NDB No. 19011
Snacks, fruit leather, 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	13.90	0.777	6	1		3.20		
Energy....kcal	351		0	4		81		
Energy....kj	1469			4		338		
Protein (N x 5.9)....g	1.80	0.059	6	1		0.41		
Total lipid (fat)....g	5.30	0.884	6	1		1.22		
Ash....g	0.50	0.020	6	1		0.12		
Carbohydrate, by difference....g	78.50		0	4		18.06		
Fiber, total dietary....g	3.5		0	4		0.8		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	29	0.929	3	1		7		
Iron, Fe....mg	0.80	0.094	3	1		0.18		
Magnesium, Mg....mg	22	0.751	3	1		5		
Phosphorus, P....mg	55	0.550	3	1		13		
Potassium, K....mg	138	7.126	3	1		32		
Sodium, Na....mg	77	20.131	6	1		18		
Zinc, Zn....mg	0.19		0	4		0.04		
Copper, Cu....mg	0.171		0	4		0.039		
Manganese, Mn....mg	0.184		0	4		0.042		
Selenium, Se....mcg	2.6		0	4		0.6		
Vitamins:								
Vitamin C, total ascorbic acid....mg	70.0	0.000	3	1		16.1		
Thiamin....mg	0.043	0.009	3	1		0.010		
Riboflavin....mg	0.030		1	1		0.007		
Niacin....mg	0.100		0	4		0.023		
Pantothenic acid....mg	0.075		0	4		0.017		
Vitamin B-6....mg	0.300		0	4		0.069		
Folate, total....mcg	4		0	4		1		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	4		0	4		1		
Folate, DFE....mcg_DFE	4		0	4		1		
Vitamin B-12....mcg	0.00		0	4		0.00		
Vitamin A, IU....IU	116		0	4		27		
Vitamin A, RE....mcg_RE	12		0	4		3		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.020		0	4		0.925		
4:0....g								
6:0....g	0.010		1	4		0.002		
8:0....g	0.160		1	4		0.037		
10:0....g	0.180		1	4		0.041		
11:0....g								
12:0....g	2.300		1	4		0.529		
13:0....g								
14:0....g	0.800		1	4		0.184		
15:0....g								
16:0....g	0.420		1	4		0.097		
17:0....g								
18:0....g	0.140		1	4		0.032		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.630		0	4		0.145		
14:1....g								
15:1....g								

NDB No. 19011
Snacks, fruit leather, 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	0.000		1	4		0.000		
17:1....g								
18:1 undifferentiated....g	0.630		1	4		0.145		
20:1....g	0.000		1	4		0.000		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.180		0	4		0.041		
18:2 undifferentiated....g	0.180		1	4		0.041		
18:3 undifferentiated....g	0.000		1	4		0.000		
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		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.020		0	4		0.005		
Threonine....g	0.050		0	4		0.012		
Isoleucine....g	0.062		0	4		0.014		
Leucine....g	0.121		0	4		0.028		
Lysine....g	0.047		0	4		0.011		
Methionine....g	0.030		0	4		0.007		
Cystine....g	0.036		0	4		0.008		
Phenylalanine....g	0.085		0	4		0.020		
Tyrosine....g	0.050		0	4		0.012		
Valine....g	0.073		0	4		0.017		
Arginine....g	0.069		0	4		0.016		
Histidine....g	0.038		0	4		0.009		
Alanine....g	0.059		0	4		0.014		
Aspartic acid....g	0.111		0	4		0.026		
Glutamic acid....g	0.546		0	4		0.126		
Glycine....g	0.064		0	4		0.015		
Proline....g	0.188		0	4		0.043		
Serine....g	0.087		0	4		0.020		
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 = 23.000g: 1 bar

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

Food Group: 19 Sweets

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

NDB No. 19013
Snacks, fruit leather, pieces

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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	0.676	8	1		3.49	3.32	2.58
Energy....kcal	341		0	4		97	92	72
Energy....kj	1427			4		404	385	300
Protein (N x 6)....g	1.00	0.084	8	1		0.28	0.27	0.21
Total lipid (fat)....g	7.20	0.393	8	1		2.04	1.94	1.51
Ash....g	1.20	0.143	8	1		0.34	0.32	0.25
Carbohydrate, by difference....g	78.30		0	4		22.20	21.14	16.44
Fiber, total dietary....g	3.5		0	4		1.0	0.9	0.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	18		2	1		5	5	4
Iron, Fe....mg	0.75		2	1		0.21	0.20	0.16
Magnesium, Mg....mg	14	0.949	7	1		4	4	3
Phosphorus, P....mg	24	3.157	6	1		7	6	5
Potassium, K....mg	164	6.462	7	1		46	44	34
Sodium, Na....mg	403	27.419	7	1		114	109	85
Zinc, Zn....mg	0.19		0	4		0.05	0.05	0.04
Copper, Cu....mg	0.171		0	4		0.048	0.046	0.036
Manganese, Mn....mg	0.184		0	4		0.052	0.050	0.039
Selenium, Se....mcg	2.7		0	4		0.8	0.7	0.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	56.0	0.000	7	1		15.9	15.1	11.8
Thiamin....mg	0.043		0	4		0.012	0.012	0.009
Riboflavin....mg	0.100		1	1		0.028	0.027	0.021
Niacin....mg	0.100		1	1		0.028	0.027	0.021
Pantothenic acid....mg	0.319		0	4		0.090	0.086	0.067
Vitamin B-6....mg	0.300		0	4		0.085	0.081	0.063
Folate, total....mcg	14		0	4		4	4	3
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	14		0	4		4	4	3
Folate, DFE....mcg_DFE	14		0	4		4	4	3
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	116		0	4		33	31	24
Vitamin A, RE....mcg_RE	12		0	4		3	3	3
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.060		0	4		0.301	0.286	0.223
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g	0.010		1	4		0.003	0.003	0.002
15:0....g								
16:0....g	0.700		1	4		0.198	0.189	0.147
17:0....g								
18:0....g	0.350		1	4		0.099	0.095	0.074
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.030		0	4		0.859	0.818	0.636
14:1....g								
15:1....g								

