....g	0.427		0	1		0.555	0.121	
Histidine....g	0.245		0	1		0.319	0.069	
Alanine....g	0.434		0	1		0.564	0.123	
Aspartic acid....g	0.611		0	1		0.794	0.173	
Glutamic acid....g	2.571		0	1		3.342	0.729	
Glycine....g	0.332		0	1		0.432	0.094	
Proline....g	0.978		0	1		1.271	0.277	
Serine....g	0.516		0	1		0.671	0.146	
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 = 130.000g: 1 cup, poured from box

Measure 2 = 28.350g: 1 oz

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18290
Pancakes, plain, dry mix, complete, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	53.00		0	1		15.03	20.14	40.81
Energy....kcal	194		0	4		55	74	149
Energy....kj	812			4		230	308	625
Protein....g	5.20		0	1		1.47	1.98	4.00
Total lipid (fat)....g	2.50		0	1		0.71	0.95	1.93
Ash....g	2.60		0	1		0.74	0.99	2.00
Carbohydrate, by difference....g	36.70		0	4		10.40	13.95	28.26
Fiber, total dietary....g	1.3		0	1		0.4	0.5	1.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	126		0	1		36	48	97
Iron, Fe....mg	1.56		0	1		0.44	0.59	1.20
Magnesium, Mg....mg	20		0	1		6	8	15
Phosphorus, P....mg	334		0	1		95	127	257
Potassium, K....mg	175		0	1		50	67	135
Sodium, Na....mg	628		0	1		178	239	484
Zinc, Zn....mg	0.39		0	1		0.11	0.15	0.30
Copper, Cu....mg	0.094		0	1		0.027	0.036	0.072
Manganese, Mn....mg	0.272		0	1		0.077	0.103	0.209
Selenium, Se....mcg	13.5		0	4		3.8	5.1	10.4
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.1	0.1	0.2
Thiamin....mg	0.211		0	1		0.060	0.080	0.162
Riboflavin....mg	0.217		0	1		0.062	0.082	0.167
Niacin....mg	1.711		0	1		0.485	0.650	1.317
Pantothenic acid....mg	0.243		0	1		0.069	0.092	0.187
Vitamin B-6....mg	0.091		0	1		0.026	0.035	0.070
Folate, total....mcg	37		0	4		10	14	28
Folic acid....mcg	28		0	4		8	11	22
Folate, food....mcg	9		0	4		3	3	7
Folate, DFE....mcg_DFE	57		0	4		16	22	44
Vitamin B-12....mcg	0.20		0	1		0.06	0.08	0.15
Vitamin A, IU....IU	32		0	1		9	12	25
Vitamin A, RE....mcg_RE	9		0	1		3	3	7
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.507		0	1		0.144	0.193	0.390
4:0....g	0.005		0	1		0.001	0.002	0.004
6:0....g	0.003		0	1		0.001	0.001	0.002
8:0....g	0.002		0	1		0.001	0.001	0.002
10:0....g	0.004		0	1		0.001	0.002	0.003
11:0....g								
12:0....g	0.005		0	1		0.001	0.002	0.004
13:0....g								
14:0....g	0.018		0	1		0.005	0.007	0.014
15:0....g								
16:0....g	0.344		0	1		0.098	0.131	0.265
17:0....g								
18:0....g	0.125		0	1		0.035	0.048	0.096
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.881		0	1		0.250	0.335	0.678
14:1....g								
15:1....g								

NDB No. 18290
Pancakes, plain, dry mix, complete, prepared

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	0.023		0	1		0.007	0.009	0.018
17:1....g								
18:1 undifferentiated....g	0.857		0	1		0.243	0.326	0.660
20:1....g	0.001		0	1		0.000	0.000	0.001
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.820		0	1		0.232	0.312	0.631
18:2 undifferentiated....g	0.764		0	1		0.217	0.290	0.588
18:3 undifferentiated....g	0.048		0	1		0.014	0.018	0.037
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.006		0	1		0.002	0.002	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								
22:6 n-3....g	0.002		0	1		0.001	0.001	0.002
Fatty acids, total trans....g								
Cholesterol....mg	12		0	4		3	5	9
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.059		0	1		0.017	0.022	0.045
Threonine....g	0.186		0	1		0.053	0.071	0.143
Isoleucine....g	0.216		0	1		0.061	0.082	0.166
Leucine....g	0.444		0	1		0.126	0.169	0.342
Lysine....g	0.210		0	1		0.060	0.080	0.162
Methionine....g	0.105		0	1		0.030	0.040	0.081
Cystine....g	0.096		0	1		0.027	0.036	0.074
Phenylalanine....g	0.255		0	1		0.072	0.097	0.196
Tyrosine....g	0.181		0	1		0.051	0.069	0.139
Valine....g	0.258		0	1		0.073	0.098	0.199
Arginine....g	0.220		0	1		0.062	0.084	0.169
Histidine....g	0.126		0	1		0.036	0.048	0.097
Alanine....g	0.223		0	1		0.063	0.085	0.172
Aspartic acid....g	0.315		0	1		0.089	0.120	0.243
Glutamic acid....g	1.325		0	1		0.376	0.504	1.020
Glycine....g	0.171		0	1		0.048	0.065	0.132
Proline....g	0.504		0	1		0.143	0.192	0.388
Serine....g	0.266		0	1		0.075	0.101	0.205
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 = 28.350g: 1 oz

Measure 2 = 38.000g: 1 pancake (4" dia)

Measure 3 = 77.000g: 1 pancake (6" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18291
Pancakes, plain, dry mix, incomplete (includes buttermilk)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	9.10	0.120	124	1		10.19	2.58	
Energy....kcal	355		0	4		398	101	
Energy....kj	1485			4		1664	421	
Protein (N x 5.8)....g	10.00	0.117	129	1		11.20	2.84	
Total lipid (fat)....g	1.70	0.050	125	1		1.90	0.48	
Ash....g	5.60	0.042	110	1		6.27	1.59	
Carbohydrate, by difference....g	73.60		0	4		82.43	20.87	
Fiber, total dietary....g	5.4		0	4		6.1	1.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	342	13.692	134	1		383	97	
Iron, Fe....mg	3.05	0.128	104	1		3.42	0.86	
Magnesium, Mg....mg	31	1.925	60	1		35	9	
Phosphorus, P....mg	627	16.515	135	1		702	178	
Potassium, K....mg	191	3.867	82	1		214	54	
Sodium, Na....mg	1310	52.597	100	1		1467	371	
Zinc, Zn....mg	0.84	0.025	58	1		0.94	0.24	
Copper, Cu....mg	0.115	0.007	57	1		0.129	0.033	
Manganese, Mn....mg	0.395	0.028	31	1		0.442	0.112	
Selenium, Se....mcg	12.9	0.845	8	1		14.4	3.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.610	0.021	61	1		0.683	0.173	
Riboflavin....mg	0.371	0.019	61	1		0.416	0.105	
Niacin....mg	3.758	0.137	61	1		4.209	1.065	
Pantothenic acid....mg	0.426	0.032	14	1		0.477	0.121	
Vitamin B-6....mg	0.183	0.013	12	1		0.205	0.052	
Folate, total....mcg	115		0	4		129	33	
Folic acid....mcg	106		0	4		119	30	
Folate, food....mcg	9	0.865	6	1		10	3	
Folate, DFE....mcg_DFE	189		0	4		212	54	
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	0.174		0	4		0.195	0.049	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.250		0	4		0.280	0.071	
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	0.002		0	4		0.002	0.001	
13:0....g								
14:0....g	0.001		0	4		0.001	0.000	
15:0....g								
16:0....g	0.222		0	4		0.249	0.063	
17:0....g								
18:0....g	0.017		0	4		0.019	0.005	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.324		0	4		0.363	0.092	
14:1....g								
15:1....g								

NDB No. 18291
Pancakes, plain, dry mix, incomplete (includes buttermilk)

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	0.003		0	4		0.003	0.001	
17:1....g								
18:1 undifferentiated....g	0.322		0	4		0.361	0.091	
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	0.726		0	4		0.813	0.206	
18:2 undifferentiated....g	0.695		0	4		0.778	0.197	
18:3 undifferentiated....g	0.031		0	4		0.035	0.009	
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		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.112		0	4		0.125	0.032	
Threonine....g	0.293		0	4		0.328	0.083	
Isoleucine....g	0.372		0	4		0.417	0.105	
Leucine....g	0.767		0	4		0.859	0.217	
Lysine....g	0.236		0	4		0.264	0.067	
Methionine....g	0.179		0	4		0.200	0.051	
Cystine....g	0.219		0	4		0.245	0.062	
Phenylalanine....g	0.494		0	4		0.553	0.140	
Tyrosine....g	0.296		0	4		0.332	0.084	
Valine....g	0.447		0	4		0.501	0.127	
Arginine....g	0.411		0	4		0.460	0.117	
Histidine....g	0.227		0	4		0.254	0.064	
Alanine....g	0.391		0	4		0.438	0.111	
Aspartic acid....g	0.502		0	4		0.562	0.142	
Glutamic acid....g	3.094		0	4		3.465	0.877	
Glycine....g	0.370		0	4		0.414	0.105	
Proline....g	1.055		0	4		1.182	0.299	
Serine....g	0.480		0	4		0.538	0.136	
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 = 112.000g: 1 cup, poured from box

Measure 2 = 28.350g: 1 oz

Calories Factors: **Protein** 3.9 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18292
Pancakes, plain, dry mix, incomplete, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	52.90		0	1		15.00	20.10	40.73
Energy....kcal	218		0	4		62	83	168
Energy....kj	912			4		259	347	702
Protein....g	7.80		0	1		2.21	2.96	6.01
Total lipid (fat)....g	7.70		0	1		2.18	2.93	5.93
Ash....g	2.60		0	1		0.74	0.99	2.00
Carbohydrate, by difference....g	28.90		0	4		8.19	10.98	22.25
Fiber, total dietary....g	1.9		0	4		0.5	0.7	1.4
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	215		0	1		61	82	166
Iron, Fe....mg	1.30		0	1		0.37	0.49	1.00
Magnesium, Mg....mg	22		0	1		6	8	17
Phosphorus, P....mg	313		0	1		89	119	241
Potassium, K....mg	199		0	1		56	76	153
Sodium, Na....mg	505		0	1		143	192	389
Zinc, Zn....mg	0.75		0	1		0.21	0.29	0.58
Copper, Cu....mg	0.047		0	1		0.013	0.018	0.036
Manganese, Mn....mg	0.140		0	1		0.040	0.053	0.108
Selenium, Se....mcg	9.8	0.506	28	1		2.8	3.7	7.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		0	1		0.2	0.2	0.5
Thiamin....mg	0.201		0	1		0.057	0.076	0.155
Riboflavin....mg	0.311		0	1		0.088	0.118	0.239
Niacin....mg	1.232		0	1		0.349	0.468	0.949
Pantothenic acid....mg	0.506		0	1		0.143	0.192	0.390
Vitamin B-6....mg	0.105		0	1		0.030	0.040	0.081
Folate, total....mcg	36		0	4		10	14	28
Folic acid....mcg	25		0	4		7	10	19
Folate, food....mcg	11		0	1		3	4	8
Folate, DFE....mcg_DFE	54		0	4		15	20	41
Vitamin B-12....mcg	0.34		0	1		0.10	0.13	0.26
Vitamin A, IU....IU	250		0	1		71	95	193
Vitamin A, RE....mcg_RE	72		0	1		20	27	55
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.045		0	1		0.580	0.777	1.575
4:0....g	0.048		0	1		0.014	0.018	0.037
6:0....g	0.029		0	1		0.008	0.011	0.022
8:0....g	0.017		0	1		0.005	0.006	0.013
10:0....g	0.037		0	1		0.010	0.014	0.028
11:0....g								
12:0....g	0.043		0	1		0.012	0.016	0.033
13:0....g								
14:0....g	0.159		0	1		0.045	0.060	0.122
15:0....g								
16:0....g	1.235		0	1		0.350	0.469	0.951
17:0....g								
18:0....g	0.464		0	1		0.132	0.176	0.357
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.070		0	1		0.587	0.787	1.594
14:1....g								
15:1....g								

NDB No. 18292
Pancakes, plain, dry mix, incomplete, prepared

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	0.088		0	1		0.025	0.033	0.068
17:1....g								
18:1 undifferentiated....g	1.964		0	1		0.557	0.746	1.512
20:1....g	0.013		0	1		0.004	0.005	0.010
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.923		0	1		0.829	1.111	2.251
18:2 undifferentiated....g	2.574		0	1		0.730	0.978	1.982
18:3 undifferentiated....g	0.321		0	1		0.091	0.122	0.247
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	0.022		0	1		0.006	0.008	0.017
20:5 n-3....g	0.001		0	1		0.000	0.000	0.001
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.006		0	1		0.002	0.002	0.005
Fatty acids, total trans....g								
Cholesterol....mg	71		0	1		20	27	55
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.095		0	1		0.027	0.036	0.073
Threonine....g	0.298		0	1		0.084	0.113	0.229
Isoleucine....g	0.375		0	1		0.106	0.143	0.289
Leucine....g	0.657		0	1		0.186	0.250	0.506
Lysine....g	0.405		0	1		0.115	0.154	0.312
Methionine....g	0.180		0	1		0.051	0.068	0.139
Cystine....g	0.141		0	1		0.040	0.054	0.109
Phenylalanine....g	0.384		0	1		0.109	0.146	0.296
Tyrosine....g	0.293		0	1		0.083	0.111	0.226
Valine....g	0.428		0	1		0.121	0.163	0.330
Arginine....g	0.341		0	1		0.097	0.130	0.263
Histidine....g	0.187		0	1		0.053	0.071	0.144
Alanine....g	0.321		0	1		0.091	0.122	0.247
Aspartic acid....g	0.543		0	1		0.154	0.206	0.418
Glutamic acid....g	1.803		0	1		0.511	0.685	1.388
Glycine....g	0.241		0	1		0.068	0.092	0.186
Proline....g	0.666		0	1		0.189	0.253	0.513
Serine....g	0.435		0	1		0.123	0.165	0.335
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 = 28.350g: 1 oz

Measure 2 = 38.000g: 1 pancake (4" dia)

Measure 3 = 77.000g: 1 pancake (6" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18293
Pancakes, plain, prepared from recipe

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	52.90		0	1		15.00	20.10	40.73
Energy....kcal	227		0	4		64	86	175
Energy....kj	950			4		269	361	731
Protein (N x 0)....g	6.40		0	1		1.81	2.43	4.93
Total lipid (fat)....g	9.70		0	1		2.75	3.69	7.47
Ash....g	2.60		0	1		0.74	0.99	2.00
Carbohydrate, by difference....g	28.30		0	4		8.02	10.75	21.79
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	219		0	1		62	83	169
Iron, Fe....mg	1.80		0	1		0.51	0.68	1.39
Magnesium, Mg....mg	16		0	1		5	6	12
Phosphorus, P....mg	159		0	1		45	60	122
Potassium, K....mg	132		0	1		37	50	102
Sodium, Na....mg	439		0	1		124	167	338
Zinc, Zn....mg	0.56		0	1		0.16	0.21	0.43
Copper, Cu....mg	0.049		0	1		0.014	0.019	0.038
Manganese, Mn....mg	0.200		0	1		0.057	0.076	0.154
Selenium, Se....mcg	14.9		0	4		4.2	5.7	11.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	1		0.1	0.1	0.2
Thiamin....mg	0.201		0	1		0.057	0.076	0.155
Riboflavin....mg	0.281		0	1		0.080	0.107	0.216
Niacin....mg	1.567		0	1		0.444	0.595	1.207
Pantothenic acid....mg	0.405		0	1		0.115	0.154	0.312
Vitamin B-6....mg	0.046		0	1		0.013	0.017	0.035
Folate, total....mcg	38		0	4		11	14	29
Folic acid....mcg	26		0	4		7	10	20
Folate, food....mcg	12		0	1		3	5	9
Folate, DFE....mcg_DFE	56		0	4		16	21	43
Vitamin B-12....mcg	0.22		0	1		0.06	0.08	0.17
Vitamin A, IU....IU	196		0	1		56	74	151
Vitamin A, RE....mcg_RE	54		0	1		15	21	42
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.122		0	1		0.602	0.806	1.634
4:0....g	0.036		0	1		0.010	0.014	0.028
6:0....g	0.021		0	1		0.006	0.008	0.016
8:0....g	0.012		0	1		0.003	0.005	0.009
10:0....g	0.028		0	1		0.008	0.011	0.022
11:0....g								
12:0....g	0.031		0	1		0.009	0.012	0.024
13:0....g								
14:0....g	0.122		0	1		0.035	0.046	0.094
15:0....g								
16:0....g	1.354		0	1		0.384	0.515	1.043
17:0....g								
18:0....g	0.508		0	1		0.144	0.193	0.391
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.474		0	1		0.701	0.940	1.905
14:1....g								
15:1....g								

NDB No. 18293
Pancakes, plain, prepared from 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
16:1 undifferentiated....g	0.078		0	1		0.022	0.030	0.060
17:1....g								
18:1 undifferentiated....g	2.375		0	1		0.673	0.903	1.829
20:1....g	0.018		0	1		0.005	0.007	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	4.447		0	1		1.261	1.690	3.424
18:2 undifferentiated....g	3.913		0	1		1.109	1.487	3.013
18:3 undifferentiated....g	0.510		0	1		0.145	0.194	0.393
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	0.018		0	1		0.005	0.007	0.014
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	0.005		0	1		0.001	0.002	0.004
Fatty acids, total trans....g								
Cholesterol....mg	59		0	1		17	22	45
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.080		0	1		0.023	0.030	0.062
Threonine....g	0.237		0	1		0.067	0.090	0.182
Isoleucine....g	0.297		0	1		0.084	0.113	0.229
Leucine....g	0.513		0	1		0.145	0.195	0.395
Lysine....g	0.321		0	1		0.091	0.122	0.247
Methionine....g	0.147		0	1		0.042	0.056	0.113
Cystine....g	0.116		0	1		0.033	0.044	0.089
Phenylalanine....g	0.319		0	1		0.090	0.121	0.246
Tyrosine....g	0.240		0	1		0.068	0.091	0.185
Valine....g	0.335		0	1		0.095	0.127	0.258
Arginine....g	0.280		0	1		0.079	0.106	0.216
Histidine....g	0.152		0	1		0.043	0.058	0.117
Alanine....g	0.245		0	1		0.069	0.093	0.189
Aspartic acid....g	0.420		0	1		0.119	0.160	0.323
Glutamic acid....g	1.570		0	1		0.445	0.597	1.209
Glycine....g	0.198		0	1		0.056	0.075	0.152
Proline....g	0.576		0	1		0.163	0.219	0.444
Serine....g	0.363		0	1		0.103	0.138	0.280
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 = 28.350g: 1 oz

Measure 2 = 38.000g: 1 pancake (4" dia)

Measure 3 = 77.000g: 1 pancake (6" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18294
Pancakes, blueberry, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	53.20		0	1		15.08	20.22	40.96
Energy....kcal	222		0	4		63	84	171
Energy....kj	929			4		263	353	715
Protein (N x 0)....g	6.10		0	1		1.73	2.32	4.70
Total lipid (fat)....g	9.20		0	1		2.61	3.50	7.08
Ash....g	2.50		0	1		0.71	0.95	1.93
Carbohydrate, by difference....g	29.00		0	4		8.22	11.02	22.33
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	206		0	1		58	78	159
Iron, Fe....mg	1.72		0	1		0.49	0.65	1.32
Magnesium, Mg....mg	16		0	1		5	6	12
Phosphorus, P....mg	151		0	1		43	57	116
Potassium, K....mg	138		0	1		39	52	106
Sodium, Na....mg	412		0	1		117	157	317
Zinc, Zn....mg	0.54		0	1		0.15	0.21	0.42
Copper, Cu....mg	0.055		0	1		0.016	0.021	0.042
Manganese, Mn....mg	0.237		0	1		0.067	0.090	0.182
Selenium, Se....mcg	14.0		0	4		4.0	5.3	10.8
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.2		0	1		0.6	0.8	1.7
Thiamin....mg	0.195		0	1		0.055	0.074	0.150
Riboflavin....mg	0.272		0	1		0.077	0.103	0.209
Niacin....mg	1.524		0	1		0.432	0.579	1.173
Pantothenic acid....mg	0.395		0	1		0.112	0.150	0.304
Vitamin B-6....mg	0.049		0	1		0.014	0.019	0.038
Folate, total....mcg	36		0	4		10	14	28
Folic acid....mcg	24		0	4		7	9	18
Folate, food....mcg	12		0	1		3	5	9
Folate, DFE....mcg_DFE	53		0	4		15	20	41
Vitamin B-12....mcg	0.20		0	1		0.06	0.08	0.15
Vitamin A, IU....IU	199		0	1		56	76	153
Vitamin A, RE....mcg_RE	51		0	1		14	19	39
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.986		0	1		0.563	0.755	1.529
4:0....g	0.033		0	1		0.009	0.013	0.025
6:0....g	0.020		0	1		0.006	0.008	0.015
8:0....g	0.012		0	1		0.003	0.005	0.009
10:0....g	0.026		0	1		0.007	0.010	0.020
11:0....g								
12:0....g	0.029		0	1		0.008	0.011	0.022
13:0....g								
14:0....g	0.114		0	1		0.032	0.043	0.088
15:0....g								
16:0....g	1.267		0	1		0.359	0.481	0.976
17:0....g								
18:0....g	0.475		0	1		0.135	0.181	0.366
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.316		0	1		0.657	0.880	1.783
14:1....g								
15:1....g								

NDB No. 18294
Pancakes, blueberry, prepared from 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
16:1 undifferentiated....g	0.073		0	1		0.021	0.028	0.056
17:1....g								
18:1 undifferentiated....g	2.223		0	1		0.630	0.845	1.712
20:1....g	0.017		0	1		0.005	0.006	0.013
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	4.162		0	1		1.180	1.582	3.205
18:2 undifferentiated....g	3.662		0	1		1.038	1.392	2.820
18:3 undifferentiated....g	0.478		0	1		0.136	0.182	0.368
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	0.017		0	1		0.005	0.006	0.013
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	0.004		0	1		0.001	0.002	0.003
Fatty acids, total trans....g								
Cholesterol....mg	56		0	1		16	21	43
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.076		0	1		0.022	0.029	0.059
Threonine....g	0.225		0	1		0.064	0.086	0.173
Isoleucine....g	0.281		0	1		0.080	0.107	0.216
Leucine....g	0.487		0	1		0.138	0.185	0.375
Lysine....g	0.303		0	1		0.086	0.115	0.233
Methionine....g	0.139		0	1		0.039	0.053	0.107
Cystine....g	0.110		0	1		0.031	0.042	0.085
Phenylalanine....g	0.303		0	1		0.086	0.115	0.233
Tyrosine....g	0.226		0	1		0.064	0.086	0.174
Valine....g	0.318		0	1		0.090	0.121	0.245
Arginine....g	0.268		0	1		0.076	0.102	0.206
Histidine....g	0.144		0	1		0.041	0.055	0.111
Alanine....g	0.234		0	1		0.066	0.089	0.180
Aspartic acid....g	0.403		0	1		0.114	0.153	0.310
Glutamic acid....g	1.484		0	1		0.421	0.564	1.143
Glycine....g	0.190		0	1		0.054	0.072	0.146
Proline....g	0.543		0	1		0.154	0.206	0.418
Serine....g	0.343		0	1		0.097	0.130	0.264
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 = 28.350g: 1 oz

Measure 2 = 38.000g: 1 pancake (4" dia)

Measure 3 = 77.000g: 1 pancake (6" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18295
Pancakes, buckwheat, dry mix, incomplete

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	9.10	0.172	43	1		11.10	2.58	
Energy....kcal	340		0	4		415	96	
Energy....kj	1423			4		1736	403	
Protein (N x 6)....g	10.90	0.152	43	1		13.30	3.09	
Total lipid (fat)....g	2.70	0.090	43	1		3.29	0.77	
Ash....g	6.00	0.045	34	1		7.32	1.70	
Carbohydrate, by difference....g	71.30		0	4		86.99	20.21	
Fiber, total dietary....g	8.5		0	4		10.3	2.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	476	4.463	33	1		581	135	
Iron, Fe....mg	4.73	0.153	26	1		5.77	1.34	
Magnesium, Mg....mg	190		0	4		232	54	
Phosphorus, P....mg	913	19.971	33	1		1114	259	
Potassium, K....mg	316	11.861	20	1		386	90	
Sodium, Na....mg	1387	28.160	19	1		1692	393	
Zinc, Zn....mg	2.55		0	4		3.11	0.72	
Copper, Cu....mg	0.415		0	4		0.506	0.118	
Manganese, Mn....mg	1.656		0	4		2.020	0.469	
Selenium, Se....mcg	13.1		0	4		16.0	3.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.542	0.013	26	1		0.661	0.154	
Riboflavin....mg	0.249	0.021	26	1		0.304	0.071	
Niacin....mg	4.095	0.112	25	1		4.996	1.161	
Pantothenic acid....mg	0.415		0	4		0.506	0.118	
Vitamin B-6....mg	0.438		0	4		0.534	0.124	
Folate, total....mcg	50		0	4		61	14	
Folic acid....mcg	15		0	4		18	4	
Folate, food....mcg	35		0	4		43	10	
Folate, DFE....mcg_DFE	61		0	4		74	17	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.814		0	4		0.993	0.231	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.439		0	1		0.536	0.124	
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	0.011		0	1		0.013	0.003	
10:0....g	0.005		0	1		0.006	0.001	
11:0....g								
12:0....g	0.004		0	1		0.005	0.001	
13:0....g								
14:0....g	0.010		0	1		0.012	0.003	
15:0....g								
16:0....g	0.364		0	1		0.444	0.103	
17:0....g								
18:0....g	0.029		0	1		0.035	0.008	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.581		0	1		0.709	0.165	
14:1....g								
15:1....g								

NDB No. 18295
Pancakes, buckwheat, dry mix, incomplete

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	0.014		0	1		0.017	0.004	
17:1....g								
18:1 undifferentiated....g	0.564		0	1		0.688	0.160	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.003		0	1		0.004	0.001	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.000		0	1		1.220	0.284	
18:2 undifferentiated....g	0.945		0	1		1.153	0.268	
18:3 undifferentiated....g	0.054		0	1		0.066	0.015	
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	0.001		0	1		0.001	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								
Amino Acids:								
Tryptophan....g	0.159		0	1		0.194	0.045	
Threonine....g	0.352		0	1		0.429	0.100	
Isoleucine....g	0.408		0	1		0.498	0.116	
Leucine....g	0.756		0	1		0.922	0.214	
Lysine....g	0.381		0	1		0.465	0.108	
Methionine....g	0.166		0	1		0.203	0.047	
Cystine....g	0.228		0	1		0.278	0.065	
Phenylalanine....g	0.488		0	1		0.595	0.138	
Tyrosine....g	0.286		0	1		0.349	0.081	
Valine....g	0.514		0	1		0.627	0.146	
Arginine....g	0.605		0	1		0.738	0.172	
Histidine....g	0.257		0	1		0.314	0.073	
Alanine....g	0.483		0	1		0.589	0.137	
Aspartic acid....g	0.689		0	1		0.841	0.195	
Glutamic acid....g	2.808		0	1		3.426	0.796	
Glycine....g	0.570		0	1		0.695	0.162	
Proline....g	0.895		0	1		1.092	0.254	
Serine....g	0.530		0	1		0.647	0.150	
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 = 122.000g: 1 cup, poured from box

Measure 2 = 28.350g: 1 oz

Calories Factors: **Protein** 3.6 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18297
Pancakes, special dietary, dry mix

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	10.80		1	1		3.06	24.49	
Energy....kcal	349		0	4		99	792	
Energy....kj	1460			4		414	3312	
Protein (N x 5.9)....g	8.90		1	1		2.52	20.19	
Total lipid (fat)....g	1.40		1	1		0.40	3.18	
Ash....g	5.00		1	1		1.42	11.34	
Carbohydrate, by difference....g	73.90		0	4		20.95	167.61	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	99		1	1		28	225	
Iron, Fe....mg	3.05		1	1		0.86	6.92	
Magnesium, Mg....mg	47		1	1		13	107	
Phosphorus, P....mg	596		1	1		169	1352	
Potassium, K....mg	676		1	1		192	1533	
Sodium, Na....mg	456		1	1		129	1034	
Zinc, Zn....mg	1.19		1	1		0.34	2.70	
Copper, Cu....mg	0.137		1	1		0.039	0.311	
Manganese, Mn....mg	0.578		0	4		0.164	1.311	
Selenium, Se....mcg	25.1		0	4		7.1	56.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	
Thiamin....mg	0.370		1	1		0.105	0.839	
Riboflavin....mg	0.209		1	1		0.059	0.474	
Niacin....mg	3.270		1	1		0.927	7.416	
Pantothenic acid....mg	0.364		1	1		0.103	0.826	
Vitamin B-6....mg	0.037		1	1		0.010	0.084	
Folate, total....mcg	107		0	4		30	243	
Folic acid....mcg	93		0	4		26	211	
Folate, food....mcg	14		1	1		4	32	
Folate, DFE....mcg_DFE	172		0	4		49	390	
Vitamin B-12....mcg	0.00		1	1		0.00	0.00	
Vitamin A, IU....IU	126		1	1		36	286	
Vitamin A, RE....mcg_RE	19		0	1		5	43	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.202		0	1		0.057	0.458	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g	0.001		0	1		0.000	0.002	
13:0....g								
14:0....g	0.001		0	1		0.000	0.002	
15:0....g								
16:0....g	0.177		0	1		0.050	0.401	
17:0....g								
18:0....g	0.018		0	1		0.005	0.041	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.276		0	1		0.078	0.626	
14:1....g								
15:1....g								

NDB No. 18297
Pancakes, special dietary, dry mix

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	0.003		0	1		0.001	0.007	
17:1....g								
18:1 undifferentiated....g	0.273		0	1		0.077	0.619	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.611		0	1		0.173	1.386	
18:2 undifferentiated....g	0.586		0	1		0.166	1.329	
18:3 undifferentiated....g	0.025		0	1		0.007	0.057	
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		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.090		0	1		0.026	0.204	
Threonine....g	0.271		0	1		0.077	0.615	
Isoleucine....g	0.337		0	1		0.096	0.764	
Leucine....g	0.796		0	1		0.226	1.805	
Lysine....g	0.251		0	1		0.071	0.569	
Methionine....g	0.158		0	1		0.045	0.358	
Cystine....g	0.178		0	1		0.050	0.404	
Phenylalanine....g	0.450		0	1		0.128	1.021	
Tyrosine....g	0.295		0	1		0.084	0.669	
Valine....g	0.394		0	1		0.112	0.894	
Arginine....g	0.420		0	1		0.119	0.953	
Histidine....g	0.223		0	1		0.063	0.506	
Alanine....g	0.400		0	1		0.113	0.907	
Aspartic acid....g	0.572		0	1		0.162	1.297	
Glutamic acid....g	2.415		0	1		0.685	5.477	
Glycine....g	0.322		0	1		0.091	0.730	
Proline....g	0.878		0	1		0.249	1.991	
Serine....g	0.429		0	1		0.122	0.973	
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 = 28.350g: 1 oz

Measure 2 = 226.800g: 1 package (8 oz)

Calories Factors: **Protein** 3.8 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18299
Pancakes, whole-wheat, dry mix, incomplete

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	8.80	0.097	19	1		12.32	2.49	
Energy....kcal	344		0	4		482	98	
Energy....kj	1439			4		2015	408	
Protein (N x 5.8)....g	12.80	0.062	19	1		17.92	3.63	
Total lipid (fat)....g	1.50	0.065	19	1		2.10	0.43	
Ash....g	5.90	0.034	19	1		8.26	1.67	
Carbohydrate, by difference....g	71.00		0	4		99.40	20.13	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	449	11.622	19	1		629	127	
Iron, Fe....mg	7.84	0.136	19	1		10.98	2.22	
Magnesium, Mg....mg	104		0	4		146	29	
Phosphorus, P....mg	782	8.358	19	1		1095	222	
Potassium, K....mg	445	16.348	9	1		623	126	
Sodium, Na....mg	1419	32.951	9	1		1987	402	
Zinc, Zn....mg	1.96		0	4		2.74	0.56	
Copper, Cu....mg	0.560		0	4		0.784	0.159	
Manganese, Mn....mg	2.236		0	4		3.130	0.634	
Selenium, Se....mcg	38.0		0	4		53.2	10.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.569	0.021	19	1		0.797	0.161	
Riboflavin....mg	1.083	0.058	19	1		1.516	0.307	
Niacin....mg	6.767	0.191	19	1		9.474	1.918	
Pantothenic acid....mg	0.750		0	4		1.050	0.213	
Vitamin B-6....mg	0.227		0	4		0.318	0.064	
Folate, total....mcg	82		0	4		115	23	
Folic acid....mcg	28		0	4		39	8	
Folate, food....mcg	54		0	4		76	15	
Folate, DFE....mcg_DFE	102		0	4		142	29	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	31	3.600	10	1		43	9	
Vitamin A, RE....mcg_RE	3		0	1		4	1	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.244		0	1		0.342	0.069	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g	0.002		0	1		0.003	0.001	
13:0....g								
14:0....g	0.002		0	1		0.003	0.001	
15:0....g								
16:0....g	0.217		0	1		0.304	0.062	
17:0....g								
18:0....g	0.012		0	1		0.017	0.003	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.279		0	1		0.391	0.079	
14:1....g								
15:1....g								

NDB No. 18299
Pancakes, whole-wheat, dry mix, incomplete

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	0.007		0	1		0.010	0.002	
17:1....g								
18:1 undifferentiated....g	0.273		0	1		0.382	0.077	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.605		0	1		0.847	0.172	
18:2 undifferentiated....g	0.575		0	1		0.805	0.163	
18:3 undifferentiated....g	0.030		0	1		0.042	0.009	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.001		0	1		0.001	0.000	
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	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.187		0	1		0.262	0.053	
Threonine....g	0.394		0	1		0.552	0.112	
Isoleucine....g	0.496		0	1		0.694	0.141	
Leucine....g	0.908		0	1		1.271	0.257	
Lysine....g	0.430		0	1		0.602	0.122	
Methionine....g	0.216		0	1		0.302	0.061	
Cystine....g	0.300		0	1		0.420	0.085	
Phenylalanine....g	0.634		0	1		0.888	0.180	
Tyrosine....g	0.397		0	1		0.556	0.113	
Valine....g	0.628		0	1		0.879	0.178	
Arginine....g	0.705		0	1		0.987	0.200	
Histidine....g	0.297		0	1		0.416	0.084	
Alanine....g	0.529		0	1		0.741	0.150	
Aspartic acid....g	0.813		0	1		1.138	0.230	
Glutamic acid....g	3.602		0	1		5.043	1.021	
Glycine....g	0.555		0	1		0.777	0.157	
Proline....g	1.108		0	1		1.551	0.314	
Serine....g	0.599		0	1		0.839	0.170	
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 = 140.000g: 1 cup, poured from box

Measure 2 = 28.350g: 1 oz

Calories Factors: **Protein** 3.7 **Fat** 8.4 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18300
Pancakes, whole-wheat, dry mix, incomplete, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	52.80		0	1		14.97	23.23	68.11
Energy....kcal	208		0	4		59	92	268
Energy....kj	870			4		247	383	1123
Protein....g	8.50		0	1		2.41	3.74	10.97
Total lipid (fat)....g	6.50		0	1		1.84	2.86	8.39
Ash....g	2.80		0	1		0.79	1.23	3.61
Carbohydrate, by difference....g	29.40		0	4		8.33	12.94	37.93
Fiber, total dietary....g	2.8		0	4		0.8	1.2	3.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	250		0	1		71	110	323
Iron, Fe....mg	3.11		0	1		0.88	1.37	4.01
Magnesium, Mg....mg	46		0	4		13	20	59
Phosphorus, P....mg	373		0	1		106	164	481
Potassium, K....mg	279		0	1		79	123	360
Sodium, Na....mg	572		0	1		162	252	738
Zinc, Zn....mg	1.04		0	4		0.29	0.46	1.34
Copper, Cu....mg	0.080		0	4		0.023	0.035	0.103
Manganese, Mn....mg	1.546		0	4		0.438	0.680	1.994
Selenium, Se....mcg	19.4		0	4		5.5	8.5	25.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		0	1		0.1	0.2	0.6
Thiamin....mg	0.197		0	1		0.056	0.087	0.254
Riboflavin....mg	0.529		0	1		0.150	0.233	0.682
Niacin....mg	2.309		0	1		0.655	1.016	2.979
Pantothenic acid....mg	0.518		0	4		0.147	0.228	0.668
Vitamin B-6....mg	0.110		0	4		0.031	0.048	0.142
Folate, total....mcg	29		0	4		8	13	37
Folic acid....mcg	8		0	4		2	4	10
Folate, food....mcg	21		0	4		6	9	27
Folate, DFE....mcg_DFE	35		0	4		10	15	45
Vitamin B-12....mcg	0.29		0	1		0.08	0.13	0.37
Vitamin A, IU....IU	226		0	1		64	99	292
Vitamin A, RE....mcg_RE	64		0	1		18	28	83
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.749		0	1		0.496	0.770	2.256
4:0....g	0.041		0	1		0.012	0.018	0.053
6:0....g	0.025		0	1		0.007	0.011	0.032
8:0....g	0.014		0	1		0.004	0.006	0.018
10:0....g	0.032		0	1		0.009	0.014	0.041
11:0....g								
12:0....g	0.037		0	1		0.010	0.016	0.048
13:0....g								
14:0....g	0.137		0	1		0.039	0.060	0.177
15:0....g								
16:0....g	1.057		0	1		0.300	0.465	1.364
17:0....g								
18:0....g	0.391		0	1		0.111	0.172	0.504
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.742		0	1		0.494	0.766	2.247
14:1....g								
15:1....g								

NDB No. 18300
Pancakes, whole-wheat, dry mix, incomplete, prepared

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	0.077		0	1		0.022	0.034	0.099
17:1....g								
18:1 undifferentiated....g	1.650		0	1		0.468	0.726	2.129
20:1....g	0.010		0	1		0.003	0.004	0.013
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.406		0	1		0.682	1.059	3.104
18:2 undifferentiated....g	2.118		0	1		0.600	0.932	2.732
18:3 undifferentiated....g	0.264		0	1		0.075	0.116	0.341
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	0.019		0	1		0.005	0.008	0.025
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	0.005		0	1		0.001	0.002	0.006
Fatty acids, total trans....g								
Cholesterol....mg	61		0	1		17	27	79
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.118		0	1		0.033	0.052	0.152
Threonine....g	0.316		0	1		0.090	0.139	0.408
Isoleucine....g	0.396		0	1		0.112	0.174	0.511
Leucine....g	0.675		0	1		0.191	0.297	0.871
Lysine....g	0.438		0	1		0.124	0.193	0.565
Methionine....g	0.182		0	1		0.052	0.080	0.235
Cystine....g	0.167		0	1		0.047	0.073	0.215
Phenylalanine....g	0.419		0	1		0.119	0.184	0.541
Tyrosine....g	0.312		0	1		0.088	0.137	0.402
Valine....g	0.468		0	1		0.133	0.206	0.604
Arginine....g	0.432		0	1		0.122	0.190	0.557
Histidine....g	0.204		0	1		0.058	0.090	0.263
Alanine....g	0.357		0	1		0.101	0.157	0.461
Aspartic acid....g	0.620		0	1		0.176	0.273	0.800
Glutamic acid....g	1.969		0	1		0.558	0.866	2.540
Glycine....g	0.303		0	1		0.086	0.133	0.391
Proline....g	0.671		0	1		0.190	0.295	0.866
Serine....g	0.454		0	1		0.129	0.200	0.586
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 = 28.350g: 1 oz

Measure 2 = 44.000g: 1 pancake (4" dia)

Measure 3 = 129.000g: 1 pancake (6" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18301
Pie, apple, commercially prepared, enriched flour

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	52.20	1.308	21	1		14.80	65.25	61.07
Energy....kcal	237		0	4		67	296	277
Energy....kj	992			4		281	1240	1160
Protein (N x 5.7)....g	1.90	0.103	17	1		0.54	2.38	2.22
Total lipid (fat)....g	11.00	0.514	21	1		3.12	13.75	12.87
Ash....g	0.90	0.097	23	1		0.26	1.13	1.05
Carbohydrate, by difference....g	34.00		0	4		9.64	42.50	39.78
Fiber, total dietary....g	1.6		0	1		0.5	2.0	1.9
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11	0.328	40	1		3	14	13
Iron, Fe....mg	0.45	0.029	36	1		0.13	0.56	0.53
Magnesium, Mg....mg	7	0.289	36	1		2	9	8
Phosphorus, P....mg	24	0.530	35	1		7	30	28
Potassium, K....mg	65	1.999	39	1		18	81	76
Sodium, Na....mg	266	7.937	41	1		75	333	311
Zinc, Zn....mg	0.16	0.008	36	1		0.05	0.20	0.19
Copper, Cu....mg	0.046	0.002	36	1		0.013	0.058	0.054
Manganese, Mn....mg	0.182	0.006	36	1		0.052	0.228	0.213
Selenium, Se....mcg	1.0	0.374	13	1		0.3	1.3	1.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.2	0.680	15	1		0.9	4.0	3.7
Thiamin....mg	0.028	0.006	16	1		0.008	0.035	0.033
Riboflavin....mg	0.027	0.003	15	1		0.008	0.034	0.032
Niacin....mg	0.263	0.053	15	1		0.075	0.329	0.308
Pantothenic acid....mg	0.119	0.008	5	1		0.034	0.149	0.139
Vitamin B-6....mg	0.038	0.004	5	1		0.011	0.048	0.044
Folate, total....mcg	22		0	4		6	28	26
Folic acid....mcg	18		0	4		5	23	21
Folate, food....mcg	4	0.246	11	1		1	5	5
Folate, DFE....mcg_DFE	35		0	4		10	43	40
Vitamin B-12....mcg	0.01		0	4		0.00	0.01	0.01
Vitamin A, IU....IU	124	24.922	7	1		35	155	145
Vitamin A, RE....mcg_RE	30		0	1		9	38	35
Vitamin E....mg_ATE	0.068		0	4		0.019	0.085	0.080
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.797		0	4		1.076	4.746	4.442
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	0.021		0	4		0.006	0.026	0.025
13:0....g								
14:0....g	0.126		0	4		0.036	0.158	0.147
15:0....g								
16:0....g	2.062		0	4		0.585	2.578	2.413
17:0....g								
18:0....g	1.534		0	4		0.435	1.918	1.795
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.388		0	4		1.244	5.485	5.134
14:1....g								
15:1....g								

NDB No. 18301
Pie, apple, commercially prepared, enriched flour

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	0.146		0	4		0.041	0.183	0.171
17:1....g								
18:1 undifferentiated....g	4.109		0	4		1.165	5.136	4.808
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	2.198		0	4		0.623	2.748	2.572
18:2 undifferentiated....g	2.066		0	4		0.586	2.583	2.417
18:3 undifferentiated....g	0.123		0	4		0.035	0.154	0.144
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	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.026		0	1		0.007	0.033	0.030
Threonine....g	0.054		0	1		0.015	0.068	0.063
Isoleucine....g	0.073		0	1		0.021	0.091	0.085
Leucine....g	0.129		0	1		0.037	0.161	0.151
Lysine....g	0.070		0	1		0.020	0.088	0.082
Methionine....g	0.032		0	1		0.009	0.040	0.037
Cystine....g	0.040		0	1		0.011	0.050	0.047
Phenylalanine....g	0.088		0	1		0.025	0.110	0.103
Tyrosine....g	0.054		0	1		0.015	0.068	0.063
Valine....g	0.084		0	1		0.024	0.105	0.098
Arginine....g	0.074		0	1		0.021	0.093	0.087
Histidine....g	0.038		0	1		0.011	0.048	0.044
Alanine....g	0.060		0	1		0.017	0.075	0.070
Aspartic acid....g	0.095		0	1		0.027	0.119	0.111
Glutamic acid....g	0.587		0	1		0.166	0.734	0.687
Glycine....g	0.065		0	1		0.018	0.081	0.076
Proline....g	0.199		0	1		0.056	0.249	0.233
Serine....g	0.099		0	1		0.028	0.124	0.116
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 = 28.350g: 1 oz

Measure 2 = 125.000g: 1 piece (1/8 of 9" dia)

Measure 3 = 117.000g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18302
Pie, apple, prepared from recipe

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	47.30		0	1		13.41	73.32	
Energy....kcal	265		0	4		75	411	
Energy....kj	1109			4		314	1719	
Protein (N x 0)....g	2.40		0	1		0.68	3.72	
Total lipid (fat)....g	12.50		0	1		3.54	19.38	
Ash....g	0.80		0	1		0.23	1.24	
Carbohydrate, by difference....g	37.10		0	4		10.52	57.51	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	7		0	1		2	11	
Iron, Fe....mg	1.12		0	1		0.32	1.74	
Magnesium, Mg....mg	7		0	1		2	11	
Phosphorus, P....mg	28		0	1		8	43	
Potassium, K....mg	79		0	1		22	122	
Sodium, Na....mg	211		0	1		60	327	
Zinc, Zn....mg	0.19		0	1		0.05	0.29	
Copper, Cu....mg	0.053		0	1		0.015	0.082	
Manganese, Mn....mg	0.185		0	1		0.052	0.287	
Selenium, Se....mcg	7.8		0	4		2.2	12.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.7		0	1		0.5	2.6	
Thiamin....mg	0.148		0	1		0.042	0.229	
Riboflavin....mg	0.107		0	1		0.030	0.166	
Niacin....mg	1.230		0	1		0.349	1.907	
Pantothenic acid....mg	0.093		0	1		0.026	0.144	
Vitamin B-6....mg	0.032		0	1		0.009	0.050	
Folate, total....mcg	24		0	4		7	37	
Folic acid....mcg	20		0	4		6	31	
Folate, food....mcg	4		0	1		1	6	
Folate, DFE....mcg_DFE	38		0	4		11	59	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	58		0	1		16	90	
Vitamin A, RE....mcg_RE	12		0	1		3	19	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.050		0	1		0.865	4.728	
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	0.001		0	1		0.000	0.002	
13:0....g								
14:0....g	0.058		0	1		0.016	0.090	
15:0....g								
16:0....g	1.738		0	1		0.493	2.694	
17:0....g								
18:0....g	1.253		0	1		0.355	1.942	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.393		0	1		1.529	8.359	
14:1....g								
15:1....g								

NDB No. 18302
Pie, apple, prepared from 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
16:1 undifferentiated....g	0.001		0	1		0.000	0.002	
17:1....g								
18:1 undifferentiated....g	5.392		0	1		1.529	8.358	
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	3.338		0	1		0.946	5.174	
18:2 undifferentiated....g	3.134		0	1		0.888	4.858	
18:3 undifferentiated....g	0.204		0	1		0.058	0.316	
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								
Amino Acids:								
Tryptophan....g	0.029		0	1		0.008	0.045	
Threonine....g	0.066		0	1		0.019	0.102	
Isoleucine....g	0.083		0	1		0.024	0.129	
Leucine....g	0.164		0	1		0.046	0.254	
Lysine....g	0.056		0	1		0.016	0.087	
Methionine....g	0.042		0	1		0.012	0.065	
Cystine....g	0.050		0	1		0.014	0.078	
Phenylalanine....g	0.118		0	1		0.033	0.183	
Tyrosine....g	0.072		0	1		0.020	0.112	
Valine....g	0.097		0	1		0.027	0.150	
Arginine....g	0.096		0	1		0.027	0.149	
Histidine....g	0.053		0	1		0.015	0.082	
Alanine....g	0.077		0	1		0.022	0.119	
Aspartic acid....g	0.111		0	1		0.031	0.172	
Glutamic acid....g	0.786		0	1		0.223	1.218	
Glycine....g	0.086		0	1		0.024	0.133	
Proline....g	0.271		0	1		0.077	0.420	
Serine....g	0.119		0	1		0.034	0.184	
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 = 28.350g: 1 oz

Measure 2 = 155.000g: 1 piece (1/8 of 9" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18303
Pie, banana cream, prepared from mix, no-bake type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	50.90		1	1		14.43	46.83	62.61
Energy....kcal	251		0	4		71	231	309
Energy....kj	1050			4		298	966	1292
Protein (N x 6)....g	3.40		1	1		0.96	3.13	4.18
Total lipid (fat)....g	12.90		1	1		3.66	11.87	15.87
Ash....g	1.10		1	1		0.31	1.01	1.35
Carbohydrate, by difference....g	31.60		0	4		8.96	29.07	38.87
Fiber, total dietary....g	0.6		0	4		0.2	0.6	0.8
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	73		1	1		21	67	90
Iron, Fe....mg	0.46		1	1		0.13	0.42	0.57
Magnesium, Mg....mg	12		1	1		3	11	15
Phosphorus, P....mg	167		1	1		47	154	205
Potassium, K....mg	113		1	1		32	104	139
Sodium, Na....mg	290		1	1		82	267	357
Zinc, Zn....mg	0.33		1	1		0.09	0.30	0.41
Copper, Cu....mg	0.043		1	1		0.012	0.040	0.053
Manganese, Mn....mg	0.107		0	4		0.030	0.098	0.132
Selenium, Se....mcg	4.9		0	4		1.4	4.5	6.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		1	1		0.1	0.5	0.6
Thiamin....mg	0.102		1	1		0.029	0.094	0.125
Riboflavin....mg	0.146		1	1		0.041	0.134	0.180
Niacin....mg	0.709		1	1		0.201	0.652	0.872
Pantothenic acid....mg	0.259		1	1		0.073	0.238	0.319
Vitamin B-6....mg	0.035		1	1		0.010	0.032	0.043
Folate, total....mcg	21		0	4		6	19	26
Folic acid....mcg	14		0	4		4	13	17
Folate, food....mcg	7		1	1		2	6	9
Folate, DFE....mcg_DFE	31		0	4		9	28	38
Vitamin B-12....mcg	0.21		1	1		0.06	0.19	0.26
Vitamin A, IU....IU	408		1	1		116	375	502
Vitamin A, RE....mcg_RE	100		0	1		28	92	123
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.904		0	4		1.957	6.352	8.492
4:0....g	0.320		0	4		0.091	0.294	0.394
6:0....g	0.189		0	4		0.054	0.174	0.232
8:0....g	0.110		0	4		0.031	0.101	0.135
10:0....g	0.247		0	4		0.070	0.227	0.304
11:0....g								
12:0....g	0.277		0	4		0.079	0.255	0.341
13:0....g								
14:0....g	1.006		0	4		0.285	0.926	1.237
15:0....g								
16:0....g	2.991		0	4		0.848	2.752	3.679
17:0....g								
18:0....g	1.550		0	4		0.439	1.426	1.907
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.559		0	4		1.292	4.194	5.608
14:1....g								
15:1....g								

NDB No. 18303
Pie, banana cream, prepared from mix, no-bake type

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	0.221		0	4		0.063	0.203	0.272
17:1....g								
18:1 undifferentiated....g	4.191		0	4		1.188	3.856	5.155
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	0.764		0	4		0.217	0.703	0.940
18:2 undifferentiated....g	0.600		0	4		0.170	0.552	0.738
18:3 undifferentiated....g	0.164		0	4		0.046	0.151	0.202
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	29		0	4		8	27	36
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.046		0	1		0.013	0.042	0.057
Threonine....g	0.137		0	1		0.039	0.126	0.169
Isoleucine....g	0.168		0	1		0.048	0.155	0.207
Leucine....g	0.285		0	1		0.081	0.262	0.351
Lysine....g	0.202		0	1		0.057	0.186	0.248
Methionine....g	0.066		0	1		0.019	0.061	0.081
Cystine....g	0.050		0	1		0.014	0.046	0.062
Phenylalanine....g	0.161		0	1		0.046	0.148	0.198
Tyrosine....g	0.132		0	1		0.037	0.121	0.162
Valine....g	0.181		0	1		0.051	0.167	0.223
Arginine....g	0.156		0	1		0.044	0.144	0.192
Histidine....g	0.084		0	1		0.024	0.077	0.103
Alanine....g	0.125		0	1		0.035	0.115	0.154
Aspartic acid....g	0.265		0	1		0.075	0.244	0.326
Glutamic acid....g	0.792		0	1		0.225	0.729	0.974
Glycine....g	0.104		0	1		0.029	0.096	0.128
Proline....g	0.301		0	1		0.085	0.277	0.370
Serine....g	0.178		0	1		0.050	0.164	0.219
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 = 28.350g: 1 oz

Measure 2 = 92.000g: 1 piece (1/8 of 9" dia)

Measure 3 = 123.000g: 1 piece (1/6 of 8" pie)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18304
Pie, banana cream, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	47.90		0	1		13.58	568.09	68.98
Energy....kcal	269		0	4		76	3190	387
Energy....kj	1125			4		319	13348	1621
Protein (N x 0)....g	4.40		0	1		1.25	52.18	6.34
Total lipid (fat)....g	13.60		0	1		3.86	161.30	19.58
Ash....g	1.20		0	1		0.34	14.23	1.73
Carbohydrate, by difference....g	32.90		0	4		9.33	390.19	47.38
Fiber, total dietary....g	0.7		0	4		0.2	8.3	1.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	75		0	1		21	890	108
Iron, Fe....mg	1.04		0	1		0.29	12.33	1.50
Magnesium, Mg....mg	16		0	1		5	190	23
Phosphorus, P....mg	92		0	1		26	1091	132
Potassium, K....mg	165		0	1		47	1957	238
Sodium, Na....mg	240		0	1		68	2846	346
Zinc, Zn....mg	0.48		0	1		0.14	5.69	0.69
Copper, Cu....mg	0.052		0	1		0.015	0.617	0.075
Manganese, Mn....mg	0.152		0	1		0.043	1.803	0.219
Selenium, Se....mcg	9.1		0	4		2.6	107.9	13.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.6		0	1		0.5	19.0	2.3
Thiamin....mg	0.139		0	1		0.039	1.649	0.200
Riboflavin....mg	0.207		0	1		0.059	2.455	0.298
Niacin....mg	1.054		0	1		0.299	12.500	1.518
Pantothenic acid....mg	0.388		0	1		0.110	4.602	0.559
Vitamin B-6....mg	0.133		0	1		0.038	1.577	0.192
Folate, total....mcg	27		0	4		8	320	39
Folic acid....mcg	16		0	4		5	190	23
Folate, food....mcg	11		0	1		3	130	16
Folate, DFE....mcg_DFE	38		0	4		11	453	55
Vitamin B-12....mcg	0.25		0	1		0.07	2.97	0.36
Vitamin A, IU....IU	261		0	1		74	3095	376
Vitamin A, RE....mcg_RE	70		0	1		20	830	101
Vitamin E....mg_ATE	1.472		0	4		0.417	17.458	2.120
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.758		0	1		1.065	44.570	5.412
4:0....g	0.034		0	1		0.010	0.403	0.049
6:0....g	0.020		0	1		0.006	0.237	0.029
8:0....g	0.012		0	1		0.003	0.142	0.017
10:0....g	0.027		0	1		0.008	0.320	0.039
11:0....g								
12:0....g	0.031		0	1		0.009	0.368	0.045
13:0....g								
14:0....g	0.153		0	1		0.043	1.815	0.220
15:0....g								
16:0....g	2.122		0	1		0.602	25.167	3.056
17:0....g								
18:0....g	1.350		0	1		0.383	16.011	1.944
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.719		0	1		1.621	67.827	8.235
14:1....g								
15:1....g								

NDB No. 18304
Pie, banana cream, prepared from 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
16:1 undifferentiated....g	0.060		0	1		0.017	0.712	0.086
17:1....g								
18:1 undifferentiated....g	5.652		0	1		1.602	67.033	8.139
20:1....g	0.003		0	1		0.001	0.036	0.004
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.292		0	1		0.933	39.043	4.740
18:2 undifferentiated....g	3.067		0	1		0.869	36.375	4.416
18:3 undifferentiated....g	0.205		0	1		0.058	2.431	0.295
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	0.016		0	1		0.005	0.190	0.023
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	0.004		0	1		0.001	0.047	0.006
Fatty acids, total trans....g								
Cholesterol....mg	51		0	1		14	605	73
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.055		0	1		0.016	0.652	0.079
Threonine....g	0.165		0	1		0.047	1.957	0.238
Isoleucine....g	0.203		0	1		0.058	2.408	0.292
Leucine....g	0.358		0	1		0.101	4.246	0.516
Lysine....g	0.232		0	1		0.066	2.752	0.334
Methionine....g	0.092		0	1		0.026	1.091	0.132
Cystine....g	0.068		0	1		0.019	0.806	0.098
Phenylalanine....g	0.206		0	1		0.058	2.443	0.297
Tyrosine....g	0.168		0	1		0.048	1.992	0.242
Valine....g	0.229		0	1		0.065	2.716	0.330
Arginine....g	0.186		0	1		0.053	2.206	0.268
Histidine....g	0.116		0	1		0.033	1.376	0.167
Alanine....g	0.155		0	1		0.044	1.838	0.223
Aspartic acid....g	0.285		0	1		0.081	3.380	0.410
Glutamic acid....g	1.062		0	1		0.301	12.595	1.529
Glycine....g	0.126		0	1		0.036	1.494	0.181
Proline....g	0.407		0	1		0.115	4.827	0.586
Serine....g	0.243		0	1		0.069	2.882	0.350
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 = 28.350g: 1 oz

Measure 2 = 1186.000g: 1 pie (9" dia)

Measure 3 = 144.000g: 1 piece (1/8 of 9" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18305
Pie, blueberry, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	52.50		1	1		14.88	65.63	61.43
Energy....kcal	232		0	4		66	290	271
Energy....kj	971			4		275	1213	1136
Protein (N x 5.7)....g	1.80		1	1		0.51	2.25	2.11
Total lipid (fat)....g	10.00		1	1		2.84	12.50	11.70
Ash....g	0.80		1	1		0.23	1.00	0.94
Carbohydrate, by difference....g	34.90		0	4		9.89	43.63	40.83
Fiber, total dietary....g	1.0		0	4		0.3	1.3	1.2
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	8		1	1		2	10	9
Iron, Fe....mg	0.30		1	1		0.09	0.38	0.35
Magnesium, Mg....mg	5		0	4		1	6	6
Phosphorus, P....mg	23		0	4		7	29	27
Potassium, K....mg	50		1	1		14	63	59
Sodium, Na....mg	325		1	1		92	406	380
Zinc, Zn....mg	0.16		0	4		0.05	0.20	0.19
Copper, Cu....mg	0.046		0	4		0.013	0.058	0.054
Manganese, Mn....mg	0.176		0	4		0.050	0.220	0.206
Selenium, Se....mcg	1.4		0	4		0.4	1.8	1.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.7		0	4		0.8	3.4	3.2
Thiamin....mg	0.010		1	1		0.003	0.013	0.012
Riboflavin....mg	0.030		1	1		0.009	0.038	0.035
Niacin....mg	0.300		1	1		0.085	0.375	0.351
Pantothenic acid....mg	0.136		0	4		0.039	0.170	0.159
Vitamin B-6....mg	0.037	0.006	3	1		0.010	0.046	0.043
Folate, total....mcg	22		0	4		6	28	26
Folic acid....mcg	18		0	4		5	23	21
Folate, food....mcg	4		0	4		1	5	5
Folate, DFE....mcg_DFE	35		0	4		10	43	40
Vitamin B-12....mcg	0.01		0	4		0.00	0.01	0.01
Vitamin A, IU....IU	140		1	1		40	175	164
Vitamin A, RE....mcg_RE	34		0	1		10	43	40
Vitamin E....mg_ATE	1.995		0	4		0.566	2.494	2.334
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.679		0	4		0.476	2.099	1.964
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	0.016		0	4		0.005	0.020	0.019
15:0....g								
16:0....g	1.072		0	4		0.304	1.340	1.254
17:0....g								
18:0....g	0.585		0	4		0.166	0.731	0.684
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.244		0	4		1.203	5.305	4.965
14:1....g								
15:1....g								

NDB No. 18305
Pie, blueberry, commercially prepared

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	0.023		0	4		0.007	0.029	0.027
17:1....g								
18:1 undifferentiated....g	4.215		0	4		1.195	5.269	4.932
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	3.524		0	4		0.999	4.405	4.123
18:2 undifferentiated....g	3.281		0	4		0.930	4.101	3.839
18:3 undifferentiated....g	0.239		0	4		0.068	0.299	0.280
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								
Amino Acids:								
Tryptophan....g	0.025		0	1		0.007	0.031	0.029
Threonine....g	0.051		0	1		0.014	0.064	0.060
Isoleucine....g	0.069		0	1		0.020	0.086	0.081
Leucine....g	0.125		0	1		0.035	0.156	0.146
Lysine....g	0.062		0	1		0.018	0.078	0.073
Methionine....g	0.031		0	1		0.009	0.039	0.036
Cystine....g	0.039		0	1		0.011	0.049	0.046
Phenylalanine....g	0.086		0	1		0.024	0.108	0.101
Tyrosine....g	0.051		0	1		0.014	0.064	0.060
Valine....g	0.080		0	1		0.023	0.100	0.094
Arginine....g	0.072		0	1		0.020	0.090	0.084
Histidine....g	0.037		0	1		0.010	0.046	0.043
Alanine....g	0.057		0	1		0.016	0.071	0.067
Aspartic acid....g	0.082		0	1		0.023	0.103	0.096
Glutamic acid....g	0.580		0	1		0.164	0.725	0.679
Glycine....g	0.063		0	1		0.018	0.079	0.074
Proline....g	0.195		0	1		0.055	0.244	0.228
Serine....g	0.094		0	1		0.027	0.118	0.110
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 = 28.350g: 1 oz

Measure 2 = 125.000g: 1 piece (1/8 of 9" dia)

Measure 3 = 117.000g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18306
Pie, blueberry, prepared from recipe

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	51.20		0	1		14.52	75.26	
Energy....kcal	245		0	4		69	360	
Energy....kj	1025			4		291	1507	
Protein (N x 0)....g	2.70		0	1		0.77	3.97	
Total lipid (fat)....g	11.90		0	1		3.37	17.49	
Ash....g	0.70		0	1		0.20	1.03	
Carbohydrate, by difference....g	33.50		0	4		9.50	49.25	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	7		0	1		2	10	
Iron, Fe....mg	1.23		0	1		0.35	1.81	
Magnesium, Mg....mg	8		0	1		2	12	
Phosphorus, P....mg	30		0	1		9	44	
Potassium, K....mg	50		0	1		14	74	
Sodium, Na....mg	185		0	1		52	272	
Zinc, Zn....mg	0.20		0	1		0.06	0.29	
Copper, Cu....mg	0.067		0	1		0.019	0.098	
Manganese, Mn....mg	0.300		0	1		0.085	0.441	
Selenium, Se....mcg	7.4		0	4		2.1	10.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		0	1		0.2	1.0	
Thiamin....mg	0.153		0	1		0.043	0.225	
Riboflavin....mg	0.132		0	1		0.037	0.194	
Niacin....mg	1.194		0	1		0.338	1.755	
Pantothenic acid....mg	0.124		0	1		0.035	0.182	
Vitamin B-6....mg	0.034		0	1		0.010	0.050	
Folate, total....mcg	23		0	4		7	34	
Folic acid....mcg	18		0	4		5	26	
Folate, food....mcg	5		0	1		1	7	
Folate, DFE....mcg_DFE	36		0	4		10	52	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	42		0	1		12	62	
Vitamin A, RE....mcg_RE	4		0	1		1	6	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.911		0	1		0.825	4.279	
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	0.046		0	1		0.013	0.068	
15:0....g								
16:0....g	1.648		0	1		0.467	2.423	
17:0....g								
18:0....g	1.217		0	1		0.345	1.789	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.121		0	1		1.452	7.528	
14:1....g								
15:1....g								

NDB No. 18306
Pie, blueberry, prepared from 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
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	5.121		0	1		1.452	7.528	
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	3.080		0	1		0.873	4.528	
18:2 undifferentiated....g	2.892		0	1		0.820	4.251	
18:3 undifferentiated....g	0.188		0	1		0.053	0.276	
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								
Amino Acids:								
Tryptophan....g	0.029		0	1		0.008	0.043	
Threonine....g	0.073		0	1		0.021	0.107	
Isoleucine....g	0.090		0	1		0.026	0.132	
Leucine....g	0.179		0	1		0.051	0.263	
Lysine....g	0.057		0	1		0.016	0.084	
Methionine....g	0.046		0	1		0.013	0.068	
Cystine....g	0.051		0	1		0.014	0.075	
Phenylalanine....g	0.127		0	1		0.036	0.187	
Tyrosine....g	0.072		0	1		0.020	0.106	
Valine....g	0.108		0	1		0.031	0.159	
Arginine....g	0.113		0	1		0.032	0.166	
Histidine....g	0.056		0	1		0.016	0.082	
Alanine....g	0.091		0	1		0.026	0.134	
Aspartic acid....g	0.130		0	1		0.037	0.191	
Glutamic acid....g	0.793		0	1		0.225	1.166	
Glycine....g	0.099		0	1		0.028	0.146	
Proline....g	0.270		0	1		0.077	0.397	
Serine....g	0.124		0	1		0.035	0.182	
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 = 28.350g: 1 oz

Measure 2 = 147.000g: 1 piece (1/8 of 9" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18308
Pie, cherry, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	46.20	1.634	5	1		13.10	57.75	54.05
Energy....kcal	260		0	4		74	325	304
Energy....kj	1088			4		308	1360	1273
Protein (N x 5.8)....g	2.00	0.188	5	1		0.57	2.50	2.34
Total lipid (fat)....g	11.00	0.555	6	1		3.12	13.75	12.87
Ash....g	0.90	0.042	7	1		0.26	1.13	1.05
Carbohydrate, by difference....g	39.80		0	4		11.28	49.75	46.57
Fiber, total dietary....g	0.8		0	4		0.2	1.0	0.9
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	12	2.275	5	1		3	15	14
Iron, Fe....mg	0.48	0.099	5	1		0.14	0.60	0.56
Magnesium, Mg....mg	8		2	1		2	10	9
Phosphorus, P....mg	29		2	1		8	36	34
Potassium, K....mg	81	8.946	5	1		23	101	95
Sodium, Na....mg	246	43.379	5	1		70	308	288
Zinc, Zn....mg	0.18	0.102	3	1		0.05	0.23	0.21
Copper, Cu....mg	0.040		2	1		0.011	0.050	0.047
Manganese, Mn....mg	0.140		2	1		0.040	0.175	0.164
Selenium, Se....mcg	1.2		0	4		0.3	1.5	1.4
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.9		0	4		0.3	1.1	1.1
Thiamin....mg	0.023	0.002	11	1		0.007	0.029	0.027
Riboflavin....mg	0.029	0.008	11	1		0.008	0.036	0.034
Niacin....mg	0.200	0.028	11	1		0.057	0.250	0.234
Pantothenic acid....mg	0.319	0.019	8	1		0.090	0.399	0.373
Vitamin B-6....mg	0.041	0.000	8	1		0.012	0.051	0.048
Folate, total....mcg	22		0	4		6	28	26
Folic acid....mcg	14		0	4		4	18	16
Folate, food....mcg	8	0.498	8	1		2	10	9
Folate, DFE....mcg_DFE	32		0	4		9	40	37
Vitamin B-12....mcg	0.01		0	4		0.00	0.01	0.01
Vitamin A, IU....IU	281		0	4		80	351	329
Vitamin A, RE....mcg_RE	54		0	4		15	68	63
Vitamin E....mg_ATE	1.503		0	4		0.426	1.879	1.759
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.562		0	4		0.726	3.203	2.998
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	0.042		0	4		0.012	0.053	0.049
15:0....g								
16:0....g	1.380		0	4		0.391	1.725	1.615
17:0....g								
18:0....g	1.138		0	4		0.323	1.423	1.331
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.837		0	4		1.655	7.296	6.829
14:1....g								
15:1....g								

NDB No. 18308
Pie, cherry, commercially prepared

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	0.013		0	4		0.004	0.016	0.015
17:1....g								
18:1 undifferentiated....g	5.825		0	4		1.651	7.281	6.815
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	2.055		0	4		0.583	2.569	2.404
18:2 undifferentiated....g	1.917		0	4		0.543	2.396	2.243
18:3 undifferentiated....g	0.138		0	4		0.039	0.173	0.161
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								
Amino Acids:								
Tryptophan....g	0.028		0	4		0.008	0.035	0.033
Threonine....g	0.078		0	4		0.022	0.098	0.091
Isoleucine....g	0.103		0	4		0.029	0.129	0.121
Leucine....g	0.173		0	4		0.049	0.216	0.202
Lysine....g	0.120		0	4		0.034	0.150	0.140
Methionine....g	0.043		0	4		0.012	0.054	0.050
Cystine....g	0.031		0	4		0.009	0.039	0.036
Phenylalanine....g	0.099		0	4		0.028	0.124	0.116
Tyrosine....g	0.080		0	4		0.023	0.100	0.094
Valine....g	0.119		0	4		0.034	0.149	0.139
Arginine....g	0.102		0	4		0.029	0.128	0.119
Histidine....g	0.050		0	4		0.014	0.063	0.059
Alanine....g	0.072		0	4		0.020	0.090	0.084
Aspartic acid....g	0.136		0	4		0.039	0.170	0.159
Glutamic acid....g	0.518		0	4		0.147	0.648	0.606
Glycine....g	0.059		0	4		0.017	0.074	0.069
Proline....g	0.196		0	4		0.056	0.245	0.229
Serine....g	0.108		0	4		0.031	0.135	0.126
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 = 28.350g: 1 oz

Measure 2 = 125.000g: 1 piece (1/8 of 9" dia)

Measure 3 = 117.000g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18309
Pie, cherry, prepared from recipe

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	45.80		0	1		12.98	82.44	
Energy....kcal	270		0	4		77	486	
Energy....kj	1130			4		320	2033	
Protein (N x 0)....g	2.80		0	1		0.79	5.04	
Total lipid (fat)....g	12.20		0	1		3.46	21.96	
Ash....g	0.70		0	1		0.20	1.26	
Carbohydrate, by difference....g	38.50		0	4		10.91	69.30	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	10		0	1		3	18	
Iron, Fe....mg	1.85		0	1		0.52	3.33	
Magnesium, Mg....mg	9		0	1		3	16	
Phosphorus, P....mg	30		0	1		9	54	
Potassium, K....mg	77		0	1		22	139	
Sodium, Na....mg	191		0	1		54	344	
Zinc, Zn....mg	0.20		0	1		0.06	0.36	
Copper, Cu....mg	0.077		0	1		0.022	0.139	
Manganese, Mn....mg	0.200		0	1		0.057	0.360	
Selenium, Se....mcg	7.8		0	4		2.2	14.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.0		0	1		0.3	1.8	
Thiamin....mg	0.148		0	1		0.042	0.266	
Riboflavin....mg	0.125		0	1		0.035	0.225	
Niacin....mg	1.276		0	1		0.362	2.297	
Pantothenic acid....mg	0.123		0	1		0.035	0.221	
Vitamin B-6....mg	0.034		0	1		0.010	0.061	
Folate, total....mcg	27		0	4		8	49	
Folic acid....mcg	20		0	4		6	36	
Folate, food....mcg	7		0	1		2	13	
Folate, DFE....mcg_DFE	41		0	4		12	74	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	409		0	1		116	736	
Vitamin A, RE....mcg_RE	48		0	1		14	86	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.985		0	1		0.846	5.373	
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	0.047		0	1		0.013	0.085	
15:0....g								
16:0....g	1.700		0	1		0.482	3.060	
17:0....g								
18:0....g	1.238		0	1		0.351	2.228	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.314		0	1		1.507	9.565	
14:1....g								
15:1....g								

NDB No. 18309
Pie, cherry, prepared from 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
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	5.314		0	1		1.507	9.565	
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	3.247		0	1		0.921	5.845	
18:2 undifferentiated....g	3.045		0	1		0.863	5.481	
18:3 undifferentiated....g	0.202		0	1		0.057	0.364	
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								
Amino Acids:								
Tryptophan....g	0.031		0	1		0.009	0.056	
Threonine....g	0.072		0	1		0.020	0.130	
Isoleucine....g	0.088		0	1		0.025	0.158	
Leucine....g	0.170		0	1		0.048	0.306	
Lysine....g	0.067		0	1		0.019	0.121	
Methionine....g	0.043		0	1		0.012	0.077	
Cystine....g	0.050		0	1		0.014	0.090	
Phenylalanine....g	0.124		0	1		0.035	0.223	
Tyrosine....g	0.075		0	1		0.021	0.135	
Valine....g	0.104		0	1		0.029	0.187	
Arginine....g	0.100		0	1		0.028	0.180	
Histidine....g	0.057		0	1		0.016	0.103	
Alanine....g	0.086		0	1		0.024	0.155	
Aspartic acid....g	0.341		0	1		0.097	0.614	
Glutamic acid....g	0.791		0	1		0.224	1.424	
Glycine....g	0.092		0	1		0.026	0.166	
Proline....g	0.280		0	1		0.079	0.504	
Serine....g	0.128		0	1		0.036	0.230	
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 = 28.350g: 1 oz

Measure 2 = 180.000g: 1 piece (1/8 of 9" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18310
Pie, chocolate creme, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	43.50	1.656	5	1		12.33	43.07	49.16
Energy....kcal	304		0	4		86	301	344
Energy....kj	1272			4		361	1259	1437
Protein (N x 5.7)....g	2.60	0.276	5	1		0.74	2.57	2.94
Total lipid (fat)....g	19.40	1.816	6	1		5.50	19.21	21.92
Ash....g	0.80	0.032	7	1		0.23	0.79	0.90
Carbohydrate, by difference....g	33.60		0	4		9.53	33.26	37.97
Fiber, total dietary....g	2.0		0	4		0.6	2.0	2.3
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	36	9.208	5	1		10	36	41
Iron, Fe....mg	1.07	0.129	5	1		0.30	1.06	1.21
Magnesium, Mg....mg	21	3.096	4	1		6	21	24
Phosphorus, P....mg	68	5.831	4	1		19	67	77
Potassium, K....mg	127	26.951	5	1		36	126	144
Sodium, Na....mg	136	36.259	5	1		39	135	154
Zinc, Zn....mg	0.23		2	1		0.07	0.23	0.26
Copper, Cu....mg	0.050		2	1		0.014	0.050	0.057
Manganese, Mn....mg	0.200		2	1		0.057	0.198	0.226
Selenium, Se....mcg	7.5		0	4		2.1	7.4	8.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.036	0.002	11	1		0.010	0.036	0.041
Riboflavin....mg	0.107	0.008	11	1		0.030	0.106	0.121
Niacin....mg	0.678	0.055	11	1		0.192	0.671	0.766
Pantothenic acid....mg	0.393	0.019	8	1		0.111	0.389	0.444
Vitamin B-6....mg	0.020	0.000	8	1		0.006	0.020	0.023
Folate, total....mcg	13		0	4		4	13	15
Folic acid....mcg	6		0	4		2	6	7
Folate, food....mcg	7	0.346	8	1		2	7	8
Folate, DFE....mcg_DFE	17		0	4		5	17	19
Vitamin B-12....mcg	0.01		0	4		0.00	0.01	0.01
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	2.734		0	4		0.775	2.707	3.089
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.968		0	4		1.408	4.918	5.614
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	0.002		0	4		0.001	0.002	0.002
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	0.096		0	4		0.027	0.095	0.108
15:0....g								
16:0....g	2.535		0	4		0.719	2.510	2.865
17:0....g								
18:0....g	2.331		0	4		0.661	2.308	2.634
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.117		0	4		3.152	11.006	12.562
14:1....g								
15:1....g								

NDB No. 18310
Pie, chocolate creme, commercially prepared

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	0.002		0	4		0.001	0.002	0.002
17:1....g								
18:1 undifferentiated....g	1.116		0	4		0.316	1.105	1.261
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	2.398		0	4		0.680	2.374	2.710
18:2 undifferentiated....g	2.278		0	4		0.646	2.255	2.574
18:3 undifferentiated....g	0.120		0	4		0.034	0.119	0.136
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	5		2	1		1	5	6
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.034		0	4		0.010	0.034	0.038
Threonine....g	0.088		0	4		0.025	0.087	0.099
Isoleucine....g	0.095		0	4		0.027	0.094	0.107
Leucine....g	0.165		0	4		0.047	0.163	0.186
Lysine....g	0.113		0	4		0.032	0.112	0.128
Methionine....g	0.035		0	4		0.010	0.035	0.040
Cystine....g	0.042		0	4		0.012	0.042	0.047
Phenylalanine....g	0.113		0	4		0.032	0.112	0.128
Tyrosine....g	0.072		0	4		0.020	0.071	0.081
Valine....g	0.125		0	4		0.035	0.124	0.141
Arginine....g	0.137		0	4		0.039	0.136	0.155
Histidine....g	0.048		0	4		0.014	0.048	0.054
Alanine....g	0.127		0	4		0.036	0.126	0.144
Aspartic acid....g	0.184		0	4		0.052	0.182	0.208
Glutamic acid....g	0.605		0	4		0.172	0.599	0.684
Glycine....g	0.180		0	4		0.051	0.178	0.203
Proline....g	0.245		0	4		0.069	0.243	0.277
Serine....g	0.120		0	4		0.034	0.119	0.136
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0		0	4		0	0	0
Theobromine....mg	13		0	4		4	13	15

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 = 28.350g: 1 oz

Measure 2 = 99.000g: 1 piece (1/4 of 6" pie)

Measure 3 = 113.000g: 1 piece (1/6 of 8" pie)

Calories Factors: **Protein** 3.3 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 18 Baked Products

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

NDB No. 18312
Pie, chocolate mousse, prepared from mix, no-bake type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	49.70		1	1		14.09	47.22	
Energy....kcal	260		0	4		74	247	
Energy....kj	1088			4		308	1033	
Protein (N x 6)....g	3.50		1	1		0.99	3.33	
Total lipid (fat)....g	15.40		1	1		4.37	14.63	
Ash....g	1.70		1	1		0.48	1.62	
Carbohydrate, by difference....g	29.60		0	4		8.39	28.12	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	77		1	1		22	73	
Iron, Fe....mg	1.08		1	1		0.31	1.03	
Magnesium, Mg....mg	32		1	1		9	30	
Phosphorus, P....mg	231		1	1		65	219	
Potassium, K....mg	285		1	1		81	271	
Sodium, Na....mg	460		1	1		130	437	
Zinc, Zn....mg	0.60		1	1		0.17	0.57	
Copper, Cu....mg	0.203		1	1		0.058	0.193	
Manganese, Mn....mg	0.125		0	4		0.035	0.119	
Selenium, Se....mcg	6.1		0	4		1.7	5.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		1	1		0.1	0.5	
Thiamin....mg	0.051		1	1		0.014	0.048	
Riboflavin....mg	0.147		1	1		0.042	0.140	
Niacin....mg	0.595		1	1		0.169	0.565	
Pantothenic acid....mg	0.202		1	1		0.057	0.192	
Vitamin B-6....mg	0.029		1	1		0.008	0.028	
Folate, total....mcg	26		0	4		7	25	
Folic acid....mcg	23		0	4		7	22	
Folate, food....mcg	3		1	1		1	3	
Folate, DFE....mcg_DFE	42		0	4		12	40	
Vitamin B-12....mcg	0.21		1	1		0.06	0.20	
Vitamin A, IU....IU	413		1	1		117	392	
Vitamin A, RE....mcg_RE	101		0	1		29	96	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	8.195		0	1		2.323	7.785	
4:0....g	0.387		0	4		0.110	0.368	
6:0....g	0.229		0	4		0.065	0.218	
8:0....g	0.133		0	4		0.038	0.126	
10:0....g	0.299		0	4		0.085	0.284	
11:0....g								
12:0....g	0.335		0	4		0.095	0.318	
13:0....g								
14:0....g	1.214		0	4		0.344	1.153	
15:0....g								
16:0....g	3.697		0	4		1.048	3.512	
17:0....g								
18:0....g	1.996		0	4		0.566	1.896	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.084		0	1		1.441	4.830	
14:1....g								
15:1....g								

NDB No. 18312
Pie, chocolate mousse, prepared from mix, no-bake type

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	0.267		0	4		0.076	0.254	
17:1....g								
18:1 undifferentiated....g	4.732		0	4		1.342	4.495	
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	0.814		0	1		0.231	0.773	
18:2 undifferentiated....g	0.633		0	4		0.179	0.601	
18:3 undifferentiated....g	0.192		0	4		0.054	0.182	
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	35		0	4		10	33	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.048		0	1		0.014	0.046	
Threonine....g	0.139		0	1		0.039	0.132	
Isoleucine....g	0.165		0	1		0.047	0.157	
Leucine....g	0.278		0	1		0.079	0.264	
Lysine....g	0.201		0	1		0.057	0.191	
Methionine....g	0.062		0	1		0.018	0.059	
Cystine....g	0.050		0	1		0.014	0.048	
Phenylalanine....g	0.166		0	1		0.047	0.158	
Tyrosine....g	0.133		0	1		0.038	0.126	
Valine....g	0.190		0	1		0.054	0.181	
Arginine....g	0.167		0	1		0.047	0.159	
Histidine....g	0.082		0	1		0.023	0.078	
Alanine....g	0.133		0	1		0.038	0.126	
Aspartic acid....g	0.284		0	1		0.081	0.270	
Glutamic acid....g	0.769		0	1		0.218	0.731	
Glycine....g	0.115		0	1		0.033	0.109	
Proline....g	0.283		0	1		0.080	0.269	
Serine....g	0.178		0	1		0.050	0.169	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	1		0	4		0	1	
Theobromine....mg	8		0	4		2	8	

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 = 28.350g: 1 oz

Measure 2 = 95.000g: 1 piece (1/8 of 9" dia)

Calories Factors: **Protein** 3.7 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18313
Pie, coconut creme, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	43.20		1	1		12.25	27.65	20.74
Energy....kcal	298		0	4		84	191	143
Energy....kj	1247			4		353	798	598
Protein (N x 6)....g	2.10		1	1		0.60	1.34	1.01
Total lipid (fat)....g	16.60		1	1		4.71	10.62	7.97
Ash....g	0.80		1	1		0.23	0.51	0.38
Carbohydrate, by difference....g	37.20		0	4		10.55	23.81	17.86
Fiber, total dietary....g	1.3		0	4		0.4	0.8	0.6
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	29		1	1		8	19	14
Iron, Fe....mg	0.80		1	1		0.23	0.51	0.38
Magnesium, Mg....mg	20		0	4		6	13	10
Phosphorus, P....mg	85		0	4		24	54	41
Potassium, K....mg	65		1	1		18	42	31
Sodium, Na....mg	255		1	1		72	163	122
Zinc, Zn....mg	0.47		0	4		0.13	0.30	0.23
Copper, Cu....mg	0.068		0	4		0.019	0.044	0.033
Manganese, Mn....mg	0.438		0	4		0.124	0.280	0.210
Selenium, Se....mcg	5.3		0	4		1.5	3.4	2.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	0.0
Thiamin....mg	0.050		1	1		0.014	0.032	0.024
Riboflavin....mg	0.080		1	1		0.023	0.051	0.038
Niacin....mg	0.200		1	1		0.057	0.128	0.096
Pantothenic acid....mg	0.240		0	4		0.068	0.154	0.115
Vitamin B-6....mg	0.068		0	4		0.019	0.044	0.033
Folate, total....mcg	7		0	4		2	4	3
Folic acid....mcg	2		0	4		1	1	1
Folate, food....mcg	5		0	4		1	3	2
Folate, DFE....mcg_DFE	8		0	4		2	5	4
Vitamin B-12....mcg	0.12		0	4		0.03	0.08	0.06
Vitamin A, IU....IU	90		1	1		26	58	43
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	1.872		0	4		0.531	1.198	0.899
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.976		0	4		1.978	4.465	3.348
4:0....g	0.001		0	4		0.000	0.001	0.000
6:0....g	0.025		0	4		0.007	0.016	0.012
8:0....g	0.303		0	4		0.086	0.194	0.145
10:0....g	0.241		0	4		0.068	0.154	0.116
11:0....g								
12:0....g	1.917		0	4		0.543	1.227	0.920
13:0....g								
14:0....g	0.820		0	4		0.232	0.525	0.394
15:0....g								
16:0....g	1.967		0	4		0.558	1.259	0.944
17:0....g								
18:0....g	1.700		0	4		0.482	1.088	0.816
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.260		0	4		2.058	4.646	3.485
14:1....g								
15:1....g								

NDB No. 18313
Pie, coconut creme, commercially prepared

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	0.001		0	4		0.000	0.001	0.000
17:1....g								
18:1 undifferentiated....g	7.258		0	4		2.058	4.645	3.484
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	1.544		0	4		0.438	0.988	0.741
18:2 undifferentiated....g	1.469		0	4		0.416	0.940	0.705
18:3 undifferentiated....g	0.075		0	4		0.021	0.048	0.036
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		1	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.029		0	4		0.008	0.019	0.014
Threonine....g	0.078		0	4		0.022	0.050	0.037
Isoleucine....g	0.103		0	4		0.029	0.066	0.049
Leucine....g	0.174		0	4		0.049	0.111	0.084
Lysine....g	0.119		0	4		0.034	0.076	0.057
Methionine....g	0.043		0	4		0.012	0.028	0.021
Cystine....g	0.030		0	4		0.009	0.019	0.014
Phenylalanine....g	0.098		0	4		0.028	0.063	0.047
Tyrosine....g	0.081		0	4		0.023	0.052	0.039
Valine....g	0.120		0	4		0.034	0.077	0.058
Arginine....g	0.108		0	4		0.031	0.069	0.052
Histidine....g	0.051		0	4		0.014	0.033	0.024
Alanine....g	0.074		0	4		0.021	0.047	0.036
Aspartic acid....g	0.140		0	4		0.040	0.090	0.067
Glutamic acid....g	0.507		0	4		0.144	0.324	0.243
Glycine....g	0.060		0	4		0.017	0.038	0.029
Proline....g	0.191		0	4		0.054	0.122	0.092
Serine....g	0.107		0	4		0.030	0.068	0.051
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 = 28.350g: 1 oz

Measure 2 = 64.000g: 1 piece (1/6 of 7" pie)

Measure 3 = 48.000g: 1 piece (1/8 of 7" pie)

Calories Factors: **Protein** 4 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18314
Pie, coconut cream, prepared from mix, no-bake type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	49.70		1	1		14.09	46.72	
Energy....kcal	276		0	4		78	259	
Energy....kj	1155			4		327	1085	
Protein (N x 6.1)....g	2.80		1	1		0.79	2.63	
Total lipid (fat)....g	17.60		1	1		4.99	16.54	
Ash....g	1.30		1	1		0.37	1.22	
Carbohydrate, by difference....g	28.50		0	4		8.08	26.79	
Fiber, total dietary....g	0.5		0	4		0.1	0.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	72		1	1		20	68	
Iron, Fe....mg	0.40		1	1		0.11	0.38	
Magnesium, Mg....mg	17		1	1		5	16	
Phosphorus, P....mg	169		1	1		48	159	
Potassium, K....mg	141		1	1		40	133	
Sodium, Na....mg	329		1	1		93	309	
Zinc, Zn....mg	0.38		1	1		0.11	0.36	
Copper, Cu....mg	0.080		1	1		0.023	0.075	
Manganese, Mn....mg	0.190		0	4		0.054	0.179	
Selenium, Se....mcg	5.0		0	4		1.4	4.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		1	1		0.2	0.6	
Thiamin....mg	0.028		1	1		0.008	0.026	
Riboflavin....mg	0.104		1	1		0.029	0.098	
Niacin....mg	0.132		1	1		0.037	0.124	
Pantothenic acid....mg	0.257		1	1		0.073	0.242	
Vitamin B-6....mg	0.045		1	1		0.013	0.042	
Folate, total....mcg	15		0	4		4	14	
Folic acid....mcg	11		0	4		3	10	
Folate, food....mcg	4		1	1		1	4	
Folate, DFE....mcg_DFE	23		0	4		6	21	
Vitamin B-12....mcg	0.21		1	1		0.06	0.20	
Vitamin A, IU....IU	405		1	1		115	381	
Vitamin A, RE....mcg_RE	100		0	1		28	94	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	8.934		0	4		2.533	8.398	
4:0....g	0.248		0	4		0.070	0.233	
6:0....g	0.162		0	4		0.046	0.152	
8:0....g	0.266		0	4		0.075	0.250	
10:0....g	0.336		0	4		0.095	0.316	
11:0....g								
12:0....g	1.362		0	4		0.386	1.280	
13:0....g								
14:0....g	1.259		0	4		0.357	1.183	
15:0....g								
16:0....g	3.191		0	4		0.905	3.000	
17:0....g								
18:0....g	1.944		0	4		0.551	1.827	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.554		0	4		1.858	6.161	
14:1....g								
15:1....g								

NDB No. 18314
Pie, coconut cream, prepared from mix, no-bake type

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	0.171		0	4		0.048	0.161	
17:1....g								
18:1 undifferentiated....g	6.269		0	4		1.777	5.893	
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	1.217		0	4		0.345	1.144	
18:2 undifferentiated....g	1.060		0	4		0.301	0.996	
18:3 undifferentiated....g	0.157		0	4		0.045	0.148	
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	23		0	4		7	22	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.037		0	1		0.010	0.035	
Threonine....g	0.110		0	1		0.031	0.103	
Isoleucine....g	0.137		0	1		0.039	0.129	
Leucine....g	0.236		0	1		0.067	0.222	
Lysine....g	0.159		0	1		0.045	0.149	
Methionine....g	0.059		0	1		0.017	0.055	
Cystine....g	0.041		0	1		0.012	0.039	
Phenylalanine....g	0.130		0	1		0.037	0.122	
Tyrosine....g	0.108		0	1		0.031	0.102	
Valine....g	0.154		0	1		0.044	0.145	
Arginine....g	0.119		0	1		0.034	0.112	
Histidine....g	0.067		0	1		0.019	0.063	
Alanine....g	0.097		0	1		0.027	0.091	
Aspartic acid....g	0.184		0	1		0.052	0.173	
Glutamic acid....g	0.690		0	1		0.196	0.649	
Glycine....g	0.076		0	1		0.022	0.071	
Proline....g	0.268		0	1		0.076	0.252	
Serine....g	0.143		0	1		0.041	0.134	
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 = 28.350g: 1 oz

Measure 2 = 94.000g: 1 piece (1/8 of 9" dia)

Calories Factors: **Protein** 4.1 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18316
Pie, coconut custard, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	49.20	3.683	3	1		13.95	51.17	
Energy....kcal	260		0	4		74	270	
Energy....kj	1088			4		308	1131	
Protein (N x 6)....g	5.90	0.055	3	1		1.67	6.14	
Total lipid (fat)....g	13.20	1.617	3	1		3.74	13.73	
Ash....g	1.40	0.030	3	1		0.40	1.46	
Carbohydrate, by difference....g	30.20		0	4		8.56	31.41	
Fiber, total dietary....g	1.8		0	1		0.5	1.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	81	0.000	3	1		23	84	
Iron, Fe....mg	0.80	0.049	3	1		0.23	0.83	
Magnesium, Mg....mg	18		2	1		5	19	
Phosphorus, P....mg	122		2	1		35	127	
Potassium, K....mg	175		1	1		50	182	
Sodium, Na....mg	335	12.583	3	1		95	348	
Zinc, Zn....mg	0.68		2	1		0.19	0.71	
Copper, Cu....mg	0.063		2	1		0.018	0.066	
Manganese, Mn....mg	0.210		2	1		0.060	0.218	
Selenium, Se....mcg	6.4		0	4		1.8	6.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		0	4		0.2	0.6	
Thiamin....mg	0.088	0.043	4	1		0.025	0.092	
Riboflavin....mg	0.148	0.026	4	1		0.042	0.154	
Niacin....mg	0.403	0.048	3	1		0.114	0.419	
Pantothenic acid....mg	0.238		0	4		0.067	0.248	
Vitamin B-6....mg	0.011		1	1		0.003	0.011	
Folate, total....mcg	13		0	4		4	14	
Folic acid....mcg	9		0	4		3	9	
Folate, food....mcg	4		0	4		1	4	
Folate, DFE....mcg_DFE	19		0	4		5	20	
Vitamin B-12....mcg	0.09		0	4		0.03	0.09	
Vitamin A, IU....IU	110		1	1		31	114	
Vitamin A, RE....mcg_RE	27		0	1		8	28	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.854		0	4		1.660	6.088	
4:0....g	0.054		0	4		0.015	0.056	
6:0....g	0.049		0	4		0.014	0.051	
8:0....g	0.228		0	4		0.065	0.237	
10:0....g	0.208		0	4		0.059	0.216	
11:0....g								
12:0....g	1.368		0	4		0.388	1.423	
13:0....g								
14:0....g	0.732		0	4		0.208	0.761	
15:0....g								
16:0....g	1.805		0	4		0.512	1.877	
17:0....g								
18:0....g	1.373		0	4		0.389	1.428	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.495		0	4		1.558	5.715	
14:1....g								
15:1....g								