NDB No. 19013
Snacks, fruit leather, pieces

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		1	4		0.009	0.008	0.006
17:1....g								
18:1 undifferentiated....g	3.000		1	4		0.851	0.810	0.630
20:1....g	0.000		1	4		0.000	0.000	0.000
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.710		0	4		0.768	0.732	0.569
18:2 undifferentiated....g	2.500		1	4		0.709	0.675	0.525
18:3 undifferentiated....g	0.210		1	4		0.060	0.057	0.044
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	0.012		0	4		0.003	0.003	0.003
Threonine....g	0.030		0	4		0.009	0.008	0.006
Isoleucine....g	0.030		0	4		0.009	0.008	0.006
Leucine....g	0.061		0	4		0.017	0.016	0.013
Lysine....g	0.034		0	4		0.010	0.009	0.007
Methionine....g	0.010		0	4		0.003	0.003	0.002
Cystine....g	0.015		0	4		0.004	0.004	0.003
Phenylalanine....g	0.040		0	4		0.011	0.011	0.008
Tyrosine....g	0.032		0	4		0.009	0.009	0.007
Valine....g	0.036		0	4		0.010	0.010	0.008
Arginine....g	0.042		0	4		0.012	0.011	0.009
Histidine....g	0.021		0	4		0.006	0.006	0.004
Alanine....g	0.043		0	4		0.012	0.012	0.009
Aspartic acid....g	0.150		0	4		0.043	0.041	0.032
Glutamic acid....g	0.236		0	4		0.067	0.064	0.050
Glycine....g	0.039		0	4		0.011	0.011	0.008
Proline....g	0.072		0	4		0.020	0.019	0.015
Serine....g	0.045		0	4		0.013	0.012	0.009
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 = 27.000g: 1 package

Measure 3 = 21.000g: 1 packet (.75 oz)

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

Food Group: 19 Sweets

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

NDB No. 19014
Snacks, fruit leather, rolls

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	11.00	0.180	17	1		2.31	1.54	
Energy....kcal	350		0	4		74	49	
Energy....kj	1464			4		308	205	
Protein (N x 6.3)....g	1.00	0.060	17	1		0.21	0.14	
Total lipid (fat)....g	3.00	0.510	17	1		0.63	0.42	
Ash....g	0.90	0.042	17	1		0.19	0.13	
Carbohydrate, by difference....g	84.30		0	4		17.70	11.80	
Fiber, total dietary....g	3.6		0	4		0.8	0.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	32	1.164	17	1		7	4	
Iron, Fe....mg	1.01	0.115	17	1		0.21	0.14	
Magnesium, Mg....mg	20	0.843	17	1		4	3	
Phosphorus, P....mg	31	1.230	16	1		7	4	
Potassium, K....mg	294	11.212	17	1		62	41	
Sodium, Na....mg	61	8.643	17	1		13	9	
Zinc, Zn....mg	0.19	0.012	7	1		0.04	0.03	
Copper, Cu....mg	0.171	0.006	7	1		0.036	0.024	
Manganese, Mn....mg	0.184	0.020	7	1		0.039	0.026	
Selenium, Se....mcg	2.7		0	4		0.6	0.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	6.1	0.543	7	1		1.3	0.9	
Thiamin....mg	0.043		0	4		0.009	0.006	
Riboflavin....mg	0.020		1	1		0.004	0.003	
Niacin....mg	0.100		1	1		0.021	0.014	
Pantothenic acid....mg	0.325		0	4		0.068	0.046	
Vitamin B-6....mg	0.300	0.073	6	1		0.063	0.042	
Folate, total....mcg	8		0	4		2	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	8		0	4		2	1	
Folate, DFE....mcg_DFE	8		0	4		2	1	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	116	61.017	7	1		24	16	
Vitamin A, RE....mcg_RE	12		0	1		3	2	
Vitamin E....mg_ATE	0.280		0	1		0.059	0.039	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.650		0	4		0.137	0.091	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		1	4		0.000	0.000	
13:0....g								
14:0....g	0.010		1	4		0.002	0.001	
15:0....g								
16:0....g	0.340		1	4		0.071	0.048	
17:0....g								
18:0....g	0.300		1	4		0.063	0.042	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.480		0	4		0.311	0.207	
14:1....g								
15:1....g								

NDB No. 19014
Snacks, fruit leather, 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
16:1 undifferentiated....g	0.000		1	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	1.480		1	4		0.311	0.207	
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	0.540		0	4		0.113	0.076	
18:2 undifferentiated....g	0.430		1	4		0.090	0.060	
18:3 undifferentiated....g	0.120		1	4		0.025	0.017	
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	0.010		0	4		0.002	0.001	
Threonine....g	0.030		0	4		0.006	0.004	
Isoleucine....g	0.025		0	4		0.005	0.004	
Leucine....g	0.050		0	4		0.011	0.007	
Lysine....g	0.048		0	4		0.010	0.007	
Methionine....g	0.003		0	4		0.001	0.000	
Cystine....g	0.008		0	4		0.002	0.001	
Phenylalanine....g	0.029		0	4		0.006	0.004	
Tyrosine....g	0.027		0	4		0.006	0.004	
Valine....g	0.031		0	4		0.007	0.004	
Arginine....g	0.037		0	4		0.008	0.005	
Histidine....g	0.018		0	4		0.004	0.003	
Alanine....g	0.046		0	4		0.010	0.006	
Aspartic acid....g	0.205		0	4		0.043	0.029	
Glutamic acid....g	0.126		0	4		0.026	0.018	
Glycine....g	0.035		0	4		0.007	0.005	
Proline....g	0.038		0	4		0.008	0.005	
Serine....g	0.041		0	4		0.009	0.006	
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 = 21.000g: 1 large

Measure 2 = 14.000g: 1 small

Calories Factors: **Protein** 3.4 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19065
Candies, HERSHEY, ALMOND JOY Candy Bar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	9.62		0	4		1.92	4.71	
Energy....kcal	467		0	9		93	229	
Energy....kj	1954			9		391	957	
Protein....g	4.20		1	12		0.84	2.06	
Total lipid (fat)....g	26.80		1	12		5.36	13.13	
Ash....g	1.08		0	4		0.22	0.53	
Carbohydrate, by difference....g	58.30		0	9		11.66	28.57	
Fiber, total dietary....g	4.8		1	12		1.0	2.4	
Sugars, total....g	45.50		1	12		9.10	22.30	
Starch....g								
Minerals:								
Calcium, Ca....mg	61		1	12		12	30	
Iron, Fe....mg	1.40		1	12		0.28	0.69	
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	246		1	12		49	121	
Sodium, Na....mg	146		1	12		29	72	
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	17.300		1	12		3.460	8.477	
Fatty acids, total monounsaturated....g	6.600		1	12		1.320	3.234	
Fatty acids, total polyunsaturated....g	1.500		1	12		0.300	0.735	
Fatty acids, total trans....g								
Cholesterol....mg	4		1	12		1	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 = 20.000g: 1 bar, snack size (0.7 oz)

Measure 2 = 49.000g: 1 bar (1.7 oz)