NDB No. 18316
Pie, coconut custard, commercially prepared

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	0.038		0	4		0.011	0.040	
17:1....g								
18:1 undifferentiated....g	5.431		0	4		1.540	5.648	
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	1.170		0	4		0.332	1.217	
18:2 undifferentiated....g	1.092		0	4		0.310	1.136	
18:3 undifferentiated....g	0.078		0	4		0.022	0.081	
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	35		2	1		10	36	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.079		0	1		0.022	0.082	
Threonine....g	0.216		0	1		0.061	0.225	
Isoleucine....g	0.286		0	1		0.081	0.297	
Leucine....g	0.482		0	1		0.137	0.501	
Lysine....g	0.335		0	1		0.095	0.348	
Methionine....g	0.121		0	1		0.034	0.126	
Cystine....g	0.085		0	1		0.024	0.088	
Phenylalanine....g	0.274		0	1		0.078	0.285	
Tyrosine....g	0.224		0	1		0.064	0.233	
Valine....g	0.330		0	1		0.094	0.343	
Arginine....g	0.284		0	1		0.081	0.295	
Histidine....g	0.140		0	1		0.040	0.146	
Alanine....g	0.199		0	1		0.056	0.207	
Aspartic acid....g	0.378		0	1		0.107	0.393	
Glutamic acid....g	1.441		0	1		0.409	1.499	
Glycine....g	0.164		0	1		0.046	0.171	
Proline....g	0.546		0	1		0.155	0.568	
Serine....g	0.301		0	1		0.085	0.313	
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 = 28.350g: 1 oz

Measure 2 = 104.000g: 1 piece (1/6 of 8" pie)

Calories Factors: **Protein** 4.1 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18317
Pie, egg custard, commercially prepared

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	60.90	1.930	4	1		17.27	63.95	
Energy....kcal	210		0	4		60	221	
Energy....kj	879			4		249	923	
Protein (N x 6.2)....g	5.50	0.196	6	1		1.56	5.78	
Total lipid (fat)....g	11.60	0.241	6	1		3.29	12.18	
Ash....g	1.30	0.090	8	1		0.37	1.37	
Carbohydrate, by difference....g	20.80		0	4		5.90	21.84	
Fiber, total dietary....g	1.6		0	1		0.5	1.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	80	12.917	4	1		23	84	
Iron, Fe....mg	0.58	0.134	4	1		0.16	0.61	
Magnesium, Mg....mg	11	1.997	3	1		3	12	
Phosphorus, P....mg	112	4.648	3	1		32	118	
Potassium, K....mg	106	23.552	4	1		30	111	
Sodium, Na....mg	240	42.840	4	1		68	252	
Zinc, Zn....mg	0.52	0.098	3	1		0.15	0.55	
Copper, Cu....mg	0.024	0.024	3	1		0.007	0.025	
Manganese, Mn....mg	0.060	0.010	3	1		0.017	0.063	
Selenium, Se....mcg	7.1		0	4		2.0	7.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		0	4		0.2	0.6	
Thiamin....mg	0.039	0.008	11	1		0.011	0.041	
Riboflavin....mg	0.208	0.008	11	1		0.059	0.218	
Niacin....mg	0.292	0.099	11	1		0.083	0.307	
Pantothenic acid....mg	0.662	0.039	11	1		0.188	0.695	
Vitamin B-6....mg	0.048	0.001	10	1		0.014	0.050	
Folate, total....mcg	20	0.407	8	1		6	21	
Folic acid....mcg	10		0	4		3	11	
Folate, food....mcg	10			4		3	11	
Folate, DFE....mcg_DFE	27		0	4		8	28	
Vitamin B-12....mcg	0.43	0.034	9	1		0.12	0.45	
Vitamin A, IU....IU	232		0	4		66	244	
Vitamin A, RE....mcg_RE	67		0	4		19	70	
Vitamin E....mg_ATE	1.874		0	4		0.531	1.968	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.349		0	4		0.666	2.466	
4:0....g	0.024		0	4		0.007	0.025	
6:0....g	0.011		0	4		0.003	0.012	
8:0....g	0.008		0	4		0.002	0.008	
10:0....g	0.018		0	4		0.005	0.019	
11:0....g								
12:0....g	0.019		0	4		0.005	0.020	
13:0....g								
14:0....g	0.088		0	4		0.025	0.092	
15:0....g								
16:0....g	1.469		0	4		0.416	1.542	
17:0....g								
18:0....g	0.685		0	4		0.194	0.719	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.797		0	4		1.360	5.037	
14:1....g								
15:1....g								

NDB No. 18317
Pie, egg custard, commercially prepared

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	0.099		0	4		0.028	0.104	
17:1....g								
18:1 undifferentiated....g	4.673		0	4		1.325	4.907	
20:1....g	0.004		0	4		0.001	0.004	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.723		0	4		1.055	3.909	
18:2 undifferentiated....g	3.438		0	4		0.975	3.610	
18:3 undifferentiated....g	0.249		0	4		0.071	0.261	
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	0.021		0	4		0.006	0.022	
20:5 n-3....g	0.001		0	4		0.000	0.001	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.006		0	4		0.002	0.006	
Fatty acids, total trans....g								
Cholesterol....mg	33	5.933	6	1		9	35	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.071		0	1		0.020	0.075	
Threonine....g	0.225		0	1		0.064	0.236	
Isoleucine....g	0.281		0	1		0.080	0.295	
Leucine....g	0.455		0	1		0.129	0.478	
Lysine....g	0.348		0	1		0.099	0.365	
Methionine....g	0.138		0	1		0.039	0.145	
Cystine....g	0.099		0	1		0.028	0.104	
Phenylalanine....g	0.269		0	1		0.076	0.282	
Tyrosine....g	0.214		0	1		0.061	0.225	
Valine....g	0.315		0	1		0.089	0.331	
Arginine....g	0.251		0	1		0.071	0.264	
Histidine....g	0.127		0	1		0.036	0.133	
Alanine....g	0.229		0	1		0.065	0.240	
Aspartic acid....g	0.421		0	1		0.119	0.442	
Glutamic acid....g	1.085		0	1		0.308	1.139	
Glycine....g	0.159		0	1		0.045	0.167	
Proline....g	0.400		0	1		0.113	0.420	
Serine....g	0.334		0	1		0.095	0.351	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0			7		0	0	
Theobromine....mg	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 = 28.350g: 1 oz

Measure 2 = 105.000g: 1 piece (1/6 of 8" pie)

Calories Factors: **Protein** 4.3 **Fat** 8.9 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18319
Pie, fried pies, fruit

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	37.60	0.542	28	1		10.66	48.13	
Energy....kcal	316		0	4		90	404	
Energy....kj	1322			4		375	1692	
Protein (N x 5.8)....g	3.00	0.165	23	1		0.85	3.84	
Total lipid (fat)....g	16.10	0.484	30	1		4.56	20.61	
Ash....g	1.10	0.064	15	1		0.31	1.41	
Carbohydrate, by difference....g	42.60		0	4		12.08	54.53	
Fiber, total dietary....g	2.6		0	1		0.7	3.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	22	2.244	23	1		6	28	
Iron, Fe....mg	1.22	0.129	22	1		0.35	1.56	
Magnesium, Mg....mg	10	0.912	8	1		3	13	
Phosphorus, P....mg	43	6.343	11	1		12	55	
Potassium, K....mg	65	11.540	6	1		18	83	
Sodium, Na....mg	374	12.764	23	1		106	479	
Zinc, Zn....mg	0.23	0.026	8	1		0.07	0.29	
Copper, Cu....mg	0.047	0.003	8	1		0.013	0.060	
Manganese, Mn....mg	0.224	0.036	8	1		0.064	0.287	
Selenium, Se....mcg	2.4		0	4		0.7	3.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.3	0.163	6	1		0.4	1.7	
Thiamin....mg	0.141	0.020	22	1		0.040	0.180	
Riboflavin....mg	0.106	0.013	22	1		0.030	0.136	
Niacin....mg	1.425	0.171	22	1		0.404	1.824	
Pantothenic acid....mg	0.110	0.014	5	1		0.031	0.141	
Vitamin B-6....mg	0.030	0.010	7	1		0.009	0.038	
Folate, total....mcg	18		0	4		5	23	
Folic acid....mcg	15		0	4		4	19	
Folate, food....mcg	3		2	1		1	4	
Folate, DFE....mcg_DFE	29		0	4		8	36	
Vitamin B-12....mcg	0.08	0.044	4	1		0.02	0.10	
Vitamin A, IU....IU	27	8.236	5	1		8	35	
Vitamin A, RE....mcg_RE	3		0	1		1	4	
Vitamin E....mg_ATE	2.945		0	4		0.835	3.770	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.457		0	4		0.697	3.145	
4:0....g	0.001		0	4		0.000	0.001	
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	0.001		0	4		0.000	0.001	
11:0....g								
12:0....g	0.001		0	4		0.000	0.001	
13:0....g								
14:0....g	0.032		0	4		0.009	0.041	
15:0....g								
16:0....g	1.516		0	4		0.430	1.940	
17:0....g								
18:0....g	0.834		0	4		0.236	1.068	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.449		0	4		2.112	9.535	
14:1....g								
15:1....g								

NDB No. 18319
Pie, fried pies, fruit

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	0.012		0	4		0.003	0.015	
17:1....g								
18:1 undifferentiated....g	7.299		0	4		2.069	9.343	
20:1....g	0.089		0	4		0.025	0.114	
22:1 undifferentiated....g	0.032		0	4		0.009	0.041	
24:1 c....g								
Fatty acids, total polyunsaturated....g	5.376		0	4		1.524	6.881	
18:2 undifferentiated....g	4.808		0	4		1.363	6.154	
18:3 undifferentiated....g	0.568		0	4		0.161	0.727	
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								
Amino Acids:								
Tryptophan....g	0.042		0	1		0.012	0.054	
Threonine....g	0.089		0	1		0.025	0.114	
Isoleucine....g	0.120		0	1		0.034	0.154	
Leucine....g	0.211		0	1		0.060	0.270	
Lysine....g	0.121		0	1		0.034	0.155	
Methionine....g	0.052		0	1		0.015	0.067	
Cystine....g	0.059		0	1		0.017	0.076	
Phenylalanine....g	0.138		0	1		0.039	0.177	
Tyrosine....g	0.090		0	1		0.026	0.115	
Valine....g	0.138		0	1		0.039	0.177	
Arginine....g	0.112		0	1		0.032	0.143	
Histidine....g	0.062		0	1		0.018	0.079	
Alanine....g	0.093		0	1		0.026	0.119	
Aspartic acid....g	0.156		0	1		0.044	0.200	
Glutamic acid....g	0.906		0	1		0.257	1.160	
Glycine....g	0.098		0	1		0.028	0.125	
Proline....g	0.314		0	1		0.089	0.402	
Serine....g	0.154		0	1		0.044	0.197	
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 = 28.350g: 1 oz

Measure 2 = 128.000g: 1 pie (5" x 3-3/4")

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18320
Pie, lemon meringue, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	41.70	2.582	5	1		11.82	47.12	
Energy....kcal	268		0	4		76	303	
Energy....kj	1121			4		318	1267	
Protein (N x 6)....g	1.50	0.207	3	1		0.43	1.70	
Total lipid (fat)....g	8.70	1.114	6	1		2.47	9.83	
Ash....g	0.90	0.114	7	1		0.26	1.02	
Carbohydrate, by difference....g	47.20		0	4		13.38	53.34	
Fiber, total dietary....g	1.2		0	1		0.3	1.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	56	21.880	3	1		16	63	
Iron, Fe....mg	0.61	0.088	3	1		0.17	0.69	
Magnesium, Mg....mg	15		2	1		4	17	
Phosphorus, P....mg	105		2	1		30	119	
Potassium, K....mg	89	29.958	3	1		25	101	
Sodium, Na....mg	146	57.082	3	1		41	165	
Zinc, Zn....mg	0.49		2	1		0.14	0.55	
Copper, Cu....mg	0.001		2	1		0.000	0.001	
Manganese, Mn....mg	0.060		2	1		0.017	0.068	
Selenium, Se....mcg	3.0		0	4		0.9	3.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.2	0.278	9	1		0.9	3.6	
Thiamin....mg	0.062	0.002	10	1		0.018	0.070	
Riboflavin....mg	0.209	0.025	10	1		0.059	0.236	
Niacin....mg	0.649	0.046	9	1		0.184	0.733	
Pantothenic acid....mg	0.793	0.020	8	1		0.225	0.896	
Vitamin B-6....mg	0.030	0.003	9	1		0.009	0.034	
Folate, total....mcg	13		0	4		4	15	
Folic acid....mcg	5		0	4		1	6	
Folate, food....mcg	8	0.580	8	1		2	9	
Folate, DFE....mcg_DFE	17		0	4		5	19	
Vitamin B-12....mcg	0.17		0	4		0.05	0.19	
Vitamin A, IU....IU	175		1	1		50	198	
Vitamin A, RE....mcg_RE	52		0	1		15	59	
Vitamin E....mg_ATE	2.170		0	4		0.615	2.452	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.766		0	4		0.501	1.996	
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	0.001		0	4		0.000	0.001	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.027		0	4		0.008	0.031	
15:0....g								
16:0....g	1.345		0	4		0.381	1.520	
17:0....g								
18:0....g	0.384		0	4		0.109	0.434	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.685		0	4		0.761	3.034	
14:1....g								
15:1....g								

NDB No. 18320
Pie, lemon meringue, commercially prepared

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	0.060		0	4		0.017	0.068	
17:1....g								
18:1 undifferentiated....g	2.619		0	4		0.742	2.959	
20:1....g	0.004		0	4		0.001	0.005	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.648		0	4		1.034	4.122	
18:2 undifferentiated....g	3.414		0	4		0.968	3.858	
18:3 undifferentiated....g	0.205		0	4		0.058	0.232	
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	0.022		0	4		0.006	0.025	
20:5 n-3....g	0.001		0	4		0.000	0.001	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.006		0	4		0.002	0.007	
Fatty acids, total trans....g								
Cholesterol....mg	45		2	1		13	51	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.019		0	1		0.005	0.021	
Threonine....g	0.060		0	1		0.017	0.068	
Isoleucine....g	0.066		0	1		0.019	0.075	
Leucine....g	0.116		0	1		0.033	0.131	
Lysine....g	0.084		0	1		0.024	0.095	
Methionine....g	0.030		0	1		0.009	0.034	
Cystine....g	0.029		0	1		0.008	0.033	
Phenylalanine....g	0.066		0	1		0.019	0.075	
Tyrosine....g	0.054		0	1		0.015	0.061	
Valine....g	0.074		0	1		0.021	0.084	
Arginine....g	0.081		0	1		0.023	0.092	
Histidine....g	0.034		0	1		0.010	0.038	
Alanine....g	0.061		0	1		0.017	0.069	
Aspartic acid....g	0.106		0	1		0.030	0.120	
Glutamic acid....g	0.342		0	1		0.097	0.386	
Glycine....g	0.048		0	1		0.014	0.054	
Proline....g	0.116		0	1		0.033	0.131	
Serine....g	0.101		0	1		0.029	0.114	
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 = 28.350g: 1 oz

Measure 2 = 113.000g: 1 piece (1/6 of 8" pie)

Calories Factors: **Protein** 4.2 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18321
Pie, lemon meringue, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	43.30		0	1		12.28	54.99	
Energy....kcal	285		0	4		81	362	
Energy....kj	1192			4		338	1514	
Protein (N x 0)....g	3.80		0	1		1.08	4.83	
Total lipid (fat)....g	12.90		0	1		3.66	16.38	
Ash....g	0.90		0	1		0.26	1.14	
Carbohydrate, by difference....g	39.10		0	4		11.08	49.66	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	12		0	1		3	15	
Iron, Fe....mg	1.00		0	1		0.28	1.27	
Magnesium, Mg....mg	6		0	1		2	8	
Phosphorus, P....mg	42		0	1		12	53	
Potassium, K....mg	65		0	1		18	83	
Sodium, Na....mg	242		0	1		69	307	
Zinc, Zn....mg	0.28		0	1		0.08	0.36	
Copper, Cu....mg	0.042		0	1		0.012	0.053	
Manganese, Mn....mg	0.128		0	1		0.036	0.163	
Selenium, Se....mcg	11.6		0	4		3.3	14.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.3		0	1		0.9	4.2	
Thiamin....mg	0.118		0	1		0.033	0.150	
Riboflavin....mg	0.159		0	1		0.045	0.202	
Niacin....mg	0.944		0	1		0.268	1.199	
Pantothenic acid....mg	0.214		0	1		0.061	0.272	
Vitamin B-6....mg	0.027		0	1		0.008	0.034	
Folate, total....mcg	25		0	4		7	32	
Folic acid....mcg	16		0	4		5	20	
Folate, food....mcg	9		0	1		3	11	
Folate, DFE....mcg_DFE	36		0	4		10	46	
Vitamin B-12....mcg	0.12		0	1		0.03	0.15	
Vitamin A, IU....IU	160		0	1		45	203	
Vitamin A, RE....mcg_RE	44		0	1		12	56	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.185		0	1		0.903	4.045	
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	0.047		0	1		0.013	0.060	
15:0....g								
16:0....g	1.881		0	1		0.533	2.389	
17:0....g								
18:0....g	1.249		0	1		0.354	1.586	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.582		0	1		1.582	7.089	
14:1....g								
15:1....g								

NDB No. 18321
Pie, lemon meringue, prepared from 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
16:1 undifferentiated....g	0.038		0	1		0.011	0.048	
17:1....g								
18:1 undifferentiated....g	5.539		0	1		1.570	7.035	
20:1....g	0.004		0	1		0.001	0.005	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.331		0	1		0.944	4.230	
18:2 undifferentiated....g	3.121		0	1		0.885	3.964	
18:3 undifferentiated....g	0.186		0	1		0.053	0.236	
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	0.018		0	1		0.005	0.023	
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	0.005		0	1		0.001	0.006	
Fatty acids, total trans....g								
Cholesterol....mg	53		0	1		15	67	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.046		0	1		0.013	0.058	
Threonine....g	0.143		0	1		0.041	0.182	
Isoleucine....g	0.169		0	1		0.048	0.215	
Leucine....g	0.292		0	1		0.083	0.371	
Lysine....g	0.181		0	1		0.051	0.230	
Methionine....g	0.092		0	1		0.026	0.117	
Cystine....g	0.083		0	1		0.024	0.105	
Phenylalanine....g	0.194		0	1		0.055	0.246	
Tyrosine....g	0.135		0	1		0.038	0.171	
Valine....g	0.192		0	1		0.054	0.244	
Arginine....g	0.191		0	1		0.054	0.243	
Histidine....g	0.087		0	1		0.025	0.110	
Alanine....g	0.166		0	1		0.047	0.211	
Aspartic acid....g	0.272		0	1		0.077	0.345	
Glutamic acid....g	0.864		0	1		0.245	1.097	
Glycine....g	0.130		0	1		0.037	0.165	
Proline....g	0.288		0	1		0.082	0.366	
Serine....g	0.236		0	1		0.067	0.300	
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 = 28.350g: 1 oz

Measure 2 = 127.000g: 1 piece (1/8 of 9" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18322
Pie, mince, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	37.40		0	1		10.60	61.71	
Energy....kcal	289		0	4		82	477	
Energy....kj	1209			4		343	1995	
Protein (N x 0)....g	2.60		0	1		0.74	4.29	
Total lipid (fat)....g	10.80		0	1		3.06	17.82	
Ash....g	1.20		0	1		0.34	1.98	
Carbohydrate, by difference....g	48.00		0	4		13.61	79.20	
Fiber, total dietary....g	2.6		0	4		0.7	4.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	22		0	1		6	36	
Iron, Fe....mg	1.49		0	1		0.42	2.46	
Magnesium, Mg....mg	14		0	1		4	23	
Phosphorus, P....mg	42		0	1		12	69	
Potassium, K....mg	203		0	1		58	335	
Sodium, Na....mg	254		0	1		72	419	
Zinc, Zn....mg	0.22		0	1		0.06	0.36	
Copper, Cu....mg	0.113		0	1		0.032	0.186	
Manganese, Mn....mg	0.263		0	1		0.075	0.434	
Selenium, Se....mcg	6.6		0	4		1.9	10.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	5.9		0	1		1.7	9.7	
Thiamin....mg	0.150		0	1		0.043	0.248	
Riboflavin....mg	0.105		0	1		0.030	0.173	
Niacin....mg	1.189		0	1		0.337	1.962	
Pantothenic acid....mg	0.100		0	1		0.028	0.165	
Vitamin B-6....mg	0.065		0	1		0.018	0.107	
Folate, total....mcg	23		0	4		7	38	
Folic acid....mcg	18		0	4		5	30	
Folate, food....mcg	5		0	1		1	8	
Folate, DFE....mcg_DFE	36		0	4		10	59	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	22		0	1		6	36	
Vitamin A, RE....mcg_RE	2		0	1		1	3	
Vitamin E....mg_ATE	1.870		0	4		0.530	3.086	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.682		0	1		0.760	4.425	
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	0.043		0	1		0.012	0.071	
15:0....g								
16:0....g	1.529		0	1		0.433	2.523	
17:0....g								
18:0....g	1.110		0	1		0.315	1.832	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.654		0	1		1.319	7.679	
14:1....g								
15:1....g								

NDB No. 18322
Pie, mince, prepared from 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
16:1 undifferentiated....g	0.001		0	1		0.000	0.002	
17:1....g								
18:1 undifferentiated....g	4.654		0	1		1.319	7.679	
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	2.842		0	1		0.806	4.689	
18:2 undifferentiated....g	2.661		0	1		0.754	4.391	
18:3 undifferentiated....g	0.180		0	1		0.051	0.297	
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								
Amino Acids:								
Tryptophan....g	0.027		0	1		0.008	0.045	
Threonine....g	0.070		0	1		0.020	0.116	
Isoleucine....g	0.074		0	1		0.021	0.122	
Leucine....g	0.149		0	1		0.042	0.246	
Lysine....g	0.058		0	1		0.016	0.096	
Methionine....g	0.053		0	1		0.015	0.087	
Cystine....g	0.051		0	1		0.014	0.084	
Phenylalanine....g	0.112		0	1		0.032	0.185	
Tyrosine....g	0.070		0	1		0.020	0.116	
Valine....g	0.096		0	1		0.027	0.158	
Arginine....g	0.122		0	1		0.035	0.201	
Histidine....g	0.064		0	1		0.018	0.106	
Alanine....g	0.087		0	1		0.025	0.144	
Aspartic acid....g	0.157		0	1		0.045	0.259	
Glutamic acid....g	0.779		0	1		0.221	1.285	
Glycine....g	0.073		0	1		0.021	0.120	
Proline....g	0.232		0	1		0.066	0.383	
Serine....g	0.101		0	1		0.029	0.167	
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 = 28.350g: 1 oz

Measure 2 = 165.000g: 1 piece (1/8 of 9" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18323
Pie, peach

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	54.40		2	1		15.42	63.65	
Energy....kcal	223		0	4		63	261	
Energy....kj	933			4		265	1092	
Protein (N x 5.8)....g	1.90		1	1		0.54	2.22	
Total lipid (fat)....g	10.00		1	1		2.84	11.70	
Ash....g	0.80		1	1		0.23	0.94	
Carbohydrate, by difference....g	32.90		0	4		9.33	38.49	
Fiber, total dietary....g	0.8		0	4		0.2	1.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	8		1	1		2	9	
Iron, Fe....mg	0.50		1	1		0.14	0.59	
Magnesium, Mg....mg	6		0	4		2	7	
Phosphorus, P....mg	22		0	4		6	26	
Potassium, K....mg	125		1	1		35	146	
Sodium, Na....mg	270		1	1		77	316	
Zinc, Zn....mg	0.09		2	1		0.03	0.11	
Copper, Cu....mg	0.053		0	4		0.015	0.062	
Manganese, Mn....mg	0.152		0	4		0.043	0.178	
Selenium, Se....mcg	1.3		0	4		0.4	1.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.9		0	4		0.3	1.1	
Thiamin....mg	0.061		2	1		0.017	0.071	
Riboflavin....mg	0.033		2	1		0.009	0.039	
Niacin....mg	0.200		1	1		0.057	0.234	
Pantothenic acid....mg	0.114		0	4		0.032	0.133	
Vitamin B-6....mg	0.023		1	1		0.007	0.027	
Folate, total....mcg	24		0	4		7	28	
Folic acid....mcg	20		0	4		6	23	
Folate, food....mcg	4		0	4		1	5	
Folate, DFE....mcg_DFE	38		0	4		11	44	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	105		1	1		30	123	
Vitamin A, RE....mcg_RE	22		0	1		6	26	
Vitamin E....mg_ATE	2.070		0	4		0.587	2.422	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.508		0	4		0.428	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	0.011		0	4		0.003	0.013	
15:0....g								
16:0....g	0.995		0	4		0.282	1.164	
17:0....g								
18:0....g	0.501		0	4		0.142	0.586	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.241		0	4		1.202	4.962	
14:1....g								
15:1....g								

NDB No. 18323
Pie, peach

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	0.038		0	4		0.011	0.044	
17:1....g								
18:1 undifferentiated....g	4.193		0	4		1.189	4.906	
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	3.749		0	4		1.063	4.386	
18:2 undifferentiated....g	3.485		0	4		0.988	4.077	
18:3 undifferentiated....g	0.255		0	4		0.072	0.298	
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	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.022		0	1		0.006	0.026	
Threonine....g	0.057		0	1		0.016	0.067	
Isoleucine....g	0.067		0	1		0.019	0.078	
Leucine....g	0.122		0	1		0.035	0.143	
Lysine....g	0.064		0	1		0.018	0.075	
Methionine....g	0.035		0	1		0.010	0.041	
Cystine....g	0.035		0	1		0.010	0.041	
Phenylalanine....g	0.081		0	1		0.023	0.095	
Tyrosine....g	0.052		0	1		0.015	0.061	
Valine....g	0.086		0	1		0.024	0.101	
Arginine....g	0.066		0	1		0.019	0.077	
Histidine....g	0.037		0	1		0.010	0.043	
Alanine....g	0.069		0	1		0.020	0.081	
Aspartic acid....g	0.132		0	1		0.037	0.154	
Glutamic acid....g	0.538		0	1		0.153	0.629	
Glycine....g	0.064		0	1		0.018	0.075	
Proline....g	0.178		0	1		0.050	0.208	
Serine....g	0.095		0	1		0.027	0.111	
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 = 28.350g: 1 oz

Measure 2 = 117.000g: 1 piece (1/6 of 8" pie)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18324
Pie, pecan, commercially prepared

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	19.30	1.065	8	1		5.47	21.81	
Energy....kcal	400		0	4		113	452	
Energy....kj	1674			4		474	1891	
Protein (N x 5.8)....g	4.00	0.316	8	1		1.13	4.52	
Total lipid (fat)....g	18.50	0.616	9	1		5.24	20.91	
Ash....g	0.90	0.081	10	1		0.26	1.02	
Carbohydrate, by difference....g	57.20		0	4		16.22	64.64	
Fiber, total dietary....g	3.5		0	1		1.0	4.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	17	1.907	7	1		5	19	
Iron, Fe....mg	1.04	0.268	8	1		0.29	1.18	
Magnesium, Mg....mg	18	1.808	6	1		5	20	
Phosphorus, P....mg	77	14.015	6	1		22	87	
Potassium, K....mg	74	5.321	7	1		21	84	
Sodium, Na....mg	424	34.100	8	1		120	479	
Zinc, Zn....mg	0.57	0.080	6	1		0.16	0.64	
Copper, Cu....mg	0.195	0.028	6	1		0.055	0.220	
Manganese, Mn....mg	0.789	0.259	6	1		0.224	0.892	
Selenium, Se....mcg	5.0		0	4		1.4	5.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.1	0.696	3	1		0.3	1.2	
Thiamin....mg	0.091	0.039	14	1		0.026	0.103	
Riboflavin....mg	0.122	0.017	14	1		0.035	0.138	
Niacin....mg	0.249	0.039	11	1		0.071	0.281	
Pantothenic acid....mg	0.424	0.019	8	1		0.120	0.479	
Vitamin B-6....mg	0.021	0.000	8	1		0.006	0.024	
Folate, total....mcg	27		0	4		8	31	
Folic acid....mcg	21		0	4		6	24	
Folate, food....mcg	6	0.258	8	1		2	7	
Folate, DFE....mcg_DFE	42		0	4		12	47	
Vitamin B-12....mcg	0.10		0	4		0.03	0.11	
Vitamin A, IU....IU	175	28.358	4	1		50	198	
Vitamin A, RE....mcg_RE	47		0	1		13	53	
Vitamin E....mg_ATE	1.854		0	4		0.526	2.095	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.545		0	4		1.005	4.006	
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	0.055		0	4		0.016	0.062	
15:0....g								
16:0....g	2.020		0	4		0.573	2.283	
17:0....g								
18:0....g	1.434		0	4		0.407	1.620	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.741		0	4		3.045	12.137	
14:1....g								
15:1....g								

NDB No. 18324
Pie, pecan, commercially prepared

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	0.063		0	4		0.018	0.071	
17:1....g								
18:1 undifferentiated....g	10.604		0	4		3.006	11.983	
20:1....g	0.051		0	4		0.014	0.058	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.182		0	4		0.902	3.596	
18:2 undifferentiated....g	3.014		0	4		0.854	3.406	
18:3 undifferentiated....g	0.140		0	4		0.040	0.158	
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	0.015		0	4		0.004	0.017	
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	0.004		0	4		0.001	0.005	
Fatty acids, total trans....g								
Cholesterol....mg	32	7.394	5	1		9	36	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.065		0	1		0.018	0.073	
Threonine....g	0.148		0	1		0.042	0.167	
Isoleucine....g	0.181		0	1		0.051	0.205	
Leucine....g	0.299		0	1		0.085	0.338	
Lysine....g	0.201		0	1		0.057	0.227	
Methionine....g	0.097		0	1		0.027	0.110	
Cystine....g	0.094		0	1		0.027	0.106	
Phenylalanine....g	0.203		0	1		0.058	0.229	
Tyrosine....g	0.141		0	1		0.040	0.159	
Valine....g	0.208		0	1		0.059	0.235	
Arginine....g	0.287		0	1		0.081	0.324	
Histidine....g	0.095		0	1		0.027	0.107	
Alanine....g	0.173		0	1		0.049	0.195	
Aspartic acid....g	0.308		0	1		0.087	0.348	
Glutamic acid....g	0.875		0	1		0.248	0.989	
Glycine....g	0.148		0	1		0.042	0.167	
Proline....g	0.269		0	1		0.076	0.304	
Serine....g	0.241		0	1		0.068	0.272	
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 = 28.350g: 1 oz

Measure 2 = 113.000g: 1 piece (1/6 of 8" pie)

Calories Factors: **Protein** 4 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18325
Pie, pecan, prepared from recipe

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	19.50		0	1		5.53	23.79	
Energy....kcal	412		0	4		117	503	
Energy....kj	1724			4		489	2103	
Protein (N x 0)....g	4.90		0	1		1.39	5.98	
Total lipid (fat)....g	22.20		0	1		6.29	27.08	
Ash....g	1.10		0	1		0.31	1.34	
Carbohydrate, by difference....g	52.20		0	4		14.80	63.68	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	32		0	1		9	39	
Iron, Fe....mg	1.48		0	1		0.42	1.81	
Magnesium, Mg....mg	26		0	1		7	32	
Phosphorus, P....mg	94		0	1		27	115	
Potassium, K....mg	133		0	1		38	162	
Sodium, Na....mg	262		0	1		74	320	
Zinc, Zn....mg	1.02		0	1		0.29	1.24	
Copper, Cu....mg	0.211		0	1		0.060	0.257	
Manganese, Mn....mg	0.712		0	1		0.202	0.869	
Selenium, Se....mcg	12.0		0	4		3.4	14.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.1	0.2	
Thiamin....mg	0.188		0	1		0.053	0.229	
Riboflavin....mg	0.180		0	1		0.051	0.220	
Niacin....mg	0.847		0	1		0.240	1.033	
Pantothenic acid....mg	0.479		0	1		0.136	0.584	
Vitamin B-6....mg	0.060		0	1		0.017	0.073	
Folate, total....mcg	26		0	4		7	32	
Folic acid....mcg	12		0	4		3	15	
Folate, food....mcg	14		0	1		4	17	
Folate, DFE....mcg_DFE	34		0	4		10	42	
Vitamin B-12....mcg	0.17		0	1		0.05	0.21	
Vitamin A, IU....IU	336		0	1		95	410	
Vitamin A, RE....mcg_RE	89		0	1		25	109	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.989		0	1		1.131	4.867	
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	0.001		0	1		0.000	0.001	
10:0....g	0.001		0	1		0.000	0.001	
11:0....g								
12:0....g	0.001		0	1		0.000	0.001	
13:0....g								
14:0....g	0.047		0	1		0.013	0.057	
15:0....g								
16:0....g	2.549		0	1		0.723	3.110	
17:0....g								
18:0....g	1.382		0	1		0.392	1.686	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.181		0	1		3.170	13.641	
14:1....g								
15:1....g								

NDB No. 18325
Pie, pecan, prepared from 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
16:1 undifferentiated....g	0.099		0	1		0.028	0.121	
17:1....g								
18:1 undifferentiated....g	11.018		0	1		3.124	13.442	
20:1....g	0.063		0	1		0.018	0.077	
22:1 undifferentiated....g	0.001		0	1		0.000	0.001	
24:1 c....g								
Fatty acids, total polyunsaturated....g	5.710		0	1		1.619	6.966	
18:2 undifferentiated....g	5.402		0	1		1.531	6.590	
18:3 undifferentiated....g	0.271		0	1		0.077	0.331	
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	0.029		0	1		0.008	0.035	
20:5 n-3....g	0.001		0	1		0.000	0.001	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.008		0	1		0.002	0.010	
Fatty acids, total trans....g								
Cholesterol....mg	87		0	1		25	106	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.069		0	1		0.020	0.084	
Threonine....g	0.189		0	1		0.054	0.231	
Isoleucine....g	0.223		0	1		0.063	0.272	
Leucine....g	0.372		0	1		0.105	0.454	
Lysine....g	0.248		0	1		0.070	0.303	
Methionine....g	0.125		0	1		0.035	0.153	
Cystine....g	0.111		0	1		0.031	0.135	
Phenylalanine....g	0.250		0	1		0.071	0.305	
Tyrosine....g	0.178		0	1		0.050	0.217	
Valine....g	0.255		0	1		0.072	0.311	
Arginine....g	0.325		0	1		0.092	0.397	
Histidine....g	0.116		0	1		0.033	0.142	
Alanine....g	0.223		0	1		0.063	0.272	
Aspartic acid....g	0.392		0	1		0.111	0.478	
Glutamic acid....g	0.972		0	1		0.276	1.186	
Glycine....g	0.176		0	1		0.050	0.215	
Proline....g	0.305		0	1		0.086	0.372	
Serine....g	0.301		0	1		0.085	0.367	
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 = 28.350g: 1 oz

Measure 2 = 122.000g: 1 piece (1/8 of 9" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18326
Pie, pumpkin, commercially prepared

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	0.104	3	1		16.47	63.33	
Energy....kcal	210		0	4		60	229	
Energy....kj	879			4		249	958	
Protein (N x 6.2)....g	3.90	0.134	3	1		1.11	4.25	
Total lipid (fat)....g	9.50	0.843	4	1		2.69	10.36	
Ash....g	1.10	0.051	5	1		0.31	1.20	
Carbohydrate, by difference....g	27.30		0	4		7.74	29.76	
Fiber, total dietary....g	2.7		0	1		0.8	2.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	60	2.309	30	1		17	65	
Iron, Fe....mg	0.79	0.045	31	1		0.22	0.86	
Magnesium, Mg....mg	15	0.506	30	1		4	16	
Phosphorus, P....mg	71	2.260	29	1		20	77	
Potassium, K....mg	154	4.917	31	1		44	168	
Sodium, Na....mg	282	11.691	31	1		80	307	
Zinc, Zn....mg	0.45	0.021	29	1		0.13	0.49	
Copper, Cu....mg	0.048	0.003	30	1		0.014	0.052	
Manganese, Mn....mg	0.240	0.008	30	1		0.068	0.262	
Selenium, Se....mcg	2.6	0.389	11	1		0.7	2.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.0		0	4		0.3	1.1	
Thiamin....mg	0.055	0.016	12	1		0.016	0.060	
Riboflavin....mg	0.153	0.011	12	1		0.043	0.167	
Niacin....mg	0.187	0.025	9	1		0.053	0.204	
Pantothenic acid....mg	0.507	0.010	8	1		0.144	0.553	
Vitamin B-6....mg	0.057	0.016	3	1		0.016	0.062	
Folate, total....mcg	20		0	4		6	22	
Folic acid....mcg	5		0	4		1	5	
Folate, food....mcg	15	0.407	8	1		4	16	
Folate, DFE....mcg_DFE	24		0	4		7	26	
Vitamin B-12....mcg	0.26		0	4		0.07	0.28	
Vitamin A, IU....IU	3434		0	4		974	3743	
Vitamin A, RE....mcg_RE	372		0	4		105	405	
Vitamin E....mg_ATE	1.705		0	4		0.483	1.858	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.785		0	4		0.506	1.946	
4:0....g	0.007		0	4		0.002	0.008	
6:0....g	0.003		0	4		0.001	0.003	
8:0....g	0.002		0	4		0.001	0.002	
10:0....g	0.005		0	4		0.001	0.005	
11:0....g								
12:0....g	0.006		0	4		0.002	0.007	
13:0....g								
14:0....g	0.039		0	4		0.011	0.043	
15:0....g								
16:0....g	1.127		0	4		0.320	1.228	
17:0....g								
18:0....g	0.586		0	4		0.166	0.639	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.032		0	4		1.143	4.395	
14:1....g								
15:1....g								

NDB No. 18326
Pie, pumpkin, commercially prepared

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	0.041		0	4		0.012	0.045	
17:1....g								
18:1 undifferentiated....g	3.981		0	4		1.129	4.339	
20:1....g	0.001		0	4		0.000	0.001	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.150		0	4		0.893	3.434	
18:2 undifferentiated....g	2.951		0	4		0.837	3.217	
18:3 undifferentiated....g	0.186		0	4		0.053	0.203	
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	0.007		0	4		0.002	0.008	
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	0.002		0	4		0.001	0.002	
Fatty acids, total trans....g								
Cholesterol....mg	20		2	1		6	22	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.051		0	1		0.014	0.056	
Threonine....g	0.159		0	1		0.045	0.173	
Isoleucine....g	0.205		0	1		0.058	0.223	
Leucine....g	0.335		0	1		0.095	0.365	
Lysine....g	0.261		0	1		0.074	0.284	
Methionine....g	0.092		0	1		0.026	0.100	
Cystine....g	0.054		0	1		0.015	0.059	
Phenylalanine....g	0.184		0	1		0.052	0.201	
Tyrosine....g	0.163		0	1		0.046	0.178	
Valine....g	0.229		0	1		0.065	0.250	
Arginine....g	0.161		0	1		0.046	0.175	
Histidine....g	0.094		0	1		0.027	0.102	
Alanine....g	0.144		0	1		0.041	0.157	
Aspartic acid....g	0.289		0	1		0.082	0.315	
Glutamic acid....g	0.826		0	1		0.234	0.900	
Glycine....g	0.100		0	1		0.028	0.109	
Proline....g	0.327		0	1		0.093	0.356	
Serine....g	0.219		0	1		0.062	0.239	
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 = 28.350g: 1 oz

Measure 2 = 109.000g: 1 piece (1/6 of 8" pie)

Calories Factors: **Protein** 4.2 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18327
Pie, pumpkin, prepared from recipe

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	58.50		0	1		16.58	90.68	
Energy....kcal	204		0	4		58	316	
Energy....kj	854			4		242	1323	
Protein (N x 0)....g	4.50		0	1		1.28	6.98	
Total lipid (fat)....g	9.30		0	1		2.64	14.42	
Ash....g	1.30		0	1		0.37	2.02	
Carbohydrate, by difference....g	26.40		0	4		7.48	40.92	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	94		0	1		27	146	
Iron, Fe....mg	1.27		0	1		0.36	1.97	
Magnesium, Mg....mg	19		0	1		5	29	
Phosphorus, P....mg	98		0	1		28	152	
Potassium, K....mg	186		0	1		53	288	
Sodium, Na....mg	225		0	1		64	349	
Zinc, Zn....mg	0.46		0	1		0.13	0.71	
Copper, Cu....mg	0.066		0	1		0.019	0.102	
Manganese, Mn....mg	0.198		0	1		0.056	0.307	
Selenium, Se....mcg	7.1		0	4		2.0	11.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.7		0	1		0.5	2.6	
Thiamin....mg	0.092		0	1		0.026	0.143	
Riboflavin....mg	0.201		0	1		0.057	0.312	
Niacin....mg	0.782		0	1		0.222	1.212	
Pantothenic acid....mg	0.445		0	1		0.126	0.690	
Vitamin B-6....mg	0.047		0	1		0.013	0.073	
Folate, total....mcg	21		0	4		6	33	
Folic acid....mcg	10		0	4		3	16	
Folate, food....mcg	11		0	1		3	17	
Folate, DFE....mcg_DFE	28		0	4		8	43	
Vitamin B-12....mcg	0.09		0	1		0.03	0.14	
Vitamin A, IU....IU	7634		0	1		2164	11833	
Vitamin A, RE....mcg_RE	782		0	1		222	1212	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.171		0	1		0.899	4.915	
4:0....g	0.057		0	1		0.016	0.088	
6:0....g	0.039		0	1		0.011	0.060	
8:0....g	0.016		0	1		0.005	0.025	
10:0....g	0.032		0	1		0.009	0.050	
11:0....g								
12:0....g	0.049		0	1		0.014	0.076	
13:0....g								
14:0....g	0.247		0	1		0.070	0.383	
15:0....g								
16:0....g	1.675		0	1		0.475	2.596	
17:0....g								
18:0....g	0.977		0	1		0.277	1.514	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.697		0	1		1.048	5.730	
14:1....g								
15:1....g								

NDB No. 18327
Pie, pumpkin, prepared from 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
16:1 undifferentiated....g	0.077		0	1		0.022	0.119	
17:1....g								
18:1 undifferentiated....g	3.594		0	1		1.019	5.571	
20:1....g	0.002		0	1		0.001	0.003	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.810		0	1		0.513	2.806	
18:2 undifferentiated....g	1.668		0	1		0.473	2.585	
18:3 undifferentiated....g	0.128		0	1		0.036	0.198	
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	0.011		0	1		0.003	0.017	
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	0.003		0	1		0.001	0.005	
Fatty acids, total trans....g								
Cholesterol....mg	42		0	1		12	65	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.059		0	1		0.017	0.091	
Threonine....g	0.180		0	1		0.051	0.279	
Isoleucine....g	0.226		0	1		0.064	0.350	
Leucine....g	0.376		0	1		0.107	0.583	
Lysine....g	0.276		0	1		0.078	0.428	
Methionine....g	0.105		0	1		0.030	0.163	
Cystine....g	0.067		0	1		0.019	0.104	
Phenylalanine....g	0.219		0	1		0.062	0.339	
Tyrosine....g	0.187		0	1		0.053	0.290	
Valine....g	0.253		0	1		0.072	0.392	
Arginine....g	0.199		0	1		0.056	0.308	
Histidine....g	0.109		0	1		0.031	0.169	
Alanine....g	0.171		0	1		0.048	0.265	
Aspartic acid....g	0.339		0	1		0.096	0.525	
Glutamic acid....g	1.004		0	1		0.285	1.556	
Glycine....g	0.127		0	1		0.036	0.197	
Proline....g	0.375		0	1		0.106	0.581	
Serine....g	0.256		0	1		0.073	0.397	
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 = 28.350g: 1 oz

Measure 2 = 155.000g: 1 piece (1/8 of 9" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18328
Pie, vanilla cream, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	47.00		0	1		13.32	59.22	
Energy....kcal	278		0	4		79	350	
Energy....kj	1163			4		330	1466	
Protein (N x 0)....g	4.80		0	1		1.36	6.05	
Total lipid (fat)....g	14.40		0	1		4.08	18.14	
Ash....g	1.20		0	1		0.34	1.51	
Carbohydrate, by difference....g	32.60		0	4		9.24	41.08	
Fiber, total dietary....g	0.6		0	4		0.2	0.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	90		0	1		26	113	
Iron, Fe....mg	1.02		0	1		0.29	1.29	
Magnesium, Mg....mg	13		0	1		4	16	
Phosphorus, P....mg	104		0	1		29	131	
Potassium, K....mg	126		0	1		36	159	
Sodium, Na....mg	260		0	1		74	328	
Zinc, Zn....mg	0.53		0	1		0.15	0.67	
Copper, Cu....mg	0.039		0	1		0.011	0.049	
Manganese, Mn....mg	0.128		0	1		0.036	0.161	
Selenium, Se....mcg	9.5		0	4		2.7	12.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		0	1		0.1	0.6	
Thiamin....mg	0.139		0	1		0.039	0.175	
Riboflavin....mg	0.216		0	1		0.061	0.272	
Niacin....mg	0.984		0	1		0.279	1.240	
Pantothenic acid....mg	0.415		0	1		0.118	0.523	
Vitamin B-6....mg	0.049		0	1		0.014	0.062	
Folate, total....mcg	26		0	4		7	33	
Folic acid....mcg	15		0	4		4	19	
Folate, food....mcg	11		0	1		3	14	
Folate, DFE....mcg_DFE	37		0	4		10	46	
Vitamin B-12....mcg	0.30		0	1		0.09	0.38	
Vitamin A, IU....IU	306		0	1		87	386	
Vitamin A, RE....mcg_RE	85		0	1		24	107	
Vitamin E....mg_ATE	1.350		0	4		0.383	1.701	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.030		0	1		1.143	5.078	
4:0....g	0.042		0	1		0.012	0.053	
6:0....g	0.025		0	1		0.007	0.032	
8:0....g	0.015		0	1		0.004	0.019	
10:0....g	0.033		0	1		0.009	0.042	
11:0....g								
12:0....g	0.037		0	1		0.010	0.047	
13:0....g								
14:0....g	0.179		0	1		0.051	0.226	
15:0....g								
16:0....g	2.263		0	1		0.642	2.851	
17:0....g								
18:0....g	1.426		0	1		0.404	1.797	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.043		0	1		1.713	7.614	
14:1....g								
15:1....g								

NDB No. 18328
Pie, vanilla cream, prepared from 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
16:1 undifferentiated....g	0.070		0	1		0.020	0.088	
17:1....g								
18:1 undifferentiated....g	5.965		0	1		1.691	7.516	
20:1....g	0.004		0	1		0.001	0.005	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.438		0	1		0.975	4.332	
18:2 undifferentiated....g	3.205		0	1		0.909	4.038	
18:3 undifferentiated....g	0.208		0	1		0.059	0.262	
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	0.020		0	1		0.006	0.025	
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	0.005		0	1		0.001	0.006	
Fatty acids, total trans....g								
Cholesterol....mg	62		0	1		18	78	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.060		0	1		0.017	0.076	
Threonine....g	0.184		0	1		0.052	0.232	
Isoleucine....g	0.228		0	1		0.065	0.287	
Leucine....g	0.397		0	1		0.113	0.500	
Lysine....g	0.266		0	1		0.075	0.335	
Methionine....g	0.103		0	1		0.029	0.130	
Cystine....g	0.071		0	1		0.020	0.089	
Phenylalanine....g	0.224		0	1		0.064	0.282	
Tyrosine....g	0.189		0	1		0.054	0.238	
Valine....g	0.255		0	1		0.072	0.321	
Arginine....g	0.203		0	1		0.058	0.256	
Histidine....g	0.117		0	1		0.033	0.147	
Alanine....g	0.169		0	1		0.048	0.213	
Aspartic acid....g	0.309		0	1		0.088	0.389	
Glutamic acid....g	1.143		0	1		0.324	1.440	
Glycine....g	0.133		0	1		0.038	0.168	
Proline....g	0.444		0	1		0.126	0.559	
Serine....g	0.269		0	1		0.076	0.339	
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 = 28.350g: 1 oz

Measure 2 = 126.000g: 1 piece (1/8 of 9" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18330
Pie crust, cookie-type, prepared from recipe, graham cracker, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: 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	4.20		0	1		8.82	0.92	10.04
Energy....kcal	494		0	4		1037	109	1181
Energy....kj	2067			4		4340	455	4940
Protein (N x 0)....g	4.20		0	1		8.82	0.92	10.04
Total lipid (fat)....g	24.90		0	1		52.29	5.48	59.51
Ash....g	1.50		0	1		3.15	0.33	3.59
Carbohydrate, by difference....g	65.20		0	4		136.92	14.34	155.83
Fiber, total dietary....g	1.5		0	4		3.2	0.3	3.6
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	21		0	1		44	5	50
Iron, Fe....mg	2.17		0	1		4.56	0.48	5.19
Magnesium, Mg....mg	18		0	1		38	4	43
Phosphorus, P....mg	65		0	1		137	14	155
Potassium, K....mg	88		0	1		185	19	210
Sodium, Na....mg	571		0	1		1199	126	1365
Zinc, Zn....mg	0.47		0	1		0.99	0.10	1.12
Copper, Cu....mg	0.125		0	1		0.263	0.028	0.299
Manganese, Mn....mg	0.463		0	1		0.972	0.102	1.107
Selenium, Se....mcg	6.0		0	4		12.6	1.3	14.3
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.104		0	1		0.218	0.023	0.249
Riboflavin....mg	0.175		0	1		0.368	0.039	0.418
Niacin....mg	2.133		0	1		4.479	0.469	5.098
Pantothenic acid....mg	0.220		0	1		0.462	0.048	0.526
Vitamin B-6....mg	0.036		0	1		0.076	0.008	0.086
Folate, total....mcg	24		0	4		50	5	57
Folic acid....mcg	17		0	4		36	4	41
Folate, food....mcg	7		0	1		15	2	17
Folate, DFE....mcg_DFE	36		0	4		75	8	86
Vitamin B-12....mcg	0.02		0	1		0.04	0.00	0.05
Vitamin A, IU....IU	785		0	1		1649	173	1876
Vitamin A, RE....mcg_RE	202		0	1		424	44	483
Vitamin E....mg_ATE	4.084		0	4		8.576	0.898	9.761
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.196		0	1		10.912	1.143	12.418
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	0.003		0	1		0.006	0.001	0.007
11:0....g								
12:0....g	0.003		0	1		0.006	0.001	0.007
13:0....g								
14:0....g	0.074		0	1		0.155	0.016	0.177
15:0....g								
16:0....g	3.157		0	1		6.630	0.695	7.545
17:0....g								
18:0....g	1.942		0	1		4.078	0.427	4.641
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.370		0	1		23.877	2.501	27.174
14:1....g								
15:1....g								

NDB No. 18330

Pie crust, cookie-type, prepared from recipe, graham cracker, baked

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	0.050		0	1		0.105	0.011	0.120
17:1....g								
18:1 undifferentiated....g	11.320		0	1		23.772	2.490	27.055
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	6.908		0	1		14.507	1.520	16.510
18:2 undifferentiated....g	6.608		0	1		13.877	1.454	15.793
18:3 undifferentiated....g	0.300		0	1		0.630	0.066	0.717
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	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.055		0	1		0.116	0.012	0.131
Threonine....g	0.119		0	1		0.250	0.026	0.284
Isoleucine....g	0.152		0	1		0.319	0.033	0.363
Leucine....g	0.293		0	1		0.615	0.064	0.700
Lysine....g	0.109		0	1		0.229	0.024	0.261
Methionine....g	0.073		0	1		0.153	0.016	0.174
Cystine....g	0.088		0	1		0.185	0.019	0.210
Phenylalanine....g	0.208		0	1		0.437	0.046	0.497
Tyrosine....g	0.129		0	1		0.271	0.028	0.308
Valine....g	0.178		0	1		0.374	0.039	0.425
Arginine....g	0.175		0	1		0.368	0.039	0.418
Histidine....g	0.094		0	1		0.197	0.021	0.225
Alanine....g	0.137		0	1		0.288	0.030	0.327
Aspartic acid....g	0.192		0	1		0.403	0.042	0.459
Glutamic acid....g	1.362		0	1		2.860	0.300	3.255
Glycine....g	0.151		0	1		0.317	0.033	0.361
Proline....g	0.469		0	1		0.985	0.103	1.121
Serine....g	0.207		0	1		0.435	0.046	0.495
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 = 210.000g: 1 pie shell (9" dia)

Measure 2 = 22.000g: 1 tart shell

Measure 3 = 239.000g: 1 crust, single 9"

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

Food Group: 18 Baked Products

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

NDB No. 18332
Pie crust, standard-type, dry mix

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	7.60	0.302	28	1		2.15	21.58	
Energy....kcal	518		0	4		147	1471	
Energy....kj	2167			4		614	6155	
Protein (N x 5.7)....g	6.90	0.152	30	1		1.96	19.60	
Total lipid (fat)....g	31.40	0.442	34	1		8.90	89.18	
Ash....g	2.00	0.044	28	1		0.57	5.68	
Carbohydrate, by difference....g	52.10		0	4		14.77	147.96	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	61	12.445	20	1		17	173	
Iron, Fe....mg	2.22	0.094	20	1		0.63	6.30	
Magnesium, Mg....mg	15	1.364	15	1		4	43	
Phosphorus, P....mg	86	6.061	21	1		24	244	
Potassium, K....mg	64	2.769	8	1		18	182	
Sodium, Na....mg	753	22.024	16	1		213	2139	
Zinc, Zn....mg	0.40	0.049	10	1		0.11	1.14	
Copper, Cu....mg	0.075	0.007	10	1		0.021	0.213	
Manganese, Mn....mg	0.315		2	1		0.089	0.895	
Selenium, Se....mcg	22.9		0	4		6.5	65.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.392	0.010	20	1		0.111	1.113	
Riboflavin....mg	0.213	0.017	20	1		0.060	0.605	
Niacin....mg	2.727	0.099	20	1		0.773	7.745	
Pantothenic acid....mg	0.268	0.087	3	1		0.076	0.761	
Vitamin B-6....mg	0.064		2	1		0.018	0.182	
Folate, total....mcg	104		0	4		29	295	
Folic acid....mcg	86		0	4		24	244	
Folate, food....mcg	18		0	4		5	51	
Folate, DFE....mcg_DFE	164		0	4		47	466	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.974		0	4		2.261	22.646	
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	0.154		0	4		0.044	0.437	
15:0....g								
16:0....g	4.096		0	4		1.161	11.633	
17:0....g								
18:0....g	3.724		0	4		1.056	10.576	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	17.887		0	4		5.071	50.799	
14:1....g								
15:1....g								

NDB No. 18332
Pie crust, standard-type, dry mix

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	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	17.887		0	4		5.071	50.799	
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	3.968		0	4		1.125	11.269	
18:2 undifferentiated....g	3.768		0	4		1.068	10.701	
18:3 undifferentiated....g	0.199		0	4		0.056	0.565	
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		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.080		0	1		0.023	0.227	
Threonine....g	0.184		0	1		0.052	0.523	
Isoleucine....g	0.255		0	1		0.072	0.724	
Leucine....g	0.476		0	1		0.135	1.352	
Lysine....g	0.133		0	1		0.038	0.378	
Methionine....g	0.121		0	1		0.034	0.344	
Cystine....g	0.155		0	1		0.044	0.440	
Phenylalanine....g	0.339		0	1		0.096	0.963	
Tyrosine....g	0.188		0	1		0.053	0.534	
Valine....g	0.289		0	1		0.082	0.821	
Arginine....g	0.239		0	1		0.068	0.679	
Histidine....g	0.146		0	1		0.041	0.415	
Alanine....g	0.210		0	1		0.060	0.596	
Aspartic acid....g	0.278		0	1		0.079	0.790	
Glutamic acid....g	2.412		0	1		0.684	6.850	
Glycine....g	0.236		0	1		0.067	0.670	
Proline....g	0.809		0	1		0.229	2.298	
Serine....g	0.333		0	1		0.094	0.946	
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 = 28.350g: 1 oz

Measure 2 = 284.000g: 1 package (10 oz)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18333
Pie crust, standard-type, dry mix, prepared, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	10.60		0	1		16.96	2.12	
Energy....kcal	501		0	4		802	100	
Energy....kj	2096			4		3354	419	
Protein....g	6.70		0	1		10.72	1.34	
Total lipid (fat)....g	30.40		0	1		48.64	6.08	
Ash....g	2.00		0	1		3.20	0.40	
Carbohydrate, by difference....g	50.40		0	4		80.64	10.08	
Fiber, total dietary....g	1.8		0	4		2.8	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	60		0	1		96	12	
Iron, Fe....mg	2.15		0	1		3.44	0.43	
Magnesium, Mg....mg	15		0	1		24	3	
Phosphorus, P....mg	84		0	1		134	17	
Potassium, K....mg	62		0	1		99	12	
Sodium, Na....mg	729		0	1		1166	146	
Zinc, Zn....mg	0.39		0	1		0.62	0.08	
Copper, Cu....mg	0.074		0	1		0.118	0.015	
Manganese, Mn....mg	0.305		0	1		0.488	0.061	
Selenium, Se....mcg	22.1		0	4		35.4	4.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.303		0	1		0.485	0.061	
Riboflavin....mg	0.186		0	1		0.298	0.037	
Niacin....mg	2.373		0	1		3.797	0.475	
Pantothenic acid....mg	0.168		0	1		0.269	0.034	
Vitamin B-6....mg	0.056		0	1		0.090	0.011	
Folate, total....mcg	70		0	4		112	14	
Folic acid....mcg	58		0	4		93	12	
Folate, food....mcg	12		0	4		19	2	
Folate, DFE....mcg_DFE	111		0	4		177	22	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.711		0	1		12.338	1.542	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g	0.149		0	1		0.238	0.030	
15:0....g								
16:0....g	3.963		0	1		6.341	0.793	
17:0....g								
18:0....g	3.599		0	1		5.758	0.720	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	17.289		0	1		27.662	3.458	
14:1....g								
15:1....g								

NDB No. 18333
Pie crust, standard-type, dry mix, prepared, baked

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	17.289		0	1		27.662	3.458	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.847		0	1		6.155	0.769	
18:2 undifferentiated....g	3.654		0	1		5.846	0.731	
18:3 undifferentiated....g	0.193		0	1		0.309	0.039	
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	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.077		0	1		0.123	0.015	
Threonine....g	0.178		0	1		0.285	0.036	
Isoleucine....g	0.247		0	1		0.395	0.049	
Leucine....g	0.460		0	1		0.736	0.092	
Lysine....g	0.129		0	1		0.206	0.026	
Methionine....g	0.117		0	1		0.187	0.023	
Cystine....g	0.150		0	1		0.240	0.030	
Phenylalanine....g	0.328		0	1		0.525	0.066	
Tyrosine....g	0.182		0	1		0.291	0.036	
Valine....g	0.279		0	1		0.446	0.056	
Arginine....g	0.231		0	1		0.370	0.046	
Histidine....g	0.141		0	1		0.226	0.028	
Alanine....g	0.203		0	1		0.325	0.041	
Aspartic acid....g	0.269		0	1		0.430	0.054	
Glutamic acid....g	2.333		0	1		3.733	0.467	
Glycine....g	0.228		0	1		0.365	0.046	
Proline....g	0.783		0	1		1.253	0.157	
Serine....g	0.322		0	1		0.515	0.064	
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 = 160.000g: 1 crust, single 9"

Measure 2 = 20.000g: 1 piece (1/8 of 9" crust)

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

Food Group: 18 Baked Products

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

NDB No. 18334
Pie crust, standard-type, frozen, ready-to-bake, enriched

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	21.00	0.166	7	1		29.82	3.78	
Energy	kcal	457		0	4		649	82	
Energy	kj	1912			4		2715	344	
Protein (N x 5.7)	g	3.90	0.505	7	1		5.54	0.70	
Total lipid (fat)	g	29.20	0.270	4	1		41.46	5.26	
Ash	g	1.80	0.274	7	1		2.56	0.32	
Carbohydrate, by difference	g	44.10		0	4		62.62	7.94	
Fiber, total dietary	g	0.9		0	4		1.3	0.2	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	18	5.004	7	1		26	3	
Iron, Fe	mg	2.01		2	1		2.85	0.36	
Magnesium, Mg	mg	16	4.416	7	1		23	3	
Phosphorus, P	mg	53	7.776	7	1		75	10	
Potassium, K	mg	98	18.739	7	1		139	18	
Sodium, Na	mg	576	60.193	7	1		818	104	
Zinc, Zn	mg	0.30	0.055	7	1		0.43	0.05	
Copper, Cu	mg	0.068	0.017	7	1		0.097	0.012	
Manganese, Mn	mg	0.547	0.065	3	1		0.777	0.098	
Selenium, Se	mcg	2.7		0	4		3.8	0.5	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	4		0.0	0.0	
Thiamin	mg	0.312	0.069	3	1		0.443	0.056	
Riboflavin	mg	0.377	0.052	3	1		0.535	0.068	
Niacin	mg	2.409		2	1		3.421	0.434	
Pantothenic acid	mg	0.231	0.036	6	1		0.328	0.042	
Vitamin B-6	mg	0.071	0.005	3	1		0.101	0.013	
Folate, total	mcg	70		0	4		99	13	
Folic acid	mcg	60		0	4		85	11	
Folate, food	mcg	10		0	4		14	2	
Folate, DFE	mcg_DFE	112		0	4		159	20	
Vitamin B-12	mcg	0.03		0	4		0.04	0.01	
Vitamin A, IU	IU	1		0	4		1	0	
Vitamin A, RE	mcg_RE	0		0	4		0	0	
Vitamin E	mg_ATE	5.265		0	4		7.476	0.948	
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	4.357		0	4		6.187	0.784	
4:0	g	0.001		0	4		0.001	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	0.031		0	4		0.044	0.006	
15:0	g								
16:0	g	2.878		0	4		4.087	0.518	
17:0	g								
18:0	g	1.443		0	4		2.049	0.260	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	12.419		0	4		17.635	2.235	
14:1	g								
15:1	g								

NDB No. 18334
Pie crust, standard-type, frozen, ready-to-bake, enriched

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	0.117		0	4		0.166	0.021	
17:1....g								
18:1 undifferentiated....g	12.273		0	4		17.428	2.209	
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	11.000		0	4		15.620	1.980	
18:2 undifferentiated....g	10.212		0	4		14.501	1.838	
18:3 undifferentiated....g	0.759		0	4		1.078	0.137	
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								
Amino Acids:								
Tryptophan....g	0.056		0	4		0.080	0.010	
Threonine....g	0.112		0	4		0.159	0.020	
Isoleucine....g	0.150		0	4		0.213	0.027	
Leucine....g	0.267		0	4		0.379	0.048	
Lysine....g	0.140		0	4		0.199	0.025	
Methionine....g	0.065		0	4		0.092	0.012	
Cystine....g	0.085		0	4		0.121	0.015	
Phenylalanine....g	0.182		0	4		0.258	0.033	
Tyrosine....g	0.111		0	4		0.158	0.020	
Valine....g	0.172		0	4		0.244	0.031	
Arginine....g	0.148		0	4		0.210	0.027	
Histidine....g	0.079		0	4		0.112	0.014	
Alanine....g	0.119		0	4		0.169	0.021	
Aspartic acid....g	0.169		0	4		0.240	0.030	
Glutamic acid....g	1.266		0	4		1.798	0.228	
Glycine....g	0.131		0	4		0.186	0.024	
Proline....g	0.427		0	4		0.606	0.077	
Serine....g	0.205		0	4		0.291	0.037	
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 = 142.000g: 1 crust, single 9"

Measure 2 = 18.000g: 1 piece (1/8 of 9" crust)

Calories Factors: **Protein** 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18335
Pie crust, standard-type, frozen, ready-to-bake, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	11.20		0	1		14.11	1.79	
Energy....kcal	514		0	4		648	82	
Energy....kj	2151			4		2710	344	
Protein (N x 0)....g	4.40		0	1		5.54	0.70	
Total lipid (fat)....g	32.80		0	1		41.33	5.25	
Ash....g	2.00		0	1		2.52	0.32	
Carbohydrate, by difference....g	49.60		0	4		62.50	7.94	
Fiber, total dietary....g	1.0		0	4		1.3	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	21		0	1		26	3	
Iron, Fe....mg	2.26		0	1		2.85	0.36	
Magnesium, Mg....mg	18		0	1		23	3	
Phosphorus, P....mg	59		0	1		74	9	
Potassium, K....mg	110		0	1		139	18	
Sodium, Na....mg	647		0	1		815	104	
Zinc, Zn....mg	0.34		0	1		0.43	0.05	
Copper, Cu....mg	0.076		0	1		0.096	0.012	
Manganese, Mn....mg	0.615		0	1		0.775	0.098	
Selenium, Se....mcg	3.0		0	4		3.8	0.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.280		0	1		0.353	0.045	
Riboflavin....mg	0.381		0	1		0.480	0.061	
Niacin....mg	2.436		0	1		3.069	0.390	
Pantothenic acid....mg	0.169		0	1		0.213	0.027	
Vitamin B-6....mg	0.071		0	1		0.089	0.011	
Folate, total....mcg	39		0	4		49	6	
Folic acid....mcg	31		0	4		39	5	
Folate, food....mcg	8		0	4		10	1	
Folate, DFE....mcg_DFE	61		0	4		76	10	
Vitamin B-12....mcg	0.02		0	4		0.03	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	5.094		0	4		6.418	0.815	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	10.583		0	1		13.335	1.693	
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	0.023		0	1		0.029	0.004	
11:0....g								
12:0....g	0.045		0	1		0.057	0.007	
13:0....g								
14:0....g	0.295		0	1		0.372	0.047	
15:0....g								
16:0....g	6.353		0	1		8.005	1.016	
17:0....g								
18:0....g	3.812		0	1		4.803	0.610	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	15.715		0	1		19.801	2.514	
14:1....g								
15:1....g								

NDB No. 18335
Pie crust, standard-type, frozen, ready-to-bake, baked

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	0.622		0	1		0.784	0.100	
17:1....g								
18:1 undifferentiated....g	15.093		0	1		19.017	2.415	
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	4.034		0	1		5.083	0.645	
18:2 undifferentiated....g	3.788		0	1		4.773	0.606	
18:3 undifferentiated....g	0.245		0	1		0.309	0.039	
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								
Amino Acids:								
Tryptophan....g	0.063		0	1		0.079	0.010	
Threonine....g	0.126		0	1		0.159	0.020	
Isoleucine....g	0.168		0	1		0.212	0.027	
Leucine....g	0.300		0	1		0.378	0.048	
Lysine....g	0.157		0	1		0.198	0.025	
Methionine....g	0.073		0	1		0.092	0.012	
Cystine....g	0.095		0	1		0.120	0.015	
Phenylalanine....g	0.205		0	1		0.258	0.033	
Tyrosine....g	0.125		0	1		0.158	0.020	
Valine....g	0.193		0	1		0.243	0.031	
Arginine....g	0.166		0	1		0.209	0.027	
Histidine....g	0.089		0	1		0.112	0.014	
Alanine....g	0.134		0	1		0.169	0.021	
Aspartic acid....g	0.190		0	1		0.239	0.030	
Glutamic acid....g	1.422		0	1		1.792	0.228	
Glycine....g	0.147		0	1		0.185	0.024	
Proline....g	0.480		0	1		0.605	0.077	
Serine....g	0.230		0	1		0.290	0.037	
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 = 126.000g: 1 crust, single 9"

Measure 2 = 16.000g: 1 piece (1/8 of 9" crust)

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

Food Group: 18 Baked Products

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

NDB No. 18336
Pie crust, standard-type, prepared from recipe, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	9.80		0	1		17.64	2.25	
Energy....kcal	527		0	4		949	121	
Energy....kj	2205			4		3969	507	
Protein (N x 0)....g	6.40		0	1		11.52	1.47	
Total lipid (fat)....g	34.60		0	1		62.28	7.96	
Ash....g	1.70		0	1		3.06	0.39	
Carbohydrate, by difference....g	47.50		0	4		85.50	10.93	
Fiber, total dietary....g	1.7		0	4		3.0	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	10		0	1		18	2	
Iron, Fe....mg	2.89		0	1		5.20	0.66	
Magnesium, Mg....mg	14		0	1		25	3	
Phosphorus, P....mg	67		0	1		121	15	
Potassium, K....mg	67		0	1		121	15	
Sodium, Na....mg	542		0	1		976	125	
Zinc, Zn....mg	0.44		0	1		0.79	0.10	
Copper, Cu....mg	0.091		0	1		0.164	0.021	
Manganese, Mn....mg	0.430		0	1		0.774	0.099	
Selenium, Se....mcg	21.1		0	4		38.0	4.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.391		0	1		0.704	0.090	
Riboflavin....mg	0.277		0	1		0.499	0.064	
Niacin....mg	3.307		0	1		5.953	0.761	
Pantothenic acid....mg	0.177		0	1		0.319	0.041	
Vitamin B-6....mg	0.025		0	1		0.045	0.006	
Folate, total....mcg	67		0	4		121	15	
Folic acid....mcg	56		0	4		101	13	
Folate, food....mcg	11		0	1		20	3	
Folate, DFE....mcg_DFE	106		0	4		191	24	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	8.622		0	1		15.520	1.983	
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	0.136		0	1		0.245	0.031	
15:0....g								
16:0....g	4.882		0	1		8.788	1.123	
17:0....g								
18:0....g	3.605		0	1		6.489	0.829	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	15.169		0	1		27.304	3.489	
14:1....g								
15:1....g								

NDB No. 18336
Pie crust, standard-type, prepared from recipe, baked

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	
17:1....g								
18:1 undifferentiated....g	15.169		0	1		27.304	3.489	
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	9.122		0	1		16.420	2.098	
18:2 undifferentiated....g	8.565		0	1		15.417	1.970	
18:3 undifferentiated....g	0.557		0	1		1.003	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	0		0	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.079		0	1		0.142	0.018	
Threonine....g	0.175		0	1		0.315	0.040	
Isoleucine....g	0.222		0	1		0.400	0.051	
Leucine....g	0.442		0	1		0.796	0.102	
Lysine....g	0.142		0	1		0.256	0.033	
Methionine....g	0.114		0	1		0.205	0.026	
Cystine....g	0.136		0	1		0.245	0.031	
Phenylalanine....g	0.324		0	1		0.583	0.075	
Tyrosine....g	0.194		0	1		0.349	0.045	
Valine....g	0.258		0	1		0.464	0.059	
Arginine....g	0.259		0	1		0.466	0.060	
Histidine....g	0.143		0	1		0.257	0.033	
Alanine....g	0.206		0	1		0.371	0.047	
Aspartic acid....g	0.271		0	1		0.488	0.062	
Glutamic acid....g	2.165		0	1		3.897	0.498	
Glycine....g	0.231		0	1		0.416	0.053	
Proline....g	0.745		0	1		1.341	0.171	
Serine....g	0.321		0	1		0.578	0.074	
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 = 180.000g: 1 crust, single 9"

Measure 2 = 23.000g: 1 piece (1/8 of 9" crust)

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

Food Group: 18 Baked Products

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

NDB No. 18337
Puff pastry, frozen, ready-to-bake

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	8.50		0	1		2.41	4.00	
Energy....kcal	551		0	4		156	259	
Energy....kj	2305			4		654	1084	
Protein (N x 0)....g	7.30		0	1		2.07	3.43	
Total lipid (fat)....g	38.10		0	1		10.80	17.91	
Ash....g	1.00		0	1		0.28	0.47	
Carbohydrate, by difference....g	45.10		0	4		12.79	21.20	
Fiber, total dietary....g	1.5		0	4		0.4	0.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	10		0	1		3	5	
Iron, Fe....mg	2.56		0	1		0.73	1.20	
Magnesium, Mg....mg	16		0	1		5	8	
Phosphorus, P....mg	60		0	1		17	28	
Potassium, K....mg	61		0	1		17	29	
Sodium, Na....mg	249		0	1		71	117	
Zinc, Zn....mg	0.53		0	1		0.15	0.25	
Copper, Cu....mg	0.114		0	1		0.032	0.054	
Manganese, Mn....mg	0.488		0	1		0.138	0.229	
Selenium, Se....mcg	24.2		0	4		6.9	11.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.398		0	1		0.113	0.187	
Riboflavin....mg	0.283		0	1		0.080	0.133	
Niacin....mg	4.168		0	1		1.182	1.959	
Pantothenic acid....mg	0.000		0	1		0.000	0.000	
Vitamin B-6....mg	0.021		0	1		0.006	0.010	
Folate, total....mcg	94		0	4		27	44	
Folic acid....mcg	81		0	4		23	38	
Folate, food....mcg	13		0	1		4	6	
Folate, DFE....mcg_DFE	151		0	4		43	71	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	5.112		0	4		1.449	2.403	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	9.643		0	4		2.734	4.532	
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	0.186		0	4		0.053	0.087	
15:0....g								
16:0....g	4.954		0	4		1.404	2.328	
17:0....g								
18:0....g	4.494		0	4		1.274	2.112	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	21.597		0	4		6.123	10.151	
14:1....g								
15:1....g								

NDB No. 18337
Puff pastry, frozen, ready-to-bake

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	0.003		0	4		0.001	0.001	
17:1....g								
18:1 undifferentiated....g	21.594		0	4		6.122	10.149	
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	4.894		0	4		1.387	2.300	
18:2 undifferentiated....g	4.645		0	4		1.317	2.183	
18:3 undifferentiated....g	0.249		0	4		0.071	0.117	
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	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.085		0	1		0.024	0.040	
Threonine....g	0.196		0	1		0.056	0.092	
Isoleucine....g	0.272		0	1		0.077	0.128	
Leucine....g	0.508		0	1		0.144	0.239	
Lysine....g	0.142		0	1		0.040	0.067	
Methionine....g	0.129		0	1		0.037	0.061	
Cystine....g	0.165		0	1		0.047	0.078	
Phenylalanine....g	0.362		0	1		0.103	0.170	
Tyrosine....g	0.201		0	1		0.057	0.094	
Valine....g	0.308		0	1		0.087	0.145	
Arginine....g	0.255		0	1		0.072	0.120	
Histidine....g	0.156		0	1		0.044	0.073	
Alanine....g	0.224		0	1		0.064	0.105	
Aspartic acid....g	0.296		0	1		0.084	0.139	
Glutamic acid....g	2.574		0	1		0.730	1.210	
Glycine....g	0.251		0	1		0.071	0.118	
Proline....g	0.864		0	1		0.245	0.406	
Serine....g	0.356		0	1		0.101	0.167	
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 = 28.350g: 1 oz

Measure 2 = 47.000g: 1 shell

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

Food Group: 18 Baked Products

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

NDB No. 18338
Phyllo dough

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	32.60		0	1		9.24	6.19	
Energy....kcal	299		0	4		85	57	
Energy....kj	1251			4		355	238	
Protein (N x 0)....g	7.10		0	1		2.01	1.35	
Total lipid (fat)....g	6.00		0	1		1.70	1.14	
Ash....g	1.60		0	1		0.45	0.30	
Carbohydrate, by difference....g	52.60		0	4		14.91	9.99	
Fiber, total dietary....g	1.9		0	4		0.5	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11		0	1		3	2	
Iron, Fe....mg	3.21		0	1		0.91	0.61	
Magnesium, Mg....mg	15		0	1		4	3	
Phosphorus, P....mg	75		0	1		21	14	
Potassium, K....mg	74		0	1		21	14	
Sodium, Na....mg	483		0	1		137	92	
Zinc, Zn....mg	0.49		0	1		0.14	0.09	
Copper, Cu....mg	0.101		0	1		0.029	0.019	
Manganese, Mn....mg	0.476		0	1		0.135	0.090	
Selenium, Se....mcg	23.3		0	4		6.6	4.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.541		0	1		0.153	0.103	
Riboflavin....mg	0.341		0	1		0.097	0.065	
Niacin....mg	4.073		0	1		1.155	0.774	
Pantothenic acid....mg	0.302		0	1		0.086	0.057	
Vitamin B-6....mg	0.030		0	1		0.009	0.006	
Folate, total....mcg	74		0	4		21	14	
Folic acid....mcg	56		0	4		16	11	
Folate, food....mcg	18		0	1		5	3	
Folate, DFE....mcg_DFE	113		0	4		32	22	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.991		0	4		0.281	0.188	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.470		0	4		0.417	0.279	
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	0.027		0	4		0.008	0.005	
15:0....g								
16:0....g	0.794		0	4		0.225	0.151	
17:0....g								
18:0....g	0.649		0	4		0.184	0.123	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.149		0	4		0.893	0.598	
14:1....g								
15:1....g								

NDB No. 18338
Phyllo dough

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	0.011		0	1		0.003	0.002	
17:1....g								
18:1 undifferentiated....g	3.149		0	4		0.893	0.598	
20:1....g	0.011		0	1		0.003	0.002	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.923		0	4		0.262	0.175	
18:2 undifferentiated....g	0.876		0	4		0.248	0.166	
18:3 undifferentiated....g	0.047		0	4		0.013	0.009	
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								
Amino Acids:								
Tryptophan....g	0.088		0	1		0.025	0.017	
Threonine....g	0.194		0	1		0.055	0.037	
Isoleucine....g	0.246		0	1		0.070	0.047	
Leucine....g	0.490		0	1		0.139	0.093	
Lysine....g	0.158		0	1		0.045	0.030	
Methionine....g	0.126		0	1		0.036	0.024	
Cystine....g	0.151		0	1		0.043	0.029	
Phenylalanine....g	0.359		0	1		0.102	0.068	
Tyrosine....g	0.215		0	1		0.061	0.041	
Valine....g	0.286		0	1		0.081	0.054	
Arginine....g	0.288		0	1		0.082	0.055	
Histidine....g	0.159		0	1		0.045	0.030	
Alanine....g	0.229		0	1		0.065	0.044	
Aspartic acid....g	0.300		0	1		0.085	0.057	
Glutamic acid....g	2.400		0	1		0.680	0.456	
Glycine....g	0.256		0	1		0.073	0.049	
Proline....g	0.826		0	1		0.234	0.157	
Serine....g	0.356		0	1		0.101	0.068	
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 = 28.350g: 1 oz

Measure 2 = 19.000g: 1 sheet dough

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

Food Group: 18 Baked Products

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

NDB No. 18339
Popovers, dry mix, enriched

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	11.70	0.123	19	1		3.32	19.89	
Energy....kcal	371		0	4		105	631	
Energy....kj	1552			4		440	2639	
Protein (N x 5.7)....g	10.40	0.079	15	1		2.95	17.68	
Total lipid (fat)....g	4.30	0.133	19	1		1.22	7.31	
Ash....g	2.60	0.033	11	1		0.74	4.42	
Carbohydrate, by difference....g	71.00		0	4		20.13	120.70	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	32	0.853	11	1		9	54	
Iron, Fe....mg	2.97	0.583	4	1		0.84	5.05	
Magnesium, Mg....mg	25	0.707	5	1		7	43	
Phosphorus, P....mg	100	2.288	11	1		28	170	
Potassium, K....mg	100	2.639	5	1		28	170	
Sodium, Na....mg	906	34.871	5	1		257	1540	
Zinc, Zn....mg	0.88		0	4		0.25	1.50	
Copper, Cu....mg	0.171		0	4		0.048	0.291	
Manganese, Mn....mg	0.741		0	4		0.210	1.260	
Selenium, Se....mcg	37.6		0	4		10.7	63.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.2	
Thiamin....mg	0.430	0.098	5	1		0.122	0.731	
Riboflavin....mg	0.147	0.028	5	1		0.042	0.250	
Niacin....mg	3.378	0.567	4	1		0.958	5.743	
Pantothenic acid....mg	0.480		0	4		0.136	0.816	
Vitamin B-6....mg	0.042		0	4		0.012	0.071	
Folate, total....mcg	145		0	4		41	247	
Folic acid....mcg	120		0	4		34	204	
Folate, food....mcg	25		0	4		7	43	
Folate, DFE....mcg_DFE	229		0	4		65	389	
Vitamin B-12....mcg	0.08		0	4		0.02	0.14	
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	0.983		0	1		0.279	1.671	
4:0....g	0.001		0	1		0.000	0.002	
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	0.018		0	1		0.005	0.031	
15:0....g								
16:0....g	0.555		0	1		0.157	0.944	
17:0....g								
18:0....g	0.408		0	1		0.116	0.694	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.984		0	1		0.562	3.373	
14:1....g								
15:1....g								

NDB No. 18339
Popovers, dry mix, enriched

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	
17:1....g								
18:1 undifferentiated....g	1.984		0	1		0.562	3.373	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.823		0	1		0.233	1.399	
18:2 undifferentiated....g	0.784		0	1		0.222	1.333	
18:3 undifferentiated....g	0.039		0	1		0.011	0.066	
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								
Amino Acids:								
Tryptophan....g	0.123		0	1		0.035	0.209	
Threonine....g	0.293		0	1		0.083	0.498	
Isoleucine....g	0.407		0	1		0.115	0.692	
Leucine....g	0.747		0	1		0.212	1.270	
Lysine....g	0.249		0	1		0.071	0.423	
Methionine....g	0.191		0	1		0.054	0.325	
Cystine....g	0.225		0	1		0.064	0.383	
Phenylalanine....g	0.517		0	1		0.147	0.879	
Tyrosine....g	0.304		0	1		0.086	0.517	
Valine....g	0.458		0	1		0.130	0.779	
Arginine....g	0.365		0	1		0.103	0.621	
Histidine....g	0.229		0	1		0.065	0.389	
Alanine....g	0.324		0	1		0.092	0.551	
Aspartic acid....g	0.451		0	1		0.128	0.767	
Glutamic acid....g	3.565		0	1		1.011	6.061	
Glycine....g	0.348		0	1		0.099	0.592	
Proline....g	1.216		0	1		0.345	2.067	
Serine....g	0.513		0	1		0.145	0.872	
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 = 28.350g: 1 oz

Measure 2 = 170.000g: 1 package (6 oz)

Calories Factors: **Protein** 4.1 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18342
Rolls, dinner, plain, commercially prepared (includes brown-and-serve)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	31.90	0.330	130	1		27.43	13.72	8.93
Energy....kcal	300		0	4		258	129	84
Energy....kj	1255			4		1079	540	351
Protein (N x 5.8)....g	8.40	0.051	144	1		7.22	3.61	2.35
Total lipid (fat)....g	7.30	0.219	149	1		6.28	3.14	2.04
Ash....g	2.00	0.024	141	1		1.72	0.86	0.56
Carbohydrate, by difference....g	50.40		0	4		43.34	21.67	14.11
Fiber, total dietary....g	3.0		0	1		2.6	1.3	0.8
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	119	3.514	201	1		102	51	33
Iron, Fe....mg	3.13	0.053	156	1		2.69	1.35	0.88
Magnesium, Mg....mg	23	0.389	112	1		20	10	6
Phosphorus, P....mg	116	3.041	42	1		100	50	32
Potassium, K....mg	133	2.456	71	1		114	57	37
Sodium, Na....mg	521	7.107	96	1		448	224	146
Zinc, Zn....mg	0.77	0.022	96	1		0.66	0.33	0.22
Copper, Cu....mg	0.152	0.011	40	1		0.131	0.065	0.043
Manganese, Mn....mg	0.466	0.010	31	1		0.401	0.200	0.130
Selenium, Se....mcg	27.2	1.414	32	1		23.4	11.7	7.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.1	0.0	0.0
Thiamin....mg	0.493	0.010	132	1		0.424	0.212	0.138
Riboflavin....mg	0.319	0.005	142	1		0.274	0.137	0.089
Niacin....mg	4.034	0.050	128	1		3.469	1.735	1.130
Pantothenic acid....mg	0.505	0.114	4	1		0.434	0.217	0.141
Vitamin B-6....mg	0.054		2	1		0.046	0.023	0.015
Folate, total....mcg	95		0	4		82	41	27
Folic acid....mcg	65		0	4		56	28	18
Folate, food....mcg	30		2	1		26	13	8
Folate, DFE....mcg_DFE	141		0	4		121	60	39
Vitamin B-12....mcg	0.06		0	4		0.05	0.03	0.02
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	0.881		0	4		0.758	0.379	0.247
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.753		0	4		1.508	0.754	0.491
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	0.033		0	4		0.028	0.014	0.009
15:0....g								
16:0....g	0.951		0	4		0.818	0.409	0.266
17:0....g								
18:0....g	0.757		0	4		0.651	0.326	0.212
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.702		0	4		3.184	1.592	1.037
14:1....g								
15:1....g								

NDB No. 18342
Rolls, dinner, plain, commercially prepared (includes brown-and-serve)

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	0.015		0	4		0.013	0.006	0.004
17:1....g								
18:1 undifferentiated....g	3.687		0	4		3.171	1.585	1.032
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	1.209		0	4		1.040	0.520	0.339
18:2 undifferentiated....g	1.145		0	4		0.985	0.492	0.321
18:3 undifferentiated....g	0.065		0	4		0.056	0.028	0.018
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	1	0.059	7	1		1	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.099		0	1		0.085	0.043	0.028
Threonine....g	0.251		0	1		0.216	0.108	0.070
Isoleucine....g	0.338		0	1		0.291	0.145	0.095
Leucine....g	0.604		0	1		0.519	0.260	0.169
Lysine....g	0.236		0	1		0.203	0.101	0.066
Methionine....g	0.152		0	1		0.131	0.065	0.043
Cystine....g	0.177		0	1		0.152	0.076	0.050
Phenylalanine....g	0.416		0	1		0.358	0.179	0.116
Tyrosine....g	0.251		0	1		0.216	0.108	0.070
Valine....g	0.379		0	1		0.326	0.163	0.106
Arginine....g	0.310		0	1		0.267	0.133	0.087
Histidine....g	0.184		0	1		0.158	0.079	0.052
Alanine....g	0.286		0	1		0.246	0.123	0.080
Aspartic acid....g	0.401		0	1		0.345	0.172	0.112
Glutamic acid....g	2.744		0	1		2.360	1.180	0.768
Glycine....g	0.294		0	1		0.253	0.126	0.082
Proline....g	0.927		0	1		0.797	0.399	0.260
Serine....g	0.412		0	1		0.354	0.177	0.115
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 = 86.000g: 1 roll (foot long frankfurter roll)

Measure 2 = 43.000g: 1 roll (hamburger, frankfurter, onion roll, bun, large roll)

Measure 3 = 28.000g: 1 roll (pan, dinner, or small roll) (2" square, 2" high)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

NDB No. 18344
Rolls, dinner, egg

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	30.40		2	1		8.62	10.64	
Energy....kcal	307		0	4		87	107	
Energy....kj	1284			4		364	450	
Protein (N x 5.8)....g	9.50	0.154	3	1		2.69	3.33	
Total lipid (fat)....g	6.40	0.122	4	1		1.81	2.24	
Ash....g	1.70	0.015	4	1		0.48	0.60	
Carbohydrate, by difference....g	52.00		0	4		14.74	18.20	
Fiber, total dietary....g	3.7		0	4		1.0	1.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	59		2	1		17	21	
Iron, Fe....mg	3.52	0.544	3	1		1.00	1.23	
Magnesium, Mg....mg	25		2	1		7	9	
Phosphorus, P....mg	101		0	4		29	35	
Potassium, K....mg	104		0	4		29	36	
Sodium, Na....mg	545		1	1		155	191	
Zinc, Zn....mg	1.12		0	4		0.32	0.39	
Copper, Cu....mg	0.133		0	4		0.038	0.047	
Manganese, Mn....mg	0.527		0	4		0.149	0.184	
Selenium, Se....mcg	29.6		0	4		8.4	10.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.527	0.095	3	1		0.149	0.184	
Riboflavin....mg	0.517	0.092	3	1		0.147	0.181	
Niacin....mg	3.287	0.268	3	1		0.932	1.150	
Pantothenic acid....mg	0.655		0	4		0.186	0.229	
Vitamin B-6....mg	0.053		0	4		0.015	0.019	
Folate, total....mcg	105		0	4		30	37	
Folic acid....mcg	52		0	4		15	18	
Folate, food....mcg	53		0	4		15	19	
Folate, DFE....mcg_DFE	141		0	4		40	49	
Vitamin B-12....mcg	0.24	0.007	8	1		0.07	0.08	
Vitamin A, IU....IU	26		0	4		7	9	
Vitamin A, RE....mcg_RE	8		0	4		2	3	
Vitamin E....mg_ATE	0.718		0	4		0.204	0.251	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.577		0	4		0.447	0.552	
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	0.001		0	4		0.000	0.000	
13:0....g								
14:0....g	0.025		0	4		0.007	0.009	
15:0....g								
16:0....g	0.945		0	4		0.268	0.331	
17:0....g								
18:0....g	0.595		0	4		0.169	0.208	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.930		0	4		0.831	1.026	
14:1....g								
15:1....g								

NDB No. 18344
Rolls, dinner, egg

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	0.055		0	4		0.016	0.019	
17:1....g								
18:1 undifferentiated....g	2.870		0	4		0.814	1.005	
20:1....g	0.003		0	4		0.001	0.001	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.128		0	4		0.320	0.395	
18:2 undifferentiated....g	1.041		0	4		0.295	0.364	
18:3 undifferentiated....g	0.055		0	4		0.016	0.019	
18:4....g	0.002		0	4		0.001	0.001	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.017		0	4		0.005	0.006	
20:5 n-3....g	0.008		0	4		0.002	0.003	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.005		0	4		0.001	0.002	
Fatty acids, total trans....g								
Cholesterol....mg	50		0	4		14	18	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.111		0	1		0.031	0.039	
Threonine....g	0.310		0	1		0.088	0.109	
Isoleucine....g	0.395		0	1		0.112	0.138	
Leucine....g	0.686		0	1		0.194	0.240	
Lysine....g	0.328		0	1		0.093	0.115	
Methionine....g	0.186		0	1		0.053	0.065	
Cystine....g	0.201		0	1		0.057	0.070	
Phenylalanine....g	0.467		0	1		0.132	0.163	
Tyrosine....g	0.292		0	1		0.083	0.102	
Valine....g	0.443		0	1		0.126	0.155	
Arginine....g	0.384		0	1		0.109	0.134	
Histidine....g	0.209		0	1		0.059	0.073	
Alanine....g	0.364		0	1		0.103	0.127	
Aspartic acid....g	0.533		0	1		0.151	0.187	
Glutamic acid....g	2.769		0	1		0.785	0.969	
Glycine....g	0.338		0	1		0.096	0.118	
Proline....g	0.915		0	1		0.259	0.320	
Serine....g	0.490		0	1		0.139	0.172	
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 = 28.350g: 1 oz

Measure 2 = 35.000g: 1 roll (2-1/2" dia)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18345
Rolls, dinner, oat bran