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

Food Group: 19 Sweets

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

NDB No. 19067
Candies, HERSHEY, TWIZZLERS Cherry Bits Candy

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	15.65		0	4		6.26		
Energy....kcal	347		0	9		139		
Energy....kj	1452			9		581		
Protein....g	2.80		1	12		1.12		
Total lipid (fat)....g	2.50		1	12		1.00		
Ash....g	0.65		0	4		0.26		
Carbohydrate, by difference....g	78.40		0	9		31.36		
Fiber, total dietary....g	1.3		1	12		0.5		
Sugars, total....g	43.30		1	12		17.32		
Starch....g								
Minerals:								
Calcium, Ca....mg	5		1	12		2		
Iron, Fe....mg	0.20		1	12		0.08		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	212		1	12		85		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	0.500		1	12		0.200		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		1	12		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: 22 pieces (4 oz bag)

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

Food Group: 19 Sweets

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

NDB No. 19069
Candies, NESTLE, BUTTERFINGER Bar and Dessert Topping

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	2.19		3	12		3.81	0.99	1.34
Energy....kcal	480		0	9		835	216	293
Energy....kj	2008			9		3494	904	1225
Protein....g	12.45		3	1		21.66	5.60	7.59
Total lipid (fat)....g	18.66		3	12		32.47	8.40	11.38
Ash....g	1.14		3	1		1.98	0.51	0.70
Carbohydrate, by difference....g	65.56		0	9		114.07	29.50	39.99
Fiber, total dietary....g	2.4		3	1		4.2	1.1	1.5
Sugars, total....g	49.60		3	12		86.30	22.32	30.26
Starch....g								
Minerals:								
Calcium, Ca....mg	27		3	1		47	12	16
Iron, Fe....mg	0.74		3	1		1.29	0.33	0.45
Magnesium, Mg....mg	79		0	4		137	36	48
Phosphorus, P....mg	131		0	4		228	59	80
Potassium, K....mg	381		0	4		663	171	232
Sodium, Na....mg	198		3	1		345	89	121
Zinc, Zn....mg	1.17		0	4		2.04	0.53	0.71
Copper, Cu....mg	0.479		0	4		0.833	0.216	0.292
Manganese, Mn....mg	0.728		0	4		1.267	0.328	0.444
Selenium, Se....mcg	3.3		0	4		5.7	1.5	2.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		3	1		0.0	0.0	0.0
Thiamin....mg	0.085		0	4		0.148	0.038	0.052
Riboflavin....mg	0.071		0	4		0.124	0.032	0.043
Niacin....mg	2.497		0	4		4.345	1.124	1.523
Pantothenic acid....mg	0.281		0	4		0.489	0.126	0.171
Vitamin B-6....mg	0.069		0	4		0.120	0.031	0.042
Folate, total....mcg	27		0	4		47	12	16
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	27		0	4		47	12	16
Folate, DFE....mcg_DFE	27		0	4		47	12	16
Vitamin B-12....mcg	0.01		0	4		0.02	0.00	0.01
Vitamin A, IU....IU	0		3	12		0	0	0
Vitamin A, RE....mcg_RE	0		0	9		0	0	0
Vitamin E....mg_ATE	1.621		0	4		2.821	0.729	0.989
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	10.360		3	12		18.026	4.662	6.320
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.020		0	4		0.035	0.009	0.012
8:0....g	0.336		0	4		0.585	0.151	0.205
10:0....g	0.377		0	4		0.656	0.170	0.230
11:0....g								
12:0....g	4.782		0	4		8.321	2.152	2.917
13:0....g								
14:0....g	1.675		0	4		2.915	0.754	1.022
15:0....g								
16:0....g	2.148		0	4		3.738	0.967	1.310
17:0....g								
18:0....g	0.906		0	4		1.576	0.408	0.553
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.557		0	4		9.669	2.501	3.390
14:1....g								
15:1....g								

NDB No. 19069
Candies, NESTLE, BUTTERFINGER Bar and Dessert 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
16:1 undifferentiated....g	0.002		0	4		0.003	0.001	0.001
17:1....g								
18:1 undifferentiated....g	5.443		0	4		9.471	2.449	3.320
20:1....g	0.111		0	4		0.193	0.050	0.068
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.802		0	4		4.875	1.261	1.709
18:2 undifferentiated....g	2.801		0	4		4.874	1.260	1.709
18:3 undifferentiated....g	0.001		0	4		0.002	0.000	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	1		3	12		2	0	1
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	4		1	1		7	2	2
Theobromine....mg	34		1	1		59	15	21

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

Common Measures:

Measure 1 = 174.000g: 1 cup Butterfinger BB's

Measure 2 = 45.000g: 1 bar (1.6 oz)

Measure 3 = 61.000g: 1 bar (2.16 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19070
Candies, butterscotch

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.80		0	1		0.23	0.05	
Energy....kcal	395		0	4		112	24	
Energy....kj	1653			4		469	99	
Protein (N x 0)....g	0.10		0	1		0.03	0.01	
Total lipid (fat)....g	3.50		0	1		0.99	0.21	
Ash....g	0.20		0	1		0.06	0.01	
Carbohydrate, by difference....g	95.30		0	4		27.02	5.72	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	3		0	1		1	0	
Iron, Fe....mg	0.07		0	1		0.02	0.00	
Magnesium, Mg....mg	1		0	1		0	0	
Phosphorus, P....mg	3		0	1		1	0	
Potassium, K....mg	4		0	1		1	0	
Sodium, Na....mg	367		0	8		104	22	
Zinc, Zn....mg	0.03		0	1		0.01	0.00	
Copper, Cu....mg	0.034		0	1		0.010	0.002	
Manganese, Mn....mg	0.036		0	1		0.010	0.002	
Selenium, Se....mcg	0.7		0	4		0.2	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.004		0	1		0.001	0.000	
Riboflavin....mg	0.018		0	1		0.005	0.001	
Niacin....mg	0.009		0	1		0.003	0.001	
Pantothenic acid....mg	0.013		0	1		0.004	0.001	
Vitamin B-6....mg	0.003		0	1		0.001	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	0.01		0	1		0.00	0.00	
Vitamin A, IU....IU	139		0	1		39	8	
Vitamin A, RE....mcg_RE	34		0	1		10	2	
Vitamin E....mg_ATE	0.058		0	4		0.016	0.003	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.090		0	1		0.309	0.065	
4:0....g	0.050		0	1		0.014	0.003	
6:0....g	0.030		0	1		0.009	0.002	
8:0....g	0.020		0	1		0.006	0.001	
10:0....g	0.040		0	1		0.011	0.002	
11:0....g								
12:0....g	0.050		0	1		0.014	0.003	
13:0....g								
14:0....g	0.180		0	1		0.051	0.011	
15:0....g								
16:0....g	0.480		0	1		0.136	0.029	
17:0....g								
18:0....g	0.220		0	1		0.062	0.013	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.500		0	1		0.142	0.030	
14:1....g								
15:1....g								

NDB No. 19070
Candies, butterscotch

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.002	
17:1....g								
18:1 undifferentiated....g	0.460		0	1		0.130	0.028	
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	0.070		0	1		0.020	0.004	
18:2 undifferentiated....g	0.040		0	1		0.011	0.002	
18:3 undifferentiated....g	0.030		0	1		0.009	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	0.000		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	9		0	1		3	1	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.001		0	1		0.000	0.000	
Threonine....g	0.002		0	1		0.001	0.000	
Isoleucine....g	0.002		0	1		0.001	0.000	
Leucine....g	0.004		0	1		0.001	0.000	
Lysine....g	0.003		0	1		0.001	0.000	
Methionine....g	0.001		0	1		0.000	0.000	
Cystine....g	0.000		0	1		0.000	0.000	
Phenylalanine....g	0.002		0	1		0.001	0.000	
Tyrosine....g	0.002		0	1		0.001	0.000	
Valine....g	0.002		0	1		0.001	0.000	
Arginine....g	0.001		0	1		0.000	0.000	
Histidine....g	0.001		0	1		0.000	0.000	
Alanine....g	0.001		0	1		0.000	0.000	
Aspartic acid....g	0.003		0	1		0.001	0.000	
Glutamic acid....g	0.008		0	1		0.002	0.000	
Glycine....g	0.001		0	1		0.000	0.000	
Proline....g	0.004		0	1		0.001	0.000	
Serine....g	0.002		0	1		0.001	0.000	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Measure 2 = 6.000g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19071
Candies, carob

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.54		5	1		0.44	1.34	
Energy....kcal	540		0	4		153	470	
Energy....kj	2259			4		641	1966	
Protein (N x 6.25)....g	8.15		3	1		2.31	7.09	
Total lipid (fat)....g	31.36		5	1		8.89	27.28	
Ash....g	2.66		3	1		0.75	2.31	
Carbohydrate, by difference....g	56.29		0	4		15.96	48.97	
Fiber, total dietary....g	3.8		2	1		1.1	3.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	303		3	1		86	264	
Iron, Fe....mg	1.29		2	1		0.37	1.12	
Magnesium, Mg....mg	36		3	1		10	31	
Phosphorus, P....mg	126		2	1		36	110	
Potassium, K....mg	633		3	1		179	551	
Sodium, Na....mg	107		2	1		30	93	
Zinc, Zn....mg	3.53		3	1		1.00	3.07	
Copper, Cu....mg	0.183		2	1		0.052	0.159	
Manganese, Mn....mg	0.140		1	1		0.040	0.122	
Selenium, Se....mcg	5.2		0	4		1.5	4.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		2	1		0.1	0.4	
Thiamin....mg	0.100		3	1		0.028	0.087	
Riboflavin....mg	0.178		2	1		0.050	0.155	
Niacin....mg	1.040		3	1		0.295	0.905	
Pantothenic acid....mg	0.750		3	1		0.213	0.653	
Vitamin B-6....mg	0.130		3	1		0.037	0.113	
Folate, total....mcg	28		3	1		8	24	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	28		3	1		8	24	
Folate, DFE....mcg_DFE	28		0	4		8	24	
Vitamin B-12....mcg	1.00		1	1		0.28	0.87	
Vitamin A, IU....IU	24		3	1		7	21	
Vitamin A, RE....mcg_RE	8		0	4		2	7	
Vitamin E....mg_ATE	1.571		0	4		0.445	1.367	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	29.018		2	1		8.227	25.246	
4:0....g	0.163		2	1		0.046	0.142	
6:0....g	0.130		2	1		0.037	0.113	
8:0....g	1.545		2	1		0.438	1.344	
10:0....g	1.221		2	1		0.346	1.062	
11:0....g								
12:0....g	12.958		2	1		3.674	11.273	
13:0....g								
14:0....g	4.322		2	1		1.225	3.760	
15:0....g								
16:0....g	3.073		2	1		0.871	2.674	
17:0....g								
18:0....g	5.538		2	1		1.570	4.818	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.483		2	1		0.137	0.420	
14:1....g								
15:1....g								

NDB No. 19071
Candies, carob

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		2	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.482		2	1		0.137	0.419	
20:1....g	0.000		2	1		0.000	0.000	
22:1 undifferentiated....g	0.000		2	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.295		2	1		0.084	0.257	
18:2 undifferentiated....g	0.259		2	1		0.073	0.225	
18:3 undifferentiated....g	0.034		2	1		0.010	0.030	
18:4....g	0.000		2	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		2	1		0.000	0.000	
20:5 n-3....g	0.000		2	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		2	1		0.000	0.000	
22:6 n-3....g	0.000		2	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	3		2	1		1	3	
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 = 87.000g: 1 bar (3 oz)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19074
Candies, caramels

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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	0.343	5	1		6.04	0.86	
Energy....kcal	382		0	4		271	39	
Energy....kj	1598			4		1135	161	
Protein (N x 6.4)....g	4.60	0.126	3	1		3.27	0.46	
Total lipid (fat)....g	8.10		1	1		5.75	0.82	
Ash....g	1.80	0.049	3	1		1.28	0.18	
Carbohydrate, by difference....g	77.00		0	4		54.67	7.78	
Fiber, total dietary....g	1.2		0	1		0.9	0.1	
Sugars, total....g	65.50		0	8		46.51	6.62	
Starch....g								
Minerals:								
Calcium, Ca....mg	138	7.131	41	1		98	14	
Iron, Fe....mg	0.14	0.048	41	1		0.10	0.01	
Magnesium, Mg....mg	17	0.874	41	1		12	2	
Phosphorus, P....mg	114	5.475	40	1		81	12	
Potassium, K....mg	214	12.300	42	1		152	22	
Sodium, Na....mg	245	13.433	42	1		174	25	
Zinc, Zn....mg	0.44	0.029	42	1		0.31	0.04	
Copper, Cu....mg	0.018	0.002	41	1		0.013	0.002	
Manganese, Mn....mg	0.011	0.002	41	1		0.008	0.001	
Selenium, Se....mcg	1.8	0.367	12	1		1.3	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		1	4		0.4	0.1	
Thiamin....mg	0.010		1	1		0.007	0.001	
Riboflavin....mg	0.181		1	4		0.129	0.018	
Niacin....mg	0.250		1	1		0.178	0.025	
Pantothenic acid....mg	0.592		1	1		0.420	0.060	
Vitamin B-6....mg	0.035		1	1		0.025	0.004	
Folate, total....mcg	5		1	1		4	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5		1	1		4	1	
Folate, DFE....mcg_DFE	5		0	4		4	1	
Vitamin B-12....mcg	0.00		1	1		0.00	0.00	
Vitamin A, IU....IU	32		1	1		23	3	
Vitamin A, RE....mcg_RE	8		0	1		6	1	
Vitamin E....mg_ATE	0.463		0	4		0.329	0.047	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.580		0	1		4.672	0.665	
4:0....g	0.050		1	1		0.036	0.005	
6:0....g	0.070		1	1		0.050	0.007	
8:0....g	0.500		1	1		0.355	0.051	
10:0....g	0.430		1	1		0.305	0.043	
11:0....g								
12:0....g	2.920		1	1		2.073	0.295	
13:0....g								
14:0....g	1.250		1	1		0.888	0.126	
15:0....g								
16:0....g	0.980		1	1		0.696	0.099	
17:0....g								
18:0....g	0.380		1	1		0.270	0.038	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.840		0	1		0.596	0.085	
14:1....g								
15:1....g								