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	44.00		1	1		12.47	14.52	
Energy....kcal	236		0	4		67	78	
Energy....kj	987			4		280	326	
Protein (N x 5.8)....g	9.50		1	1		2.69	3.14	
Total lipid (fat)....g	4.60		1	1		1.30	1.52	
Ash....g	1.70		1	1		0.48	0.56	
Carbohydrate, by difference....g	40.20		0	4		11.40	13.27	
Fiber, total dietary....g	4.1		0	1		1.2	1.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	85		1	1		24	28	
Iron, Fe....mg	4.14		1	1		1.17	1.37	
Magnesium, Mg....mg	33		0	4		9	11	
Phosphorus, P....mg	115		0	4		33	38	
Potassium, K....mg	121		0	4		34	40	
Sodium, Na....mg	413		1	1		117	136	
Zinc, Zn....mg	1.02		0	4		0.29	0.34	
Copper, Cu....mg	0.136		0	4		0.039	0.045	
Manganese, Mn....mg	0.754		0	4		0.214	0.249	
Selenium, Se....mcg	29.3		0	4		8.3	9.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.448		1	1		0.127	0.148	
Riboflavin....mg	0.289		1	1		0.082	0.095	
Niacin....mg	4.954		1	1		1.404	1.635	
Pantothenic acid....mg	0.428		0	4		0.121	0.141	
Vitamin B-6....mg	0.045		0	4		0.013	0.015	
Folate, total....mcg	95		0	4		27	31	
Folic acid....mcg	64		0	4		18	21	
Folate, food....mcg	31		0	4		9	10	
Folate, DFE....mcg_DFE	140		0	4		40	46	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	5		0	4		1	2	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.689		0	4		0.195	0.227	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.619		0	1		0.175	0.204	
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	0.002		0	1		0.001	0.001	
13:0....g								
14:0....g	0.004		0	1		0.001	0.001	
15:0....g								
16:0....g	0.448		0	1		0.127	0.148	
17:0....g								
18:0....g	0.157		0	1		0.045	0.052	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.488		0	1		0.422	0.491	
14:1....g								
15:1....g								

NDB No. 18345
Rolls, dinner, oat bran

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	0.030		0	1		0.009	0.010	
17:1....g								
18:1 undifferentiated....g	1.458		0	1		0.413	0.481	
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	1.568		0	1		0.445	0.517	
18:2 undifferentiated....g	1.471		0	1		0.417	0.485	
18:3 undifferentiated....g	0.097		0	1		0.027	0.032	
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								
Amino Acids:								
Tryptophan....g	0.120		0	1		0.034	0.040	
Threonine....g	0.274		0	1		0.078	0.090	
Isoleucine....g	0.367		0	1		0.104	0.121	
Leucine....g	0.672		0	1		0.191	0.222	
Lysine....g	0.270		0	1		0.077	0.089	
Methionine....g	0.164		0	1		0.046	0.054	
Cystine....g	0.215		0	1		0.061	0.071	
Phenylalanine....g	0.475		0	1		0.135	0.157	
Tyrosine....g	0.297		0	1		0.084	0.098	
Valine....g	0.423		0	1		0.120	0.140	
Arginine....g	0.408		0	1		0.116	0.135	
Histidine....g	0.206		0	1		0.058	0.068	
Alanine....g	0.339		0	1		0.096	0.112	
Aspartic acid....g	0.500		0	1		0.142	0.165	
Glutamic acid....g	2.902		0	1		0.823	0.958	
Glycine....g	0.360		0	1		0.102	0.119	
Proline....g	0.970		0	1		0.275	0.320	
Serine....g	0.460		0	1		0.130	0.152	
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 = 28.350g: 1 oz

Measure 2 = 33.000g: 1 roll

Calories Factors: **Protein** 3.7 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18346
Rolls, dinner, rye

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	30.10		1	1		12.94	10.84	8.53
Energy....kcal	286		0	4		123	103	81
Energy....kj	1197			4		515	431	339
Protein (N x 5.8)....g	10.30		1	1		4.43	3.71	2.92
Total lipid (fat)....g	3.40		1	1		1.46	1.22	0.96
Ash....g	2.90		1	1		1.25	1.04	0.82
Carbohydrate, by difference....g	53.10		0	4		22.83	19.12	15.05
Fiber, total dietary....g	4.9		0	4		2.1	1.8	1.4
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	30		1	1		13	11	9
Iron, Fe....mg	2.70		1	1		1.16	0.97	0.77
Magnesium, Mg....mg	54		1	1		23	19	15
Phosphorus, P....mg	159		1	1		68	57	45
Potassium, K....mg	180		1	1		77	65	51
Sodium, Na....mg	892		1	1		384	321	253
Zinc, Zn....mg	0.97		0	4		0.42	0.35	0.27
Copper, Cu....mg	0.201		0	4		0.086	0.072	0.057
Manganese, Mn....mg	0.702		0	4		0.302	0.253	0.199
Selenium, Se....mcg	27.8		0	4		12.0	10.0	7.9
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.380		1	1		0.163	0.137	0.108
Riboflavin....mg	0.270		1	1		0.116	0.097	0.077
Niacin....mg	3.900		1	1		1.677	1.404	1.106
Pantothenic acid....mg	0.383		0	4		0.165	0.138	0.109
Vitamin B-6....mg	0.062		0	4		0.027	0.022	0.018
Folate, total....mcg	86		0	4		37	31	24
Folic acid....mcg	64		0	4		28	23	18
Folate, food....mcg	22		0	4		9	8	6
Folate, DFE....mcg_DFE	131		0	4		56	47	37
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	7		0	4		3	3	2
Vitamin A, RE....mcg_RE	1		0	4		0	0	0
Vitamin E....mg_ATE	0.363		0	4		0.156	0.131	0.103
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.605		0	1		0.260	0.218	0.172
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	0.010		0	1		0.004	0.004	0.003
15:0....g								
16:0....g	0.367		0	1		0.158	0.132	0.104
17:0....g								
18:0....g	0.227		0	1		0.098	0.082	0.064
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.236		0	1		0.531	0.445	0.350
14:1....g								
15:1....g								

NDB No. 18346
Rolls, dinner, rye

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	0.009		0	1		0.004	0.003	0.003
17:1....g								
18:1 undifferentiated....g	1.225		0	1		0.527	0.441	0.347
20:1....g	0.002		0	1		0.001	0.001	0.001
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.708		0	1		0.304	0.255	0.201
18:2 undifferentiated....g	0.656		0	1		0.282	0.236	0.186
18:3 undifferentiated....g	0.052		0	1		0.022	0.019	0.015
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	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.119		0	1		0.051	0.043	0.034
Threonine....g	0.313		0	1		0.135	0.113	0.089
Isoleucine....g	0.396		0	1		0.170	0.143	0.112
Leucine....g	0.712		0	1		0.306	0.256	0.202
Lysine....g	0.282		0	1		0.121	0.102	0.080
Methionine....g	0.172		0	1		0.074	0.062	0.049
Cystine....g	0.215		0	1		0.092	0.077	0.061
Phenylalanine....g	0.510		0	1		0.219	0.184	0.145
Tyrosine....g	0.262		0	1		0.113	0.094	0.074
Valine....g	0.468		0	1		0.201	0.168	0.133
Arginine....g	0.403		0	1		0.173	0.145	0.114
Histidine....g	0.224		0	1		0.096	0.081	0.064
Alanine....g	0.362		0	1		0.156	0.130	0.103
Aspartic acid....g	0.532		0	1		0.229	0.192	0.151
Glutamic acid....g	3.231		0	1		1.389	1.163	0.916
Glycine....g	0.369		0	1		0.159	0.133	0.105
Proline....g	1.125		0	1		0.484	0.405	0.319
Serine....g	0.512		0	1		0.220	0.184	0.145
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 = 43.000g: 1 large (approx 3-1/2" to 4" dia)

Measure 2 = 36.000g: 1 medium

Measure 3 = 28.350g: 1 small (2-3/8" dia)

Calories Factors: **Protein** 3.7 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

NDB No. 18347
Rolls, dinner, wheat

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		10.49		
Energy....kcal	273		0	4		77		
Energy....kj	1142			4		324		
Protein (N x 5.7)....g	8.60		1	1		2.44		
Total lipid (fat)....g	6.30		2	1		1.79		
Ash....g	2.10		1	1		0.60		
Carbohydrate, by difference....g	46.00		0	4		13.04		
Fiber, total dietary....g	3.8		0	4		1.1		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	176		2	1		50		
Iron, Fe....mg	3.55		2	1		1.01		
Magnesium, Mg....mg	36		0	4		10		
Phosphorus, P....mg	104		0	4		29		
Potassium, K....mg	115		0	4		33		
Sodium, Na....mg	340		2	1		96		
Zinc, Zn....mg	0.90		0	4		0.26		
Copper, Cu....mg	0.150		0	4		0.043		
Manganese, Mn....mg	1.023		0	4		0.290		
Selenium, Se....mcg	33.0		0	4		9.4		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0		
Thiamin....mg	0.433		2	1		0.123		
Riboflavin....mg	0.273		2	1		0.077		
Niacin....mg	4.072		2	1		1.154		
Pantothenic acid....mg	0.364		0	4		0.103		
Vitamin B-6....mg	0.076		0	4		0.022		
Folate, total....mcg	51		0	4		14		
Folic acid....mcg	36		0	4		10		
Folate, food....mcg	15		0	4		4		
Folate, DFE....mcg_DFE	76		0	4		22		
Vitamin B-12....mcg	0.00		0	1		0.00		
Vitamin A, IU....IU	0		0	1		0		
Vitamin A, RE....mcg_RE	0		0	1		0		
Vitamin E....mg_ATE	0.948		0	4		0.269		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.497		0	4		0.424		
4:0....g	0.000		0	4		0.000		
6:0....g	0.000		0	4		0.000		
8:0....g	0.003		0	4		0.001		
10:0....g	0.000		0	4		0.000		
11:0....g								
12:0....g	0.000		0	4		0.000		
13:0....g								
14:0....g	0.027		0	4		0.008		
15:0....g								
16:0....g	0.825		0	4		0.234		
17:0....g								
18:0....g	0.633		0	4		0.179		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.109		0	4		0.881		
14:1....g								
15:1....g								

NDB No. 18347
Rolls, dinner, wheat

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	0.005		0	4		0.001		
17:1....g								
18:1 undifferentiated....g	3.104		0	4		0.880		
20:1....g	0.000		0	4		0.000		
22:1 undifferentiated....g	0.000		0	4		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.107		0	4		0.314		
18:2 undifferentiated....g	1.049		0	4		0.297		
18:3 undifferentiated....g	0.058		0	4		0.016		
18:4....g	0.000		0	4		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000		
20:5 n-3....g	0.000		0	4		0.000		
22:2....g								
22:5 n-3....g	0.000		0	4		0.000		
22:6 n-3....g	0.000		0	4		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	1		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.118		0	1		0.033		
Threonine....g	0.241		0	1		0.068		
Isoleucine....g	0.321		0	1		0.091		
Leucine....g	0.594		0	1		0.168		
Lysine....g	0.205		0	1		0.058		
Methionine....g	0.145		0	1		0.041		
Cystine....g	0.199		0	1		0.056		
Phenylalanine....g	0.419		0	1		0.119		
Tyrosine....g	0.246		0	1		0.070		
Valine....g	0.379		0	1		0.107		
Arginine....g	0.353		0	1		0.100		
Histidine....g	0.193		0	1		0.055		
Alanine....g	0.287		0	1		0.081		
Aspartic acid....g	0.400		0	1		0.113		
Glutamic acid....g	2.897		0	1		0.821		
Glycine....g	0.324		0	1		0.092		
Proline....g	0.964		0	1		0.273		
Serine....g	0.416		0	1		0.118		
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 = 28.350g: 1 roll (1 oz)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18348
Rolls, dinner, whole-wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	33.10		0	1		14.23	44.69	11.92
Energy....kcal	266		0	4		114	359	96
Energy....kj	1113			4		479	1502	401
Protein (N x 0)....g	8.70		0	1		3.74	11.75	3.13
Total lipid (fat)....g	4.70		0	1		2.02	6.35	1.69
Ash....g	2.30		0	1		0.99	3.11	0.83
Carbohydrate, by difference....g	51.10		0	4		21.97	68.99	18.40
Fiber, total dietary....g	7.5		0	4		3.2	10.2	2.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	106		0	1		46	143	38
Iron, Fe....mg	2.42		0	1		1.04	3.27	0.87
Magnesium, Mg....mg	85		0	1		37	115	31
Phosphorus, P....mg	224		0	1		96	302	81
Potassium, K....mg	272		0	1		117	367	98
Sodium, Na....mg	478		0	1		206	645	172
Zinc, Zn....mg	2.01		0	1		0.86	2.71	0.72
Copper, Cu....mg	0.239		0	1		0.103	0.323	0.086
Manganese, Mn....mg	2.298		0	1		0.988	3.102	0.827
Selenium, Se....mcg	49.4		0	4		21.2	66.7	17.8
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.248		0	1		0.107	0.335	0.089
Riboflavin....mg	0.152		0	1		0.065	0.205	0.055
Niacin....mg	3.677		0	1		1.581	4.964	1.324
Pantothenic acid....mg	0.489		0	1		0.210	0.660	0.176
Vitamin B-6....mg	0.195		0	1		0.084	0.263	0.070
Folate, total....mcg	30		0	4		13	41	11
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	30		0	4		13	41	11
Folate, DFE....mcg_DFE	30		0	4		13	41	11
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	1.361		0	4		0.585	1.837	0.490
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.836		0	1		0.359	1.129	0.301
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	0.011		0	1		0.005	0.015	0.004
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.001		0	1		0.000	0.001	0.000
13:0....g								
14:0....g	0.013		0	1		0.006	0.018	0.005
15:0....g								
16:0....g	0.661		0	1		0.284	0.892	0.238
17:0....g								
18:0....g	0.141		0	1		0.061	0.190	0.051
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.199		0	1		0.516	1.619	0.432
14:1....g								
15:1....g								

NDB No. 18348
Rolls, dinner, whole-wheat

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	0.026		0	1		0.011	0.035	0.009
17:1....g								
18:1 undifferentiated....g	1.173		0	1		0.504	1.584	0.422
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	2.161		0	1		0.929	2.917	0.778
18:2 undifferentiated....g	2.038		0	1		0.876	2.751	0.734
18:3 undifferentiated....g	0.121		0	1		0.052	0.163	0.044
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	0.001		0	1		0.000	0.001	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	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.134		0	1		0.058	0.181	0.048
Threonine....g	0.260		0	1		0.112	0.351	0.094
Isoleucine....g	0.333		0	1		0.143	0.450	0.120
Leucine....g	0.601		0	1		0.258	0.811	0.216
Lysine....g	0.266		0	1		0.114	0.359	0.096
Methionine....g	0.138		0	1		0.059	0.186	0.050
Cystine....g	0.196		0	1		0.084	0.265	0.071
Phenylalanine....g	0.412		0	1		0.177	0.556	0.148
Tyrosine....g	0.262		0	1		0.113	0.354	0.094
Valine....g	0.403		0	1		0.173	0.544	0.145
Arginine....g	0.407		0	1		0.175	0.549	0.147
Histidine....g	0.204		0	1		0.088	0.275	0.073
Alanine....g	0.314		0	1		0.135	0.424	0.113
Aspartic acid....g	0.463		0	1		0.199	0.625	0.167
Glutamic acid....g	2.692		0	1		1.158	3.634	0.969
Glycine....g	0.347		0	1		0.149	0.468	0.125
Proline....g	0.893		0	1		0.384	1.206	0.321
Serine....g	0.414		0	1		0.178	0.559	0.149
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 = 43.000g: 1 roll (hamburger, frankfurter roll)

Measure 2 = 135.000g: 1 roll, large submarine, hoagie

Measure 3 = 36.000g: 1 medium (2-1/2" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18349
Rolls, french

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	34.80	0.477	31	1		9.87	13.22	
Energy....kcal	277		0	4		79	105	
Energy....kj	1159			4		329	440	
Protein (N x 5.8)....g	8.60	0.354	13	1		2.44	3.27	
Total lipid (fat)....g	4.30	0.398	14	1		1.22	1.63	
Ash....g	1.90	0.048	27	1		0.54	0.72	
Carbohydrate, by difference....g	50.20		0	4		14.23	19.08	
Fiber, total dietary....g	3.2		0	1		0.9	1.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	91	6.946	27	1		26	35	
Iron, Fe....mg	2.71	0.090	27	1		0.77	1.03	
Magnesium, Mg....mg	20		1	1		6	8	
Phosphorus, P....mg	84		1	1		24	32	
Potassium, K....mg	114	10.125	6	1		32	43	
Sodium, Na....mg	609	28.031	8	1		173	231	
Zinc, Zn....mg	0.90		0	4		0.26	0.34	
Copper, Cu....mg	0.135		0	4		0.038	0.051	
Manganese, Mn....mg	0.559		0	4		0.158	0.212	
Selenium, Se....mcg	27.9		0	4		7.9	10.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.523	0.014	28	1		0.148	0.199	
Riboflavin....mg	0.300	0.010	20	1		0.085	0.114	
Niacin....mg	4.352	0.138	27	1		1.234	1.654	
Pantothenic acid....mg	0.452		0	4		0.128	0.172	
Vitamin B-6....mg	0.039		0	4		0.011	0.015	
Folate, total....mcg	95		0	4		27	36	
Folic acid....mcg	62		0	4		18	24	
Folate, food....mcg	33		0	4		9	13	
Folate, DFE....mcg_DFE	138		0	4		39	53	
Vitamin B-12....mcg	0.00		0	1		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	0.449		0	4		0.127	0.171	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.962		0	1		0.273	0.366	
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	0.016		0	1		0.005	0.006	
15:0....g								
16:0....g	0.549		0	1		0.156	0.209	
17:0....g								
18:0....g	0.396		0	1		0.112	0.150	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.961		0	1		0.556	0.745	
14:1....g								
15:1....g								

NDB No. 18349
Rolls, french

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	0.019		0	1		0.005	0.007	
17:1....g								
18:1 undifferentiated....g	1.942		0	1		0.551	0.738	
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	0.834		0	1		0.236	0.317	
18:2 undifferentiated....g	0.795		0	1		0.225	0.302	
18:3 undifferentiated....g	0.039		0	1		0.011	0.015	
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								
Amino Acids:								
Tryptophan....g	0.099		0	1		0.028	0.038	
Threonine....g	0.255		0	1		0.072	0.097	
Isoleucine....g	0.336		0	1		0.095	0.128	
Leucine....g	0.608		0	1		0.172	0.231	
Lysine....g	0.231		0	1		0.065	0.088	
Methionine....g	0.153		0	1		0.043	0.058	
Cystine....g	0.182		0	1		0.052	0.069	
Phenylalanine....g	0.422		0	1		0.120	0.160	
Tyrosine....g	0.249		0	1		0.071	0.095	
Valine....g	0.380		0	1		0.108	0.144	
Arginine....g	0.320		0	1		0.091	0.122	
Histidine....g	0.188		0	1		0.053	0.071	
Alanine....g	0.302		0	1		0.086	0.115	
Aspartic acid....g	0.414		0	1		0.117	0.157	
Glutamic acid....g	2.772		0	1		0.786	1.053	
Glycine....g	0.309		0	1		0.088	0.117	
Proline....g	0.926		0	1		0.263	0.352	
Serine....g	0.416		0	1		0.118	0.158	
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 = 28.350g: 1 oz

Measure 2 = 38.000g: 1 roll

Calories Factors: **Protein** 3.9 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18350
Rolls, hamburger or hotdog, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	34.00	0.095	285	1		9.64	14.62	
Energy....kcal	286		0	4		81	123	
Energy....kj	1197			4		339	515	
Protein (N x 5.8)....g	8.50	0.031	253	1		2.41	3.66	
Total lipid (fat)....g	5.10	0.052	251	1		1.45	2.19	
Ash....g	2.00	0.014	276	1		0.57	0.86	
Carbohydrate, by difference....g	50.30		0	4		14.26	21.63	
Fiber, total dietary....g	2.7		0	1		0.8	1.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	139	2.983	267	1		39	60	
Iron, Fe....mg	3.17	0.022	234	1		0.90	1.36	
Magnesium, Mg....mg	20	0.226	151	1		6	9	
Phosphorus, P....mg	88		0	4		25	38	
Potassium, K....mg	141	6.739	4	1		40	61	
Sodium, Na....mg	560	17.572	8	1		159	241	
Zinc, Zn....mg	0.62	0.010	165	1		0.18	0.27	
Copper, Cu....mg	0.113	0.020	6	1		0.032	0.049	
Manganese, Mn....mg	0.327	0.045	6	1		0.093	0.141	
Selenium, Se....mcg	26.5	4.602	5	1		7.5	11.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.0	
Thiamin....mg	0.484	0.004	212	1		0.137	0.208	
Riboflavin....mg	0.312	0.004	233	1		0.088	0.134	
Niacin....mg	3.933	0.027	208	1		1.115	1.691	
Pantothenic acid....mg	0.529	0.042	3	1		0.150	0.227	
Vitamin B-6....mg	0.045		0	4		0.013	0.019	
Folate, total....mcg	95		1	12		27	41	
Folic acid....mcg	68		0	4		19	29	
Folate, food....mcg	27		0	4		8	12	
Folate, DFE....mcg_DFE	143		0	4		40	61	
Vitamin B-12....mcg	0.06		0	4		0.02	0.03	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	1.560		0	4		0.442	0.671	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.201		0	4		0.340	0.516	
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	0.001		0	4		0.000	0.000	
13:0....g								
14:0....g	0.034		0	4		0.010	0.015	
15:0....g								
16:0....g	1.050		0	4		0.298	0.452	
17:0....g								
18:0....g	0.102		0	4		0.029	0.044	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.841		0	4		0.238	0.362	
14:1....g								
15:1....g								

NDB No. 18350
Rolls, hamburger or hotdog, plain

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	0.057		0	4		0.016	0.025	
17:1....g								
18:1 undifferentiated....g	0.783		0	4		0.222	0.337	
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	2.519		0	4		0.714	1.083	
18:2 undifferentiated....g	2.477		0	4		0.702	1.065	
18:3 undifferentiated....g	0.035		0	4		0.010	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	0.004		0	4		0.001	0.002	
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								
Amino Acids:								
Tryptophan....g	0.100		0	1		0.028	0.043	
Threonine....g	0.247		0	1		0.070	0.106	
Isoleucine....g	0.332		0	1		0.094	0.143	
Leucine....g	0.600		0	1		0.170	0.258	
Lysine....g	0.220		0	1		0.062	0.095	
Methionine....g	0.152		0	1		0.043	0.065	
Cystine....g	0.182		0	1		0.052	0.078	
Phenylalanine....g	0.417		0	1		0.118	0.179	
Tyrosine....g	0.246		0	1		0.070	0.106	
Valine....g	0.375		0	1		0.106	0.161	
Arginine....g	0.310		0	1		0.088	0.133	
Histidine....g	0.186		0	1		0.053	0.080	
Alanine....g	0.284		0	1		0.081	0.122	
Aspartic acid....g	0.391		0	1		0.111	0.168	
Glutamic acid....g	2.810		0	1		0.797	1.208	
Glycine....g	0.298		0	1		0.084	0.128	
Proline....g	0.944		0	1		0.268	0.406	
Serine....g	0.412		0	1		0.117	0.177	
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 = 28.350g: 1 oz

Measure 2 = 43.000g: 1 roll

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18351
Rolls, hamburger or hotdog, mixed-grain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	38.00	0.152	3	1		10.77	16.34	
Energy....kcal	263		0	4		75	113	
Energy....kj	1100			4		312	473	
Protein (N x 5.8)....g	9.60	0.215	15	1		2.72	4.13	
Total lipid (fat)....g	6.00	0.587	15	1		1.70	2.58	
Ash....g	1.80	0.207	9	1		0.51	0.77	
Carbohydrate, by difference....g	44.60		0	4		12.64	19.18	
Fiber, total dietary....g	3.8		0	4		1.1	1.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	95	8.221	15	1		27	41	
Iron, Fe....mg	3.95	0.243	15	1		1.12	1.70	
Magnesium, Mg....mg	44		0	4		12	19	
Phosphorus, P....mg	122		0	4		35	52	
Potassium, K....mg	160		0	4		45	69	
Sodium, Na....mg	458	18.078	3	1		130	197	
Zinc, Zn....mg	1.05		0	4		0.30	0.45	
Copper, Cu....mg	0.216		0	4		0.061	0.093	
Manganese, Mn....mg	1.015		0	4		0.288	0.436	
Selenium, Se....mcg	31.8		0	4		9.0	13.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.463	0.031	15	1		0.131	0.199	
Riboflavin....mg	0.310	0.023	15	1		0.088	0.133	
Niacin....mg	4.468	0.203	15	1		1.267	1.921	
Pantothenic acid....mg	0.492		0	4		0.139	0.212	
Vitamin B-6....mg	0.092	0.004	3	1		0.026	0.040	
Folate, total....mcg	95		0	4		27	41	
Folic acid....mcg	67		0	4		19	29	
Folate, food....mcg	28		0	4		8	12	
Folate, DFE....mcg_DFE	142		0	4		40	61	
Vitamin B-12....mcg	0.01		0	4		0.00	0.00	
Vitamin A, IU....IU	1		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.570		0	4		0.162	0.245	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.390		0	4		0.394	0.598	
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	0.001		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	0.025		0	4		0.007	0.011	
15:0....g								
16:0....g	0.781		0	4		0.221	0.336	
17:0....g								
18:0....g	0.572		0	4		0.162	0.246	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.839		0	4		0.805	1.221	
14:1....g								
15:1....g								

NDB No. 18351
Rolls, hamburger or hotdog, mixed-grain

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	0.013		0	4		0.004	0.006	
17:1....g								
18:1 undifferentiated....g	2.825		0	4		0.801	1.215	
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	1.153		0	4		0.327	0.496	
18:2 undifferentiated....g	1.087		0	4		0.308	0.467	
18:3 undifferentiated....g	0.066		0	4		0.019	0.028	
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		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.121		0	1		0.034	0.052	
Threonine....g	0.282		0	1		0.080	0.121	
Isoleucine....g	0.357		0	1		0.101	0.154	
Leucine....g	0.655		0	1		0.186	0.282	
Lysine....g	0.254		0	1		0.072	0.109	
Methionine....g	0.161		0	1		0.046	0.069	
Cystine....g	0.214		0	1		0.061	0.092	
Phenylalanine....g	0.459		0	1		0.130	0.197	
Tyrosine....g	0.264		0	1		0.075	0.114	
Valine....g	0.425		0	1		0.120	0.183	
Arginine....g	0.405		0	1		0.115	0.174	
Histidine....g	0.212		0	1		0.060	0.091	
Alanine....g	0.342		0	1		0.097	0.147	
Aspartic acid....g	0.491		0	1		0.139	0.211	
Glutamic acid....g	3.015		0	1		0.855	1.296	
Glycine....g	0.371		0	1		0.105	0.160	
Proline....g	1.030		0	1		0.292	0.443	
Serine....g	0.458		0	1		0.130	0.197	
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 = 28.350g: 1 oz

Measure 2 = 43.000g: 1 roll

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18352
Rolls, hamburger or hotdog, reduced-calorie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	46.00		1	1		13.04	19.78	
Energy....kcal	196		0	4		56	84	
Energy....kj	820			4		232	353	
Protein (N x 5.9)....g	8.30		1	1		2.35	3.57	
Total lipid (fat)....g	2.00		1	1		0.57	0.86	
Ash....g	1.60		1	1		0.45	0.69	
Carbohydrate, by difference....g	42.10		0	4		11.94	18.10	
Fiber, total dietary....g	6.2		0	1		1.8	2.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	59		1	1		17	25	
Iron, Fe....mg	2.99		1	1		0.85	1.29	
Magnesium, Mg....mg	20		0	4		6	9	
Phosphorus, P....mg	84		0	4		24	36	
Potassium, K....mg	78		1	1		22	34	
Sodium, Na....mg	442		1	1		125	190	
Zinc, Zn....mg	0.68		0	4		0.19	0.29	
Copper, Cu....mg	0.143		0	4		0.041	0.061	
Manganese, Mn....mg	0.449		0	4		0.127	0.193	
Selenium, Se....mcg	23.5		0	4		6.7	10.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.1	0.1	
Thiamin....mg	0.393		1	1		0.111	0.169	
Riboflavin....mg	0.175		1	1		0.050	0.075	
Niacin....mg	4.935		1	1		1.399	2.122	
Pantothenic acid....mg	0.380		0	4		0.108	0.163	
Vitamin B-6....mg	0.038		0	4		0.011	0.016	
Folate, total....mcg	95		0	4		27	41	
Folic acid....mcg	65		0	4		18	28	
Folate, food....mcg	30		0	4		9	13	
Folate, DFE....mcg_DFE	141		0	4		40	60	
Vitamin B-12....mcg	0.10		0	4		0.03	0.04	
Vitamin A, IU....IU	1		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.171		0	4		0.048	0.074	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.325		0	1		0.092	0.140	
4:0....g	0.003		0	1		0.001	0.001	
6:0....g	0.002		0	1		0.001	0.001	
8:0....g	0.001		0	1		0.000	0.000	
10:0....g	0.002		0	1		0.001	0.001	
11:0....g								
12:0....g	0.003		0	1		0.001	0.001	
13:0....g								
14:0....g	0.011		0	1		0.003	0.005	
15:0....g								
16:0....g	0.233		0	1		0.066	0.100	
17:0....g								
18:0....g	0.068		0	1		0.019	0.029	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.524		0	1		0.149	0.225	
14:1....g								
15:1....g								

NDB No. 18352
Rolls, hamburger or hotdog, reduced-calorie

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	0.023		0	1		0.007	0.010	
17:1....g								
18:1 undifferentiated....g	0.501		0	1		0.142	0.215	
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	0.763		0	1		0.216	0.328	
18:2 undifferentiated....g	0.714		0	1		0.202	0.307	
18:3 undifferentiated....g	0.048		0	1		0.014	0.021	
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		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.083		0	1		0.024	0.036	
Threonine....g	0.229		0	1		0.065	0.098	
Isoleucine....g	0.296		0	1		0.084	0.127	
Leucine....g	0.512		0	1		0.145	0.220	
Lysine....g	0.299		0	1		0.085	0.129	
Methionine....g	0.119		0	1		0.034	0.051	
Cystine....g	0.112		0	1		0.032	0.048	
Phenylalanine....g	0.321		0	1		0.091	0.138	
Tyrosine....g	0.229		0	1		0.065	0.098	
Valine....g	0.324		0	1		0.092	0.139	
Arginine....g								
Histidine....g	0.157		0	1		0.045	0.068	
Alanine....g	0.229		0	1		0.065	0.098	
Aspartic acid....g	0.452		0	1		0.128	0.194	
Glutamic acid....g	1.777		0	1		0.504	0.764	
Glycine....g	0.216		0	1		0.061	0.093	
Proline....g	0.632		0	1		0.179	0.272	
Serine....g	0.337		0	1		0.096	0.145	
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 = 28.350g: 1 oz

Measure 2 = 43.000g: 1 roll

Calories Factors: **Protein** 3.9 **Fat** 8.5 **Carbohydrate** 3.5

Food Group: 18 Baked Products

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

NDB No. 18353
Rolls, hard (includes kaiser)

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	31.00	0.454	46	1		8.79	17.67	
Energy....kcal	293		0	4		83	167	
Energy....kj	1226			4		348	699	
Protein (N x 5.7)....g	9.90	0.185	29	1		2.81	5.64	
Total lipid (fat)....g	4.30	0.191	26	1		1.22	2.45	
Ash....g	2.00	0.046	39	1		0.57	1.14	
Carbohydrate, by difference....g	52.70		0	4		14.94	30.04	
Fiber, total dietary....g	2.3		0	4		0.7	1.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	95	6.497	35	1		27	54	
Iron, Fe....mg	3.28	0.083	23	1		0.93	1.87	
Magnesium, Mg....mg	27	1.611	9	1		8	15	
Phosphorus, P....mg	100	6.081	6	1		28	57	
Potassium, K....mg	108	5.048	9	1		31	62	
Sodium, Na....mg	544	28.954	5	1		154	310	
Zinc, Zn....mg	0.94	0.052	9	1		0.27	0.54	
Copper, Cu....mg	0.163	0.024	8	1		0.046	0.093	
Manganese, Mn....mg	0.460	0.021	8	1		0.130	0.262	
Selenium, Se....mcg	39.1	3.412	5	1		11.1	22.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.478	0.017	22	1		0.136	0.272	
Riboflavin....mg	0.336	0.019	20	1		0.095	0.192	
Niacin....mg	4.239	0.188	18	1		1.202	2.416	
Pantothenic acid....mg	0.410		0	4		0.116	0.234	
Vitamin B-6....mg	0.035		0	4		0.010	0.020	
Folate, total....mcg	95		0	4		27	54	
Folic acid....mcg	80		0	4		23	46	
Folate, food....mcg	15	1.206	4	1		4	9	
Folate, DFE....mcg_DFE	151		0	4		43	86	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		1	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.328		0	4		0.093	0.187	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.606		0	1		0.172	0.345	
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	0.001		0	1		0.000	0.001	
13:0....g								
14:0....g	0.002		0	1		0.001	0.001	
15:0....g								
16:0....g	0.476		0	1		0.135	0.271	
17:0....g								
18:0....g	0.127		0	1		0.036	0.072	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.133		0	1		0.321	0.646	
14:1....g								
15:1....g								

NDB No. 18353
Rolls, hard (includes kaiser)

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	0.033		0	1		0.009	0.019	
17:1....g								
18:1 undifferentiated....g	1.100		0	1		0.312	0.627	
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	1.719		0	1		0.487	0.980	
18:2 undifferentiated....g	1.621		0	1		0.460	0.924	
18:3 undifferentiated....g	0.097		0	1		0.027	0.055	
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								
Amino Acids:								
Tryptophan....g	0.117		0	1		0.033	0.067	
Threonine....g	0.285		0	1		0.081	0.162	
Isoleucine....g	0.383		0	1		0.109	0.218	
Leucine....g	0.693		0	1		0.196	0.395	
Lysine....g	0.242		0	1		0.069	0.138	
Methionine....g	0.176		0	1		0.050	0.100	
Cystine....g	0.216		0	1		0.061	0.123	
Phenylalanine....g	0.489		0	1		0.139	0.279	
Tyrosine....g	0.284		0	1		0.081	0.162	
Valine....g	0.432		0	1		0.122	0.246	
Arginine....g	0.360		0	1		0.102	0.205	
Histidine....g	0.214		0	1		0.061	0.122	
Alanine....g	0.331		0	1		0.094	0.189	
Aspartic acid....g	0.449		0	1		0.127	0.256	
Glutamic acid....g	3.314		0	1		0.940	1.889	
Glycine....g	0.350		0	1		0.099	0.200	
Proline....g	1.105		0	1		0.313	0.630	
Serine....g	0.480		0	1		0.136	0.274	
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 roll (3-1/2" dia)

Calories Factors: **Protein** 4 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18354
Strudel, apple

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	43.50		2	1		12.33	30.89	
Energy....kcal	274		0	4		78	195	
Energy....kj	1146			4		325	814	
Protein (N x 6)....g	3.30		2	1		0.94	2.34	
Total lipid (fat)....g	11.20		2	1		3.18	7.95	
Ash....g	0.80		2	1		0.23	0.57	
Carbohydrate, by difference....g	41.10		0	4		11.65	29.18	
Fiber, total dietary....g	2.2		0	1		0.6	1.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	15		2	1		4	11	
Iron, Fe....mg	0.42		2	1		0.12	0.30	
Magnesium, Mg....mg	9		2	1		3	6	
Phosphorus, P....mg	33		2	1		9	23	
Potassium, K....mg	149		0	4		42	106	
Sodium, Na....mg	269		2	1		76	191	
Zinc, Zn....mg	0.19		2	1		0.05	0.13	
Copper, Cu....mg	0.030		2	1		0.009	0.021	
Manganese, Mn....mg	0.190		2	1		0.054	0.135	
Selenium, Se....mcg	6.1		0	4		1.7	4.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.7		2	1		0.5	1.2	
Thiamin....mg	0.040		2	1		0.011	0.028	
Riboflavin....mg	0.025		2	1		0.007	0.018	
Niacin....mg	0.330		2	1		0.094	0.234	
Pantothenic acid....mg	0.270		0	4		0.077	0.192	
Vitamin B-6....mg	0.046		0	4		0.013	0.033	
Folate, total....mcg	14		0	4		4	10	
Folic acid....mcg	8		0	4		2	6	
Folate, food....mcg	6		0	4		2	4	
Folate, DFE....mcg_DFE	20		0	4		6	14	
Vitamin B-12....mcg	0.22		0	4		0.06	0.16	
Vitamin A, IU....IU	30		2	1		9	21	
Vitamin A, RE....mcg_RE	9		0	1		3	6	
Vitamin E....mg_ATE	3.077		0	4		0.872	2.185	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.044		0	4		0.579	1.451	
4:0....g	0.001		0	4		0.000	0.001	
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	0.001		0	4		0.000	0.001	
11:0....g								
12:0....g	0.001		0	4		0.000	0.001	
13:0....g								
14:0....g	0.037		0	4		0.010	0.026	
15:0....g								
16:0....g	1.583		0	4		0.449	1.124	
17:0....g								
18:0....g	0.416		0	4		0.118	0.295	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.267		0	4		0.926	2.320	
14:1....g								
15:1....g								

NDB No. 18354
Strudel, apple

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	0.026		0	4		0.007	0.018	
17:1....g								
18:1 undifferentiated....g	3.240		0	4		0.919	2.300	
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	5.315		0	4		1.507	3.774	
18:2 undifferentiated....g	5.002		0	4		1.418	3.551	
18:3 undifferentiated....g	0.310		0	4		0.088	0.220	
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	0.002		0	4		0.001	0.001	
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	0.001		0	4		0.000	0.001	
Fatty acids, total trans....g								
Cholesterol....mg	6		0	4		2	4	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.039		0	1		0.011	0.028	
Threonine....g	0.119		0	1		0.034	0.084	
Isoleucine....g	0.147		0	1		0.042	0.104	
Leucine....g	0.257		0	1		0.073	0.182	
Lysine....g	0.153		0	1		0.043	0.109	
Methionine....g	0.067		0	1		0.019	0.048	
Cystine....g	0.058		0	1		0.016	0.041	
Phenylalanine....g	0.151		0	1		0.043	0.107	
Tyrosine....g	0.115		0	1		0.033	0.082	
Valine....g	0.164		0	1		0.046	0.116	
Arginine....g	0.135		0	1		0.038	0.096	
Histidine....g	0.076		0	1		0.022	0.054	
Alanine....g	0.116		0	1		0.033	0.082	
Aspartic acid....g	0.206		0	1		0.058	0.146	
Glutamic acid....g	0.848		0	1		0.240	0.602	
Glycine....g	0.097		0	1		0.027	0.069	
Proline....g	0.305		0	1		0.086	0.217	
Serine....g	0.183		0	1		0.052	0.130	
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 = 28.350g: 1 oz

Measure 2 = 71.000g: 1 piece

Calories Factors: **Protein** 4.2 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18355
Sweet rolls, cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	29.40		2	1		8.33	19.40	
Energy....kcal	360		0	4		102	238	
Energy....kj	1506			4		427	994	
Protein (N x 6)....g	7.10		2	1		2.01	4.69	
Total lipid (fat)....g	18.30		2	1		5.19	12.08	
Ash....g	1.40		2	1		0.40	0.92	
Carbohydrate, by difference....g	43.70		0	4		12.39	28.84	
Fiber, total dietary....g	1.2		0	1		0.3	0.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	118		2	1		33	78	
Iron, Fe....mg	0.76		2	1		0.22	0.50	
Magnesium, Mg....mg	19		2	1		5	13	
Phosphorus, P....mg	98		2	1		28	65	
Potassium, K....mg	137		0	4		39	90	
Sodium, Na....mg	357		2	1		101	236	
Zinc, Zn....mg	0.63		2	1		0.18	0.42	
Copper, Cu....mg	0.095		2	1		0.027	0.063	
Manganese, Mn....mg	0.210		2	1		0.060	0.139	
Selenium, Se....mcg	11.9		0	4		3.4	7.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.1	0.1	
Thiamin....mg	0.150		2	1		0.043	0.099	
Riboflavin....mg	0.130		2	1		0.037	0.086	
Niacin....mg	0.830		2	1		0.235	0.548	
Pantothenic acid....mg	0.416		0	4		0.118	0.275	
Vitamin B-6....mg	0.069		0	4		0.020	0.046	
Folate, total....mcg	43		0	4		12	28	
Folic acid....mcg	12		0	4		3	8	
Folate, food....mcg	31		0	4		9	20	
Folate, DFE....mcg_DFE	51		0	4		15	34	
Vitamin B-12....mcg	0.30		0	4		0.09	0.20	
Vitamin A, IU....IU	254		0	4		72	168	
Vitamin A, RE....mcg_RE	77		0	4		22	51	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.059		0	4		1.718	3.999	
4:0....g	0.102		0	4		0.029	0.067	
6:0....g	0.030		0	4		0.009	0.020	
8:0....g	0.035		0	4		0.010	0.023	
10:0....g	0.069		0	4		0.020	0.046	
11:0....g								
12:0....g	0.048		0	4		0.014	0.032	
13:0....g								
14:0....g	0.437		0	4		0.124	0.288	
15:0....g								
16:0....g	3.138		0	4		0.890	2.071	
17:0....g								
18:0....g	2.084		0	4		0.591	1.375	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.057		0	4		2.568	5.978	
14:1....g								
15:1....g								

NDB No. 18355
Sweet rolls, cheese

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	0.159		0	4		0.045	0.105	
17:1....g								
18:1 undifferentiated....g	8.843		0	4		2.507	5.836	
20:1....g	0.004		0	4		0.001	0.003	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.032		0	4		0.576	1.341	
18:2 undifferentiated....g	1.861		0	4		0.528	1.228	
18:3 undifferentiated....g	0.142		0	4		0.040	0.094	
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	0.022		0	4		0.006	0.015	
20:5 n-3....g	0.001		0	4		0.000	0.001	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.006		0	4		0.002	0.004	
Fatty acids, total trans....g								
Cholesterol....mg	76		0	4		22	50	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.078		0	1		0.022	0.051	
Threonine....g	0.262		0	1		0.074	0.173	
Isoleucine....g	0.319		0	1		0.090	0.211	
Leucine....g	0.555		0	1		0.157	0.366	
Lysine....g	0.388		0	1		0.110	0.256	
Methionine....g	0.142		0	1		0.040	0.094	
Cystine....g	0.112		0	1		0.032	0.074	
Phenylalanine....g	0.343		0	1		0.097	0.226	
Tyrosine....g	0.256		0	1		0.073	0.169	
Valine....g	0.354		0	1		0.100	0.234	
Arginine....g	0.313		0	1		0.089	0.207	
Histidine....g	0.183		0	1		0.052	0.121	
Alanine....g	0.267		0	1		0.076	0.176	
Aspartic acid....g	0.485		0	1		0.137	0.320	
Glutamic acid....g	1.725		0	1		0.489	1.139	
Glycine....g	0.221		0	1		0.063	0.146	
Proline....g	0.600		0	1		0.170	0.396	
Serine....g	0.374		0	1		0.106	0.247	
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 = 28.350g: 1 oz

Measure 2 = 66.000g: 1 roll

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18356
Sweet rolls, cinnamon, commercially prepared with raisins

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	24.80	0.752	12	1		7.03	20.58	14.88
Energy....kcal	372		0	4		105	309	223
Energy....kj	1556			4		441	1292	934
Protein (N x 5.8)....g	6.20	0.312	8	1		1.76	5.15	3.72
Total lipid (fat)....g	16.40	1.183	8	1		4.65	13.61	9.84
Ash....g	1.70	0.144	8	1		0.48	1.41	1.02
Carbohydrate, by difference....g	50.90		0	4		14.43	42.25	30.54
Fiber, total dietary....g	2.4		0	1		0.7	2.0	1.4
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	72	19.482	10	1		20	60	43
Iron, Fe....mg	1.60	0.065	13	1		0.45	1.33	0.96
Magnesium, Mg....mg	17	1.067	10	1		5	14	10
Phosphorus, P....mg	76	4.955	10	1		22	63	46
Potassium, K....mg	111	6.286	8	1		31	92	67
Sodium, Na....mg	383	15.935	6	1		109	318	230
Zinc, Zn....mg	0.59	0.045	6	1		0.17	0.49	0.35
Copper, Cu....mg	0.088	0.005	6	1		0.025	0.073	0.053
Manganese, Mn....mg	0.300	0.011	6	1		0.085	0.249	0.180
Selenium, Se....mcg	17.0	0.755	33	1		4.8	14.1	10.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.0		2	1		0.6	1.7	1.2
Thiamin....mg	0.324	0.054	12	1		0.092	0.269	0.194
Riboflavin....mg	0.265	0.047	9	1		0.075	0.220	0.159
Niacin....mg	2.384	0.100	10	1		0.676	1.979	1.430
Pantothenic acid....mg	0.406		0	4		0.115	0.337	0.244
Vitamin B-6....mg	0.107		1	1		0.030	0.089	0.064
Folate, total....mcg	52		0	4		15	43	31
Folic acid....mcg	28		0	4		8	23	17
Folate, food....mcg	24	1.042	4	1		7	20	14
Folate, DFE....mcg_DFE	72		0	4		20	59	43
Vitamin B-12....mcg	0.14		0	4		0.04	0.12	0.08
Vitamin A, IU....IU	215	36.603	6	1		61	178	129
Vitamin A, RE....mcg_RE	64		0	1		18	53	38
Vitamin E....mg_ATE	4.322		0	4		1.225	3.587	2.593
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.079		0	4		0.873	2.556	1.847
4:0....g	0.001		0	4		0.000	0.001	0.001
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	0.001		0	4		0.000	0.001	0.001
11:0....g								
12:0....g	0.001		0	4		0.000	0.001	0.001
13:0....g								
14:0....g	0.049		0	4		0.014	0.041	0.029
15:0....g								
16:0....g	2.383		0	4		0.676	1.978	1.430
17:0....g								
18:0....g	0.633		0	4		0.179	0.525	0.380
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.797		0	4		1.360	3.982	2.878
14:1....g								
15:1....g								

NDB No. 18356
Sweet rolls, cinnamon, commercially prepared with raisins

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	0.070		0	4		0.020	0.058	0.042
17:1....g								
18:1 undifferentiated....g	4.724		0	4		1.339	3.921	2.834
20:1....g	0.003		0	4		0.001	0.002	0.002
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	7.473		0	4		2.119	6.203	4.484
18:2 undifferentiated....g	7.021		0	4		1.990	5.827	4.213
18:3 undifferentiated....g	0.433		0	4		0.123	0.359	0.260
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	0.015		0	4		0.004	0.012	0.009
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	0.004		0	4		0.001	0.003	0.002
Fatty acids, total trans....g								
Cholesterol....mg	66		2	1		19	55	40
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.074		0	1		0.021	0.061	0.044
Threonine....g	0.211		0	1		0.060	0.175	0.127
Isoleucine....g	0.259		0	1		0.073	0.215	0.155
Leucine....g	0.458		0	1		0.130	0.380	0.275
Lysine....g	0.243		0	1		0.069	0.202	0.146
Methionine....g	0.117		0	1		0.033	0.097	0.070
Cystine....g	0.120		0	1		0.034	0.100	0.072
Phenylalanine....g	0.300		0	1		0.085	0.249	0.180
Tyrosine....g	0.200		0	1		0.057	0.166	0.120
Valine....g	0.291		0	1		0.082	0.242	0.175
Arginine....g	0.283		0	1		0.080	0.235	0.170
Histidine....g	0.145		0	1		0.041	0.120	0.087
Alanine....g	0.233		0	1		0.066	0.193	0.140
Aspartic acid....g	0.407		0	1		0.115	0.338	0.244
Glutamic acid....g	1.732		0	1		0.491	1.438	1.039
Glycine....g	0.219		0	1		0.062	0.182	0.131
Proline....g	0.582		0	1		0.165	0.483	0.349
Serine....g	0.331		0	1		0.094	0.275	0.199
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 = 28.350g: 1 oz

Measure 2 = 83.000g: 1 large

Measure 3 = 60.000g: 1 roll (2-3/4" square)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18357
Sweet rolls, cinnamon, refrigerated dough with frosting

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	28.90	0.671	16	1		8.19	8.67	
Energy....kcal	333		0	4		94	100	
Energy....kj	1393			4		395	418	
Protein (N x 5.7)....g	5.00	0.138	16	1		1.42	1.50	
Total lipid (fat)....g	12.20	0.640	16	1		3.46	3.66	
Ash....g	2.40	0.043	16	1		0.68	0.72	
Carbohydrate, by difference....g	51.60		0	4		14.63	15.48	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	31	10.831	14	1		9	9	
Iron, Fe....mg	2.44	0.163	10	1		0.69	0.73	
Magnesium, Mg....mg	11	0.344	11	1		3	3	
Phosphorus, P....mg	321	10.313	11	1		91	96	
Potassium, K....mg	58	8.078	11	1		16	17	
Sodium, Na....mg	765	15.494	14	1		217	230	
Zinc, Zn....mg	0.31	0.017	8	1		0.09	0.09	
Copper, Cu....mg	0.065	0.004	11	1		0.018	0.020	
Manganese, Mn....mg	0.415		0	4		0.118	0.125	
Selenium, Se....mcg	16.3		0	4		4.6	4.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.1	0.1	
Thiamin....mg	0.470	0.068	10	1		0.133	0.141	
Riboflavin....mg	0.249	0.028	10	1		0.071	0.075	
Niacin....mg	3.703	0.331	10	1		1.050	1.111	
Pantothenic acid....mg	0.260		0	4		0.074	0.078	
Vitamin B-6....mg	0.031		0	4		0.009	0.009	
Folate, total....mcg	50		0	4		14	15	
Folic acid....mcg	42		0	4		12	13	
Folate, food....mcg	8		0	4		2	2	
Folate, DFE....mcg_DFE	79		0	4		23	24	
Vitamin B-12....mcg	0.02		0	4		0.01	0.01	
Vitamin A, IU....IU	2		0	4		1	1	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.081		0	4		0.873	0.924	
4:0....g	0.001		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	0.060		0	4		0.017	0.018	
15:0....g								
16:0....g	1.599		0	4		0.453	0.480	
17:0....g								
18:0....g	1.421		0	4		0.403	0.426	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.839		0	4		1.939	2.052	
14:1....g								
15:1....g								

NDB No. 18357
Sweet rolls, cinnamon, refrigerated dough with frosting

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	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	6.838		0	4		1.939	2.051	
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	1.604		0	4		0.455	0.481	
18:2 undifferentiated....g	1.523		0	4		0.432	0.457	
18:3 undifferentiated....g	0.081		0	4		0.023	0.024	
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								
Amino Acids:								
Tryptophan....g	0.063		0	1		0.018	0.019	
Threonine....g	0.147		0	1		0.042	0.044	
Isoleucine....g	0.180		0	1		0.051	0.054	
Leucine....g	0.351		0	1		0.100	0.105	
Lysine....g	0.128		0	1		0.036	0.038	
Methionine....g	0.089		0	1		0.025	0.027	
Cystine....g	0.105		0	1		0.030	0.032	
Phenylalanine....g	0.245		0	1		0.069	0.074	
Tyrosine....g	0.152		0	1		0.043	0.046	
Valine....g	0.205		0	1		0.058	0.062	
Arginine....g	0.200		0	1		0.057	0.060	
Histidine....g	0.110		0	1		0.031	0.033	
Alanine....g	0.166		0	1		0.047	0.050	
Aspartic acid....g	0.231		0	1		0.065	0.069	
Glutamic acid....g	1.613		0	1		0.457	0.484	
Glycine....g	0.175		0	1		0.050	0.053	
Proline....g	0.555		0	1		0.157	0.167	
Serine....g	0.248		0	1		0.070	0.074	
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 = 28.350g: 1 oz

Measure 2 = 30.000g: 1 roll

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18358
Sweet rolls, cinnamon, refrigerated dough with frosting, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	22.70		0	4		6.44	6.81	
Energy....kcal	362		0	4		103	109	
Energy....kj	1515			4		429	454	
Protein....g	5.40		0	4		1.53	1.62	
Total lipid (fat)....g	13.20		0	4		3.74	3.96	
Ash....g	2.60		0	4		0.74	0.78	
Carbohydrate, by difference....g	56.10		0	4		15.90	16.83	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	34		0	4		10	10	
Iron, Fe....mg	2.65		0	4		0.75	0.80	
Magnesium, Mg....mg	12		0	4		3	4	
Phosphorus, P....mg	348		0	4		99	104	
Potassium, K....mg	63		0	4		18	19	
Sodium, Na....mg	832		0	4		236	250	
Zinc, Zn....mg	0.34		0	4		0.10	0.10	
Copper, Cu....mg	0.071		0	4		0.020	0.021	
Manganese, Mn....mg	0.418		0	4		0.119	0.125	
Selenium, Se....mcg	17.7		0	4		5.0	5.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.1	0.1	
Thiamin....mg	0.409		0	4		0.116	0.123	
Riboflavin....mg	0.244		0	4		0.069	0.073	
Niacin....mg	3.622		0	4		1.027	1.087	
Pantothenic acid....mg	0.266		0	4		0.075	0.080	
Vitamin B-6....mg	0.034		0	4		0.010	0.010	
Folate, total....mcg	55		0	4		16	17	
Folic acid....mcg	49		0	4		14	15	
Folate, food....mcg	6		0	4		2	2	
Folate, DFE....mcg_DFE	89		0	4		25	27	
Vitamin B-12....mcg	0.05		0	4		0.01	0.02	
Vitamin A, IU....IU	2		0	4		1	1	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.348		0	4		0.949	1.004	
4:0....g	0.001		0	4		0.000	0.000	
6:0....g	0.001		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.001		0	4		0.000	0.000	
11:0....g								
12:0....g	0.001		0	4		0.000	0.000	
13:0....g								
14:0....g	0.067		0	4		0.019	0.020	
15:0....g								
16:0....g	1.734		0	4		0.492	0.520	
17:0....g								
18:0....g	1.544		0	4		0.438	0.463	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.421		0	4		2.104	2.226	
14:1....g								
15:1....g								

NDB No. 18358
Sweet rolls, cinnamon, refrigerated dough with frosting, baked

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	0.001		0	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	7.420		0	4		2.104	2.226	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.728		0	4		0.490	0.518	
18:2 undifferentiated....g	1.641		0	4		0.465	0.492	
18:3 undifferentiated....g	0.088		0	4		0.025	0.026	
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								
Amino Acids:								
Tryptophan....g	0.068		0	4		0.019	0.020	
Threonine....g	0.160		0	4		0.045	0.048	
Isoleucine....g	0.195		0	4		0.055	0.059	
Leucine....g	0.382		0	4		0.108	0.115	
Lysine....g	0.139		0	4		0.039	0.042	
Methionine....g	0.097		0	4		0.027	0.029	
Cystine....g	0.115		0	4		0.033	0.035	
Phenylalanine....g	0.266		0	4		0.075	0.080	
Tyrosine....g	0.165		0	4		0.047	0.050	
Valine....g	0.223		0	4		0.063	0.067	
Arginine....g	0.218		0	4		0.062	0.065	
Histidine....g	0.119		0	4		0.034	0.036	
Alanine....g	0.181		0	4		0.051	0.054	
Aspartic acid....g	0.251		0	4		0.071	0.075	
Glutamic acid....g	1.753		0	4		0.497	0.526	
Glycine....g	0.190		0	4		0.054	0.057	
Proline....g	0.603		0	4		0.171	0.181	
Serine....g	0.270		0	4		0.077	0.081	
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 = 28.350g: 1 oz

Measure 2 = 30.000g: 1 roll

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

Food Group: 18 Baked Products

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

NDB No. 18360
Taco shells, baked

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	6.00	0.396	5	1		1.70	1.26	0.80
Energy....kcal	468		0	4		133	98	62
Energy....kj	1958			4		555	411	260
Protein (N x 6.2)....g	7.20	0.544	3	1		2.04	1.51	0.96
Total lipid (fat)....g	22.60	0.156	3	1		6.41	4.75	3.01
Ash....g	1.80	0.218	3	1		0.51	0.38	0.24
Carbohydrate, by difference....g	62.40		0	4		17.69	13.10	8.30
Fiber, total dietary....g	7.5		0	1		2.1	1.6	1.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	160	45.511	3	1		45	34	21
Iron, Fe....mg	2.50	1.097	3	1		0.71	0.53	0.33
Magnesium, Mg....mg	105	15.717	3	1		30	22	14
Phosphorus, P....mg	248	25.045	3	1		70	52	33
Potassium, K....mg	179	35.176	3	1		51	38	24
Sodium, Na....mg	367		2	1		104	77	49
Zinc, Zn....mg	1.40	0.099	3	1		0.40	0.29	0.19
Copper, Cu....mg	0.120	0.042	3	1		0.034	0.025	0.016
Manganese, Mn....mg	0.435	0.029	3	1		0.123	0.091	0.058
Selenium, Se....mcg	12.0		0	4		3.4	2.5	1.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.228	0.015	9	1		0.065	0.048	0.030
Riboflavin....mg	0.053	0.001	8	1		0.015	0.011	0.007
Niacin....mg	1.350	0.067	8	1		0.383	0.284	0.180
Pantothenic acid....mg	0.470	0.035	9	1		0.133	0.099	0.063
Vitamin B-6....mg	0.296		0	4		0.084	0.062	0.039
Folate, total....mcg	105		0	4		30	22	14
Folic acid....mcg	99		0	4		28	21	13
Folate, food....mcg	6	0.081	8	1		2	1	1
Folate, DFE....mcg_DFE	174		0	4		49	37	23
Vitamin B-12....mcg	0.00		0	1		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	3.642		0	4		1.033	0.765	0.484
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.245		0	4		0.920	0.681	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	0.019		0	4		0.005	0.004	0.003
15:0....g								
16:0....g	2.217		0	4		0.629	0.466	0.295
17:0....g								
18:0....g	0.994		0	4		0.282	0.209	0.132
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.934		0	4		2.533	1.876	1.188
14:1....g								
15:1....g								

NDB No. 18360
Taco shells, baked

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	0.078		0	4		0.022	0.016	0.010
17:1....g								
18:1 undifferentiated....g	8.837		0	4		2.505	1.856	1.175
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	8.494		0	4		2.408	1.784	1.130
18:2 undifferentiated....g	7.941		0	4		2.251	1.668	1.056
18:3 undifferentiated....g	0.534		0	4		0.151	0.112	0.071
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	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.052		0	1		0.015	0.011	0.007
Threonine....g	0.271		0	1		0.077	0.057	0.036
Isoleucine....g	0.259		0	1		0.073	0.054	0.034
Leucine....g	0.886		0	1		0.251	0.186	0.118
Lysine....g	0.203		0	1		0.058	0.043	0.027
Methionine....g	0.151		0	1		0.043	0.032	0.020
Cystine....g	0.130		0	1		0.037	0.027	0.017
Phenylalanine....g	0.354		0	1		0.100	0.074	0.047
Tyrosine....g	0.294		0	1		0.083	0.062	0.039
Valine....g	0.366		0	1		0.104	0.077	0.049
Arginine....g	0.360		0	1		0.102	0.076	0.048
Histidine....g	0.221		0	1		0.063	0.046	0.029
Alanine....g	0.540		0	1		0.153	0.113	0.072
Aspartic acid....g	0.502		0	1		0.142	0.105	0.067
Glutamic acid....g	1.354		0	1		0.384	0.284	0.180
Glycine....g	0.297		0	1		0.084	0.062	0.040
Proline....g	0.630		0	1		0.179	0.132	0.084
Serine....g	0.343		0	1		0.097	0.072	0.046
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 = 28.350g: 1 oz

Measure 2 = 21.000g: 1 large (6-1/2" dia)

Measure 3 = 13.300g: 1 medium (approx 5" dia)

Calories Factors: **Protein** 2.7 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18361
Toaster pastries, brown-sugar-cinnamon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	10.80	0.624	4	1		3.06	5.40	
Energy....kcal	412		0	4		117	206	
Energy....kj	1724			4		489	862	
Protein (N x 5.8)....g	5.10	0.280	4	1		1.45	2.55	
Total lipid (fat)....g	14.20	1.089	4	1		4.03	7.10	
Ash....g	1.80		2	1		0.51	0.90	
Carbohydrate, by difference....g	68.10		0	4		19.31	34.05	
Fiber, total dietary....g	1.0		0	1		0.3	0.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	34		2	1		10	17	
Iron, Fe....mg	4.03	0.278	5	1		1.14	2.02	
Magnesium, Mg....mg	24	2.850	4	1		7	12	
Phosphorus, P....mg	133		2	1		38	67	
Potassium, K....mg	114	21.433	4	1		32	57	
Sodium, Na....mg	424	17.242	4	1		120	212	
Zinc, Zn....mg	0.63	0.090	5	1		0.18	0.32	
Copper, Cu....mg	0.132	0.007	5	1		0.037	0.066	
Manganese, Mn....mg	0.322	0.024	3	1		0.091	0.161	
Selenium, Se....mcg	12.6		0	4		3.6	6.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.1	
Thiamin....mg	0.373	0.046	4	1		0.106	0.187	
Riboflavin....mg	0.576	0.137	4	1		0.163	0.288	
Niacin....mg	4.574	0.347	4	1		1.297	2.287	
Pantothenic acid....mg	0.265	0.025	4	1		0.075	0.133	
Vitamin B-6....mg	0.425	0.015	4	1		0.120	0.213	
Folate, total....mcg	29		0	4		8	15	
Folic acid....mcg	18			4		5	9	
Folate, food....mcg	11			4		3	6	
Folate, DFE....mcg_DFE	42		0	4		12	21	
Vitamin B-12....mcg	0.22		0	4		0.06	0.11	
Vitamin A, IU....IU	986		2	1		280	493	
Vitamin A, RE....mcg_RE	224		0	1		64	112	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.639		0	4		1.032	1.820	
4:0....g	0.005		0	4		0.001	0.003	
6:0....g	0.001		0	4		0.000	0.001	
8:0....g	0.001		0	4		0.000	0.001	
10:0....g	0.002		0	4		0.001	0.001	
11:0....g								
12:0....g	0.001		0	4		0.000	0.001	
13:0....g								
14:0....g	0.078		0	4		0.022	0.039	
15:0....g								
16:0....g	1.871		0	4		0.530	0.936	
17:0....g								
18:0....g	1.675		0	4		0.475	0.838	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.032		0	4		2.277	4.016	
14:1....g								
15:1....g								

NDB No. 18361
Toaster pastries, brown-sugar-cinnamon

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	0.003		0	4		0.001	0.002	
17:1....g								
18:1 undifferentiated....g	8.027		0	4		2.276	4.014	
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	1.802		0	4		0.511	0.901	
18:2 undifferentiated....g	1.711		0	4		0.485	0.856	
18:3 undifferentiated....g	0.091		0	4		0.026	0.046	
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								
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								
Amino Acids:								
Tryptophan....g	0.057		0	1		0.016	0.029	
Threonine....g	0.146		0	1		0.041	0.073	
Isoleucine....g	0.169		0	1		0.048	0.085	
Leucine....g	0.324		0	1		0.092	0.162	
Lysine....g	0.137		0	1		0.039	0.069	
Methionine....g	0.080		0	1		0.023	0.040	
Cystine....g	0.094		0	1		0.027	0.047	
Phenylalanine....g	0.214		0	1		0.061	0.107	
Tyrosine....g	0.134		0	1		0.038	0.067	
Valine....g	0.189		0	1		0.054	0.095	
Arginine....g	0.174		0	1		0.049	0.087	
Histidine....g	0.098		0	1		0.028	0.049	
Alanine....g	0.153		0	1		0.043	0.077	
Aspartic acid....g	0.226		0	1		0.064	0.113	
Glutamic acid....g	1.405		0	1		0.398	0.703	
Glycine....g	0.152		0	1		0.043	0.076	
Proline....g	0.484		0	1		0.137	0.242	
Serine....g	0.223		0	1		0.063	0.112	
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 = 28.350g: 1 oz

Measure 2 = 50.000g: 1 toaster pastry

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18362
Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	12.30	0.208	10	1		3.49	6.40	6.40
Energy....kcal	393		0	4		111	204	204
Energy....kj	1644			4		466	855	855
Protein (N x 5.7)....g	4.70	0.070	20	1		1.33	2.44	2.44
Total lipid (fat)....g	10.20	0.270	20	1		2.89	5.30	5.30
Ash....g	1.60	0.064	11	1		0.45	0.83	0.83
Carbohydrate, by difference....g	71.10		0	4		20.16	36.97	36.97
Fiber, total dietary....g	2.1		0	4		0.6	1.1	1.1
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	26	0.582	15	1		7	14	14
Iron, Fe....mg	3.49	0.007	19	1		0.99	1.81	1.81
Magnesium, Mg....mg	18	0.576	20	1		5	9	9
Phosphorus, P....mg	111	7.467	17	1		31	58	58
Potassium, K....mg	112	3.806	20	1		32	58	58
Sodium, Na....mg	419	3.378	19	1		119	218	218
Zinc, Zn....mg	0.66	0.025	20	1		0.19	0.34	0.34
Copper, Cu....mg	0.189	0.017	19	1		0.054	0.098	0.098
Manganese, Mn....mg	0.296		2	1		0.084	0.154	0.154
Selenium, Se....mcg	4.4		1	1		1.2	2.3	2.3
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		0	4		0.2	0.3	0.3
Thiamin....mg	0.293	0.003	20	1		0.083	0.152	0.152
Riboflavin....mg	0.363	0.024	20	1		0.103	0.189	0.189
Niacin....mg	3.942	0.021	20	1		1.118	2.050	2.050
Pantothenic acid....mg	0.551	0.143	4	1		0.156	0.287	0.287
Vitamin B-6....mg	0.389	0.003	20	1		0.110	0.202	0.202
Folate, total....mcg	65		0	4		18	34	34
Folic acid....mcg	49			4		14	25	25
Folate, food....mcg	16			4		5	8	8
Folate, DFE....mcg_DFE	99		0	4		28	52	52
Vitamin B-12....mcg	0.01		0	4		0.00	0.01	0.01
Vitamin A, IU....IU	964	2.692	18	1		273	501	501
Vitamin A, RE....mcg_RE	3		0	4		1	2	2
Vitamin E....mg_ATE	2.294		0	4		0.650	1.193	1.193
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.518		0	4		0.430	0.789	0.789
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	0.010		0	4		0.003	0.005	0.005
15:0....g								
16:0....g	1.024		0	4		0.290	0.532	0.532
17:0....g								
18:0....g	0.479		0	4		0.136	0.249	0.249
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.135		0	4		1.172	2.150	2.150
14:1....g								
15:1....g								

NDB No. 18362
Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

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	0.039		0	4		0.011	0.020	0.020
17:1....g								
18:1 undifferentiated....g	4.087		0	4		1.159	2.125	2.125
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	3.870		0	4		1.097	2.012	2.012
18:2 undifferentiated....g	3.572		0	4		1.013	1.857	1.857
18:3 undifferentiated....g	0.289		0	4		0.082	0.150	0.150
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								
Amino Acids:								
Tryptophan....g	0.057		0	1		0.016	0.030	0.030
Threonine....g	0.135		0	1		0.038	0.070	0.070
Isoleucine....g	0.166		0	1		0.047	0.086	0.086
Leucine....g	0.327		0	1		0.093	0.170	0.170
Lysine....g	0.115		0	1		0.033	0.060	0.060
Methionine....g	0.084		0	1		0.024	0.044	0.044
Cystine....g	0.098		0	1		0.028	0.051	0.051
Phenylalanine....g	0.231		0	1		0.065	0.120	0.120
Tyrosine....g	0.140		0	1		0.040	0.073	0.073
Valine....g	0.191		0	1		0.054	0.099	0.099
Arginine....g	0.188		0	1		0.053	0.098	0.098
Histidine....g	0.103		0	1		0.029	0.054	0.054
Alanine....g	0.154		0	1		0.044	0.080	0.080
Aspartic acid....g	0.211		0	1		0.060	0.110	0.110
Glutamic acid....g	1.537		0	1		0.436	0.799	0.799
Glycine....g	0.167		0	1		0.047	0.087	0.087
Proline....g	0.528		0	1		0.150	0.275	0.275
Serine....g	0.233		0	1		0.066	0.121	0.121
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0			7		0	0	0
Theobromine....mg	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 = 28.350g: 1 oz

Measure 2 = 52.000g: 1 Pop tart

Measure 3 = 52.000g: 1 toaster pastry

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18363
Tortillas, ready-to-bake or -fry, corn

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	44.10	0.662	42	1		12.50	11.47	
Energy....kcal	222		0	4		63	58	
Energy....kj	929			4		263	242	
Protein (N x 6.2)....g	5.70	0.128	29	1		1.62	1.48	
Total lipid (fat)....g	2.50	0.238	25	1		0.71	0.65	
Ash....g	1.20	0.058	29	1		0.34	0.31	
Carbohydrate, by difference....g	46.60		0	4		13.21	12.12	
Fiber, total dietary....g	5.2		0	1		1.5	1.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	175	7.154	53	1		50	46	
Iron, Fe....mg	1.40	0.071	44	1		0.40	0.36	
Magnesium, Mg....mg	65	1.531	30	1		18	17	
Phosphorus, P....mg	314	26.162	42	1		89	82	
Potassium, K....mg	154	7.238	35	1		44	40	
Sodium, Na....mg	161	15.026	3	1		46	42	
Zinc, Zn....mg	0.94	0.076	33	1		0.27	0.24	
Copper, Cu....mg	0.154	0.015	13	1		0.044	0.040	
Manganese, Mn....mg	0.402	0.011	12	1		0.114	0.105	
Selenium, Se....mcg	5.5	1.091	5	1		1.6	1.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0	0.000	5	1		0.0	0.0	
Thiamin....mg	0.112	0.015	31	1		0.032	0.029	
Riboflavin....mg	0.073	0.008	23	1		0.021	0.019	
Niacin....mg	1.498	0.096	33	1		0.425	0.389	
Pantothenic acid....mg	0.194	0.014	12	1		0.055	0.050	
Vitamin B-6....mg	0.219	0.027	11	1		0.062	0.057	
Folate, total....mcg	114		0	4		32	30	
Folic acid....mcg	99		0	4		28	26	
Folate, food....mcg	15	1.288	11	1		4	4	
Folate, DFE....mcg_DFE	183		0	4		52	48	
Vitamin B-12....mcg	0.00		0	1		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	0.153		0	4		0.043	0.040	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.334		0	1		0.095	0.087	
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	0.295		0	1		0.084	0.077	
17:0....g								
18:0....g	0.039		0	1		0.011	0.010	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.649		0	1		0.184	0.169	
14:1....g								
15:1....g								

NDB No. 18363
Tortillas, ready-to-bake or -fry, corn

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	0.002		0	1		0.001	0.001	
17:1....g								
18:1 undifferentiated....g	0.647		0	1		0.183	0.168	
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	1.122		0	1		0.318	0.292	
18:2 undifferentiated....g	1.088		0	1		0.308	0.283	
18:3 undifferentiated....g	0.034		0	1		0.010	0.009	
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								
Amino Acids:								
Tryptophan....g	0.042		0	1		0.012	0.011	
Threonine....g	0.218		0	1		0.062	0.057	
Isoleucine....g	0.208		0	1		0.059	0.054	
Leucine....g	0.711		0	1		0.202	0.185	
Lysine....g	0.163		0	1		0.046	0.042	
Methionine....g	0.121		0	1		0.034	0.031	
Cystine....g	0.105		0	1		0.030	0.027	
Phenylalanine....g	0.285		0	1		0.081	0.074	
Tyrosine....g	0.236		0	1		0.067	0.061	
Valine....g	0.294		0	1		0.083	0.076	
Arginine....g	0.289		0	1		0.082	0.075	
Histidine....g	0.177		0	1		0.050	0.046	
Alanine....g	0.434		0	1		0.123	0.113	
Aspartic acid....g	0.403		0	1		0.114	0.105	
Glutamic acid....g	1.087		0	1		0.308	0.283	
Glycine....g	0.238		0	1		0.067	0.062	
Proline....g	0.506		0	1		0.143	0.132	
Serine....g	0.275		0	1		0.078	0.072	
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 = 28.350g: 1 oz

Measure 2 = 26.000g: 1 tortilla, medium (approx 6" dia)

Calories Factors: **Protein** 2.7 **Fat** 8.4 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18364
Tortillas, ready-to-bake or -fry, flour

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	26.80	0.902	14	1		7.60	8.58	19.30
Energy....kcal	325		0	4		92	104	234
Energy....kj	1360			4		386	435	979
Protein (N x 5.7)....g	8.70	0.581	12	1		2.47	2.78	6.26
Total lipid (fat)....g	7.10	0.579	11	1		2.01	2.27	5.11
Ash....g	1.80	0.151	12	1		0.51	0.58	1.30
Carbohydrate, by difference....g	55.60		0	4		15.76	17.79	40.03
Fiber, total dietary....g	3.3		0	1		0.9	1.1	2.4
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	125	7.475	20	1		35	40	90
Iron, Fe....mg	3.30	0.125	38	1		0.94	1.06	2.38
Magnesium, Mg....mg	26	1.328	38	1		7	8	19
Phosphorus, P....mg	124	7.926	38	1		35	40	89
Potassium, K....mg	131	7.293	40	1		37	42	94
Sodium, Na....mg	478	24.050	40	1		136	153	344
Zinc, Zn....mg	0.71	0.083	40	1		0.20	0.23	0.51
Copper, Cu....mg	0.267	0.141	36	1		0.076	0.085	0.192
Manganese, Mn....mg	0.462	0.011	35	1		0.131	0.148	0.333
Selenium, Se....mcg	23.4	2.389	34	1		6.6	7.5	16.8
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	1		0.0	0.0	0.0
Thiamin....mg	0.531	0.025	14	1		0.151	0.170	0.382
Riboflavin....mg	0.293	0.069	14	1		0.083	0.094	0.211
Niacin....mg	3.572	0.135	14	1		1.013	1.143	2.572
Pantothenic acid....mg	0.582	0.061	12	1		0.165	0.186	0.419
Vitamin B-6....mg	0.050		2	1		0.014	0.016	0.036
Folate, total....mcg	123		0	4		35	39	89
Folic acid....mcg	111		0	4		31	36	80
Folate, food....mcg	12	1.079	10	1		3	4	9
Folate, DFE....mcg_DFE	201		0	4		57	64	145
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.916		0	4		0.260	0.293	0.660
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.745		0	4		0.495	0.558	1.256
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	0.032		0	4		0.009	0.010	0.023
15:0....g								
16:0....g	0.937		0	4		0.266	0.300	0.675
17:0....g								
18:0....g	0.776		0	4		0.220	0.248	0.559
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.768		0	4		1.068	1.206	2.713
14:1....g								
15:1....g								

NDB No. 18364
Tortillas, ready-to-bake or -fry, flour

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	0.008		0	4		0.002	0.003	0.006
17:1....g								
18:1 undifferentiated....g	3.760		0	4		1.066	1.203	2.707
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	1.063		0	4		0.301	0.340	0.765
18:2 undifferentiated....g	1.009		0	4		0.286	0.323	0.726
18:3 undifferentiated....g	0.054		0	4		0.015	0.017	0.039
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	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.106		0	1		0.030	0.034	0.076
Threonine....g	0.245		0	1		0.069	0.078	0.176
Isoleucine....g	0.307		0	1		0.087	0.098	0.221
Leucine....g	0.600		0	1		0.170	0.192	0.432
Lysine....g	0.213		0	1		0.060	0.068	0.153
Methionine....g	0.155		0	1		0.044	0.050	0.112
Cystine....g	0.181		0	1		0.051	0.058	0.130
Phenylalanine....g	0.435		0	1		0.123	0.139	0.313
Tyrosine....g	0.266		0	1		0.075	0.085	0.192
Valine....g	0.356		0	1		0.101	0.114	0.256
Arginine....g	0.356		0	1		0.101	0.114	0.256
Histidine....g	0.195		0	1		0.055	0.062	0.140
Alanine....g	0.289		0	1		0.082	0.092	0.208
Aspartic acid....g	0.386		0	1		0.109	0.124	0.278
Glutamic acid....g	2.850		0	1		0.808	0.912	2.052
Glycine....g	0.316		0	1		0.090	0.101	0.228
Proline....g	0.979		0	1		0.278	0.313	0.705
Serine....g	0.432		0	1		0.122	0.138	0.311
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 = 28.350g: 1 oz

Measure 2 = 32.000g: 1 tortilla, medium (approx 6" dia)

Measure 3 = 72.000g: 1 tortilla (approx 10" dia)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

NDB No. 18365
Waffles, plain, frozen, ready-to-heat (includes buttermilk)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	44.90	0.190	132	1		12.73	15.72	
Energy....kcal	251		0	4		71	88	
Energy....kj	1050			4		298	368	
Protein (N x 5.8)....g	5.90	0.046	98	1		1.67	2.07	
Total lipid (fat)....g	7.80	0.224	98	1		2.21	2.73	
Ash....g	2.80	0.029	80	1		0.79	0.98	
Carbohydrate, by difference....g	38.60		0	4		10.94	13.51	
Fiber, total dietary....g	2.2		0	1		0.6	0.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	221	7.001	84	1		63	77	
Iron, Fe....mg	4.25	0.108	113	1		1.20	1.49	
Magnesium, Mg....mg	21	0.517	29	1		6	7	
Phosphorus, P....mg	399	13.081	35	1		113	140	
Potassium, K....mg	122	2.547	58	1		35	43	
Sodium, Na....mg	748	12.695	53	1		212	262	
Zinc, Zn....mg	0.55	0.006	30	1		0.16	0.19	
Copper, Cu....mg	0.073	0.001	30	1		0.021	0.026	
Manganese, Mn....mg	0.324		0	4		0.092	0.113	
Selenium, Se....mcg	18.5		0	4		5.2	6.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	1		0.0	0.0	
Thiamin....mg	0.457	0.012	95	1		0.130	0.160	
Riboflavin....mg	0.503	0.017	94	1		0.143	0.176	
Niacin....mg	4.681	0.155	95	1		1.327	1.638	
Pantothenic acid....mg	0.589	0.035	30	1		0.167	0.206	
Vitamin B-6....mg	0.945	0.019	72	1		0.268	0.331	
Folate, total....mcg	53		0	4		15	19	
Folic acid....mcg	5		0	4		1	2	
Folate, food....mcg	48	2.377	30	1		14	17	
Folate, DFE....mcg_DFE	57		0	4		16	20	
Vitamin B-12....mcg	2.38	0.061	84	1		0.67	0.83	
Vitamin A, IU....IU	1281	0.490	5	1		363	448	
Vitamin A, RE....mcg_RE	384		0	1		109	134	
Vitamin E....mg_ATE	1.304		0	4		0.370	0.456	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.296		0	4		0.367	0.454	
4:0....g	0.001		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	0.011		0	4		0.003	0.004	
15:0....g								
16:0....g	0.889		0	4		0.252	0.311	
17:0....g								
18:0....g	0.394		0	4		0.112	0.138	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.153		0	4		0.894	1.104	
14:1....g								
15:1....g								

NDB No. 18365
Waffles, plain, frozen, ready-to-heat (includes buttermilk)

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	0.045		0	4		0.013	0.016	
17:1....g								
18:1 undifferentiated....g	3.098		0	4		0.878	1.084	
20:1....g	0.002		0	4		0.001	0.001	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.771		0	4		0.786	0.970	
18:2 undifferentiated....g	2.561		0	4		0.726	0.896	
18:3 undifferentiated....g	0.183		0	4		0.052	0.064	
18:4....g	0.001		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.011		0	4		0.003	0.004	
20:5 n-3....g	0.005		0	4		0.001	0.002	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.003		0	4		0.001	0.001	
Fatty acids, total trans....g								
Cholesterol....mg	32		0	4		9	11	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.072		0	1		0.020	0.025	
Threonine....g	0.184		0	1		0.052	0.064	
Isoleucine....g	0.225		0	1		0.064	0.079	
Leucine....g	0.423		0	1		0.120	0.148	
Lysine....g	0.185		0	1		0.052	0.065	
Methionine....g	0.117		0	1		0.033	0.041	
Cystine....g	0.126		0	1		0.036	0.044	
Phenylalanine....g	0.294		0	1		0.083	0.103	
Tyrosine....g	0.187		0	1		0.053	0.065	
Valine....g	0.258		0	1		0.073	0.090	
Arginine....g	0.254		0	1		0.072	0.089	
Histidine....g	0.131		0	1		0.037	0.046	
Alanine....g	0.212		0	1		0.060	0.074	
Aspartic acid....g	0.310		0	1		0.088	0.109	
Glutamic acid....g	1.755		0	1		0.498	0.614	
Glycine....g	0.207		0	1		0.059	0.072	
Proline....g	0.601		0	1		0.170	0.210	
Serine....g	0.317		0	1		0.090	0.111	
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 = 28.350g: 1 oz

Measure 2 = 35.000g: 1 waffle, square (4" square) (include frozen)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18367
Waffles, plain, prepared from recipe

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	42.00		0	1		11.91	31.50	
Energy....kcal	291		0	4		82	218	
Energy....kj	1218			4		345	913	
Protein (N x 0)....g	7.90		0	1		2.24	5.93	
Total lipid (fat)....g	14.10		0	1		4.00	10.58	
Ash....g	3.10		0	1		0.88	2.33	
Carbohydrate, by difference....g	32.90		0	4		9.33	24.68	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	255		0	1		72	191	
Iron, Fe....mg	2.31		0	1		0.65	1.73	
Magnesium, Mg....mg	19		0	1		5	14	
Phosphorus, P....mg	190		0	1		54	143	
Potassium, K....mg	159		0	1		45	119	
Sodium, Na....mg	511		0	1		145	383	
Zinc, Zn....mg	0.68		0	1		0.19	0.51	
Copper, Cu....mg	0.062		0	1		0.018	0.047	
Manganese, Mn....mg	0.265		0	1		0.075	0.199	
Selenium, Se....mcg	46.2		0	4		13.1	34.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		0	1		0.1	0.3	
Thiamin....mg	0.263		0	1		0.075	0.197	
Riboflavin....mg	0.347		0	1		0.098	0.260	
Niacin....mg	2.073		0	1		0.588	1.555	
Pantothenic acid....mg	0.485		0	1		0.137	0.364	
Vitamin B-6....mg	0.056		0	1		0.016	0.042	
Folate, total....mcg	46		0	4		13	35	
Folic acid....mcg	31		0	4		9	23	
Folate, food....mcg	15		0	1		4	11	
Folate, DFE....mcg_DFE	68		0	4		19	51	
Vitamin B-12....mcg	0.25		0	1		0.07	0.19	
Vitamin A, IU....IU	228		0	1		65	171	
Vitamin A, RE....mcg_RE	65		0	1		18	49	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.866		0	1		0.813	2.150	
4:0....g	0.041		0	1		0.012	0.031	
6:0....g	0.025		0	1		0.007	0.019	
8:0....g	0.014		0	1		0.004	0.011	
10:0....g	0.032		0	1		0.009	0.024	
11:0....g								
12:0....g	0.036		0	1		0.010	0.027	
13:0....g								
14:0....g	0.145		0	1		0.041	0.109	
15:0....g								
16:0....g	1.865		0	1		0.529	1.399	
17:0....g								
18:0....g	0.696		0	1		0.197	0.522	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.521		0	1		0.998	2.641	
14:1....g								
15:1....g								

NDB No. 18367
Waffles, plain, prepared from 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
16:1 undifferentiated....g	0.096		0	1		0.027	0.072	
17:1....g								
18:1 undifferentiated....g	3.395		0	1		0.962	2.546	
20:1....g	0.026		0	1		0.007	0.020	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	6.785		0	1		1.924	5.089	
18:2 undifferentiated....g	5.975		0	1		1.694	4.481	
18:3 undifferentiated....g	0.782		0	1		0.222	0.587	
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	0.021		0	1		0.006	0.016	
20:5 n-3....g	0.001		0	1		0.000	0.001	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.006		0	1		0.002	0.005	
Fatty acids, total trans....g								
Cholesterol....mg	69		0	1		20	52	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.099		0	1		0.028	0.074	
Threonine....g	0.289		0	1		0.082	0.217	
Isoleucine....g	0.362		0	1		0.103	0.272	
Leucine....g	0.630		0	1		0.179	0.473	
Lysine....g	0.384		0	1		0.109	0.288	
Methionine....g	0.179		0	1		0.051	0.134	
Cystine....g	0.145		0	1		0.041	0.109	
Phenylalanine....g	0.395		0	1		0.112	0.296	
Tyrosine....g	0.293		0	1		0.083	0.220	
Valine....g	0.409		0	1		0.116	0.307	
Arginine....g	0.345		0	1		0.098	0.259	
Histidine....g	0.187		0	1		0.053	0.140	
Alanine....g	0.301		0	1		0.085	0.226	
Aspartic acid....g	0.509		0	1		0.144	0.382	
Glutamic acid....g	1.989		0	1		0.564	1.492	
Glycine....g	0.247		0	1		0.070	0.185	
Proline....g	0.726		0	1		0.206	0.545	
Serine....g	0.447		0	1		0.127	0.335	
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 = 28.350g: 1 oz

Measure 2 = 75.000g: 1 waffle, round (7" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18368
Wonton wrappers (includes egg roll wrappers)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	28.80		0	1		8.16	9.22	2.30
Energy....kcal	291		0	4		82	93	23
Energy....kj	1218			4		345	390	97
Protein (N x 0)....g	9.80		0	1		2.78	3.14	0.78
Total lipid (fat)....g	1.50		0	1		0.43	0.48	0.12
Ash....g	1.90		0	1		0.54	0.61	0.15
Carbohydrate, by difference....g	57.90		0	4		16.41	18.53	4.63
Fiber, total dietary....g	1.8		0	4		0.5	0.6	0.1
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	47		0	1		13	15	4
Iron, Fe....mg	3.36		0	1		0.95	1.08	0.27
Magnesium, Mg....mg	20		0	1		6	6	2
Phosphorus, P....mg	81		0	1		23	26	6
Potassium, K....mg	82		0	1		23	26	7
Sodium, Na....mg	572		0	1		162	183	46
Zinc, Zn....mg	0.71		0	1		0.20	0.23	0.06
Copper, Cu....mg	0.147		0	1		0.042	0.047	0.012
Manganese, Mn....mg	0.638		0	1		0.181	0.204	0.051
Selenium, Se....mcg	28.2		0	4		8.0	9.0	2.3
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.519		0	1		0.147	0.166	0.042
Riboflavin....mg	0.378		0	1		0.107	0.121	0.030
Niacin....mg	5.424		0	1		1.538	1.736	0.434
Pantothenic acid....mg	0.025		0	1		0.007	0.008	0.002
Vitamin B-6....mg	0.030		0	1		0.009	0.010	0.002
Folate, total....mcg	86		0	4		24	28	7
Folic acid....mcg	69		0	4		20	22	6
Folate, food....mcg	17		0	1		5	5	1
Folate, DFE....mcg_DFE	134		0	4		38	43	11
Vitamin B-12....mcg	0.02		0	1		0.01	0.01	0.00
Vitamin A, IU....IU	14		0	1		4	4	1
Vitamin A, RE....mcg_RE	4		0	1		1	1	0
Vitamin E....mg_ATE	0.100		0	4		0.028	0.032	0.008
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.263		0	1		0.075	0.084	0.021
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	0.002		0	1		0.001	0.001	0.000
15:0....g								
16:0....g	0.223		0	1		0.063	0.071	0.018
17:0....g								
18:0....g	0.025		0	1		0.007	0.008	0.002
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.195		0	1		0.055	0.062	0.016
14:1....g								
15:1....g								

NDB No. 18368
Wonton wrappers (includes egg roll wrappers)

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	0.010		0	1		0.003	0.003	0.001
17:1....g								
18:1 undifferentiated....g	0.183		0	1		0.052	0.059	0.015
20:1....g	0.001		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	0.610		0	1		0.173	0.195	0.049
18:2 undifferentiated....g	0.571		0	1		0.162	0.183	0.046
18:3 undifferentiated....g	0.035		0	1		0.010	0.011	0.003
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	0.003		0	1		0.001	0.001	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	0.001		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	9		0	1		3	3	1
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.114		0	1		0.032	0.036	0.009
Threonine....g	0.268		0	1		0.076	0.086	0.021
Isoleucine....g	0.369		0	1		0.105	0.118	0.030
Leucine....g	0.684		0	1		0.194	0.219	0.055
Lysine....g	0.204		0	1		0.058	0.065	0.016
Methionine....g	0.176		0	1		0.050	0.056	0.014
Cystine....g	0.221		0	1		0.063	0.071	0.018
Phenylalanine....g	0.486		0	1		0.138	0.156	0.039
Tyrosine....g	0.273		0	1		0.077	0.087	0.022
Valine....g	0.417		0	1		0.118	0.133	0.033
Arginine....g	0.348		0	1		0.099	0.111	0.028
Histidine....g	0.209		0	1		0.059	0.067	0.017
Alanine....g	0.307		0	1		0.087	0.098	0.025
Aspartic acid....g	0.413		0	1		0.117	0.132	0.033
Glutamic acid....g	3.384		0	1		0.959	1.083	0.271
Glycine....g	0.336		0	1		0.095	0.108	0.027
Proline....g	1.134		0	1		0.321	0.363	0.091
Serine....g	0.483		0	1		0.137	0.155	0.039
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 = 28.350g: 1 oz

Measure 2 = 32.000g: 1 wrapper, eggroll (7" square)

Measure 3 = 8.000g: 1 wrapper, wonton (3-1/2" square)

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

Food Group: 18 Baked Products

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

NDB No. 18369
Leavening agents, baking powder, double-acting, sodium aluminum sulfate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	5.00		1	1		0.23	0.12	
Energy....kcal	53		0	4		2	1	
Energy....kj	222			4		10	5	
Protein (N x 6.2)....g	0.00		1	1		0.00	0.00	
Total lipid (fat)....g	0.00		1	1		0.00	0.00	
Ash....g	67.30		1	1		3.10	1.55	
Carbohydrate, by difference....g	27.70		0	4		1.27	0.64	
Fiber, total dietary....g	0.2		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5876		2	1		270	135	
Iron, Fe....mg	11.02	1.171	4	1		0.51	0.25	
Magnesium, Mg....mg	27	1.895	4	1		1	1	
Phosphorus, P....mg	2191	40.266	4	1		101	50	
Potassium, K....mg	20		1	1		1	0	
Sodium, Na....mg	10600		2	1		488	244	
Zinc, Zn....mg	0.01		0	4		0.00	0.00	
Copper, Cu....mg	0.010		0	4		0.000	0.000	
Manganese, Mn....mg	0.011		0	4		0.001	0.000	
Selenium, Se....mcg	0.2		0	4		0.0	0.0	
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	0.000		0	1		0.000	0.000	
Vitamin B-6....mg	0.000		0	1		0.000	0.000	
Folate, total....mcg	0		0	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.000		0	4		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	4		0.000	0.000	
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	0.000		0	4		0.000	0.000	
17:0....g								
18:0....g	0.000		0	4		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.000		0	4		0.000	0.000	
14:1....g								
15:1....g								

NDB No. 18369
Leavening agents, baking powder, double-acting, sodium aluminum sulfate

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	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.000		0	4		0.000	0.000	
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	0.000		0	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	4		0.000	0.000	
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	1		0	0	
Phytosterols....mg								
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 = 4.600g: 1 tsp

Measure 2 = 2.300g: .5 tsp

Calories Factors: **Protein** 1.5 **Fat** 8.4 **Carbohydrate** 1.9

Food Group: 18 Baked Products

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

NDB No. 18370
Leavening agents, baking powder, double-acting, straight phosphate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.00		2	1		0.18	0.09	
Energy....kcal	51		0	4		2	1	
Energy....kj	213			4		10	5	
Protein (N x 6.2)....g	0.10		1	1		0.00	0.00	
Total lipid (fat)....g	0.00		1	1		0.00	0.00	
Ash....g	71.80		1	1		3.30	1.65	
Carbohydrate, by difference....g	24.10		0	4		1.11	0.55	
Fiber, total dietary....g	0.2		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	7364	32.166	3	1		339	169	
Iron, Fe....mg	11.27	2.867	3	1		0.52	0.26	
Magnesium, Mg....mg	39	12.657	3	1		2	1	
Phosphorus, P....mg	9918	309.356	3	1		456	228	
Potassium, K....mg	5		1	1		0	0	
Sodium, Na....mg	7893	404.206	3	1		363	182	
Zinc, Zn....mg	0.02		0	4		0.00	0.00	
Copper, Cu....mg	0.013		0	4		0.001	0.000	
Manganese, Mn....mg	0.014		0	4		0.001	0.000	
Selenium, Se....mcg	0.2		0	4		0.0	0.0	
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	0.000		0	1		0.000	0.000	
Vitamin B-6....mg	0.000		0	1		0.000	0.000	
Folate, total....mcg	0		0	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.000		0	4		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	4		0.000	0.000	
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	0.000		0	4		0.000	0.000	
17:0....g								
18:0....g	0.000		0	4		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.000		0	4		0.000	0.000	
14:1....g								
15:1....g								

NDB No. 18370
Leavening agents, baking powder, double-acting, straight phosphate

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	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.000		0	4		0.000	0.000	
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	0.000		0	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	4		0.000	0.000	
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	1		0	0	
Phytosterols....mg								
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 = 4.600g: 1 tsp

Measure 2 = 2.300g: .5 tsp

Calories Factors: **Protein** 1.8 **Fat** 8.4 **Carbohydrate** 2.1

Food Group: 18 Baked Products

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

NDB No. 18371
Leavening agents, baking powder, low-sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	6.20		2	1		0.31	0.16	
Energy....kcal	97		0	4		5	2	
Energy....kj	406			4		20	10	
Protein (N x 6.2)....g	0.10		1	1		0.01	0.00	
Total lipid (fat)....g	0.40	0.033	3	1		0.02	0.01	
Ash....g	46.40		2	1		2.32	1.16	
Carbohydrate, by difference....g	46.90		0	4		2.35	1.17	
Fiber, total dietary....g	2.2		0	4		0.1	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	4332		2	1		217	108	
Iron, Fe....mg	8.17		2	1		0.41	0.20	
Magnesium, Mg....mg	29		2	1		1	1	
Phosphorus, P....mg	6869		2	1		343	172	
Potassium, K....mg	10100		1	1		505	253	
Sodium, Na....mg	90		1	1		5	2	
Zinc, Zn....mg	0.72		2	1		0.04	0.02	
Copper, Cu....mg	0.019		2	1		0.001	0.000	
Manganese, Mn....mg	0.420		2	1		0.021	0.011	
Selenium, Se....mcg	0.2		0	4		0.0	0.0	
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	0.000		0	1		0.000	0.000	
Vitamin B-6....mg	0.000		0	1		0.000	0.000	
Folate, total....mcg	0		0	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.088		0	4		0.004	0.002	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.073		0	4		0.004	0.002	
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	0.002		0	4		0.000	0.000	
11:0....g								
12:0....g	0.009		0	4		0.000	0.000	
13:0....g								
14:0....g	0.002		0	4		0.000	0.000	
15:0....g								
16:0....g	0.046		0	4		0.002	0.001	
17:0....g								
18:0....g	0.009		0	4		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.006		0	4		0.000	0.000	
14:1....g								
15:1....g								

NDB No. 18371
Leavening agents, baking powder, low-sodium

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	0.002		0	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.003		0	4		0.000	0.000	
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	0.121		0	4		0.006	0.003	
18:2 undifferentiated....g	0.090		0	4		0.005	0.002	
18:3 undifferentiated....g	0.029		0	4		0.001	0.001	
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	1		0	0	
Phytosterols....mg								
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 = 5.000g: 1 tsp

Measure 2 = 2.500g: .5 tsp

Calories Factors: **Protein** 2.7 **Fat** 8.4 **Carbohydrate** 2

Food Group: 18 Baked Products

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

NDB No. 18372
Leavening agents, baking soda

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.20		1	1		0.01	0.00	
Energy....kcal	0		0	4		0	0	
Energy....kj	0			4		0	0	
Protein (N x 0)....g	0.00		1	1		0.00	0.00	
Total lipid (fat)....g	0.00		1	1		0.00	0.00	
Ash....g	36.90		1	1		1.70	0.85	
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	1		0	0	
Iron, Fe....mg	0.00		1	1		0.00	0.00	
Magnesium, Mg....mg	0		1	1		0	0	
Phosphorus, P....mg	0		1	1		0	0	
Potassium, K....mg	0		1	1		0	0	
Sodium, Na....mg	27360		1	1		1259	629	
Zinc, Zn....mg	0.00		1	1		0.00	0.00	
Copper, Cu....mg	0.000		1	1		0.000	0.000	
Manganese, Mn....mg	0.000		1	1		0.000	0.000	
Selenium, Se....mcg	0.2		0	4		0.0	0.0	
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	0.000		0	1		0.000	0.000	
Vitamin B-6....mg	0.000		0	1		0.000	0.000	
Folate, total....mcg	0		0	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.000		0	4		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	4		0.000	0.000	
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	0.000		0	4		0.000	0.000	
17:0....g								
18:0....g	0.000		0	4		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.000		0	4		0.000	0.000	
14:1....g								
15:1....g								

NDB No. 18372
Leavening agents, baking soda

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	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.000		0	4		0.000	0.000	
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	0.000		0	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	4		0.000	0.000	
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	1		0	0	
Phytosterols....mg								
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 = 4.600g: 1 tsp

Measure 2 = 2.300g: .5 tsp

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

Food Group: 18 Baked Products

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

NDB No. 18373
Leavening agents, cream of tartar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.70		1	1		0.05	0.03	
Energy....kcal	258		0	4		8	4	
Energy....kj	1079			4		32	16	
Protein (N x 6.2)....g	0.00		1	1		0.00	0.00	
Total lipid (fat)....g	0.00		1	1		0.00	0.00	
Ash....g	36.80		2	1		1.10	0.55	
Carbohydrate, by difference....g	61.50		0	4		1.85	0.92	
Fiber, total dietary....g	0.2		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	8		2	1		0	0	
Iron, Fe....mg	3.72		2	1		0.11	0.06	
Magnesium, Mg....mg	2		2	1		0	0	
Phosphorus, P....mg	5		2	1		0	0	
Potassium, K....mg	16500		1	1		495	248	
Sodium, Na....mg	52		2	1		2	1	
Zinc, Zn....mg	0.42		2	1		0.01	0.01	
Copper, Cu....mg	0.195		2	1		0.006	0.003	
Manganese, Mn....mg	0.205		2	1		0.006	0.003	
Selenium, Se....mcg	0.2		0	4		0.0	0.0	
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	0.000		0	1		0.000	0.000	
Vitamin B-6....mg	0.000		0	1		0.000	0.000	
Folate, total....mcg	0		0	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.000		0	4		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	4		0.000	0.000	
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	0.000		0	4		0.000	0.000	
17:0....g								
18:0....g	0.000		0	4		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.000		0	4		0.000	0.000	
14:1....g								
15:1....g								

NDB No. 18373
Leavening agents, cream of tartar

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	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.000		0	4		0.000	0.000	
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	0.000		0	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	4		0.000	0.000	
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	1		0	0	
Phytosterols....mg								
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 = 3.000g: 1 tsp

Measure 2 = 1.500g: .5 tsp

Calories Factors: **Protein** 3.5 **Fat** 8.4 **Carbohydrate** 4.2

Food Group: 18 Baked Products

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

NDB No. 18374
Leavening agents, yeast, baker's, compressed

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	69.00		1	1		11.73		
Energy....kcal	105		0	4		18		
Energy....kj	439			4		75		
Protein (N x 6.2)....g	8.40		1	1		1.43		
Total lipid (fat)....g	1.90		1	1		0.32		
Ash....g	1.80		2	1		0.31		
Carbohydrate, by difference....g	18.10		0	4		3.08		
Fiber, total dietary....g	8.1		0	1		1.4		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	19		2	1		3		
Iron, Fe....mg	3.25		2	1		0.55		
Magnesium, Mg....mg	40		2	1		7		
Phosphorus, P....mg	336		1	1		57		
Potassium, K....mg	601		1	1		102		
Sodium, Na....mg	30		1	1		5		
Zinc, Zn....mg	9.97		1	1		1.69		
Copper, Cu....mg	0.148		1	1		0.025		
Manganese, Mn....mg	0.200		1	1		0.034		
Selenium, Se....mcg	8.1		2	1		1.4		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0		
Thiamin....mg	1.880		1	1		0.320		
Riboflavin....mg	1.130		2	1		0.192		
Niacin....mg	12.300		1	1		2.091		
Pantothenic acid....mg	4.900		1	1		0.833		
Vitamin B-6....mg	0.430		1	1		0.073		
Folate, total....mcg	785		1	1		133		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	785		1	1		133		
Folate, DFE....mcg_DFE	785		0	4		133		
Vitamin B-12....mcg	0.01		0	4		0.00		
Vitamin A, IU....IU	0		0	4		0		
Vitamin A, RE....mcg_RE	0		0	4		0		
Vitamin E....mg_ATE	0.080		0	1		0.014		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.243		0	1		0.041		
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	0.012		0	1		0.002		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.172		0	1		0.029		
17:0....g								
18:0....g	0.060		0	1		0.010		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.047		0	1		0.178		
14:1....g								
15:1....g								

NDB No. 18374
Leavening agents, yeast, baker's, compressed

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	0.556		0	1		0.095		
17:1....g								
18:1 undifferentiated....g	0.491		0	1		0.083		
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	0.004		0	1		0.001		
18:2 undifferentiated....g	0.004		0	1		0.001		
18:3 undifferentiated....g	0.000		0	1		0.000		
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		1	1		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.106		0	1		0.018		
Threonine....g	0.435		0	1		0.074		
Isoleucine....g	0.476		0	1		0.081		
Leucine....g	0.668		0	1		0.114		
Lysine....g	0.690		0	1		0.117		
Methionine....g	0.166		0	1		0.028		
Cystine....g	0.112		0	1		0.019		
Phenylalanine....g	0.407		0	1		0.069		
Tyrosine....g	0.345		0	1		0.059		
Valine....g	0.512		0	1		0.087		
Arginine....g	0.462		0	1		0.079		
Histidine....g	0.217		0	1		0.037		
Alanine....g	0.553		0	1		0.094		
Aspartic acid....g	0.853		0	1		0.145		
Glutamic acid....g	1.235		0	1		0.210		
Glycine....g	0.407		0	1		0.069		
Proline....g	0.357		0	1		0.061		
Serine....g	0.413		0	1		0.070		
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 = 17.000g: 1 cake (0.6 oz)

Calories Factors: **Protein** 3 **Fat** 8.4 **Carbohydrate** 3.4

Food Group: 18 Baked Products

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

NDB No. 18375
Leavening agents, yeast, baker's, active dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	7.60		1	1		0.91	0.30	0.53
Energy....kcal	295		0	4		35	12	21
Energy....kj	1234			4		148	49	86
Protein (N x 6.25)....g	38.30		1	1		4.60	1.53	2.68
Total lipid (fat)....g	4.60		1	1		0.55	0.18	0.32
Ash....g	7.00		1	1		0.84	0.28	0.49
Carbohydrate, by difference....g	38.20		0	4		4.58	1.53	2.67
Fiber, total dietary....g	21.0		0	1		2.5	0.8	1.5
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	64		2	1		8	3	4
Iron, Fe....mg	16.60		1	1		1.99	0.66	1.16
Magnesium, Mg....mg	98		1	1		12	4	7
Phosphorus, P....mg	1290		1	1		155	52	90
Potassium, K....mg	2000		1	1		240	80	140
Sodium, Na....mg	50		1	1		6	2	4
Zinc, Zn....mg	6.40		1	1		0.77	0.26	0.45
Copper, Cu....mg	0.500		1	1		0.060	0.020	0.035
Manganese, Mn....mg	0.550		2	1		0.066	0.022	0.039
Selenium, Se....mcg	24.1		0	4		2.9	1.0	1.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		1	1		0.0	0.0	0.0
Thiamin....mg	2.360		1	1		0.283	0.094	0.165
Riboflavin....mg	5.470		1	1		0.656	0.219	0.383
Niacin....mg	39.750		2	1		4.770	1.590	2.783
Pantothenic acid....mg	11.300		1	1		1.356	0.452	0.791
Vitamin B-6....mg	1.550		2	1		0.186	0.062	0.109
Folate, total....mcg	2340		1	1		281	94	164
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	2340		1	1		281	94	164
Folate, DFE....mcg_DFE	2340		0	4		281	94	164
Vitamin B-12....mcg	0.02		1	1		0.00	0.00	0.00
Vitamin A, IU....IU	1		1	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.080		0	1		0.010	0.003	0.006
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.595		0	1		0.071	0.024	0.042
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	0.029		0	1		0.003	0.001	0.002
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	0.000
15:0....g								
16:0....g	0.420		0	1		0.050	0.017	0.029
17:0....g								
18:0....g	0.146		0	1		0.018	0.006	0.010
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.562		0	1		0.307	0.102	0.179
14:1....g								
15:1....g								

NDB No. 18375
Leavening agents, yeast, baker's, active dry

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	1.361		0	1		0.163	0.054	0.095
17:1....g								
18:1 undifferentiated....g	1.201		0	1		0.144	0.048	0.084
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	0.010		0	1		0.001	0.000	0.001
18:2 undifferentiated....g	0.010		0	1		0.001	0.000	0.001
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								
Amino Acids:								
Tryptophan....g	0.484		0	1		0.058	0.019	0.034
Threonine....g	1.989		0	1		0.239	0.080	0.139
Isoleucine....g	2.177		0	1		0.261	0.087	0.152
Leucine....g	3.057		0	1		0.367	0.122	0.214
Lysine....g	3.158		0	1		0.379	0.126	0.221
Methionine....g	0.759		0	1		0.091	0.030	0.053
Cystine....g	0.511		0	1		0.061	0.020	0.036
Phenylalanine....g	1.861		0	1		0.223	0.074	0.130
Tyrosine....g	1.579		0	1		0.189	0.063	0.111
Valine....g	2.345		0	1		0.281	0.094	0.164
Arginine....g	2.116		0	1		0.254	0.085	0.148
Histidine....g	0.994		0	1		0.119	0.040	0.070
Alanine....g	2.533		0	1		0.304	0.101	0.177
Aspartic acid....g	3.904		0	1		0.468	0.156	0.273
Glutamic acid....g	5.651		0	1		0.678	0.226	0.396
Glycine....g	1.861		0	1		0.223	0.074	0.130
Proline....g	1.633		0	1		0.196	0.065	0.114
Serine....g	1.888		0	1		0.227	0.076	0.132
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 = 12.000g: 1 tbsp

Measure 2 = 4.000g: 1 tsp

Measure 3 = 7.000g: 1 package

Calories Factors: **Protein** 3 **Fat** 8.4 **Carbohydrate** 3.4

Food Group: 18 Baked Products

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

NDB No. 18376
Bread crumbs, dry, grated, seasoned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	5.60		1	1		6.72	1.59	
Energy....kcal	367		0	4		440	104	
Energy....kj	1536			4		1843	435	
Protein (N x 5.8)....g	14.20		1	1		17.04	4.03	
Total lipid (fat)....g	2.60		1	1		3.12	0.74	
Ash....g	7.20		1	1		8.64	2.04	
Carbohydrate, by difference....g	70.40		0	4		84.48	19.96	
Fiber, total dietary....g	4.2		0	1		5.0	1.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	99		1	1		119	28	
Iron, Fe....mg	3.18		1	1		3.82	0.90	
Magnesium, Mg....mg	38		1	1		46	11	
Phosphorus, P....mg	133		1	1		160	38	
Potassium, K....mg	270		1	1		324	77	
Sodium, Na....mg	2650		1	1		3180	751	
Zinc, Zn....mg	0.91		1	1		1.09	0.26	
Copper, Cu....mg	0.158		0	4		0.190	0.045	
Manganese, Mn....mg	0.765		0	4		0.918	0.217	
Selenium, Se....mcg	35.3		0	4		42.4	10.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		0	4		0.5	0.1	
Thiamin....mg	0.160		1	1		0.192	0.045	
Riboflavin....mg	0.170		1	1		0.204	0.048	
Niacin....mg	2.730		1	1		3.276	0.774	
Pantothenic acid....mg	0.289		0	4		0.347	0.082	
Vitamin B-6....mg	0.148		0	4		0.178	0.042	
Folate, total....mcg	109		0	4		131	31	
Folic acid....mcg	89		0	4		107	25	
Folate, food....mcg	20		0	4		24	6	
Folate, DFE....mcg_DFE	171		0	4		206	49	
Vitamin B-12....mcg	0.04		0	4		0.05	0.01	
Vitamin A, IU....IU	13		0	4		16	4	
Vitamin A, RE....mcg_RE	3		0	4		4	1	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.726		0	1		0.871	0.206	
4:0....g	0.017		0	1		0.020	0.005	
6:0....g	0.006		0	1		0.007	0.002	
8:0....g	0.003		0	1		0.004	0.001	
10:0....g	0.008		0	1		0.010	0.002	
11:0....g								
12:0....g	0.011		0	1		0.013	0.003	
13:0....g								
14:0....g	0.045		0	1		0.054	0.013	
15:0....g								
16:0....g	0.402		0	1		0.482	0.114	
17:0....g								
18:0....g	0.233		0	1		0.280	0.066	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.966		0	1		1.159	0.274	
14:1....g								
15:1....g								

NDB No. 18376
Bread crumbs, dry, grated, seasoned

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	0.010		0	1		0.012	0.003	
17:1....g								
18:1 undifferentiated....g	0.956		0	1		1.147	0.271	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.659		0	1		0.791	0.187	
18:2 undifferentiated....g	0.617		0	1		0.740	0.175	
18:3 undifferentiated....g	0.041		0	1		0.049	0.012	
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	1		0	4		1	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.171		0	1		0.205	0.048	
Threonine....g	0.424		0	1		0.509	0.120	
Isoleucine....g	0.586		0	1		0.703	0.166	
Leucine....g	1.007		0	1		1.208	0.285	
Lysine....g	0.446		0	1		0.535	0.126	
Methionine....g	0.233		0	1		0.280	0.066	
Cystine....g	0.235		0	1		0.282	0.067	
Phenylalanine....g	0.703		0	1		0.844	0.199	
Tyrosine....g	0.360		0	1		0.432	0.102	
Valine....g	0.723		0	1		0.868	0.205	
Arginine....g	0.603		0	1		0.724	0.171	
Histidine....g	0.318		0	1		0.382	0.090	
Alanine....g	0.497		0	1		0.596	0.141	
Aspartic acid....g	0.767		0	1		0.920	0.217	
Glutamic acid....g	4.290		0	1		5.148	1.216	
Glycine....g	0.539		0	1		0.647	0.153	
Proline....g	1.497		0	1		1.796	0.424	
Serine....g	0.720		0	1		0.864	0.204	
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 = 120.000g: 1 cup

Measure 2 = 28.350g: 1 oz

Calories Factors: **Protein** 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18377
Cookies, oatmeal, prepared from recipe, without raisins

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	6.20		0	1		1.76	0.93	
Energy....kcal	447		0	4		127	67	
Energy....kj	1870			4		530	281	
Protein (N x 0)....g	6.80		0	1		1.93	1.02	
Total lipid (fat)....g	17.90		0	1		5.07	2.69	
Ash....g	2.40		0	1		0.68	0.36	
Carbohydrate, by difference....g	66.40		0	4		18.82	9.96	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	105		0	1		30	16	
Iron, Fe....mg	2.70		0	1		0.77	0.41	
Magnesium, Mg....mg	43		0	1		12	6	
Phosphorus, P....mg	167		0	1		47	25	
Potassium, K....mg	182		0	1		52	27	
Sodium, Na....mg	598		0	1		170	90	
Zinc, Zn....mg	0.93		0	1		0.26	0.14	
Copper, Cu....mg	0.168		0	1		0.048	0.025	
Manganese, Mn....mg	1.061		0	1		0.301	0.159	
Selenium, Se....mcg	17.2		0	4		4.9	2.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.1	0.0	
Thiamin....mg	0.262		0	1		0.074	0.039	
Riboflavin....mg	0.174		0	1		0.049	0.026	
Niacin....mg	1.311		0	1		0.372	0.197	
Pantothenic acid....mg	0.361		0	1		0.102	0.054	
Vitamin B-6....mg	0.050		0	1		0.014	0.008	
Folate, total....mcg	33		0	4		9	5	
Folic acid....mcg	21		0	4		6	3	
Folate, food....mcg	12		0	1		3	2	
Folate, DFE....mcg_DFE	48		0	4		14	7	
Vitamin B-12....mcg	0.09		0	1		0.03	0.01	
Vitamin A, IU....IU	713		0	1		202	107	
Vitamin A, RE....mcg_RE	183		0	1		52	27	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.581		0	1		1.015	0.537	
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	0.005		0	1		0.001	0.001	
13:0....g								
14:0....g	0.045		0	1		0.013	0.007	
15:0....g								
16:0....g	2.291		0	1		0.649	0.344	
17:0....g								
18:0....g	1.221		0	1		0.346	0.183	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.669		0	1		2.174	1.150	
14:1....g								
15:1....g								

NDB No. 18377
Cookies, oatmeal, prepared from recipe, without raisins

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	0.028		0	1		0.008	0.004	
17:1....g								
18:1 undifferentiated....g	7.638		0	1		2.165	1.146	
20:1....g	0.002		0	1		0.001	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	5.589		0	1		1.584	0.838	
18:2 undifferentiated....g	5.333		0	1		1.512	0.800	
18:3 undifferentiated....g	0.241		0	1		0.068	0.036	
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	0.012		0	1		0.003	0.002	
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	0.003		0	1		0.001	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	36		0	1		10	5	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.088		0	1		0.025	0.013	
Threonine....g	0.231		0	1		0.065	0.035	
Isoleucine....g	0.280		0	1		0.079	0.042	
Leucine....g	0.510		0	1		0.145	0.077	
Lysine....g	0.276		0	1		0.078	0.041	
Methionine....g	0.137		0	1		0.039	0.021	
Cystine....g	0.153		0	1		0.043	0.023	
Phenylalanine....g	0.351		0	1		0.100	0.053	
Tyrosine....g	0.230		0	1		0.065	0.035	
Valine....g	0.348		0	1		0.099	0.052	
Arginine....g	0.392		0	1		0.111	0.059	
Histidine....g	0.158		0	1		0.045	0.024	
Alanine....g	0.308		0	1		0.087	0.046	
Aspartic acid....g	0.496		0	1		0.141	0.074	
Glutamic acid....g	1.643		0	1		0.466	0.246	
Glycine....g	0.283		0	1		0.080	0.042	
Proline....g	0.497		0	1		0.141	0.075	
Serine....g	0.345		0	1		0.098	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 = 28.350g: 1 oz

Measure 2 = 15.000g: 1 cookie (2-5/8" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18378
Cookies, chocolate chip, prepared from recipe, made with butter

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	5.70		0	1		1.62	0.91	
Energy	kcal	488		0	4		138	78	
Energy	kj	2042			4		579	327	
Protein (N x 0)	g	5.70		0	1		1.62	0.91	
Total lipid (fat)	g	28.40		0	1		8.05	4.54	
Ash	g	1.50		0	1		0.43	0.24	
Carbohydrate, by difference	g	58.20		0	4		16.50	9.31	
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	38		0	1		11	6	
Iron, Fe	mg	2.48		0	1		0.70	0.40	
Magnesium, Mg	mg	55		0	1		16	9	
Phosphorus, P	mg	100		0	1		28	16	
Potassium, K	mg	221		0	1		63	35	
Sodium, Na	mg	341		0	1		97	55	
Zinc, Zn	mg	0.94		0	1		0.27	0.15	
Copper, Cu	mg	0.386		0	1		0.109	0.062	
Manganese, Mn	mg	0.663		0	1		0.188	0.106	
Selenium, Se	mcg	11.2		0	4		3.2	1.8	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.2		0	1		0.1	0.0	
Thiamin	mg	0.184		0	1		0.052	0.029	
Riboflavin	mg	0.177		0	1		0.050	0.028	
Niacin	mg	1.365		0	1		0.387	0.218	
Pantothenic acid	mg	0.259		0	1		0.073	0.041	
Vitamin B-6	mg	0.084		0	1		0.024	0.013	
Folate, total	mcg	33		0	4		9	5	
Folic acid	mcg	20		0	4		6	3	
Folate, food	mcg	13		0	1		4	2	
Folate, DFE	mcg_DFE	47		0	4		13	8	
Vitamin B-12	mcg	0.08		0	1		0.02	0.01	
Vitamin A, IU	IU	594		0	1		168	95	
Vitamin A, RE	mcg_RE	147		0	1		42	24	
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	14.071		0	1		3.989	2.251	
4:0	g	0.455		0	1		0.129	0.073	
6:0	g	0.269		0	1		0.076	0.043	
8:0	g	0.157		0	1		0.045	0.025	
10:0	g	0.352		0	1		0.100	0.056	
11:0	g								
12:0	g	0.394		0	1		0.112	0.063	
13:0	g								
14:0	g	1.444		0	1		0.409	0.231	
15:0	g								
16:0	g	6.373		0	1		1.807	1.020	
17:0	g								
18:0	g	4.262		0	1		1.208	0.682	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	8.241		0	1		2.336	1.319	
14:1	g								
15:1	g								

NDB No. 18378

Cookies, chocolate chip, prepared from recipe, made with 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
16:1 undifferentiated....g	0.352		0	1		0.100	0.056	
17:1....g								
18:1 undifferentiated....g	7.629		0	1		2.163	1.221	
20:1....g	0.050		0	1		0.014	0.008	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	4.541		0	1		1.287	0.727	
18:2 undifferentiated....g	3.682		0	1		1.044	0.589	
18:3 undifferentiated....g	0.843		0	1		0.239	0.135	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.013		0	1		0.004	0.002	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.003		0	1		0.001	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	70		0	1		20	11	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.072		0	1		0.020	0.012	
Threonine....g	0.191		0	1		0.054	0.031	
Isoleucine....g	0.224		0	1		0.064	0.036	
Leucine....g	0.391		0	1		0.111	0.063	
Lysine....g	0.214		0	1		0.061	0.034	
Methionine....g	0.106		0	1		0.030	0.017	
Cystine....g	0.111		0	1		0.031	0.018	
Phenylalanine....g	0.270		0	1		0.077	0.043	
Tyrosine....g	0.188		0	1		0.053	0.030	
Valine....g	0.279		0	1		0.079	0.045	
Arginine....g	0.377		0	1		0.107	0.060	
Histidine....g	0.123		0	1		0.035	0.020	
Alanine....g	0.227		0	1		0.064	0.036	
Aspartic acid....g	0.424		0	1		0.120	0.068	
Glutamic acid....g	1.283		0	1		0.364	0.205	
Glycine....g	0.223		0	1		0.063	0.036	
Proline....g	0.398		0	1		0.113	0.064	
Serine....g	0.297		0	1		0.084	0.048	
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 = 28.350g: 1 oz

Measure 2 = 16.000g: 1 cookie, medium (2-1/4" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18383
Bread, protein, toasted (includes gluten)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	34.00		0	4		9.64	5.78	
Energy....kcal	270		0	4		77	46	
Energy....kj	1130			4		320	192	
Protein (N x 0)....g	13.20		0	4		3.74	2.24	
Total lipid (fat)....g	2.40		0	4		0.68	0.41	
Ash....g	2.10		0	4		0.60	0.36	
Carbohydrate, by difference....g	48.10		0	4		13.64	8.18	
Fiber, total dietary....g	3.3		0	4		0.9	0.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	136		0	4		39	23	
Iron, Fe....mg	4.56		0	4		1.29	0.78	
Magnesium, Mg....mg	56		0	4		16	10	
Phosphorus, P....mg	189		0	4		54	32	
Potassium, K....mg	346		0	4		98	59	
Sodium, Na....mg	601		0	4		170	102	
Zinc, Zn....mg	1.17		0	4		0.33	0.20	
Copper, Cu....mg	0.205		0	4		0.058	0.035	
Manganese, Mn....mg	0.803		0	4		0.228	0.137	
Selenium, Se....mcg	36.2		0	4		10.3	6.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.317		0	4		0.090	0.054	
Riboflavin....mg	0.389		0	4		0.110	0.066	
Niacin....mg	4.241		0	4		1.202	0.721	
Pantothenic acid....mg	0.300		0	4		0.085	0.051	
Vitamin B-6....mg	0.070		0	4		0.020	0.012	
Folate, total....mcg	77		0	4		22	13	
Folic acid....mcg	50		0	4		14	9	
Folate, food....mcg	27		0	4		8	5	
Folate, DFE....mcg_DFE	112		0	4		32	19	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	2		0	4		1	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.085		0	4		0.024	0.014	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.364		0	4		0.103	0.062	
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	0.002		0	4		0.001	0.000	
15:0....g								
16:0....g	0.315		0	4		0.089	0.054	
17:0....g								
18:0....g	0.023		0	4		0.007	0.004	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.201		0	4		0.057	0.034	
14:1....g								
15:1....g								

NDB No. 18383
Bread, protein, toasted (includes gluten)

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	0.001		0	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.200		0	4		0.057	0.034	
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	1.109		0	4		0.314	0.189	
18:2 undifferentiated....g	1.044		0	4		0.296	0.177	
18:3 undifferentiated....g	0.065		0	4		0.018	0.011	
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								
Amino Acids:								
Tryptophan....g	0.163		0	4		0.046	0.028	
Threonine....g	0.402		0	4		0.114	0.068	
Isoleucine....g	0.518		0	4		0.147	0.088	
Leucine....g	0.943		0	4		0.267	0.160	
Lysine....g	0.409		0	4		0.116	0.070	
Methionine....g	0.218		0	4		0.062	0.037	
Cystine....g	0.272		0	4		0.077	0.046	
Phenylalanine....g	0.655		0	4		0.186	0.111	
Tyrosine....g	0.397		0	4		0.113	0.067	
Valine....g	0.569		0	4		0.161	0.097	
Arginine....g	0.602		0	4		0.171	0.102	
Histidine....g	0.297		0	4		0.084	0.050	
Alanine....g	0.455		0	4		0.129	0.077	
Aspartic acid....g	0.806		0	4		0.229	0.137	
Glutamic acid....g	4.054		0	4		1.149	0.689	
Glycine....g	0.488		0	4		0.138	0.083	
Proline....g	1.343		0	4		0.381	0.228	
Serine....g	0.664		0	4		0.188	0.113	
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 = 28.350g: 1 oz

Measure 2 = 17.000g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18384
Bread, rice bran, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	35.90		0	1		10.18	8.98	
Energy....kcal	264		0	4		75	66	
Energy....kj	1105			4		313	276	
Protein (N x 0)....g	9.70		0	1		2.75	2.43	
Total lipid (fat)....g	5.00		0	1		1.42	1.25	
Ash....g	2.20		0	1		0.62	0.55	
Carbohydrate, by difference....g	47.30		0	4		13.41	11.83	
Fiber, total dietary....g	5.3		0	4		1.5	1.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	75		0	1		21	19	
Iron, Fe....mg	3.92		0	1		1.11	0.98	
Magnesium, Mg....mg	76		0	4		22	19	
Phosphorus, P....mg	174		0	4		49	44	
Potassium, K....mg	212		0	4		60	53	
Sodium, Na....mg	478		0	1		136	120	
Zinc, Zn....mg	1.38		0	4		0.39	0.35	
Copper, Cu....mg	0.182		0	4		0.052	0.046	
Manganese, Mn....mg	1.521		0	4		0.431	0.380	
Selenium, Se....mcg	31.2		0	4		8.8	7.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.568		0	1		0.161	0.142	
Riboflavin....mg	0.293		0	1		0.083	0.073	
Niacin....mg	6.662		0	1		1.889	1.666	
Pantothenic acid....mg	0.260		0	4		0.074	0.065	
Vitamin B-6....mg	0.208		0	4		0.059	0.052	
Folate, total....mcg	55		0	4		16	14	
Folic acid....mcg	32		0	4		9	8	
Folate, food....mcg	23		0	4		7	6	
Folate, DFE....mcg_DFE	77		0	4		22	19	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	2		0	4		1	1	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.779		0	4		0.221	0.195	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.771		0	1		0.219	0.193	
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	0.001		0	1		0.000	0.000	
13:0....g								
14:0....g	0.006		0	1		0.002	0.002	
15:0....g								
16:0....g	0.576		0	1		0.163	0.144	
17:0....g								
18:0....g	0.179		0	1		0.051	0.045	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.798		0	1		0.510	0.450	
14:1....g								
15:1....g								

NDB No. 18384
Bread, rice bran, toasted

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	0.036		0	1		0.010	0.009	
17:1....g								
18:1 undifferentiated....g	1.762		0	1		0.500	0.441	
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	1.913		0	1		0.542	0.478	
18:2 undifferentiated....g	1.797		0	1		0.509	0.449	
18:3 undifferentiated....g	0.115		0	1		0.033	0.029	
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								
Amino Acids:								
Tryptophan....g	0.116		0	1		0.033	0.029	
Threonine....g	0.292		0	1		0.083	0.073	
Isoleucine....g	0.377		0	1		0.107	0.094	
Leucine....g	0.679		0	1		0.192	0.170	
Lysine....g	0.282		0	1		0.080	0.071	
Methionine....g	0.169		0	1		0.048	0.042	
Cystine....g	0.206		0	1		0.058	0.052	
Phenylalanine....g	0.478		0	1		0.136	0.120	
Tyrosine....g	0.295		0	1		0.084	0.074	
Valine....g	0.437		0	1		0.124	0.109	
Arginine....g	0.412		0	1		0.117	0.103	
Histidine....g	0.215		0	1		0.061	0.054	
Alanine....g	0.357		0	1		0.101	0.089	
Aspartic acid....g	0.504		0	1		0.143	0.126	
Glutamic acid....g	2.938		0	1		0.833	0.735	
Glycine....g	0.374		0	1		0.106	0.094	
Proline....g	0.989		0	1		0.280	0.247	
Serine....g	0.471		0	1		0.134	0.118	
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 = 28.350g: 1 oz

Measure 2 = 25.000g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18385
Bread, wheat germ, toasted

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	29.30		0	4		8.31	7.33	
Energy....kcal	293		0	4		83	73	
Energy....kj	1226			4		348	306	
Protein (N x 0)....g	10.70		0	4		3.03	2.68	
Total lipid (fat)....g	3.30		0	4		0.94	0.83	
Ash....g	2.40		0	4		0.68	0.60	
Carbohydrate, by difference....g	54.30		0	4		15.39	13.58	
Fiber, total dietary....g	2.3		0	4		0.7	0.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	100		0	4		28	25	
Iron, Fe....mg	3.88		0	4		1.10	0.97	
Magnesium, Mg....mg	38		0	4		11	10	
Phosphorus, P....mg	175		0	4		50	44	
Potassium, K....mg	285		0	4		81	71	
Sodium, Na....mg	621		0	4		176	155	
Zinc, Zn....mg	1.46		0	4		0.41	0.37	
Copper, Cu....mg	0.202		0	4		0.057	0.051	
Manganese, Mn....mg	1.259		0	4		0.357	0.315	
Selenium, Se....mcg	30.5		0	4		8.6	7.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	4		0.1	0.1	
Thiamin....mg	0.332		0	4		0.094	0.083	
Riboflavin....mg	0.379		0	4		0.107	0.095	
Niacin....mg	4.548		0	4		1.289	1.137	
Pantothenic acid....mg	0.340		0	4		0.096	0.085	
Vitamin B-6....mg	0.096		0	4		0.027	0.024	
Folate, total....mcg	80		0	4		23	20	
Folic acid....mcg	37		0	4		10	9	
Folate, food....mcg	43		0	4		12	11	
Folate, DFE....mcg_DFE	106		0	4		30	26	
Vitamin B-12....mcg	0.07		0	4		0.02	0.02	
Vitamin A, IU....IU	1		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.978		0	4		0.277	0.245	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.738		0	4		0.209	0.185	
4:0....g	0.001		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	0.001		0	4		0.000	0.000	
13:0....g								
14:0....g	0.014		0	4		0.004	0.004	
15:0....g								
16:0....g	0.436		0	4		0.124	0.109	
17:0....g								
18:0....g	0.286		0	4		0.081	0.072	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.432		0	4		0.406	0.358	
14:1....g								
15:1....g								

NDB No. 18385
Bread, wheat germ, toasted

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	0.010		0	4		0.003	0.003	
17:1....g								
18:1 undifferentiated....g	1.422		0	4		0.403	0.356	
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	0.751		0	4		0.213	0.188	
18:2 undifferentiated....g	0.700		0	4		0.198	0.175	
18:3 undifferentiated....g	0.051		0	4		0.014	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	1		0	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.128		0	4		0.036	0.032	
Threonine....g	0.339		0	4		0.096	0.085	
Isoleucine....g	0.433		0	4		0.123	0.108	
Leucine....g	0.770		0	4		0.218	0.193	
Lysine....g	0.367		0	4		0.104	0.092	
Methionine....g	0.191		0	4		0.054	0.048	
Cystine....g	0.211		0	4		0.060	0.053	
Phenylalanine....g	0.515		0	4		0.146	0.129	
Tyrosine....g	0.330		0	4		0.094	0.083	
Valine....g	0.493		0	4		0.140	0.123	
Arginine....g	0.446		0	4		0.126	0.112	
Histidine....g	0.243		0	4		0.069	0.061	
Alanine....g	0.385		0	4		0.109	0.096	
Aspartic acid....g	0.591		0	4		0.168	0.148	
Glutamic acid....g	3.195		0	4		0.906	0.799	
Glycine....g	0.389		0	4		0.110	0.097	
Proline....g	1.091		0	4		0.309	0.273	
Serine....g	0.526		0	4		0.149	0.132	
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 = 28.350g: 1 oz

Measure 2 = 25.000g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18386
Muffins, blueberry, toaster-type, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	26.40		0	1		7.48	8.18	
Energy....kcal	333		0	4		94	103	
Energy....kj	1393			4		395	432	
Protein (N x 0)....g	4.90		0	1		1.39	1.52	
Total lipid (fat)....g	10.10		0	1		2.86	3.13	
Ash....g	1.90		0	1		0.54	0.59	
Carbohydrate, by difference....g	56.70		0	4		16.07	17.58	
Fiber, total dietary....g	1.9		0	4		0.5	0.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	14		0	1		4	4	
Iron, Fe....mg	0.54		0	1		0.15	0.17	
Magnesium, Mg....mg	15		0	4		4	5	
Phosphorus, P....mg	192		0	4		54	60	
Potassium, K....mg	88		0	1		25	27	
Sodium, Na....mg	509		0	1		144	158	
Zinc, Zn....mg	0.48		0	4		0.14	0.15	
Copper, Cu....mg	0.100		0	4		0.028	0.031	
Manganese, Mn....mg	0.470		0	4		0.133	0.146	
Selenium, Se....mcg	18.7		0	4		5.3	5.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.204		0	1		0.058	0.063	
Riboflavin....mg	0.278		0	1		0.079	0.086	
Niacin....mg	1.934		0	1		0.548	0.600	
Pantothenic acid....mg	0.205		0	4		0.058	0.064	
Vitamin B-6....mg	0.028		0	4		0.008	0.009	
Folate, total....mcg	47		0	4		13	15	
Folic acid....mcg	38		0	4		11	12	
Folate, food....mcg	9		0	4		3	3	
Folate, DFE....mcg_DFE	74		0	4		21	23	
Vitamin B-12....mcg	0.01		0	4		0.00	0.00	
Vitamin A, IU....IU	304		0	1		86	94	
Vitamin A, RE....mcg_RE	64		0	1		18	20	
Vitamin E....mg_ATE	0.762		0	4		0.216	0.236	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.551		0	1		0.440	0.481	
4:0....g	0.001		0	1		0.000	0.000	
6:0....g	0.001		0	1		0.000	0.000	
8:0....g	0.001		0	1		0.000	0.000	
10:0....g	0.001		0	1		0.000	0.000	
11:0....g								
12:0....g	0.001		0	1		0.000	0.000	
13:0....g								
14:0....g	0.015		0	1		0.004	0.005	
15:0....g								
16:0....g	1.135		0	1		0.322	0.352	
17:0....g								
18:0....g	0.397		0	1		0.113	0.123	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.371		0	1		0.672	0.735	
14:1....g								
15:1....g								

NDB No. 18386
Muffins, blueberry, toaster-type, toasted

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	0.037		0	1		0.010	0.011	
17:1....g								
18:1 undifferentiated....g	2.314		0	1		0.656	0.717	
20:1....g	0.019		0	1		0.005	0.006	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	5.477		0	1		1.553	1.698	
18:2 undifferentiated....g	4.839		0	1		1.372	1.500	
18:3 undifferentiated....g	0.627		0	1		0.178	0.194	
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	0.009		0	1		0.003	0.003	
20:5 n-3....g	0.000		0	1		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	0.002		0	1		0.001	0.001	
Fatty acids, total trans....g								
Cholesterol....mg	5		0	4		1	2	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.066		0	1		0.019	0.020	
Threonine....g	0.192		0	1		0.054	0.060	
Isoleucine....g	0.218		0	1		0.062	0.068	
Leucine....g	0.375		0	1		0.106	0.116	
Lysine....g	0.276		0	1		0.078	0.086	
Methionine....g	0.071		0	1		0.020	0.022	
Cystine....g	0.080		0	1		0.023	0.025	
Phenylalanine....g	0.242		0	1		0.069	0.075	
Tyrosine....g	0.172		0	1		0.049	0.053	
Valine....g	0.231		0	1		0.065	0.072	
Arginine....g	0.324		0	1		0.092	0.100	
Histidine....g	0.122		0	1		0.035	0.038	
Alanine....g	0.208		0	1		0.059	0.064	
Aspartic acid....g	0.510		0	1		0.145	0.158	
Glutamic acid....g	1.029		0	1		0.292	0.319	
Glycine....g	0.204		0	1		0.058	0.063	
Proline....g	0.326		0	1		0.092	0.101	
Serine....g	0.267		0	1		0.076	0.083	
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 = 28.350g: 1 oz

Measure 2 = 31.000g: 1 muffin, toaster

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

Food Group: 18 Baked Products

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

NDB No. 18388
Muffins, wheat bran, toaster-type with raisins, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	27.00		0	1		7.65	9.18	
Energy....kcal	313		0	4		89	106	
Energy....kj	1310			4		371	445	
Protein (N x 0)....g	5.50		0	1		1.56	1.87	
Total lipid (fat)....g	9.40		0	1		2.66	3.20	
Ash....g	2.60		0	1		0.74	0.88	
Carbohydrate, by difference....g	55.50		0	4		15.73	18.87	
Fiber, total dietary....g	8.2		0	4		2.3	2.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	39		0	1		11	13	
Iron, Fe....mg	2.83		0	1		0.80	0.96	
Magnesium, Mg....mg	21		0	4		6	7	
Phosphorus, P....mg	284		0	4		81	97	
Potassium, K....mg	177		0	1		50	60	
Sodium, Na....mg	527		0	1		149	179	
Zinc, Zn....mg	0.44		0	4		0.12	0.15	
Copper, Cu....mg	0.120		0	4		0.034	0.041	
Manganese, Mn....mg	0.433		0	4		0.123	0.147	
Selenium, Se....mcg	20.3		0	4		5.8	6.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.204		0	1		0.058	0.069	
Riboflavin....mg	0.287		0	1		0.081	0.098	
Niacin....mg	2.317		0	1		0.657	0.788	
Pantothenic acid....mg	0.180		0	4		0.051	0.061	
Vitamin B-6....mg	0.056		0	4		0.016	0.019	
Folate, total....mcg	22		0	4		6	7	
Folic acid....mcg	15		0	4		4	5	
Folate, food....mcg	7		0	4		2	2	
Folate, DFE....mcg_DFE	33		0	4		9	11	
Vitamin B-12....mcg	0.02		0	4		0.01	0.01	
Vitamin A, IU....IU	170		0	1		48	58	
Vitamin A, RE....mcg_RE	48		0	1		14	16	
Vitamin E....mg_ATE	1.229		0	4		0.348	0.418	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.500		0	1		0.425	0.510	
4:0....g	0.001		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	0.001		0	1		0.000	0.000	
11:0....g								
12:0....g	0.001		0	1		0.000	0.000	
13:0....g								
14:0....g	0.014		0	1		0.004	0.005	
15:0....g								
16:0....g	1.110		0	1		0.315	0.377	
17:0....g								
18:0....g	0.372		0	1		0.105	0.126	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.221		0	1		0.630	0.755	
14:1....g								
15:1....g								

NDB No. 18388
Muffins, wheat bran, toaster-type with raisins, toasted

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	0.044		0	1		0.012	0.015	
17:1....g								
18:1 undifferentiated....g	2.158		0	1		0.612	0.734	
20:1....g	0.018		0	1		0.005	0.006	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	4.918		0	1		1.394	1.672	
18:2 undifferentiated....g	4.350		0	1		1.233	1.479	
18:3 undifferentiated....g	0.551		0	1		0.156	0.187	
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	0.013		0	1		0.004	0.004	
20:5 n-3....g	0.000		0	1		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	0.003		0	1		0.001	0.001	
Fatty acids, total trans....g								
Cholesterol....mg	9		0	4		3	3	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.074		0	1		0.021	0.025	
Threonine....g	0.197		0	1		0.056	0.067	
Isoleucine....g	0.219		0	1		0.062	0.074	
Leucine....g	0.394		0	1		0.112	0.134	
Lysine....g	0.250		0	1		0.071	0.085	
Methionine....g	0.094		0	1		0.027	0.032	
Cystine....g	0.106		0	1		0.030	0.036	
Phenylalanine....g	0.263		0	1		0.075	0.089	
Tyrosine....g	0.179		0	1		0.051	0.061	
Valine....g	0.251		0	1		0.071	0.085	
Arginine....g	0.325		0	1		0.092	0.111	
Histidine....g	0.135		0	1		0.038	0.046	
Alanine....g	0.230		0	1		0.065	0.078	
Aspartic acid....g	0.460		0	1		0.130	0.156	
Glutamic acid....g	1.277		0	1		0.362	0.434	
Glycine....g	0.225		0	1		0.064	0.077	
Proline....g	0.412		0	1		0.117	0.140	
Serine....g	0.293		0	1		0.083	0.100	
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 = 28.350g: 1 oz

Measure 2 = 34.000g: 1 muffin, toaster

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

Food Group: 18 Baked Products

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

NDB No. 18390
Pancakes, buttermilk, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	52.50		0	1		14.88	19.95	40.43
Energy....kcal	227		0	4		64	86	175
Energy....kj	950			4		269	361	731
Protein (N x 0)....g	6.80		0	1		1.93	2.58	5.24
Total lipid (fat)....g	9.30		0	1		2.64	3.53	7.16
Ash....g	2.20		0	1		0.62	0.84	1.69
Carbohydrate, by difference....g	28.70		0	4		8.14	10.91	22.10
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	157		0	1		45	60	121
Iron, Fe....mg	1.70		0	1		0.48	0.65	1.31
Magnesium, Mg....mg	15		0	1		4	6	12
Phosphorus, P....mg	139		0	1		39	53	107
Potassium, K....mg	145		0	1		41	55	112
Sodium, Na....mg	522		0	1		148	198	402
Zinc, Zn....mg	0.62		0	1		0.18	0.24	0.48
Copper, Cu....mg	0.052		0	1		0.015	0.020	0.040
Manganese, Mn....mg	0.203		0	1		0.058	0.077	0.156
Selenium, Se....mcg	15.1		0	4		4.3	5.7	11.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		0	1		0.1	0.2	0.3
Thiamin....mg	0.204		0	1		0.058	0.078	0.157
Riboflavin....mg	0.292		0	1		0.083	0.111	0.225
Niacin....mg	1.577		0	1		0.447	0.599	1.214
Pantothenic acid....mg	0.408		0	1		0.116	0.155	0.314
Vitamin B-6....mg	0.045		0	1		0.013	0.017	0.035
Folate, total....mcg	38		0	4		11	14	29
Folic acid....mcg	25		0	4		7	10	19
Folate, food....mcg	13		0	1		4	5	10
Folate, DFE....mcg_DFE	56		0	4		16	21	43
Vitamin B-12....mcg	0.18		0	1		0.05	0.07	0.14
Vitamin A, IU....IU	105		0	1		30	40	81
Vitamin A, RE....mcg_RE	30		0	1		9	11	23
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.832		0	1		0.519	0.696	1.411
4:0....g	0.019		0	1		0.005	0.007	0.015
6:0....g	0.011		0	1		0.003	0.004	0.008
8:0....g	0.007		0	1		0.002	0.003	0.005
10:0....g	0.015		0	1		0.004	0.006	0.012
11:0....g								
12:0....g	0.017		0	1		0.005	0.006	0.013
13:0....g								
14:0....g	0.069		0	1		0.020	0.026	0.053
15:0....g								
16:0....g	1.228		0	1		0.348	0.467	0.946
17:0....g								
18:0....g	0.448		0	1		0.127	0.170	0.345
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.361		0	1		0.669	0.897	1.818
14:1....g								
15:1....g								

NDB No. 18390
Pancakes, buttermilk, prepared from 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
16:1 undifferentiated....g	0.067		0	1		0.019	0.025	0.052
17:1....g								
18:1 undifferentiated....g	2.268		0	1		0.643	0.862	1.746
20:1....g	0.018		0	1		0.005	0.007	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	4.486		0	1		1.272	1.705	3.454
18:2 undifferentiated....g	3.953		0	1		1.121	1.502	3.044
18:3 undifferentiated....g	0.509		0	1		0.144	0.193	0.392
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	0.019		0	1		0.005	0.007	0.015
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	0.005		0	1		0.001	0.002	0.004
Fatty acids, total trans....g								
Cholesterol....mg	58		0	1		16	22	45
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.082		0	1		0.023	0.031	0.063
Threonine....g	0.254		0	1		0.072	0.097	0.196
Isoleucine....g	0.316		0	1		0.090	0.120	0.243
Leucine....g	0.545		0	1		0.155	0.207	0.420
Lysine....g	0.349		0	1		0.099	0.133	0.269
Methionine....g	0.154		0	1		0.044	0.059	0.119
Cystine....g	0.120		0	1		0.034	0.046	0.092
Phenylalanine....g	0.339		0	1		0.096	0.129	0.261
Tyrosine....g	0.248		0	1		0.070	0.094	0.191
Valine....g	0.362		0	1		0.103	0.138	0.279
Arginine....g	0.294		0	1		0.083	0.112	0.226
Histidine....g	0.162		0	1		0.046	0.062	0.125
Alanine....g	0.258		0	1		0.073	0.098	0.199
Aspartic acid....g	0.448		0	1		0.127	0.170	0.345
Glutamic acid....g	1.627		0	1		0.461	0.618	1.253
Glycine....g	0.206		0	1		0.058	0.078	0.159
Proline....g	0.611		0	1		0.173	0.232	0.470
Serine....g	0.379		0	1		0.107	0.144	0.292
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 = 28.350g: 1 oz

Measure 2 = 38.000g: 1 pancake (4" dia)

Measure 3 = 77.000g: 1 pancake (6" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18396

Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	29.10		0	1		8.25	12.51	10.19
Energy....kcal	316		0	4		90	136	111
Energy....kj	1322			4		375	569	463
Protein (N x 0)....g	8.50		0	1		2.41	3.66	2.98
Total lipid (fat)....g	7.30		0	1		2.07	3.14	2.56
Ash....g	1.70		0	1		0.48	0.73	0.60
Carbohydrate, by difference....g	53.40		0	4		15.14	22.96	18.69
Fiber, total dietary....g	1.9		0	4		0.5	0.8	0.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	60		0	1		17	26	21
Iron, Fe....mg	2.96		0	1		0.84	1.27	1.04
Magnesium, Mg....mg	19		0	1		5	8	7
Phosphorus, P....mg	126		0	1		36	54	44
Potassium, K....mg	152		0	1		43	65	53
Sodium, Na....mg	415		0	1		118	178	145
Zinc, Zn....mg	0.70		0	1		0.20	0.30	0.25
Copper, Cu....mg	0.114		0	1		0.032	0.049	0.040
Manganese, Mn....mg	0.401		0	1		0.114	0.172	0.140
Selenium, Se....mcg	22.8		0	4		6.5	9.8	8.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.1	0.1	0.1
Thiamin....mg	0.393		0	1		0.111	0.169	0.138
Riboflavin....mg	0.408		0	1		0.116	0.175	0.143
Niacin....mg	3.448		0	1		0.978	1.483	1.207
Pantothenic acid....mg	0.450		0	1		0.128	0.194	0.158
Vitamin B-6....mg	0.060		0	1		0.017	0.026	0.021
Folate, total....mcg	90		0	4		26	39	32
Folic acid....mcg	47		0	4		13	20	16
Folate, food....mcg	43		0	1		12	18	15
Folate, DFE....mcg_DFE	123		0	4		35	53	43
Vitamin B-12....mcg	0.14		0	1		0.04	0.06	0.05
Vitamin A, IU....IU	338		0	1		96	145	118
Vitamin A, RE....mcg_RE	90		0	1		26	39	32
Vitamin E....mg_ATE	0.968		0	4		0.274	0.416	0.339
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.795		0	1		0.509	0.772	0.628
4:0....g	0.024		0	1		0.007	0.010	0.008
6:0....g	0.014		0	1		0.004	0.006	0.005
8:0....g	0.008		0	1		0.002	0.003	0.003
10:0....g	0.019		0	1		0.005	0.008	0.007
11:0....g								
12:0....g	0.021		0	1		0.006	0.009	0.007
13:0....g								
14:0....g	0.089		0	1		0.025	0.038	0.031
15:0....g								
16:0....g	1.078		0	1		0.306	0.464	0.377
17:0....g								
18:0....g	0.535		0	1		0.152	0.230	0.187
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.881		0	1		0.817	1.239	1.008
14:1....g								
15:1....g								

NDB No. 18396

Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk

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	0.054		0	1		0.015	0.023	0.019
17:1....g								
18:1 undifferentiated....g	2.823		0	1		0.800	1.214	0.988
20:1....g	0.002		0	1		0.001	0.001	0.001
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.006		0	1		0.569	0.863	0.702
18:2 undifferentiated....g	1.896		0	1		0.538	0.815	0.664
18:3 undifferentiated....g	0.097		0	1		0.027	0.042	0.034
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	0.011		0	1		0.003	0.005	0.004
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	0.003		0	1		0.001	0.001	0.001
Fatty acids, total trans....g								
Cholesterol....mg	35		0	1		10	15	12
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.106		0	1		0.030	0.046	0.037
Threonine....g	0.282		0	1		0.080	0.121	0.099
Isoleucine....g	0.353		0	1		0.100	0.152	0.124
Leucine....g	0.639		0	1		0.181	0.275	0.224
Lysine....g	0.330		0	1		0.094	0.142	0.116
Methionine....g	0.173		0	1		0.049	0.074	0.061
Cystine....g	0.164		0	1		0.046	0.071	0.057
Phenylalanine....g	0.426		0	1		0.121	0.183	0.149
Tyrosine....g	0.293		0	1		0.083	0.126	0.103
Valine....g	0.402		0	1		0.114	0.173	0.141
Arginine....g	0.362		0	1		0.103	0.156	0.127
Histidine....g	0.198		0	1		0.056	0.085	0.069
Alanine....g	0.311		0	1		0.088	0.134	0.109
Aspartic acid....g	0.478		0	1		0.136	0.206	0.167
Glutamic acid....g	2.425		0	1		0.687	1.043	0.849
Glycine....g	0.290		0	1		0.082	0.125	0.102
Proline....g	0.857		0	1		0.243	0.369	0.300
Serine....g	0.452		0	1		0.128	0.194	0.158
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 = 28.350g: 1 oz

Measure 2 = 43.000g: 1 large roll or bun (3-1/2" dia)

Measure 3 = 35.000g: 1 roll (2-1/2" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18398

Pie crust, cookie-type, prepared from recipe, chocolate wafer, chilled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	7.30		0	1		16.28	2.04	
Energy....kcal	506		0	4		1128	142	
Energy....kj	2117			4		4721	593	
Protein (N x 0)....g	5.10		0	1		11.37	1.43	
Total lipid (fat)....g	31.10		0	1		69.35	8.71	
Ash....g	2.00		0	1		4.46	0.56	
Carbohydrate, by difference....g	54.40		0	4		121.31	15.23	
Fiber, total dietary....g	1.5		0	4		3.3	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	30		0	1		67	8	
Iron, Fe....mg	3.00		0	1		6.69	0.84	
Magnesium, Mg....mg	40		0	1		89	11	
Phosphorus, P....mg	105		0	1		234	29	
Potassium, K....mg	168		0	1		375	47	
Sodium, Na....mg	672		0	1		1499	188	
Zinc, Zn....mg	0.82		0	1		1.83	0.23	
Copper, Cu....mg	0.346		0	1		0.772	0.097	
Manganese, Mn....mg	0.519		0	1		1.157	0.145	
Selenium, Se....mcg	4.3		0	4		9.6	1.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.154		0	1		0.343	0.043	
Riboflavin....mg	0.208		0	1		0.464	0.058	
Niacin....mg	2.138		0	1		4.768	0.599	
Pantothenic acid....mg	0.275		0	1		0.613	0.077	
Vitamin B-6....mg	0.002		0	1		0.004	0.001	
Folate, total....mcg	53		0	4		118	15	
Folic acid....mcg	53		0	4		118	15	
Folate, food....mcg	0		0	1		0	0	
Folate, DFE....mcg_DFE	90		0	4		201	25	
Vitamin B-12....mcg	0.02		0	1		0.04	0.01	
Vitamin A, IU....IU	839		0	1		1871	235	
Vitamin A, RE....mcg_RE	219		0	1		488	61	
Vitamin E....mg_ATE	5.166		0	4		11.520	1.446	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.732		0	1		15.012	1.885	
4:0....g	0.001		0	1		0.002	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	0.001		0	1		0.002	0.000	
11:0....g								
12:0....g	0.001		0	1		0.002	0.000	
13:0....g								
14:0....g	0.056		0	1		0.125	0.016	
15:0....g								
16:0....g	3.835		0	1		8.552	1.074	
17:0....g								
18:0....g	2.789		0	1		6.219	0.781	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	14.729		0	1		32.846	4.124	
14:1....g								
15:1....g								

NDB No. 18398

Pie crust, cookie-type, prepared from recipe, chocolate wafer, chilled

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	0.018		0	1		0.040	0.005	
17:1....g								
18:1 undifferentiated....g	14.711		0	1		32.806	4.119	
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	7.713		0	1		17.200	2.160	
18:2 undifferentiated....g	7.407		0	1		16.518	2.074	
18:3 undifferentiated....g	0.304		0	1		0.678	0.085	
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	0.002		0	1		0.004	0.001	
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	0.001		0	1		0.002	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	1		0	1		2	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.075		0	1		0.167	0.021	
Threonine....g	0.174		0	1		0.388	0.049	
Isoleucine....g	0.208		0	1		0.464	0.058	
Leucine....g	0.355		0	1		0.792	0.099	
Lysine....g	0.227		0	1		0.506	0.064	
Methionine....g	0.084		0	1		0.187	0.024	
Cystine....g	0.097		0	1		0.216	0.027	
Phenylalanine....g	0.240		0	1		0.535	0.067	
Tyrosine....g	0.163		0	1		0.363	0.046	
Valine....g	0.256		0	1		0.571	0.072	
Arginine....g	0.221		0	1		0.493	0.062	
Histidine....g	0.101		0	1		0.225	0.028	
Alanine....g	0.185		0	1		0.413	0.052	
Aspartic acid....g	0.320		0	1		0.714	0.090	
Glutamic acid....g	1.353		0	1		3.017	0.379	
Glycine....g	0.181		0	1		0.404	0.051	
Proline....g	0.452		0	1		1.008	0.127	
Serine....g	0.262		0	1		0.584	0.073	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	5		0	4		11	1	
Theobromine....mg	166		0	4		370	46	

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 = 223.000g: 1 crust, single 9"

Measure 2 = 28.000g: 1 piece (1/8 of 9" crust)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18399
Pie crust, cookie-type, prepared from recipe, graham cracker, chilled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	6.10		0	1		14.88	1.83	
Energy....kcal	484		0	4		1181	145	
Energy....kj	2025			4		4941	608	
Protein (N x 0)....g	4.10		0	1		10.00	1.23	
Total lipid (fat)....g	24.40		0	1		59.54	7.32	
Ash....g	1.50		0	1		3.66	0.45	
Carbohydrate, by difference....g	63.90		0	4		155.92	19.17	
Fiber, total dietary....g	1.5		0	4		3.7	0.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	20		0	1		49	6	
Iron, Fe....mg	2.12		0	1		5.17	0.64	
Magnesium, Mg....mg	18		0	1		44	5	
Phosphorus, P....mg	64		0	1		156	19	
Potassium, K....mg	86		0	1		210	26	
Sodium, Na....mg	560		0	1		1366	168	
Zinc, Zn....mg	0.46		0	1		1.12	0.14	
Copper, Cu....mg	0.122		0	1		0.298	0.037	
Manganese, Mn....mg	0.453		0	1		1.105	0.136	
Selenium, Se....mcg	5.9		0	4		14.4	1.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.102		0	1		0.249	0.031	
Riboflavin....mg	0.172		0	1		0.420	0.052	
Niacin....mg	2.091		0	1		5.102	0.627	
Pantothenic acid....mg	0.216		0	1		0.527	0.065	
Vitamin B-6....mg	0.035		0	1		0.085	0.011	
Folate, total....mcg	34		0	4		83	10	
Folic acid....mcg	27		0	4		66	8	
Folate, food....mcg	7		0	1		17	2	
Folate, DFE....mcg_DFE	53		0	4		129	16	
Vitamin B-12....mcg	0.02		0	1		0.05	0.01	
Vitamin A, IU....IU	769		0	1		1876	231	
Vitamin A, RE....mcg_RE	198		0	1		483	59	
Vitamin E....mg_ATE	4.050		0	4		9.882	1.215	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.092		0	1		12.424	1.528	
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	0.003		0	1		0.007	0.001	
11:0....g								
12:0....g	0.003		0	1		0.007	0.001	
13:0....g								
14:0....g	0.073		0	1		0.178	0.022	
15:0....g								
16:0....g	3.094		0	1		7.549	0.928	
17:0....g								
18:0....g	1.903		0	1		4.643	0.571	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.142		0	1		27.186	3.343	
14:1....g								
15:1....g								

NDB No. 18399

Pie crust, cookie-type, prepared from recipe, graham cracker, chilled

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	0.049		0	1		0.120	0.015	
17:1....g								
18:1 undifferentiated....g	11.094		0	1		27.069	3.328	
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	6.769		0	1		16.516	2.031	
18:2 undifferentiated....g	6.475		0	1		15.799	1.943	
18:3 undifferentiated....g	0.294		0	1		0.717	0.088	
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								
Amino Acids:								
Tryptophan....g	0.054		0	1		0.132	0.016	
Threonine....g	0.117		0	1		0.285	0.035	
Isoleucine....g	0.149		0	1		0.364	0.045	
Leucine....g	0.287		0	1		0.700	0.086	
Lysine....g	0.107		0	1		0.261	0.032	
Methionine....g	0.072		0	1		0.176	0.022	
Cystine....g	0.086		0	1		0.210	0.026	
Phenylalanine....g	0.203		0	1		0.495	0.061	
Tyrosine....g	0.127		0	1		0.310	0.038	
Valine....g	0.174		0	1		0.425	0.052	
Arginine....g	0.171		0	1		0.417	0.051	
Histidine....g	0.092		0	1		0.224	0.028	
Alanine....g	0.135		0	1		0.329	0.041	
Aspartic acid....g	0.189		0	1		0.461	0.057	
Glutamic acid....g	1.335		0	1		3.257	0.401	
Glycine....g	0.148		0	1		0.361	0.044	
Proline....g	0.460		0	1		1.122	0.138	
Serine....g	0.202		0	1		0.493	0.061	
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 = 244.000g: 1 crust, single 9"

Measure 2 = 30.000g: 1 piece (1/8 of 9" crust)

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18400
Crackers, matzo, egg and onion

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	7.20	1.578	3	1		2.04	1.02	
Energy....kcal	391		0	4		111	55	
Energy....kj	1636			4		464	232	
Protein (N x 5.8)....g	10.00	0.425	3	1		2.84	1.42	
Total lipid (fat)....g	3.90	0.203	4	1		1.11	0.55	
Ash....g	1.80	0.045	4	1		0.51	0.26	
Carbohydrate, by difference....g	77.10		0	4		21.86	10.93	
Fiber, total dietary....g	5.0		0	1		1.4	0.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	36		2	1		10	5	
Iron, Fe....mg	4.37	0.383	3	1		1.24	0.62	
Magnesium, Mg....mg	30		2	1		9	4	
Phosphorus, P....mg	89		2	1		25	13	
Potassium, K....mg	83		2	1		24	12	
Sodium, Na....mg	285		2	1		81	40	
Zinc, Zn....mg	0.73		2	1		0.21	0.10	
Copper, Cu....mg	0.080		2	1		0.023	0.011	
Manganese, Mn....mg	0.820		2	1		0.232	0.116	
Selenium, Se....mcg	36.5		0	4		10.3	5.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.1	0.0	
Thiamin....mg	0.558	0.012	9	1		0.158	0.079	
Riboflavin....mg	0.437	0.012	9	1		0.124	0.062	
Niacin....mg	4.891	0.173	9	1		1.387	0.693	
Pantothenic acid....mg	0.577	0.013	8	1		0.164	0.082	
Vitamin B-6....mg	0.111	0.001	8	1		0.031	0.016	
Folate, total....mcg	158		0	4		45	22	
Folic acid....mcg	148		0	4		42	21	
Folate, food....mcg	10	0.148	8	1		3	1	
Folate, DFE....mcg_DFE	262		0	4		74	37	
Vitamin B-12....mcg	0.22	0.018	8	1		0.06	0.03	
Vitamin A, IU....IU	24		0	4		7	3	
Vitamin A, RE....mcg_RE	7		0	4		2	1	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.936		0	1		0.265	0.133	
4:0....g								
6:0....g								
8:0....g	0.001		0	1		0.000	0.000	
10:0....g	0.001		0	1		0.000	0.000	
11:0....g								
12:0....g	0.001		0	1		0.000	0.000	
13:0....g								
14:0....g	0.008		0	1		0.002	0.001	
15:0....g								
16:0....g	0.742		0	1		0.210	0.105	
17:0....g								
18:0....g	0.184		0	1		0.052	0.026	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.987		0	1		0.280	0.140	
14:1....g								
15:1....g								

NDB No. 18400
Crackers, matzo, egg and onion

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	0.066		0	1		0.019	0.009	
17:1....g								
18:1 undifferentiated....g	0.914		0	1		0.259	0.130	
20:1....g	0.006		0	1		0.002	0.001	
22:1 undifferentiated....g	0.001		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.001		0	1		0.284	0.142	
18:2 undifferentiated....g	0.916		0	1		0.260	0.130	
18:3 undifferentiated....g	0.045		0	1		0.013	0.006	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.031		0	1		0.009	0.004	
20:5 n-3....g	0.001		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.008		0	1		0.002	0.001	
Fatty acids, total trans....g								
Cholesterol....mg	45		0	4		13	6	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.123		0	1		0.035	0.017	
Threonine....g	0.297		0	1		0.084	0.042	
Isoleucine....g	0.370		0	1		0.105	0.052	
Leucine....g	0.702		0	1		0.199	0.100	
Lysine....g	0.282		0	1		0.080	0.040	
Methionine....g	0.190		0	1		0.054	0.027	
Cystine....g	0.213		0	1		0.060	0.030	
Phenylalanine....g	0.501		0	1		0.142	0.071	
Tyrosine....g	0.315		0	1		0.089	0.045	
Valine....g	0.425		0	1		0.120	0.060	
Arginine....g	0.434		0	1		0.123	0.062	
Histidine....g	0.223		0	1		0.063	0.032	
Alanine....g	0.348		0	1		0.099	0.049	
Aspartic acid....g	0.493		0	1		0.140	0.070	
Glutamic acid....g	3.087		0	1		0.875	0.438	
Glycine....g	0.358		0	1		0.101	0.051	
Proline....g	1.055		0	1		0.299	0.150	
Serine....g	0.526		0	1		0.149	0.075	
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 = 28.350g: 1 matzo

Measure 2 = 14.175g: .5 oz

Calories Factors: **Protein** 4.1 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18401
Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	8.50		0	1		10.97	14.96	1.87
Energy....kcal	531		0	4		685	935	117
Energy....kj	2222			4		2866	3910	489
Protein (N x 0)....g	3.70		0	1		4.77	6.51	0.81
Total lipid (fat)....g	36.20		0	1		46.70	63.71	7.96
Ash....g	1.40		0	1		1.81	2.46	0.31
Carbohydrate, by difference....g	50.20		0	4		64.76	88.35	11.04
Fiber, total dietary....g	0.1		0	4		0.1	0.2	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	42		0	1		54	74	9
Iron, Fe....mg	1.63		0	1		2.10	2.87	0.36
Magnesium, Mg....mg	10		0	1		13	18	2
Phosphorus, P....mg	78		0	1		101	137	17
Potassium, K....mg	79		0	1		102	139	17
Sodium, Na....mg	515		0	1		664	906	113
Zinc, Zn....mg	0.24		0	1		0.31	0.42	0.05
Copper, Cu....mg	0.068		0	1		0.088	0.120	0.015
Manganese, Mn....mg	0.178		0	1		0.230	0.313	0.039
Selenium, Se....mcg	7.7		0	4		9.9	13.6	1.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.1	0.2	0.0
Thiamin....mg	0.189		0	1		0.244	0.333	0.042
Riboflavin....mg	0.229		0	1		0.295	0.403	0.050
Niacin....mg	2.113		0	1		2.726	3.719	0.465
Pantothenic acid....mg	0.305		0	1		0.393	0.537	0.067
Vitamin B-6....mg	0.052		0	1		0.067	0.092	0.011
Folate, total....mcg	49		0	4		63	86	11
Folic acid....mcg	43		0	4		55	76	9
Folate, food....mcg	6		0	1		8	11	1
Folate, DFE....mcg_DFE	79		0	4		102	139	17
Vitamin B-12....mcg	0.09		0	1		0.12	0.16	0.02
Vitamin A, IU....IU	1105		0	1		1425	1945	243
Vitamin A, RE....mcg_RE	285		0	1		368	502	63
Vitamin E....mg_ATE	5.040		0	4		6.502	8.870	1.109
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.434		0	1		9.590	13.084	1.635
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	0.102		0	1		0.132	0.180	0.022
15:0....g								
16:0....g	4.453		0	1		5.744	7.837	0.980
17:0....g								
18:0....g	2.878		0	1		3.713	5.065	0.633
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	15.647		0	1		20.185	27.539	3.442
14:1....g								
15:1....g								

NDB No. 18401
Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled

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	0.001		0	1		0.001	0.002	0.000
17:1....g								
18:1 undifferentiated....g	15.646		0	1		20.183	27.537	3.442
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	10.682		0	1		13.780	18.800	2.350
18:2 undifferentiated....g	10.175		0	1		13.126	17.908	2.239
18:3 undifferentiated....g	0.508		0	1		0.655	0.894	0.112
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	39		0	1		50	69	9
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.050		0	1		0.065	0.088	0.011
Threonine....g	0.127		0	1		0.164	0.224	0.028
Isoleucine....g	0.161		0	1		0.208	0.283	0.035
Leucine....g	0.274		0	1		0.353	0.482	0.060
Lysine....g	0.178		0	1		0.230	0.313	0.039
Methionine....g	0.078		0	1		0.101	0.137	0.017
Cystine....g	0.077		0	1		0.099	0.136	0.017
Phenylalanine....g	0.178		0	1		0.230	0.313	0.039
Tyrosine....g	0.122		0	1		0.157	0.215	0.027
Valine....g	0.184		0	1		0.237	0.324	0.040
Arginine....g	0.160		0	1		0.206	0.282	0.035
Histidine....g	0.079		0	1		0.102	0.139	0.017
Alanine....g	0.137		0	1		0.177	0.241	0.030
Aspartic acid....g	0.222		0	1		0.286	0.391	0.049
Glutamic acid....g	0.963		0	1		1.242	1.695	0.212
Glycine....g	0.119		0	1		0.154	0.209	0.026
Proline....g	0.328		0	1		0.423	0.577	0.072
Serine....g	0.213		0	1		0.275	0.375	0.047
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 = 129.000g: 1 cup

Measure 2 = 176.000g: 1 crust, single 9"

Measure 3 = 22.000g: 1 piece (1/8 of 9" crust)

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

Food Group: 18 Baked Products

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

NDB No. 18402
Pie crust, standard-type, prepared from recipe, unbaked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	19.70		0	1		38.22	4.73	
Energy....kcal	469		0	4		910	113	
Energy....kj	1962			4		3807	471	
Protein (N x 0)....g	5.70		0	1		11.06	1.37	
Total lipid (fat)....g	30.80		0	1		59.75	7.39	
Ash....g	1.50		0	1		2.91	0.36	
Carbohydrate, by difference....g	42.30		0	4		82.06	10.15	
Fiber, total dietary....g	3.4		0	4		6.6	0.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	9		0	1		17	2	
Iron, Fe....mg	2.57		0	1		4.99	0.62	
Magnesium, Mg....mg	12		0	1		23	3	
Phosphorus, P....mg	60		0	1		116	14	
Potassium, K....mg	59		0	1		114	14	
Sodium, Na....mg	482		0	1		935	116	
Zinc, Zn....mg	0.39		0	1		0.76	0.09	
Copper, Cu....mg	0.081		0	1		0.157	0.019	
Manganese, Mn....mg	0.383		0	1		0.743	0.092	
Selenium, Se....mcg	18.8		0	4		36.5	4.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.348		0	1		0.675	0.084	
Riboflavin....mg	0.246		0	1		0.477	0.059	
Niacin....mg	2.943		0	1		5.709	0.706	
Pantothenic acid....mg	0.158		0	1		0.307	0.038	
Vitamin B-6....mg	0.022		0	1		0.043	0.005	
Folate, total....mcg	63		0	4		122	15	
Folic acid....mcg	53		0	4		103	13	
Folate, food....mcg	10		0	1		19	2	
Folate, DFE....mcg_DFE	100		0	4		194	24	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	2.539		0	4		4.926	0.609	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.674		0	1		14.888	1.842	
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	0.121		0	1		0.235	0.029	
15:0....g								
16:0....g	4.345		0	1		8.429	1.043	
17:0....g								
18:0....g	3.208		0	1		6.224	0.770	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	13.500		0	1		26.190	3.240	
14:1....g								
15:1....g								

NDB No. 18402
Pie crust, standard-type, prepared from recipe, unbaked

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	
17:1....g								
18:1 undifferentiated....g	13.500		0	1		26.190	3.240	
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	8.119		0	1		15.751	1.949	
18:2 undifferentiated....g	7.623		0	1		14.789	1.830	
18:3 undifferentiated....g	0.496		0	1		0.962	0.119	
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								
Amino Acids:								
Tryptophan....g	0.070		0	1		0.136	0.017	
Threonine....g	0.156		0	1		0.303	0.037	
Isoleucine....g	0.198		0	1		0.384	0.048	
Leucine....g	0.393		0	1		0.762	0.094	
Lysine....g	0.126		0	1		0.244	0.030	
Methionine....g	0.101		0	1		0.196	0.024	
Cystine....g	0.121		0	1		0.235	0.029	
Phenylalanine....g	0.288		0	1		0.559	0.069	
Tyrosine....g	0.173		0	1		0.336	0.042	
Valine....g	0.230		0	1		0.446	0.055	
Arginine....g	0.231		0	1		0.448	0.055	
Histidine....g	0.127		0	1		0.246	0.030	
Alanine....g	0.184		0	1		0.357	0.044	
Aspartic acid....g	0.241		0	1		0.468	0.058	
Glutamic acid....g	1.927		0	1		3.738	0.462	
Glycine....g	0.206		0	1		0.400	0.049	
Proline....g	0.663		0	1		1.286	0.159	
Serine....g	0.286		0	1		0.555	0.069	
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 = 194.000g: 1 crust, single 9"

Measure 2 = 24.000g: 1 piece (1/8 of 9" crust)

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

Food Group: 18 Baked Products

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

NDB No. 18403
Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	42.10		0	1		11.94	13.89	13.89
Energy....kcal	264		0	4		75	87	87
Energy....kj	1105			4		313	365	365
Protein (N x 0)....g	6.20		0	1		1.76	2.05	2.05
Total lipid (fat)....g	8.20		0	1		2.32	2.71	2.71
Ash....g	2.90		0	1		0.82	0.96	0.96
Carbohydrate, by difference....g	40.70		0	4		11.54	13.43	13.43
Fiber, total dietary....g	2.3		0	4		0.7	0.8	0.8
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	232		0	1		66	77	77
Iron, Fe....mg	4.47		0	1		1.27	1.48	1.48
Magnesium, Mg....mg	22		0	1		6	7	7
Phosphorus, P....mg	420		0	1		119	139	139
Potassium, K....mg	128		0	1		36	42	42
Sodium, Na....mg	787		0	1		223	260	260
Zinc, Zn....mg	0.58		0	1		0.16	0.19	0.19
Copper, Cu....mg	0.076		0	1		0.022	0.025	0.025
Manganese, Mn....mg	0.367		0	4		0.104	0.121	0.121
Selenium, Se....mcg	16.0	0.332	10	1		4.5	5.3	5.3
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.385		0	1		0.109	0.127	0.127
Riboflavin....mg	0.476		0	1		0.135	0.157	0.157
Niacin....mg	4.435		0	1		1.257	1.464	1.464
Pantothenic acid....mg	0.403		0	1		0.114	0.133	0.133
Vitamin B-6....mg	0.895		0	1		0.254	0.295	0.295
Folate, total....mcg	45		0	4		13	15	15
Folic acid....mcg	10		0	4		3	3	3
Folate, food....mcg	35		0	1		10	12	12
Folate, DFE....mcg_DFE	52		0	4		15	17	17
Vitamin B-12....mcg	2.51		0	1		0.71	0.83	0.83
Vitamin A, IU....IU	1213		0	1		344	400	400
Vitamin A, RE....mcg_RE	364		0	1		103	120	120
Vitamin E....mg_ATE	0.832		0	4		0.236	0.275	0.275
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.439		0	1		0.408	0.475	0.475
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	0.001		0	1		0.000	0.000	0.000
10:0....g	0.001		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.001		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.012		0	1		0.003	0.004	0.004
15:0....g								
16:0....g	1.005		0	1		0.285	0.332	0.332
17:0....g								
18:0....g	0.418		0	1		0.119	0.138	0.138
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.210		0	1		0.910	1.059	1.059
14:1....g								
15:1....g								

NDB No. 18403
Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)

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	0.064		0	1		0.018	0.021	0.021
17:1....g								
18:1 undifferentiated....g	3.142		0	1		0.891	1.037	1.037
20:1....g	0.004		0	1		0.001	0.001	0.001
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.782		0	1		0.789	0.918	0.918
18:2 undifferentiated....g	2.578		0	1		0.731	0.851	0.851
18:3 undifferentiated....g	0.180		0	1		0.051	0.059	0.059
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	0.019		0	1		0.005	0.006	0.006
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	0.005		0	1		0.001	0.002	0.002
Fatty acids, total trans....g								
Cholesterol....mg	24		0	4		7	8	8
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.076		0	1		0.022	0.025	0.025
Threonine....g	0.194		0	1		0.055	0.064	0.064
Isoleucine....g	0.236		0	1		0.067	0.078	0.078
Leucine....g	0.445		0	1		0.126	0.147	0.147
Lysine....g	0.195		0	1		0.055	0.064	0.064
Methionine....g	0.123		0	1		0.035	0.041	0.041
Cystine....g	0.133		0	1		0.038	0.044	0.044
Phenylalanine....g	0.310		0	1		0.088	0.102	0.102
Tyrosine....g	0.197		0	1		0.056	0.065	0.065
Valine....g	0.271		0	1		0.077	0.089	0.089
Arginine....g	0.267		0	1		0.076	0.088	0.088
Histidine....g	0.138		0	1		0.039	0.046	0.046
Alanine....g	0.224		0	1		0.064	0.074	0.074
Aspartic acid....g	0.327		0	1		0.093	0.108	0.108
Glutamic acid....g	1.847		0	1		0.524	0.610	0.610
Glycine....g	0.218		0	1		0.062	0.072	0.072
Proline....g	0.632		0	1		0.179	0.209	0.209
Serine....g	0.333		0	1		0.094	0.110	0.110
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 = 28.350g: 1 oz

Measure 2 = 33.000g: 1 waffle, round (4" dia) (include frozen)

Measure 3 = 33.000g: 1 waffle, square (4" square) (include frozen)

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

Food Group: 18 Baked Products

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

NDB No. 18406

Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	32.60	0.572	23	1		9.24	18.58	23.15
Energy....kcal	275		0	4		78	157	195
Energy....kj	1151			4		326	656	817
Protein (N x 6.1)....g	10.50	0.180	21	1		2.98	5.99	7.46
Total lipid (fat)....g	1.60	0.089	21	1		0.45	0.91	1.14
Ash....g	1.80	0.042	17	1		0.51	1.03	1.28
Carbohydrate, by difference....g	53.40		0	4		15.14	30.44	37.91
Fiber, total dietary....g	2.3		0	4		0.7	1.3	1.6
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	18		0	4		5	10	13
Iron, Fe....mg	3.56	0.174	22	1		1.01	2.03	2.53
Magnesium, Mg....mg	29	1.378	17	1		8	17	21
Phosphorus, P....mg	96	3.526	17	1		27	55	68
Potassium, K....mg	101	2.267	18	1		29	58	72
Sodium, Na....mg	534	17.593	22	1		151	304	379
Zinc, Zn....mg	0.88	0.025	18	1		0.25	0.50	0.62
Copper, Cu....mg	0.163	0.009	17	1		0.046	0.093	0.116
Manganese, Mn....mg	0.540	0.020	17	1		0.153	0.308	0.383
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	1		0.0	0.0	0.0
Thiamin....mg	0.538	0.032	18	1		0.153	0.307	0.382
Riboflavin....mg	0.315	0.023	18	1		0.089	0.180	0.224
Niacin....mg	4.562	0.293	18	1		1.293	2.600	3.239
Pantothenic acid....mg	0.363	0.020	13	1		0.103	0.207	0.258
Vitamin B-6....mg	0.051	0.004	12	1		0.014	0.029	0.036
Folate, total....mcg	88		0	4		25	50	62
Folic acid....mcg	66		0	4		19	38	47
Folate, food....mcg	22	1.946	11	1		6	13	16
Folate, DFE....mcg_DFE	134		0	4		38	76	95
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0	0.000	3	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	0.038		0	4		0.011	0.022	0.027
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.220		0	4		0.062	0.125	0.156
4:0....g								
6:0....g								
8:0....g								
10:0....g								
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	0.207		0	4		0.059	0.118	0.147
17:0....g								
18:0....g	0.012		0	4		0.003	0.007	0.009
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.131		0	4		0.037	0.075	0.093
14:1....g								
15:1....g								

NDB No. 18406

Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)

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	0.014		0	4		0.004	0.008	0.010
17:1....g								
18:1 undifferentiated....g	0.117		0	4		0.033	0.067	0.083
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.696		0	4		0.197	0.397	0.494
18:2 undifferentiated....g	0.660		0	4		0.187	0.376	0.469
18:3 undifferentiated....g	0.036		0	4		0.010	0.021	0.026
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	0.000	4	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.124		0	4		0.035	0.071	0.088
Threonine....g	0.301		0	4		0.085	0.172	0.214
Isoleucine....g	0.404		0	4		0.115	0.230	0.287
Leucine....g	0.735		0	4		0.208	0.419	0.522
Lysine....g	0.251		0	4		0.071	0.143	0.178
Methionine....g	0.188		0	4		0.053	0.107	0.133
Cystine....g	0.225		0	4		0.064	0.128	0.160
Phenylalanine....g	0.519		0	4		0.147	0.296	0.368
Tyrosine....g	0.301		0	4		0.085	0.172	0.214
Valine....g	0.456		0	4		0.129	0.260	0.324
Arginine....g	0.384		0	4		0.109	0.219	0.273
Histidine....g	0.227		0	4		0.064	0.129	0.161
Alanine....g	0.347		0	4		0.098	0.198	0.246
Aspartic acid....g	0.478		0	4		0.136	0.272	0.339
Glutamic acid....g	3.504		0	4		0.993	1.997	2.488
Glycine....g	0.373		0	4		0.106	0.213	0.265
Proline....g	1.180		0	4		0.335	0.673	0.838
Serine....g	0.508		0	4		0.144	0.290	0.361
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 bagel (3" dia)

Measure 3 = 71.000g: 1 bagel (3-1/2" dia)

Calories Factors: **Protein** 4.2 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18407

Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	32.60	0.572	23	1		9.24	18.58	23.15
Energy....kcal	275		0	4		78	157	195
Energy....kj	1151			4		326	656	817
Protein (N x 5.9)....g	10.50	0.180	21	1		2.98	5.99	7.46
Total lipid (fat)....g	1.60	0.089	21	1		0.45	0.91	1.14
Ash....g	1.80	0.042	17	1		0.51	1.03	1.28
Carbohydrate, by difference....g	53.40		0	4		15.14	30.44	37.91
Fiber, total dietary....g	2.3		0	4		0.7	1.3	1.6
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	74	5.938	8	1		21	42	53
Iron, Fe....mg	1.36		0	4		0.39	0.78	0.97
Magnesium, Mg....mg	29	1.378	17	1		8	17	21
Phosphorus, P....mg	96	3.526	17	1		27	55	68
Potassium, K....mg	101	2.267	18	1		29	58	72
Sodium, Na....mg	534	17.593	22	1		151	304	379
Zinc, Zn....mg	0.88	0.025	18	1		0.25	0.50	0.62
Copper, Cu....mg	0.163	0.009	17	1		0.046	0.093	0.116
Manganese, Mn....mg	0.540	0.020	17	1		0.153	0.308	0.383
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	1		0.0	0.0	0.0
Thiamin....mg	0.163		0	4		0.046	0.093	0.116
Riboflavin....mg	0.052		0	4		0.015	0.030	0.037
Niacin....mg	1.758		0	4		0.498	1.002	1.248
Pantothenic acid....mg	0.363	0.020	13	1		0.103	0.207	0.258
Vitamin B-6....mg	0.051	0.004	12	1		0.014	0.029	0.036
Folate, total....mcg	22	1.946	11	1		6	13	16
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	22	1.946	11	1		6	13	16
Folate, DFE....mcg_DFE	22		0	4		6	13	16
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0	0.000	3	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	0.038		0	4		0.011	0.022	0.027
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.220		0	4		0.062	0.125	0.156
4:0....g								
6:0....g								
8:0....g								
10:0....g								
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	0.207		0	4		0.059	0.118	0.147
17:0....g								
18:0....g	0.012		0	4		0.003	0.007	0.009
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.131		0	4		0.037	0.075	0.093
14:1....g								
15:1....g								

NDB No. 18407

Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)

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	0.014		0	4		0.004	0.008	0.010
17:1....g								
18:1 undifferentiated....g	0.117		0	4		0.033	0.067	0.083
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.696		0	4		0.197	0.397	0.494
18:2 undifferentiated....g	0.660		0	4		0.187	0.376	0.469
18:3 undifferentiated....g	0.036		0	4		0.010	0.021	0.026
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	0.000	4	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.124		0	4		0.035	0.071	0.088
Threonine....g	0.301		0	4		0.085	0.172	0.214
Isoleucine....g	0.404		0	4		0.115	0.230	0.287
Leucine....g	0.735		0	4		0.208	0.419	0.522
Lysine....g	0.251		0	4		0.071	0.143	0.178
Methionine....g	0.188		0	4		0.053	0.107	0.133
Cystine....g	0.225		0	4		0.064	0.128	0.160
Phenylalanine....g	0.519		0	4		0.147	0.296	0.368
Tyrosine....g	0.301		0	4		0.085	0.172	0.214
Valine....g	0.456		0	4		0.129	0.260	0.324
Arginine....g	0.384		0	4		0.109	0.219	0.273
Histidine....g	0.227		0	4		0.064	0.129	0.161
Alanine....g	0.347		0	4		0.098	0.198	0.246
Aspartic acid....g	0.478		0	4		0.136	0.272	0.339
Glutamic acid....g	3.504		0	4		0.993	1.997	2.488
Glycine....g	0.373		0	4		0.106	0.213	0.265
Proline....g	1.180		0	4		0.335	0.673	0.838
Serine....g	0.508		0	4		0.144	0.290	0.361
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 bagel (3" dia)

Measure 3 = 71.000g: 1 bagel (3-1/2" dia)

Calories Factors: Protein 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18408

Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	32.60	0.572	23	1		9.24	18.58	23.15
Energy....kcal	275		0	4		78	157	195
Energy....kj	1151			4		326	656	817
Protein (N x 5.9)....g	10.50	0.180	21	1		2.98	5.99	7.46
Total lipid (fat)....g	1.60	0.089	21	1		0.45	0.91	1.14
Ash....g	1.80	0.042	17	1		0.51	1.03	1.28
Carbohydrate, by difference....g	53.40		0	4		15.14	30.44	37.91
Fiber, total dietary....g	2.3		0	4		0.7	1.3	1.6
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	18		0	4		5	10	13
Iron, Fe....mg	1.36		0	4		0.39	0.78	0.97
Magnesium, Mg....mg	29	1.378	17	1		8	17	21
Phosphorus, P....mg	96	3.526	17	1		27	55	68
Potassium, K....mg	101	2.267	18	1		29	58	72
Sodium, Na....mg	534	17.593	22	1		151	304	379
Zinc, Zn....mg	0.88	0.025	18	1		0.25	0.50	0.62
Copper, Cu....mg	0.163	0.009	17	1		0.046	0.093	0.116
Manganese, Mn....mg	0.540	0.020	17	1		0.153	0.308	0.383
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	1		0.0	0.0	0.0
Thiamin....mg	0.163		0	4		0.046	0.093	0.116
Riboflavin....mg	0.052		0	4		0.015	0.030	0.037
Niacin....mg	1.758		0	4		0.498	1.002	1.248
Pantothenic acid....mg	0.363	0.020	13	1		0.103	0.207	0.258
Vitamin B-6....mg	0.051	0.004	12	1		0.014	0.029	0.036
Folate, total....mcg	22	1.946	11	1		6	13	16
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	22	1.946	11	1		6	13	16
Folate, DFE....mcg_DFE	22		0	4		6	13	16
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0	0.000	3	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	0.038		0	4		0.011	0.022	0.027
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.220		0	4		0.062	0.125	0.156
4:0....g								
6:0....g								
8:0....g								
10:0....g								
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	0.207		0	4		0.059	0.118	0.147
17:0....g								
18:0....g	0.012		0	4		0.003	0.007	0.009
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.131		0	4		0.037	0.075	0.093
14:1....g								
15:1....g								

NDB No. 18408

Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)

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	0.014		0	4		0.004	0.008	0.010
17:1....g								
18:1 undifferentiated....g	0.117		0	4		0.033	0.067	0.083
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.696		0	4		0.197	0.397	0.494
18:2 undifferentiated....g	0.660		0	4		0.187	0.376	0.469
18:3 undifferentiated....g	0.036		0	4		0.010	0.021	0.026
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	0.000	4	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.124		0	4		0.035	0.071	0.088
Threonine....g	0.301		0	4		0.085	0.172	0.214
Isoleucine....g	0.404		0	4		0.115	0.230	0.287
Leucine....g	0.735		0	4		0.208	0.419	0.522
Lysine....g	0.251		0	4		0.071	0.143	0.178
Methionine....g	0.188		0	4		0.053	0.107	0.133
Cystine....g	0.225		0	4		0.064	0.128	0.160
Phenylalanine....g	0.519		0	4		0.147	0.296	0.368
Tyrosine....g	0.301		0	4		0.085	0.172	0.214
Valine....g	0.456		0	4		0.129	0.260	0.324
Arginine....g	0.384		0	4		0.109	0.219	0.273
Histidine....g	0.227		0	4		0.064	0.129	0.161
Alanine....g	0.347		0	4		0.098	0.198	0.246
Aspartic acid....g	0.478		0	4		0.136	0.272	0.339
Glutamic acid....g	3.504		0	4		0.993	1.997	2.488
Glycine....g	0.373		0	4		0.106	0.213	0.265
Proline....g	1.180		0	4		0.335	0.673	0.838
Serine....g	0.508		0	4		0.144	0.290	0.361
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 bagel (3" dia)

Measure 3 = 71.000g: 1 bagel (3-1/2" dia)