NDB No. 19074
Candies, caramels

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		1	1		0.028	0.004	
17:1....g								
18:1 undifferentiated....g	0.810		1	1		0.575	0.082	
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	0.180		0	1		0.128	0.018	
18:2 undifferentiated....g	0.150		1	1		0.107	0.015	
18:3 undifferentiated....g	0.020		1	1		0.014	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	0.000		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	7	0.333	3	1		5	1	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.060		0	1		0.043	0.006	
Threonine....g	0.192		0	1		0.136	0.019	
Isoleucine....g	0.258		0	1		0.183	0.026	
Leucine....g	0.417		0	1		0.296	0.042	
Lysine....g	0.338		0	1		0.240	0.034	
Methionine....g	0.107		0	1		0.076	0.011	
Cystine....g	0.039		0	1		0.028	0.004	
Phenylalanine....g	0.205		0	1		0.146	0.021	
Tyrosine....g	0.205		0	1		0.146	0.021	
Valine....g	0.285		0	1		0.202	0.029	
Arginine....g	0.155		0	1		0.110	0.016	
Histidine....g	0.115		0	1		0.082	0.012	
Alanine....g	0.147		0	1		0.104	0.015	
Aspartic acid....g	0.323		0	1		0.229	0.033	
Glutamic acid....g	0.892		0	1		0.633	0.090	
Glycine....g	0.091		0	1		0.065	0.009	
Proline....g	0.412		0	1		0.293	0.042	
Serine....g	0.232		0	1		0.165	0.023	
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 = 71.000g: 1 package (2.5 oz)

Measure 2 = 10.100g: 1 piece

Calories Factors: **Protein** 4.3 **Fat** 8.6 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19075
Candies, HERSHEY, CARAMELLO Candy Bar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	7.44		0	4		3.35	10.56	
Energy....kcal	474		0	9		213	673	
Energy....kj	1983			9		892	2816	
Protein....g	6.10		1	12		2.75	8.66	
Total lipid (fat)....g	21.70		1	12		9.77	30.81	
Ash....g	1.36		0	4		0.61	1.93	
Carbohydrate, by difference....g	63.40		0	9		28.53	90.03	
Fiber, total dietary....g	1.6		1	12		0.7	2.3	
Sugars, total....g	48.10		1	12		21.65	68.30	
Starch....g								
Minerals:								
Calcium, Ca....mg	184		1	12		83	261	
Iron, Fe....mg	0.70		1	12		0.32	0.99	
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	137		1	12		62	195	
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	14.000		1	12		6.300	19.880	
Fatty acids, total monounsaturated....g	7.100		1	12		3.195	10.082	
Fatty acids, total polyunsaturated....g	0.700		1	12		0.315	0.994	
Fatty acids, total trans....g								
Cholesterol....mg	27		1	12		12	38	
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 = 45.000g: 1 bar (1.6 oz)

Measure 2 = 142.000g: 1 bar (5 oz)

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

Food Group: 19 Sweets

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

NDB No. 19076
Candies, caramels, chocolate-flavor roll

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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	0.507	4	1		0.51	4.67	
Energy....kcal	360		0	4		25	230	
Energy....kj	1506			4		105	964	
Protein (N x 6)....g	1.90	0.135	4	1		0.13	1.22	
Total lipid (fat)....g	2.50	0.243	4	1		0.18	1.60	
Ash....g	0.80	0.008	4	1		0.06	0.51	
Carbohydrate, by difference....g	87.30		0	4		6.11	55.87	
Fiber, total dietary....g	0.6		0	4		0.0	0.4	
Sugars, total....g	75.00		0	8		5.25	48.00	
Starch....g								
Minerals:								
Calcium, Ca....mg	26		0	4		2	17	
Iron, Fe....mg	0.38		0	4		0.03	0.24	
Magnesium, Mg....mg	32		1	1		2	20	
Phosphorus, P....mg	40		0	4		3	26	
Potassium, K....mg	102		0	4		7	65	
Sodium, Na....mg	81		0	4		6	52	
Zinc, Zn....mg	0.53		1	1		0.04	0.34	
Copper, Cu....mg	0.290		1	1		0.020	0.186	
Manganese, Mn....mg	0.118		0	4		0.008	0.076	
Selenium, Se....mcg	1.7		0	4		0.1	1.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.1	
Thiamin....mg	0.019		0	4		0.001	0.012	
Riboflavin....mg	0.074		0	4		0.005	0.047	
Niacin....mg	0.086		0	4		0.006	0.055	
Pantothenic acid....mg	0.143		0	4		0.010	0.092	
Vitamin B-6....mg	0.019		0	4		0.001	0.012	
Folate, total....mcg	1		1	4		0	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		1	4		0	1	
Folate, DFE....mcg_DFE	1		0	4		0	1	
Vitamin B-12....mcg	0.06		1	4		0.00	0.04	
Vitamin A, IU....IU	8		0	4		1	5	
Vitamin A, RE....mcg_RE	2		0	4		0	1	
Vitamin E....mg_ATE	0.239		0	4		0.017	0.153	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.580		0	1		0.041	0.371	
4:0....g	0.010		1	1		0.001	0.006	
6:0....g	0.000		1	1		0.000	0.000	
8:0....g	0.000		1	1		0.000	0.000	
10:0....g	0.010		1	1		0.001	0.006	
11:0....g								
12:0....g	0.010		1	1		0.001	0.006	
13:0....g								
14:0....g	0.020		1	1		0.001	0.013	
15:0....g								
16:0....g	0.320		1	1		0.022	0.205	
17:0....g								
18:0....g	0.210		1	1		0.015	0.134	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.030		0	1		0.072	0.659	
14:1....g								
15:1....g								