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18412
Bread, cornbread, dry mix, unenriched (includes corn muffin mix)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	7.80	0.162	46	1		2.21	18.80	
Energy....kcal	418		0	4		119	1007	
Energy....kj	1749			4		496	4215	
Protein (N x 5.7)....g	7.00	0.077	56	1		1.98	16.87	
Total lipid (fat)....g	12.20	0.128	54	1		3.46	29.40	
Ash....g	3.60	0.060	46	1		1.02	8.68	
Carbohydrate, by difference....g	69.50		0	4		19.70	167.50	
Fiber, total dietary....g	6.5		0	4		1.8	15.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	57	3.755	29	1		16	137	
Iron, Fe....mg	0.59		0	4		0.17	1.42	
Magnesium, Mg....mg	24	1.229	21	1		7	58	
Phosphorus, P....mg	489	11.566	45	1		139	1178	
Potassium, K....mg	113	3.064	43	1		32	272	
Sodium, Na....mg	1111	34.872	43	1		315	2678	
Zinc, Zn....mg	0.57	0.026	22	1		0.16	1.37	
Copper, Cu....mg	0.085	0.002	22	1		0.024	0.205	
Manganese, Mn....mg	0.315		2	1		0.089	0.759	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.2	
Thiamin....mg	0.046		0	4		0.013	0.111	
Riboflavin....mg	0.020		0	4		0.006	0.048	
Niacin....mg	0.937		0	4		0.266	2.258	
Pantothenic acid....mg	0.480	0.079	20	1		0.136	1.157	
Vitamin B-6....mg	0.128	0.011	20	1		0.036	0.308	
Folate, total....mcg	11	0.918	13	1		3	27	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	11	0.918	13	1		3	27	
Folate, DFE....mcg_DFE	11		0	4		3	27	
Vitamin B-12....mcg	0.09		0	4		0.03	0.22	
Vitamin A, IU....IU	115	33.732	3	1		33	277	
Vitamin A, RE....mcg_RE	12		0	4		3	29	
Vitamin E....mg_ATE	1.649		0	4		0.467	3.974	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.091		0	4		0.876	7.449	
4:0....g	0.004		0	4		0.001	0.010	
6:0....g	0.003		0	4		0.001	0.007	
8:0....g	0.001		0	4		0.000	0.002	
10:0....g	0.003		0	4		0.001	0.007	
11:0....g								
12:0....g	0.004		0	4		0.001	0.010	
13:0....g								
14:0....g	0.070		0	4		0.020	0.169	
15:0....g								
16:0....g	1.607		0	4		0.456	3.873	
17:0....g								
18:0....g	1.393		0	4		0.395	3.357	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.719		0	4		1.905	16.193	
14:1....g								
15:1....g								

NDB No. 18412
Bread, cornbread, dry mix, unenriched (includes corn muffin mix)

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	0.004		0	4		0.001	0.010	
17:1....g								
18:1 undifferentiated....g	6.714		0	4		1.903	16.181	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.682		0	4		0.477	4.054	
18:2 undifferentiated....g	1.599		0	4		0.453	3.854	
18:3 undifferentiated....g	0.083		0	4		0.024	0.200	
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	2		0	4		1	5	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.071		0	4		0.020	0.171	
Threonine....g	0.224		0	4		0.064	0.540	
Isoleucine....g	0.254		0	4		0.072	0.612	
Leucine....g	0.632		0	4		0.179	1.523	
Lysine....g	0.198		0	4		0.056	0.477	
Methionine....g	0.133		0	4		0.038	0.321	
Cystine....g	0.132		0	4		0.037	0.318	
Phenylalanine....g	0.343		0	4		0.097	0.827	
Tyrosine....g	0.241		0	4		0.068	0.581	
Valine....g	0.320		0	4		0.091	0.771	
Arginine....g	0.302		0	4		0.086	0.728	
Histidine....g	0.177		0	4		0.050	0.427	
Alanine....g	0.336		0	4		0.095	0.810	
Aspartic acid....g	0.382		0	4		0.108	0.921	
Glutamic acid....g	1.847		0	4		0.524	4.451	
Glycine....g	0.254		0	4		0.072	0.612	
Proline....g	0.715		0	4		0.203	1.723	
Serine....g	0.336		0	4		0.095	0.810	
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 = 28.350g: 1 oz

Measure 2 = 241.000g: 1 package (8.5 oz)

Calories Factors: **Protein** 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18413
Bread, pita, white, unenriched

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	32.10	1.012	17	1		9.10	19.26	
Energy....kcal	275		0	4		78	165	
Energy....kj	1151			4		326	690	
Protein (N x 5.7)....g	9.10	0.098	37	1		2.58	5.46	
Total lipid (fat)....g	1.20	0.040	36	1		0.34	0.72	
Ash....g	1.90	0.094	14	1		0.54	1.14	
Carbohydrate, by difference....g	55.70		0	4		15.79	33.42	
Fiber, total dietary....g	2.2		0	4		0.6	1.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	86	2.853	38	1		24	52	
Iron, Fe....mg	1.40		0	4		0.40	0.84	
Magnesium, Mg....mg	26	1.034	13	1		7	16	
Phosphorus, P....mg	97	2.804	13	1		27	58	
Potassium, K....mg	120	6.316	17	1		34	72	
Sodium, Na....mg	536	16.930	24	1		152	322	
Zinc, Zn....mg	0.84	0.041	13	1		0.24	0.50	
Copper, Cu....mg	0.168	0.012	13	1		0.048	0.101	
Manganese, Mn....mg	0.481	0.018	13	1		0.136	0.289	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.267		0	4		0.076	0.160	
Riboflavin....mg	0.097		0	4		0.027	0.058	
Niacin....mg	2.142		0	4		0.607	1.285	
Pantothenic acid....mg	0.397	0.020	12	1		0.113	0.238	
Vitamin B-6....mg	0.034	0.005	11	1		0.010	0.020	
Folate, total....mcg	24	2.596	10	1		7	14	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	24	2.596	10	1		7	14	
Folate, DFE....mcg_DFE	24		0	4		7	14	
Vitamin B-12....mcg	0.00		1	1		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	0.038		0	4		0.011	0.023	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.166		0	4		0.047	0.100	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.156		0	4		0.044	0.094	
17:0....g								
18:0....g	0.009		0	4		0.003	0.005	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.105		0	4		0.030	0.063	
14:1....g								
15:1....g								

NDB No. 18413
Bread, pita, white, unenriched

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	0.013		0	4		0.004	0.008	
17:1....g								
18:1 undifferentiated....g	0.092		0	4		0.026	0.055	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.535		0	4		0.152	0.321	
18:2 undifferentiated....g	0.511		0	4		0.145	0.307	
18:3 undifferentiated....g	0.024		0	4		0.007	0.014	
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		2	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.105		0	4		0.030	0.063	
Threonine....g	0.257		0	4		0.073	0.154	
Isoleucine....g	0.349		0	4		0.099	0.209	
Leucine....g	0.634		0	4		0.180	0.380	
Lysine....g	0.219		0	4		0.062	0.131	
Methionine....g	0.160		0	4		0.045	0.096	
Cystine....g	0.197		0	4		0.056	0.118	
Phenylalanine....g	0.446		0	4		0.126	0.268	
Tyrosine....g	0.257		0	4		0.073	0.154	
Valine....g	0.394		0	4		0.112	0.236	
Arginine....g	0.329		0	4		0.093	0.197	
Histidine....g	0.195		0	4		0.055	0.117	
Alanine....g	0.302		0	4		0.086	0.181	
Aspartic acid....g	0.408		0	4		0.116	0.245	
Glutamic acid....g	3.033		0	4		0.860	1.820	
Glycine....g	0.319		0	4		0.090	0.191	
Proline....g	1.012		0	4		0.287	0.607	
Serine....g	0.438		0	4		0.124	0.263	
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 = 28.350g: 1 oz

Measure 2 = 60.000g: 1 pita, large (6-1/2" dia)

Calories Factors: **Protein** 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18414
Bread, raisin, unenriched

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	33.60	0.286	47	1		9.53	10.75	8.74
Energy....kcal	274		0	4		78	88	71
Energy....kj	1146			4		325	367	298
Protein (N x 5.8)....g	7.90	0.086	55	1		2.24	2.53	2.05
Total lipid (fat)....g	4.40	0.144	54	1		1.25	1.41	1.14
Ash....g	1.80	0.036	22	1		0.51	0.58	0.47
Carbohydrate, by difference....g	52.30		0	4		14.83	16.74	13.60
Fiber, total dietary....g	4.3		0	4		1.2	1.4	1.1
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	66	5.711	29	1		19	21	17
Iron, Fe....mg	1.83		0	4		0.52	0.59	0.48
Magnesium, Mg....mg	26	1.166	13	1		7	8	7
Phosphorus, P....mg	109	5.060	13	1		31	35	28
Potassium, K....mg	227	11.006	15	1		64	73	59
Sodium, Na....mg	390	9.864	20	1		111	125	101
Zinc, Zn....mg	0.72	0.045	13	1		0.20	0.23	0.19
Copper, Cu....mg	0.198	0.009	13	1		0.056	0.063	0.051
Manganese, Mn....mg	0.501	0.024	13	1		0.142	0.160	0.130
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.0	0.0
Thiamin....mg	0.177		0	4		0.050	0.057	0.046
Riboflavin....mg	0.173		0	4		0.049	0.055	0.045
Niacin....mg	1.495		0	4		0.424	0.478	0.389
Pantothenic acid....mg	0.387	0.042	15	1		0.110	0.124	0.101
Vitamin B-6....mg	0.069	0.009	13	1		0.020	0.022	0.018
Folate, total....mcg	34	1.369	11	1		10	11	9
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	34	1.369	11	1		10	11	9
Folate, DFE....mcg_DFE	34		0	4		10	11	9
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	0.507		0	4		0.144	0.162	0.132
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.081		0	4		0.306	0.346	0.281
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	0.000
13:0....g								
14:0....g	0.020		0	4		0.006	0.006	0.005
15:0....g								
16:0....g	0.584		0	4		0.166	0.187	0.152
17:0....g								
18:0....g	0.476		0	4		0.135	0.152	0.124
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.294		0	4		0.650	0.734	0.596
14:1....g								
15:1....g								

NDB No. 18414
Bread, raisin, unenriched

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	0.006		0	4		0.002	0.002	0.002
17:1....g								
18:1 undifferentiated....g	2.288		0	4		0.649	0.732	0.595
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.679		0	4		0.192	0.217	0.177
18:2 undifferentiated....g	0.641		0	4		0.182	0.205	0.167
18:3 undifferentiated....g	0.038		0	4		0.011	0.012	0.010
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		2	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.083		0	4		0.024	0.027	0.022
Threonine....g	0.222		0	4		0.063	0.071	0.058
Isoleucine....g	0.287		0	4		0.081	0.092	0.075
Leucine....g	0.516		0	4		0.146	0.165	0.134
Lysine....g	0.200		0	4		0.057	0.064	0.052
Methionine....g	0.128		0	4		0.036	0.041	0.033
Cystine....g	0.152		0	4		0.043	0.049	0.040
Phenylalanine....g	0.361		0	4		0.102	0.116	0.094
Tyrosine....g	0.204		0	4		0.058	0.065	0.053
Valine....g	0.329		0	4		0.093	0.105	0.086
Arginine....g	0.362		0	4		0.103	0.116	0.094
Histidine....g	0.167		0	4		0.047	0.053	0.043
Alanine....g	0.267		0	4		0.076	0.085	0.069
Aspartic acid....g	0.351		0	4		0.100	0.112	0.091
Glutamic acid....g	2.355		0	4		0.668	0.754	0.612
Glycine....g	0.269		0	4		0.076	0.086	0.070
Proline....g	0.828		0	4		0.235	0.265	0.215
Serine....g	0.357		0	4		0.101	0.114	0.093
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 = 28.350g: 1 oz

Measure 2 = 32.000g: 1 slice, large

Measure 3 = 26.000g: 1 slice

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18416
Bread, white, commercially prepared, low sodium no salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	36.70	0.101	302	1		16.52	12.85	10.40
Energy....kcal	267		0	4		120	93	76
Energy....kj	1117			4		503	391	317
Protein (N x 5.7)....g	8.20	0.050	218	1		3.69	2.87	2.32
Total lipid (fat)....g	3.60	0.076	224	1		1.62	1.26	1.02
Ash....g	1.90	0.016	286	1		0.86	0.67	0.54
Carbohydrate, by difference....g	49.50		0	4		22.28	17.33	14.03
Fiber, total dietary....g	2.3		0	4		1.0	0.8	0.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	108	2.643	250	1		49	38	31
Iron, Fe....mg	3.03	0.033	256	1		1.36	1.06	0.86
Magnesium, Mg....mg	24	0.430	108	1		11	8	7
Phosphorus, P....mg	94	1.679	96	1		42	33	27
Potassium, K....mg	119	2.041	105	1		54	42	34
Sodium, Na....mg	27		0	4		12	9	8
Zinc, Zn....mg	0.62	0.015	111	1		0.28	0.22	0.18
Copper, Cu....mg	0.126	0.003	102	1		0.057	0.044	0.036
Manganese, Mn....mg	0.383	0.008	103	1		0.172	0.134	0.109
Selenium, Se....mcg	22.6		0	4		10.2	7.9	6.4
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	0.0
Thiamin....mg	0.472	0.005	190	1		0.212	0.165	0.134
Riboflavin....mg	0.341	0.006	177	1		0.153	0.119	0.097
Niacin....mg	3.969	0.034	198	1		1.786	1.389	1.125
Pantothenic acid....mg	0.390	0.015	25	1		0.176	0.137	0.111
Vitamin B-6....mg	0.064	0.005	6	1		0.029	0.022	0.018
Folate, total....mcg	95		0	4		43	33	27
Folic acid....mcg	61		0	4		27	21	17
Folate, food....mcg	34		1	1		15	12	10
Folate, DFE....mcg_DFE	138		0	4		62	48	39
Vitamin B-12....mcg	0.03		0	4		0.01	0.01	0.01
Vitamin A, IU....IU	0		1	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	0.381		0	4		0.171	0.133	0.108
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.811		0	4		0.365	0.284	0.230
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	0.001		0	4		0.000	0.000	0.000
13:0....g								
14:0....g	0.014		0	4		0.006	0.005	0.004
15:0....g								
16:0....g	0.469		0	4		0.211	0.164	0.133
17:0....g								
18:0....g	0.326		0	4		0.147	0.114	0.092
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.612		0	4		0.725	0.564	0.457
14:1....g								
15:1....g								

NDB No. 18416
Bread, white, commercially prepared, low sodium no 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
16:1 undifferentiated....g	0.013		0	4		0.006	0.005	0.004
17:1....g								
18:1 undifferentiated....g	1.599		0	4		0.720	0.560	0.453
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	0.744		0	4		0.335	0.260	0.211
18:2 undifferentiated....g	0.709		0	4		0.319	0.248	0.201
18:3 undifferentiated....g	0.035		0	4		0.016	0.012	0.010
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	1	0.281	11	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.096		0	4		0.043	0.034	0.027
Threonine....g	0.243		0	4		0.109	0.085	0.069
Isoleucine....g	0.322		0	4		0.145	0.113	0.091
Leucine....g	0.580		0	4		0.261	0.203	0.164
Lysine....g	0.223		0	4		0.100	0.078	0.063
Methionine....g	0.144		0	4		0.065	0.050	0.041
Cystine....g	0.174		0	4		0.078	0.061	0.049
Phenylalanine....g	0.404		0	4		0.182	0.141	0.115
Tyrosine....g	0.237		0	4		0.107	0.083	0.067
Valine....g	0.361		0	4		0.162	0.126	0.102
Arginine....g	0.315		0	4		0.142	0.110	0.089
Histidine....g	0.178		0	4		0.080	0.062	0.050
Alanine....g	0.281		0	4		0.126	0.098	0.080
Aspartic acid....g	0.409		0	4		0.184	0.143	0.116
Glutamic acid....g	2.657		0	4		1.196	0.930	0.753
Glycine....g	0.294		0	4		0.132	0.103	0.083
Proline....g	0.882		0	4		0.397	0.309	0.250
Serine....g	0.400		0	4		0.180	0.140	0.113
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 = 45.000g: 1 cup, crumbs

Measure 2 = 35.000g: 1 cup, cubes

Measure 3 = 28.350g: 1 oz

Calories Factors: **Protein** 3.9 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18417

Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	21.90	1.785	9	1		6.21	12.48	13.80
Energy....kcal	418		0	4		119	238	263
Energy....kj	1749			4		496	997	1102
Protein (N x 5.8)....g	6.80	0.166	8	1		1.93	3.88	4.28
Total lipid (fat)....g	23.30	1.742	10	1		6.61	13.28	14.68
Ash....g	1.40	0.070	10	1		0.40	0.80	0.88
Carbohydrate, by difference....g	46.70		0	4		13.24	26.62	29.42
Fiber, total dietary....g	2.0		0	4		0.6	1.1	1.3
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	54	4.602	34	1		15	31	34
Iron, Fe....mg	0.78		0	4		0.22	0.44	0.49
Magnesium, Mg....mg	22	0.678	34	1		6	13	14
Phosphorus, P....mg	108	3.116	33	1		31	62	68
Potassium, K....mg	123	3.595	32	1		35	70	77
Sodium, Na....mg	351	13.121	35	1		100	200	221
Zinc, Zn....mg	0.81	0.035	33	1		0.23	0.46	0.51
Copper, Cu....mg	0.125	0.006	32	1		0.035	0.071	0.079
Manganese, Mn....mg	0.451	0.022	32	1		0.128	0.257	0.284
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	4		0.1	0.2	0.2
Thiamin....mg	0.135		0	4		0.038	0.077	0.085
Riboflavin....mg	0.095		0	4		0.027	0.054	0.060
Niacin....mg	0.880		0	4		0.249	0.502	0.554
Pantothenic acid....mg	0.655	0.011	8	1		0.186	0.373	0.413
Vitamin B-6....mg	0.027	0.000	8	1		0.008	0.015	0.017
Folate, total....mcg	32	0.898	8	1		9	18	20
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	32	0.898	8	1		9	18	20
Folate, DFE....mcg_DFE	32		0	4		9	18	20
Vitamin B-12....mcg	0.18		0	4		0.05	0.10	0.11
Vitamin A, IU....IU	111		0	4		31	63	70
Vitamin A, RE....mcg_RE	33		0	4		9	19	21
Vitamin E....mg_ATE	3.409		0	4		0.966	1.943	2.148
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.797		0	4		1.643	3.304	3.652
4:0....g	0.001		0	4		0.000	0.001	0.001
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.001		0	4		0.000	0.001	0.001
10:0....g	0.001		0	4		0.000	0.001	0.001
11:0....g								
12:0....g	0.001		0	4		0.000	0.001	0.001
13:0....g								
14:0....g	0.114		0	4		0.032	0.065	0.072
15:0....g								
16:0....g	3.086		0	4		0.875	1.759	1.944
17:0....g								
18:0....g	2.575		0	4		0.730	1.468	1.622
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	12.976		0	4		3.679	7.396	8.175
14:1....g								
15:1....g								

NDB No. 18417

Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched

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	0.059		0	4		0.017	0.034	0.037
17:1....g								
18:1 undifferentiated....g	12.905		0	4		3.659	7.356	8.130
20:1....g	0.005		0	4		0.001	0.003	0.003
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.120		0	4		0.885	1.778	1.966
18:2 undifferentiated....g	2.944		0	4		0.835	1.678	1.855
18:3 undifferentiated....g	0.151		0	4		0.043	0.086	0.095
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.019		0	4		0.005	0.011	0.012
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.005		0	4		0.001	0.003	0.003
Fatty acids, total trans....g								
Cholesterol....mg	32	1.155	3	1		9	18	20
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.082		0	4		0.023	0.047	0.052
Threonine....g	0.227		0	4		0.064	0.129	0.143
Isoleucine....g	0.287		0	4		0.081	0.164	0.181
Leucine....g	0.500		0	4		0.142	0.285	0.315
Lysine....g	0.260		0	4		0.074	0.148	0.164
Methionine....g	0.122		0	4		0.035	0.070	0.077
Cystine....g	0.127		0	4		0.036	0.072	0.080
Phenylalanine....g	0.324		0	4		0.092	0.185	0.204
Tyrosine....g	0.218		0	4		0.062	0.124	0.137
Valine....g	0.318		0	4		0.090	0.181	0.200
Arginine....g	0.310		0	4		0.088	0.177	0.195
Histidine....g	0.154		0	4		0.044	0.088	0.097
Alanine....g	0.248		0	4		0.070	0.141	0.156
Aspartic acid....g	0.415		0	4		0.118	0.237	0.261
Glutamic acid....g	1.897		0	4		0.538	1.081	1.195
Glycine....g	0.237		0	4		0.067	0.135	0.149
Proline....g	0.634		0	4		0.180	0.361	0.399
Serine....g	0.346		0	4		0.098	0.197	0.218
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 individual cake

Measure 3 = 63.000g: 1 piece (1/9 of 20 oz cake)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

NDB No. 18418
Cake, pound, commercially prepared, other than all butter, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	23.10	0.847	13	1		6.93	6.55	16.40
Energy....kcal	389		0	4		117	110	276
Energy....kj	1628			4		488	461	1156
Protein (N x 6)....g	5.20	0.092	13	1		1.56	1.47	3.69
Total lipid (fat)....g	17.90	1.056	14	1		5.37	5.07	12.71
Ash....g	1.40	0.110	12	1		0.42	0.40	0.99
Carbohydrate, by difference....g	52.50		0	4		15.75	14.88	37.28
Fiber, total dietary....g	1.0		0	4		0.3	0.3	0.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	64	13.497	7	1		19	18	45
Iron, Fe....mg	0.60		0	4		0.18	0.17	0.43
Magnesium, Mg....mg	13	2.468	5	1		4	4	9
Phosphorus, P....mg	134	10.038	6	1		40	38	95
Potassium, K....mg	106	25.375	4	1		32	30	75
Sodium, Na....mg	400	41.062	11	1		120	113	284
Zinc, Zn....mg	0.39	0.024	4	1		0.12	0.11	0.28
Copper, Cu....mg	0.054	0.012	4	1		0.016	0.015	0.038
Manganese, Mn....mg	0.088	0.011	4	1		0.026	0.025	0.062
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.0	0.1
Thiamin....mg	0.024		0	4		0.007	0.007	0.017
Riboflavin....mg	0.124		0	4		0.037	0.035	0.088
Niacin....mg	0.342		0	4		0.103	0.097	0.243
Pantothenic acid....mg	0.285	0.053	3	1		0.086	0.081	0.202
Vitamin B-6....mg	0.023		1	1		0.007	0.007	0.016
Folate, total....mcg	9		0	4		3	3	6
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	9		0	4		3	3	6
Folate, DFE....mcg_DFE	9		0	4		3	3	6
Vitamin B-12....mcg	0.14		1	1		0.04	0.04	0.10
Vitamin A, IU....IU	118		0	4		35	33	84
Vitamin A, RE....mcg_RE	35		0	4		11	10	25
Vitamin E....mg_ATE	2.385		0	4		0.716	0.676	1.693
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.647		0	4		1.394	1.317	3.299
4:0....g	0.001		0	4		0.000	0.000	0.001
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.001		0	4		0.000	0.000	0.001
10:0....g	0.001		0	4		0.000	0.000	0.001
11:0....g								
12:0....g	0.001		0	4		0.000	0.000	0.001
13:0....g								
14:0....g	0.087		0	4		0.026	0.025	0.062
15:0....g								
16:0....g	2.478		0	4		0.743	0.703	1.759
17:0....g								
18:0....g	2.069		0	4		0.621	0.587	1.469
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.935		0	4		2.981	2.817	7.054
14:1....g								
15:1....g								

NDB No. 18418
Cake, pound, commercially prepared, other than all butter, unenriched

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	0.049		0	4		0.015	0.014	0.035
17:1....g								
18:1 undifferentiated....g	9.880		0	4		2.964	2.801	7.015
20:1....g	0.004		0	4		0.001	0.001	0.003
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.251		0	4		0.675	0.638	1.598
18:2 undifferentiated....g	2.114		0	4		0.634	0.599	1.501
18:3 undifferentiated....g	0.108		0	4		0.032	0.031	0.077
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.023		0	4		0.007	0.007	0.016
20:5 n-3....g	0.001		0	4		0.000	0.000	0.001
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.006		0	4		0.002	0.002	0.004
Fatty acids, total trans....g								
Cholesterol....mg	58	25.910	6	1		17	16	41
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.069		0	4		0.021	0.020	0.049
Threonine....g	0.196		0	4		0.059	0.056	0.139
Isoleucine....g	0.244		0	4		0.073	0.069	0.173
Leucine....g	0.403		0	4		0.121	0.114	0.286
Lysine....g	0.283		0	4		0.085	0.080	0.201
Methionine....g	0.125		0	4		0.038	0.035	0.089
Cystine....g	0.111		0	4		0.033	0.031	0.079
Phenylalanine....g	0.259		0	4		0.078	0.073	0.184
Tyrosine....g	0.184		0	4		0.055	0.052	0.131
Valine....g	0.276		0	4		0.083	0.078	0.196
Arginine....g	0.247		0	4		0.074	0.070	0.175
Histidine....g	0.115		0	4		0.035	0.033	0.082
Alanine....g	0.216		0	4		0.065	0.061	0.153
Aspartic acid....g	0.367		0	4		0.110	0.104	0.261
Glutamic acid....g	1.194		0	4		0.358	0.338	0.848
Glycine....g	0.170		0	4		0.051	0.048	0.121
Proline....g	0.402		0	4		0.121	0.114	0.285
Serine....g	0.323		0	4		0.097	0.092	0.229
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 = 30.000g: 1 piece (1/10 of 10.6 oz cake)

Measure 2 = 28.350g: 1 piece (1/12 of 12 oz cake)

Measure 3 = 71.000g: 1 snack cake (2.5 oz)

Calories Factors: **Protein** 4.2 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

NDB No. 18419
Cake, white, dry mix, pudding-type, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.50	0.045	16	1		0.99	18.34	
Energy....kcal	423		0	4		120	2217	
Energy....kj	1770			4		502	9274	
Protein (N x 5.8)....g	3.90	0.115	16	1		1.11	20.44	
Total lipid (fat)....g	9.50	0.171	16	1		2.69	49.78	
Ash....g	2.20	0.011	13	1		0.62	11.53	
Carbohydrate, by difference....g	81.00		0	4		22.96	424.44	
Fiber, total dietary....g	0.7		0	4		0.2	3.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	77	1.400	16	1		22	403	
Iron, Fe....mg	0.52		0	4		0.15	2.72	
Magnesium, Mg....mg	9	0.141	16	1		3	47	
Phosphorus, P....mg	277	6.455	16	1		79	1451	
Potassium, K....mg	72	9.520	8	1		20	377	
Sodium, Na....mg	665	4.266	8	1		189	3485	
Zinc, Zn....mg	0.25	0.004	13	1		0.07	1.31	
Copper, Cu....mg	0.056	0.003	7	1		0.016	0.293	
Manganese, Mn....mg	0.278		0	4		0.079	1.457	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.080		0	4		0.023	0.419	
Riboflavin....mg	0.060		0	4		0.017	0.314	
Niacin....mg	0.970		0	4		0.275	5.083	
Pantothenic acid....mg	0.233		0	4		0.066	1.221	
Vitamin B-6....mg	0.018		0	4		0.005	0.094	
Folate, total....mcg	9		0	4		3	47	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	9		0	4		3	47	
Folate, DFE....mcg_DFE	9		0	4		3	47	
Vitamin B-12....mcg	0.04		0	4		0.01	0.21	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.781		0	4		0.221	4.092	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.340		0	4		0.663	12.262	
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	0.038		0	4		0.011	0.199	
15:0....g								
16:0....g	1.338		0	4		0.379	7.011	
17:0....g								
18:0....g	0.970		0	4		0.275	5.083	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.092		0	4		1.160	21.442	
14:1....g								
15:1....g								

NDB No. 18419
Cake, white, dry mix, pudding-type, unenriched

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	0.002		0	4		0.001	0.010	
17:1....g								
18:1 undifferentiated....g	4.091		0	4		1.160	21.437	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.544		0	4		0.721	13.331	
18:2 undifferentiated....g	2.389		0	4		0.677	12.518	
18:3 undifferentiated....g	0.156		0	4		0.044	0.817	
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								
Amino Acids:								
Tryptophan....g	0.055		0	4		0.016	0.288	
Threonine....g	0.119		0	4		0.034	0.624	
Isoleucine....g	0.162		0	4		0.046	0.849	
Leucine....g	0.284		0	4		0.081	1.488	
Lysine....g	0.165		0	4		0.047	0.865	
Methionine....g	0.071		0	4		0.020	0.372	
Cystine....g	0.075		0	4		0.021	0.393	
Phenylalanine....g	0.183		0	4		0.052	0.959	
Tyrosine....g	0.123		0	4		0.035	0.645	
Valine....g	0.185		0	4		0.052	0.969	
Arginine....g	0.146		0	4		0.041	0.765	
Histidine....g	0.083		0	4		0.024	0.435	
Alanine....g	0.119		0	4		0.034	0.624	
Aspartic acid....g	0.184		0	4		0.052	0.964	
Glutamic acid....g	1.194		0	4		0.338	6.257	
Glycine....g	0.122		0	4		0.035	0.639	
Proline....g	0.421		0	4		0.119	2.206	
Serine....g	0.204		0	4		0.058	1.069	
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 = 28.350g: 1 oz

Measure 2 = 524.000g: 1 package (18.50 oz)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18420
Cake, yellow, dry mix, regular, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.70	0.066	86	1		1.05	19.39	
Energy....kcal	432		0	4		122	2264	
Energy....kj	1807			4		512	9471	
Protein (N x 5.9)....g	4.40	0.057	80	1		1.25	23.06	
Total lipid (fat)....g	11.60	0.225	79	1		3.29	60.78	
Ash....g	2.30	0.041	61	1		0.65	12.05	
Carbohydrate, by difference....g	78.10		0	4		22.14	409.24	
Fiber, total dietary....g	1.1		0	4		0.3	5.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	135	6.465	50	1		38	707	
Iron, Fe....mg	0.48		0	4		0.14	2.52	
Magnesium, Mg....mg	10	0.456	46	1		3	52	
Phosphorus, P....mg	310	7.955	55	1		88	1624	
Potassium, K....mg	82	5.163	27	1		23	430	
Sodium, Na....mg	657	18.708	61	1		186	3443	
Zinc, Zn....mg	0.27	0.009	43	1		0.08	1.41	
Copper, Cu....mg	0.072	0.003	37	1		0.020	0.377	
Manganese, Mn....mg	0.191	0.048	3	1		0.054	1.001	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.1	1.0	
Thiamin....mg	0.082		0	4		0.023	0.430	
Riboflavin....mg	0.049		0	4		0.014	0.257	
Niacin....mg	0.309		0	4		0.088	1.619	
Pantothenic acid....mg	0.364	0.071	4	1		0.103	1.907	
Vitamin B-6....mg	0.077		2	1		0.022	0.403	
Folate, total....mcg	9		0	4		3	47	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	9		0	4		3	47	
Folate, DFE....mcg_DFE	9		0	4		3	47	
Vitamin B-12....mcg	0.10		0	4		0.03	0.52	
Vitamin A, IU....IU	1		0	4		0	5	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	2.066		0	4		0.586	10.826	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.738		0	4		0.493	9.107	
4:0....g	0.001		0	4		0.000	0.005	
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	0.014		0	4		0.004	0.073	
15:0....g								
16:0....g	1.154		0	4		0.327	6.047	
17:0....g								
18:0....g	0.565		0	4		0.160	2.961	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.860		0	4		1.378	25.466	
14:1....g								
15:1....g								

NDB No. 18420
Cake, yellow, dry mix, regular, unenriched

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	0.047		0	4		0.013	0.246	
17:1....g								
18:1 undifferentiated....g	4.802		0	4		1.361	25.162	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	4.378		0	4		1.241	22.941	
18:2 undifferentiated....g	4.066		0	4		1.153	21.306	
18:3 undifferentiated....g	0.301		0	4		0.085	1.577	
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	2		2	1		1	10	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.061		0	4		0.017	0.320	
Threonine....g	0.137		0	4		0.039	0.718	
Isoleucine....g	0.187		0	4		0.053	0.980	
Leucine....g	0.325		0	4		0.092	1.703	
Lysine....g	0.197		0	4		0.056	1.032	
Methionine....g	0.081		0	4		0.023	0.424	
Cystine....g	0.079		0	4		0.022	0.414	
Phenylalanine....g	0.204		0	4		0.058	1.069	
Tyrosine....g	0.144		0	4		0.041	0.755	
Valine....g	0.213		0	4		0.060	1.116	
Arginine....g	0.162		0	4		0.046	0.849	
Histidine....g	0.094		0	4		0.027	0.493	
Alanine....g	0.134		0	4		0.038	0.702	
Aspartic acid....g	0.216		0	4		0.061	1.132	
Glutamic acid....g	1.288		0	4		0.365	6.749	
Glycine....g	0.132		0	4		0.037	0.692	
Proline....g	0.463		0	4		0.131	2.426	
Serine....g	0.228		0	4		0.065	1.195	
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 = 28.350g: 1 oz

Measure 2 = 524.000g: 1 package (18.50 oz)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18421
Cookies, butter, commercially prepared, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.60	0.496	9	1		1.30	0.23	
Energy....kcal	467		0	4		132	23	
Energy....kj	1954			4		554	98	
Protein (N x 5.9)....g	6.10	0.411	10	1		1.73	0.31	
Total lipid (fat)....g	18.80	0.958	14	1		5.33	0.94	
Ash....g	1.50	0.103	12	1		0.43	0.08	
Carbohydrate, by difference....g	68.90		0	4		19.53	3.45	
Fiber, total dietary....g	0.8		0	4		0.2	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	29	6.020	5	1		8	1	
Iron, Fe....mg	0.29		0	4		0.08	0.01	
Magnesium, Mg....mg	12	3.067	3	1		3	1	
Phosphorus, P....mg	102	28.864	4	1		29	5	
Potassium, K....mg	111	20.071	3	1		31	6	
Sodium, Na....mg	351	58.423	4	1		100	18	
Zinc, Zn....mg	0.38	0.060	3	1		0.11	0.02	
Copper, Cu....mg	0.200		1	1		0.057	0.010	
Manganese, Mn....mg	0.170		2	1		0.048	0.009	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.066		0	4		0.019	0.003	
Riboflavin....mg	0.071		0	4		0.020	0.004	
Niacin....mg	0.320		0	4		0.091	0.016	
Pantothenic acid....mg	0.488	0.017	8	1		0.138	0.024	
Vitamin B-6....mg	0.036	0.000	8	1		0.010	0.002	
Folate, total....mcg	6	0.138	8	1		2	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	6	0.138	8	1		2	0	
Folate, DFE....mcg_DFE	6		0	4		2	0	
Vitamin B-12....mcg	0.36		0	4		0.10	0.02	
Vitamin A, IU....IU	673		0	4		191	34	
Vitamin A, RE....mcg_RE	168		0	4		48	8	
Vitamin E....mg_ATE	0.527		0	4		0.149	0.026	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	11.051		0	4		3.133	0.553	
4:0....g	0.546		0	4		0.155	0.027	
6:0....g	0.323		0	4		0.092	0.016	
8:0....g	0.188		0	4		0.053	0.009	
10:0....g	0.422		0	4		0.120	0.021	
11:0....g								
12:0....g	0.473		0	4		0.134	0.024	
13:0....g								
14:0....g	1.700		0	4		0.482	0.085	
15:0....g								
16:0....g	4.849		0	4		1.375	0.242	
17:0....g								
18:0....g	2.179		0	4		0.618	0.109	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.522		0	4		1.565	0.276	
14:1....g								
15:1....g								

NDB No. 18421
Cookies, butter, commercially prepared, unenriched

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	0.420		0	4		0.119	0.021	
17:1....g								
18:1 undifferentiated....g	4.845		0	4		1.374	0.242	
20:1....g	0.005		0	4		0.001	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.982		0	4		0.278	0.049	
18:2 undifferentiated....g	0.681		0	4		0.193	0.034	
18:3 undifferentiated....g	0.256		0	4		0.073	0.013	
18:4....g	0.002		0	4		0.001	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.023		0	4		0.007	0.001	
20:5 n-3....g	0.011		0	4		0.003	0.001	
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.007		0	4		0.002	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	117		0	4		33	6	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.084		0	4		0.024	0.004	
Threonine....g	0.215		0	4		0.061	0.011	
Isoleucine....g	0.277		0	4		0.079	0.014	
Leucine....g	0.471		0	4		0.134	0.024	
Lysine....g	0.308		0	4		0.087	0.015	
Methionine....g	0.131		0	4		0.037	0.007	
Cystine....g	0.122		0	4		0.035	0.006	
Phenylalanine....g	0.299		0	4		0.085	0.015	
Tyrosine....g	0.211		0	4		0.060	0.011	
Valine....g	0.315		0	4		0.089	0.016	
Arginine....g	0.261		0	4		0.074	0.013	
Histidine....g	0.136		0	4		0.039	0.007	
Alanine....g	0.224		0	4		0.064	0.011	
Aspartic acid....g	0.371		0	4		0.105	0.019	
Glutamic acid....g	1.618		0	4		0.459	0.081	
Glycine....g	0.194		0	4		0.055	0.010	
Proline....g	0.566		0	4		0.160	0.028	
Serine....g	0.354		0	4		0.100	0.018	
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 = 28.350g: 1 oz

Measure 2 = 5.000g: 1 cookie

Calories Factors: **Protein** 4.2 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18422
Cookies, chocolate chip, commercially prepared, reg, higher fat, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.10	0.091	87	1		1.16	0.41	0.09
Energy....kcal	481		0	4		136	48	11
Energy....kj	2013			4		571	201	44
Protein (N x 5.8)....g	5.40	0.064	88	1		1.53	0.54	0.12
Total lipid (fat)....g	22.60	0.153	89	1		6.41	2.26	0.50
Ash....g	1.10	0.017	85	1		0.31	0.11	0.02
Carbohydrate, by difference....g	66.80		0	4		18.94	6.68	1.47
Fiber, total dietary....g	2.5		0	4		0.7	0.3	0.1
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	25	0.775	115	1		7	3	1
Iron, Fe....mg	1.00		0	4		0.28	0.10	0.02
Magnesium, Mg....mg	31	0.551	110	1		9	3	1
Phosphorus, P....mg	108	1.778	110	1		31	11	2
Potassium, K....mg	135	2.448	107	1		38	14	3
Sodium, Na....mg	315	4.625	112	1		89	32	7
Zinc, Zn....mg	0.64	0.011	107	1		0.18	0.06	0.01
Copper, Cu....mg	0.212	0.007	105	1		0.060	0.021	0.005
Manganese, Mn....mg	0.449	0.009	102	1		0.127	0.045	0.010
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	1		0.0	0.0	0.0
Thiamin....mg	0.059		0	4		0.017	0.006	0.001
Riboflavin....mg	0.060		0	4		0.017	0.006	0.001
Niacin....mg	0.473		0	4		0.134	0.047	0.010
Pantothenic acid....mg	0.229		2	1		0.065	0.023	0.005
Vitamin B-6....mg	0.056		1	1		0.016	0.006	0.001
Folate, total....mcg	9	0.102	3	1		3	1	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	9	0.102	3	1		3	1	0
Folate, DFE....mcg_DFE	9		0	4		3	1	0
Vitamin B-12....mcg	0.01		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	4		0	4		1	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	2.574		0	4		0.730	0.257	0.057
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.476		0	4		2.119	0.748	0.164
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g	0.010		0	4		0.003	0.001	0.000
13:0....g								
14:0....g	0.112		0	4		0.032	0.011	0.002
15:0....g								
16:0....g	0.594		0	4		0.168	0.059	0.013
17:0....g								
18:0....g	3.697		0	4		1.048	0.370	0.081
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.671		0	4		3.309	1.167	0.257
14:1....g								
15:1....g								

NDB No. 18422

Cookies, chocolate chip, commercially prepared, reg, higher fat, unenriched

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	0.017		0	4		0.005	0.002	0.000
17:1....g								
18:1 undifferentiated....g	11.656		0	4		3.304	1.166	0.256
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.367		0	4		0.671	0.237	0.052
18:2 undifferentiated....g	2.246		0	4		0.637	0.225	0.049
18:3 undifferentiated....g	0.122		0	4		0.035	0.012	0.003
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								
Amino Acids:								
Tryptophan....g	0.073		0	4		0.021	0.007	0.002
Threonine....g	0.168		0	4		0.048	0.017	0.004
Isoleucine....g	0.222		0	4		0.063	0.022	0.005
Leucine....g	0.396		0	4		0.112	0.040	0.009
Lysine....g	0.219		0	4		0.062	0.022	0.005
Methionine....g	0.095		0	4		0.027	0.010	0.002
Cystine....g	0.095		0	4		0.027	0.010	0.002
Phenylalanine....g	0.261		0	4		0.074	0.026	0.006
Tyrosine....g	0.173		0	4		0.049	0.017	0.004
Valine....g	0.261		0	4		0.074	0.026	0.006
Arginine....g	0.191		0	4		0.054	0.019	0.004
Histidine....g	0.102		0	4		0.029	0.010	0.002
Alanine....g	0.168		0	4		0.048	0.017	0.004
Aspartic acid....g	0.277		0	4		0.079	0.028	0.006
Glutamic acid....g	1.602		0	4		0.454	0.160	0.035
Glycine....g	0.168		0	4		0.048	0.017	0.004
Proline....g	0.557		0	4		0.158	0.056	0.012
Serine....g	0.272		0	4		0.077	0.027	0.006
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	11		0	4		3	1	0
Theobromine....mg	83		0	4		24	8	2

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 = 28.350g: 1 oz

Measure 2 = 10.000g: 1 cookie, medium (2-1/4" dia)

Measure 3 = 2.200g: 1 cookie, bite size (include Mini Chips Ahoy!)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18423
Cookies, ladyfingers, without lemon juice and rind

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	19.50		0	1		5.53	2.54	4.68
Energy....kcal	365		0	4		103	47	88
Energy....kj	1527			4		433	199	367
Protein (N x 0)....g	10.60		0	1		3.01	1.38	2.54
Total lipid (fat)....g	9.10		0	1		2.58	1.18	2.18
Ash....g	1.10		0	1		0.31	0.14	0.26
Carbohydrate, by difference....g	59.70		0	4		16.92	7.76	14.33
Fiber, total dietary....g	1.0		0	4		0.3	0.1	0.2
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	47		0	1		13	6	11
Iron, Fe....mg	3.58		0	1		1.01	0.47	0.86
Magnesium, Mg....mg	12		0	1		3	2	3
Phosphorus, P....mg	173		0	1		49	22	42
Potassium, K....mg	113		0	1		32	15	27
Sodium, Na....mg	147		0	1		42	19	35
Zinc, Zn....mg	1.14		0	1		0.32	0.15	0.27
Copper, Cu....mg	0.095		0	1		0.027	0.012	0.023
Manganese, Mn....mg	0.240		0	1		0.068	0.031	0.058
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.284		0	1		0.081	0.037	0.068
Riboflavin....mg	0.428		0	1		0.121	0.056	0.103
Niacin....mg	2.104		0	1		0.596	0.274	0.505
Pantothenic acid....mg	1.116		0	1		0.316	0.145	0.268
Vitamin B-6....mg	0.122		0	1		0.035	0.016	0.029
Folate, total....mcg	77		0	4		22	10	18
Folic acid....mcg	40		0	4		11	5	10
Folate, food....mcg	37		0	1		10	5	9
Folate, DFE....mcg_DFE	105		0	4		30	14	25
Vitamin B-12....mcg	0.75		0	1		0.21	0.10	0.18
Vitamin A, IU....IU	556		0	1		158	72	133
Vitamin A, RE....mcg_RE	167		0	1		47	22	40
Vitamin E....mg_ATE	1.282		0	4		0.363	0.167	0.308
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.477		0	4		0.986	0.452	0.834
4:0....g								
6:0....g								
8:0....g	0.003		0	1		0.001	0.000	0.001
10:0....g	0.003		0	1		0.001	0.000	0.001
11:0....g								
12:0....g	0.003		0	1		0.001	0.000	0.001
13:0....g								
14:0....g	0.038		0	4		0.011	0.005	0.009
15:0....g								
16:0....g	2.503		0	4		0.710	0.325	0.601
17:0....g								
18:0....g	0.873		0	4		0.247	0.113	0.210
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.253		0	4		1.206	0.553	1.021
14:1....g								
15:1....g								

NDB No. 18423
Cookies, ladyfingers, without lemon juice and rind

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	0.332		0	4		0.094	0.043	0.080
17:1....g								
18:1 undifferentiated....g	3.877		0	4		1.099	0.504	0.930
20:1....g	0.031		0	4		0.009	0.004	0.007
22:1 undifferentiated....g	0.003		0	1		0.001	0.000	0.001
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.611		0	4		0.457	0.209	0.387
18:2 undifferentiated....g	1.366		0	4		0.387	0.178	0.328
18:3 undifferentiated....g	0.043		0	4		0.012	0.006	0.010
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.158		0	4		0.045	0.021	0.038
20:5 n-3....g	0.004		0	4		0.001	0.001	0.001
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.041		0	4		0.012	0.005	0.010
Fatty acids, total trans....g								
Cholesterol....mg	365		0	1		103	47	88
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.133		0	1		0.038	0.017	0.032
Threonine....g	0.467		0	1		0.132	0.061	0.112
Isoleucine....g	0.516		0	1		0.146	0.067	0.124
Leucine....g	0.861		0	1		0.244	0.112	0.207
Lysine....g	0.679		0	1		0.192	0.088	0.163
Methionine....g	0.268		0	1		0.076	0.035	0.064
Cystine....g	0.224		0	1		0.064	0.029	0.054
Phenylalanine....g	0.511		0	1		0.145	0.066	0.123
Tyrosine....g	0.408		0	1		0.116	0.053	0.098
Valine....g	0.579		0	1		0.164	0.075	0.139
Arginine....g	0.610		0	1		0.173	0.079	0.146
Histidine....g	0.248		0	1		0.070	0.032	0.060
Alanine....g	0.502		0	1		0.142	0.065	0.120
Aspartic acid....g	0.888		0	1		0.252	0.115	0.213
Glutamic acid....g	1.920		0	1		0.544	0.250	0.461
Glycine....g	0.346		0	1		0.098	0.045	0.083
Proline....g	0.625		0	1		0.177	0.081	0.150
Serine....g	0.761		0	1		0.216	0.099	0.183
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 = 28.350g: 1 oz

Measure 2 = 13.000g: 1 anisette sponge (4" x 1-1/8" x 7/8")

Measure 3 = 24.000g: 1 breakfast treat (approx 4" x 2" x 7/8")

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

Food Group: 18 Baked Products

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

NDB No. 18424
Crackers, melba toast, plain, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	5.10	0.196	16	1		3.57	1.53	1.68
Energy....kcal	390		0	4		273	117	129
Energy....kj	1632			4		1142	490	538
Protein (N x 5.7)....g	12.10	0.387	15	1		8.47	3.63	3.99
Total lipid (fat)....g	3.20	0.429	11	1		2.24	0.96	1.06
Ash....g	3.00	0.154	13	1		2.10	0.90	0.99
Carbohydrate, by difference....g	76.60		0	4		53.62	22.98	25.28
Fiber, total dietary....g	6.3		0	4		4.4	1.9	2.1
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	93	14.161	15	1		65	28	31
Iron, Fe....mg	3.70	0.408	10	1		2.59	1.11	1.22
Magnesium, Mg....mg	59	6.585	8	1		41	18	19
Phosphorus, P....mg	196	7.975	12	1		137	59	65
Potassium, K....mg	202	10.786	13	1		141	61	67
Sodium, Na....mg	19		0	4		13	6	6
Zinc, Zn....mg	2.01	0.295	7	1		1.41	0.60	0.66
Copper, Cu....mg	0.289	0.054	7	1		0.202	0.087	0.095
Manganese, Mn....mg	1.130	0.154	4	1		0.791	0.339	0.373
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.413	0.045	16	1		0.289	0.124	0.136
Riboflavin....mg	0.273	0.018	16	1		0.191	0.082	0.090
Niacin....mg	4.113	0.414	16	1		2.879	1.234	1.357
Pantothenic acid....mg	0.693	0.036	12	1		0.485	0.208	0.229
Vitamin B-6....mg	0.098	0.007	10	1		0.069	0.029	0.032
Folate, total....mcg	124		0	4		87	37	41
Folic acid....mcg	98		0	4		69	29	32
Folate, food....mcg	26	1.382	8	1		18	8	9
Folate, DFE....mcg_DFE	193		0	4		135	58	64
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	0.056		0	4		0.039	0.017	0.018
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.445		0	4		0.312	0.134	0.147
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	0.002		0	4		0.001	0.001	0.001
15:0....g								
16:0....g	0.355		0	4		0.249	0.107	0.117
17:0....g								
18:0....g	0.088		0	4		0.062	0.026	0.029
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.782		0	4		0.547	0.235	0.258
14:1....g								
15:1....g								

NDB No. 18424
Crackers, melba toast, plain, 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
16:1 undifferentiated....g	0.020		0	4		0.014	0.006	0.007
17:1....g								
18:1 undifferentiated....g	0.762		0	4		0.533	0.229	0.251
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	1.282		0	4		0.897	0.385	0.423
18:2 undifferentiated....g	1.210		0	4		0.847	0.363	0.399
18:3 undifferentiated....g	0.071		0	4		0.050	0.021	0.023
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								
Amino Acids:								
Tryptophan....g	0.140		0	4		0.098	0.042	0.046
Threonine....g	0.342		0	4		0.239	0.103	0.113
Isoleucine....g	0.462		0	4		0.323	0.139	0.152
Leucine....g	0.844		0	4		0.591	0.253	0.279
Lysine....g	0.280		0	4		0.196	0.084	0.092
Methionine....g	0.214		0	4		0.150	0.064	0.071
Cystine....g	0.265		0	4		0.186	0.080	0.087
Phenylalanine....g	0.596		0	4		0.417	0.179	0.197
Tyrosine....g	0.339		0	4		0.237	0.102	0.112
Valine....g	0.520		0	4		0.364	0.156	0.172
Arginine....g	0.435		0	4		0.305	0.131	0.144
Histidine....g	0.261		0	4		0.183	0.078	0.086
Alanine....g	0.395		0	4		0.277	0.119	0.130
Aspartic acid....g	0.532		0	4		0.372	0.160	0.176
Glutamic acid....g	4.086		0	4		2.860	1.226	1.348
Glycine....g	0.424		0	4		0.297	0.127	0.140
Proline....g	1.366		0	4		0.956	0.410	0.451
Serine....g	0.586		0	4		0.410	0.176	0.193
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 = 70.000g: 1 cup, crushed

Measure 2 = 30.000g: 1 cup pieces

Measure 3 = 33.000g: 1 cup, rounds

Calories Factors: **Protein** 4 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

NDB No. 18425
Crackers, saltines, low salt (includes oyster, soda, soup)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.10	0.082	176	1		1.85	0.12	0.41
Energy....kcal	434		0	4		195	13	43
Energy....kj	1816			4		817	54	182
Protein (N x 5.7)....g	9.20	0.056	155	1		4.14	0.28	0.92
Total lipid (fat)....g	11.80	0.142	161	1		5.31	0.35	1.18
Ash....g	3.30	0.080	153	1		1.49	0.10	0.33
Carbohydrate, by difference....g	71.50		0	4		32.18	2.15	7.15
Fiber, total dietary....g	3.0		0	4		1.4	0.1	0.3
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	119	5.322	162	1		54	4	12
Iron, Fe....mg	5.40	0.080	171	1		2.43	0.16	0.54
Magnesium, Mg....mg	27	0.355	162	1		12	1	3
Phosphorus, P....mg	105	1.525	165	1		47	3	11
Potassium, K....mg	724		0	4		326	22	72
Sodium, Na....mg	636		0	4		286	19	64
Zinc, Zn....mg	0.77	0.011	161	1		0.35	0.02	0.08
Copper, Cu....mg	0.199	0.007	163	1		0.090	0.006	0.020
Manganese, Mn....mg	0.695	0.009	142	1		0.313	0.021	0.070
Selenium, Se....mcg	19.6		0	4		8.8	0.6	2.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.565	0.016	128	1		0.254	0.017	0.057
Riboflavin....mg	0.462	0.006	129	1		0.208	0.014	0.046
Niacin....mg	5.249	0.072	131	1		2.362	0.157	0.525
Pantothenic acid....mg	0.456	0.101	7	1		0.205	0.014	0.046
Vitamin B-6....mg	0.038	0.004	5	1		0.017	0.001	0.004
Folate, total....mcg	124		0	4		56	4	12
Folic acid....mcg	93		0	4		42	3	9
Folate, food....mcg	31		2	1		14	1	3
Folate, DFE....mcg_DFE	189		0	4		85	6	19
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	1.554		0	4		0.699	0.047	0.155
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.932		0	4		1.319	0.088	0.293
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	0.055		0	4		0.025	0.002	0.006
15:0....g								
16:0....g	1.545		0	4		0.695	0.046	0.155
17:0....g								
18:0....g	1.329		0	4		0.598	0.040	0.133
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.422		0	4		2.890	0.193	0.642
14:1....g								
15:1....g								

NDB No. 18425
Crackers, saltines, low salt (includes oyster, soda, soup)

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	0.005		0	4		0.002	0.000	0.001
17:1....g								
18:1 undifferentiated....g	6.417		0	4		2.888	0.193	0.642
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	1.679		0	4		0.756	0.050	0.168
18:2 undifferentiated....g	1.593		0	4		0.717	0.048	0.159
18:3 undifferentiated....g	0.086		0	4		0.039	0.003	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	0.000	9	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.122		0	4		0.055	0.004	0.012
Threonine....g	0.256		0	4		0.115	0.008	0.026
Isoleucine....g	0.334		0	4		0.150	0.010	0.033
Leucine....g	0.632		0	4		0.284	0.019	0.063
Lysine....g	0.258		0	4		0.116	0.008	0.026
Methionine....g	0.159		0	4		0.072	0.005	0.016
Cystine....g	0.198		0	4		0.089	0.006	0.020
Phenylalanine....g	0.452		0	4		0.203	0.014	0.045
Tyrosine....g	0.274		0	4		0.123	0.008	0.027
Valine....g	0.387		0	4		0.174	0.012	0.039
Arginine....g	0.366		0	4		0.165	0.011	0.037
Histidine....g	0.198		0	4		0.089	0.006	0.020
Alanine....g	0.292		0	4		0.131	0.009	0.029
Aspartic acid....g	0.394		0	4		0.177	0.012	0.039
Glutamic acid....g	3.066		0	4		1.380	0.092	0.307
Glycine....g	0.324		0	4		0.146	0.010	0.032
Proline....g	1.046		0	4		0.471	0.031	0.105
Serine....g	0.472		0	4		0.212	0.014	0.047
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 = 45.000g: 1 cup oyster crackers

Measure 2 = 3.000g: 1 cracker

Measure 3 = 10.000g: 1 cracker, round large

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18426
Crackers, saltines, unsalted tops (includes oyster, soda, soup)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.10	0.082	176	1		0.12	0.58	
Energy....kcal	434		0	4		13	62	
Energy....kj	1816			4		54	257	
Protein (N x 5.7)....g	9.20	0.056	155	1		0.28	1.30	
Total lipid (fat)....g	11.80	0.142	161	1		0.35	1.67	
Ash....g	3.30	0.080	153	1		0.10	0.47	
Carbohydrate, by difference....g	71.50		0	4		2.15	10.14	
Fiber, total dietary....g	3.0		0	4		0.1	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	119	5.322	162	1		4	17	
Iron, Fe....mg	5.40	0.080	171	1		0.16	0.77	
Magnesium, Mg....mg	27	0.355	162	1		1	4	
Phosphorus, P....mg	105	1.525	165	1		3	15	
Potassium, K....mg	128	1.697	166	1		4	18	
Sodium, Na....mg	766		0	4		23	109	
Zinc, Zn....mg	0.77	0.011	161	1		0.02	0.11	
Copper, Cu....mg	0.199	0.007	163	1		0.006	0.028	
Manganese, Mn....mg	0.695	0.009	142	1		0.021	0.099	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.565	0.016	128	1		0.017	0.080	
Riboflavin....mg	0.462	0.006	129	1		0.014	0.065	
Niacin....mg	5.249	0.072	131	1		0.157	0.744	
Pantothenic acid....mg	0.456	0.101	7	1		0.014	0.065	
Vitamin B-6....mg	0.038	0.004	5	1		0.001	0.005	
Folate, total....mcg	124		0	4		4	18	
Folic acid....mcg	93		0	4		3	13	
Folate, food....mcg	31		2	1		1	4	
Folate, DFE....mcg_DFE	189		0	4		6	27	
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	1.554		0	4		0.047	0.220	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.932		0	4		0.088	0.416	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g	0.055		0	4		0.002	0.008	
15:0....g								
16:0....g	1.545		0	4		0.046	0.219	
17:0....g								
18:0....g	1.329		0	4		0.040	0.188	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.422		0	4		0.193	0.910	
14:1....g								
15:1....g								

NDB No. 18426
Crackers, saltines, unsalted tops (includes oyster, soda, soup)

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	0.005		0	4		0.000	0.001	
17:1....g								
18:1 undifferentiated....g	6.417		0	4		0.193	0.910	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.679		0	4		0.050	0.238	
18:2 undifferentiated....g	1.593		0	4		0.048	0.226	
18:3 undifferentiated....g	0.086		0	4		0.003	0.012	
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	0.000	9	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.122		0	4		0.004	0.017	
Threonine....g	0.256		0	4		0.008	0.036	
Isoleucine....g	0.334		0	4		0.010	0.047	
Leucine....g	0.632		0	4		0.019	0.090	
Lysine....g	0.258		0	4		0.008	0.037	
Methionine....g	0.159		0	4		0.005	0.023	
Cystine....g	0.198		0	4		0.006	0.028	
Phenylalanine....g	0.452		0	4		0.014	0.064	
Tyrosine....g	0.274		0	4		0.008	0.039	
Valine....g	0.387		0	4		0.012	0.055	
Arginine....g	0.366		0	4		0.011	0.052	
Histidine....g	0.198		0	4		0.006	0.028	
Alanine....g	0.292		0	4		0.009	0.041	
Aspartic acid....g	0.394		0	4		0.012	0.056	
Glutamic acid....g	3.066		0	4		0.092	0.435	
Glycine....g	0.324		0	4		0.010	0.046	
Proline....g	1.046		0	4		0.031	0.148	
Serine....g	0.472		0	4		0.014	0.067	
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 = 3.000g: 1 cracker

Measure 2 = 14.175g: .5 oz

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18427
Crackers, standard snack-type, regular, low salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.50	0.078	157	1		2.17	2.52	0.02
Energy....kcal	502		0	4		311	361	3
Energy....kj	2100			4		1302	1512	13
Protein (N x 5.7)....g	7.40	0.093	159	1		4.59	5.33	0.04
Total lipid (fat)....g	25.30	0.329	169	1		15.69	18.22	0.15
Ash....g	2.80	0.056	149	1		1.74	2.02	0.02
Carbohydrate, by difference....g	61.00		0	4		37.82	43.92	0.37
Fiber, total dietary....g	1.6		0	4		1.0	1.2	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	120	3.998	145	1		74	86	1
Iron, Fe....mg	3.60	0.056	147	1		2.23	2.59	0.02
Magnesium, Mg....mg	27	1.161	137	1		17	19	0
Phosphorus, P....mg	228	6.627	139	1		141	164	1
Potassium, K....mg	355		0	4		220	256	2
Sodium, Na....mg	373		0	4		231	269	2
Zinc, Zn....mg	0.68	0.021	143	1		0.42	0.49	0.00
Copper, Cu....mg	0.213	0.011	138	1		0.132	0.153	0.001
Manganese, Mn....mg	0.556	0.014	123	1		0.345	0.400	0.003
Selenium, Se....mcg	6.6	0.653	6	1		4.1	4.8	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.408	0.009	129	1		0.253	0.294	0.002
Riboflavin....mg	0.342	0.006	131	1		0.212	0.246	0.002
Niacin....mg	4.048	0.048	133	1		2.510	2.915	0.024
Pantothenic acid....mg	0.271	0.028	5	1		0.168	0.195	0.002
Vitamin B-6....mg	0.053	0.003	3	1		0.033	0.038	0.000
Folate, total....mcg	77		0	4		48	55	0
Folic acid....mcg	63		0	4		39	45	0
Folate, food....mcg	14	0.006	3	1		9	10	0
Folate, DFE....mcg_DFE	121		0	4		75	87	1
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	4.518		0	4		2.801	3.253	0.027
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.776		0	4		2.341	2.719	0.023
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	0.025		0	4		0.016	0.018	0.000
15:0....g								
16:0....g	2.516		0	4		1.560	1.812	0.015
17:0....g								
18:0....g	1.235		0	4		0.766	0.889	0.007
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.640		0	4		6.597	7.661	0.064
14:1....g								
15:1....g								

NDB No. 18427
Crackers, standard snack-type, regular, low 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
16:1 undifferentiated....g	0.098		0	4		0.061	0.071	0.001
17:1....g								
18:1 undifferentiated....g	10.517		0	4		6.521	7.572	0.063
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	9.545		0	4		5.918	6.872	0.057
18:2 undifferentiated....g	8.865		0	4		5.496	6.383	0.053
18:3 undifferentiated....g	0.655		0	4		0.406	0.472	0.004
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	0.000	7	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.091		0	4		0.056	0.066	0.001
Threonine....g	0.202		0	4		0.125	0.145	0.001
Isoleucine....g	0.255		0	4		0.158	0.184	0.002
Leucine....g	0.507		0	4		0.314	0.365	0.003
Lysine....g	0.164		0	4		0.102	0.118	0.001
Methionine....g	0.131		0	4		0.081	0.094	0.001
Cystine....g	0.157		0	4		0.097	0.113	0.001
Phenylalanine....g	0.371		0	4		0.230	0.267	0.002
Tyrosine....g	0.223		0	4		0.138	0.161	0.001
Valine....g	0.296		0	4		0.184	0.213	0.002
Arginine....g	0.298		0	4		0.185	0.215	0.002
Histidine....g	0.164		0	4		0.102	0.118	0.001
Alanine....g	0.238		0	4		0.148	0.171	0.001
Aspartic acid....g	0.313		0	4		0.194	0.225	0.002
Glutamic acid....g	2.475		0	4		1.535	1.782	0.015
Glycine....g	0.265		0	4		0.164	0.191	0.002
Proline....g	0.854		0	4		0.529	0.615	0.005
Serine....g	0.367		0	4		0.228	0.264	0.002
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 = 62.000g: 1 cup, bite size

Measure 2 = 72.000g: 1 cup, crushed

Measure 3 = 0.600g: 1 cracker, bite size

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18428
Crackers, wheat, low 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	3.10	0.095	57	1		0.09		
Energy....kcal	473		0	4		14		
Energy....kj	1979			4		59		
Protein (N x 5.8)....g	8.60	0.190	58	1		0.26		
Total lipid (fat)....g	20.60	0.403	56	1		0.62		
Ash....g	2.80	0.091	55	1		0.08		
Carbohydrate, by difference....g	64.90		0	4		1.95		
Fiber, total dietary....g	4.5		0	4		0.1		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	49	4.931	55	1		1		
Iron, Fe....mg	4.40	0.106	56	1		0.13		
Magnesium, Mg....mg	62	1.667	52	1		2		
Phosphorus, P....mg	220	9.705	53	1		7		
Potassium, K....mg	203		0	4		6		
Sodium, Na....mg	283		0	4		8		
Zinc, Zn....mg	1.60	0.067	52	1		0.05		
Copper, Cu....mg	0.318	0.027	52	1		0.010		
Manganese, Mn....mg	1.781	0.070	46	1		0.053		
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0		
Thiamin....mg	0.505	0.015	54	1		0.015		
Riboflavin....mg	0.327	0.014	55	1		0.010		
Niacin....mg	4.961	0.140	55	1		0.149		
Pantothenic acid....mg	0.522	0.151	3	1		0.016		
Vitamin B-6....mg	0.136		2	1		0.004		
Folate, total....mcg	44		0	4		1		
Folic acid....mcg	26		0	4		1		
Folate, food....mcg	18		1	1		1		
Folate, DFE....mcg_DFE	62		0	4		2		
Vitamin B-12....mcg	0.00		0	4		0.00		
Vitamin A, IU....IU	0		0	4		0		
Vitamin A, RE....mcg_RE	0		0	4		0		
Vitamin E....mg_ATE	3.227		0	4		0.097		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.178		0	4		0.155		
4:0....g	0.000		0	4		0.000		
6:0....g	0.000		0	4		0.000		
8:0....g	0.008		0	4		0.000		
10:0....g	0.000		0	4		0.000		
11:0....g								
12:0....g	0.000		0	4		0.000		
13:0....g								
14:0....g	0.099		0	4		0.003		
15:0....g								
16:0....g	2.693		0	4		0.081		
17:0....g								
18:0....g	2.371		0	4		0.071		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.448		0	4		0.343		
14:1....g								
15:1....g								

NDB No. 18428
Crackers, wheat, low 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
16:1 undifferentiated....g	0.006		0	4		0.000		
17:1....g								
18:1 undifferentiated....g	11.442		0	4		0.343		
20:1....g	0.000		0	4		0.000		
22:1 undifferentiated....g	0.000		0	4		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.796		0	4		0.084		
18:2 undifferentiated....g	2.653		0	4		0.080		
18:3 undifferentiated....g	0.140		0	4		0.004		
18:4....g	0.000		0	4		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.001		0	4		0.000		
20:5 n-3....g	0.000		0	4		0.000		
22:2....g								
22:5 n-3....g	0.000		0	4		0.000		
22:6 n-3....g	0.000		0	4		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		2	1		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.124		0	4		0.004		
Threonine....g	0.242		0	4		0.007		
Isoleucine....g	0.314		0	4		0.009		
Leucine....g	0.582		0	4		0.017		
Lysine....g	0.236		0	4		0.007		
Methionine....g	0.138		0	4		0.004		
Cystine....g	0.193		0	4		0.006		
Phenylalanine....g	0.412		0	4		0.012		
Tyrosine....g	0.250		0	4		0.008		
Valine....g	0.375		0	4		0.011		
Arginine....g	0.375		0	4		0.011		
Histidine....g	0.193		0	4		0.006		
Alanine....g	0.289		0	4		0.009		
Aspartic acid....g	0.406		0	4		0.012		
Glutamic acid....g	2.765		0	4		0.083		
Glycine....g	0.328		0	4		0.010		
Proline....g	0.925		0	4		0.028		
Serine....g	0.418		0	4		0.013		
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 = 3.000g: 1 cup, crushed

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18429
Crackers, whole-wheat, low salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	2.70	0.170	34	1		2.54	0.11	0.11
Energy....kcal	443		0	4		416	18	18
Energy....kj	1854			4		1742	74	74
Protein (N x 5.8)....g	8.80	0.309	16	1		8.27	0.35	0.35
Total lipid (fat)....g	17.20	0.532	23	1		16.17	0.69	0.69
Ash....g	2.70	0.131	18	1		2.54	0.11	0.11
Carbohydrate, by difference....g	68.60		0	4		64.48	2.74	2.74
Fiber, total dietary....g	10.5		0	4		9.9	0.4	0.4
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	50	7.806	24	1		47	2	2
Iron, Fe....mg	3.08	0.199	24	1		2.90	0.12	0.12
Magnesium, Mg....mg	99	2.966	24	1		93	4	4
Phosphorus, P....mg	295	9.701	23	1		277	12	12
Potassium, K....mg	297	9.566	24	1		279	12	12
Sodium, Na....mg	247		0	4		232	10	10
Zinc, Zn....mg	2.15	0.074	26	1		2.02	0.09	0.09
Copper, Cu....mg	0.444	0.032	25	1		0.417	0.018	0.018
Manganese, Mn....mg	2.247	0.102	21	1		2.112	0.090	0.090
Selenium, Se....mcg	14.7	7.683	5	1		13.8	0.6	0.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.201	0.007	21	1		0.189	0.008	0.008
Riboflavin....mg	0.100	0.018	22	1		0.094	0.004	0.004
Niacin....mg	4.519	0.103	15	1		4.248	0.181	0.181
Pantothenic acid....mg	0.813	0.026	10	1		0.764	0.033	0.033
Vitamin B-6....mg	0.183	0.005	9	1		0.172	0.007	0.007
Folate, total....mcg	28	0.403	8	1		26	1	1
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	28	0.403	8	1		26	1	1
Folate, DFE....mcg_DFE	28		0	4		26	1	1
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	1.110		0	4		1.043	0.044	0.044
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.393		0	4		3.189	0.136	0.136
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	0.016		0	4		0.015	0.001	0.001
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	0.003		0	4		0.003	0.000	0.000
15:0....g								
16:0....g	1.744		0	4		1.639	0.070	0.070
17:0....g								
18:0....g	1.617		0	4		1.520	0.065	0.065
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.880		0	4		5.527	0.235	0.235
14:1....g								
15:1....g								

NDB No. 18429
Crackers, whole-wheat, low 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
16:1 undifferentiated....g	0.012		0	4		0.011	0.000	0.000
17:1....g								
18:1 undifferentiated....g	5.868		0	4		5.516	0.235	0.235
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	6.596		0	4		6.200	0.264	0.264
18:2 undifferentiated....g	6.218		0	4		5.845	0.249	0.249
18:3 undifferentiated....g	0.376		0	4		0.353	0.015	0.015
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	0.002		0	4		0.002	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								
Amino Acids:								
Tryptophan....g	0.137		0	4		0.129	0.005	0.005
Threonine....g	0.256		0	4		0.241	0.010	0.010
Isoleucine....g	0.329		0	4		0.309	0.013	0.013
Leucine....g	0.600		0	4		0.564	0.024	0.024
Lysine....g	0.245		0	4		0.230	0.010	0.010
Methionine....g	0.137		0	4		0.129	0.005	0.005
Cystine....g	0.206		0	4		0.194	0.008	0.008
Phenylalanine....g	0.419		0	4		0.394	0.017	0.017
Tyrosine....g	0.259		0	4		0.243	0.010	0.010
Valine....g	0.401		0	4		0.377	0.016	0.016
Arginine....g	0.416		0	4		0.391	0.017	0.017
Histidine....g	0.206		0	4		0.194	0.008	0.008
Alanine....g	0.315		0	4		0.296	0.013	0.013
Aspartic acid....g	0.456		0	4		0.429	0.018	0.018
Glutamic acid....g	2.804		0	4		2.636	0.112	0.112
Glycine....g	0.358		0	4		0.337	0.014	0.014
Proline....g	0.922		0	4		0.867	0.037	0.037
Serine....g	0.419		0	4		0.394	0.017	0.017
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 = 94.000g: 1 cup, crushed

Measure 2 = 4.000g: 1 cracker

Measure 3 = 4.000g: 1 cracker, square

Calories Factors: **Protein** 3.6 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18430
Danish pastry, cinnamon, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	24.30	1.535	3	1		6.89	34.51	8.51
Energy....kcal	403		0	4		114	572	141
Energy....kj	1686			4		478	2394	590
Protein (N x 5.9)....g	7.00	0.511	3	1		1.98	9.94	2.45
Total lipid (fat)....g	22.40	1.634	3	1		6.35	31.81	7.84
Ash....g	1.70	0.103	5	1		0.48	2.41	0.60
Carbohydrate, by difference....g	44.60		0	4		12.64	63.33	15.61
Fiber, total dietary....g	1.2		0	4		0.3	1.7	0.4
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	71	5.973	30	1		20	101	25
Iron, Fe....mg	0.78		0	4		0.22	1.11	0.27
Magnesium, Mg....mg	19	0.467	31	1		5	27	7
Phosphorus, P....mg	107	3.843	30	1		30	152	37
Potassium, K....mg	125	4.168	29	1		35	178	44
Sodium, Na....mg	371	8.862	31	1		105	527	130
Zinc, Zn....mg	0.72	0.027	31	1		0.20	1.02	0.25
Copper, Cu....mg	0.100	0.005	30	1		0.028	0.142	0.035
Manganese, Mn....mg	0.362	0.017	30	1		0.103	0.514	0.127
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.1	0.3	0.1
Thiamin....mg	0.180		0	4		0.051	0.256	0.063
Riboflavin....mg	0.100		0	4		0.028	0.142	0.035
Niacin....mg	1.100		0	4		0.312	1.562	0.385
Pantothenic acid....mg	0.396		0	4		0.112	0.562	0.139
Vitamin B-6....mg	0.038		0	4		0.011	0.054	0.013
Folate, total....mcg	33		0	4		9	47	12
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	33		0	4		9	47	12
Folate, DFE....mcg_DFE	33		0	4		9	47	12
Vitamin B-12....mcg	0.10		0	4		0.03	0.14	0.04
Vitamin A, IU....IU	12		0	4		3	17	4
Vitamin A, RE....mcg_RE	3		0	4		1	4	1
Vitamin E....mg_ATE	2.972		0	4		0.843	4.220	1.040
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.681		0	4		1.611	8.067	1.988
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	0.109		0	4		0.031	0.155	0.038
15:0....g								
16:0....g	2.961		0	4		0.839	4.205	1.036
17:0....g								
18:0....g	2.602		0	4		0.738	3.695	0.911
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	12.515		0	4		3.548	17.771	4.380
14:1....g								
15:1....g								

NDB No. 18430
Danish pastry, cinnamon, unenriched

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	0.022		0	4		0.006	0.031	0.008
17:1....g								
18:1 undifferentiated....g	12.491		0	4		3.541	17.737	4.372
20:1....g	0.001		0	4		0.000	0.001	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	2.933		0	4		0.832	4.165	1.027
18:2 undifferentiated....g	2.772		0	4		0.786	3.936	0.970
18:3 undifferentiated....g	0.148		0	4		0.042	0.210	0.052
18:4....g	0.001		0	4		0.000	0.001	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.007		0	4		0.002	0.010	0.002
20:5 n-3....g	0.003		0	4		0.001	0.004	0.001
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.002		0	4		0.001	0.003	0.001
Fatty acids, total trans....g								
Cholesterol....mg	21		0	4		6	30	7
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.084		0	4		0.024	0.119	0.029
Threonine....g	0.245		0	4		0.069	0.348	0.086
Isoleucine....g	0.310		0	4		0.088	0.440	0.109
Leucine....g	0.532		0	4		0.151	0.755	0.186
Lysine....g	0.296		0	4		0.084	0.420	0.104
Methionine....g	0.139		0	4		0.039	0.197	0.049
Cystine....g	0.139		0	4		0.039	0.197	0.049
Phenylalanine....g	0.348		0	4		0.099	0.494	0.122
Tyrosine....g	0.233		0	4		0.066	0.331	0.082
Valine....g	0.344		0	4		0.098	0.488	0.120
Arginine....g	0.312		0	4		0.088	0.443	0.109
Histidine....g	0.160		0	4		0.045	0.227	0.056
Alanine....g	0.274		0	4		0.078	0.389	0.096
Aspartic acid....g	0.463		0	4		0.131	0.657	0.162
Glutamic acid....g	1.882		0	4		0.534	2.672	0.659
Glycine....g	0.245		0	4		0.069	0.348	0.086
Proline....g	0.637		0	4		0.181	0.905	0.223
Serine....g	0.376		0	4		0.107	0.534	0.132
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 = 28.350g: 1 oz

Measure 2 = 142.000g: 1 large (approx 7" dia)

Measure 3 = 35.000g: 1 small or frozen (approx 3" dia)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18431
Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	27.10	1.256	18	1		7.68	38.48	9.49
Energy....kcal	371		0	4		105	527	130
Energy....kj	1552			4		440	2204	543
Protein (N x 5.8)....g	5.40	0.230	18	1		1.53	7.67	1.89
Total lipid (fat)....g	18.50	0.710	15	1		5.24	26.27	6.48
Ash....g	1.20	0.040	18	1		0.34	1.70	0.42
Carbohydrate, by difference....g	47.80		0	4		13.55	67.88	16.73
Fiber, total dietary....g	1.9		0	4		0.5	2.7	0.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	46	9.200	16	1		13	65	16
Iron, Fe....mg	0.75		0	4		0.21	1.07	0.26
Magnesium, Mg....mg	15	0.643	15	1		4	21	5
Phosphorus, P....mg	89	8.600	15	1		25	126	31
Potassium, K....mg	83	6.753	11	1		24	118	29
Sodium, Na....mg	354	6.785	16	1		100	503	124
Zinc, Zn....mg	0.54	0.020	6	1		0.15	0.77	0.19
Copper, Cu....mg	0.065	0.005	6	1		0.018	0.092	0.023
Manganese, Mn....mg	0.253	0.012	6	1		0.072	0.359	0.089
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.9	1.837	15	1		1.1	5.5	1.4
Thiamin....mg	0.065		0	4		0.018	0.092	0.023
Riboflavin....mg	0.092		0	4		0.026	0.131	0.032
Niacin....mg	0.769		0	4		0.218	1.092	0.269
Pantothenic acid....mg	0.634	0.023	8	1		0.180	0.900	0.222
Vitamin B-6....mg	0.040		0	4		0.011	0.057	0.014
Folate, total....mcg	16	1.032	8	1		5	23	6
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	16	1.032	8	1		5	23	6
Folate, DFE....mcg_DFE	16		0	4		5	23	6
Vitamin B-12....mcg	0.13		0	4		0.04	0.18	0.05
Vitamin A, IU....IU	74		0	4		21	105	26
Vitamin A, RE....mcg_RE	24		0	4		7	34	8
Vitamin E....mg_ATE	1.477		0	4		0.419	2.097	0.517
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.826		0	4		0.801	4.013	0.989
4:0....g	0.001		0	4		0.000	0.001	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	0.001		0	4		0.000	0.001	0.000
11:0....g								
12:0....g	0.001		0	4		0.000	0.001	0.000
13:0....g								
14:0....g	0.053		0	4		0.015	0.075	0.019
15:0....g								
16:0....g	1.527		0	4		0.433	2.168	0.534
17:0....g								
18:0....g	1.233		0	4		0.350	1.751	0.432
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.937		0	4		1.683	8.431	2.078
14:1....g								
15:1....g								

NDB No. 18431
Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)

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	0.031		0	4		0.009	0.044	0.011
17:1....g								
18:1 undifferentiated....g	5.903		0	4		1.674	8.382	2.066
20:1....g	0.003		0	4		0.001	0.004	0.001
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.508		0	4		0.428	2.141	0.528
18:2 undifferentiated....g	1.416		0	4		0.401	2.011	0.496
18:3 undifferentiated....g	0.075		0	4		0.021	0.107	0.026
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.014		0	4		0.004	0.020	0.005
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.004		0	4		0.001	0.006	0.001
Fatty acids, total trans....g								
Cholesterol....mg	40		0	4		11	57	14
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.064		0	4		0.018	0.091	0.022
Threonine....g	0.171		0	4		0.048	0.243	0.060
Isoleucine....g	0.224		0	4		0.064	0.318	0.078
Leucine....g	0.398		0	4		0.113	0.565	0.139
Lysine....g	0.177		0	4		0.050	0.251	0.062
Methionine....g	0.110		0	4		0.031	0.156	0.039
Cystine....g	0.118		0	4		0.033	0.168	0.041
Phenylalanine....g	0.267		0	4		0.076	0.379	0.093
Tyrosine....g	0.166		0	4		0.047	0.236	0.058
Valine....g	0.252		0	4		0.071	0.358	0.088
Arginine....g	0.209		0	4		0.059	0.297	0.073
Histidine....g	0.118		0	4		0.033	0.168	0.041
Alanine....g	0.191		0	4		0.054	0.271	0.067
Aspartic acid....g	0.300		0	4		0.085	0.426	0.105
Glutamic acid....g	1.603		0	4		0.454	2.276	0.561
Glycine....g	0.178		0	4		0.050	0.253	0.062
Proline....g	0.543		0	4		0.154	0.771	0.190
Serine....g	0.285		0	4		0.081	0.405	0.100
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 = 28.350g: 1 oz

Measure 2 = 142.000g: 1 container (3 oz)

Measure 3 = 35.000g: 1 small or frozen (approx 3" dia)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18432
Bread, white, commercially prepared, toasted, low sodium no salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	30.40		0	4		8.62	6.99	
Energy....kcal	293		0	4		83	67	
Energy....kj	1226			4		348	282	
Protein (N x 5.7)....g	9.00		0	4		2.55	2.07	
Total lipid (fat)....g	4.00		0	4		1.13	0.92	
Ash....g	2.10		0	4		0.60	0.48	
Carbohydrate, by difference....g	54.40		0	4		15.42	12.51	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	119		0	4		34	27	
Iron, Fe....mg	3.33		0	4		0.94	0.77	
Magnesium, Mg....mg	26		0	4		7	6	
Phosphorus, P....mg	103		0	4		29	24	
Potassium, K....mg	131		0	4		37	30	
Sodium, Na....mg	30		0	4		9	7	
Zinc, Zn....mg	0.68		0	4		0.19	0.16	
Copper, Cu....mg	0.138		0	4		0.039	0.032	
Manganese, Mn....mg	0.421		0	4		0.119	0.097	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.415		0	4		0.118	0.095	
Riboflavin....mg	0.337		0	4		0.096	0.078	
Niacin....mg	3.926		0	4		1.113	0.903	
Pantothenic acid....mg	0.278		0	4		0.079	0.064	
Vitamin B-6....mg	0.063		0	4		0.018	0.014	
Folate, total....mcg	95		0	4		27	22	
Folic acid....mcg	69		0	4		20	16	
Folate, food....mcg	26		0	4		7	6	
Folate, DFE....mcg_DFE	143		0	4		41	33	
Vitamin B-12....mcg	0.02		0	4		0.01	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	0.892		0	4		0.253	0.205	
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	0.001		0	4		0.000	0.000	
13:0....g								
14:0....g	0.016		0	4		0.005	0.004	
15:0....g								
16:0....g	0.516		0	4		0.146	0.119	
17:0....g								
18:0....g	0.359		0	4		0.102	0.083	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.771		0	4		0.502	0.407	
14:1....g								
15:1....g								

NDB No. 18432
Bread, white, commercially prepared, toasted, low sodium no 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
16:1 undifferentiated....g	0.014		0	4		0.004	0.003	
17:1....g								
18:1 undifferentiated....g	1.757		0	4		0.498	0.404	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.818		0	4		0.232	0.188	
18:2 undifferentiated....g	0.779		0	4		0.221	0.179	
18:3 undifferentiated....g	0.039		0	4		0.011	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	1		0	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.106		0	4		0.030	0.024	
Threonine....g	0.267		0	4		0.076	0.061	
Isoleucine....g	0.354		0	4		0.100	0.081	
Leucine....g	0.637		0	4		0.181	0.147	
Lysine....g	0.245		0	4		0.069	0.056	
Methionine....g	0.158		0	4		0.045	0.036	
Cystine....g	0.191		0	4		0.054	0.044	
Phenylalanine....g	0.444		0	4		0.126	0.102	
Tyrosine....g	0.261		0	4		0.074	0.060	
Valine....g	0.397		0	4		0.113	0.091	
Arginine....g	0.346		0	4		0.098	0.080	
Histidine....g	0.196		0	4		0.056	0.045	
Alanine....g	0.308		0	4		0.087	0.071	
Aspartic acid....g	0.449		0	4		0.127	0.103	
Glutamic acid....g	2.920		0	4		0.828	0.672	
Glycine....g	0.323		0	4		0.092	0.074	
Proline....g	0.970		0	4		0.275	0.223	
Serine....g	0.440		0	4		0.125	0.101	
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 = 28.350g: 1 oz

Measure 2 = 23.000g: 1 slice

Calories Factors: **Protein** 3.9 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18433
Danish pastry, lemon, unenriched

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	27.10	1.256	18	1		7.68	19.24	
Energy....kcal	371		0	4		105	263	
Energy....kj	1552			4		440	1102	
Protein (N x 5.8)....g	5.40	0.230	18	1		1.53	3.83	
Total lipid (fat)....g	18.50	0.710	15	1		5.24	13.14	
Ash....g	1.20	0.040	18	1		0.34	0.85	
Carbohydrate, by difference....g	47.80		0	4		13.55	33.94	
Fiber, total dietary....g	1.9		0	4		0.5	1.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	46	9.200	16	1		13	33	
Iron, Fe....mg	0.75		0	4		0.21	0.53	
Magnesium, Mg....mg	15	0.643	15	1		4	11	
Phosphorus, P....mg	89	8.600	15	1		25	63	
Potassium, K....mg	83	6.753	11	1		24	59	
Sodium, Na....mg	354	6.785	16	1		100	251	
Zinc, Zn....mg	0.54	0.020	6	1		0.15	0.38	
Copper, Cu....mg	0.065	0.005	6	1		0.018	0.046	
Manganese, Mn....mg	0.253	0.012	6	1		0.072	0.180	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.9	1.837	15	1		1.1	2.8	
Thiamin....mg	0.065		0	4		0.018	0.046	
Riboflavin....mg	0.092		0	4		0.026	0.065	
Niacin....mg	0.769		0	4		0.218	0.546	
Pantothenic acid....mg	0.634	0.023	8	1		0.180	0.450	
Vitamin B-6....mg	0.040		0	4		0.011	0.028	
Folate, total....mcg	16	1.032	8	1		5	11	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	16	1.032	8	1		5	11	
Folate, DFE....mcg_DFE	16		0	4		5	11	
Vitamin B-12....mcg	0.09		0	4		0.03	0.06	
Vitamin A, IU....IU	175		0	4		50	124	
Vitamin A, RE....mcg_RE	53		0	4		15	38	
Vitamin E....mg_ATE	1.477		0	4		0.419	1.049	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.826		0	4		0.801	2.006	
4:0....g	0.001		0	4		0.000	0.001	
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	0.001		0	4		0.000	0.001	
11:0....g								
12:0....g	0.001		0	4		0.000	0.001	
13:0....g								
14:0....g	0.053		0	4		0.015	0.038	
15:0....g								
16:0....g	1.527		0	4		0.433	1.084	
17:0....g								
18:0....g	1.233		0	4		0.350	0.875	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.937		0	4		1.683	4.215	
14:1....g								
15:1....g								

NDB No. 18433
Danish pastry, lemon, unenriched

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	0.031		0	4		0.009	0.022	
17:1....g								
18:1 undifferentiated....g	5.903		0	4		1.674	4.191	
20:1....g	0.003		0	4		0.001	0.002	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.508		0	4		0.428	1.071	
18:2 undifferentiated....g	1.416		0	4		0.401	1.005	
18:3 undifferentiated....g	0.075		0	4		0.021	0.053	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.014		0	4		0.004	0.010	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.004		0	4		0.001	0.003	
Fatty acids, total trans....g								
Cholesterol....mg	40		0	4		11	28	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.064		0	4		0.018	0.045	
Threonine....g	0.171		0	4		0.048	0.121	
Isoleucine....g	0.224		0	4		0.064	0.159	
Leucine....g	0.398		0	4		0.113	0.283	
Lysine....g	0.177		0	4		0.050	0.126	
Methionine....g	0.110		0	4		0.031	0.078	
Cystine....g	0.118		0	4		0.033	0.084	
Phenylalanine....g	0.267		0	4		0.076	0.190	
Tyrosine....g	0.166		0	4		0.047	0.118	
Valine....g	0.252		0	4		0.071	0.179	
Arginine....g	0.209		0	4		0.059	0.148	
Histidine....g	0.118		0	4		0.033	0.084	
Alanine....g	0.191		0	4		0.054	0.136	
Aspartic acid....g	0.300		0	4		0.085	0.213	
Glutamic acid....g	1.603		0	4		0.454	1.138	
Glycine....g	0.178		0	4		0.050	0.126	
Proline....g	0.543		0	4		0.154	0.386	
Serine....g	0.285		0	4		0.081	0.202	
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 = 28.350g: 1 oz

Measure 2 = 71.000g: 1 pastry

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18434
Crackers, cheese, low sodium

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	3.10	0.124	48	1		1.92	2.23	0.02
Energy....kcal	503		0	4		312	362	3
Energy....kj	2105			4		1305	1515	13
Protein....g	10.10	0.228	47	1		6.26	7.27	0.06
Total lipid (fat)....g	25.30	0.541	51	1		15.69	18.22	0.15
Ash....g	3.30	0.118	43	1		2.05	2.38	0.02
Carbohydrate, by difference....g	58.20		0	4		36.08	41.90	0.35
Fiber, total dietary....g	2.4		0	4		1.5	1.7	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	151	11.424	48	1		94	109	1
Iron, Fe....mg	4.77	0.206	45	1		2.96	3.43	0.03
Magnesium, Mg....mg	36	2.525	43	1		22	26	0
Phosphorus, P....mg	218	11.747	44	1		135	157	1
Potassium, K....mg	106		0	1		66	76	1
Sodium, Na....mg	458		0	1		284	330	3
Zinc, Zn....mg	1.13	0.035	42	1		0.70	0.81	0.01
Copper, Cu....mg	0.210	0.017	42	1		0.130	0.151	0.001
Manganese, Mn....mg	0.629	0.013	36	1		0.390	0.453	0.004
Selenium, Se....mcg	8.6		1	1		5.3	6.2	0.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.570	0.018	42	1		0.353	0.410	0.003
Riboflavin....mg	0.428	0.015	42	1		0.265	0.308	0.003
Niacin....mg	4.671	0.104	41	1		2.896	3.363	0.028
Pantothenic acid....mg	0.526	0.107	4	1		0.326	0.379	0.003
Vitamin B-6....mg	0.553	0.424	3	1		0.343	0.398	0.003
Folate, total....mcg	80		0	4		50	58	0
Folic acid....mcg	55		0	4		34	40	0
Folate, food....mcg	25		1	1		16	18	0
Folate, DFE....mcg_DFE	119		0	4		73	85	1
Vitamin B-12....mcg	0.46		1	1		0.29	0.33	0.00
Vitamin A, IU....IU	162		1	1		100	117	1
Vitamin A, RE....mcg_RE	30		0	1		19	22	0
Vitamin E....mg_ATE	2.350		0	4		1.457	1.692	0.014
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	9.638		0	4		5.976	6.939	0.058
4:0....g	0.268		0	4		0.166	0.193	0.002
6:0....g	0.135		0	4		0.084	0.097	0.001
8:0....g	0.071		0	4		0.044	0.051	0.000
10:0....g	0.154		0	4		0.095	0.111	0.001
11:0....g								
12:0....g	0.139		0	4		0.086	0.100	0.001
13:0....g								
14:0....g	0.935		0	4		0.580	0.673	0.006
15:0....g								
16:0....g	4.700		0	4		2.914	3.384	0.028
17:0....g								
18:0....g	2.989		0	4		1.853	2.152	0.018
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.852		0	4		7.348	8.533	0.071
14:1....g								
15:1....g								

NDB No. 18434
Crackers, cheese, low sodium

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	0.262		0	4		0.162	0.189	0.002
17:1....g								
18:1 undifferentiated....g	11.467		0	4		7.110	8.256	0.069
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	2.457		0	4		1.523	1.769	0.015
18:2 undifferentiated....g	2.250		0	4		1.395	1.620	0.014
18:3 undifferentiated....g	0.207		0	4		0.128	0.149	0.001
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	13		1	1		8	9	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.129		0	1		0.080	0.093	0.001
Threonine....g	0.295		0	1		0.183	0.212	0.002
Isoleucine....g	0.424		0	1		0.263	0.305	0.003
Leucine....g	0.744		0	1		0.461	0.536	0.004
Lysine....g	0.418		0	1		0.259	0.301	0.003
Methionine....g	0.194		0	1		0.120	0.140	0.001
Cystine....g	0.168		0	1		0.104	0.121	0.001
Phenylalanine....g	0.490		0	1		0.304	0.353	0.003
Tyrosine....g	0.340		0	1		0.211	0.245	0.002
Valine....g	0.478		0	1		0.296	0.344	0.003
Arginine....g	0.386		0	1		0.239	0.278	0.002
Histidine....g	0.245		0	1		0.152	0.176	0.001
Alanine....g	0.304		0	1		0.188	0.219	0.002
Aspartic acid....g	0.480		0	1		0.298	0.346	0.003
Glutamic acid....g	3.034		0	1		1.881	2.184	0.018
Glycine....g	0.302		0	1		0.187	0.217	0.002
Proline....g	1.110		0	1		0.688	0.799	0.007
Serine....g	0.521		0	1		0.323	0.375	0.003
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 = 62.000g: 1 cup Cheez-its

Measure 2 = 72.000g: 1 cup, crushed

Measure 3 = 0.600g: 1 gold fish

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

Food Group: 18 Baked Products

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

NDB No. 18435
Danish pastry, raspberry, unenriched

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	27.10	1.256	18	1		7.68	19.24	
Energy....kcal	371		0	4		105	263	
Energy....kj	1552			4		440	1102	
Protein (N x 5.8)....g	5.40	0.230	18	1		1.53	3.83	
Total lipid (fat)....g	18.50	0.710	15	1		5.24	13.14	
Ash....g	1.20	0.040	18	1		0.34	0.85	
Carbohydrate, by difference....g	47.80		0	4		13.55	33.94	
Fiber, total dietary....g	1.9		0	4		0.5	1.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	46	9.200	16	1		13	33	
Iron, Fe....mg	0.75		0	4		0.21	0.53	
Magnesium, Mg....mg	15	0.643	15	1		4	11	
Phosphorus, P....mg	89	8.600	15	1		25	63	
Potassium, K....mg	83	6.753	11	1		24	59	
Sodium, Na....mg	354	6.785	16	1		100	251	
Zinc, Zn....mg	0.54	0.020	6	1		0.15	0.38	
Copper, Cu....mg	0.065	0.005	6	1		0.018	0.046	
Manganese, Mn....mg	0.253	0.012	6	1		0.072	0.180	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.9	1.837	15	1		1.1	2.8	
Thiamin....mg	0.065		0	4		0.018	0.046	
Riboflavin....mg	0.092		0	4		0.026	0.065	
Niacin....mg	0.769		0	4		0.218	0.546	
Pantothenic acid....mg	0.634	0.023	8	1		0.180	0.450	
Vitamin B-6....mg	0.040		0	4		0.011	0.028	
Folate, total....mcg	16	1.032	8	1		5	11	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	16	1.032	8	1		5	11	
Folate, DFE....mcg_DFE	16		0	4		5	11	
Vitamin B-12....mcg	0.09		0	4		0.03	0.06	
Vitamin A, IU....IU	200		0	4		57	142	
Vitamin A, RE....mcg_RE	60		0	4		17	43	
Vitamin E....mg_ATE	1.477		0	4		0.419	1.049	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.826		0	4		0.801	2.006	
4:0....g	0.001		0	4		0.000	0.001	
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	0.001		0	4		0.000	0.001	
11:0....g								
12:0....g	0.001		0	4		0.000	0.001	
13:0....g								
14:0....g	0.053		0	4		0.015	0.038	
15:0....g								
16:0....g	1.527		0	4		0.433	1.084	
17:0....g								
18:0....g	1.233		0	4		0.350	0.875	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.937		0	4		1.683	4.215	
14:1....g								
15:1....g								

NDB No. 18435
Danish pastry, raspberry, unenriched

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	0.031		0	4		0.009	0.022	
17:1....g								
18:1 undifferentiated....g	5.903		0	4		1.674	4.191	
20:1....g	0.003		0	4		0.001	0.002	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.508		0	4		0.428	1.071	
18:2 undifferentiated....g	1.416		0	4		0.401	1.005	
18:3 undifferentiated....g	0.075		0	4		0.021	0.053	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.014		0	4		0.004	0.010	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.004		0	4		0.001	0.003	
Fatty acids, total trans....g								
Cholesterol....mg	40		0	4		11	28	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.064		0	4		0.018	0.045	
Threonine....g	0.171		0	4		0.048	0.121	
Isoleucine....g	0.224		0	4		0.064	0.159	
Leucine....g	0.398		0	4		0.113	0.283	
Lysine....g	0.177		0	4		0.050	0.126	
Methionine....g	0.110		0	4		0.031	0.078	
Cystine....g	0.118		0	4		0.033	0.084	
Phenylalanine....g	0.267		0	4		0.076	0.190	
Tyrosine....g	0.166		0	4		0.047	0.118	
Valine....g	0.252		0	4		0.071	0.179	
Arginine....g	0.209		0	4		0.059	0.148	
Histidine....g	0.118		0	4		0.033	0.084	
Alanine....g	0.191		0	4		0.054	0.136	
Aspartic acid....g	0.300		0	4		0.085	0.213	
Glutamic acid....g	1.603		0	4		0.454	1.138	
Glycine....g	0.178		0	4		0.050	0.126	
Proline....g	0.543		0	4		0.154	0.386	
Serine....g	0.285		0	4		0.081	0.202	
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 = 28.350g: 1 oz

Measure 2 = 71.000g: 1 pastry (4-1/4" dia)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18436
Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	25.40	0.945	23	1		7.20	15.24	
Energy....kcal	403		0	4		114	242	
Energy....kj	1686			4		478	1012	
Protein (N x 5.8)....g	6.40	0.287	20	1		1.81	3.84	
Total lipid (fat)....g	22.80	0.973	20	1		6.46	13.68	
Ash....g	1.10	0.083	19	1		0.31	0.66	
Carbohydrate, by difference....g	44.30		0	4		12.56	26.58	
Fiber, total dietary....g	1.2		0	4		0.3	0.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	43	9.647	13	1		12	26	
Iron, Fe....mg	0.60		0	4		0.17	0.36	
Magnesium, Mg....mg	22	0.749	7	1		6	13	
Phosphorus, P....mg	93	2.900	7	1		26	56	
Potassium, K....mg	108	6.546	7	1		31	65	
Sodium, Na....mg	342	30.988	14	1		97	205	
Zinc, Zn....mg	0.77	0.146	6	1		0.22	0.46	
Copper, Cu....mg	0.169	0.032	6	1		0.048	0.101	
Manganese, Mn....mg	0.263	0.004	3	1		0.075	0.158	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.1	
Thiamin....mg	0.890		0	4		0.252	0.534	
Riboflavin....mg	0.067		0	4		0.019	0.040	
Niacin....mg	0.650		0	4		0.184	0.390	
Pantothenic acid....mg	0.473	0.029	12	1		0.134	0.284	
Vitamin B-6....mg	0.057		2	1		0.016	0.034	
Folate, total....mcg	22	3.819	3	1		6	13	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	22	3.819	3	1		6	13	
Folate, DFE....mcg_DFE	22		0	4		6	13	
Vitamin B-12....mcg	0.09		0	4		0.03	0.05	
Vitamin A, IU....IU	14		0	4		4	8	
Vitamin A, RE....mcg_RE	4		0	4		1	2	
Vitamin E....mg_ATE	3.057		0	4		0.867	1.834	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.813		0	4		1.648	3.488	
4:0....g								
6:0....g								
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	0.112		0	4		0.032	0.067	
15:0....g								
16:0....g	3.018		0	4		0.856	1.811	
17:0....g								
18:0....g	2.676		0	4		0.759	1.606	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	12.865		0	4		3.647	7.719	
14:1....g								
15:1....g								

NDB No. 18436
Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)

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	0.021		0	4		0.006	0.013	
17:1....g								
18:1 undifferentiated....g	12.841		0	4		3.640	7.705	
20:1....g	0.001		0	4		0.000	0.001	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.902		0	4		0.823	1.741	
18:2 undifferentiated....g	2.744		0	4		0.778	1.646	
18:3 undifferentiated....g	0.145		0	4		0.041	0.087	
18:4....g	0.001		0	4		0.000	0.001	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.008		0	4		0.002	0.005	
20:5 n-3....g	0.002		0	4		0.001	0.001	
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.002		0	4		0.001	0.001	
Fatty acids, total trans....g								
Cholesterol....mg	6	2.381	8	1		2	4	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.077		0	4		0.022	0.046	
Threonine....g	0.213		0	4		0.060	0.128	
Isoleucine....g	0.266		0	4		0.075	0.160	
Leucine....g	0.468		0	4		0.133	0.281	
Lysine....g	0.231		0	4		0.065	0.139	
Methionine....g	0.114		0	4		0.032	0.068	
Cystine....g	0.130		0	4		0.037	0.078	
Phenylalanine....g	0.310		0	4		0.088	0.186	
Tyrosine....g	0.200		0	4		0.057	0.120	
Valine....g	0.295		0	4		0.084	0.177	
Arginine....g	0.271		0	4		0.077	0.163	
Histidine....g	0.144		0	4		0.041	0.086	
Alanine....g	0.235		0	4		0.067	0.141	
Aspartic acid....g	0.380		0	4		0.108	0.228	
Glutamic acid....g	1.873		0	4		0.531	1.124	
Glycine....g	0.227		0	4		0.064	0.136	
Proline....g	0.626		0	4		0.177	0.376	
Serine....g	0.330		0	4		0.094	0.198	
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 = 28.350g: 1 oz

Measure 2 = 60.000g: 1 doughnut, medium (3-1/4" dia)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18437

English muffins, plain, enriched, without calcium propionate(includes sourdough)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	42.10	0.221	140	1		11.94	24.00	
Energy....kcal	235		0	4		67	134	
Energy....kj	983			4		279	560	
Protein (N x 5.8)....g	7.70	0.039	142	1		2.18	4.39	
Total lipid (fat)....g	1.80	0.031	141	1		0.51	1.03	
Ash....g	2.20	0.107	37	1		0.62	1.25	
Carbohydrate, by difference....g	46.00		0	4		13.04	26.22	
Fiber, total dietary....g	2.7		0	4		0.8	1.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	52		0	4		15	30	
Iron, Fe....mg	2.50	0.098	42	1		0.71	1.43	
Magnesium, Mg....mg	21	0.921	16	1		6	12	
Phosphorus, P....mg	133	16.347	11	1		38	76	
Potassium, K....mg	131	10.979	14	1		37	75	
Sodium, Na....mg	464	21.312	20	1		132	264	
Zinc, Zn....mg	0.70	0.039	28	1		0.20	0.40	
Copper, Cu....mg	0.129	0.016	11	1		0.037	0.074	
Manganese, Mn....mg	0.357	0.031	10	1		0.101	0.203	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.442	0.006	129	1		0.125	0.252	
Riboflavin....mg	0.281	0.013	33	1		0.080	0.160	
Niacin....mg	3.884	0.125	33	1		1.101	2.214	
Pantothenic acid....mg	0.446	0.041	9	1		0.126	0.254	
Vitamin B-6....mg	0.043	0.004	4	1		0.012	0.025	
Folate, total....mcg	74		0	4		21	42	
Folic acid....mcg	37		0	4		10	21	
Folate, food....mcg	37		0	4		10	21	
Folate, DFE....mcg_DFE	100		0	4		28	57	
Vitamin B-12....mcg	0.04		0	4		0.01	0.02	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.170		0	4		0.048	0.097	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.259		0	4		0.073	0.148	
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	0.001		0	4		0.000	0.001	
13:0....g								
14:0....g	0.002		0	4		0.001	0.001	
15:0....g								
16:0....g	0.212		0	4		0.060	0.121	
17:0....g								
18:0....g	0.041		0	4		0.012	0.023	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.302		0	4		0.086	0.172	
14:1....g								
15:1....g								

NDB No. 18437

English muffins, plain, enriched, without calcium propionate(includes sourdough)

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	0.027		0	4		0.008	0.015	
17:1....g								
18:1 undifferentiated....g	0.274		0	4		0.078	0.156	
20:1....g	0.002		0	4		0.001	0.001	
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.888		0	4		0.252	0.506	
18:2 undifferentiated....g	0.813		0	4		0.230	0.463	
18:3 undifferentiated....g	0.075		0	4		0.021	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	0	0.016	4	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.092		0	4		0.026	0.052	
Threonine....g	0.242		0	4		0.069	0.138	
Isoleucine....g	0.315		0	4		0.089	0.180	
Leucine....g	0.553		0	4		0.157	0.315	
Lysine....g	0.241		0	4		0.068	0.137	
Methionine....g	0.139		0	4		0.039	0.079	
Cystine....g	0.160		0	4		0.045	0.091	
Phenylalanine....g	0.379		0	4		0.107	0.216	
Tyrosine....g	0.233		0	4		0.066	0.133	
Valine....g	0.353		0	4		0.100	0.201	
Arginine....g	0.295		0	4		0.084	0.168	
Histidine....g	0.170		0	4		0.048	0.097	
Alanine....g	0.281		0	4		0.080	0.160	
Aspartic acid....g	0.398		0	4		0.113	0.227	
Glutamic acid....g	2.419		0	4		0.686	1.379	
Glycine....g	0.280		0	4		0.079	0.160	
Proline....g	0.809		0	4		0.229	0.461	
Serine....g	0.376		0	4		0.107	0.214	
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 muffin

Calories Factors: **Protein** 3.9 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18438
English muffins, plain, unenriched, with calcium propionate (includes sourdough)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	42.10	0.221	140	1		11.94	24.00	
Energy....kcal	235		0	4		67	134	
Energy....kj	983			4		279	560	
Protein (N x 5.8)....g	7.70	0.039	142	1		2.18	4.39	
Total lipid (fat)....g	1.80	0.031	141	1		0.51	1.03	
Ash....g	2.20	0.107	37	1		0.62	1.25	
Carbohydrate, by difference....g	46.00		0	4		13.04	26.22	
Fiber, total dietary....g	2.7		0	4		0.8	1.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	174	10.922	28	1		49	99	
Iron, Fe....mg	0.89		0	4		0.25	0.51	
Magnesium, Mg....mg	21	0.921	16	1		6	12	
Phosphorus, P....mg	133	16.347	11	1		38	76	
Potassium, K....mg	131	10.979	14	1		37	75	
Sodium, Na....mg	464	21.312	20	1		132	264	
Zinc, Zn....mg	0.70	0.039	28	1		0.20	0.40	
Copper, Cu....mg	0.129	0.016	11	1		0.037	0.074	
Manganese, Mn....mg	0.357	0.031	10	1		0.101	0.203	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.181		0	4		0.051	0.103	
Riboflavin....mg	0.154		0	4		0.044	0.088	
Niacin....mg	1.566		0	4		0.444	0.893	
Pantothenic acid....mg	0.446	0.041	9	1		0.126	0.254	
Vitamin B-6....mg	0.043	0.004	4	1		0.012	0.025	
Folate, total....mcg	37		0	4		10	21	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	37		0	4		10	21	
Folate, DFE....mcg_DFE	37		0	4		10	21	
Vitamin B-12....mcg	0.04		0	4		0.01	0.02	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.170		0	4		0.048	0.097	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.259		0	4		0.073	0.148	
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	0.001		0	4		0.000	0.001	
13:0....g								
14:0....g	0.002		0	4		0.001	0.001	
15:0....g								
16:0....g	0.212		0	4		0.060	0.121	
17:0....g								
18:0....g	0.041		0	4		0.012	0.023	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.302		0	4		0.086	0.172	
14:1....g								
15:1....g								

NDB No. 18438

English muffins, plain, unenriched, with calcium propionate (includes sourdough)

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	0.027		0	4		0.008	0.015	
17:1....g								
18:1 undifferentiated....g	0.274		0	4		0.078	0.156	
20:1....g	0.002		0	4		0.001	0.001	
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.888		0	4		0.252	0.506	
18:2 undifferentiated....g	0.813		0	4		0.230	0.463	
18:3 undifferentiated....g	0.075		0	4		0.021	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	0	0.016	4	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.092		0	4		0.026	0.052	
Threonine....g	0.242		0	4		0.069	0.138	
Isoleucine....g	0.315		0	4		0.089	0.180	
Leucine....g	0.553		0	4		0.157	0.315	
Lysine....g	0.241		0	4		0.068	0.137	
Methionine....g	0.139		0	4		0.039	0.079	
Cystine....g	0.160		0	4		0.045	0.091	
Phenylalanine....g	0.379		0	4		0.107	0.216	
Tyrosine....g	0.233		0	4		0.066	0.133	
Valine....g	0.353		0	4		0.100	0.201	
Arginine....g	0.295		0	4		0.084	0.168	
Histidine....g	0.170		0	4		0.048	0.097	
Alanine....g	0.281		0	4		0.080	0.160	
Aspartic acid....g	0.398		0	4		0.113	0.227	
Glutamic acid....g	2.419		0	4		0.686	1.379	
Glycine....g	0.280		0	4		0.079	0.160	
Proline....g	0.809		0	4		0.229	0.461	
Serine....g	0.376		0	4		0.107	0.214	
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 muffin

Calories Factors: **Protein** 3.9 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18439

English muffins, plain, unenriched, without calcium propionate (includes sourdough)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	42.10	0.221	140	1		11.94	24.00	
Energy	kcal	235		0	4		67	134	
Energy	kj	983			4		279	560	
Protein (N x 5.8)	g	7.70	0.039	142	1		2.18	4.39	
Total lipid (fat)	g	1.80	0.031	141	1		0.51	1.03	
Ash	g	2.20	0.107	37	1		0.62	1.25	
Carbohydrate, by difference	g	46.00		0	4		13.04	26.22	
Fiber, total dietary	g	2.7		0	4		0.8	1.5	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	52		0	4		15	30	
Iron, Fe	mg	0.89		0	4		0.25	0.51	
Magnesium, Mg	mg	21	0.921	16	1		6	12	
Phosphorus, P	mg	133	16.347	11	1		38	76	
Potassium, K	mg	131	10.979	14	1		37	75	
Sodium, Na	mg	464	21.312	20	1		132	264	
Zinc, Zn	mg	0.70	0.039	28	1		0.20	0.40	
Copper, Cu	mg	0.129	0.016	11	1		0.037	0.074	
Manganese, Mn	mg	0.357	0.031	10	1		0.101	0.203	
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.1		0	4		0.0	0.1	
Thiamin	mg	0.181		0	4		0.051	0.103	
Riboflavin	mg	0.154		0	4		0.044	0.088	
Niacin	mg	1.566		0	4		0.444	0.893	
Pantothenic acid	mg	0.446	0.041	9	1		0.126	0.254	
Vitamin B-6	mg	0.043	0.004	4	1		0.012	0.025	
Folate, total	mcg	37		0	4		10	21	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	37		0	4		10	21	
Folate, DFE	mcg_DFE	37		0	4		10	21	
Vitamin B-12	mcg	0.04		0	4		0.01	0.02	
Vitamin A, IU	IU	0		0	4		0	0	
Vitamin A, RE	mcg_RE	0		0	4		0	0	
Vitamin E	mg_ATE	0.170		0	4		0.048	0.097	
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.259		0	4		0.073	0.148	
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	0.001		0	4		0.000	0.001	
13:0	g								
14:0	g	0.002		0	4		0.001	0.001	
15:0	g								
16:0	g	0.212		0	4		0.060	0.121	
17:0	g								
18:0	g	0.041		0	4		0.012	0.023	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.302		0	4		0.086	0.172	
14:1	g								
15:1	g								

NDB No. 18439

English muffins, plain, unenriched, without calcium propionate (includes sourdough)

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	0.027		0	4		0.008	0.015	
17:1....g								
18:1 undifferentiated....g	0.274		0	4		0.078	0.156	
20:1....g	0.002		0	4		0.001	0.001	
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.888		0	4		0.252	0.506	
18:2 undifferentiated....g	0.813		0	4		0.230	0.463	
18:3 undifferentiated....g	0.075		0	4		0.021	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	0	0.016	4	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.092		0	4		0.026	0.052	
Threonine....g	0.242		0	4		0.069	0.138	
Isoleucine....g	0.315		0	4		0.089	0.180	
Leucine....g	0.553		0	4		0.157	0.315	
Lysine....g	0.241		0	4		0.068	0.137	
Methionine....g	0.139		0	4		0.039	0.079	
Cystine....g	0.160		0	4		0.045	0.091	
Phenylalanine....g	0.379		0	4		0.107	0.216	
Tyrosine....g	0.233		0	4		0.066	0.133	
Valine....g	0.353		0	4		0.100	0.201	
Arginine....g	0.295		0	4		0.084	0.168	
Histidine....g	0.170		0	4		0.048	0.097	
Alanine....g	0.281		0	4		0.080	0.160	
Aspartic acid....g	0.398		0	4		0.113	0.227	
Glutamic acid....g	2.419		0	4		0.686	1.379	
Glycine....g	0.280		0	4		0.079	0.160	
Proline....g	0.809		0	4		0.229	0.461	
Serine....g	0.376		0	4		0.107	0.214	
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 = 28.350g: 1 oz

Measure 2 = 57.000g: 1 muffin

Calories Factors: **Protein** 3.9 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18443
Pie, apple, commercially prepared, unenriched flour

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	52.20	1.308	21	1		14.80	65.25	61.07
Energy....kcal	237		0	4		67	296	277
Energy....kj	992			4		281	1240	1160
Protein (N x 5.7)....g	1.90	0.103	17	1		0.54	2.38	2.22
Total lipid (fat)....g	11.00	0.514	21	1		3.12	13.75	12.87
Ash....g	0.90	0.097	23	1		0.26	1.13	1.05
Carbohydrate, by difference....g	34.00		0	4		9.64	42.50	39.78
Fiber, total dietary....g	1.6		0	4		0.5	2.0	1.9
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11	0.328	40	1		3	14	13
Iron, Fe....mg	1.21		0	4		0.34	1.51	1.42
Magnesium, Mg....mg	7	0.289	36	1		2	9	8
Phosphorus, P....mg	24	0.530	35	1		7	30	28
Potassium, K....mg	65	1.999	39	1		18	81	76
Sodium, Na....mg	266	7.937	41	1		75	333	311
Zinc, Zn....mg	0.16	0.008	36	1		0.05	0.20	0.19
Copper, Cu....mg	0.046	0.002	36	1		0.013	0.058	0.054
Manganese, Mn....mg	0.182	0.006	36	1		0.052	0.228	0.213
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.2	0.680	15	1		0.9	4.0	3.7
Thiamin....mg	0.134		0	4		0.038	0.168	0.157
Riboflavin....mg	0.158		0	4		0.045	0.198	0.185
Niacin....mg	1.123		0	4		0.318	1.404	1.314
Pantothenic acid....mg	0.119	0.008	5	1		0.034	0.149	0.139
Vitamin B-6....mg	0.038	0.004	5	1		0.011	0.048	0.044
Folate, total....mcg	4	0.246	11	1		1	5	5
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	4	0.246	11	1		1	5	5
Folate, DFE....mcg_DFE	4		0	4		1	5	5
Vitamin B-12....mcg	0.01		0	4		0.00	0.01	0.01
Vitamin A, IU....IU	124	24.922	7	1		35	155	145
Vitamin A, RE....mcg_RE	30		0	4		9	38	35
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.797		0	4		1.076	4.746	4.442
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	0.021		0	4		0.006	0.026	0.025
13:0....g								
14:0....g	0.126		0	4		0.036	0.158	0.147
15:0....g								
16:0....g	2.062		0	4		0.585	2.578	2.413
17:0....g								
18:0....g	1.534		0	4		0.435	1.918	1.795
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.388		0	4		1.244	5.485	5.134
14:1....g								
15:1....g								

NDB No. 18443
Pie, apple, commercially prepared, unenriched flour

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	0.146		0	4		0.041	0.183	0.171
17:1....g								
18:1 undifferentiated....g	4.109		0	4		1.165	5.136	4.808
20:1....g	0.061		0	4		0.017	0.076	0.071
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.198		0	4		0.623	2.748	2.572
18:2 undifferentiated....g	2.066		0	4		0.586	2.583	2.417
18:3 undifferentiated....g	0.123		0	4		0.035	0.154	0.144
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								
Amino Acids:								
Tryptophan....g	0.026		0	4		0.007	0.033	0.030
Threonine....g	0.054		0	4		0.015	0.068	0.063
Isoleucine....g	0.073		0	4		0.021	0.091	0.085
Leucine....g	0.129		0	4		0.037	0.161	0.151
Lysine....g	0.070		0	4		0.020	0.088	0.082
Methionine....g	0.032		0	4		0.009	0.040	0.037
Cystine....g	0.040		0	4		0.011	0.050	0.047
Phenylalanine....g	0.088		0	4		0.025	0.110	0.103
Tyrosine....g	0.054		0	4		0.015	0.068	0.063
Valine....g	0.084		0	4		0.024	0.105	0.098
Arginine....g	0.074		0	4		0.021	0.093	0.087
Histidine....g	0.038		0	4		0.011	0.048	0.044
Alanine....g	0.060		0	4		0.017	0.075	0.070
Aspartic acid....g	0.095		0	4		0.027	0.119	0.111
Glutamic acid....g	0.587		0	4		0.166	0.734	0.687
Glycine....g	0.065		0	4		0.018	0.081	0.076
Proline....g	0.199		0	4		0.056	0.249	0.233
Serine....g	0.099		0	4		0.028	0.124	0.116
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 = 28.350g: 1 oz

Measure 2 = 125.000g: 1 piece (1/8 of 9" dia)

Measure 3 = 117.000g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18444
Pie, fried pies, cherry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	37.60	0.542	28	1		10.66	48.13	
Energy....kcal	316		0	4		90	404	
Energy....kj	1322			4		375	1692	
Protein (N x 5.8)....g	3.00	0.165	23	1		0.85	3.84	
Total lipid (fat)....g	16.10	0.484	30	1		4.56	20.61	
Ash....g	1.10	0.064	15	1		0.31	1.41	
Carbohydrate, by difference....g	42.60		0	4		12.08	54.53	
Fiber, total dietary....g	2.6		0	4		0.7	3.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	22	2.244	23	1		6	28	
Iron, Fe....mg	1.22	0.129	22	1		0.35	1.56	
Magnesium, Mg....mg	10	0.912	8	1		3	13	
Phosphorus, P....mg	43	6.343	11	1		12	55	
Potassium, K....mg	65	11.540	6	1		18	83	
Sodium, Na....mg	374	12.764	23	1		106	479	
Zinc, Zn....mg	0.23	0.026	8	1		0.07	0.29	
Copper, Cu....mg	0.047	0.003	8	1		0.013	0.060	
Manganese, Mn....mg	0.224	0.036	8	1		0.064	0.287	
Selenium, Se....mcg	2.4		0	4		0.7	3.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.3	0.163	6	1		0.4	1.7	
Thiamin....mg	0.141	0.020	22	1		0.040	0.180	
Riboflavin....mg	0.106	0.013	22	1		0.030	0.136	
Niacin....mg	1.425	0.171	22	1		0.404	1.824	
Pantothenic acid....mg	0.110	0.014	5	1		0.031	0.141	
Vitamin B-6....mg	0.030	0.010	7	1		0.009	0.038	
Folate, total....mcg	18		0	4		5	23	
Folic acid....mcg	15		0	4		4	19	
Folate, food....mcg	3		2	1		1	4	
Folate, DFE....mcg_DFE	29		0	4		8	36	
Vitamin B-12....mcg	0.08	0.044	4	1		0.02	0.10	
Vitamin A, IU....IU	172		0	4		49	220	
Vitamin A, RE....mcg_RE	17		0	4		5	22	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.457		0	4		0.697	3.145	
4:0....g	0.001		0	4		0.000	0.001	
6:0....g								
8:0....g								
10:0....g	0.001		0	4		0.000	0.001	
11:0....g								
12:0....g	0.001		0	4		0.000	0.001	
13:0....g								
14:0....g	0.032		0	4		0.009	0.041	
15:0....g								
16:0....g	1.516		0	4		0.430	1.940	
17:0....g								
18:0....g	0.834		0	4		0.236	1.068	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.449		0	4		2.112	9.535	
14:1....g								
15:1....g								

NDB No. 18444
Pie, fried pies, cherry

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	0.012		0	4		0.003	0.015	
17:1....g								
18:1 undifferentiated....g	7.299		0	4		2.069	9.343	
20:1....g	0.089		0	4		0.025	0.114	
22:1 undifferentiated....g	0.032		0	4		0.009	0.041	
24:1 c....g								
Fatty acids, total polyunsaturated....g	5.376		0	4		1.524	6.881	
18:2 undifferentiated....g	4.808		0	4		1.363	6.154	
18:3 undifferentiated....g	0.568		0	4		0.161	0.727	
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								
Amino Acids:								
Tryptophan....g	0.042		0	4		0.012	0.054	
Threonine....g	0.089		0	4		0.025	0.114	
Isoleucine....g	0.120		0	4		0.034	0.154	
Leucine....g	0.211		0	4		0.060	0.270	
Lysine....g	0.121		0	4		0.034	0.155	
Methionine....g	0.052		0	4		0.015	0.067	
Cystine....g	0.059		0	4		0.017	0.076	
Phenylalanine....g	0.138		0	4		0.039	0.177	
Tyrosine....g	0.090		0	4		0.026	0.115	
Valine....g	0.138		0	4		0.039	0.177	
Arginine....g	0.112		0	4		0.032	0.143	
Histidine....g	0.062		0	4		0.018	0.079	
Alanine....g	0.093		0	4		0.026	0.119	
Aspartic acid....g	0.156		0	4		0.044	0.200	
Glutamic acid....g	0.906		0	4		0.257	1.160	
Glycine....g	0.098		0	4		0.028	0.125	
Proline....g	0.314		0	4		0.089	0.402	
Serine....g	0.154		0	4		0.044	0.197	
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 = 28.350g: 1 oz

Measure 2 = 128.000g: 1 pie (5" x 3-3/4")

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18445
Pie, fried pies, lemon

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	37.60	0.542	28	1		10.66	48.13	
Energy....kcal	316		0	4		90	404	
Energy....kj	1322			4		375	1692	
Protein (N x 5.8)....g	3.00	0.165	23	1		0.85	3.84	
Total lipid (fat)....g	16.10	0.484	30	1		4.56	20.61	
Ash....g	1.10	0.064	15	1		0.31	1.41	
Carbohydrate, by difference....g	42.60		0	4		12.08	54.53	
Fiber, total dietary....g	2.6		0	4		0.7	3.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	22	2.244	23	1		6	28	
Iron, Fe....mg	1.22	0.129	22	1		0.35	1.56	
Magnesium, Mg....mg	10	0.912	8	1		3	13	
Phosphorus, P....mg	43	6.343	11	1		12	55	
Potassium, K....mg	65	11.540	6	1		18	83	
Sodium, Na....mg	374	12.764	23	1		106	479	
Zinc, Zn....mg	0.23	0.026	8	1		0.07	0.29	
Copper, Cu....mg	0.047	0.003	8	1		0.013	0.060	
Manganese, Mn....mg	0.224	0.036	8	1		0.064	0.287	
Selenium, Se....mcg	2.4		0	4		0.7	3.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.141	0.020	22	1		0.040	0.180	
Riboflavin....mg	0.106	0.013	22	1		0.030	0.136	
Niacin....mg	1.425	0.171	22	1		0.404	1.824	
Pantothenic acid....mg	0.110	0.014	5	1		0.031	0.141	
Vitamin B-6....mg	0.030	0.010	7	1		0.009	0.038	
Folate, total....mcg	18		0	4		5	23	
Folic acid....mcg	15		0	4		4	19	
Folate, food....mcg	3		2	1		1	4	
Folate, DFE....mcg_DFE	29		0	4		8	36	
Vitamin B-12....mcg	0.08	0.044	4	1		0.02	0.10	
Vitamin A, IU....IU	32		0	4		9	41	
Vitamin A, RE....mcg_RE	3		0	4		1	4	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.457		0	4		0.697	3.145	
4:0....g	0.001		0	4		0.000	0.001	
6:0....g								
8:0....g								
10:0....g	0.001		0	4		0.000	0.001	
11:0....g								
12:0....g	0.001		0	4		0.000	0.001	
13:0....g								
14:0....g	0.032		0	4		0.009	0.041	
15:0....g								
16:0....g	1.516		0	4		0.430	1.940	
17:0....g								
18:0....g	0.834		0	4		0.236	1.068	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.449		0	4		2.112	9.535	
14:1....g								
15:1....g								

NDB No. 18445
Pie, fried pies, lemon

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	0.012		0	4		0.003	0.015	
17:1....g								
18:1 undifferentiated....g	7.299		0	4		2.069	9.343	
20:1....g	0.089		0	4		0.025	0.114	
22:1 undifferentiated....g	0.032		0	4		0.009	0.041	
24:1 c....g								
Fatty acids, total polyunsaturated....g	5.376		0	4		1.524	6.881	
18:2 undifferentiated....g	4.808		0	4		1.363	6.154	
18:3 undifferentiated....g	0.568		0	4		0.161	0.727	
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								
Amino Acids:								
Tryptophan....g	0.042		0	4		0.012	0.054	
Threonine....g	0.089		0	4		0.025	0.114	
Isoleucine....g	0.120		0	4		0.034	0.154	
Leucine....g	0.211		0	4		0.060	0.270	
Lysine....g	0.121		0	4		0.034	0.155	
Methionine....g	0.052		0	4		0.015	0.067	
Cystine....g	0.059		0	4		0.017	0.076	
Phenylalanine....g	0.138		0	4		0.039	0.177	
Tyrosine....g	0.090		0	4		0.026	0.115	
Valine....g	0.138		0	4		0.039	0.177	
Arginine....g	0.112		0	4		0.032	0.143	
Histidine....g	0.062		0	4		0.018	0.079	
Alanine....g	0.093		0	4		0.026	0.119	
Aspartic acid....g	0.156		0	4		0.044	0.200	
Glutamic acid....g	0.906		0	4		0.257	1.160	
Glycine....g	0.098		0	4		0.028	0.125	
Proline....g	0.314		0	4		0.089	0.402	
Serine....g	0.154		0	4		0.044	0.197	
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 = 28.350g: 1 oz

Measure 2 = 128.000g: 1 pie (5" x 3-3/4")

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18446
Pie crust, standard-type, frozen, ready-to-bake, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	21.00	0.166	7	1		29.82	3.36	
Energy....kcal	457		0	4		649	73	
Energy....kj	1912			4		2715	306	
Protein (N x 5.7)....g	3.90	0.505	7	1		5.54	0.62	
Total lipid (fat)....g	29.20	0.270	4	1		41.46	4.67	
Ash....g	1.80	0.274	7	1		2.56	0.29	
Carbohydrate, by difference....g	44.10		0	4		62.62	7.06	
Fiber, total dietary....g	0.9		0	4		1.3	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	18	5.004	7	1		26	3	
Iron, Fe....mg	0.38		0	4		0.54	0.06	
Magnesium, Mg....mg	16	4.416	7	1		23	3	
Phosphorus, P....mg	53	7.776	7	1		75	8	
Potassium, K....mg	98	18.739	7	1		139	16	
Sodium, Na....mg	576	60.193	7	1		818	92	
Zinc, Zn....mg	0.30	0.055	7	1		0.43	0.05	
Copper, Cu....mg	0.068	0.017	7	1		0.097	0.011	
Manganese, Mn....mg	0.547	0.065	3	1		0.777	0.088	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.050		0	4		0.071	0.008	
Riboflavin....mg	0.010		0	4		0.014	0.002	
Niacin....mg	0.550		0	4		0.781	0.088	
Pantothenic acid....mg	0.231	0.036	6	1		0.328	0.037	
Vitamin B-6....mg	0.071	0.005	3	1		0.101	0.011	
Folate, total....mcg	10		0	4		14	2	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	10		0	4		14	2	
Folate, DFE....mcg_DFE	10		0	4		14	2	
Vitamin B-12....mcg	0.03		0	4		0.04	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	5.265		0	4		7.476	0.842	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.357		0	4		6.187	0.697	
4:0....g	0.001		0	4		0.001	0.000	
6:0....g								
8:0....g								
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	0.031		0	4		0.044	0.005	
15:0....g								
16:0....g	2.878		0	4		4.087	0.460	
17:0....g								
18:0....g	1.443		0	4		2.049	0.231	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	12.414		0	4		17.628	1.986	
14:1....g								
15:1....g								

NDB No. 18446
Pie crust, standard-type, frozen, ready-to-bake, unenriched

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	0.117		0	4		0.166	0.019	
17:1....g								
18:1 undifferentiated....g	12.273		0	4		17.428	1.964	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	11.000		0	4		15.620	1.760	
18:2 undifferentiated....g	10.212		0	4		14.501	1.634	
18:3 undifferentiated....g	0.759		0	4		1.078	0.121	
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								
Amino Acids:								
Tryptophan....g	0.056		0	4		0.080	0.009	
Threonine....g	0.112		0	4		0.159	0.018	
Isoleucine....g	0.150		0	4		0.213	0.024	
Leucine....g	0.267		0	4		0.379	0.043	
Lysine....g	0.140		0	4		0.199	0.022	
Methionine....g	0.065		0	4		0.092	0.010	
Cystine....g	0.085		0	4		0.121	0.014	
Phenylalanine....g	0.182		0	4		0.258	0.029	
Tyrosine....g	0.111		0	4		0.158	0.018	
Valine....g	0.172		0	4		0.244	0.028	
Arginine....g	0.148		0	4		0.210	0.024	
Histidine....g	0.079		0	4		0.112	0.013	
Alanine....g	0.119		0	4		0.169	0.019	
Aspartic acid....g	0.169		0	4		0.240	0.027	
Glutamic acid....g	1.266		0	4		1.798	0.203	
Glycine....g	0.131		0	4		0.186	0.021	
Proline....g	0.427		0	4		0.606	0.068	
Serine....g	0.205		0	4		0.291	0.033	
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 = 142.000g: 1 crust, single 9"

Measure 2 = 16.000g: 1 piece (1/8 of 9" crust)

Calories Factors: **Protein** 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18447
Popovers, dry mix, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	11.70	0.123	19	1		3.32	19.89	
Energy....kcal	371		0	4		105	631	
Energy....kj	1552			4		440	2639	
Protein (N x 5.7)....g	10.40	0.079	15	1		2.95	17.68	
Total lipid (fat)....g	4.30	0.133	19	1		1.22	7.31	
Ash....g	2.60	0.033	11	1		0.74	4.42	
Carbohydrate, by difference....g	71.00		0	4		20.13	120.70	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	32	0.853	11	1		9	54	
Iron, Fe....mg	0.82		0	4		0.23	1.39	
Magnesium, Mg....mg	25	0.707	5	1		7	43	
Phosphorus, P....mg	100	2.288	11	1		28	170	
Potassium, K....mg	100	2.639	5	1		28	170	
Sodium, Na....mg	906	34.871	5	1		257	1540	
Zinc, Zn....mg	0.88		0	4		0.25	1.50	
Copper, Cu....mg	0.174		0	4		0.049	0.296	
Manganese, Mn....mg	0.741		0	4		0.210	1.260	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.2	
Thiamin....mg	0.101		0	4		0.029	0.172	
Riboflavin....mg	0.026		0	4		0.007	0.044	
Niacin....mg	1.041		0	4		0.295	1.770	
Pantothenic acid....mg	0.480		0	4		0.136	0.816	
Vitamin B-6....mg	0.042		0	4		0.012	0.071	
Folate, total....mcg	25		0	4		7	43	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	25		0	4		7	43	
Folate, DFE....mcg_DFE	25		0	4		7	43	
Vitamin B-12....mcg	0.08		0	4		0.02	0.14	
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	0.983		0	4		0.279	1.671	
4:0....g	0.001		0	4		0.000	0.002	
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	0.018		0	4		0.005	0.031	
15:0....g								
16:0....g	0.555		0	4		0.157	0.944	
17:0....g								
18:0....g	0.408		0	4		0.116	0.694	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.984		0	4		0.562	3.373	
14:1....g								
15:1....g								

NDB No. 18447
Popovers, dry mix, unenriched

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	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	1.984		0	4		0.562	3.373	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.823		0	4		0.233	1.399	
18:2 undifferentiated....g	0.784		0	4		0.222	1.333	
18:3 undifferentiated....g	0.039		0	4		0.011	0.066	
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								
Amino Acids:								
Tryptophan....g	0.123		0	4		0.035	0.209	
Threonine....g	0.293		0	4		0.083	0.498	
Isoleucine....g	0.407		0	4		0.115	0.692	
Leucine....g	0.747		0	4		0.212	1.270	
Lysine....g	0.249		0	4		0.071	0.423	
Methionine....g	0.191		0	4		0.054	0.325	
Cystine....g	0.225		0	4		0.064	0.383	
Phenylalanine....g	0.517		0	4		0.147	0.879	
Tyrosine....g	0.304		0	4		0.086	0.517	
Valine....g	0.458		0	4		0.130	0.779	
Arginine....g	0.365		0	4		0.103	0.621	
Histidine....g	0.229		0	4		0.065	0.389	
Alanine....g	0.324		0	4		0.092	0.551	
Aspartic acid....g	0.451		0	4		0.128	0.767	
Glutamic acid....g	3.565		0	4		1.011	6.061	
Glycine....g	0.348		0	4		0.099	0.592	
Proline....g	1.216		0	4		0.345	2.067	
Serine....g	0.513		0	4		0.145	0.872	
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 = 28.350g: 1 oz

Measure 2 = 170.000g: 1 package (6 oz)

Calories Factors: **Protein** 4.1 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18448
Taco shells, baked, without added salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	6.00	0.396	5	1		1.70	0.78	0.30
Energy....kcal	468		0	4		133	61	23
Energy....kj	1958			4		555	255	98
Protein (N x 6.2)....g	7.20	0.544	3	1		2.04	0.94	0.36
Total lipid (fat)....g	22.60	0.156	3	1		6.41	2.94	1.13
Ash....g	1.80	0.218	3	1		0.51	0.23	0.09
Carbohydrate, by difference....g	62.40		0	4		17.69	8.11	3.12
Fiber, total dietary....g	7.5		0	4		2.1	1.0	0.4
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	160	45.511	3	1		45	21	8
Iron, Fe....mg	2.50	1.097	3	1		0.71	0.33	0.13
Magnesium, Mg....mg	105	15.717	3	1		30	14	5
Phosphorus, P....mg	248	25.045	3	1		70	32	12
Potassium, K....mg	179	35.176	3	1		51	23	9
Sodium, Na....mg	15		0	4		4	2	1
Zinc, Zn....mg	1.40	0.099	3	1		0.40	0.18	0.07
Copper, Cu....mg	0.120	0.042	3	1		0.034	0.016	0.006
Manganese, Mn....mg	0.435	0.029	3	1		0.123	0.057	0.022
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.228	0.015	9	1		0.065	0.030	0.011
Riboflavin....mg	0.053	0.001	8	1		0.015	0.007	0.003
Niacin....mg	1.350	0.067	8	1		0.383	0.176	0.068
Pantothenic acid....mg	0.470	0.035	9	1		0.133	0.061	0.024
Vitamin B-6....mg	0.296		0	4		0.084	0.038	0.015
Folate, total....mcg	105		0	4		30	14	5
Folic acid....mcg	99		0	4		28	13	5
Folate, food....mcg	6	0.081	8	1		2	1	0
Folate, DFE....mcg_DFE	174		0	4		49	23	9
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	3.642		0	4		1.033	0.473	0.182
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.245		0	4		0.920	0.422	0.162
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g	0.019		0	4		0.005	0.002	0.001
15:0....g								
16:0....g	2.217		0	4		0.629	0.288	0.111
17:0....g								
18:0....g	0.994		0	4		0.282	0.129	0.050
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.934		0	4		2.533	1.161	0.447
14:1....g								
15:1....g								

NDB No. 18448
Taco shells, baked, 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
16:1 undifferentiated....g	0.078		0	4		0.022	0.010	0.004
17:1....g								
18:1 undifferentiated....g	8.837		0	4		2.505	1.149	0.442
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	8.494		0	4		2.408	1.104	0.425
18:2 undifferentiated....g	7.941		0	4		2.251	1.032	0.397
18:3 undifferentiated....g	0.534		0	4		0.151	0.069	0.027
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								
Amino Acids:								
Tryptophan....g	0.052		0	4		0.015	0.007	0.003
Threonine....g	0.271		0	4		0.077	0.035	0.014
Isoleucine....g	0.259		0	4		0.073	0.034	0.013
Leucine....g	0.886		0	4		0.251	0.115	0.044
Lysine....g	0.203		0	4		0.058	0.026	0.010
Methionine....g	0.151		0	4		0.043	0.020	0.008
Cystine....g	0.130		0	4		0.037	0.017	0.007
Phenylalanine....g	0.354		0	4		0.100	0.046	0.018
Tyrosine....g	0.294		0	4		0.083	0.038	0.015
Valine....g	0.366		0	4		0.104	0.048	0.018
Arginine....g	0.360		0	4		0.102	0.047	0.018
Histidine....g	0.221		0	4		0.063	0.029	0.011
Alanine....g	0.540		0	4		0.153	0.070	0.027
Aspartic acid....g	0.502		0	4		0.142	0.065	0.025
Glutamic acid....g	1.354		0	4		0.384	0.176	0.068
Glycine....g	0.297		0	4		0.084	0.039	0.015
Proline....g	0.630		0	4		0.179	0.082	0.032
Serine....g	0.343		0	4		0.097	0.045	0.017
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 = 28.350g: 1 oz

Measure 2 = 13.000g: 1 medium (approx 5" dia)

Measure 3 = 5.000g: 1 miniature (3" dia)

Calories Factors: **Protein** 2.7 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18449
Tortillas, ready-to-bake or -fry, corn, without added salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	44.10	0.662	42	1		12.50	11.47	
Energy....kcal	222		0	4		63	58	
Energy....kj	929			4		263	242	
Protein (N x 6.2)....g	5.70	0.128	29	1		1.62	1.48	
Total lipid (fat)....g	2.50	0.238	25	1		0.71	0.65	
Ash....g	1.20	0.058	29	1		0.34	0.31	
Carbohydrate, by difference....g	46.60		0	4		13.21	12.12	
Fiber, total dietary....g	5.2		0	4		1.5	1.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	175	7.154	53	1		50	46	
Iron, Fe....mg	1.40	0.071	44	1		0.40	0.36	
Magnesium, Mg....mg	65	1.531	30	1		18	17	
Phosphorus, P....mg	314	26.162	42	1		89	82	
Potassium, K....mg	154	7.238	35	1		44	40	
Sodium, Na....mg	11		0	4		3	3	
Zinc, Zn....mg	0.94	0.076	33	1		0.27	0.24	
Copper, Cu....mg	0.154	0.015	13	1		0.044	0.040	
Manganese, Mn....mg	0.402	0.011	12	1		0.114	0.105	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0	0.000	5	1		0.0	0.0	
Thiamin....mg	0.112	0.015	31	1		0.032	0.029	
Riboflavin....mg	0.073	0.008	23	1		0.021	0.019	
Niacin....mg	1.498	0.096	33	1		0.425	0.389	
Pantothenic acid....mg	0.194	0.014	12	1		0.055	0.050	
Vitamin B-6....mg	0.219	0.027	11	1		0.062	0.057	
Folate, total....mcg	114		0	4		32	30	
Folic acid....mcg	99		0	4		28	26	
Folate, food....mcg	15	1.288	11	1		4	4	
Folate, DFE....mcg_DFE	183		0	4		52	48	
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	0.153		0	4		0.043	0.040	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.334		0	4		0.095	0.087	
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	0.295		0	4		0.084	0.077	
17:0....g								
18:0....g	0.039		0	4		0.011	0.010	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.649		0	4		0.184	0.169	
14:1....g								
15:1....g								

NDB No. 18449
Tortillas, ready-to-bake or -fry, corn, without added 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
16:1 undifferentiated....g	0.002		0	4		0.001	0.001	
17:1....g								
18:1 undifferentiated....g	0.647		0	4		0.183	0.168	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.122		0	4		0.318	0.292	
18:2 undifferentiated....g	1.088		0	4		0.308	0.283	
18:3 undifferentiated....g	0.034		0	4		0.010	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	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.042		0	4		0.012	0.011	
Threonine....g	0.218		0	4		0.062	0.057	
Isoleucine....g	0.208		0	4		0.059	0.054	
Leucine....g	0.711		0	4		0.202	0.185	
Lysine....g	0.163		0	4		0.046	0.042	
Methionine....g	0.121		0	4		0.034	0.031	
Cystine....g	0.105		0	4		0.030	0.027	
Phenylalanine....g	0.285		0	4		0.081	0.074	
Tyrosine....g	0.236		0	4		0.067	0.061	
Valine....g	0.294		0	4		0.083	0.076	
Arginine....g	0.289		0	4		0.082	0.075	
Histidine....g	0.177		0	4		0.050	0.046	
Alanine....g	0.434		0	4		0.123	0.113	
Aspartic acid....g	0.403		0	4		0.114	0.105	
Glutamic acid....g	1.087		0	4		0.308	0.283	
Glycine....g	0.238		0	4		0.067	0.062	
Proline....g	0.506		0	4		0.143	0.132	
Serine....g	0.275		0	4		0.078	0.072	
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 = 28.350g: 1 oz

Measure 2 = 26.000g: 1 tortilla, medium (approx 6" dia)

Calories Factors: **Protein** 2.7 **Fat** 8.4 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18450
Tortillas, ready-to-bake or -fry, flour, without added calcium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	26.80	0.902	14	1		7.60	8.58	19.30
Energy....kcal	325		0	4		92	104	234
Energy....kj	1360			4		386	435	979
Protein (N x 5.7)....g	8.70	0.581	12	1		2.47	2.78	6.26
Total lipid (fat)....g	7.10	0.579	11	1		2.01	2.27	5.11
Ash....g	1.80	0.151	12	1		0.51	0.58	1.30
Carbohydrate, by difference....g	55.60		0	4		15.76	17.79	40.03
Fiber, total dietary....g	3.3		0	4		0.9	1.1	2.4
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	39		0	4		11	12	28
Iron, Fe....mg	3.30	0.125	38	1		0.94	1.06	2.38
Magnesium, Mg....mg	26	1.328	38	1		7	8	19
Phosphorus, P....mg	124	7.926	38	1		35	40	89
Potassium, K....mg	131	7.293	40	1		37	42	94
Sodium, Na....mg	478	24.050	40	1		136	153	344
Zinc, Zn....mg	0.71	0.083	40	1		0.20	0.23	0.51
Copper, Cu....mg	0.267	0.141	36	1		0.076	0.085	0.192
Manganese, Mn....mg	0.462	0.011	35	1		0.131	0.148	0.333
Selenium, Se....mcg	23.4	2.389	34	1		6.6	7.5	16.8
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	1		0.0	0.0	0.0
Thiamin....mg	0.531	0.025	14	1		0.151	0.170	0.382
Riboflavin....mg	0.293	0.069	14	1		0.083	0.094	0.211
Niacin....mg	3.572	0.135	14	1		1.013	1.143	2.572
Pantothenic acid....mg	0.582	0.061	12	1		0.165	0.186	0.419
Vitamin B-6....mg	0.050		2	1		0.014	0.016	0.036
Folate, total....mcg	123		0	4		35	39	89
Folic acid....mcg	111		0	4		31	36	80
Folate, food....mcg	12	1.079	10	1		3	4	9
Folate, DFE....mcg_DFE	201		0	4		57	64	145
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	0.916		0	4		0.260	0.293	0.660
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.745		0	4		0.495	0.558	1.256
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	0.032		0	4		0.009	0.010	0.023
15:0....g								
16:0....g	0.937		0	4		0.266	0.300	0.675
17:0....g								
18:0....g	0.776		0	4		0.220	0.248	0.559
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.768		0	4		1.068	1.206	2.713
14:1....g								
15:1....g								

NDB No. 18450
Tortillas, ready-to-bake or -fry, flour, without added calcium

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	0.008		0	4		0.002	0.003	0.006
17:1....g								
18:1 undifferentiated....g	3.760		0	4		1.066	1.203	2.707
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	1.063		0	4		0.301	0.340	0.765
18:2 undifferentiated....g	1.009		0	4		0.286	0.323	0.726
18:3 undifferentiated....g	0.054		0	4		0.015	0.017	0.039
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								
Amino Acids:								
Tryptophan....g	0.106		0	4		0.030	0.034	0.076
Threonine....g	0.245		0	4		0.069	0.078	0.176
Isoleucine....g	0.307		0	4		0.087	0.098	0.221
Leucine....g	0.600		0	4		0.170	0.192	0.432
Lysine....g	0.213		0	4		0.060	0.068	0.153
Methionine....g	0.155		0	4		0.044	0.050	0.112
Cystine....g	0.181		0	4		0.051	0.058	0.130
Phenylalanine....g	0.435		0	4		0.123	0.139	0.313
Tyrosine....g	0.266		0	4		0.075	0.085	0.192
Valine....g	0.356		0	4		0.101	0.114	0.256
Arginine....g	0.356		0	4		0.101	0.114	0.256
Histidine....g	0.195		0	4		0.055	0.062	0.140
Alanine....g	0.289		0	4		0.082	0.092	0.208
Aspartic acid....g	0.386		0	4		0.109	0.124	0.278
Glutamic acid....g	2.850		0	4		0.808	0.912	2.052
Glycine....g	0.316		0	4		0.090	0.101	0.228
Proline....g	0.979		0	4		0.278	0.313	0.705
Serine....g	0.432		0	4		0.122	0.138	0.311
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 = 28.350g: 1 oz

Measure 2 = 32.000g: 1 tortilla, medium (approx 6" dia)

Measure 3 = 72.000g: 1 tortilla (approx 10" dia)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18451
Cake, pound, commercially prepared, fat-free

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	31.00		2	1		8.79	105.40	
Energy....kcal	283		0	4		80	962	
Energy....kj	1184			4		336	4026	
Protein (N x 6.1)....g	5.40		2	1		1.53	18.36	
Total lipid (fat)....g	1.20		2	1		0.34	4.08	
Ash....g	1.50		2	1		0.43	5.10	
Carbohydrate, by difference....g	61.00		0	4		17.29	207.40	
Fiber, total dietary....g	1.1		2	1		0.3	3.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	43		2	1		12	146	
Iron, Fe....mg	2.06		2	1		0.58	7.00	
Magnesium, Mg....mg	10		2	1		3	34	
Phosphorus, P....mg	146		2	1		41	496	
Potassium, K....mg	110		2	1		31	374	
Sodium, Na....mg	341		2	1		97	1159	
Zinc, Zn....mg	0.31		2	1		0.09	1.05	
Copper, Cu....mg	0.058		2	1		0.016	0.197	
Manganese, Mn....mg	0.137		2	1		0.039	0.466	
Selenium, Se....mcg	5.3		0	4		1.5	18.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		2	1		0.0	0.0	
Thiamin....mg	0.125		2	1		0.035	0.425	
Riboflavin....mg	0.302		2	1		0.086	1.027	
Niacin....mg	0.686		2	1		0.194	2.332	
Pantothenic acid....mg	0.346		2	1		0.098	1.176	
Vitamin B-6....mg	0.012		2	1		0.003	0.041	
Folate, total....mcg	36		0	4		10	122	
Folic acid....mcg	32		0	4		9	109	
Folate, food....mcg	4		2	1		1	14	
Folate, DFE....mcg_DFE	58		0	4		17	199	
Vitamin B-12....mcg	0.00		2	1		0.00	0.00	
Vitamin A, IU....IU	96		2	1		27	326	
Vitamin A, RE....mcg_RE	29		0	1		8	99	
Vitamin E....mg_ATE	0.043		0	4		0.012	0.146	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.259		0	1		0.073	0.881	
4:0....g	0.006		0	1		0.002	0.020	
6:0....g	0.004		0	1		0.001	0.014	
8:0....g	0.002		0	1		0.001	0.007	
10:0....g	0.005		0	1		0.001	0.017	
11:0....g								
12:0....g	0.006		0	1		0.002	0.020	
13:0....g								
14:0....g	0.020		0	1		0.006	0.068	
15:0....g								
16:0....g	0.180		0	1		0.051	0.612	
17:0....g								
18:0....g	0.029		0	1		0.008	0.099	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.166		0	1		0.047	0.564	
14:1....g								
15:1....g								

NDB No. 18451
Cake, pound, commercially prepared, fat-free

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	0.007		0	1		0.002	0.024	
17:1....g								
18:1 undifferentiated....g	0.159		0	1		0.045	0.541	
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	0.424		0	1		0.120	1.442	
18:2 undifferentiated....g	0.398		0	1		0.113	1.353	
18:3 undifferentiated....g	0.026		0	1		0.007	0.088	
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								
Amino Acids:								
Tryptophan....g	0.070		0	1		0.020	0.238	
Threonine....g	0.214		0	1		0.061	0.728	
Isoleucine....g	0.275		0	1		0.078	0.935	
Leucine....g	0.434		0	1		0.123	1.476	
Lysine....g	0.318		0	1		0.090	1.081	
Methionine....g	0.149		0	1		0.042	0.507	
Cystine....g	0.122		0	1		0.035	0.415	
Phenylalanine....g	0.288		0	1		0.082	0.979	
Tyrosine....g	0.197		0	1		0.056	0.670	
Valine....g	0.312		0	1		0.088	1.061	
Arginine....g	0.256		0	1		0.073	0.870	
Histidine....g	0.120		0	1		0.034	0.408	
Alanine....g	0.251		0	1		0.071	0.853	
Aspartic acid....g	0.434		0	1		0.123	1.476	
Glutamic acid....g	1.069		0	1		0.303	3.635	
Glycine....g	0.178		0	1		0.050	0.605	
Proline....g	0.358		0	1		0.101	1.217	
Serine....g	0.333		0	1		0.094	1.132	
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 = 28.350g: 1 oz

Measure 2 = 340.000g: 1 cake

Calories Factors: **Protein** 4.2 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18452
Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat

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	22.80		1	1		6.46	9.80	
Energy....kcal	305		0	4		86	131	
Energy....kj	1276			4		362	549	
Protein (N x 5.8)....g	4.30		1	1		1.22	1.85	
Total lipid (fat)....g	3.70		1	1		1.05	1.59	
Ash....g	2.00		1	1		0.57	0.86	
Carbohydrate, by difference....g	67.20		0	4		19.05	28.90	
Fiber, total dietary....g	4.3		1	1		1.2	1.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	36		1	1		10	15	
Iron, Fe....mg	1.54		1	1		0.44	0.66	
Magnesium, Mg....mg	25		1	1		7	11	
Phosphorus, P....mg	183		1	1		52	79	
Potassium, K....mg	224		1	1		64	96	
Sodium, Na....mg	413		1	1		117	178	
Zinc, Zn....mg	0.55		1	1		0.16	0.24	
Copper, Cu....mg	0.176		1	1		0.050	0.076	
Manganese, Mn....mg	0.223		1	1		0.063	0.096	
Selenium, Se....mcg	5.5		0	4		1.6	2.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	
Thiamin....mg	0.035		1	1		0.010	0.015	
Riboflavin....mg	0.133		1	1		0.038	0.057	
Niacin....mg	0.715		1	1		0.203	0.307	
Pantothenic acid....mg	0.241		1	1		0.068	0.104	
Vitamin B-6....mg	0.007		1	1		0.002	0.003	
Folate, total....mcg	15		0	4		4	6	
Folic acid....mcg	10		0	4		3	4	
Folate, food....mcg	5		1	1		1	2	
Folate, DFE....mcg_DFE	22		0	4		6	9	
Vitamin B-12....mcg	0.00		1	1		0.00	0.00	
Vitamin A, IU....IU	0		1	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.084		0	1		0.307	0.466	
4:0....g	0.001		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	0.001		0	1		0.000	0.000	
11:0....g								
12:0....g	0.001		0	1		0.000	0.000	
13:0....g								
14:0....g	0.017		0	1		0.005	0.007	
15:0....g								
16:0....g	0.553		0	1		0.157	0.238	
17:0....g								
18:0....g	0.509		0	1		0.144	0.219	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.849		0	1		0.524	0.795	
14:1....g								
15:1....g								

NDB No. 18452

Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat

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	0.001		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	1.848		0	1		0.524	0.795	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.487		0	1		0.138	0.209	
18:2 undifferentiated....g	0.462		0	1		0.131	0.199	
18:3 undifferentiated....g	0.025		0	1		0.007	0.011	
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								
Amino Acids:								
Tryptophan....g	0.061		0	1		0.017	0.026	
Threonine....g	0.165		0	1		0.047	0.071	
Isoleucine....g	0.207		0	1		0.059	0.089	
Leucine....g	0.332		0	1		0.094	0.143	
Lysine....g	0.232		0	1		0.066	0.100	
Methionine....g	0.105		0	1		0.030	0.045	
Cystine....g	0.096		0	1		0.027	0.041	
Phenylalanine....g	0.229		0	1		0.065	0.098	
Tyrosine....g	0.153		0	1		0.043	0.066	
Valine....g	0.242		0	1		0.069	0.104	
Arginine....g	0.206		0	1		0.058	0.089	
Histidine....g	0.093		0	1		0.026	0.040	
Alanine....g	0.192		0	1		0.054	0.083	
Aspartic acid....g	0.329		0	1		0.093	0.141	
Glutamic acid....g	0.973		0	1		0.276	0.418	
Glycine....g	0.153		0	1		0.043	0.066	
Proline....g	0.319		0	1		0.090	0.137	
Serine....g	0.257		0	1		0.073	0.111	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	2		0	4		1	1	
Theobromine....mg	83		0	4		24	36	

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 = 28.350g: 1 oz

Measure 2 = 43.000g: 1 cupcake

Calories Factors: **Protein** 4 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18453
Cake, yellow, dry mix, light

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	3.10		2	1		0.88	16.24	
Energy....kcal	404		0	4		115	2117	
Energy....kj	1690			4		479	8857	
Protein (N x 5.9)....g	4.70		2	1		1.33	24.63	
Total lipid (fat)....g	5.50		2	1		1.56	28.82	
Ash....g	2.60		2	1		0.74	13.62	
Carbohydrate, by difference....g	84.10		0	4		23.84	440.68	
Fiber, total dietary....g	1.3		2	1		0.4	6.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	155		2	1		44	812	
Iron, Fe....mg	1.31		2	1		0.37	6.86	
Magnesium, Mg....mg	10		2	1		3	52	
Phosphorus, P....mg	324		2	1		92	1698	
Potassium, K....mg	65		2	1		18	341	
Sodium, Na....mg	604		2	1		171	3165	
Zinc, Zn....mg	0.33		2	1		0.09	1.73	
Copper, Cu....mg	0.063		2	1		0.018	0.330	
Manganese, Mn....mg	0.228		2	1		0.065	1.195	
Selenium, Se....mcg	3.1		0	4		0.9	16.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		2	1		0.0	0.0	
Thiamin....mg	0.172		2	1		0.049	0.901	
Riboflavin....mg	0.211		2	1		0.060	1.106	
Niacin....mg	1.569		2	1		0.445	8.222	
Pantothenic acid....mg	0.326		2	1		0.092	1.708	
Vitamin B-6....mg	0.026		2	1		0.007	0.136	
Folate, total....mcg	76		0	4		22	398	
Folic acid....mcg	71		0	4		20	372	
Folate, food....mcg	5		2	1		1	26	
Folate, DFE....mcg_DFE	126		0	4		36	659	
Vitamin B-12....mcg	0.11		2	1		0.03	0.58	
Vitamin A, IU....IU	13		2	1		4	68	
Vitamin A, RE....mcg_RE	3		0	1		1	16	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.367		0	4		0.388	7.163	
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	0.027		0	4		0.008	0.141	
15:0....g								
16:0....g	0.718		0	4		0.204	3.762	
17:0....g								
18:0....g	0.616		0	4		0.175	3.228	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.973		0	4		0.843	15.579	
14:1....g								
15:1....g								

NDB No. 18453
Cake, yellow, dry mix, light

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	0.002		0	4		0.001	0.010	
17:1....g								
18:1 undifferentiated....g	2.971		0	4		0.842	15.568	
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	0.796		0	4		0.226	4.171	
18:2 undifferentiated....g	0.754		0	4		0.214	3.951	
18:3 undifferentiated....g	0.042		0	4		0.012	0.220	
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	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.065		0	1		0.018	0.341	
Threonine....g	0.140		0	1		0.040	0.734	
Isoleucine....g	0.185		0	1		0.052	0.969	
Leucine....g	0.324		0	1		0.092	1.698	
Lysine....g	0.191		0	1		0.054	1.001	
Methionine....g	0.074		0	1		0.021	0.388	
Cystine....g	0.090		0	1		0.026	0.472	
Phenylalanine....g	0.221		0	1		0.063	1.158	
Tyrosine....g	0.141		0	1		0.040	0.739	
Valine....g	0.208		0	1		0.059	1.090	
Arginine....g	0.207		0	1		0.059	1.085	
Histidine....g	0.098		0	1		0.028	0.514	
Alanine....g	0.150		0	1		0.043	0.786	
Aspartic acid....g	0.264		0	1		0.075	1.383	
Glutamic acid....g	1.352		0	1		0.383	7.084	
Glycine....g	0.160		0	1		0.045	0.838	
Proline....g	0.448		0	1		0.127	2.348	
Serine....g	0.241		0	1		0.068	1.263	
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 = 28.350g: 1 oz

Measure 2 = 524.000g: 1 package (18.50 oz)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18456
Cookies, oatmeal, commercially prepared, fat-free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	12.50		1	1		3.54		
Energy....kcal	326		0	4		92		
Energy....kj	1364			4		387		
Protein (N x 5.8)....g	5.90		1	1		1.67		
Total lipid (fat)....g	1.50		1	1		0.43		
Ash....g	1.50		1	1		0.43		
Carbohydrate, by difference....g	78.60		0	4		22.28		
Fiber, total dietary....g	7.3		1	1		2.1		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	40		1	1		11		
Iron, Fe....mg	2.19		1	1		0.62		
Magnesium, Mg....mg	35		1	1		10		
Phosphorus, P....mg	105		1	1		30		
Potassium, K....mg	212		1	1		60		
Sodium, Na....mg	298		1	1		84		
Zinc, Zn....mg	0.64		1	1		0.18		
Copper, Cu....mg	0.215		1	1		0.061		
Manganese, Mn....mg	0.793		1	1		0.225		
Selenium, Se....mcg	8.0		0	4		2.3		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0		
Thiamin....mg	0.142		1	1		0.040		
Riboflavin....mg	0.241		1	1		0.068		
Niacin....mg	1.193		1	1		0.338		
Pantothenic acid....mg	0.364		1	1		0.103		
Vitamin B-6....mg	0.065		1	1		0.018		
Folate, total....mcg	36		0	4		10		
Folic acid....mcg	30		0	4		9		
Folate, food....mcg	6		1	1		2		
Folate, DFE....mcg_DFE	57		0	4		16		
Vitamin B-12....mcg	0.00		1	1		0.00		
Vitamin A, IU....IU	0		1	1		0		
Vitamin A, RE....mcg_RE	0		0	1		0		
Vitamin E....mg_ATE	0.274		0	4		0.078		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.314		0	1		0.089		
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	0.005		0	1		0.001		
15:0....g								
16:0....g	0.286		0	1		0.081		
17:0....g								
18:0....g	0.020		0	1		0.006		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.388		0	1		0.110		
14:1....g								
15:1....g								

NDB No. 18456
Cookies, oatmeal, commercially prepared, fat-free

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	0.005		0	1		0.001		
17:1....g								
18:1 undifferentiated....g	0.384		0	1		0.109		
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	0.635		0	1		0.180		
18:2 undifferentiated....g	0.596		0	1		0.169		
18:3 undifferentiated....g	0.039		0	1		0.011		
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	1		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.080		0	1		0.023		
Threonine....g	0.175		0	1		0.050		
Isoleucine....g	0.218		0	1		0.062		
Leucine....g	0.398		0	1		0.113		
Lysine....g	0.213		0	1		0.060		
Methionine....g	0.108		0	1		0.031		
Cystine....g	0.131		0	1		0.037		
Phenylalanine....g	0.280		0	1		0.079		
Tyrosine....g	0.174		0	1		0.049		
Valine....g	0.274		0	1		0.078		
Arginine....g	0.300		0	1		0.085		
Histidine....g	0.133		0	1		0.038		
Alanine....g	0.223		0	1		0.063		
Aspartic acid....g	0.360		0	1		0.102		
Glutamic acid....g	1.691		0	1		0.479		
Glycine....g	0.228		0	1		0.065		
Proline....g	0.520		0	1		0.147		
Serine....g	0.293		0	1		0.083		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	4		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 = 28.350g: 1 oz

Calories Factors: **Protein** 3.8 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 18 Baked Products

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

NDB No. 18457
Crackers, saltines, fat-free, low-sodium

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	3.40		1	1		0.51	1.02	
Energy....kcal	393		0	4		59	118	
Energy....kj	1644			4		247	493	
Protein (N x 5.7)....g	10.50		1	1		1.58	3.15	
Total lipid (fat)....g	1.60		1	1		0.24	0.48	
Ash....g	2.20		1	1		0.33	0.66	
Carbohydrate, by difference....g	82.30		0	4		12.35	24.69	
Fiber, total dietary....g	2.7		1	1		0.4	0.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	22		1	1		3	7	
Iron, Fe....mg	7.72		1	1		1.16	2.32	
Magnesium, Mg....mg	26		1	1		4	8	
Phosphorus, P....mg	113		1	1		17	34	
Potassium, K....mg	115		1	1		17	35	
Sodium, Na....mg	636		1	1		95	191	
Zinc, Zn....mg	0.94		1	1		0.14	0.28	
Copper, Cu....mg	0.145		1	1		0.022	0.044	
Manganese, Mn....mg	0.637		1	1		0.096	0.191	
Selenium, Se....mcg	21.4		0	4		3.2	6.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	
Thiamin....mg	0.518		1	1		0.078	0.155	
Riboflavin....mg	0.590		1	1		0.089	0.177	
Niacin....mg	5.714		1	1		0.857	1.714	
Pantothenic acid....mg	0.390		1	1		0.059	0.117	
Vitamin B-6....mg	0.085		1	1		0.013	0.026	
Folate, total....mcg	124		0	4		19	37	
Folic acid....mcg	111		0	4		17	33	
Folate, food....mcg	13		1	1		2	4	
Folate, DFE....mcg_DFE	202		0	4		30	61	
Vitamin B-12....mcg	0.00		1	1		0.00	0.00	
Vitamin A, IU....IU	0		1	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.064		0	4		0.010	0.019	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.244		0	1		0.037	0.073	
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	0.001		0	1		0.000	0.000	
15:0....g								
16:0....g	0.228		0	1		0.034	0.068	
17:0....g								
18:0....g	0.010		0	1		0.002	0.003	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.142		0	1		0.021	0.043	
14:1....g								
15:1....g								

NDB No. 18457
Crackers, saltines, fat-free, low-sodium

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	0.004		0	1		0.001	0.001	
17:1....g								
18:1 undifferentiated....g	0.138		0	1		0.021	0.041	
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	0.685		0	1		0.103	0.206	
18:2 undifferentiated....g	0.647		0	1		0.097	0.194	
18:3 undifferentiated....g	0.038		0	1		0.006	0.011	
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								
Amino Acids:								
Tryptophan....g	0.138		0	1		0.021	0.041	
Threonine....g	0.287		0	1		0.043	0.086	
Isoleucine....g	0.378		0	1		0.057	0.113	
Leucine....g	0.716		0	1		0.107	0.215	
Lysine....g	0.290		0	1		0.044	0.087	
Methionine....g	0.180		0	1		0.027	0.054	
Cystine....g	0.224		0	1		0.034	0.067	
Phenylalanine....g	0.514		0	1		0.077	0.154	
Tyrosine....g	0.309		0	1		0.046	0.093	
Valine....g	0.439		0	1		0.066	0.132	
Arginine....g	0.413		0	1		0.062	0.124	
Histidine....g	0.224		0	1		0.034	0.067	
Alanine....g	0.327		0	1		0.049	0.098	
Aspartic acid....g	0.443		0	1		0.066	0.133	
Glutamic acid....g	3.494		0	1		0.524	1.048	
Glycine....g	0.367		0	1		0.055	0.110	
Proline....g	1.190		0	1		0.179	0.357	
Serine....g	0.536		0	1		0.080	0.161	
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 = 15.000g: 3 saltines

Measure 2 = 30.000g: 6 saltines

Calories Factors: **Protein** 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18475

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Apple cinnamon

Kellogg, Co.

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	12.50		0	9		6.50		
Energy....kcal	395		0	9		205		
Energy....kj	1653			9		859		
Protein....g	4.40		0	9		2.29		
Total lipid (fat)....g	10.20		0	9		5.30		
Ash....g	0.94		0	9		0.49		
Carbohydrate, by difference....g	72.02		0	9		37.45		
Fiber, total dietary....g	1.1		0	9		0.6		
Sugars, total....g	33.70		0	9		17.52		
Starch....g								
Minerals:								
Calcium, Ca....mg	23		0	9		12		
Iron, Fe....mg	3.50		0	9		1.82		
Magnesium, Mg....mg	11		0	9		6		
Phosphorus, P....mg	53		0	9		28		
Potassium, K....mg	91		0	9		47		
Sodium, Na....mg	334		0	9		174		
Zinc, Zn....mg	0.65		0	9		0.34		
Copper, Cu....mg	0.040		0	9		0.021		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg	0.290		0	9		0.151		
Riboflavin....mg	0.330		0	9		0.172		
Niacin....mg	3.800		0	9		1.976		
Pantothenic acid....mg	0.000		0	9		0.000		
Vitamin B-6....mg	0.380		0	9		0.198		
Folate, total....mcg	80		0	9		42		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	962		0	9		500		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.690		0	9		0.879		
Fatty acids, total monounsaturated....g	5.870		0	9		3.052		
Fatty acids, total polyunsaturated....g	2.600		0	9		1.352		
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 = 52.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18476

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry

Kellogg, Co.

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	12.50		0	9		6.50		
Energy....kcal	408		0	9		212		
Energy....kj	1707			9		888		
Protein....g	4.60		0	9		2.39		
Total lipid (fat)....g	13.30		0	9		6.92		
Ash....g	1.19		0	9		0.62		
Carbohydrate, by difference....g	68.38		0	9		35.56		
Fiber, total dietary....g	1.1		0	9		0.6		
Sugars, total....g	30.90		0	9		16.07		
Starch....g								
Minerals:								
Calcium, Ca....mg	24		0	9		12		
Iron, Fe....mg	3.50		0	9		1.82		
Magnesium, Mg....mg	16		0	9		8		
Phosphorus, P....mg	88		0	9		46		
Potassium, K....mg	95		0	9		49		
Sodium, Na....mg	398		0	9		207		
Zinc, Zn....mg	1.27		0	9		0.66		
Copper, Cu....mg	0.150		0	9		0.078		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg	0.290		0	9		0.151		
Riboflavin....mg	0.330		0	9		0.172		
Niacin....mg	3.800		0	9		1.976		
Pantothenic acid....mg	0.000		0	9		0.000		
Vitamin B-6....mg	0.380		0	9		0.198		
Folate, total....mcg	80		0	9		42		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	962		0	9		500		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.020		0	9		1.050		
Fatty acids, total monounsaturated....g	6.500		0	9		3.380		
Fatty acids, total polyunsaturated....g	4.810		0	9		2.501		
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 = 52.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18477

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry

Kellogg, Co.

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	12.50		0	9		6.50		
Energy....kcal	391		0	9		203		
Energy....kj	1636			9		851		
Protein....g	4.60		0	9		2.39		
Total lipid (fat)....g	10.00		0	9		5.20		
Ash....g	1.19		0	9		0.62		
Carbohydrate, by difference....g	71.77		0	9		37.32		
Fiber, total dietary....g	1.1		0	9		0.6		
Sugars, total....g	31.20		0	9		16.22		
Starch....g								
Minerals:								
Calcium, Ca....mg	24		0	9		12		
Iron, Fe....mg	3.50		0	9		1.82		
Magnesium, Mg....mg	16		0	9		8		
Phosphorus, P....mg	85		0	9		44		
Potassium, K....mg	95		0	9		49		
Sodium, Na....mg	398		0	9		207		
Zinc, Zn....mg	1.23		0	9		0.64		
Copper, Cu....mg	0.150		0	9		0.078		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg	0.290		0	9		0.151		
Riboflavin....mg	0.330		0	9		0.172		
Niacin....mg	3.800		0	9		1.976		
Pantothenic acid....mg	0.000		0	9		0.000		
Vitamin B-6....mg	0.380		0	9		0.198		
Folate, total....mcg	80		0	9		42		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	962		0	9		500		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.980		0	9		1.030		
Fatty acids, total monounsaturated....g	6.830		0	9		3.552		
Fatty acids, total polyunsaturated....g	1.130		0	9		0.588		
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 = 52.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18478

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon

Kellogg, Co.

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	10.50		0	9		5.25		
Energy....kcal	438		0	9		219		
Energy....kj	1833			9		916		
Protein....g	5.40		0	9		2.70		
Total lipid (fat)....g	18.40		0	9		9.20		
Ash....g	1.36		0	9		0.68		
Carbohydrate, by difference....g	64.40		0	9		32.20		
Fiber, total dietary....g	1.5		0	9		0.8		
Sugars, total....g	25.40		0	9		12.70		
Starch....g								
Minerals:								
Calcium, Ca....mg	31		0	9		16		
Iron, Fe....mg	3.60		0	9		1.80		
Magnesium, Mg....mg	16		0	9		8		
Phosphorus, P....mg	63		0	9		32		
Potassium, K....mg	135		0	9		68		
Sodium, Na....mg	428		0	9		214		
Zinc, Zn....mg	1.22		0	9		0.61		
Copper, Cu....mg	0.080		0	9		0.040		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg	0.300		0	9		0.150		
Riboflavin....mg	0.340		0	9		0.170		
Niacin....mg	4.000		0	9		2.000		
Pantothenic acid....mg	0.000		0	9		0.000		
Vitamin B-6....mg	0.400		0	9		0.200		
Folate, total....mcg	80		0	9		40		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	1000		0	9		500		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.080		0	9		1.040		
Fatty acids, total monounsaturated....g	7.140		0	9		3.570		
Fatty acids, total polyunsaturated....g	9.140		0	9		4.570		
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 = 50.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18479

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon

Kellogg, Co.

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	10.50		0	9		5.25		
Energy....kcal	422		0	9		211		
Energy....kj	1766			9		883		
Protein....g	5.00		0	9		2.50		
Total lipid (fat)....g	14.80		0	9		7.40		
Ash....g	1.26		0	9		0.63		
Carbohydrate, by difference....g	68.32		0	9		34.16		
Fiber, total dietary....g	1.3		0	9		0.7		
Sugars, total....g	30.80		0	9		15.40		
Starch....g								
Minerals:								
Calcium, Ca....mg	29		0	9		15		
Iron, Fe....mg	3.60		0	9		1.80		
Magnesium, Mg....mg	15		0	9		8		
Phosphorus, P....mg	93		0	9		47		
Potassium, K....mg	111		0	9		56		
Sodium, Na....mg	369		0	9		185		
Zinc, Zn....mg	2.42		0	9		1.21		
Copper, Cu....mg	0.080		0	9		0.040		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg	0.300		0	9		0.150		
Riboflavin....mg	0.340		0	9		0.170		
Niacin....mg	4.000		0	9		2.000		
Pantothenic acid....mg	0.000		0	9		0.000		
Vitamin B-6....mg	0.400		0	9		0.200		
Folate, total....mcg	80		0	9		40		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	1000		0	9		500		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.260		0	9		1.130		
Fatty acids, total monounsaturated....g	7.880		0	9		3.940		
Fatty acids, total polyunsaturated....g	4.760		0	9		2.380		
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 = 50.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18480

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Cherry

Kellogg, Co.

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	12.50		0	9		6.50		
Energy....kcal	393		0	9		204		
Energy....kj	1644			9		855		
Protein....g	4.60		0	9		2.39		
Total lipid (fat)....g	10.40		0	9		5.41		
Ash....g	1.23		0	9		0.64		
Carbohydrate, by difference....g	71.19		0	9		37.02		
Fiber, total dietary....g	1.1		0	9		0.6		
Sugars, total....g	31.70		0	9		16.48		
Starch....g								
Minerals:								
Calcium, Ca....mg	28		0	9		15		
Iron, Fe....mg	3.50		0	9		1.82		
Magnesium, Mg....mg	16		0	9		8		
Phosphorus, P....mg	85		0	9		44		
Potassium, K....mg	114		0	9		59		
Sodium, Na....mg	423		0	9		220		
Zinc, Zn....mg	1.23		0	9		0.64		
Copper, Cu....mg	0.150		0	9		0.078		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg	0.290		0	9		0.151		
Riboflavin....mg	0.330		0	9		0.172		
Niacin....mg	3.800		0	9		1.976		
Pantothenic acid....mg	0.000		0	9		0.000		
Vitamin B-6....mg	0.380		0	9		0.198		
Folate, total....mcg	80		0	9		42		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	962		0	9		500		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.670		0	9		0.868		
Fatty acids, total monounsaturated....g	5.730		0	9		2.980		
Fatty acids, total polyunsaturated....g	3.000		0	9		1.560		
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 = 52.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18481

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry

Kellogg, Co.

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	12.50		0	9		6.50		
Energy....kcal	393		0	9		204		
Energy....kj	1644			9		855		
Protein....g	4.20		0	9		2.18		
Total lipid (fat)....g	10.20		0	9		5.30		
Ash....g	1.10		0	9		0.57		
Carbohydrate, by difference....g	71.96		0	9		37.42		
Fiber, total dietary....g	1.0		0	9		0.5		
Sugars, total....g	36.00		0	9		18.72		
Starch....g								
Minerals:								
Calcium, Ca....mg	25		0	9		13		
Iron, Fe....mg	3.50		0	9		1.82		
Magnesium, Mg....mg	14		0	9		7		
Phosphorus, P....mg	80		0	9		42		
Potassium, K....mg	95		0	9		49		
Sodium, Na....mg	423		0	9		220		
Zinc, Zn....mg	1.46		0	9		0.76		
Copper, Cu....mg	0.190		0	9		0.099		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg	0.290		0	9		0.151		
Riboflavin....mg	0.330		0	9		0.172		
Niacin....mg	3.850		0	9		2.002		
Pantothenic acid....mg	0.000		0	9		0.000		
Vitamin B-6....mg	0.390		0	9		0.203		
Folate, total....mcg	80		0	9		42		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	962		0	9		500		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.940		0	9		1.009		
Fatty acids, total monounsaturated....g	6.690		0	9		3.479		
Fatty acids, total polyunsaturated....g	1.580		0	9		0.822		
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 = 52.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18482

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge

Kellogg, Co.

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	12.50		0	9		6.50		
Energy....kcal	387		0	9		201		
Energy....kj	1619			9		842		
Protein....g	5.10		0	9		2.65		
Total lipid (fat)....g	9.30		0	9		4.84		
Ash....g	1.30		0	9		0.68		
Carbohydrate, by difference....g	71.80		0	9		37.34		
Fiber, total dietary....g	1.1		0	9		0.6		
Sugars, total....g	38.00		0	9		19.76		
Starch....g								
Minerals:								
Calcium, Ca....mg	38		0	9		20		
Iron, Fe....mg	3.50		0	9		1.82		
Magnesium, Mg....mg	29		0	9		15		
Phosphorus, P....mg	84		0	9		44		
Potassium, K....mg	158		0	9		82		
Sodium, Na....mg	390		0	9		203		
Zinc, Zn....mg	0.50		0	9		0.26		
Copper, Cu....mg	0.200		0	9		0.104		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg	0.300		0	9		0.156		
Riboflavin....mg	0.300		0	9		0.156		
Niacin....mg	3.800		0	9		1.976		
Pantothenic acid....mg	0.000		0	9		0.000		
Vitamin B-6....mg	0.400		0	9		0.208		
Folate, total....mcg	100		0	9		52		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	962		0	9		500		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.900		0	9		0.988		
Fatty acids, total monounsaturated....g	5.200		0	9		2.704		
Fatty acids, total polyunsaturated....g	2.200		0	9		1.144		
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 = 52.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18483

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate vanilla creme

Kellogg, Co.

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	12.50		0	9		6.50		
Energy....kcal	391		0	9		203		
Energy....kj	1636			9		851		
Protein....g	5.00		0	9		2.60		
Total lipid (fat)....g	10.20		0	9		5.30		
Ash....g	1.44		0	9		0.75		
Carbohydrate, by difference....g	70.84		0	9		36.84		
Fiber, total dietary....g	1.0		0	9		0.5		
Sugars, total....g	37.30		0	9		19.40		
Starch....g								
Minerals:								
Calcium, Ca....mg	30		0	9		16		
Iron, Fe....mg	3.50		0	9		1.82		
Magnesium, Mg....mg	22		0	9		11		
Phosphorus, P....mg	69		0	9		36		
Potassium, K....mg	120		0	9		62		
Sodium, Na....mg	441		0	9		229		
Zinc, Zn....mg	1.20		0	9		0.62		
Copper, Cu....mg	0.100		0	9		0.052		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg	0.290		0	9		0.151		
Riboflavin....mg	0.330		0	9		0.172		
Niacin....mg	3.800		0	9		1.976		
Pantothenic acid....mg	0.000		0	9		0.000		
Vitamin B-6....mg	0.400		0	9		0.208		
Folate, total....mcg	100		0	9		52		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	962		0	9		500		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.940		0	9		1.009		
Fatty acids, total monounsaturated....g	6.190		0	9		3.219		
Fatty acids, total polyunsaturated....g	1.980		0	9		1.030		
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 = 52.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18484

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted grape

Kellogg, Co.

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	12.50		0	9		6.50		
Energy	kcal	391		0	9		203		
Energy	kj	1636			9		851		
Protein	g	4.40		0	9		2.29		
Total lipid (fat)	g	9.80		0	9		5.10		
Ash	g	1.12		0	9		0.58		
Carbohydrate, by difference	g	72.25		0	9		37.57		
Fiber, total dietary	g	1.0		0	9		0.5		
Sugars, total	g	35.40		0	9		18.41		
Starch	g								
Minerals:									
Calcium, Ca	mg	23		0	9		12		
Iron, Fe	mg	3.50		0	9		1.82		
Magnesium, Mg	mg	21		0	9		11		
Phosphorus, P	mg	89		0	9		46		
Potassium, K	mg	115		0	9		60		
Sodium, Na	mg	381		0	9		198		
Zinc, Zn	mg	1.30		0	9		0.68		
Copper, Cu	mg	0.100		0	9		0.052		
Manganese, Mn	mg								
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	9		0.0		
Thiamin	mg	0.290		0	9		0.151		
Riboflavin	mg	0.330		0	9		0.172		
Niacin	mg	3.800		0	9		1.976		
Pantothenic acid	mg	0.000		0	9		0.000		
Vitamin B-6	mg	0.400		0	9		0.208		
Folate, total	mcg	100		0	9		52		
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg	0.00		0	9		0.00		
Vitamin A, IU	IU	962		0	9		500		
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE	0.000		0	9		0.000		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	1.730		0	9		0.900		
Fatty acids, total monounsaturated	g	5.900		0	9		3.068		
Fatty acids, total polyunsaturated	g	2.150		0	9		1.118		
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 = 52.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18485

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Milk chocolate

Kellogg, Co.

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	12.40		0	9		6.45		
Energy....kcal	395		0	9		205		
Energy....kj	1653			9		859		
Protein....g	6.50		0	9		3.38		
Total lipid (fat)....g	11.20		0	9		5.82		
Ash....g	1.40		0	9		0.73		
Carbohydrate, by difference....g	68.50		0	9		35.62		
Fiber, total dietary....g	1.5		0	9		0.8		
Sugars, total....g	34.60		0	9		17.99		
Starch....g								
Minerals:								
Calcium, Ca....mg	38		0	9		20		
Iron, Fe....mg	3.50		0	9		1.82		
Magnesium, Mg....mg	23		0	9		12		
Phosphorus, P....mg	87		0	9		45		
Potassium, K....mg	157		0	9		82		
Sodium, Na....mg	437		0	9		227		
Zinc, Zn....mg	0.40		0	9		0.21		
Copper, Cu....mg	0.100		0	9		0.052		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg	0.300		0	9		0.156		
Riboflavin....mg	0.300		0	9		0.156		
Niacin....mg	3.800		0	9		1.976		
Pantothenic acid....mg	0.000		0	9		0.000		
Vitamin B-6....mg	0.400		0	9		0.208		
Folate, total....mcg	100		0	9		52		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	962		0	9		500		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.900		0	9		1.508		
Fatty acids, total monounsaturated....g	6.200		0	9		3.224		
Fatty acids, total polyunsaturated....g	2.100		0	9		1.092		
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 = 52.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18486

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry

Kellogg, Co.

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	12.50		0	9		6.50		
Energy	kcal	395		0	9		205		
Energy	kj	1653			9		859		
Protein	g	4.20		0	9		2.18		
Total lipid (fat)	g	10.60		0	9		5.51		
Ash	g	1.08		0	9		0.56		
Carbohydrate, by difference	g	71.54		0	9		37.20		
Fiber, total dietary	g	1.0		0	9		0.5		
Sugars, total	g	35.40		0	9		18.41		
Starch	g								
Minerals:									
Calcium, Ca	mg	22		0	9		11		
Iron, Fe	mg	3.50		0	9		1.82		
Magnesium, Mg	mg	16		0	9		8		
Phosphorus, P	mg	88		0	9		46		
Potassium, K	mg	85		0	9		44		
Sodium, Na	mg	406		0	9		211		
Zinc, Zn	mg	1.21		0	9		0.63		
Copper, Cu	mg	0.080		0	9		0.042		
Manganese, Mn	mg								
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	9		0.0		
Thiamin	mg	0.290		0	9		0.151		
Riboflavin	mg	0.330		0	9		0.172		
Niacin	mg	3.800		0	9		1.976		
Pantothenic acid	mg	0.000		0	9		0.000		
Vitamin B-6	mg	0.400		0	9		0.208		
Folate, total	mcg	100		0	9		52		
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg	0.00		0	9		0.00		
Vitamin A, IU	IU	962		0	9		500		
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE	0.000		0	9		0.000		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	1.880		0	9		0.978		
Fatty acids, total monounsaturated	g	6.170		0	9		3.208		
Fatty acids, total polyunsaturated	g	2.560		0	9		1.331		
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 = 52.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18487

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores

Kellogg, Co.

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	12.50		0	9		6.50		
Energy....kcal	392		0	9		204		
Energy....kj	1640			9		853		
Protein....g	6.20		0	9		3.22		
Total lipid (fat)....g	10.50		0	9		5.46		
Ash....g	1.20		0	9		0.62		
Carbohydrate, by difference....g	69.60		0	9		36.19		
Fiber, total dietary....g	1.4		0	9		0.7		
Sugars, total....g	36.50		0	9		18.98		
Starch....g								
Minerals:								
Calcium, Ca....mg	29		0	9		15		
Iron, Fe....mg	3.50		0	9		1.82		
Magnesium, Mg....mg	21		0	9		11		
Phosphorus, P....mg	75		0	9		39		
Potassium, K....mg	125		0	9		65		
Sodium, Na....mg	382		0	9		199		
Zinc, Zn....mg	0.40		0	9		0.21		
Copper, Cu....mg	0.100		0	9		0.052		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg	0.300		0	9		0.156		
Riboflavin....mg	0.300		0	9		0.156		
Niacin....mg	3.800		0	9		1.976		
Pantothenic acid....mg	0.000		0	9		0.000		
Vitamin B-6....mg	0.400		0	9		0.208		
Folate, total....mcg	100		0	9		52		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	962		0	9		500		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.800		0	9		1.456		
Fatty acids, total monounsaturated....g	5.900		0	9		3.068		
Fatty acids, total polyunsaturated....g	1.800		0	9		0.936		
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 = 52.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18488

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry

Kellogg, Co.

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	12.50		0	9		6.50		
Energy....kcal	394		0	9		205		
Energy....kj	1648			9		857		
Protein....g	4.70		0	9		2.44		
Total lipid (fat)....g	10.50		0	9		5.46		
Ash....g	1.20		0	9		0.62		
Carbohydrate, by difference....g	71.00		0	9		36.92		
Fiber, total dietary....g	1.1		0	9		0.6		
Sugars, total....g	33.00		0	9		17.16		
Starch....g								
Minerals:								
Calcium, Ca....mg	24		0	9		12		
Iron, Fe....mg	3.50		0	9		1.82		
Magnesium, Mg....mg	11		0	9		6		
Phosphorus, P....mg	55		0	9		29		
Potassium, K....mg	93		0	9		48		
Sodium, Na....mg	355		0	9		185		
Zinc, Zn....mg	0.30		0	9		0.16		
Copper, Cu....mg	0.000		0	9		0.000		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg	0.300		0	9		0.156		
Riboflavin....mg	0.300		0	9		0.156		
Niacin....mg	3.800		0	9		1.976		
Pantothenic acid....mg	0.000		0	9		0.000		
Vitamin B-6....mg	0.400		0	9		0.208		
Folate, total....mcg	100		0	9		52		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	962		0	9		500		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.900		0	9		1.508		
Fatty acids, total monounsaturated....g	6.200		0	9		3.224		
Fatty acids, total polyunsaturated....g	1.500		0	9		0.780		
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 = 52.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18489

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry

Kellogg, Co.