NDB No. 19076
Candies, caramels, chocolate-flavor roll

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		1	1		0.001	0.006	
17:1....g								
18:1 undifferentiated....g	1.010		1	1		0.071	0.646	
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	0.790		0	1		0.055	0.506	
18:2 undifferentiated....g	0.730		1	1		0.051	0.467	
18:3 undifferentiated....g	0.060		1	1		0.004	0.038	
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	0.028		0	1		0.002	0.018	
Threonine....g	0.090		0	1		0.006	0.058	
Isoleucine....g	0.090		0	1		0.006	0.058	
Leucine....g	0.145		0	1		0.010	0.093	
Lysine....g	0.122		0	1		0.009	0.078	
Methionine....g	0.030		0	1		0.002	0.019	
Cystine....g	0.026		0	1		0.002	0.017	
Phenylalanine....g	0.080		0	1		0.006	0.051	
Tyrosine....g	0.068		0	1		0.005	0.044	
Valine....g	0.111		0	1		0.008	0.071	
Arginine....g	0.081		0	1		0.006	0.052	
Histidine....g	0.036		0	1		0.003	0.023	
Alanine....g	0.082		0	1		0.006	0.052	
Aspartic acid....g	0.176		0	1		0.012	0.113	
Glutamic acid....g	0.315		0	1		0.022	0.202	
Glycine....g	0.061		0	1		0.004	0.039	
Proline....g	0.109		0	1		0.008	0.070	
Serine....g	0.088		0	1		0.006	0.056	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	2		0	4		0	1	
Theobromine....mg	53		0	4		4	34	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample 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 piece

Measure 2 = 64.000g: 1 bar (2.25 oz)

Calories Factors: **Protein** 3.1 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19077
Baking chocolate, unsweetened, liquid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.90		1	1		0.26		
Energy....kcal	472		0	4		134		
Energy....kj	1975			4		560		
Protein (N x 5.63)....g	12.10		1	1		3.43		
Total lipid (fat)....g	47.70		1	1		13.52		
Ash....g	3.10		1	1		0.88		
Carbohydrate, by difference....g	33.90		0	4		9.61		
Fiber, total dietary....g	18.1		0	4		5.1		
Sugars, total....g	0.00		0	8		0.00		
Starch....g								
Minerals:								
Calcium, Ca....mg	54		1	1		15		
Iron, Fe....mg	4.15		1	1		1.18		
Magnesium, Mg....mg	265		1	1		75		
Phosphorus, P....mg	340		1	1		96		
Potassium, K....mg	1166		1	1		331		
Sodium, Na....mg	12		1	1		3		
Zinc, Zn....mg	3.68		1	1		1.04		
Copper, Cu....mg	1.910		1	1		0.541		
Manganese, Mn....mg	1.650		1	1		0.468		
Selenium, Se....mcg	7.9		0	4		2.2		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0		
Thiamin....mg	0.050		1	1		0.014		
Riboflavin....mg	0.279		0	4		0.079		
Niacin....mg	2.100		1	1		0.595		
Pantothenic acid....mg	0.154		0	4		0.044		
Vitamin B-6....mg	0.072		0	4		0.020		
Folate, total....mcg	19		0	4		5		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	19		0	4		5		
Folate, DFE....mcg_DFE	19		0	4		5		
Vitamin B-12....mcg	0.00		0	4		0.00		
Vitamin A, IU....IU	12		0	4		3		
Vitamin A, RE....mcg_RE	1		0	4		0		
Vitamin E....mg_ATE	6.036		0	4		1.711		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	25.290		0	1		7.170		
4:0....g								
6:0....g	0.130		1	1		0.037		
8:0....g	1.590		1	1		0.451		
10:0....g	1.270		1	1		0.360		
11:0....g								
12:0....g	9.450		1	1		2.679		
13:0....g								
14:0....g	3.630		1	1		1.029		
15:0....g								
16:0....g	6.060		1	1		1.718		
17:0....g								
18:0....g	3.160		1	1		0.896		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.230		0	1		2.617		
14:1....g								
15:1....g								

NDB No. 19077
Baking chocolate, unsweetened, liquid

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. 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	0.050		1	1		0.014		
17:1....g								
18:1 undifferentiated....g	9.180		1	1		2.603		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	10.700		0	1		3.033		
18:2 undifferentiated....g	10.100		1	1		2.863		
18:3 undifferentiated....g	0.600		1	1		0.170		
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		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.182		0	1		0.052		
Threonine....g	0.481		0	1		0.136		
Isoleucine....g	0.471		0	1		0.134		
Leucine....g	0.737		0	1		0.209		
Lysine....g	0.609		0	1		0.173		
Methionine....g	0.125		0	1		0.035		
Cystine....g	0.148		0	1		0.042		
Phenylalanine....g	0.584		0	1		0.166		
Tyrosine....g	0.456		0	1		0.129		
Valine....g	0.730		0	1		0.207		
Arginine....g	0.689		0	1		0.195		
Histidine....g	0.210		0	1		0.060		
Alanine....g	0.561		0	1		0.159		
Aspartic acid....g	1.211		0	1		0.343		
Glutamic acid....g	1.828		0	1		0.518		
Glycine....g	0.545		0	1		0.155		
Proline....g	0.520		0	1		0.147		
Serine....g	0.525		0	1		0.149		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	47		0	4		13		
Theobromine....mg	1597		0	4		453		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the 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** 1.83 **Fat** 8.4 **Carbohydrate** 1.33