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	12.50		0	9		6.50		
Energy....kcal	390		0	9		203		
Energy....kj	1632			9		849		
Protein....g	4.40		0	9		2.29		
Total lipid (fat)....g	9.60		0	9		4.99		
Ash....g	1.10		0	9		0.57		
Carbohydrate, by difference....g	72.40		0	9		37.65		
Fiber, total dietary....g	1.0		0	9		0.5		
Sugars, total....g	37.50		0	9		19.50		
Starch....g								
Minerals:								
Calcium, Ca....mg	22		0	9		11		
Iron, Fe....mg	3.50		0	9		1.82		
Magnesium, Mg....mg	10		0	9		5		
Phosphorus, P....mg	51		0	9		27		
Potassium, K....mg	85		0	9		44		
Sodium, Na....mg	325		0	9		169		
Zinc, Zn....mg	0.30		0	9		0.16		
Copper, Cu....mg	0.000		0	9		0.000		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg	0.300		0	9		0.156		
Riboflavin....mg	0.300		0	9		0.156		
Niacin....mg	3.800		0	9		1.976		
Pantothenic acid....mg	0.000		0	9		0.000		
Vitamin B-6....mg	0.400		0	9		0.208		
Folate, total....mcg	100		0	9		52		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	962		0	9		500		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.600		0	9		1.352		
Fatty acids, total monounsaturated....g	5.600		0	9		2.912		
Fatty acids, total polyunsaturated....g	1.400		0	9		0.728		
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 = 52.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18490

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry

Kellogg, Co.

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	12.50		0	9		6.75		
Energy	kcal	388		0	9		210		
Energy	kj	1623			9		877		
Protein	g	4.30		0	9		2.32		
Total lipid (fat)	g	9.20		0	9		4.97		
Ash	g	1.00		0	9		0.54		
Carbohydrate, by difference	g	72.90		0	9		39.37		
Fiber, total dietary	g	1.0		0	9		0.5		
Sugars, total	g	38.80		0	9		20.95		
Starch	g								
Minerals:									
Calcium, Ca	mg	21		0	9		11		
Iron, Fe	mg	3.30		0	9		1.78		
Magnesium, Mg	mg	10		0	9		5		
Phosphorus, P	mg	49		0	9		26		
Potassium, K	mg	82		0	9		44		
Sodium, Na	mg	311		0	9		168		
Zinc, Zn	mg	0.30		0	9		0.16		
Copper, Cu	mg	0.000		0	9		0.000		
Manganese, Mn	mg								
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	9		0.0		
Thiamin	mg	0.300		0	9		0.162		
Riboflavin	mg	0.300		0	9		0.162		
Niacin	mg	3.700		0	9		1.998		
Pantothenic acid	mg	0.000		0	9		0.000		
Vitamin B-6	mg	0.400		0	9		0.216		
Folate, total	mcg	100		0	9		54		
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg	0.00		0	9		0.00		
Vitamin A, IU	IU	926		0	9		500		
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE	0.000		0	9		0.000		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	2.600		0	9		1.404		
Fatty acids, total monounsaturated	g	5.400		0	9		2.916		
Fatty acids, total polyunsaturated	g	1.300		0	9		0.702		
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 = 54.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18491

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted apple cinnamon

Kellogg, Co.

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	12.50		0	9		6.50		
Energy....kcal	368		0	9		191		
Energy....kj	1540			9		801		
Protein....g	4.20		0	9		2.18		
Total lipid (fat)....g	5.50		0	9		2.86		
Ash....g	0.90		0	9		0.47		
Carbohydrate, by difference....g	76.90		0	9		39.99		
Fiber, total dietary....g	1.1		0	9		0.6		
Sugars, total....g	38.30		0	9		19.92		
Starch....g								
Minerals:								
Calcium, Ca....mg	11		0	9		6		
Iron, Fe....mg	3.50		0	9		1.82		
Magnesium, Mg....mg	9		0	9		5		
Phosphorus, P....mg	41		0	9		21		
Potassium, K....mg	54		0	9		28		
Sodium, Na....mg	396		0	9		206		
Zinc, Zn....mg	0.30		0	9		0.16		
Copper, Cu....mg	0.000		0	9		0.000		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg	0.300		0	9		0.156		
Riboflavin....mg	0.300		0	9		0.156		
Niacin....mg	3.800		0	9		1.976		
Pantothenic acid....mg	0.000		0	9		0.000		
Vitamin B-6....mg	0.400		0	9		0.208		
Folate, total....mcg	100		0	9		52		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	962		0	9		500		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.100		0	9		0.572		
Fatty acids, total monounsaturated....g	2.800		0	9		1.456		
Fatty acids, total polyunsaturated....g	1.600		0	9		0.832		
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 = 52.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18492
KELLOGG, KELLOGG'S LOW FAT POP TARTS, Blueberry

Kellogg, Co.

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	12.50		0	9		6.50		
Energy....kcal	369		0	9		192		
Energy....kj	1544			9		803		
Protein....g	4.50		0	9		2.34		
Total lipid (fat)....g	5.50		0	9		2.86		
Ash....g	1.00		0	9		0.52		
Carbohydrate, by difference....g	76.50		0	9		39.78		
Fiber, total dietary....g	1.2		0	9		0.6		
Sugars, total....g	35.90		0	9		18.67		
Starch....g								
Minerals:								
Calcium, Ca....mg	11		0	9		6		
Iron, Fe....mg	3.50		0	9		1.82		
Magnesium, Mg....mg	9		0	9		5		
Phosphorus, P....mg	44		0	9		23		
Potassium, K....mg	57		0	9		30		
Sodium, Na....mg	426		0	9		222		
Zinc, Zn....mg	0.30		0	9		0.16		
Copper, Cu....mg	0.000		0	9		0.000		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg	0.300		0	9		0.156		
Riboflavin....mg	0.300		0	9		0.156		
Niacin....mg	3.800		0	9		1.976		
Pantothenic acid....mg	0.000		0	9		0.000		
Vitamin B-6....mg	0.400		0	9		0.208		
Folate, total....mcg	100		0	9		52		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	962		0	9		500		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.200		0	9		0.624		
Fatty acids, total monounsaturated....g	3.000		0	9		1.560		
Fatty acids, total polyunsaturated....g	1.300		0	9		0.676		
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 = 52.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18493

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Cherry

Kellogg, Co.

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	12.50		0	9		6.50		
Energy	kcal	369		0	9		192		
Energy	kj	1544			9		803		
Protein	g	4.50		0	9		2.34		
Total lipid (fat)	g	5.50		0	9		2.86		
Ash	g	1.00		0	9		0.52		
Carbohydrate, by difference	g	76.50		0	9		39.78		
Fiber, total dietary	g	1.2		0	9		0.6		
Sugars, total	g	35.80		0	9		18.62		
Starch	g								
Minerals:									
Calcium, Ca	mg	11		0	9		6		
Iron, Fe	mg	3.50		0	9		1.82		
Magnesium, Mg	mg	9		0	9		5		
Phosphorus, P	mg	43		0	9		22		
Potassium, K	mg	57		0	9		30		
Sodium, Na	mg	426		0	9		222		
Zinc, Zn	mg	0.30		0	9		0.16		
Copper, Cu	mg	0.000		0	9		0.000		
Manganese, Mn	mg								
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	9		0.0		
Thiamin	mg	0.300		0	9		0.156		
Riboflavin	mg	0.300		0	9		0.156		
Niacin	mg	3.800		0	9		1.976		
Pantothenic acid	mg	0.000		0	9		0.000		
Vitamin B-6	mg	0.400		0	9		0.208		
Folate, total	mcg	100		0	9		52		
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg	0.00		0	9		0.00		
Vitamin A, IU	IU	962		0	9		500		
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE	0.000		0	9		0.000		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	1.200		0	9		0.624		
Fatty acids, total monounsaturated	g	3.000		0	9		1.560		
Fatty acids, total polyunsaturated	g	1.300		0	9		0.676		
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 = 52.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18494

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon

Kellogg, Co.

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	10.50		0	9		5.25		
Energy....kcal	376		0	9		188		
Energy....kj	1573			9		787		
Protein....g	4.70		0	9		2.35		
Total lipid (fat)....g	5.50		0	9		2.75		
Ash....g	1.00		0	9		0.50		
Carbohydrate, by difference....g	78.30		0	9		39.15		
Fiber, total dietary....g	1.2		0	9		0.6		
Sugars, total....g	36.20		0	9		18.10		
Starch....g								
Minerals:								
Calcium, Ca....mg	14		0	9		7		
Iron, Fe....mg	3.60		0	9		1.80		
Magnesium, Mg....mg	10		0	9		5		
Phosphorus, P....mg	45		0	9		23		
Potassium, K....mg	61		0	9		31		
Sodium, Na....mg	419		0	9		210		
Zinc, Zn....mg	0.30		0	9		0.15		
Copper, Cu....mg	0.100		0	9		0.050		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg	0.300		0	9		0.150		
Riboflavin....mg	0.300		0	9		0.150		
Niacin....mg	4.000		0	9		2.000		
Pantothenic acid....mg	0.000		0	9		0.000		
Vitamin B-6....mg	0.400		0	9		0.200		
Folate, total....mcg	100		0	9		50		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	1000		0	9		500		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.200		0	9		0.600		
Fatty acids, total monounsaturated....g	2.900		0	9		1.450		
Fatty acids, total polyunsaturated....g	1.300		0	9		0.650		
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 = 50.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18495

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted chocolate fudge

Kellogg, Co.

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	12.50		0	9		6.50		
Energy	kcal	366		0	9		190		
Energy	kj	1531			9		796		
Protein	g	5.10		0	9		2.65		
Total lipid (fat)	g	5.80		0	9		3.02		
Ash	g	1.40		0	9		0.73		
Carbohydrate, by difference	g	76.00		0	9		39.52		
Fiber, total dietary	g	1.1		0	9		0.6		
Sugars, total	g	36.20		0	9		18.82		
Starch	g								
Minerals:									
Calcium, Ca	mg	26		0	9		14		
Iron, Fe	mg	3.50		0	9		1.82		
Magnesium, Mg	mg	28		0	9		15		
Phosphorus, P	mg	76		0	9		40		
Potassium, K	mg	119		0	9		62		
Sodium, Na	mg	478		0	9		249		
Zinc, Zn	mg	0.50		0	9		0.26		
Copper, Cu	mg	0.200		0	9		0.104		
Manganese, Mn	mg								
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	9		0.0		
Thiamin	mg	0.300		0	9		0.156		
Riboflavin	mg	0.300		0	9		0.156		
Niacin	mg	3.800		0	9		1.976		
Pantothenic acid	mg	0.000		0	9		0.000		
Vitamin B-6	mg	0.400		0	9		0.208		
Folate, total	mcg	100		0	9		52		
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg	0.00		0	9		0.00		
Vitamin A, IU	IU	962		0	9		500		
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE	0.000		0	9		0.000		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	1.000		0	9		0.520		
Fatty acids, total monounsaturated	g	2.400		0	9		1.248		
Fatty acids, total polyunsaturated	g	1.700		0	9		0.884		
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 = 52.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18496

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Strawberry

Kellogg, Co.

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	12.50		0	9		6.50		
Energy....kcal	369		0	9		192		
Energy....kj	1544			9		803		
Protein....g	4.50		0	9		2.34		
Total lipid (fat)....g	5.50		0	9		2.86		
Ash....g	1.00		0	9		0.52		
Carbohydrate, by difference....g	76.60		0	9		39.83		
Fiber, total dietary....g	1.2		0	9		0.6		
Sugars, total....g	35.80		0	9		18.62		
Starch....g								
Minerals:								
Calcium, Ca....mg	11		0	9		6		
Iron, Fe....mg	3.50		0	9		1.82		
Magnesium, Mg....mg	9		0	9		5		
Phosphorus, P....mg	43		0	9		22		
Potassium, K....mg	54		0	9		28		
Sodium, Na....mg	424		0	9		220		
Zinc, Zn....mg	0.30		0	9		0.16		
Copper, Cu....mg	0.000		0	9		0.000		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg	0.300		0	9		0.156		
Riboflavin....mg	0.300		0	9		0.156		
Niacin....mg	3.800		0	9		1.976		
Pantothenic acid....mg	0.000		0	9		0.000		
Vitamin B-6....mg	0.400		0	9		0.208		
Folate, total....mcg	100		0	9		52		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	962		0	9		500		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.200		0	9		0.624		
Fatty acids, total monounsaturated....g	2.900		0	9		1.508		
Fatty acids, total polyunsaturated....g	1.300		0	9		0.676		
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 = 52.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18497

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry

Kellogg, Co.

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	12.50		0	9		6.50		
Energy....kcal	367		0	9		191		
Energy....kj	1536			9		798		
Protein....g	4.10		0	9		2.13		
Total lipid (fat)....g	5.80		0	9		3.02		
Ash....g	0.90		0	9		0.47		
Carbohydrate, by difference....g	77.50		0	9		40.30		
Fiber, total dietary....g	1.1		0	9		0.6		
Sugars, total....g	39.90		0	9		20.75		
Starch....g								
Minerals:								
Calcium, Ca....mg	10		0	9		5		
Iron, Fe....mg	3.50		0	9		1.82		
Magnesium, Mg....mg	8		0	9		4		
Phosphorus, P....mg	39		0	9		20		
Potassium, K....mg	49		0	9		25		
Sodium, Na....mg	387		0	9		201		
Zinc, Zn....mg	0.30		0	9		0.16		
Copper, Cu....mg	0.000		0	9		0.000		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg	0.300		0	9		0.156		
Riboflavin....mg	0.300		0	9		0.156		
Niacin....mg	3.800		0	9		1.976		
Pantothenic acid....mg	0.000		0	9		0.000		
Vitamin B-6....mg	0.400		0	9		0.208		
Folate, total....mcg	100		0	9		52		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	962		0	9		500		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.100		0	9		0.572		
Fatty acids, total monounsaturated....g	2.700		0	9		1.404		
Fatty acids, total polyunsaturated....g	2.000		0	9		1.040		
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 = 52.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18498

KELLOGG, KELLOGG'S POP TARTS, Frosted Wild Watermelon

Kellogg, Co.

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	12.50		0	9				
Energy....kcal	388		0	9				
Energy....kj	1623			9				
Protein....g	4.30		0	9				
Total lipid (fat)....g	9.20		0	9				
Ash....g	1.00		0	9				
Carbohydrate, by difference....g	72.90		0	9				
Fiber, total dietary....g	1.0		0	9				
Sugars, total....g	38.80		0	9				
Starch....g								
Minerals:								
Calcium, Ca....mg	213		0	9				
Iron, Fe....mg	3.30		0	9				
Magnesium, Mg....mg	10		0	9				
Phosphorus, P....mg	49		0	9				
Potassium, K....mg	82		0	9				
Sodium, Na....mg	311		0	9				
Zinc, Zn....mg	0.30		0	9				
Copper, Cu....mg	0.000		0	9				
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9				
Thiamin....mg	0.300		0	9				
Riboflavin....mg	0.300		0	9				
Niacin....mg	3.700		0	9				
Pantothenic acid....mg	0.000		0	9				
Vitamin B-6....mg	0.400		0	9				
Folate, total....mcg	100		0	9				
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9				
Vitamin A, IU....IU	926		0	9				
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9				
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.600		0	9				
Fatty acids, total monounsaturated....g	5.400		0	9				
Fatty acids, total polyunsaturated....g	1.300		0	9				
Fatty acids, total trans....g								
Cholesterol....mg	0		0	9				
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** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

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

NDB No. 18499
KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake

Kellogg, Co.

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	47.20		0	9				
Energy	kcal	233		0	9				
Energy	kj	975			9				
Protein	g	6.00		0	9				
Total lipid (fat)	g	6.69		0	9				
Ash	g	1.96		0	9				
Carbohydrate, by difference	g	38.10		0	9				
Fiber, total dietary	g	1.1		0	9				
Sugars, total	g	8.20		0	9				
Starch	g								
Minerals:									
Calcium, Ca	mg	35		0	9				
Iron, Fe	mg	3.10		0	9				
Magnesium, Mg	mg	18		0	9				
Phosphorus, P	mg	341		0	9				
Potassium, K	mg	103		0	9				
Sodium, Na	mg	530		0	9				
Zinc, Zn	mg	0.60		0	9				
Copper, Cu	mg	0.000		0	9				
Manganese, Mn	mg								
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	1.4		0	9				
Thiamin	mg	0.260		0	9				
Riboflavin	mg	0.290		0	9				
Niacin	mg	3.450		0	9				
Pantothenic acid	mg	0.000		0	9				
Vitamin B-6	mg	0.350		0	9				
Folate, total	mcg	52		0	9				
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg	1.03		0	9				
Vitamin A, IU	IU	862		0	9				
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE	0.000		0	9				
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	1.440		0	9				
Fatty acids, total monounsaturated	g	2.940		0	9				
Fatty acids, total polyunsaturated	g	2.130		0	9				
Fatty acids, total trans	g								
Cholesterol	mg	11		0	9				
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** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

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

NDB No. 18500
KELLOGG, KELLOGG'S EGGO, Banana Bread Waffles

Kellogg, Co.

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	41.20		0	9		32.14		
Energy....kcal	272		0	9		212		
Energy....kj	1138			9		888		
Protein....g	6.80		0	9		5.30		
Total lipid (fat)....g	9.50		0	9		7.41		
Ash....g	0.90		0	9		0.70		
Carbohydrate, by difference....g	41.60		0	9		32.45		
Fiber, total dietary....g	2.5		0	9		2.0		
Sugars, total....g	6.70		0	9		5.23		
Starch....g								
Minerals:								
Calcium, Ca....mg	51		0	9		40		
Iron, Fe....mg	4.60		0	9		3.59		
Magnesium, Mg....mg	18		0	9		14		
Phosphorus, P....mg	341		0	9		266		
Potassium, K....mg	180		0	9		140		
Sodium, Na....mg	359		0	9		280		
Zinc, Zn....mg	0.60		0	9		0.47		
Copper, Cu....mg	0.000		0	9		0.000		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.4		0	9		1.1		
Thiamin....mg	0.400		0	9		0.312		
Riboflavin....mg	0.400		0	9		0.312		
Niacin....mg	5.100		0	9		3.978		
Pantothenic acid....mg	0.000		0	9		0.000		
Vitamin B-6....mg	0.500		0	9		0.390		
Folate, total....mcg	51		0	9		40		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	1.50		0	9		1.17		
Vitamin A, IU....IU	1282		0	9		1000		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.710		0	9		1.334		
Fatty acids, total monounsaturated....g	5.280		0	9		4.118		
Fatty acids, total polyunsaturated....g	2.510		0	9		1.958		
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 = 78.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18501

KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry

Kellogg, Co.

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	14.50		0	9				
Energy....kcal	370		0	9				
Energy....kj	1548			9				
Protein....g	4.30		0	9				
Total lipid (fat)....g	7.60		0	9				
Ash....g	0.80		0	9				
Carbohydrate, by difference....g	72.80		0	9				
Fiber, total dietary....g	1.9		0	9				
Sugars, total....g	33.60		0	9				
Starch....g								
Minerals:								
Calcium, Ca....mg	39		0	9				
Iron, Fe....mg	4.90		0	9				
Magnesium, Mg....mg	26		0	9				
Phosphorus, P....mg	98		0	9				
Potassium, K....mg	188		0	9				
Sodium, Na....mg	297		0	9				
Zinc, Zn....mg	4.10		0	9				
Copper, Cu....mg	0.100		0	9				
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9				
Thiamin....mg	1.000		0	9				
Riboflavin....mg	1.100		0	9				
Niacin....mg	13.500		0	9				
Pantothenic acid....mg	0.000		0	9				
Vitamin B-6....mg	1.400		0	9				
Folate, total....mcg	108		0	9				
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9				
Vitamin A, IU....IU	2027		0	9				
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9				
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.500		0	9				
Fatty acids, total monounsaturated....g	5.000		0	9				
Fatty acids, total polyunsaturated....g	1.100		0	9				
Fatty acids, total trans....g								
Cholesterol....mg	0		0	9				
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** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

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

NDB No. 18502
LENDER'S Big'N Crusty Blueberry Bagel

Kellogg, Co.

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	34.35		0	9		29.20		
Energy....kcal	252		0	9		214		
Energy....kj	1054			9		896		
Protein....g	9.26		0	9		7.87		
Total lipid (fat)....g	0.90		0	9		0.77		
Ash....g	1.51		0	9		1.28		
Carbohydrate, by difference....g	53.96		0	9		45.87		
Fiber, total dietary....g	2.0		0	9		1.7		
Sugars, total....g	11.23		0	9		9.55		
Starch....g								
Minerals:								
Calcium, Ca....mg	13		0	9		11		
Iron, Fe....mg	3.70		0	9		3.15		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	86		0	9		73		
Sodium, Na....mg	481		0	9		409		
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	0.543		0	9		0.462		
Riboflavin....mg	0.310		0	9		0.264		
Niacin....mg	4.000		0	9		3.400		
Pantothenic acid....mg								
Vitamin B-6....mg	0.056		0	9		0.048		
Folate, total....mcg	70		0	9		60		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	0		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.200		0	9		0.170		
Fatty acids, total monounsaturated....g	0.100		0	9		0.085		
Fatty acids, total polyunsaturated....g	0.500		0	9		0.425		
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 = 85.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18503
LENDER'S Premium Refrigerated Blueberry Bagels
Kellogg, Co.

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	33.76		0	9		27.35		
Energy....kcal	258		0	9		209		
Energy....kj	1079			9		874		
Protein....g	10.43		0	9		8.45		
Total lipid (fat)....g	1.63		0	9		1.32		
Ash....g	1.65		0	9		1.34		
Carbohydrate, by difference....g	52.51		0	9		42.53		
Fiber, total dietary....g	2.5		0	9		2.0		
Sugars, total....g	9.86		0	9		7.99		
Starch....g								
Minerals:								
Calcium, Ca....mg	15		0	9		12		
Iron, Fe....mg	2.03		0	9		1.64		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	162		0	9		131		
Sodium, Na....mg	505		0	9		409		
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	0.260		0	9		0.211		
Riboflavin....mg	0.176		0	9		0.143		
Niacin....mg	2.000		0	9		1.620		
Pantothenic acid....mg								
Vitamin B-6....mg	0.066		0	9		0.053		
Folate, total....mcg	74		0	9		60		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	0		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.330		0	9		0.267		
Fatty acids, total monounsaturated....g	0.430		0	9		0.348		
Fatty acids, total polyunsaturated....g	0.530		0	9		0.429		
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 = 81.000g: 1 bagel (3" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18504
LENDER'S Bagel Shop Blueberry Bagels
Kellogg, Co.

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	33.96		0	9		34.64		
Energy....kcal	259		0	9		264		
Energy....kj	1084			9		1105		
Protein....g	10.50		0	9		10.71		
Total lipid (fat)....g	1.50		0	9		1.53		
Ash....g	1.53		0	9		1.56		
Carbohydrate, by difference....g	52.33		0	9		53.38		
Fiber, total dietary....g	1.7		0	9		1.7		
Sugars, total....g	9.43		0	9		9.62		
Starch....g								
Minerals:								
Calcium, Ca....mg	56		0	9		57		
Iron, Fe....mg	1.80		0	9		1.84		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	155		0	9		158		
Sodium, Na....mg	419		0	9		427		
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	0.260		0	9		0.265		
Riboflavin....mg	0.200		0	9		0.204		
Niacin....mg	4.000		0	9		4.080		
Pantothenic acid....mg								
Vitamin B-6....mg	0.060		0	9		0.061		
Folate, total....mcg	74		0	9		75		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	0		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.300		0	9		0.306		
Fatty acids, total monounsaturated....g	0.400		0	9		0.408		
Fatty acids, total polyunsaturated....g	0.500		0	9		0.510		
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 = 102.000g: 1 bagel (4" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18505
KELLOGG'S Eggo Lowfat Homestyle Waffles

Kellogg, Co.

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	43.44		0	9		30.41	15.20	
Energy....kcal	236		0	9		165	83	
Energy....kj	987			9		691	346	
Protein....g	7.06		0	9		4.94	2.47	
Total lipid (fat)....g	3.56		0	9		2.49	1.25	
Ash....g	1.79		0	9		1.25	0.63	
Carbohydrate, by difference....g	44.15		0	9		30.91	15.45	
Fiber, total dietary....g	1.0		0	9		0.7	0.4	
Sugars, total....g	2.92		0	9		2.04	1.02	
Starch....g								
Minerals:								
Calcium, Ca....mg	58		0	9		41	20	
Iron, Fe....mg	5.56		0	9		3.89	1.95	
Magnesium, Mg....mg	68		0	9		48	24	
Phosphorus, P....mg	81		0	9		57	28	
Potassium, K....mg	143		0	9		100	50	
Sodium, Na....mg	442		0	9		309	155	
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	0.0	
Thiamin....mg	0.880		0	9		0.616	0.308	
Riboflavin....mg	0.740		0	9		0.518	0.259	
Niacin....mg	7.410		0	9		5.187	2.594	
Pantothenic acid....mg								
Vitamin B-6....mg	0.470		0	9		0.329	0.165	
Folate, total....mcg	77		0	9		54	27	
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	1.57		0	9		1.10	0.55	
Vitamin A, IU....IU	1447		0	9		1013	506	
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.900		0	9		0.630	0.315	
Fatty acids, total monounsaturated....g	1.000		0	9		0.700	0.350	
Fatty acids, total polyunsaturated....g	1.070		0	9		0.749	0.375	
Fatty acids, total trans....g								
Cholesterol....mg	25		0	9		18	9	
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 = 70.000g: 1 serving

Measure 2 = 35.000g: 1 round waffle (4" dia) (include frozen)

Footnotes:

1 Serving equals 2 waffles

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

NDB No. 18505
KELLOGG'S Eggo Lowfat Homestyle Waffles

Food Group: 18 Baked Products

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

NDB No. 18506
KELLOGG'S Eggo Lowfat Nutri-Grain Waffles

Kellogg, Co.

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	47.75		0	9		16.71	33.43	
Energy....kcal	203		0	9		71	142	
Energy....kj	849			9		297	595	
Protein....g	6.28		0	9		2.20	4.40	
Total lipid (fat)....g	3.20		0	9		1.12	2.24	
Ash....g	2.50		0	9		0.88	1.75	
Carbohydrate, by difference....g	40.27		0	9		14.09	28.19	
Fiber, total dietary....g	3.7		0	9		1.3	2.6	
Sugars, total....g	5.73		0	9		2.01	4.01	
Starch....g								
Minerals:								
Calcium, Ca....mg	61		0	9		21	43	
Iron, Fe....mg	4.62		0	9		1.62	3.23	
Magnesium, Mg....mg	56		0	9		20	39	
Phosphorus, P....mg	81		0	9		28	57	
Potassium, K....mg	72		0	9		25	50	
Sodium, Na....mg	614		0	9		215	430	
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	0.0	
Thiamin....mg	0.380		0	9		0.133	0.266	
Riboflavin....mg	0.440		0	9		0.154	0.308	
Niacin....mg	5.130		0	9		1.796	3.591	
Pantothenic acid....mg								
Vitamin B-6....mg	0.510		0	9		0.179	0.357	
Folate, total....mcg	51		0	9		18	36	
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	1.54		0	9		0.54	1.08	
Vitamin A, IU....IU	1282		0	9		449	897	
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.470		0	9		0.165	0.329	
Fatty acids, total monounsaturated....g	1.340		0	9		0.469	0.938	
Fatty acids, total polyunsaturated....g	0.900		0	9		0.315	0.630	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	9		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 = 35.000g: 1 waffle, round (4" dia) (include frozen)

Measure 2 = 70.000g: 1 serving

Footnotes:

1 Serving equals 2 waffles

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

NDB No. 18506
KELLOGG'S Eggo Lowfat Nutri-Grain Waffles

Food Group: 18 Baked Products

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

NDB No. 18507
KELLOGG'S Eggo Lowfat Blueberry Nutri-Grain Waffles

Kellogg, Co.

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	46.06		0	9		16.12	32.24	
Energy....kcal	208		0	9		73	146	
Energy....kj	870			9		305	609	
Protein....g	5.95		0	9		2.08	4.17	
Total lipid (fat)....g	2.83		0	9		0.99	1.98	
Ash....g	2.45		0	9		0.86	1.72	
Carbohydrate, by difference....g	42.71		0	9		14.95	29.90	
Fiber, total dietary....g	3.5		0	9		1.2	2.5	
Sugars, total....g	8.89		0	9		3.11	6.22	
Starch....g								
Minerals:								
Calcium, Ca....mg	61		0	9		21	43	
Iron, Fe....mg	4.62		0	9		1.62	3.23	
Magnesium, Mg....mg	54		0	9		19	38	
Phosphorus, P....mg	77		0	9		27	54	
Potassium, K....mg	68		0	9		24	48	
Sodium, Na....mg	591		0	9		207	414	
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	0.0	
Thiamin....mg	0.380		0	9		0.133	0.266	
Riboflavin....mg	0.440		0	9		0.154	0.308	
Niacin....mg	5.130		0	9		1.796	3.591	
Pantothenic acid....mg								
Vitamin B-6....mg	0.510		0	9		0.179	0.357	
Folate, total....mcg	51		0	9		18	36	
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	1.54		0	9		0.54	1.08	
Vitamin A, IU....IU	1282		0	9		449	897	
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.410		0	9		0.144	0.287	
Fatty acids, total monounsaturated....g	1.150		0	9		0.403	0.805	
Fatty acids, total polyunsaturated....g	0.800		0	9		0.280	0.560	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	9		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 = 35.000g: 1 waffle, round (4" dia) (include frozen)

Measure 2 = 70.000g: 1 serving

Footnotes:

1 Serving equals 2 waffles

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

NDB No. 18507
KELLOGG'S Eggo Lowfat Blueberry Nutri-Grain Waffles

Food Group: 18 Baked Products
USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18508

KELLOGG'S Pop-Tarts Pastry Swirls, Apple Cinnamon Danish

Kellogg, Co.

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	16.80		0	9		10.42		
Energy....kcal	413		0	9		256		
Energy....kj	1728			9		1071		
Protein....g	4.80		0	9		2.98		
Total lipid (fat)....g	17.70		0	9		10.97		
Ash....g	1.00		0	9		0.62		
Carbohydrate, by difference....g	59.70		0	9		37.01		
Fiber, total dietary....g	1.4		0	9		0.9		
Sugars, total....g	17.70		0	9		10.97		
Starch....g								
Minerals:								
Calcium, Ca....mg	32		0	9		20		
Iron, Fe....mg	1.74		0	9		1.08		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	306		0	9		190		
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	0		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.800		0	9		2.976		
Fatty acids, total monounsaturated....g	5.800		0	9		3.596		
Fatty acids, total polyunsaturated....g	7.100		0	9		4.402		
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 = 62.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18509

KELLOGG'S Pop-Tarts Pastry Swirls, Strawberry Danish

Kellogg, Co.

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	16.32		0	9		10.12		
Energy....kcal	410		0	9		254		
Energy....kj	1715			9		1064		
Protein....g	4.80		0	9		2.98		
Total lipid (fat)....g	17.70		0	9		10.97		
Ash....g	1.18		0	9		0.73		
Carbohydrate, by difference....g	60.00		0	9		37.20		
Fiber, total dietary....g	1.8		0	9		1.1		
Sugars, total....g	25.80		0	9		16.00		
Starch....g								
Minerals:								
Calcium, Ca....mg	32		0	9		20		
Iron, Fe....mg	1.74		0	9		1.08		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	274		0	9		170		
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	0		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.800		0	9		2.976		
Fatty acids, total monounsaturated....g	5.800		0	9		3.596		
Fatty acids, total polyunsaturated....g	7.100		0	9		4.402		
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 = 62.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18510
KELLOGG'S Pop-Tarts Pastry Swirls, Cheese Danish

Kellogg, Co.

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	16.85		0	9		10.45		
Energy....kcal	407		0	9		252		
Energy....kj	1703			9		1056		
Protein....g	4.80		0	9		2.98		
Total lipid (fat)....g	17.70		0	9		10.97		
Ash....g	1.55		0	9		0.96		
Carbohydrate, by difference....g	59.10		0	9		36.64		
Fiber, total dietary....g	0.5		0	9		0.3		
Sugars, total....g	19.40		0	9		12.03		
Starch....g								
Minerals:								
Calcium, Ca....mg	64		0	9		40		
Iron, Fe....mg	1.74		0	9		1.08		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	290		0	9		180		
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	0		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.800		0	9		2.976		
Fatty acids, total monounsaturated....g	5.800		0	9		3.596		
Fatty acids, total polyunsaturated....g	7.100		0	9		4.402		
Fatty acids, total trans....g								
Cholesterol....mg	1		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 = 62.000g: 1 pastry

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

Food Group: 18 Baked Products

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

NDB No. 18512
KELLOGG'S Eggo Golden Oat Waffles

Kellogg, Co.

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	50.60		0	9		17.71	35.42	
Energy....kcal	198		0	9		69	139	
Energy....kj	828			9		290	580	
Protein....g	6.83		0	9		2.39	4.78	
Total lipid (fat)....g	3.22		0	9		1.13	2.25	
Ash....g	1.83		0	9		0.64	1.28	
Carbohydrate, by difference....g	37.52		0	9		13.13	26.26	
Fiber, total dietary....g	3.5		0	9		1.2	2.5	
Sugars, total....g	3.47		0	9		1.21	2.43	
Starch....g								
Minerals:								
Calcium, Ca....mg	66		0	9		23	46	
Iron, Fe....mg	4.60		0	9		1.61	3.22	
Magnesium, Mg....mg	44		0	9		15	31	
Phosphorus, P....mg	323		0	9		113	226	
Potassium, K....mg	191		0	9		67	134	
Sodium, Na....mg	385		0	9		135	270	
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.8		0	9		0.3	0.6	
Thiamin....mg	0.400		0	9		0.140	0.280	
Riboflavin....mg	0.500		0	9		0.175	0.350	
Niacin....mg	5.100		0	9		1.785	3.570	
Pantothenic acid....mg								
Vitamin B-6....mg	0.500		0	9		0.175	0.350	
Folate, total....mcg	41		0	9		14	29	
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	1.50		0	9		0.53	1.05	
Vitamin A, IU....IU	1282		0	9		449	897	
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.600		0	9		0.210	0.420	
Fatty acids, total monounsaturated....g	1.067		0	9		0.373	0.747	
Fatty acids, total polyunsaturated....g	1.067		0	9		0.373	0.747	
Fatty acids, total trans....g								
Cholesterol....mg	1		0	9		0	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 = 35.000g: 1 waffle, round (4" dia) (include frozen)

Measure 2 = 70.000g: 1 serving

Footnotes:

1 Serving equals 2 waffles

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

NDB No. 18512
KELLOGG'S Eggo Golden Oat Waffles

Food Group: 18 Baked Products

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

NDB No. 18513

ARCHWAY Home Style Cookies, Sugar Free Oatmeal

Archway Cookies

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	5.00		0	9		1.20		
Energy....kcal	442		0	9		106		
Energy....kj	1849			9		444		
Protein....g	5.54		0	9		1.33		
Total lipid (fat)....g	20.92		0	9		5.02		
Ash....g	1.34		0	9		0.32		
Carbohydrate, by difference....g	67.20		0	9		16.13		
Fiber, total dietary....g	1.9		0	9		0.5		
Sugars, total....g	1.26		0	9		0.30		
Starch....g								
Minerals:								
Calcium, Ca....mg	20		0	9		5		
Iron, Fe....mg	1.96		0	9		0.47		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	87		0	9		21		
Sodium, Na....mg	308		0	9		74		
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	0.270		0	9		0.065		
Riboflavin....mg	0.170		0	9		0.041		
Niacin....mg	1.810		0	9		0.434		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg	58		0	9		14		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	1		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.900		0	9		1.176		
Fatty acids, total monounsaturated....g	7.860		0	9		1.886		
Fatty acids, total polyunsaturated....g	1.310		0	9		0.314		
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 = 24.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18514

ARCHWAY Home Style Cookies, Sugar Free Rocky Road

Archway Cookies

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	7.50		0	9		1.80		
Energy....kcal	421		0	9		101		
Energy....kj	1761			9		423		
Protein....g	5.64		0	9		1.35		
Total lipid (fat)....g	20.57		0	9		4.94		
Ash....g	1.89		0	9		0.45		
Carbohydrate, by difference....g	64.40		0	9		15.46		
Fiber, total dietary....g	2.5		0	9		0.6		
Sugars, total....g	0.87		0	9		0.21		
Starch....g								
Minerals:								
Calcium, Ca....mg	168		0	9		40		
Iron, Fe....mg	2.81		0	9		0.67		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	241		0	9		58		
Sodium, Na....mg	277		0	9		66		
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	0.240		0	9		0.058		
Riboflavin....mg	0.190		0	9		0.046		
Niacin....mg	1.860		0	9		0.446		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	13		0	9		3		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.880		0	9		1.171		
Fatty acids, total monounsaturated....g	8.930		0	9		2.143		
Fatty acids, total polyunsaturated....g	2.200		0	9		0.528		
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 = 24.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18515

ARCHWAY Home Style Cookies, Sugar Free Shortbread

Archway Cookies

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	6.00			9		1.44		
Energy....kcal	445		0	9		107		
Energy....kj	1862			9		447		
Protein....g	4.66		0	9		1.12		
Total lipid (fat)....g	22.31		0	9		5.35		
Ash....g	1.09		0	9		0.26		
Carbohydrate, by difference....g	65.94		0	9		15.83		
Fiber, total dietary....g	0.9		0	9		0.2		
Sugars, total....g	1.41		0	9		0.34		
Starch....g								
Minerals:								
Calcium, Ca....mg	9		0	9		2		
Iron, Fe....mg	1.80		0	9		0.43		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	59		0	9		14		
Sodium, Na....mg	196		0	9		47		
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	0.260		0	9		0.062		
Riboflavin....mg	0.190		0	9		0.046		
Niacin....mg	2.110		0	9		0.506		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg	64		0	9		15		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU								
Vitamin A, RE....mcg_RE	3		0	9		1		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.260		0	9		1.262		
Fatty acids, total monounsaturated....g	8.370		0	9		2.009		
Fatty acids, total polyunsaturated....g	1.150		0	9		0.276		
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 = 24.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18516

ARCHWAY Home Style Cookies, Apple Filled Oatmeal

Archway Cookies

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	14.91		0	9		3.73		
Energy....kcal	394		0	9		99		
Energy....kj	1648			9		412		
Protein....g	4.80		0	9		1.20		
Total lipid (fat)....g	12.76		0	9		3.19		
Ash....g	1.90		0	9		0.48		
Carbohydrate, by difference....g	65.63		0	9		16.41		
Fiber, total dietary....g	2.1		0	9		0.5		
Sugars, total....g	31.95		0	9		7.99		
Starch....g								
Minerals:								
Calcium, Ca....mg	29		0	9		7		
Iron, Fe....mg	3.06		0	9		0.77		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	183		0	9		46		
Sodium, Na....mg	413		0	9		103		
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	0.260		0	9		0.065		
Riboflavin....mg	0.160		0	9		0.040		
Niacin....mg	1.750		0	9		0.438		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg	53		0	9		13		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	13		0	9		3		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.970		0	9		0.743		
Fatty acids, total monounsaturated....g	4.830		0	9		1.208		
Fatty acids, total polyunsaturated....g	0.950		0	9		0.238		
Fatty acids, total trans....g								
Cholesterol....mg	8		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 = 25.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18517
ARCHWAY Home Style Cookies, Apricot Filled

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	14.75		0	9		3.69		
Energy....kcal	401		0	9		100		
Energy....kj	1678			9		419		
Protein....g	5.06		0	9		1.27		
Total lipid (fat)....g	13.90		0	9		3.48		
Ash....g	1.50		0	9		0.38		
Carbohydrate, by difference....g	64.79		0	9		16.20		
Fiber, total dietary....g	1.4		0	9		0.4		
Sugars, total....g	32.40		0	9		8.10		
Starch....g								
Minerals:								
Calcium, Ca....mg	21		0	9		5		
Iron, Fe....mg	2.05		0	9		0.51		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	126		0	9		32		
Sodium, Na....mg	321		0	9		80		
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	0.250		0	9		0.063		
Riboflavin....mg	0.200		0	9		0.050		
Niacin....mg	1.950		0	9		0.488		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	54		0	9		14		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.450		0	9		1.363		
Fatty acids, total monounsaturated....g	4.350		0	9		1.088		
Fatty acids, total polyunsaturated....g	0.840		0	9		0.210		
Fatty acids, total trans....g								
Cholesterol....mg	27		0	9		7		
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 = 25.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18518
ARCHWAY Home Style Cookies, Aunt Bea's Pound Cake Cookie

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: 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	16.99		0	9		4.42		
Energy	kcal	402		0	9		105		
Energy	kj	1682			9		437		
Protein	g	5.17		0	9		1.34		
Total lipid (fat)	g	15.64		0	9		4.07		
Ash	g	1.53		0	9		0.40		
Carbohydrate, by difference	g	60.66		0	9		15.77		
Fiber, total dietary	g	1.0		0	9		0.3		
Sugars, total	g	32.12		0	9		8.35		
Starch	g								
Minerals:									
Calcium, Ca	mg	37		0	9		10		
Iron, Fe	mg	2.06		0	9		0.54		
Magnesium, Mg	mg								
Phosphorus, P	mg								
Potassium, K	mg	81		0	9		21		
Sodium, Na	mg	319		0	9		83		
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	0.250		0	9		0.065		
Riboflavin	mg	0.240		0	9		0.062		
Niacin	mg	1.940		0	9		0.504		
Pantothenic acid	mg								
Vitamin B-6	mg								
Folate, total	mcg								
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg								
Vitamin A, IU	IU	86		0	9		22		
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	3.850		0	9		1.001		
Fatty acids, total monounsaturated	g	5.870		0	9		1.526		
Fatty acids, total polyunsaturated	g	1.170		0	9		0.304		
Fatty acids, total trans	g								
Cholesterol	mg	57		0	9		15		
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 = 26.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18519
ARCHWAY Home Style Cookies, Black Walnut Ice Box

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	5.80		0	9		1.39		
Energy....kcal	497		0	9		119		
Energy....kj	2079			9		499		
Protein....g	5.25		0	9		1.26		
Total lipid (fat)....g	25.66		0	9		6.16		
Ash....g	1.29		0	9		0.31		
Carbohydrate, by difference....g	62.00		0	9		14.88		
Fiber, total dietary....g	1.2		0	9		0.3		
Sugars, total....g	27.90		0	9		6.70		
Starch....g								
Minerals:								
Calcium, Ca....mg	21		0	9		5		
Iron, Fe....mg	2.76		0	9		0.66		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	82		0	9		20		
Sodium, Na....mg	319		0	9		77		
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	0.290		0	9		0.070		
Riboflavin....mg	0.230		0	9		0.055		
Niacin....mg	2.270		0	9		0.545		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg	73		0	9		18		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	62		0	9		15		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.000		0	9		1.440		
Fatty acids, total monounsaturated....g	9.370		0	9		2.249		
Fatty acids, total polyunsaturated....g	2.500		0	9		0.600		
Fatty acids, total trans....g								
Cholesterol....mg	40		0	9		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 = 24.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18520
ARCHWAY Home Style Cookies, Cherry Filled

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	14.88		0	9		3.72		
Energy....kcal	401		0	9		100		
Energy....kj	1678			9		419		
Protein....g	5.04		0	9		1.26		
Total lipid (fat)....g	13.89		0	9		3.47		
Ash....g	1.54		0	9		0.39		
Carbohydrate, by difference....g	64.65		0	9		16.16		
Fiber, total dietary....g	1.4		0	9		0.4		
Sugars, total....g	31.52		0	9		7.88		
Starch....g								
Minerals:								
Calcium, Ca....mg	24		0	9		6		
Iron, Fe....mg	2.11		0	9		0.53		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	121		0	9		30		
Sodium, Na....mg	330		0	9		83		
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	0.260		0	9		0.065		
Riboflavin....mg	0.200		0	9		0.050		
Niacin....mg	1.910		0	9		0.478		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	87		0	9		22		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.440		0	9		1.360		
Fatty acids, total monounsaturated....g	4.350		0	9		1.088		
Fatty acids, total polyunsaturated....g	0.830		0	9		0.208		
Fatty acids, total trans....g								
Cholesterol....mg	27		0	9		7		
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 = 25.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18521
ARCHWAY Home Style Cookies, Chocolate Chip Drop

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	15.95		0	9		3.99		
Energy	kcal	402		0	9		101		
Energy	kj	1682			9		420		
Protein	g	5.54		0	9		1.39		
Total lipid (fat)	g	14.96		0	9		3.74		
Ash	g	1.67		0	9		0.42		
Carbohydrate, by difference	g	61.87		0	9		15.47		
Fiber, total dietary	g	1.1		0	9		0.3		
Sugars, total	g	31.69		0	9		7.92		
Starch	g								
Minerals:									
Calcium, Ca	mg	38		0	9		10		
Iron, Fe	mg	2.29		0	9		0.57		
Magnesium, Mg	mg								
Phosphorus, P	mg								
Potassium, K	mg	107		0	9		27		
Sodium, Na	mg	310		0	9		78		
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	0.250		0	9		0.063		
Riboflavin	mg	0.250		0	9		0.063		
Niacin	mg	2.010		0	9		0.503		
Pantothenic acid	mg								
Vitamin B-6	mg								
Folate, total	mcg								
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg								
Vitamin A, IU	IU	84		0	9		21		
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	4.450		0	9		1.113		
Fatty acids, total monounsaturated	g	5.540		0	9		1.385		
Fatty acids, total polyunsaturated	g	1.140		0	9		0.285		
Fatty acids, total trans	g								
Cholesterol	mg	55		0	9		14		
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 = 25.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18522
ARCHWAY Home Style Cookies, Chocolate Chip Ice Box

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	6.05		0	9		1.45		
Energy....kcal	486		0	9		117		
Energy....kj	2033			9		488		
Protein....g	4.79		0	9		1.15		
Total lipid (fat)....g	23.66		0	9		5.68		
Ash....g	1.36		0	9		0.33		
Carbohydrate, by difference....g	64.15		0	9		15.40		
Fiber, total dietary....g	1.0		0	9		0.2		
Sugars, total....g	34.83		0	9		8.36		
Starch....g								
Minerals:								
Calcium, Ca....mg	20		0	9		5		
Iron, Fe....mg	2.63		0	9		0.63		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	113		0	9		27		
Sodium, Na....mg	244		0	9		59		
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	0.240		0	9		0.058		
Riboflavin....mg	0.200		0	9		0.048		
Niacin....mg	1.930		0	9		0.463		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	48		0	9		12		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.290		0	9		1.750		
Fatty acids, total monounsaturated....g	8.810		0	9		2.114		
Fatty acids, total polyunsaturated....g	1.240		0	9		0.298		
Fatty acids, total trans....g								
Cholesterol....mg	32		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 = 24.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18523
ARCHWAY Home Style Cookies, Cinnamon Apple

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	12.80		0	9		3.33		
Energy....kcal	408		0	9		106		
Energy....kj	1707			9		444		
Protein....g	4.99		0	9		1.30		
Total lipid (fat)....g	14.06		0	9		3.66		
Ash....g	2.03		0	9		0.53		
Carbohydrate, by difference....g	66.12		0	9		17.19		
Fiber, total dietary....g	1.5		0	9		0.4		
Sugars, total....g	30.81		0	9		8.01		
Starch....g								
Minerals:								
Calcium, Ca....mg	32		0	9		8		
Iron, Fe....mg	2.42		0	9		0.63		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	90		0	9		23		
Sodium, Na....mg	506		0	9		132		
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	0.280		0	9		0.073		
Riboflavin....mg	0.210		0	9		0.055		
Niacin....mg	2.190		0	9		0.569		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg	66		0	9		17		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	1		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.340		0	9		0.868		
Fatty acids, total monounsaturated....g	5.220		0	9		1.357		
Fatty acids, total polyunsaturated....g	0.810		0	9		0.211		
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 = 26.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18524
ARCHWAY Home Style Cookies, Coconut Macaroon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	10.73		0	9		2.36		
Energy....kcal	482		0	9		106		
Energy....kj	2017			9		444		
Protein....g	3.88		0	9		0.85		
Total lipid (fat)....g	27.92		0	9		6.14		
Ash....g	1.31		0	9		0.29		
Carbohydrate, by difference....g	56.15		0	9		12.35		
Fiber, total dietary....g	2.3		0	9		0.5		
Sugars, total....g	43.26		0	9		9.52		
Starch....g								
Minerals:								
Calcium, Ca....mg	15		0	9		3		
Iron, Fe....mg	1.61		0	9		0.35		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	261		0	9		57		
Sodium, Na....mg	174		0	9		38		
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	0.030		0	9		0.007		
Riboflavin....mg	0.060		0	9		0.013		
Niacin....mg	0.303		0	9		0.067		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg	5		0	9		1		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	0		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	24.710		0	9		5.436		
Fatty acids, total monounsaturated....g	1.900		0	9		0.418		
Fatty acids, total polyunsaturated....g	0.350		0	9		0.077		
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 = 22.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18525
ARCHWAY Home Style Cookies, Cookies Jar Hermits

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	14.87		0	9		3.72		
Energy....kcal	380		0	9		95		
Energy....kj	1590			9		397		
Protein....g	5.20		0	9		1.30		
Total lipid (fat)....g	10.84		0	9		2.71		
Ash....g	2.59		0	9		0.65		
Carbohydrate, by difference....g	66.50		0	9		16.63		
Fiber, total dietary....g	2.1		0	9		0.5		
Sugars, total....g	32.76		0	9		8.19		
Starch....g								
Minerals:								
Calcium, Ca....mg	53		0	9		13		
Iron, Fe....mg	2.87		0	9		0.72		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	149		0	9		37		
Sodium, Na....mg	587		0	9		147		
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	0.290		0	9		0.073		
Riboflavin....mg	0.230		0	9		0.058		
Niacin....mg	2.310		0	9		0.578		
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		9		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.700		0	9		0.675		
Fatty acids, total monounsaturated....g	3.910		0	9		0.978		
Fatty acids, total polyunsaturated....g	1.050		0	9		0.263		
Fatty acids, total trans....g								
Cholesterol....mg	20		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 = 25.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18526
ARCHWAY Home Style Cookies, Dark Molasses

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	8.00		0	9		2.24		
Energy....kcal	411		0	9		115		
Energy....kj	1720			9		481		
Protein....g	4.23		0	9		1.18		
Total lipid (fat)....g	12.17		0	9		3.41		
Ash....g	3.93		0	9		1.10		
Carbohydrate, by difference....g	71.68		0	9		20.07		
Fiber, total dietary....g	1.0		0	9		0.3		
Sugars, total....g	36.49		0	9		10.22		
Starch....g								
Minerals:								
Calcium, Ca....mg	48		0	9		13		
Iron, Fe....mg	4.40		0	9		1.23		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	341		0	9		95		
Sodium, Na....mg	549		0	9		154		
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	0.300		0	9		0.084		
Riboflavin....mg	0.210		0	9		0.059		
Niacin....mg	2.690		0	9		0.753		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg	68		0	9		19		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	0		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.880		0	9		0.806		
Fatty acids, total monounsaturated....g	4.490		0	9		1.257		
Fatty acids, total polyunsaturated....g	0.730		0	9		0.204		
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 = 28.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18527
ARCHWAY Home Style Cookies, Date Filled Oatmeal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	13.86		0	9		3.47		
Energy....kcal	395		0	9		99		
Energy....kj	1653			9		413		
Protein....g	5.24		0	9		1.31		
Total lipid (fat)....g	12.36		0	9		3.09		
Ash....g	2.01		0	9		0.50		
Carbohydrate, by difference....g	66.53		0	9		16.63		
Fiber, total dietary....g	2.7		0	9		0.7		
Sugars, total....g	34.60		0	9		8.65		
Starch....g								
Minerals:								
Calcium, Ca....mg	34		0	9		9		
Iron, Fe....mg	2.03		0	9		0.51		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	209		0	9		52		
Sodium, Na....mg	393		0	9		98		
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	0.260		0	9		0.065		
Riboflavin....mg	0.170		0	9		0.043		
Niacin....mg	1.800		0	9		0.450		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	25		0	9		6		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.950		0	9		0.738		
Fatty acids, total monounsaturated....g	4.640		0	9		1.160		
Fatty acids, total polyunsaturated....g	0.950		0	9		0.238		
Fatty acids, total trans....g								
Cholesterol....mg	13		0	9		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 = 25.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18528
ARCHWAY Home Style Cookies, Dutch Cocoa

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	11.34		0	9		2.72		
Energy....kcal	410		0	9		98		
Energy....kj	1715			9		412		
Protein....g	4.50		0	9		1.08		
Total lipid (fat)....g	13.65		0	9		3.28		
Ash....g	1.70		0	9		0.41		
Carbohydrate, by difference....g	68.80		0	9		16.51		
Fiber, total dietary....g	2.3		0	9		0.6		
Sugars, total....g	34.33		0	9		8.24		
Starch....g								
Minerals:								
Calcium, Ca....mg	12		0	9		3		
Iron, Fe....mg	2.67		0	9		0.64		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	191		0	9		46		
Sodium, Na....mg	363		0	9		87		
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	0.240		0	9		0.058		
Riboflavin....mg	0.180		0	9		0.043		
Niacin....mg	1.970		0	9		0.473		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	21		0	9		5		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.480		0	9		0.835		
Fatty acids, total monounsaturated....g	5.120		0	9		1.229		
Fatty acids, total polyunsaturated....g	0.770		0	9		0.185		
Fatty acids, total trans....g								
Cholesterol....mg	14		0	9		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 = 24.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18529
ARCHWAY Home Style Cookies, Frosty Lemon

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	12.03		0	9		3.13		
Energy....kcal	430		0	9		112		
Energy....kj	1799			9		468		
Protein....g	4.41		0	9		1.15		
Total lipid (fat)....g	17.11		0	9		4.45		
Ash....g	1.67		0	9		0.43		
Carbohydrate, by difference....g	64.78		0	9		16.84		
Fiber, total dietary....g	0.7		0	9		0.2		
Sugars, total....g	33.35		0	9		8.67		
Starch....g								
Minerals:								
Calcium, Ca....mg	41		0	9		11		
Iron, Fe....mg	1.62		0	9		0.42		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	92		0	9		24		
Sodium, Na....mg	366		0	9		95		
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	0.240		0	9		0.062		
Riboflavin....mg	0.200		0	9		0.052		
Niacin....mg	1.950		0	9		0.507		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg	59		0	9		15		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	0		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.830		0	9		1.516		
Fatty acids, total monounsaturated....g	5.750		0	9		1.495		
Fatty acids, total polyunsaturated....g	0.920		0	9		0.239		
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 = 26.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18530
ARCHWAY Home Style Cookies, Frosty Orange

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	11.24		0	9		2.92		
Energy....kcal	434		0	9		113		
Energy....kj	1816			9		472		
Protein....g	4.53		0	9		1.18		
Total lipid (fat)....g	17.60		0	9		4.58		
Ash....g	1.77		0	9		0.46		
Carbohydrate, by difference....g	64.86		0	9		16.86		
Fiber, total dietary....g	0.8		0	9		0.2		
Sugars, total....g	33.98		0	9		8.83		
Starch....g								
Minerals:								
Calcium, Ca....mg	43		0	9		11		
Iron, Fe....mg	1.61		0	9		0.42		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	93		0	9		24		
Sodium, Na....mg	360		0	9		94		
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	0.240		0	9		0.062		
Riboflavin....mg	0.200		0	9		0.052		
Niacin....mg	1.860		0	9		0.484		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg	58		0	9		15		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	0		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.240		0	9		1.362		
Fatty acids, total monounsaturated....g	5.630		0	9		1.464		
Fatty acids, total polyunsaturated....g	2.110		0	9		0.549		
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 = 26.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18531
ARCHWAY Home Style Cookies, Fruit & Honey Bar

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	13.50		0	9		3.51		
Energy....kcal	398		0	9		103		
Energy....kj	1665			9		433		
Protein....g	4.69		0	9		1.22		
Total lipid (fat)....g	12.65		0	9		3.29		
Ash....g	1.84		0	9		0.48		
Carbohydrate, by difference....g	67.33		0	9		17.51		
Fiber, total dietary....g	1.9		0	9		0.5		
Sugars, total....g	35.83		0	9		9.32		
Starch....g								
Minerals:								
Calcium, Ca....mg	24		0	9		6		
Iron, Fe....mg	2.51		0	9		0.65		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	171		0	9		44		
Sodium, Na....mg	410		0	9		107		
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	0.280		0	9		0.073		
Riboflavin....mg	0.200		0	9		0.052		
Niacin....mg	2.160		0	9		0.562		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	43		0	9		11		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.010		0	9		0.783		
Fatty acids, total monounsaturated....g	4.680		0	9		1.217		
Fatty acids, total polyunsaturated....g	1.020		0	9		0.265		
Fatty acids, total trans....g								
Cholesterol....mg	22		0	9		6		
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 = 26.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18532
ARCHWAY Home Style Cookies, Iced Molasses

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	10.90		0	9		3.05		
Energy....kcal	407		0	9		114		
Energy....kj	1703			9		477		
Protein....g	3.72		0	9		1.04		
Total lipid (fat)....g	12.88		0	9		3.61		
Ash....g	2.89		0	9		0.81		
Carbohydrate, by difference....g	69.90		0	9		19.57		
Fiber, total dietary....g	1.0		0	9		0.3		
Sugars, total....g	35.63		0	9		9.98		
Starch....g								
Minerals:								
Calcium, Ca....mg	24		0	9		7		
Iron, Fe....mg	4.18		0	9		1.17		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	75		0	9		21		
Sodium, Na....mg	464		0	9		130		
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	0.290		0	9		0.081		
Riboflavin....mg	0.200		0	9		0.056		
Niacin....mg	2.640		0	9		0.739		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	0		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.100		0	9		1.148		
Fatty acids, total monounsaturated....g	3.850		0	9		1.078		
Fatty acids, total polyunsaturated....g	1.930		0	9		0.540		
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 = 28.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18533
ARCHWAY Home Style Cookies, Iced Oatmeal

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	9.59		0	9		2.69		
Energy....kcal	439		0	9		123		
Energy....kj	1837			9		514		
Protein....g	5.22		0	9		1.46		
Total lipid (fat)....g	17.36		0	9		4.86		
Ash....g	1.83		0	9		0.51		
Carbohydrate, by difference....g	65.99		0	9		18.48		
Fiber, total dietary....g	2.3		0	9		0.6		
Sugars, total....g	35.14		0	9		9.84		
Starch....g								
Minerals:								
Calcium, Ca....mg	29		0	9		8		
Iron, Fe....mg	1.95		0	9		0.55		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	162		0	9		45		
Sodium, Na....mg	330		0	9		92		
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	0.250		0	9		0.070		
Riboflavin....mg	0.150		0	9		0.042		
Niacin....mg	1.580		0	9		0.442		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	17		0	9		5		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.320		0	9		1.490		
Fatty acids, total monounsaturated....g	5.470		0	9		1.532		
Fatty acids, total polyunsaturated....g	2.540		0	9		0.711		
Fatty acids, total trans....g								
Cholesterol....mg	11		0	9		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 = 28.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18534
ARCHWAY Home Style Cookies, Lemon Drop

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	17.50		0	9		4.20		
Energy....kcal	389		0	9		93		
Energy....kj	1628			9		391		
Protein....g	5.15		0	9		1.24		
Total lipid (fat)....g	13.85		0	9		3.32		
Ash....g	1.84		0	9		0.44		
Carbohydrate, by difference....g	61.66		0	9		14.80		
Fiber, total dietary....g	1.2		0	9		0.3		
Sugars, total....g	27.67		0	9		6.64		
Starch....g								
Minerals:								
Calcium, Ca....mg	37		0	9		9		
Iron, Fe....mg	2.20		0	9		0.53		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	83		0	9		20		
Sodium, Na....mg	395		0	9		95		
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	0.280		0	9		0.067		
Riboflavin....mg	0.240		0	9		0.058		
Niacin....mg	2.260		0	9		0.542		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	58		0	9		14		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.350		0	9		0.804		
Fatty acids, total monounsaturated....g	5.130		0	9		1.231		
Fatty acids, total polyunsaturated....g	1.110		0	9		0.266		
Fatty acids, total trans....g								
Cholesterol....mg	37		0	9		9		
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 = 24.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18535
ARCHWAY Home Style Cookies, Molasses

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	11.30		0	9		2.94		
Energy....kcal	398		0	9		103		
Energy....kj	1665			9		433		
Protein....g	4.53		0	9		1.18		
Total lipid (fat)....g	11.46		0	9		2.98		
Ash....g	2.78		0	9		0.72		
Carbohydrate, by difference....g	69.94		0	9		18.18		
Fiber, total dietary....g	1.2		0	9		0.3		
Sugars, total....g	38.18		0	9		9.93		
Starch....g								
Minerals:								
Calcium, Ca....mg	33		0	9		9		
Iron, Fe....mg	4.37		0	9		1.14		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	112		0	9		29		
Sodium, Na....mg	553		0	9		144		
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	0.280		0	9		0.073		
Riboflavin....mg	0.230		0	9		0.060		
Niacin....mg	2.530		0	9		0.658		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	46		0	9		12		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.820		0	9		0.733		
Fatty acids, total monounsaturated....g	4.300		0	9		1.118		
Fatty acids, total polyunsaturated....g	0.800		0	9		0.208		
Fatty acids, total trans....g								
Cholesterol....mg	31		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 = 26.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18536
ARCHWAY Home Style Cookies, Mud Pie

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	13.18		0	9		3.30		
Energy....kcal	429		0	9		107		
Energy....kj	1795			9		449		
Protein....g	5.30		0	9		1.33		
Total lipid (fat)....g	19.73		0	9		4.93		
Ash....g	2.10		0	9		0.53		
Carbohydrate, by difference....g	59.69		0	9		14.92		
Fiber, total dietary....g	2.8		0	9		0.7		
Sugars, total....g	30.25		0	9		7.56		
Starch....g								
Minerals:								
Calcium, Ca....mg	29		0	9		7		
Iron, Fe....mg	2.87		0	9		0.72		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	266		0	9		67		
Sodium, Na....mg	413		0	9		103		
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	0.210		0	9		0.053		
Riboflavin....mg	0.190		0	9		0.048		
Niacin....mg	1.800		0	9		0.450		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg	49		0	9		12		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	32		0	9		8		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	8.600		0	9		2.150		
Fatty acids, total monounsaturated....g	5.930		0	9		1.483		
Fatty acids, total polyunsaturated....g	0.830		0	9		0.208		
Fatty acids, total trans....g								
Cholesterol....mg	21		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 = 25.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18537
ARCHWAY Home Style Cookies, Oatmeal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	10.19		0	9		2.55		
Energy....kcal	424		0	9		106		
Energy....kj	1774			9		444		
Protein....g	6.05		0	9		1.51		
Total lipid (fat)....g	15.06		0	9		3.77		
Ash....g	1.86		0	9		0.47		
Carbohydrate, by difference....g	66.84		0	9		16.71		
Fiber, total dietary....g	2.9		0	9		0.7		
Sugars, total....g	32.16		0	9		8.04		
Starch....g								
Minerals:								
Calcium, Ca....mg	31		0	9		8		
Iron, Fe....mg	2.38		0	9		0.60		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	185		0	9		46		
Sodium, Na....mg	346		0	9		87		
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	0.290		0	9		0.073		
Riboflavin....mg	0.170		0	9		0.043		
Niacin....mg	1.860		0	9		0.465		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	27		0	9		7		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.510		0	9		0.878		
Fatty acids, total monounsaturated....g	5.610		0	9		1.403		
Fatty acids, total polyunsaturated....g	1.350		0	9		0.338		
Fatty acids, total trans....g								
Cholesterol....mg	12		0	9		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 = 25.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18538
ARCHWAY Home Style Cookies, Oatmeal Raisin

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	11.49		0	9		2.99		
Energy....kcal	410		0	9		107		
Energy....kj	1715			9		446		
Protein....g	5.70		0	9		1.48		
Total lipid (fat)....g	13.54		0	9		3.52		
Ash....g	2.03		0	9		0.53		
Carbohydrate, by difference....g	67.24		0	9		17.48		
Fiber, total dietary....g	3.0		0	9		0.8		
Sugars, total....g	35.80		0	9		9.31		
Starch....g								
Minerals:								
Calcium, Ca....mg	31		0	9		8		
Iron, Fe....mg	2.28		0	9		0.59		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	232		0	9		60		
Sodium, Na....mg	377		0	9		98		
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	0.270		0	9		0.070		
Riboflavin....mg	0.160		0	9		0.042		
Niacin....mg	1.720		0	9		0.447		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	25		0	9		7		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.150		0	9		0.819		
Fatty acids, total monounsaturated....g	5.040		0	9		1.310		
Fatty acids, total polyunsaturated....g	1.220		0	9		0.317		
Fatty acids, total trans....g								
Cholesterol....mg	11		0	9		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 = 26.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18539
ARCHWAY Home Style Cookies, Old Fashioned Molasses

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	10.30		0	9		2.68		
Energy....kcal	402		0	9		105		
Energy....kj	1682			9		437		
Protein....g	4.61		0	9		1.20		
Total lipid (fat)....g	11.35		0	9		2.95		
Ash....g	2.81		0	9		0.73		
Carbohydrate, by difference....g	70.93		0	9		18.44		
Fiber, total dietary....g	1.2		0	9		0.3		
Sugars, total....g	37.87		0	9		9.85		
Starch....g								
Minerals:								
Calcium, Ca....mg	35		0	9		9		
Iron, Fe....mg	4.75		0	9		1.24		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	113		0	9		29		
Sodium, Na....mg	529		0	9		138		
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	0.290		0	9		0.075		
Riboflavin....mg	0.240		0	9		0.062		
Niacin....mg	2.650		0	9		0.689		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	46		0	9		12		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.790		0	9		0.725		
Fatty acids, total monounsaturated....g	2.790		0	9		0.725		
Fatty acids, total polyunsaturated....g	0.870		0	9		0.226		
Fatty acids, total trans....g								
Cholesterol....mg	31		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 = 26.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18540
ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies

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	4.15		0	9		0.83		
Energy	kcal	455		0	9		91		
Energy	kj	1904			9		381		
Protein	g	5.52		0	9		1.10		
Total lipid (fat)	g	17.29		0	9		3.46		
Ash	g	2.07		0	9		0.41		
Carbohydrate, by difference	g	70.97		0	9		14.19		
Fiber, total dietary	g	2.6		0	9		0.5		
Sugars, total	g	32.15		0	9		6.43		
Starch	g								
Minerals:									
Calcium, Ca	mg	36		0	9		7		
Iron, Fe	mg	3.30		0	9		0.66		
Magnesium, Mg	mg								
Phosphorus, P	mg								
Potassium, K	mg	100		0	9		20		
Sodium, Na	mg	466		0	9		93		
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	0.330		0	9		0.066		
Riboflavin	mg	0.240		0	9		0.048		
Niacin	mg	2.890		0	9		0.578		
Pantothenic acid	mg								
Vitamin B-6	mg								
Folate, total	mcg								
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg								
Vitamin A, IU	IU	13		0	9		3		
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	3.700		0	9		0.740		
Fatty acids, total monounsaturated	g	7.140		0	9		1.428		
Fatty acids, total polyunsaturated	g	1.730		0	9		0.346		
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 = 20.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18541
ARCHWAY Home Style Cookies, Peanut Butter

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	6.35		0	9		1.33		
Energy	kcal	480		0	9		101		
Energy	kj	2008			9		422		
Protein	g	9.00		0	9		1.89		
Total lipid (fat)	g	24.28		0	9		5.10		
Ash	g	1.90		0	9		0.40		
Carbohydrate, by difference	g	58.48		0	9		12.28		
Fiber, total dietary	g	2.8		0	9		0.6		
Sugars, total	g	32.55		0	9		6.84		
Starch	g								
Minerals:									
Calcium, Ca	mg	35		0	9		7		
Iron, Fe	mg	2.72		0	9		0.57		
Magnesium, Mg	mg								
Phosphorus, P	mg								
Potassium, K	mg	209		0	9		44		
Sodium, Na	mg	404		0	9		85		
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	0.240		0	9		0.050		
Riboflavin	mg	0.200		0	9		0.042		
Niacin	mg	4.370		0	9		0.918		
Pantothenic acid	mg								
Vitamin B-6	mg								
Folate, total	mcg								
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg								
Vitamin A, IU	IU	61		0	9		13		
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	5.390		0	9		1.132		
Fatty acids, total monounsaturated	g	10.210		0	9		2.144		
Fatty acids, total polyunsaturated	g	4.230		0	9		0.888		
Fatty acids, total trans	g								
Cholesterol	mg	37		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 = 21.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18542
ARCHWAY Home Style Cookies, Peanut Jumble

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	7.60		0	9		1.82		
Energy....kcal	484		0	9		116		
Energy....kj	2025			9		486		
Protein....g	9.09		0	9		2.18		
Total lipid (fat)....g	25.89		0	9		6.21		
Ash....g	1.82		0	9		0.44		
Carbohydrate, by difference....g	55.60		0	9		13.34		
Fiber, total dietary....g	3.0		0	9		0.7		
Sugars, total....g	27.67		0	9		6.64		
Starch....g								
Minerals:								
Calcium, Ca....mg	31		0	9		7		
Iron, Fe....mg	4.10		0	9		0.98		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	246		0	9		59		
Sodium, Na....mg	321		0	9		77		
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	0.250		0	9		0.060		
Riboflavin....mg	0.160		0	9		0.038		
Niacin....mg	4.400		0	9		1.056		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	32		0	9		8		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.830		0	9		1.639		
Fatty acids, total monounsaturated....g	10.120		0	9		2.429		
Fatty acids, total polyunsaturated....g	4.420		0	9		1.061		
Fatty acids, total trans....g								
Cholesterol....mg	17		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 = 24.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18543
ARCHWAY Home Style Cookies, Pecan Ice Box

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	5.92		0	9		1.42		
Energy....kcal	500		0	9		120		
Energy....kj	2092			9		502		
Protein....g	4.49		0	9		1.08		
Total lipid (fat)....g	26.23		0	9		6.30		
Ash....g	1.30		0	9		0.31		
Carbohydrate, by difference....g	62.05		0	9		14.89		
Fiber, total dietary....g	1.1		0	9		0.3		
Sugars, total....g	28.61		0	9		6.87		
Starch....g								
Minerals:								
Calcium, Ca....mg	17		0	9		4		
Iron, Fe....mg	2.05		0	9		0.49		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	69		0	9		17		
Sodium, Na....mg	313		0	9		75		
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	0.300		0	9		0.072		
Riboflavin....mg	0.210		0	9		0.050		
Niacin....mg	2.350		0	9		0.564		
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		9		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.710		0	9		1.370		
Fatty acids, total monounsaturated....g	10.770		0	9		2.585		
Fatty acids, total polyunsaturated....g	2.150		0	9		0.516		
Fatty acids, total trans....g								
Cholesterol....mg	26		0	9		6		
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 = 24.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18544
ARCHWAY Home Style Cookies, Raspberry Filled

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	14.36		0	9		3.59		
Energy....kcal	404		0	9		101		
Energy....kj	1690			9		423		
Protein....g	5.01		0	9		1.25		
Total lipid (fat)....g	13.90		0	9		3.48		
Ash....g	1.52		0	9		0.38		
Carbohydrate, by difference....g	65.21		0	9		16.30		
Fiber, total dietary....g	1.4		0	9		0.4		
Sugars, total....g	32.73		0	9		8.18		
Starch....g								
Minerals:								
Calcium, Ca....mg	24		0	9		6		
Iron, Fe....mg	2.15		0	9		0.54		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	124		0	9		31		
Sodium, Na....mg	336		0	9		84		
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	0.320		0	9		0.080		
Riboflavin....mg	0.200		0	9		0.050		
Niacin....mg	1.920		0	9		0.480		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	42		0	9		11		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.450		0	9		1.363		
Fatty acids, total monounsaturated....g	4.350		0	9		1.088		
Fatty acids, total polyunsaturated....g	0.840		0	9		0.210		
Fatty acids, total trans....g								
Cholesterol....mg	27		0	9		7		
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 = 25.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18545
ARCHWAY Home Style Cookies, Ruth's Oatmeal

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	9.99		0	9		2.60		
Energy....kcal	428		0	9		111		
Energy....kj	1791			9		466		
Protein....g	5.94		0	9		1.54		
Total lipid (fat)....g	15.88		0	9		4.13		
Ash....g	2.03		0	9		0.53		
Carbohydrate, by difference....g	66.15		0	9		17.20		
Fiber, total dietary....g	2.6		0	9		0.7		
Sugars, total....g	34.09		0	9		8.86		
Starch....g								
Minerals:								
Calcium, Ca....mg	31		0	9		8		
Iron, Fe....mg	2.76		0	9		0.72		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	184		0	9		48		
Sodium, Na....mg	440		0	9		114		
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	0.270		0	9		0.070		
Riboflavin....mg	0.160		0	9		0.042		
Niacin....mg	1.690		0	9		0.439		
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		9		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.530		0	9		0.918		
Fatty acids, total monounsaturated....g	5.630		0	9		1.464		
Fatty acids, total polyunsaturated....g	2.370		0	9		0.616		
Fatty acids, total trans....g								
Cholesterol....mg	16		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 = 26.000g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18546
ARCHWAY Home Style Cookies, Soft Sugar Drop

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	17.00		0	9				
Energy	kcal	390		0	9				
Energy	kj	1632			9				
Protein	g	5.20		0	9				
Total lipid (fat)	g	13.22		0	9				
Ash	g	1.59		0	9				
Carbohydrate, by difference	g	62.98		0	9				
Fiber, total dietary	g	0.9		0	9				
Sugars, total	g	32.09		0	9				
Starch	g								
Minerals:									
Calcium, Ca	mg	39		0	9				
Iron, Fe	mg	1.97		0	9				
Magnesium, Mg	mg								
Phosphorus, P	mg								
Potassium, K	mg	83		0	9				
Sodium, Na	mg	333		0	9				
Zinc, Zn	mg								
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	9				
Thiamin	mg	0.260		0	9				
Riboflavin	mg	0.250		0	9				
Niacin	mg	1.960		0	9				
Pantothenic acid	mg								
Vitamin B-6	mg								
Folate, total	mcg	64		0	9				
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg								
Vitamin A, IU	IU	77		0	9				
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	3.340		0	9				
Fatty acids, total monounsaturated	g	5.010		0	9				
Fatty acids, total polyunsaturated	g	0.890		0	9				
Fatty acids, total trans	g								
Cholesterol	mg	57		0	9				
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** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18547
ARCHWAY Home Style Cookies, Strawberry Filled

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	14.94		0	9		3.74		
Energy....kcal	401		0	9		100		
Energy....kj	1678			9		419		
Protein....g	5.01		0	9		1.25		
Total lipid (fat)....g	13.89		0	9		3.47		
Ash....g	1.50		0	9		0.38		
Carbohydrate, by difference....g	64.67		0	9		16.17		
Fiber, total dietary....g	1.4		0	9		0.4		
Sugars, total....g	31.76		0	9		7.94		
Starch....g								
Minerals:								
Calcium, Ca....mg	25		0	9		6		
Iron, Fe....mg	2.24		0	9		0.56		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	135		0	9		34		
Sodium, Na....mg	336		0	9		84		
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	0.260		0	9		0.065		
Riboflavin....mg	0.200		0	9		0.050		
Niacin....mg	1.920		0	9		0.480		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	42		0	9		11		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.440		0	9		1.360		
Fatty acids, total monounsaturated....g	4.350		0	9		1.088		
Fatty acids, total polyunsaturated....g	0.830		0	9		0.208		
Fatty acids, total trans....g								
Cholesterol....mg	27		0	9		7		
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 = 25.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18548
ARCHWAY Home Style Cookies, Sugar

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	10.21		0	9		2.45		
Energy....kcal	410		0	9		98		
Energy....kj	1715			9		412		
Protein....g	5.13		0	9		1.23		
Total lipid (fat)....g	12.85		0	9		3.08		
Ash....g	2.83		0	9		0.68		
Carbohydrate, by difference....g	68.98		0	9		16.56		
Fiber, total dietary....g	1.1		0	9		0.3		
Sugars, total....g	31.26		0	9		7.50		
Starch....g								
Minerals:								
Calcium, Ca....mg	30		0	9		7		
Iron, Fe....mg	2.20		0	9		0.53		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	83		0	9		20		
Sodium, Na....mg	676		0	9		162		
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	0.310		0	9		0.074		
Riboflavin....mg	0.230		0	9		0.055		
Niacin....mg	2.450		0	9		0.588		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	32		0	9		8		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.170		0	9		0.761		
Fatty acids, total monounsaturated....g	4.770		0	9		1.145		
Fatty acids, total polyunsaturated....g	0.840		0	9		0.202		
Fatty acids, total trans....g								
Cholesterol....mg	21		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 = 24.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18549
ARCHWAY Home Style Cookies, Gourmet Apple'n Raisin

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	10.59		0	9		2.75		
Energy....kcal	425		0	9		111		
Energy....kj	1778			9		462		
Protein....g	5.43		0	9		1.41		
Total lipid (fat)....g	15.98		0	9		4.15		
Ash....g	2.32		0	9		0.60		
Carbohydrate, by difference....g	65.68		0	9		17.08		
Fiber, total dietary....g	2.8		0	9		0.7		
Sugars, total....g	35.55		0	9		9.24		
Starch....g								
Minerals:								
Calcium, Ca....mg	28		0	9		7		
Iron, Fe....mg	2.24		0	9		0.58		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	219		0	9		57		
Sodium, Na....mg	466		0	9		121		
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	0.250		0	9		0.065		
Riboflavin....mg	0.140		0	9		0.036		
Niacin....mg	1.400		0	9		0.364		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	31		0	9		8		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.540		0	9		0.920		
Fatty acids, total monounsaturated....g	6.460		0	9		1.680		
Fatty acids, total polyunsaturated....g	1.610		0	9		0.419		
Fatty acids, total trans....g								
Cholesterol....mg	20		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 = 26.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18550
ARCHWAY Home Style Cookies, Gourmet Carrot Cake

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	11.19		0	9		3.13		
Energy	kcal	430		0	9		120		
Energy	kj	1799			9		504		
Protein	g	3.97		0	9		1.11		
Total lipid (fat)	g	17.84		0	9		5.00		
Ash	g	2.76		0	9		0.77		
Carbohydrate, by difference	g	64.24		0	9		17.99		
Fiber, total dietary	g	1.9		0	9		0.5		
Sugars, total	g	37.96		0	9		10.63		
Starch	g								
Minerals:									
Calcium, Ca	mg	40		0	9		11		
Iron, Fe	mg	2.56		0	9		0.72		
Magnesium, Mg	mg								
Phosphorus, P	mg								
Potassium, K	mg	40		0	9		11		
Sodium, Na	mg	627		0	9		176		
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	0.230		0	9		0.064		
Riboflavin	mg	0.160		0	9		0.045		
Niacin	mg	1.460		0	9		0.409		
Pantothenic acid	mg								
Vitamin B-6	mg								
Folate, total	mcg								
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg								
Vitamin A, IU	IU	896		0	9		251		
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	5.260		0	9		1.473		
Fatty acids, total monounsaturated	g	5.850		0	9		1.638		
Fatty acids, total polyunsaturated	g	2.130		0	9		0.596		
Fatty acids, total trans	g								
Cholesterol	mg	16		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 = 28.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18551
ARCHWAY Home Style Cookies,Gourmet Chocolate Chip n' Toffee

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	7.80		0	9		2.18		
Energy....kcal	468		0	9		131		
Energy....kj	1958			9		548		
Protein....g	4.40		0	9		1.23		
Total lipid (fat)....g	21.89		0	9		6.13		
Ash....g	1.91		0	9		0.53		
Carbohydrate, by difference....g	64.00		0	9		17.92		
Fiber, total dietary....g	1.8		0	9		0.5		
Sugars, total....g	32.44		0	9		9.08		
Starch....g								
Minerals:								
Calcium, Ca....mg	14		0	9		4		
Iron, Fe....mg	2.19		0	9		0.61		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	74		0	9		21		
Sodium, Na....mg	442		0	9		124		
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	0.250		0	9		0.070		
Riboflavin....mg	0.180		0	9		0.050		
Niacin....mg	2.050		0	9		0.574		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	73		0	9		20		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.360		0	9		1.781		
Fatty acids, total monounsaturated....g	8.310		0	9		2.327		
Fatty acids, total polyunsaturated....g	1.630		0	9		0.456		
Fatty acids, total trans....g								
Cholesterol....mg	21		0	9		6		
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 = 28.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18552
ARCHWAY Home Style Cookies, Fat Free Cinnamon Honey Hearts

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	10.74		0	9		3.22		
Energy....kcal	352		0	9		106		
Energy....kj	1473			9		442		
Protein....g	4.61		0	9		1.38		
Total lipid (fat)....g	0.77		0	9		0.23		
Ash....g	1.62		0	9		0.49		
Carbohydrate, by difference....g	82.27		0	9		24.68		
Fiber, total dietary....g	1.3		0	9		0.4		
Sugars, total....g	42.64		0	9		12.79		
Starch....g								
Minerals:								
Calcium, Ca....mg	21		0	9		6		
Iron, Fe....mg	2.69		0	9		0.81		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	66		0	9		20		
Sodium, Na....mg	411		0	9		123		
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	0.330		0	9		0.099		
Riboflavin....mg	0.210		0	9		0.063		
Niacin....mg	2.610		0	9		0.783		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg	78		0	9		23		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	0		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.210		0	9		0.063		
Fatty acids, total monounsaturated....g	0.220		0	9		0.066		
Fatty acids, total polyunsaturated....g	0.340		0	9		0.102		
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 = 30.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18553
ARCHWAY Home Style Cookies, Fat Free Devil's Food Cookie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	12.99		0	9		2.60		
Energy....kcal	338		0	9		68		
Energy....kj	1414			9		283		
Protein....g	4.82		0	9		0.96		
Total lipid (fat)....g	0.90		0	9		0.18		
Ash....g	2.03		0	9		0.41		
Carbohydrate, by difference....g	79.27		0	9		15.85		
Fiber, total dietary....g	2.8		0	9		0.6		
Sugars, total....g	41.20		0	9		8.24		
Starch....g								
Minerals:								
Calcium, Ca....mg	10		0	9		2		
Iron, Fe....mg	2.63		0	9		0.53		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	269		0	9		54		
Sodium, Na....mg	393		0	9		79		
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	0.280		0	9		0.056		
Riboflavin....mg	0.190		0	9		0.038		
Niacin....mg	2.220		0	9		0.444		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg	65		0	9		13		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	0		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.320		0	9		0.064		
Fatty acids, total monounsaturated....g	0.290		0	9		0.058		
Fatty acids, total polyunsaturated....g	0.280		0	9		0.056		
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 = 20.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18554
ARCHWAY Home Style Cookies, Fat Free Lemon Nuggets

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	9.49		0	9		3.04		
Energy....kcal	358		0	9		115		
Energy....kj	1498			9		479		
Protein....g	4.22		0	9		1.35		
Total lipid (fat)....g	0.71		0	9		0.23		
Ash....g	1.44		0	9		0.46		
Carbohydrate, by difference....g	84.14		0	9		26.92		
Fiber, total dietary....g	1.1		0	9		0.4		
Sugars, total....g	46.32		0	9		14.82		
Starch....g								
Minerals:								
Calcium, Ca....mg	14		0	9		4		
Iron, Fe....mg	2.13		0	9		0.68		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	63		0	9		20		
Sodium, Na....mg	365		0	9		117		
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	0.300		0	9		0.096		
Riboflavin....mg	0.190		0	9		0.061		
Niacin....mg	2.400		0	9		0.768		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg	72		0	9		23		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	0		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.190		0	9		0.061		
Fatty acids, total monounsaturated....g	0.210		0	9		0.067		
Fatty acids, total polyunsaturated....g	0.310		0	9		0.099		
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 = 32.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18555
ARCHWAY Home Style Cookies, Fat Free Oatmeal Raisin

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	12.55		0	9		3.89		
Energy....kcal	343		0	9		106		
Energy....kj	1435			9		445		
Protein....g	4.63		0	9		1.44		
Total lipid (fat)....g	1.59		0	9		0.49		
Ash....g	2.64		0	9		0.82		
Carbohydrate, by difference....g	78.59		0	9		24.36		
Fiber, total dietary....g	3.0		0	9		0.9		
Sugars, total....g	44.58		0	9		13.82		
Starch....g								
Minerals:								
Calcium, Ca....mg	37		0	9		11		
Iron, Fe....mg	3.17		0	9		0.98		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	280		0	9		87		
Sodium, Na....mg	532		0	9		165		
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	0.260		0	9		0.081		
Riboflavin....mg	0.140		0	9		0.043		
Niacin....mg	1.630		0	9		0.505		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg	47		0	9		15		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	2		0	9		1		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.340		0	9		0.105		
Fatty acids, total monounsaturated....g	0.560		0	9		0.174		
Fatty acids, total polyunsaturated....g	0.680		0	9		0.211		
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: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18556
ARCHWAY Home Style Cookies, Fat Free Oatmeal Raspberry

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	10.70		0	9		3.32		
Energy....kcal	351		0	9		109		
Energy....kj	1469			9		455		
Protein....g	4.63		0	9		1.44		
Total lipid (fat)....g	1.60		0	9		0.50		
Ash....g	2.66		0	9		0.82		
Carbohydrate, by difference....g	80.42		0	9		24.93		
Fiber, total dietary....g	3.0		0	9		0.9		
Sugars, total....g	46.13		0	9		14.30		
Starch....g								
Minerals:								
Calcium, Ca....mg	38		0	9		12		
Iron, Fe....mg	3.21		0	9		1.00		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	287		0	9		89		
Sodium, Na....mg	537		0	9		166		
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	0.270		0	9		0.084		
Riboflavin....mg	0.140		0	9		0.043		
Niacin....mg	1.640		0	9		0.508		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg	47		0	9		15		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	2		0	9		1		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.340		0	9		0.105		
Fatty acids, total monounsaturated....g	0.560		0	9		0.174		
Fatty acids, total polyunsaturated....g	0.680		0	9		0.211		
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: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18557
ARCHWAY Home Style Cookies, Fat Free Sugar Cookies

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	10.39		0	9		2.08		
Energy....kcal	354		0	9		71		
Energy....kj	1481			9		296		
Protein....g	4.40		0	9		0.88		
Total lipid (fat)....g	0.79		0	9		0.16		
Ash....g	1.52		0	9		0.30		
Carbohydrate, by difference....g	82.90		0	9		16.58		
Fiber, total dietary....g	1.2		0	9		0.2		
Sugars, total....g	39.95		0	9		7.99		
Starch....g								
Minerals:								
Calcium, Ca....mg	13		0	9		3		
Iron, Fe....mg	2.18		0	9		0.44		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	58		0	9		12		
Sodium, Na....mg	402		0	9		80		
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	0.310		0	9		0.062		
Riboflavin....mg	0.200		0	9		0.040		
Niacin....mg	2.520		0	9		0.504		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg	76		0	9		15		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	0		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.260		0	9		0.052		
Fatty acids, total monounsaturated....g	0.210		0	9		0.042		
Fatty acids, total polyunsaturated....g	0.330		0	9		0.066		
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 = 20.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18558
ARCHWAY Home Style Cookies, Iced Ginger Snaps

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	4.60		0	9		1.70		
Energy....kcal	466		0	9		172		
Energy....kj	1950			9		721		
Protein....g	3.66		0	9		1.35		
Total lipid (fat)....g	18.96		0	9		7.02		
Ash....g	1.94		0	9		0.72		
Carbohydrate, by difference....g	70.85		0	9		26.21		
Fiber, total dietary....g	1.1		0	9		0.4		
Sugars, total....g	38.09		0	9		14.09		
Starch....g								
Minerals:								
Calcium, Ca....mg	21		0	9		8		
Iron, Fe....mg	3.40		0	9		1.26		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	68		0	9		25		
Sodium, Na....mg	356		0	9		132		
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	0.280		0	9		0.104		
Riboflavin....mg	0.190		0	9		0.070		
Niacin....mg	2.450		0	9		0.907		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg	67		0	9		25		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	0		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.730		0	9		2.120		
Fatty acids, total monounsaturated....g	6.070		0	9		2.246		
Fatty acids, total polyunsaturated....g	2.170		0	9		0.803		
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 = 37.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18559
ARCHWAY Home Style Cookies, Lemon Snaps

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	5.30		0	9		1.64		
Energy....kcal	489		0	9		152		
Energy....kj	2046			9		634		
Protein....g	5.02		0	9		1.56		
Total lipid (fat)....g	23.54		0	9		7.30		
Ash....g	1.36		0	9		0.42		
Carbohydrate, by difference....g	64.77		0	9		20.08		
Fiber, total dietary....g	1.1		0	9		0.3		
Sugars, total....g	28.38		0	9		8.80		
Starch....g								
Minerals:								
Calcium, Ca....mg	30		0	9		9		
Iron, Fe....mg	2.14		0	9		0.66		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	77		0	9		24		
Sodium, Na....mg	378		0	9		117		
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	0.310		0	9		0.096		
Riboflavin....mg	0.230		0	9		0.071		
Niacin....mg	2.390		0	9		0.741		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg	75		0	9		23		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	34		0	9		11		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.640		0	9		1.748		
Fatty acids, total monounsaturated....g	8.860		0	9		2.747		
Fatty acids, total polyunsaturated....g	1.270		0	9		0.394		
Fatty acids, total trans....g								
Cholesterol....mg	23		0	9		7		
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: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18560
ARCHWAY Home Style Cookies, Gourmet Oatmeal Pecan

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	9.35		0	9		2.62		
Energy....kcal	477		0	9		134		
Energy....kj	1996			9		559		
Protein....g	6.09		0	9		1.71		
Total lipid (fat)....g	24.14		0	9		6.76		
Ash....g	1.87		0	9		0.52		
Carbohydrate, by difference....g	57.56		0	9		16.12		
Fiber, total dietary....g	2.7		0	9		0.8		
Sugars, total....g	26.15		0	9		7.32		
Starch....g								
Minerals:								
Calcium, Ca....mg	21		0	9		6		
Iron, Fe....mg	2.97		0	9		0.83		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	154		0	9		43		
Sodium, Na....mg	368		0	9		103		
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	0.240		0	9		0.067		
Riboflavin....mg	0.140		0	9		0.039		
Niacin....mg	1.430		0	9		0.400		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	31		0	9		9		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	8.620		0	9		2.414		
Fatty acids, total monounsaturated....g	8.870		0	9		2.484		
Fatty acids, total polyunsaturated....g	2.290		0	9		0.641		
Fatty acids, total trans....g								
Cholesterol....mg	17		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 = 28.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18561
ARCHWAY Home Style Cookies, Gourmet Ol'Fashion Peanut Butter

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	7.90		0	9		1.98		
Energy	kcal	469		0	9		117		
Energy	kj	1962			9		491		
Protein	g	9.09		0	9		2.27		
Total lipid (fat)	g	23.64		0	9		5.91		
Ash	g	2.12		0	9		0.53		
Carbohydrate, by difference	g	57.25		0	9		14.31		
Fiber, total dietary	g	3.0		0	9		0.8		
Sugars, total	g	32.49		0	9		8.12		
Starch	g								
Minerals:									
Calcium, Ca	mg	24		0	9		6		
Iron, Fe	mg	2.67		0	9		0.67		
Magnesium, Mg	mg								
Phosphorus, P	mg								
Potassium, K	mg	207		0	9		52		
Sodium, Na	mg	473		0	9		118		
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	0.230		0	9		0.058		
Riboflavin	mg	0.180		0	9		0.045		
Niacin	mg	4.610		0	9		1.153		
Pantothenic acid	mg								
Vitamin B-6	mg								
Folate, total	mcg								
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg								
Vitamin A, IU	IU	59		0	9		15		
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	5.190		0	9		1.298		
Fatty acids, total monounsaturated	g	10.110		0	9		2.528		
Fatty acids, total polyunsaturated	g	4.520		0	9		1.130		
Fatty acids, total trans	g								
Cholesterol	mg	36		0	9		9		
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 = 25.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18562

ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps

Archway Cookies

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	4.92		0	9		1.57		
Energy....kcal	425		0	9		136		
Energy....kj	1778			9		569		
Protein....g	4.23		0	9		1.35		
Total lipid (fat)....g	11.37		0	9		3.64		
Ash....g	2.56		0	9		0.82		
Carbohydrate, by difference....g	76.92		0	9		24.61		
Fiber, total dietary....g	1.3		0	9		0.4		
Sugars, total....g	37.49		0	9		12.00		
Starch....g								
Minerals:								
Calcium, Ca....mg	28		0	9		9		
Iron, Fe....mg	4.22		0	9		1.35		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	148		0	9		47		
Sodium, Na....mg	441		0	9		141		
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	0.330		0	9		0.106		
Riboflavin....mg	0.220		0	9		0.070		
Niacin....mg	2.870		0	9		0.918		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg	76		0	9		24		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	0		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.870		0	9		0.918		
Fatty acids, total monounsaturated....g	4.260		0	9		1.363		
Fatty acids, total polyunsaturated....g	0.930		0	9		0.298		
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 = 32.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18563

ARCHWAY Home Style Cookies, Gourmet Rocky Road

Archway Cookies

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	8.89		0	9		2.49		
Energy....kcal	455		0	9		127		
Energy....kj	1904			9		533		
Protein....g	5.88		0	9		1.65		
Total lipid (fat)....g	21.08		0	9		5.90		
Ash....g	1.52		0	9		0.43		
Carbohydrate, by difference....g	62.62		0	9		17.53		
Fiber, total dietary....g	2.6		0	9		0.7		
Sugars, total....g	33.14		0	9		9.28		
Starch....g								
Minerals:								
Calcium, Ca....mg	19		0	9		5		
Iron, Fe....mg	2.67		0	9		0.75		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	194		0	9		54		
Sodium, Na....mg	252		0	9		71		
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	0.230		0	9		0.064		
Riboflavin....mg	0.200		0	9		0.056		
Niacin....mg	1.810		0	9		0.507		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	77		0	9		22		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.280		0	9		1.478		
Fatty acids, total monounsaturated....g	6.980		0	9		1.954		
Fatty acids, total polyunsaturated....g	4.310		0	9		1.207		
Fatty acids, total trans....g								
Cholesterol....mg	40		0	9		11		
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 = 28.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18564

ARCHWAY Home Style Cookies, Gourmet Ruth's Golden Oatmeal

Archway Cookies

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	10.94		0	9		3.06		
Energy	kcal	434		0	9		122		
Energy	kj	1816			9		508		
Protein	g	5.84		0	9		1.64		
Total lipid (fat)	g	18.03		0	9		5.05		
Ash	g	2.00		0	9		0.56		
Carbohydrate, by difference	g	63.19		0	9		17.69		
Fiber, total dietary	g	2.9		0	9		0.8		
Sugars, total	g	32.80		0	9		9.18		
Starch	g								
Minerals:									
Calcium, Ca	mg	27		0	9		8		
Iron, Fe	mg	2.03		0	9		0.57		
Magnesium, Mg	mg								
Phosphorus, P	mg								
Potassium, K	mg	211		0	9		59		
Sodium, Na	mg	383		0	9		107		
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	0.280		0	9		0.078		
Riboflavin	mg	0.170		0	9		0.048		
Niacin	mg	1.840		0	9		0.515		
Pantothenic acid	mg								
Vitamin B-6	mg								
Folate, total	mcg								
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg								
Vitamin A, IU	IU	27		0	9		8		
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	3.490		0	9		0.977		
Fatty acids, total monounsaturated	g	7.930		0	9		2.220		
Fatty acids, total polyunsaturated	g	2.510		0	9		0.703		
Fatty acids, total trans	g								
Cholesterol	mg	13		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 = 28.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18565

ARCHWAY Home Style Cookies, Sugar Free Chocolate Chip

Archway Cookies

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	4.75		0	9		1.14		
Energy....kcal	448		0	9		108		
Energy....kj	1874			9		450		
Protein....g	4.51		0	9		1.08		
Total lipid (fat)....g	22.19		0	9		5.33		
Ash....g	1.68		0	9		0.40		
Carbohydrate, by difference....g	66.87		0	9		16.05		
Fiber, total dietary....g	1.0		0	9		0.2		
Sugars, total....g	0.83		0	9		0.20		
Starch....g								
Minerals:								
Calcium, Ca....mg	258		0	9		62		
Iron, Fe....mg	1.99		0	9		0.48		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	80		0	9		19		
Sodium, Na....mg	267		0	9		64		
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	0.230		0	9		0.055		
Riboflavin....mg	0.190		0	9		0.046		
Niacin....mg	1.840		0	9		0.442		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	22		0	9		5		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.230		0	9		1.495		
Fatty acids, total monounsaturated....g	8.330		0	9		1.999		
Fatty acids, total polyunsaturated....g	1.050		0	9		0.252		
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 = 24.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18566
Artificial Blueberry Muffin Mix,dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	6.40		2	1		1.98		
Energy....kcal	407		0	4		126		
Energy....kj	1703			4		528		
Protein....g	4.70		2	1		1.46		
Total lipid (fat)....g	8.70		2	1		2.70		
Ash....g	2.75		2	1		0.85		
Carbohydrate, by difference....g	77.45		0	4		24.01		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	760		2	1		236		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	1.865		2	1		0.578		
4:0....g								
6:0....g								
8:0....g	0.007		2	1		0.002		
10:0....g	0.005		2	1		0.002		
11:0....g								
12:0....g	0.005		2	1		0.002		
13:0....g								
14:0....g	0.007		2	1		0.002		
15:0....g								
16:0....g	0.953		2	1		0.295		
17:0....g								
18:0....g	0.852		2	1		0.264		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.742		2	1		1.160		
14:1....g								
15:1....g								
16:1 undifferentiated....g	0.010		2	1		0.003		
17:1....g								
18:1 undifferentiated....g	3.708		2	1		1.149		
20:1....g	0.024		2	1		0.007		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.679		2	1		0.520		
18:2 undifferentiated....g	1.583		2	1		0.491		
18:3 undifferentiated....g	0.090		2	1		0.028		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.005		2	1		0.002		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18566
Artificial Blueberry Muffin Mix,dry

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
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 = 31.000g: 1 muffin

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18567
KRAFT, STOVE TOP Stuffing Mix Chicken Flavor

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	5.30		0	9		1.48		
Energy	kcal	381		0	9		107		
Energy	kj	1594			9		446		
Protein	g	12.60		0	9		3.53		
Total lipid (fat)	g	4.10		0	4		1.15		
Ash	g	4.80		0	9		1.34		
Carbohydrate, by difference	g	73.10		0	9		20.47		
Fiber, total dietary	g	2.5		0	9		0.7		
Sugars, total	g	10.10		0	9		2.83		
Starch	g								
Minerals:									
Calcium, Ca	mg	63		0	9		18		
Iron, Fe	mg	4.32		0	9		1.21		
Magnesium, Mg	mg								
Phosphorus, P	mg	129		0	9		36		
Potassium, K	mg	267		0	9		75		
Sodium, Na	mg	1532		0	9		429		
Zinc, Zn	mg								
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	3.3		0	9		0.9		
Thiamin	mg	0.390		0	9		0.109		
Riboflavin	mg	0.290		0	9		0.081		
Niacin	mg	3.840		0	9		1.075		
Pantothenic acid	mg								
Vitamin B-6	mg								
Folate, total	mcg	80		0	9		22		
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg								
Vitamin A, IU	IU	107		0	9		30		
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.800		0	9		0.224		
Fatty acids, total monounsaturated	g								
Fatty acids, total polyunsaturated	g								
Fatty acids, total trans	g								
Cholesterol	mg	4		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 = 28.000g: 1 NLEA serving (makes 1/2 cup prepared)

Footnotes:

1 1/6 BOX (makes 1/2 cup prepared)

Calories Factors: Protein Fat Carbohydrate

NDB No. 18567
KRAFT, STOVE TOP Stuffing Mix Chicken Flavor

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18600
CONAGRA, BANQUET Apple Pie, frozen, ready to bake

Conagra, Inc.