Food Group: 19 Sweets

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

NDB No. 19078
Baking chocolate, unsweetened, squares

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.30	0.109	9	1		1.72	0.37	
Energy....kcal	522		0	4		689	148	
Energy....kj	2184			4		2883	619	
Protein (N x 5.63)....g	10.30	0.352	9	1		13.60	2.92	
Total lipid (fat)....g	55.30	0.567	9	1		73.00	15.68	
Ash....g	3.00	0.224	8	1		3.96	0.85	
Carbohydrate, by difference....g	28.30		0	4		37.36	8.02	
Fiber, total dietary....g	15.4		0	1		20.3	4.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	74	5.790	9	1		98	21	
Iron, Fe....mg	6.32	0.644	9	1		8.34	1.79	
Magnesium, Mg....mg	310	15.713	9	1		409	88	
Phosphorus, P....mg	417	14.389	6	1		550	118	
Potassium, K....mg	833	58.299	8	1		1100	236	
Sodium, Na....mg	14	2.523	6	1		18	4	
Zinc, Zn....mg	4.01	0.191	8	1		5.29	1.14	
Copper, Cu....mg	2.168	0.064	9	1		2.862	0.615	
Manganese, Mn....mg	1.918	0.116	9	1		2.532	0.544	
Selenium, Se....mcg	7.5		0	4		9.9	2.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.080	0.014	7	1		0.106	0.023	
Riboflavin....mg	0.167	0.050	7	1		0.220	0.047	
Niacin....mg	1.114	0.191	7	1		1.470	0.316	
Pantothenic acid....mg	0.198	0.026	4	1		0.261	0.056	
Vitamin B-6....mg	0.095	0.029	6	1		0.125	0.027	
Folate, total....mcg	7	1.493	6	1		9	2	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	7	1.493	6	1		9	2	
Folate, DFE....mcg_DFE	7		0	4		9	2	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	98	23.075	9	1		129	28	
Vitamin A, RE....mcg_RE	10		0	1		13	3	
Vitamin E....mg_ATE	1.230		0	1		1.624	0.349	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	32.600		0	1		43.032	9.242	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.100		6	1		0.132	0.028	
15:0....g								
16:0....g	14.930		6	1		19.708	4.233	
17:0....g								
18:0....g	17.150		6	1		22.638	4.862	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	18.460		0	1		24.367	5.233	
14:1....g								
15:1....g								

NDB No. 19078
Baking chocolate, unsweetened, squares

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	18.460		6	1		24.367	5.233	
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	1.760		0	1		2.323	0.499	
18:2 undifferentiated....g	1.760		6	1		2.323	0.499	
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		1	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.154		0	1		0.203	0.044	
Threonine....g	0.407		0	1		0.537	0.115	
Isoleucine....g	0.398		0	1		0.525	0.113	
Leucine....g	0.623		0	1		0.822	0.177	
Lysine....g	0.515		0	1		0.680	0.146	
Methionine....g	0.106		0	1		0.140	0.030	
Cystine....g	0.126		0	1		0.166	0.036	
Phenylalanine....g	0.493		0	1		0.651	0.140	
Tyrosine....g	0.385		0	1		0.508	0.109	
Valine....g	0.617		0	1		0.814	0.175	
Arginine....g	0.582		0	1		0.768	0.165	
Histidine....g	0.177		0	1		0.234	0.050	
Alanine....g	0.474		0	1		0.626	0.134	
Aspartic acid....g	1.024		0	1		1.352	0.290	
Glutamic acid....g	1.545		0	1		2.039	0.438	
Glycine....g	0.461		0	1		0.609	0.131	
Proline....g	0.439		0	1		0.579	0.124	
Serine....g	0.444		0	1		0.586	0.126	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	204		1	1		269	58	
Theobromine....mg	1237		1	1		1633	351	

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

Common Measures:

Measure 1 = 132.000g: 1 cup, grated

Measure 2 = 28.350g: 1 square (1 oz)

Calories Factors: **Protein** 1.83 **Fat** 8.37 **Carbohydrate** 1.33

Food Group: 19 Sweets

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

NDB No. 19079
Candies, confectioner's coating, yogurt

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	1.91		2	1				
Energy....kcal	521		0	4				
Energy....kj	2180			4				
Protein....g	5.87		0	4				
Total lipid (fat)....g	27.00		2	1				
Ash....g	1.50		0	4				
Carbohydrate, by difference....g	63.73		0	4				
Fiber, total dietary....g	0.1		0	4				
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	199		0	4				
Iron, Fe....mg	0.24		0	4				
Magnesium, Mg....mg	12		0	4				
Phosphorus, P....mg	176		0	4				
Potassium, K....mg	286		0	4				
Sodium, Na....mg	90		0	4				
Zinc, Zn....mg	0.74		0	4				
Copper, Cu....mg	0.060		0	4				
Manganese, Mn....mg	0.013		0	4				
Selenium, Se....mcg	3.7		0	4				
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		0	4				
Thiamin....mg	0.063		0	4				
Riboflavin....mg	0.282		0	4				
Niacin....mg	0.745		0	4				
Pantothenic acid....mg	0.608		0	4				
Vitamin B-6....mg	0.056		0	4				
Folate, total....mcg	17		0	4				
Folic acid....mcg	0		0	7				
Folate, food....mcg	17		0	4				
Folate, DFE....mcg_DFE	17		0	4				
Vitamin B-12....mcg	0.75		0	4				
Vitamin A, IU....IU	35		0	4				
Vitamin A, RE....mcg_RE	1		0	4				
Vitamin E....mg_ATE	2.250		0	4				
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	24.113		2	1				
4:0....g	0.000		2	1				
6:0....g	0.048		2	1				
8:0....g	0.635		2	1				
10:0....g	0.567		2	1				
11:0....g								
12:0....g	11.918		2	1				
13:0....g								
14:0....g	3.900		2	1				
15:0....g								
16:0....g	2.160		2	1				
17:0....g								
18:0....g	4.827		2	1				
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.527		2	1				
14:1....g								
15:1....g								

NDB No. 19079
Candies, confectioner's coating, yogurt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.525		2	1				
17:1....g								
18:1 undifferentiated....g	0.000		2	1				
20:1....g	0.000		2	1				
22:1 undifferentiated....g	0.000		2	1				
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.524		2	1				
18:2 undifferentiated....g	0.490		2	1				
18:3 undifferentiated....g	0.034		2	1				
18:4....g	0.000		2	1				
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		2	1				
20:5 n-3....g	0.000		2	1				
22:2....g								
22:5 n-3....g	0.000		2	1				
22:6 n-3....g	0.000		2	1				
Fatty acids, total trans....g								
Cholesterol....mg	1		2	1				
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7				
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19080
Candies, semisweet chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.70	0.062	8	1		1.18	1.27	1.21
Energy....kcal	479		0	4		805	872	829
Energy....kj	2004			4		3367	3648	3467
Protein (N x 5.63)....g	4.20	0.089	5	1		7.06	7.64	7.27
Total lipid (fat)....g	30.00	0.743	9	1		50.40	54.60	51.90
Ash....g	1.20	0.050	7	1		2.02	2.18	2.08
Carbohydrate, by difference....g	63.10		0	4		106.01	114.84	109.16
Fiber, total dietary....g	5.9		2	1		9.9	10.7	10.2
Sugars, total....g	56.90		1	1		95.59	103.56	98.44
Starch....g								
Minerals:								
Calcium, Ca....mg	32	1.430	3	1		54	58	55
Iron, Fe....mg	3.13	0.283	5	1		5.26	5.70	5.41
Magnesium, Mg....mg	115		2	1		193	209	199
Phosphorus, P....mg	132		2	1		222	240	228
Potassium, K....mg	365	17.035	6	1		613	664	631
Sodium, Na....mg	11	3.440	6	1		18	20	19
Zinc, Zn....mg	1.62	0.057	3	1		2.72	2.95	2.80
Copper, Cu....mg	0.700		1	1		1.176	1.274	1.211
Manganese, Mn....mg	0.800		1	1		1.344	1.456	1.384
Selenium, Se....mcg	3.1		0	4		5.2	5.6	5.4
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	0.0
Thiamin....mg	0.055		2	1		0.092	0.100	0.095
Riboflavin....mg	0.090		2	1		0.151	0.164	0.156
Niacin....mg	0.427	0.049	4	1		0.717	0.777	0.739
Pantothenic acid....mg	0.105		1	4		0.176	0.191	0.182
Vitamin B-6....mg	0.035		1	4		0.059	0.064	0.061
Folate, total....mcg	3		1	4		5	5	5
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	3		1	4		5	5	5
Folate, DFE....mcg_DFE	3		0	4		5	5	5
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	0.00
Vitamin A, IU....IU	21		1	1		35	38	36
Vitamin A, RE....mcg_RE	2		0	4		3	4	3
Vitamin E....mg_ATE	1.190		0	4		1.999	2.166	2.059
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	17.750		0	4		29.820	32.305	30.708
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	0.060		8	1		0.101	0.109	0.104
13:0....g								
14:0....g	0.150		8	1		0.252	0.273	0.260
15:0....g								
16:0....g	7.720		8	1		12.970	14.050	13.356
17:0....g								
18:0....g	9.470		8	1		15.910	17.235	16.383
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.970		0	4		16.750	18.145	17.248
14:1....g								
15:1....g								