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	48.45		1	12		54.26		
Energy....kcal	261		0	9		292		
Energy....kj	1092			9		1223		
Protein....g	2.60		1	1		2.91		
Total lipid (fat)....g	11.79		1	12		13.20		
Ash....g	1.01		1	12		1.13		
Carbohydrate, by difference....g	36.99		0	9		41.43		
Fiber, total dietary....g	0.9		1	12		1.0		
Sugars, total....g	23.00		1	12		25.76		
Starch....g								
Minerals:								
Calcium, Ca....mg	9		1	12		10		
Iron, Fe....mg	0.30		1	12		0.34		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	322		1	12		361		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	12		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	0		1	12		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.110		1	12		5.723		
4:0....g								
6:0....g								
8:0....g	0.005		1	1		0.006		
10:0....g	0.005		1	1		0.006		
11:0....g								
12:0....g	0.005		1	1		0.006		
13:0....g								
14:0....g	0.171		1	1		0.192		
15:0....g	0.010		1	1		0.011		
16:0....g	2.782		1	1		3.116		
17:0....g	0.057		1	1		0.064		
18:0....g	1.785		1	1		1.999		
19:0....g								
20:0....g	0.029		1	1		0.032		
22:0....g	0.007		1	1		0.008		
24:0....g								
Fatty acids, total monounsaturated....g	5.450		1	12		6.104		
14:1....g	0.005		1	1		0.006		
15:1....g								
16:1 undifferentiated....g	0.281		1	1		0.315		
17:1....g	0.048		1	1		0.054		

NDB No. 18600
CONAGRA, BANQUET Apple Pie, frozen, ready to bake

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
18:1 undifferentiated....g	4.685		1	1		5.247		
20:1....g	0.086		1	1		0.096		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.220		1	12		1.366		
18:2 undifferentiated....g	1.124		1	1		1.259		
18:3 undifferentiated....g	0.053		1	1		0.059		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.005		1	1		0.005		
20:4 undifferentiated....g	0.010		1	1		0.011		
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	8		1	1		9		
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 = 112.000g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18601

GENERAL MILLS, BETTY CROCKER Wild Blueberry Muffin Mix, dry

General Mills Inc.

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	23.70		1	1		9.48		
Energy....kcal	321		0	4		128		
Energy....kj	1343			4		537		
Protein....g	5.20		1	1		2.08		
Total lipid (fat)....g	4.50		1	1		1.80		
Ash....g	1.70		1	1		0.68		
Carbohydrate, by difference....g	64.90		0	4		25.96		
Fiber, total dietary....g								
Sugars, total....g	31.70		1	1		12.68		
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	465		1	1		186		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	1.022		0	4		0.409		
4:0....g								
6:0....g								
8:0....g	0.011		1	1		0.004		
10:0....g	0.002		1	1		0.001		
11:0....g								
12:0....g	0.002		1	1		0.001		
13:0....g								
14:0....g	0.006		1	1		0.002		
15:0....g	0.002		1	1		0.001		
16:0....g	0.516		1	1		0.206		
17:0....g	0.005		1	1		0.002		
18:0....g	0.452		1	1		0.181		
19:0....g								
20:0....g	0.014		1	1		0.006		
22:0....g	0.012		1	1		0.005		
24:0....g								
Fatty acids, total monounsaturated....g	1.869			4		0.748		
14:1....g	0.002		1	1		0.001		
15:1....g								
16:1 undifferentiated....g	0.005		1	1		0.002		
17:1....g	0.002		1	1		0.001		
18:1 undifferentiated....g	1.847		1	1		0.739		
20:1....g	0.013		1	1		0.005		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.553			4		0.221		
18:2 undifferentiated....g	0.523		1	1		0.209		
18:3 undifferentiated....g	0.026		1	1		0.010		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.002		1	1		0.001		
20:4 undifferentiated....g	0.002		1	1		0.001		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18601
GENERAL MILLS, BETTY CROCKER Wild Blueberry Muffin Mix, dry

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
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 = 40.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18602

GENERAL MILLS, BETTY CROCKER SUPERMOIST PARTY CAKE, SWIRL Cake Mix, dry

General Mills Inc.

Refuse: 0%

	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
Nutrients and Units	**Mean**	**Std. Error**	**Number of Data Points**	**Source Code**	**Confidence Code**	**Measure 1**	**Measure 2**	**Measure 3**
Proximates:								
Water....g	3.80		1	1		1.63		
Energy....kcal	414		0	4		178		
Energy....kj	1732			4		745		
Protein....g	3.90		1	1		1.68		
Total lipid (fat)....g	7.60		1	1		3.27		
Ash....g	2.20		1	1		0.95		
Carbohydrate, by difference....g	82.50		0	4		35.48		
Fiber, total dietary....g								
Sugars, total....g	45.70		1	1		19.65		
Starch....g								
Minerals:								
Calcium, Ca....mg	186		1	1		80		
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	618		1	1		266		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	2.260		1	1		0.972		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....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 = 43.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18603
BEST FOODS, BROWNBERRY Sage and Onion Stuffing Mix, dry

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	6.20		1	1		4.15		
Energy....kcal	381		0	4		255		
Energy....kj	1595			4		1068		
Protein....g	13.30		1	1		8.91		
Total lipid (fat)....g	5.10		1	1		3.42		
Ash....g	4.90		1	1		3.28		
Carbohydrate, by difference....g	70.50		0	4		47.24		
Fiber, total dietary....g	5.4		1	1		3.6		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg	3.81		1	1		2.55		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	1680		1	1		1126		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	0.932		0	4		0.624		
4:0....g								
6:0....g								
8:0....g	0.005		1	1		0.003		
10:0....g	0.005		1	1		0.003		
11:0....g								
12:0....g	0.005		1	1		0.003		
13:0....g								
14:0....g	0.005		1	1		0.003		
15:0....g	0.005		1	1		0.003		
16:0....g	0.562		1	1		0.377		
17:0....g	0.005		1	1		0.003		
18:0....g	0.325		1	1		0.218		
19:0....g								
20:0....g	0.010		1	1		0.007		
22:0....g	0.005		1	1		0.003		
24:0....g								
Fatty acids, total monounsaturated....g	2.040			4		1.367		
14:1....g	0.005		1	1		0.003		
15:1....g								
16:1 undifferentiated....g	0.010		1	1		0.007		
17:1....g	0.005		1	1		0.003		
18:1 undifferentiated....g	2.010		1	1		1.347		
20:1....g	0.010		1	1		0.007		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.761			4		0.510		
18:2 undifferentiated....g	0.746		1	1		0.500		
18:3 undifferentiated....g	0.005		1	1		0.003		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.005		1	1		0.003		
20:4 undifferentiated....g	0.005		1	1		0.003		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18603
BEST FOODS, BROWNBERRY Sage and Onion Stuffing Mix, dry

	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
Nutrients and Units	**Mean**	**Std. Error**	**Number of Data Points**	**Source Code**	**Confidence Code**	**Measure 1**	**Measure 2**	**Measure 3**
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 = 67.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18604
CAMPIONE D'ITALIA FOODS, CAMPIONE Garlic Bread, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	28.60		1	1		8.01		
Energy....kcal	362		0	4		101		
Energy....kj	1516			4		425		
Protein....g	8.50		1	1		2.38		
Total lipid (fat)....g	16.80		1	1		4.70		
Ash....g	1.80		1	1		0.50		
Carbohydrate, by difference....g	44.30		0	4		12.40		
Fiber, total dietary....g	4.7		1	1		1.3		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg	1.08		1	1		0.30		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	550		1	1		154		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	2.700		1	1		0.756		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....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 = 28.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18605
GENERAL MILLS, GOLD MEDAL Imitation Blueberry Muffin Mix, dry

General Mills Inc.

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	6.10		1	1		1.89		
Energy....kcal	410		0	4		127		
Energy....kj	1715			4		532		
Protein....g	4.30		1	1		1.33		
Total lipid (fat)....g	8.60		1	1		2.67		
Ash....g	2.20		1	1		0.68		
Carbohydrate, by difference....g	78.80		0	4		24.43		
Fiber, total dietary....g								
Sugars, total....g	36.40		1	1		11.28		
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	661		1	1		205		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	1.638		0	4		0.508		
4:0....g								
6:0....g								
8:0....g	0.009		1	1		0.003		
10:0....g	0.005		1	1		0.002		
11:0....g								
12:0....g	0.005		1	1		0.002		
13:0....g								
14:0....g	0.005		1	1		0.002		
15:0....g	0.005		1	1		0.002		
16:0....g	0.867		1	1		0.269		
17:0....g	0.005		1	1		0.002		
18:0....g	0.699		1	1		0.217		
19:0....g								
20:0....g	0.019		1	1		0.006		
22:0....g	0.019		1	1		0.006		
24:0....g								
Fatty acids, total monounsaturated....g	3.212			4		0.996		
14:1....g	0.005		1	1		0.002		
15:1....g								
16:1 undifferentiated....g	0.010		1	1		0.003		
17:1....g	0.010		1	1		0.003		
18:1 undifferentiated....g	3.158		1	1		0.979		
20:1....g	0.029		1	1		0.009		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.325			4		0.721		
18:2 undifferentiated....g	2.172		1	1		0.673		
18:3 undifferentiated....g	0.143		1	1		0.044		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.005		1	1		0.001		
20:4 undifferentiated....g	0.005		1	1		0.002		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								

NDB No. 18605
GENERAL MILLS, GOLD MEDAL Imitation Blueberry Muffin Mix, dry

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
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 = 31.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18606

INTERSTATE BRANDS CORP, HOSTESS DING DONGS Chocolate Snack Cake, Creme Filling

Interstate Bakeries Corporation

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	12.50		0	9		10.00		
Energy....kcal	460		0	9		368		
Energy....kj	1925			9		1540		
Protein....g	3.90		0	9		3.12		
Total lipid (fat)....g	24.20		0	9		19.36		
Ash....g	1.57		0	9		1.26		
Carbohydrate, by difference....g	56.70		0	9		45.36		
Fiber, total dietary....g	2.3		0	9		1.8		
Sugars, total....g	40.50		0	9		32.40		
Starch....g								
Minerals:								
Calcium, Ca....mg	4		0	9		3		
Iron, Fe....mg	2.30		1	1		1.84		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	301		0	9		241		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	13.795		0	4		11.036		
4:0....g								
6:0....g								
8:0....g	0.358		1	1		0.286		
10:0....g	0.317		1	1		0.254		
11:0....g								
12:0....g	4.171		1	1		3.337		
13:0....g								
14:0....g	1.558		1	1		1.246		
15:0....g	0.038		1	1		0.030		
16:0....g	3.011		1	1		2.409		
17:0....g	0.096		1	1		0.077		
18:0....g	4.169		1	1		3.335		
19:0....g								
20:0....g	0.058		1	1		0.046		
22:0....g	0.019		1	1		0.015		
24:0....g								
Fatty acids, total monounsaturated....g	4.990			4		3.992		
14:1....g	0.038		1	1		0.030		
15:1....g								
16:1 undifferentiated....g	0.200		1	1		0.160		
17:1....g	0.053		1	1		0.042		
18:1 undifferentiated....g	4.661		1	1		3.729		
20:1....g	0.038		1	1		0.030		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.498			4		1.198		
18:2 undifferentiated....g	1.325		1	1		1.060		
18:3 undifferentiated....g	0.153		1	1		0.122		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.010		1	1		0.008		
20:4 undifferentiated....g	0.010		1	1		0.008		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18606

INTERSTATE BRANDS CORP, HOSTESS DING DONGS Chocolate Snack Cake, Creme Filling

	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
Nutrients and Units	**Mean**	**Std. Error**	**Number of Data Points**	**Source Code**	**Confidence Code**	**Measure 1**	**Measure 2**	**Measure 3**
Fatty acids, total trans.....g								
Cholesterol.....mg	17		0	9		14		
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 = 80.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18607

FRANCHISE ASSOCIATES, HOWARD JOHNSON'S TOASTEES, Blueberry Toaster Muffins, frozen, ready to eat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	32.40		1	1		23.00		
Energy....kcal	331		0	4		235		
Energy....kj	1386			4		984		
Protein....g	7.10		1	1		5.04		
Total lipid (fat)....g	13.60		1	1		9.66		
Ash....g	1.80		1	1		1.28		
Carbohydrate, by difference....g	45.10		0	4		32.02		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	65		1	1		46		
Iron, Fe....mg	2.38		1	1		1.69		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	575		1	1		408		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	2.160		1	1		1.534		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	30		1	1		21		
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 = 71.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18608
KEEBLER, KEEBLER Chocolate Graham SELECTS

Keebler, Co.

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	3.10		1	1		0.96		
Energy....kcal	465		0	4		144		
Energy....kj	1946			4		603		
Protein....g	7.10		1	1		2.20		
Total lipid (fat)....g	16.60		1	1		5.15		
Ash....g	1.40		1	1		0.43		
Carbohydrate, by difference....g	71.80		0	4		22.26		
Fiber, total dietary....g								
Sugars, total....g	26.50		1	1		8.22		
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	357		1	1		111		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	3.090		1	1		0.958		
4:0....g								
6:0....g								
8:0....g	0.009		1	1		0.003		
10:0....g	0.009		1	1		0.003		
11:0....g								
12:0....g	0.009		1	1		0.003		
13:0....g								
14:0....g	0.009		1	1		0.003		
15:0....g	0.010		1	1		0.003		
16:0....g	1.782		1	1		0.552		
17:0....g	0.010		1	1		0.003		
18:0....g	1.206		1	1		0.374		
19:0....g								
20:0....g	0.058		1	1		0.018		
22:0....g	0.048		1	1		0.015		
24:0....g								
Fatty acids, total monounsaturated....g								
14:1....g	0.009		1	1		0.003		
15:1....g								
16:1 undifferentiated....g	0.019		1	1		0.006		
17:1....g	0.010		1	1		0.003		
18:1 undifferentiated....g	8.326		1	1		2.581		
20:1....g	0.067		1	1		0.021		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g								
18:2 undifferentiated....g	2.076		1	1		0.644		
18:3 undifferentiated....g	0.105		1	1		0.033		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.010		1	1		0.003		
20:4 undifferentiated....g	0.010		1	1		0.003		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18608
KEEBLER, KEEBLER Chocolate Graham SELECTS

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
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 = 31.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18609

KEEBLER, KEEBLER GOLDEN Vanilla Wafers, Artificially Flavored

Keebler, Co.

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	4.20		1	1		1.30		
Energy....kcal	475		0	4		147		
Energy....kj	1988			4		616		
Protein....g	5.20		1	1		1.61		
Total lipid (fat)....g	19.50		1	1		6.05		
Ash....g	1.40		1	1		0.43		
Carbohydrate, by difference....g	69.70		0	4		21.61		
Fiber, total dietary....g								
Sugars, total....g	27.40		1	1		8.49		
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	386		1	1		120		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	3.580		1	1		1.110		
4:0....g								
6:0....g								
8:0....g	0.009		1	1		0.003		
10:0....g	0.009		1	1		0.003		
11:0....g								
12:0....g	0.009		1	1		0.003		
13:0....g								
14:0....g	0.028		1	1		0.009		
15:0....g	0.010		1	1		0.003		
16:0....g	1.925		1	1		0.597		
17:0....g	0.010		1	1		0.003		
18:0....g	1.493		1	1		0.463		
19:0....g								
20:0....g	0.058		1	1		0.018		
22:0....g	0.058		1	1		0.018		
24:0....g								
Fatty acids, total monounsaturated....g								
14:1....g	0.009		1	1		0.003		
15:1....g								
16:1 undifferentiated....g	0.019		1	1		0.006		
17:1....g	0.048		1	1		0.015		
18:1 undifferentiated....g	10.814		1	1		3.352		
20:1....g	0.058		1	1		0.018		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g								
18:2 undifferentiated....g	1.598		1	1		0.495		
18:3 undifferentiated....g	0.067		1	1		0.021		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.010		1	1		0.003		
20:4 undifferentiated....g	0.010		1	1		0.003		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18609
KEEBLER, KEEBLER GOLDEN Vanilla Wafers, Artificially Flavored

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
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 = 31.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18610

CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry

Continental Mills, Inc.

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	5.70		1	1		2.28		
Energy....kcal	418		0	4		167		
Energy....kj	1747			4		699		
Protein....g	6.00		1	1		2.40		
Total lipid (fat)....g	9.90		1	1		3.96		
Ash....g	2.30		1	1		0.92		
Carbohydrate, by difference....g	76.10		0	4		30.44		
Fiber, total dietary....g								
Sugars, total....g	37.10		1	1		14.84		
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	604		1	1		242		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	2.840		1	1		1.136		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		1	1		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 = 40.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18611

CONTINENTAL MILLS, KRUSTEAZ Buttermilk Mini Pancakes, frozen, ready to microwave

Continental Mills, Inc.

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	48.30		1	1		26.08		
Energy....kcal	215		0	4		116		
Energy....kj	898			4		485		
Protein....g	6.70		1	1		3.62		
Total lipid (fat)....g	3.00		1	1		1.62		
Ash....g	1.80		1	1		0.97		
Carbohydrate, by difference....g	40.20		0	4		21.71		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg	2.71		1	1		1.46		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	537		1	1		290		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	0.434		0	4		0.234		
4:0....g								
6:0....g								
8:0....g	0.002		1	1		0.001		
10:0....g	0.002		1	1		0.001		
11:0....g								
12:0....g	0.004		1	1		0.002		
13:0....g								
14:0....g	0.013		1	1		0.007		
15:0....g	0.002		1	1		0.001		
16:0....g	0.293		1	1		0.158		
17:0....g	0.002		1	1		0.001		
18:0....g	0.099		1	1		0.053		
19:0....g								
20:0....g	0.011		1	1		0.006		
22:0....g	0.006		1	1		0.003		
24:0....g								
Fatty acids, total monounsaturated....g	1.241			4		0.670		
14:1....g	0.002		1	1		0.001		
15:1....g								
16:1 undifferentiated....g	0.014		1	1		0.008		
17:1....g	0.002		1	1		0.001		
18:1 undifferentiated....g	1.187		1	1		0.641		
20:1....g	0.036		1	1		0.019		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.495			4		0.267		
18:2 undifferentiated....g	0.447		1	1		0.241		
18:3 undifferentiated....g	0.042		1	1		0.023		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.002		1	1		0.001		
20:4 undifferentiated....g	0.004		1	1		0.002		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18611

CONTINENTAL MILLS, KRUSTEAZ Buttermilk Mini Pancakes, frozen, ready to microwave

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
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 = 54.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18612

MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered

McKee Baking, Co.

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	3.00		1	1		1.71		
Energy....kcal	548		0	4		312		
Energy....kj	2293			4		1307		
Protein....g	8.00		1	1		4.56		
Total lipid (fat)....g	32.80		1	1		18.70		
Ash....g	1.00		1	1		0.57		
Carbohydrate, by difference....g	55.20		0	4		31.46		
Fiber, total dietary....g								
Sugars, total....g	34.00		1	1		19.38		
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	223		1	1		127		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.0		1	1		1.1		
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								
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.290		1	1		3.585		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....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 = 57.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18613
MARTHA WHITE FOODS, MARTHA WHITE'S Artificial Blueberry Muffin Mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	6.70		1	1		2.68		
Energy....kcal	404		0	4		162		
Energy....kj	1690			4		676		
Protein....g	5.10		1	1		2.04		
Total lipid (fat)....g	8.80		1	1		3.52		
Ash....g	3.30		1	1		1.32		
Carbohydrate, by difference....g	76.10		0	4		30.44		
Fiber, total dietary....g								
Sugars, total....g	32.00		1	1		12.80		
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	858		1	1		343		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	2.141		0	4		0.856		
4:0....g								
6:0....g								
8:0....g	0.005		1	1		0.002		
10:0....g	0.005		1	1		0.002		
11:0....g								
12:0....g	0.005		1	1		0.002		
13:0....g								
14:0....g	0.009		1	1		0.004		
15:0....g	0.005		1	1		0.002		
16:0....g	1.039		1	1		0.416		
17:0....g	0.010		1	1		0.004		
18:0....g	1.005		1	1		0.402		
19:0....g								
20:0....g	0.029		1	1		0.012		
22:0....g	0.029		1	1		0.012		
24:0....g								
Fatty acids, total monounsaturated....g	4.298			4		1.719		
14:1....g	0.005		1	1		0.002		
15:1....g								
16:1 undifferentiated....g	0.010		1	1		0.004		
17:1....g	0.005		1	1		0.002		
18:1 undifferentiated....g	4.259		1	1		1.704		
20:1....g	0.019		1	1		0.008		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.043			4		0.417		
18:2 undifferentiated....g	0.995		1	1		0.398		
18:3 undifferentiated....g	0.038		1	1		0.015		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.005		1	1		0.002		
20:4 undifferentiated....g	0.005		1	1		0.002		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18613
MARTHA WHITE FOODS, MARTHA WHITE'S Artificial Blueberry Muffin Mix

	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
Nutrients and Units	**Mean**	**Std. Error**	**Number of Data Points**	**Source Code**	**Confidence Code**	**Measure 1**	**Measure 2**	**Measure 3**
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 = 40.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18614
MARTHA WHITE FOODS, MARTHA WHITE'S Chewy Fudge Brownie Mix, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: 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	4.20		1	1		1.18		
Energy....kcal	408		0	4		114		
Energy....kj	1705			4		477		
Protein....g	4.70		1	1		1.32		
Total lipid (fat)....g	6.30		1	1		1.76		
Ash....g	1.80		1	1		0.50		
Carbohydrate, by difference....g	83.00		0	4		23.24		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg	3.89		1	1		1.09		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	494		1	1		138		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	1.580		1	1		0.442		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....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 = 28.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18615
MARTHA WHITE FOODS, MARTHA WHITE'S Buttermilk Biscuit Mix, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	8.90		1	1		3.65		
Energy....kcal	418		0	4		171		
Energy....kj	1749			4		717		
Protein....g	7.40		1	1		3.03		
Total lipid (fat)....g	14.50		1	1		5.95		
Ash....g	4.70		1	1		1.93		
Carbohydrate, by difference....g	64.50		0	4		26.45		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	148		1	1		61		
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	1230		1	1		504		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	2.723		0	4		1.116		
4:0....g								
6:0....g								
8:0....g	0.005		1	1		0.002		
10:0....g	0.005		1	1		0.002		
11:0....g								
12:0....g	0.005		1	1		0.002		
13:0....g								
14:0....g	0.019		1	1		0.008		
15:0....g	0.005		1	1		0.002		
16:0....g	1.496		1	1		0.613		
17:0....g	0.010		1	1		0.004		
18:0....g	1.082		1	1		0.444		
19:0....g								
20:0....g	0.048		1	1		0.020		
22:0....g	0.048		1	1		0.020		
24:0....g								
Fatty acids, total monounsaturated....g	8.389			4		3.439		
14:1....g	0.005		1	1		0.002		
15:1....g								
16:1 undifferentiated....g	0.019		1	1		0.008		
17:1....g	0.010		1	1		0.004		
18:1 undifferentiated....g	8.297		1	1		3.402		
20:1....g	0.058		1	1		0.024		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.402			4		0.575		
18:2 undifferentiated....g	1.339		1	1		0.549		
18:3 undifferentiated....g	0.053		1	1		0.022		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.005		1	1		0.002		
20:4 undifferentiated....g	0.005		1	1		0.002		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18615
MARTHA WHITE FOODS, MARTHA WHITE'S Buttermilk Biscuit Mix, dry

	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
Nutrients and Units	**Mean**	**Std. Error**	**Number of Data Points**	**Source Code**	**Confidence Code**	**Measure 1**	**Measure 2**	**Measure 3**
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 = 41.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18616
MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch

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	33.60		1	1		17.14		
Energy....kcal	287		0	4		146		
Energy....kj	1202			4		613		
Protein....g	8.70		1	1		4.44		
Total lipid (fat)....g	6.00		1	1		3.06		
Ash....g	2.10		1	1		1.07		
Carbohydrate, by difference....g	49.60		0	4		25.30		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	191		1	1		97		
Iron, Fe....mg	1.99		1	1		1.01		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	488		1	1		249		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	0.695		0	4		0.354		
4:0....g								
6:0....g								
8:0....g	0.005		1	1		0.003		
10:0....g	0.005		1	1		0.003		
11:0....g								
12:0....g	0.005		1	1		0.003		
13:0....g								
14:0....g	0.005		1	1		0.003		
15:0....g	0.005		1	1		0.003		
16:0....g	0.072		1	1		0.037		
17:0....g	0.005		1	1		0.003		
18:0....g	0.555		1	1		0.283		
19:0....g								
20:0....g	0.019		1	1		0.010		
22:0....g	0.019		1	1		0.010		
24:0....g								
Fatty acids, total monounsaturated....g	2.771			4		1.413		
14:1....g	0.005		1	1		0.003		
15:1....g								
16:1 undifferentiated....g	0.005		1	1		0.003		
17:1....g	0.005		1	1		0.003		
18:1 undifferentiated....g	2.737		1	1		1.396		
20:1....g	0.019		1	1		0.010		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.924			4		0.471		
18:2 undifferentiated....g	0.871		1	1		0.444		
18:3 undifferentiated....g	0.043		1	1		0.022		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.005		1	1		0.002		
20:4 undifferentiated....g	0.005		1	1		0.003		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18616
MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch

	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
Nutrients and Units	**Mean**	**Std. Error**	**Number of Data Points**	**Source Code**	**Confidence Code**	**Measure 1**	**Measure 2**	**Measure 3**
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 = 51.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18617
NABISCO, NABISCO GRAHAMS Crackers

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	3.60		1	1		1.01		
Energy....kcal	424		0	4		119		
Energy....kj	1776			4		497		
Protein....g	6.99		1	12		1.96		
Total lipid (fat)....g	10.00		1	1		2.80		
Ash....g	2.80		1	1		0.78		
Carbohydrate, by difference....g	76.20		0	4		21.34		
Fiber, total dietary....g	3.4		0	12		1.0		
Sugars, total....g	23.00		1	9		6.44		
Starch....g								
Minerals:								
Calcium, Ca....mg	79		0	9		22		
Iron, Fe....mg	4.13		1	12		1.16		
Magnesium, Mg....mg	59		0	9		17		
Phosphorus, P....mg	202		0	9		57		
Potassium, K....mg	177		0	12		50		
Sodium, Na....mg	659		1	12		185		
Zinc, Zn....mg	1.94		0	9		0.54		
Copper, Cu....mg	0.030		0	9		0.008		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg	0.228		0	9		0.064		
Riboflavin....mg	0.240		0	9		0.067		
Niacin....mg	3.780		0	9		1.058		
Pantothenic acid....mg								
Vitamin B-6....mg	0.100		0	9		0.028		
Folate, total....mcg	46		0	9		13		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	0		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.560		1	1		0.437		
Fatty acids, total monounsaturated....g	3.600		0	12		1.008		
Fatty acids, total polyunsaturated....g	0.460		0	12		0.129		
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 = 28.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18618
NABISCO, NABISCO NILLA Pie Crust, ready to use

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.31		0	9		0.93		
Energy....kcal	513		0	4		144		
Energy....kj	2147			4		601		
Protein....g	3.50		0	9		0.98		
Total lipid (fat)....g	27.10		1	1		7.59		
Ash....g	0.80		1	1		0.22		
Carbohydrate, by difference....g	63.10		0	4		17.67		
Fiber, total dietary....g	0.9		0	9		0.3		
Sugars, total....g	32.20		1	1		9.02		
Starch....g								
Minerals:								
Calcium, Ca....mg	41		0	9		11		
Iron, Fe....mg	1.77		0	9		0.50		
Magnesium, Mg....mg	8		0	9		2		
Phosphorus, P....mg	83		0	9		23		
Potassium, K....mg	69		0	9		19		
Sodium, Na....mg	224		1	1		63		
Zinc, Zn....mg	0.28		0	9		0.08		
Copper, Cu....mg	0.050		0	9		0.014		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg								
Thiamin....mg	0.166		0	9		0.046		
Riboflavin....mg	0.192		0	9		0.054		
Niacin....mg	2.487		0	9		0.696		
Pantothenic acid....mg								
Vitamin B-6....mg	0.020		0	9		0.006		
Folate, total....mcg	30		0	9		8		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.11		0	9		0.03		
Vitamin A, IU....IU	10		0	9		3		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.150		1	1		1.442		
4:0....g								
6:0....g								
8:0....g	0.014		1	1		0.004		
10:0....g	0.014		1	1		0.004		
11:0....g								
12:0....g	0.014		1	1		0.004		
13:0....g								
14:0....g	0.066		1	1		0.018		
15:0....g	0.014		1	1		0.004		
16:0....g	2.659		1	1		0.745		
17:0....g	0.014		1	1		0.004		
18:0....g	2.269		1	1		0.635		
19:0....g								
20:0....g	0.086		1	1		0.024		
22:0....g	0.077		1	1		0.022		
24:0....g								
Fatty acids, total monounsaturated....g	18.700		0	9		5.236		
14:1....g	0.014		1	1		0.004		
15:1....g								
16:1 undifferentiated....g	0.038		1	1		0.011		
17:1....g	0.014		1	1		0.004		

NDB No. 18618
NABISCO, NABISCO NILLA Pie Crust, ready to use

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
18:1 undifferentiated....g	13.972		1	1		3.912		
20:1....g	0.086		1	1		0.024		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.350		0	9		0.378		
18:2 undifferentiated....g	1.980		1	1		0.554		
18:3 undifferentiated....g	0.081		1	1		0.023		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.014		1	1		0.004		
20:4 undifferentiated....g	0.014		1	1		0.004		
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	10		0	9		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 = 28.000g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18619
NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.57		0	9		0.17		
Energy....kcal	476		0	9		52		
Energy....kj	1992			9		219		
Protein....g	4.78		0	9		0.53		
Total lipid (fat)....g	21.50		1	1		2.37		
Ash....g	1.90		1	1		0.21		
Carbohydrate, by difference....g	70.23		0	9		7.73		
Fiber, total dietary....g	3.2		0	9		0.4		
Sugars, total....g	36.00		1	1		3.96		
Starch....g								
Minerals:								
Calcium, Ca....mg	24		0	9		3		
Iron, Fe....mg	4.90		0	9		0.54		
Magnesium, Mg....mg	48		0	9		5		
Phosphorus, P....mg	103		0	9		11		
Potassium, K....mg	194		0	9		21		
Sodium, Na....mg	528		0	9		58		
Zinc, Zn....mg	1.23		0	9		0.14		
Copper, Cu....mg	0.270		0	9		0.030		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg								
Thiamin....mg	0.122		0	9		0.013		
Riboflavin....mg	0.165		0	9		0.018		
Niacin....mg	1.845		0	9		0.203		
Pantothenic acid....mg	0.036		0	9		0.004		
Vitamin B-6....mg	0.032		0	9		0.004		
Folate, total....mcg	30		0	9		3		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.02		0	9		0.00		
Vitamin A, IU....IU	3		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.090		0	9		0.010		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.140		1	1		0.455		
4:0....g								
6:0....g								
8:0....g	0.009		1	1		0.001		
10:0....g	0.009		1	1		0.001		
11:0....g								
12:0....g	0.009		1	1		0.001		
13:0....g								
14:0....g	0.009		1	1		0.001		
15:0....g	0.010		1	1		0.001		
16:0....g	2.192		1	1		0.241		
17:0....g	0.019		1	1		0.002		
18:0....g	1.790		1	1		0.197		
19:0....g								
20:0....g	0.077		1	1		0.008		
22:0....g	0.067		1	1		0.007		
24:0....g								
Fatty acids, total monounsaturated....g	3.170		0	9		0.349		
14:1....g	0.009		1	1		0.001		
15:1....g								
16:1 undifferentiated....g	0.029		1	1		0.003		
17:1....g	0.010		1	1		0.001		

NDB No. 18619
NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping

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
18:1 undifferentiated....g	11.101		1	1		1.221		
20:1....g	0.067		1	1		0.007		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.820		0	9		0.090		
18:2 undifferentiated....g	2.066		1	1		0.227		
18:3 undifferentiated....g	0.096		1	1		0.011		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.010		1	1		0.001		
20:4 undifferentiated....g	0.010		1	1		0.001		
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 = 11.000g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18620
NABISCO, NABISCO ORIGINAL PREMIUM Saltine Crackers

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.40		1	1		0.48		
Energy....kcal	420		0	4		59		
Energy....kj	1756			4		246		
Protein....g	10.90		1	1		1.53		
Total lipid (fat)....g	10.20		1	1		1.43		
Ash....g	4.40		1	1		0.62		
Carbohydrate, by difference....g	71.10		0	4		9.95		
Fiber, total dietary....g	2.6		0	9		0.4		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	193		0	12		27		
Iron, Fe....mg	5.19		0	12		0.73		
Magnesium, Mg....mg	21		0	9		3		
Phosphorus, P....mg	99		0	9		14		
Potassium, K....mg	99		0	9		14		
Sodium, Na....mg	1270		0	9		178		
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	0.330		0	12		0.046		
Riboflavin....mg	0.440		0	9		0.062		
Niacin....mg	4.370		0	12		0.612		
Pantothenic acid....mg								
Vitamin B-6....mg	0.047		0	9		0.007		
Folate, total....mcg	84		0	9		12		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	0		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.850		1	1		0.259		
4:0....g								
6:0....g								
8:0....g	0.005		1	1		0.001		
10:0....g	0.005		1	1		0.001		
11:0....g								
12:0....g	0.005		1	1		0.001		
13:0....g								
14:0....g	0.005		1	1		0.001		
15:0....g	0.005		1	1		0.001		
16:0....g	1.115		1	1		0.156		
17:0....g	0.010		1	1		0.001		
18:0....g	0.680		1	1		0.095		
19:0....g								
20:0....g	0.029		1	1		0.004		
22:0....g	0.039		1	1		0.005		
24:0....g								
Fatty acids, total monounsaturated....g	5.850		0	12		0.819		
14:1....g	0.005		1	1		0.001		
15:1....g								
16:1 undifferentiated....g	0.010		1	1		0.001		
17:1....g	0.005		1	1		0.001		

NDB No. 18620
NABISCO, NABISCO ORIGINAL PREMIUM Saltine Crackers

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
18:1 undifferentiated....g	6.000		1	1		0.840		
20:1....g	0.038		1	1		0.005		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.720		0	12		0.241		
18:2 undifferentiated....g	0.880		1	1		0.123		
18:3 undifferentiated....g	0.043		1	1		0.006		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.005		1	1		0.001		
20:4 undifferentiated....g	0.005		1	1		0.001		
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	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 = 14.000g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18621
NABISCO, NABISCO RITZ Crackers

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.10		1	1		0.50		
Energy....kcal	492		0	4		79		
Energy....kj	2057			4		329		
Protein....g	7.20		1	1		1.15		
Total lipid (fat)....g	22.90		1	1		3.66		
Ash....g	2.60		1	1		0.42		
Carbohydrate, by difference....g	64.20		0	4		10.27		
Fiber, total dietary....g	1.9		0	9		0.3		
Sugars, total....g	8.04		0	9		1.29		
Starch....g								
Minerals:								
Calcium, Ca....mg	147		0	12		24		
Iron, Fe....mg	4.05		0	12		0.65		
Magnesium, Mg....mg	20		0	9		3		
Phosphorus, P....mg	300		0	9		48		
Potassium, K....mg	93		0	9		15		
Sodium, Na....mg	776		1	1		124		
Zinc, Zn....mg	1.45		0	9		0.23		
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg	0.253		0	9		0.040		
Riboflavin....mg	0.306		0	9		0.049		
Niacin....mg	3.810		0	9		0.610		
Pantothenic acid....mg								
Vitamin B-6....mg	0.036		0	9		0.006		
Folate, total....mcg	60		0	9		10		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	0		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.920		1	1		0.627		
4:0....g								
6:0....g								
8:0....g	0.009		1	1		0.001		
10:0....g	0.009		1	1		0.001		
11:0....g								
12:0....g	0.009		1	1		0.001		
13:0....g								
14:0....g	0.009		1	1		0.001		
15:0....g	0.010		1	1		0.002		
16:0....g	2.277		1	1		0.364		
17:0....g	0.019		1	1		0.003		
18:0....g	1.474		1	1		0.236		
19:0....g								
20:0....g	0.067		1	1		0.011		
22:0....g	0.067		1	1		0.011		
24:0....g								
Fatty acids, total monounsaturated....g	17.950		0	12		2.872		
14:1....g	0.009		1	1		0.001		
15:1....g								
16:1 undifferentiated....g	0.029		1	1		0.005		
17:1....g	0.019		1	1		0.003		

NDB No. 18621
NABISCO, NABISCO RITZ Crackers

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
18:1 undifferentiated....g	13.781		1	1		2.205		
20:1....g	0.067		1	1		0.011		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.770		0	12		0.283		
18:2 undifferentiated....g	1.272		1	1		0.204		
18:3 undifferentiated....g	0.057		1	1		0.009		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.010		1	1		0.002		
20:4 undifferentiated....g	0.010		1	1		0.002		
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	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 = 16.000g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18622
NABISCO, NABISCO SNACKWELL'S Zesty Cheese Crackers

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	1.99		0	9		0.60		
Energy....kcal	431		0	9		129		
Energy....kj	1803			9		541		
Protein....g	7.45		0	9		2.24		
Total lipid (fat)....g	10.00		0	9		3.00		
Ash....g	3.40		0	9		1.02		
Carbohydrate, by difference....g	77.00		0	9		23.10		
Fiber, total dietary....g	2.0		0	9		0.6		
Sugars, total....g	7.02		0	9		2.11		
Starch....g								
Minerals:								
Calcium, Ca....mg	43		0	9		13		
Iron, Fe....mg	3.18		0	9		0.95		
Magnesium, Mg....mg	33		0	9		10		
Phosphorus, P....mg	200		0	9		60		
Potassium, K....mg	157		0	9		47		
Sodium, Na....mg	1050		0	9		315		
Zinc, Zn....mg	1.50		0	9		0.45		
Copper, Cu....mg	0.033		0	9		0.010		
Manganese, Mn....mg	0.000		0	9		0.000		
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		0	9		0.2		
Thiamin....mg	0.241		0	9		0.072		
Riboflavin....mg	0.336		0	9		0.101		
Niacin....mg	3.706		0	9		1.112		
Pantothenic acid....mg	0.120		0	9		0.036		
Vitamin B-6....mg	0.091		0	9		0.027		
Folate, total....mcg	57		0	9		17		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.06		0	9		0.02		
Vitamin A, IU....IU	159		0	9		48		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.239		0	9		0.672		
Fatty acids, total monounsaturated....g	2.689		0	9		0.807		
Fatty acids, total polyunsaturated....g	1.446		0	9		0.434		
Fatty acids, total trans....g								
Cholesterol....mg	4		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 = 30.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18624
NABISCO, NABISCO WHEAT THINS Crackers, baked

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	2.50		1	1		0.73		
Energy....kcal	470		0	4		136		
Energy....kj	1966			4		570		
Protein....g	8.30		1	1		2.41		
Total lipid (fat)....g	20.00		0	9		5.80		
Ash....g	2.30		1	1		0.67		
Carbohydrate, by difference....g	69.10		0	4		20.04		
Fiber, total dietary....g	3.0		0	9		0.9		
Sugars, total....g	9.00		0	9		2.61		
Starch....g								
Minerals:								
Calcium, Ca....mg	80		0	9		23		
Iron, Fe....mg	3.70		0	9		1.07		
Magnesium, Mg....mg	52		0	12		15		
Phosphorus, P....mg	208		0	12		60		
Potassium, K....mg	194		0	12		56		
Sodium, Na....mg	578		1	1		168		
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	0.300		0	9		0.087		
Riboflavin....mg	0.300		0	9		0.087		
Niacin....mg	4.000		0	9		1.160		
Pantothenic acid....mg								
Vitamin B-6....mg	0.087		0	9		0.025		
Folate, total....mcg	42		0	9		12		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	0		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.190		1	1		0.925		
Fatty acids, total monounsaturated....g	7.000		0	9		2.030		
Fatty acids, total polyunsaturated....g	1.240		0	12		0.360		
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 = 29.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18625
CPC FOOD SERVICE, OROWEAT Seasoned Dressing Mix, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	9.60		1	1		2.88		
Energy....kcal	357		0	4		107		
Energy....kj	1495			4		449		
Protein....g	13.40		1	1		4.02		
Total lipid (fat)....g	1.80		1	1		0.54		
Ash....g	3.30		1	1		0.99		
Carbohydrate, by difference....g	71.90		0	4		21.57		
Fiber, total dietary....g	4.7		1	1		1.4		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	140		1	1		42		
Iron, Fe....mg	5.24		1	1		1.57		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	945		1	1		284		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	0.344		0	4		0.103		
4:0....g								
6:0....g								
8:0....g	0.001		1	1		0.000		
10:0....g	0.001		1	1		0.000		
11:0....g								
12:0....g	0.001		1	1		0.000		
13:0....g								
14:0....g	0.003		1	1		0.001		
15:0....g	0.001		1	1		0.000		
16:0....g	0.304		1	1		0.091		
17:0....g	0.001		1	1		0.000		
18:0....g	0.026		1	1		0.008		
19:0....g								
20:0....g	0.002		1	1		0.001		
22:0....g	0.004		1	1		0.001		
24:0....g								
Fatty acids, total monounsaturated....g	0.247			4		0.074		
14:1....g	0.001		1	1		0.000		
15:1....g								
16:1 undifferentiated....g	0.011		1	1		0.003		
17:1....g	0.001		1	1		0.000		
18:1 undifferentiated....g	0.227		1	1		0.068		
20:1....g	0.007		1	1		0.002		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.667			4		0.200		
18:2 undifferentiated....g	0.627		1	1		0.188		
18:3 undifferentiated....g	0.038		1	1		0.011		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.001		1	1		0.000		
20:4 undifferentiated....g	0.001		1	1		0.000		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18625
CPC FOOD SERVICE, OROWEAT Seasoned Dressing Mix, dry

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
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 = 30.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18626
PEPPERIDGE FARM Classic Style Croutons, seasoned

Campbell Soup Co.

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	2.60		1	1		0.18		
Energy....kcal	465		0	4		33		
Energy....kj	1947			4		136		
Protein....g	13.60		1	1		0.95		
Total lipid (fat)....g	18.50		1	1		1.30		
Ash....g	4.20		1	1		0.29		
Carbohydrate, by difference....g	61.10		0	4		4.28		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	1390		1	1		97		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	3.720		1	1		0.260		
4:0....g								
6:0....g								
8:0....g	0.018		1	1		0.001		
10:0....g	0.056		1	1		0.004		
11:0....g								
12:0....g	0.056		1	1		0.004		
13:0....g								
14:0....g	0.180		1	1		0.013		
15:0....g	0.019		1	1		0.001		
16:0....g	1.677		1	1		0.117		
17:0....g	0.019		1	1		0.001		
18:0....g	1.560		1	1		0.109		
19:0....g								
20:0....g	0.077		1	1		0.005		
22:0....g	0.058		1	1		0.004		
24:0....g								
Fatty acids, total monounsaturated....g								
14:1....g	0.009		1	1		0.001		
15:1....g								
16:1 undifferentiated....g	0.067		1	1		0.005		
17:1....g	0.010		1	1		0.001		
18:1 undifferentiated....g	9.953		1	1		0.697		
20:1....g	0.154		1	1		0.011		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g								
18:2 undifferentiated....g	1.416		1	1		0.099		
18:3 undifferentiated....g	0.096		1	1		0.007		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.010		1	1		0.001		
20:4 undifferentiated....g	0.010		1	1		0.001		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18626
PEPPERIDGE FARM Classic Style Croutons, seasoned

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
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 = 7.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18627
PEPPERIDGE FARM Crusty Italian Bread, Garlic

Campbell Soup Co.

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	29.10		1	1		14.55		
Energy....kcal	372		0	4		186		
Energy....kj	1558			4		779		
Protein....g	8.30		1	1		4.15		
Total lipid (fat)....g	19.20		1	1		9.60		
Ash....g	1.80		1	1		0.90		
Carbohydrate, by difference....g	41.60		0	4		20.80		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg	2.37		1	1		1.19		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	400		1	1		200		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	4.822		0	4		2.411		
4:0....g								
6:0....g								
8:0....g	0.046		1	1		0.023		
10:0....g	0.093		1	1		0.047		
11:0....g								
12:0....g	0.113		1	1		0.057		
13:0....g								
14:0....g	0.369		1	1		0.185		
15:0....g	0.048		1	1		0.024		
16:0....g	2.554		1	1		1.277		
17:0....g	0.038		1	1		0.019		
18:0....g	1.455		1	1		0.728		
19:0....g								
20:0....g	0.058		1	1		0.029		
22:0....g	0.048		1	1		0.024		
24:0....g								
Fatty acids, total monounsaturated....g	7.836			4		3.918		
14:1....g	0.028		1	1		0.014		
15:1....g								
16:1 undifferentiated....g	0.095		1	1		0.048		
17:1....g	0.019		1	1		0.010		
18:1 undifferentiated....g	7.646		1	1		3.823		
20:1....g	0.048		1	1		0.024		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.665			4		1.832		
18:2 undifferentiated....g	3.310		1	1		1.655		
18:3 undifferentiated....g	0.335		1	1		0.168		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.010		1	1		0.005		
20:4 undifferentiated....g	0.010		1	1		0.005		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18627
PEPPERIDGE FARM Crusty Italian Bread, Garlic

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
Fatty acids, total trans.....g								
Cholesterol.....mg	11		1	1		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 = 50.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18628

PEPPERIDGE FARM Apple Turnovers, frozen, ready to bake

Pepperridge Farm, Inc.

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	41.90		1	1		37.29		
Energy....kcal	319		0	4		284		
Energy....kj	1336			4		1189		
Protein....g	4.20		1	1		3.74		
Total lipid (fat)....g	18.00		1	1		16.02		
Ash....g	0.80		1	1		0.71		
Carbohydrate, by difference....g	35.10		0	4		31.24		
Fiber, total dietary....g	1.8		1	1		1.6		
Sugars, total....g	12.10		1	1		10.77		
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg	1.37		1	1		1.22		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	198		1	1		176		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	4.530		1	1		4.032		
4:0....g								
6:0....g								
8:0....g	0.009		1	1		0.008		
10:0....g	0.009		1	1		0.008		
11:0....g								
12:0....g	0.009		1	1		0.008		
13:0....g								
14:0....g	0.019		1	1		0.017		
15:0....g	0.010		1	1		0.009		
16:0....g	1.973		1	1		1.756		
17:0....g	0.019		1	1		0.017		
18:0....g	2.422		1	1		2.156		
19:0....g								
20:0....g	0.067		1	1		0.060		
22:0....g	0.058		1	1		0.052		
24:0....g								
Fatty acids, total monounsaturated....g								
14:1....g	0.009		1	1		0.008		
15:1....g								
16:1 undifferentiated....g	0.010		1	1		0.009		
17:1....g	0.010		1	1		0.009		
18:1 undifferentiated....g	9.541		1	1		8.491		
20:1....g	0.038		1	1		0.034		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g								
18:2 undifferentiated....g	0.832		1	1		0.740		
18:3 undifferentiated....g	0.038		1	1		0.034		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.010		1	1		0.009		
20:4 undifferentiated....g	0.010		1	1		0.009		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18628
PEPPERIDGE FARM Apple Turnovers, frozen, ready to bake

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
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 = 89.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18629

PILLSBURY Buttermilk Biscuits, Artificial Flavor, refrigerated dough

Pillsbury Co.

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	39.20		1	1		25.09		
Energy....kcal	241		0	4		154		
Energy....kj	1008			4		645		
Protein....g	7.80		1	1		4.99		
Total lipid (fat)....g	2.20		1	1		1.41		
Ash....g	3.30		1	1		2.11		
Carbohydrate, by difference....g	47.50		0	4		30.40		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg	2.42		1	1		1.55		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	855		1	1		547		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	0.445		0	4		0.285		
4:0....g								
6:0....g								
8:0....g	0.001		1	1		0.001		
10:0....g	0.001		1	1		0.001		
11:0....g								
12:0....g	0.001		1	1		0.001		
13:0....g								
14:0....g	0.001		1	1		0.001		
15:0....g	0.001		1	1		0.001		
16:0....g	0.293		1	1		0.188		
17:0....g	0.001		1	1		0.001		
18:0....g	0.132		1	1		0.084		
19:0....g								
20:0....g	0.006		1	1		0.004		
22:0....g	0.008		1	1		0.005		
24:0....g								
Fatty acids, total monounsaturated....g	0.946			4		0.605		
14:1....g	0.001		1	1		0.001		
15:1....g								
16:1 undifferentiated....g	0.003		1	1		0.002		
17:1....g	0.001		1	1		0.001		
18:1 undifferentiated....g	0.934		1	1		0.598		
20:1....g	0.007		1	1		0.004		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.488			4		0.313		
18:2 undifferentiated....g	0.454		1	1		0.291		
18:3 undifferentiated....g	0.032		1	1		0.020		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.001		1	1		0.001		
20:4 undifferentiated....g	0.001		1	1		0.001		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18629
PILLSBURY Buttermilk Biscuits, Artificial Flavor, refrigerated dough

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
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 = 64.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18630
PILLSBURY, Chocolate Chip Cookies, refrigerated dough

Pillsbury Co.

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	10.40		1	1		2.91		
Energy....kcal	455		0	4		127		
Energy....kj	1902			4		533		
Protein....g	4.30		1	1		1.20		
Total lipid (fat)....g	20.20		1	1		5.66		
Ash....g	1.20		1	1		0.34		
Carbohydrate, by difference....g	63.90		0	4		17.89		
Fiber, total dietary....g	2.4		1	1		0.7		
Sugars, total....g	37.10		1	1		10.39		
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	313		1	1		88		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	6.494		0	4		1.818		
4:0....g								
6:0....g								
8:0....g	0.009		1	1		0.003		
10:0....g	0.009		1	1		0.003		
11:0....g								
12:0....g	0.103		1	1		0.029		
13:0....g								
14:0....g	0.095		1	1		0.027		
15:0....g	0.010		1	1		0.003		
16:0....g	2.897		1	1		0.811		
17:0....g	0.029		1	1		0.008		
18:0....g	3.188		1	1		0.893		
19:0....g								
20:0....g	0.096		1	1		0.027		
22:0....g	0.058		1	1		0.016		
24:0....g								
Fatty acids, total monounsaturated....g	9.063			4		2.538		
14:1....g	0.009		1	1		0.003		
15:1....g								
16:1 undifferentiated....g	0.048		1	1		0.013		
17:1....g	0.010		1	1		0.003		
18:1 undifferentiated....g	8.948		1	1		2.505		
20:1....g	0.048		1	1		0.013		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.828			4		0.512		
18:2 undifferentiated....g	1.722		1	1		0.482		
18:3 undifferentiated....g	0.086		1	1		0.024		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.010		1	1		0.003		
20:4 undifferentiated....g	0.010		1	1		0.003		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18630
PILLSBURY, Chocolate Chip Cookies, refrigerated dough

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
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 = 28.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18631
PILLSBURY, Crusty French Loaf, refrigerated dough

Pillsbury Co.

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	39.50		1	1		24.49		
Energy....kcal	249		0	4		154		
Energy....kj	1041			4		645		
Protein....g	9.30		1	1		5.77		
Total lipid (fat)....g	2.80		1	1		1.74		
Ash....g	1.80		1	1		1.12		
Carbohydrate, by difference....g	46.60		0	4		28.89		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg	2.38		1	1		1.48		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	627		1	1		389		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	0.831		0	4		0.515		
4:0....g								
6:0....g								
8:0....g	0.001		1	1		0.001		
10:0....g	0.001		1	1		0.001		
11:0....g								
12:0....g	0.001		1	1		0.001		
13:0....g								
14:0....g	0.005		1	1		0.003		
15:0....g	0.001		1	1		0.001		
16:0....g	0.380		1	1		0.236		
17:0....g	0.004		1	1		0.002		
18:0....g	0.421		1	1		0.261		
19:0....g								
20:0....g	0.008		1	1		0.005		
22:0....g	0.009		1	1		0.006		
24:0....g								
Fatty acids, total monounsaturated....g	1.029			4		0.638		
14:1....g	0.001		1	1		0.001		
15:1....g								
16:1 undifferentiated....g	0.005		1	1		0.003		
17:1....g	0.001		1	1		0.001		
18:1 undifferentiated....g	1.014		1	1		0.629		
20:1....g	0.008		1	1		0.005		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.433			4		0.269		
18:2 undifferentiated....g	0.405		1	1		0.251		
18:3 undifferentiated....g	0.026		1	1		0.016		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.001		1	1		0.001		
20:4 undifferentiated....g	0.001		1	1		0.001		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18631
PILLSBURY, Crusty French Loaf, refrigerated dough

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
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 = 62.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18632
PILLSBURY, Traditional Fudge Brownie Mix, dry

Pillsbury Co.

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	3.10		1	1		0.93		
Energy....kcal	441		0	4		132		
Energy....kj	1846			4		554		
Protein....g	4.80		1	1		1.44		
Total lipid (fat)....g	12.10		1	1		3.63		
Ash....g	1.70		1	1		0.51		
Carbohydrate, by difference....g	78.30		0	4		23.49		
Fiber, total dietary....g								
Sugars, total....g	49.60		1	1		14.88		
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg	2.81		1	1		0.84		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	292		1	1		88		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	2.590		1	1		0.777		
4:0....g								
6:0....g								
8:0....g	0.005		1	1		0.002		
10:0....g	0.005		1	1		0.002		
11:0....g								
12:0....g	0.005		1	1		0.002		
13:0....g								
14:0....g	0.009		1	1		0.003		
15:0....g	0.005		1	1		0.002		
16:0....g	1.258		1	1		0.377		
17:0....g	0.010		1	1		0.003		
18:0....g	1.244		1	1		0.373		
19:0....g								
20:0....g	0.038		1	1		0.011		
22:0....g	0.029		1	1		0.009		
24:0....g								
Fatty acids, total monounsaturated....g								
14:1....g	0.005		1	1		0.002		
15:1....g								
16:1 undifferentiated....g	0.019		1	1		0.006		
17:1....g	0.005		1	1		0.002		
18:1 undifferentiated....g	5.847		1	1		1.754		
20:1....g	0.038		1	1		0.011		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g								
18:2 undifferentiated....g	0.756		1	1		0.227		
18:3 undifferentiated....g	0.024		1	1		0.007		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.005		1	1		0.001		
20:4 undifferentiated....g	0.005		1	1		0.002		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18632
PILLSBURY, Traditional Fudge Brownie Mix, dry

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
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 = 30.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18633
PILLSBURY GRANDS Buttermilk Biscuits, refrigerated dough

Pillsbury Co.

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	34.70		1	1		21.17		
Energy....kcal	319		0	4		195		
Energy....kj	1336			4		815		
Protein....g	6.80		1	1		4.15		
Total lipid (fat)....g	14.20		1	1		8.66		
Ash....g	3.20		1	1		1.95		
Carbohydrate, by difference....g	41.10		0	4		25.07		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg	2.54		1	1		1.55		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	992		1	1		605		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	3.860		1	1		2.355		
4:0....g								
6:0....g								
8:0....g	0.005		1	1		0.003		
10:0....g	0.005		1	1		0.003		
11:0....g								
12:0....g	0.005		1	1		0.003		
13:0....g								
14:0....g	0.028		1	1		0.017		
15:0....g	0.005		1	1		0.003		
16:0....g	1.553		1	1		0.947		
17:0....g	0.012		1	1		0.007		
18:0....g	2.254		1	1		1.375		
19:0....g								
20:0....g	0.026		1	1		0.016		
22:0....g	0.029		1	1		0.018		
24:0....g								
Fatty acids, total monounsaturated....g								
14:1....g	0.005		1	1		0.003		
15:1....g								
16:1 undifferentiated....g	0.012		1	1		0.007		
17:1....g	0.007		1	1		0.004		
18:1 undifferentiated....g	7.914		1	1		4.828		
20:1....g	0.017		1	1		0.010		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g								
18:2 undifferentiated....g	0.309		1	1		0.188		
18:3 undifferentiated....g	0.026		1	1		0.016		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.005		1	1		0.003		
20:4 undifferentiated....g	0.005		1	1		0.003		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18633
PILLSBURY GRANDS Buttermilk Biscuits, refrigerated dough

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
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 = 61.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18634

PILLSBURY HUNGRY JACK Buttermilk Biscuits, Artificial Flavor, refrigerated dough

Pillsbury Co.

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	34.10		1	1		11.59		
Energy....kcal	319		0	4		108		
Energy....kj	1333			4		453		
Protein....g	7.00		1	1		2.38		
Total lipid (fat)....g	13.40		1	1		4.56		
Ash....g	3.00		1	1		1.02		
Carbohydrate, by difference....g	42.50		0	4		14.45		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg	2.50		1	1		0.85		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	1010		1	1		343		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	2.705		0	4		0.920		
4:0....g								
6:0....g								
8:0....g	0.005		1	1		0.002		
10:0....g	0.005		1	1		0.002		
11:0....g								
12:0....g	0.005		1	1		0.002		
13:0....g								
14:0....g	0.009		1	1		0.003		
15:0....g	0.005		1	1		0.002		
16:0....g	1.344		1	1		0.457		
17:0....g	0.010		1	1		0.003		
18:0....g	1.235		1	1		0.420		
19:0....g								
20:0....g	0.048		1	1		0.016		
22:0....g	0.039		1	1		0.013		
24:0....g								
Fatty acids, total monounsaturated....g	8.130			4		2.764		
14:1....g	0.005		1	1		0.002		
15:1....g								
16:1 undifferentiated....g	0.019		1	1		0.006		
17:1....g	0.010		1	1		0.003		
18:1 undifferentiated....g	8.058		1	1		2.740		
20:1....g	0.038		1	1		0.013		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.607			4		0.206		
18:2 undifferentiated....g	0.564		1	1		0.192		
18:3 undifferentiated....g	0.033		1	1		0.011		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.005		1	1		0.002		
20:4 undifferentiated....g	0.005		1	1		0.002		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18634
PILLSBURY HUNGRY JACK Buttermilk Biscuits, Artificial Flavor, refrigerated dough

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
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 = 34.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18635
PILLSBURY Cinnamon Rolls with Icing, refrigerated dough

Pillsbury Co.

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	26.50		1	1		11.66		
Energy....kcal	341		0	4		150		
Energy....kj	1428			4		629		
Protein....g	5.40		1	1		2.38		
Total lipid (fat)....g	11.40		1	1		5.02		
Ash....g	2.40		1	1		1.06		
Carbohydrate, by difference....g	54.30		0	4		23.89		
Fiber, total dietary....g								
Sugars, total....g	19.20		1	1		8.45		
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	760		1	1		334		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	2.840		1	1		1.250		
4:0....g								
6:0....g								
8:0....g	0.005		1	1		0.002		
10:0....g	0.005		1	1		0.002		
11:0....g								
12:0....g	0.005		1	1		0.002		
13:0....g								
14:0....g	0.009		1	1		0.004		
15:0....g	0.005		1	1		0.002		
16:0....g	1.153		1	1		0.507		
17:0....g	0.010		1	1		0.004		
18:0....g	1.599		1	1		0.704		
19:0....g								
20:0....g	0.038		1	1		0.017		
22:0....g	0.039		1	1		0.017		
24:0....g								
Fatty acids, total monounsaturated....g								
14:1....g	0.005		1	1		0.002		
15:1....g								
16:1 undifferentiated....g	0.010		1	1		0.004		
17:1....g	0.005		1	1		0.002		
18:1 undifferentiated....g	6.106		1	1		2.687		
20:1....g	0.029		1	1		0.013		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g								
18:2 undifferentiated....g	0.651		1	1		0.286		
18:3 undifferentiated....g	0.043		1	1		0.019		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.005		1	1		0.002		
20:4 undifferentiated....g	0.005		1	1		0.002		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18635
PILLSBURY Cinnamon Rolls with Icing, refrigerated dough

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
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 = 44.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18636

HIDDEN VALLEY RANCH, SALAD CRISPINS Italian Style, Parmesan Croutons

Hidden Valley Ranch Food Products, Inc.

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	3.60		1	1		0.25		
Energy....kcal	434		0	4		30		
Energy....kj	1816			4		127		
Protein....g	11.90		1	1		0.83		
Total lipid (fat)....g	12.80		1	1		0.90		
Ash....g	3.90		1	1		0.27		
Carbohydrate, by difference....g	67.80		0	4		4.75		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	1140		1	1		80		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	1.433		0	4		0.100		
4:0....g								
6:0....g								
8:0....g	0.005		1	1		0.000		
10:0....g	0.009		1	1		0.001		
11:0....g								
12:0....g	0.019		1	1		0.001		
13:0....g								
14:0....g	0.057		1	1		0.004		
15:0....g	0.005		1	1		0.000		
16:0....g	0.877		1	1		0.061		
17:0....g	0.010		1	1		0.001		
18:0....g	0.345		1	1		0.024		
19:0....g								
20:0....g	0.067		1	1		0.005		
22:0....g	0.039		1	1		0.003		
24:0....g								
Fatty acids, total monounsaturated....g	6.380			4		0.447		
14:1....g	0.005		1	1		0.000		
15:1....g								
16:1 undifferentiated....g	0.038		1	1		0.003		
17:1....g	0.010		1	1		0.001		
18:1 undifferentiated....g	6.192		1	1		0.433		
20:1....g	0.135		1	1		0.009		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.243			4		0.227		
18:2 undifferentiated....g	2.406		1	1		0.168		
18:3 undifferentiated....g	0.827		1	1		0.058		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.005		1	1		0.000		
20:4 undifferentiated....g	0.005		1	1		0.000		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18636
HIDDEN VALLEY RANCH, SALAD CRISPINS Italian Style, Parmesan Croutons

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
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 = 7.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18637

KRAFT FOODS, SHAKE 'N' BAKE ORIGINAL RECIPE, Coating for Pork, dry

Kraft Foods, Inc.

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	3.20		1	1		0.90		
Energy....kcal	377		0	4		106		
Energy....kj	1577			4		442		
Protein....g	6.10		1	1		1.71		
Total lipid (fat)....g	3.70		1	1		1.04		
Ash....g	7.20		1	1		2.02		
Carbohydrate, by difference....g	79.80		0	4		22.34		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	2840		1	1		795		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								

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 = 28.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18639
BEST FOODS, THOMAS' English Muffins, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	42.60		1	1		24.28		
Energy....kcal	231		0	4		131		
Energy....kj	965			4		550		
Protein....g	8.70		1	1		4.96		
Total lipid (fat)....g	1.50		1	1		0.86		
Ash....g	1.60		1	1		0.91		
Carbohydrate, by difference....g	45.60		0	4		25.99		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	134		1	1		76		
Iron, Fe....mg	2.99		1	1		1.70		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	369		1	1		210		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.1		
Thiamin....mg								
Riboflavin....mg								
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg	145		0	4		83		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.36		0	4		0.21		
Vitamin A, IU....IU	0		0	4		0		
Vitamin A, RE....mcg_RE	0		0	4		0		
Vitamin E....mg_ATE	1.744		0	4		0.994		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.222		0	4		0.697		
4:0....g	0.000		0	4		0.000		
6:0....g	0.000		0	4		0.000		
8:0....g	0.000		0	4		0.000		
10:0....g	0.000		0	4		0.000		
11:0....g								
12:0....g	0.000		0	4		0.000		
13:0....g								
14:0....g	0.018		0	4		0.010		
15:0....g	0.001		1	1		0.001		
16:0....g	0.976		0	4		0.556		
17:0....g	0.001		1	1		0.001		
18:0....g	0.288		0	4		0.164		
19:0....g								
20:0....g	0.003		1	1		0.002		
22:0....g	0.001		0	4		0.001		
24:0....g								
Fatty acids, total monounsaturated....g	1.845		0	4		1.052		
14:1....g	0.001		1	1		0.001		
15:1....g								
16:1 undifferentiated....g	0.012		0	4		0.007		
17:1....g	0.001		1	1		0.001		

NDB No. 18639
BEST FOODS, THOMAS' English Muffins, plain

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
18:1 undifferentiated....g	1.833		0	4		1.045		
20:1....g	0.000		0	4		0.000		
22:1 undifferentiated....g	0.000		0	4		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.264		0	4		1.860		
18:2 undifferentiated....g	3.076		0	4		1.753		
18:3 undifferentiated....g	0.188		0	4		0.107		
18:4....g	0.000		0	4		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.001		1	1		0.001		
20:4 undifferentiated....g	0.000		0	4		0.000		
20:5 n-3....g	0.000		0	4		0.000		
22:2....g								
22:5 n-3....g	0.000		0	4		0.000		
22:6 n-3....g	0.000		0	4		0.000		
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 = 57.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18640

HEINZ, WEIGHT WATCHERS Chocolate Eclairs, frozen

H.J. Heinz, Co.

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	47.90		1	1		28.26		
Energy....kcal	238		0	4		141		
Energy....kj	997			4		588		
Protein....g	4.00		1	1		2.36		
Total lipid (fat)....g	7.00		1	1		4.13		
Ash....g	1.30		1	1		0.77		
Carbohydrate, by difference....g	39.80		0	4		23.48		
Fiber, total dietary....g	1.5		1	1		0.9		
Sugars, total....g	18.40		1	1		10.86		
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	315		1	1		186		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	1.260		1	1		0.743		
4:0....g								
6:0....g								
8:0....g	0.005		1	1		0.003		
10:0....g	0.005		1	1		0.003		
11:0....g								
12:0....g	0.005		1	1		0.003		
13:0....g								
14:0....g	0.005		1	1		0.003		
15:0....g	0.005		1	1		0.003		
16:0....g	0.867		1	1		0.512		
17:0....g	0.005		1	1		0.003		
18:0....g	0.364		1	1		0.215		
19:0....g								
20:0....g	0.019		1	1		0.011		
22:0....g	0.019		1	1		0.011		
24:0....g								
Fatty acids, total monounsaturated....g								
14:1....g	0.005		1	1		0.003		
15:1....g								
16:1 undifferentiated....g	0.048		1	1		0.028		
17:1....g	0.005		1	1		0.003		
18:1 undifferentiated....g	1.732		1	1		1.022		
20:1....g	0.019		1	1		0.011		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g								
18:2 undifferentiated....g	2.621		1	1		1.546		
18:3 undifferentiated....g	0.320		1	1		0.189		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.005		1	1		0.003		
20:4 undifferentiated....g	0.019		1	1		0.011		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18640
HEINZ, WEIGHT WATCHERS Chocolate Eclairs, frozen

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
Fatty acids, total trans.....g								
Cholesterol.....mg	51		1	1		30		
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 = 59.000g: 1 éclair, frozen

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18641
INTERSTATE BRANDS CORP, WONDER Hamburger Rolls

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	34.20		0	9		14.71		
Energy....kcal	273		0	9		117		
Energy....kj	1142			9		491		
Protein....g	8.07		0	9		3.47		
Total lipid (fat)....g	4.15		0	9		1.78		
Ash....g	1.92		0	9		0.83		
Carbohydrate, by difference....g	50.84		0	9		21.86		
Fiber, total dietary....g	2.6		0	9		1.1		
Sugars, total....g	11.06		0	9		4.76		
Starch....g								
Minerals:								
Calcium, Ca....mg	87		0	9		37		
Iron, Fe....mg	2.22		1	1		0.95		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	596		1	1		256		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	1.013		0	4		0.436		
4:0....g								
6:0....g								
8:0....g	0.002		1	1		0.001		
10:0....g	0.002		1	1		0.001		
11:0....g								
12:0....g	0.002		1	1		0.001		
13:0....g								
14:0....g	0.002		1	1		0.001		
15:0....g	0.002		1	1		0.001		
16:0....g	0.577		1	1		0.248		
17:0....g	0.005		1	1		0.002		
18:0....g	0.392		1	1		0.169		
19:0....g								
20:0....g	0.012		1	1		0.005		
22:0....g	0.017		1	1		0.007		
24:0....g								
Fatty acids, total monounsaturated....g	0.848			4		0.365		
14:1....g	0.002		1	1		0.001		
15:1....g								
16:1 undifferentiated....g	0.019		1	1		0.008		
17:1....g	0.002		1	1		0.001		
18:1 undifferentiated....g	0.812		1	1		0.349		
20:1....g	0.013		1	1		0.006		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.177			4		0.936		
18:2 undifferentiated....g	1.961		1	1		0.843		
18:3 undifferentiated....g	0.212		1	1		0.091		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.002		1	1		0.001		
20:4 undifferentiated....g	0.002		1	1		0.001		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18641
INTERSTATE BRANDS CORP, WONDER Hamburger Rolls

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
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 = 43.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18642

GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry

General Mills Inc.

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	4.20		1	1		1.81		
Energy....kcal	413		0	4		178		
Energy....kj	1729			4		744		
Protein....g	3.80		1	1		1.63		
Total lipid (fat)....g	8.10		1	1		3.48		
Ash....g	2.60		1	1		1.12		
Carbohydrate, by difference....g	81.30		0	4		34.96		
Fiber, total dietary....g								
Sugars, total....g	43.90		1	1		18.88		
Starch....g								
Minerals:								
Calcium, Ca....mg	161		1	1		69		
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	672		1	1		289		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	2.280		1	1		0.980		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....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 = 43.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18643
QUAKER OATS, AUNT JEMIMA Original Waffles, frozen

The Quaker Oats, Co.

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	39.50		1	1		28.44		
Energy....kcal	273		0	4		197		
Energy....kj	1143			4		823		
Protein....g	7.10		1	1		5.11		
Total lipid (fat)....g	8.40		1	1		6.05		
Ash....g	2.70		1	1		1.94		
Carbohydrate, by difference....g	42.30		0	4		30.46		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg	7.23		1	1		5.21		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	782		1	1		563		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	2.190		1	1		1.577		
4:0....g								
6:0....g								
8:0....g	0.005		1	1		0.004		
10:0....g	0.005		1	1		0.004		
11:0....g								
12:0....g	0.005		1	1		0.004		
13:0....g								
14:0....g	0.009		1	1		0.006		
15:0....g	0.005		1	1		0.004		
16:0....g	0.953		1	1		0.686		
17:0....g	0.005		1	1		0.004		
18:0....g	1.177		1	1		0.847		
19:0....g								
20:0....g	0.029		1	1		0.021		
22:0....g	0.019		1	1		0.014		
24:0....g								
Fatty acids, total monounsaturated....g								
14:1....g	0.005		1	1		0.004		
15:1....g								
16:1 undifferentiated....g	0.019		1	1		0.014		
17:1....g	0.005		1	1		0.004		
18:1 undifferentiated....g	2.842		1	1		2.046		
20:1....g	0.029		1	1		0.021		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g								
18:2 undifferentiated....g	2.019		1	1		1.454		
18:3 undifferentiated....g	0.124		1	1		0.089		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.005		1	1		0.003		
20:4 undifferentiated....g	0.005		1	1		0.004		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 18643
QUAKER OATS, AUNT JEMIMA Original Waffles, frozen

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
Fatty acids, total trans.....g								
Cholesterol.....mg	16		1	1		12		
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 = 72.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18645
NABISCO, NABISCO SNACKWELL'S Cracked Pepper Cracker

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	1.70		0	9		0.24		
Energy....kcal	439		0	9		61		
Energy....kj	1837			9		257		
Protein....g	9.26		0	9		1.30		
Total lipid (fat)....g	11.07		0	9		1.55		
Ash....g	3.27		0	9		0.46		
Carbohydrate, by difference....g	74.69		0	9		10.46		
Fiber, total dietary....g	2.8		0	9		0.4		
Sugars, total....g	6.52		0	9		0.91		
Starch....g								
Minerals:								
Calcium, Ca....mg	170		0	9		24		
Iron, Fe....mg	3.63		0	9		0.51		
Magnesium, Mg....mg	27		0	9		4		
Phosphorus, P....mg	322		0	9		45		
Potassium, K....mg	116		0	9		16		
Sodium, Na....mg	833		0	9		117		
Zinc, Zn....mg	0.82		0	9		0.11		
Copper, Cu....mg	0.170		0	9		0.024		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	9		0.0		
Thiamin....mg	0.312		0	9		0.044		
Riboflavin....mg	0.388		0	9		0.054		
Niacin....mg	5.371		0	9		0.752		
Pantothenic acid....mg								
Vitamin B-6....mg	0.053		0	9		0.007		
Folate, total....mcg	82		0	9		11		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	9		0.00		
Vitamin A, IU....IU	2		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.959		0	9		0.274		
Fatty acids, total monounsaturated....g	4.576		0	9		0.641		
Fatty acids, total polyunsaturated....g	1.090		0	9		0.153		
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 = 14.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18646
NABISCO, NABISCO SNACKWELL'S Salsa Snack Crackers

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	2.00		0	9		0.60		
Energy....kcal	427		0	9		128		
Energy....kj	1787			9		536		
Protein....g	7.00		0	9		2.10		
Total lipid (fat)....g	10.00		0	9		3.00		
Ash....g	3.49		0	9		1.05		
Carbohydrate, by difference....g	77.84		0	9		23.35		
Fiber, total dietary....g	2.0		0	9		0.6		
Sugars, total....g	7.28		0	9		2.18		
Starch....g								
Minerals:								
Calcium, Ca....mg	42		0	9		13		
Iron, Fe....mg	3.13		0	9		0.94		
Magnesium, Mg....mg	32		0	9		10		
Phosphorus, P....mg	219		0	9		66		
Potassium, K....mg	135		0	9		41		
Sodium, Na....mg	1070		0	9		321		
Zinc, Zn....mg	1.57		0	9		0.47		
Copper, Cu....mg	0.038		0	9		0.011		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		0	9		0.2		
Thiamin....mg	0.237		0	9		0.071		
Riboflavin....mg	0.299		0	9		0.090		
Niacin....mg	3.632		0	9		1.090		
Pantothenic acid....mg								
Vitamin B-6....mg	0.083		0	9		0.025		
Folate, total....mcg	73		0	9		22		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.03		0	9		0.01		
Vitamin A, IU....IU	47		0	9		14		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.811		0	9		0.543		
Fatty acids, total monounsaturated....g	2.459		0	9		0.738		
Fatty acids, total polyunsaturated....g	1.406		0	9		0.422		
Fatty acids, total trans....g								
Cholesterol....mg	2		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 = 30.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18647
NABISCO, NABISCO SNACKWELL'S Italian Ranch Snack Crackers

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	1.78		0	9		0.53		
Energy....kcal	428		0	9		128		
Energy....kj	1791			9		537		
Protein....g	7.07		0	9		2.12		
Total lipid (fat)....g	10.00		0	9		3.00		
Ash....g	2.98		0	9		0.89		
Carbohydrate, by difference....g	77.77		0	9		23.33		
Fiber, total dietary....g	2.0		0	9		0.6		
Sugars, total....g	7.23		0	9		2.17		
Starch....g								
Minerals:								
Calcium, Ca....mg	41		0	9		12		
Iron, Fe....mg	3.15		0	9		0.95		
Magnesium, Mg....mg	22		0	9		7		
Phosphorus, P....mg	227		0	9		68		
Potassium, K....mg	140		0	9		42		
Sodium, Na....mg	1037		0	9		311		
Zinc, Zn....mg	0.98		0	9		0.29		
Copper, Cu....mg	0.000		0	9		0.000		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		0	9		0.2		
Thiamin....mg	0.237		0	9		0.071		
Riboflavin....mg	0.306		0	9		0.092		
Niacin....mg	3.642		0	9		1.093		
Pantothenic acid....mg								
Vitamin B-6....mg	0.081		0	9		0.024		
Folate, total....mcg	73		0	9		22		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.05		0	9		0.02		
Vitamin A, IU....IU	38		0	9		11		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.000		0	9		0.600		
Fatty acids, total monounsaturated....g	2.517		0	9		0.755		
Fatty acids, total polyunsaturated....g	1.424		0	9		0.427		
Fatty acids, total trans....g								
Cholesterol....mg	2		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 = 30.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18648
NABISCO, NABISCO SNACKWELL'S French Onion Snack Crackers

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	2.00		0	9		0.60		
Energy....kcal	428		0	9		128		
Energy....kj	1791			9		537		
Protein....g	7.14		0	9		2.14		
Total lipid (fat)....g	10.00		0	9		3.00		
Ash....g	3.19		0	9		0.96		
Carbohydrate, by difference....g	77.00		0	9		23.10		
Fiber, total dietary....g	2.0		0	9		0.6		
Sugars, total....g	7.61		0	9		2.28		
Starch....g								
Minerals:								
Calcium, Ca....mg	39		0	9		12		
Iron, Fe....mg	3.13		0	9		0.94		
Magnesium, Mg....mg	32		0	9		10		
Phosphorus, P....mg	228		0	9		68		
Potassium, K....mg	147		0	9		44		
Sodium, Na....mg	915		0	9		275		
Zinc, Zn....mg	1.60		0	9		0.48		
Copper, Cu....mg	0.035		0	9		0.011		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.8		0	9		0.2		
Thiamin....mg	0.238		0	9		0.071		
Riboflavin....mg	0.311		0	9		0.093		
Niacin....mg	3.636		0	9		1.091		
Pantothenic acid....mg								
Vitamin B-6....mg	0.087		0	9		0.026		
Folate, total....mcg	57		0	9		17		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.06		0	9		0.02		
Vitamin A, IU....IU	22		0	9		7		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.000		0	9		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.802		0	9		0.541		
Fatty acids, total monounsaturated....g	2.444		0	9		0.733		
Fatty acids, total polyunsaturated....g	1.411		0	9		0.423		
Fatty acids, total trans....g								
Cholesterol....mg	2		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 = 30.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18649
NABISCO, NABISCO SNACKWELL'S Mint Creme Cookies

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	4.40		0	9		1.10		
Energy....kcal	432		0	9		108		
Energy....kj	1807			9		452		
Protein....g	3.80		0	9		0.95		
Total lipid (fat)....g	14.25		0	9		3.56		
Ash....g	1.27		0	9		0.32		
Carbohydrate, by difference....g	75.95		0	9		18.99		
Fiber, total dietary....g	2.6		0	9		0.7		
Sugars, total....g	53.20		0	9		13.30		
Starch....g								
Minerals:								
Calcium, Ca....mg	20		0	9		5		
Iron, Fe....mg	2.39		0	9		0.60		
Magnesium, Mg....mg	40		0	9		10		
Phosphorus, P....mg	85		0	9		21		
Potassium, K....mg	146		0	9		37		
Sodium, Na....mg	289		0	9		72		
Zinc, Zn....mg	0.62		0	9		0.16		
Copper, Cu....mg	0.280		0	9		0.070		
Manganese, Mn....mg	0.002		0	9		0.001		
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg	0.072		0	9		0.018		
Riboflavin....mg	0.120		0	9		0.030		
Niacin....mg	1.253		0	9		0.313		
Pantothenic acid....mg	0.033		0	9		0.008		
Vitamin B-6....mg	0.023		0	9		0.006		
Folate, total....mcg	20		0	9		5		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.01		0	9		0.00		
Vitamin A, IU....IU	1		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE	0.030		0	9		0.008		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.480		0	9		0.870		
Fatty acids, total monounsaturated....g	3.240		0	9		0.810		
Fatty acids, total polyunsaturated....g	0.932		0	9		0.233		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	9		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	166		0	9		42		
Theobromine....mg	12		0	9		3		

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 = 25.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

NDB No. 18649
NABISCO, NABISCO SNACKWELL'S Mint Creme Cookies

Food Group: 18 Baked Products
USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18650
NABISCO, NABISCO SNACKWELL'S Caramel Delights Cookies

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	13.35		0	9		2.40		
Energy....kcal	383		0	9		69		
Energy....kj	1602			9		288		
Protein....g	4.50		0	9		0.81		
Total lipid (fat)....g	11.23		0	9		2.02		
Ash....g	1.06		0	9		0.19		
Carbohydrate, by difference....g	69.85		0	9		12.57		
Fiber, total dietary....g	1.7		0	9		0.3		
Sugars, total....g	46.21		0	9		8.32		
Starch....g								
Minerals:								
Calcium, Ca....mg	47		0	9		8		
Iron, Fe....mg	0.91		0	9		0.16		
Magnesium, Mg....mg	26		0	9		5		
Phosphorus, P....mg	93		0	9		17		
Potassium, K....mg	122		0	9		22		
Sodium, Na....mg	184		0	9		33		
Zinc, Zn....mg	0.53		0	9		0.10		
Copper, Cu....mg	0.172		0	9		0.031		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	9		0.0		
Thiamin....mg	0.028		0	9		0.005		
Riboflavin....mg	0.099		0	9		0.018		
Niacin....mg	0.474		0	9		0.085		
Pantothenic acid....mg								
Vitamin B-6....mg	0.026		0	9		0.005		
Folate, total....mcg	53		0	9		10		
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.12		0	9		0.02		
Vitamin A, IU....IU	3		0	9		1		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.734		0	9		0.492		
Fatty acids, total monounsaturated....g	3.440		0	9		0.619		
Fatty acids, total polyunsaturated....g	0.585		0	9		0.105		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	9		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	8		0	9		1		
Theobromine....mg	101		0	9		18		

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 = 18.000g: 1 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

NDB No. 18650
NABISCO, NABISCO SNACKWELL'S Caramel Delights Cookies

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18651
NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: 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	17.65		0	9		2.82		
Energy	kcal	305		0	9		49		
Energy	kj	1276			9		204		
Protein	g	5.00		0	9		0.80		
Total lipid (fat)	g	1.09		0	9		0.17		
Ash	g	1.02		0	9		0.16		
Carbohydrate, by difference	g	74.25		0	9		11.88		
Fiber, total dietary	g	1.6		0	9		0.3		
Sugars, total	g	43.38		0	9		6.94		
Starch	g								
Minerals:									
Calcium, Ca	mg	30		0	9		5		
Iron, Fe	mg	2.78		0	9		0.44		
Magnesium, Mg	mg	25		0	9		4		
Phosphorus, P	mg	71		0	9		11		
Potassium, K	mg	111		0	9		18		
Sodium, Na	mg	174		0	9		28		
Zinc, Zn	mg	0.46		0	9		0.07		
Copper, Cu	mg	0.168		0	9		0.027		
Manganese, Mn	mg								
Selenium, Se	mcg	1.7		0	9		0.3		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.1		0	9		0.0		
Thiamin	mg	0.087		0	9		0.014		
Riboflavin	mg	0.171		0	9		0.027		
Niacin	mg	1.345		0	9		0.215		
Pantothenic acid	mg	0.057		0	9		0.009		
Vitamin B-6	mg	0.021		0	9		0.003		
Folate, total	mcg	19		0	9		3		
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg	0.07		0	9		0.01		
Vitamin A, IU	IU	1		0	9		0		
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE	0.001		0	9		0.000		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.427		0	9		0.068		
Fatty acids, total monounsaturated	g	0.246		0	9		0.039		
Fatty acids, total polyunsaturated	g	0.196		0	9		0.031		
Fatty acids, total trans	g								
Cholesterol	mg	0		0	9		0		
Phytosterols	mg								
Others:									
Alcohol, ethyl	g								
Caffeine	mg	8		0	9		1		
Theobromine	mg	95		0	9		15		

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 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

NDB No. 18651
NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 18652
NABISCO, NABISCO SNACKWELL'S Wheat Cracker

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	2.02		0	9		0.30		
Energy	kcal	415		0	9		62		
Energy	kj	1736			9		260		
Protein	g	7.94		0	9		1.19		
Total lipid (fat)	g	10.00		0	9		1.50		
Ash	g	3.82		0	9		0.57		
Carbohydrate, by difference	g	77.00		0	9		11.55		
Fiber, total dietary	g	3.9		0	9		0.6		
Sugars, total	g	11.83		0	9		1.77		
Starch	g								
Minerals:									
Calcium, Ca	mg	149		0	9		22		
Iron, Fe	mg	3.90		0	9		0.59		
Magnesium, Mg	mg	46		0	9		7		
Phosphorus, P	mg	330		0	9		50		
Potassium, K	mg	190		0	9		29		
Sodium, Na	mg	1000		0	9		150		
Zinc, Zn	mg	2.15		0	9		0.32		
Copper, Cu	mg	0.006		0	9		0.001		
Manganese, Mn	mg								
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	9		0.0		
Thiamin	mg	0.281		0	9		0.042		
Riboflavin	mg	0.368		0	9		0.055		
Niacin	mg								
Pantothenic acid	mg								
Vitamin B-6	mg								
Folate, total	mcg								
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg								
Vitamin A, IU	IU	0		0	9		0		
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE	0.000		0	9		0.000		
Vitamin D	IU								

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 serving

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)