NDB No. 19080
Candies, semisweet chocolate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.090		8	1		0.151	0.164	0.156
17:1....g								
18:1 undifferentiated....g	9.890		8	1		16.615	18.000	17.110
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	0.970		0	4		1.630	1.765	1.678
18:2 undifferentiated....g	0.910		8	1		1.529	1.656	1.574
18:3 undifferentiated....g	0.060		8	1		0.101	0.109	0.104
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	0.063		0	1		0.106	0.115	0.109
Threonine....g	0.168		0	1		0.282	0.306	0.291
Isoleucine....g	0.164		0	1		0.276	0.298	0.284
Leucine....g	0.257		0	1		0.432	0.468	0.445
Lysine....g	0.212		0	1		0.356	0.386	0.367
Methionine....g	0.044		0	1		0.074	0.080	0.076
Cystine....g	0.052		0	1		0.087	0.095	0.090
Phenylalanine....g	0.204		0	1		0.343	0.371	0.353
Tyrosine....g	0.159		0	1		0.267	0.289	0.275
Valine....g	0.254		0	1		0.427	0.462	0.439
Arginine....g	0.240		0	1		0.403	0.437	0.415
Histidine....g	0.073		0	1		0.123	0.133	0.126
Alanine....g	0.196		0	1		0.329	0.357	0.339
Aspartic acid....g	0.422		0	1		0.709	0.768	0.730
Glutamic acid....g	0.637		0	1		1.070	1.159	1.102
Glycine....g	0.190		0	1		0.319	0.346	0.329
Proline....g	0.181		0	1		0.304	0.329	0.313
Serine....g	0.183		0	1		0.307	0.333	0.317
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	62	3.923	6	1		104	113	107
Theobromine....mg	486	40.814	7	1		816	885	841

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

Common Measures:

Measure 1 = 168.000g: 1 cup chips (6 oz package)

Measure 2 = 182.000g: 1 cup large chips

Measure 3 = 173.000g: 1 cup mini chips

Calories Factors: **Protein** 1.83 **Fat** 8.5 **Carbohydrate** 3.4

Food Group: 19 Sweets

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

NDB No. 19081
Candies, sweet chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.50	0.088	3	1		0.14	0.21	
Energy....kcal	505		0	4		143	207	
Energy....kj	2113			4		599	866	
Protein (N x 5.63)....g	3.90	0.280	4	1		1.11	1.60	
Total lipid (fat)....g	34.20	1.376	4	1		9.70	14.02	
Ash....g	1.00	0.000	3	1		0.28	0.41	
Carbohydrate, by difference....g	59.60		0	4		16.90	24.44	
Fiber, total dietary....g	5.5		0	4		1.6	2.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	24	1.409	6	1		7	10	
Iron, Fe....mg	2.76	0.369	6	1		0.78	1.13	
Magnesium, Mg....mg	113	9.699	6	1		32	46	
Phosphorus, P....mg	147	5.325	4	1		42	60	
Potassium, K....mg	290	17.076	6	1		82	119	
Sodium, Na....mg	16	4.933	4	1		5	7	
Zinc, Zn....mg	1.50	0.051	6	1		0.43	0.62	
Copper, Cu....mg	0.574	0.073	6	1		0.163	0.235	
Manganese, Mn....mg	0.494	0.078	6	1		0.140	0.203	
Selenium, Se....mcg	2.8		0	4		0.8	1.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.020		1	1		0.006	0.008	
Riboflavin....mg	0.240		1	1		0.068	0.098	
Niacin....mg	0.670		1	1		0.190	0.275	
Pantothenic acid....mg	0.071		1	4		0.020	0.029	
Vitamin B-6....mg	0.043		1	4		0.012	0.018	
Folate, total....mcg	3		1	4		1	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3		1	4		1	1	
Folate, DFE....mcg_DFE	3		0	4		1	1	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	20		1	1		6	8	
Vitamin A, RE....mcg_RE	2		0	1		1	1	
Vitamin E....mg_ATE	1.190		0	4		0.337	0.488	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	20.080		0	1		5.693	8.233	
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	0.030		1	1		0.009	0.012	
15:0....g								
16:0....g	8.690		1	1		2.464	3.563	
17:0....g								
18:0....g	11.350		1	1		3.218	4.654	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.220		0	1		3.181	4.600	
14:1....g								
15:1....g								

NDB No. 19081
Candies, sweet chocolate

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. 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	0.070		1	1		0.020	0.029	
17:1....g								
18:1 undifferentiated....g	11.150		1	1		3.161	4.572	
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	0.990		0	1		0.281	0.406	
18:2 undifferentiated....g	0.960		1	1		0.272	0.394	
18:3 undifferentiated....g	0.030		1	1		0.009	0.012	
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	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.058		0	1		0.016	0.024	
Threonine....g	0.154		0	1		0.044	0.063	
Isoleucine....g	0.151		0	1		0.043	0.062	
Leucine....g	0.236		0	1		0.067	0.097	
Lysine....g	0.195		0	1		0.055	0.080	
Methionine....g	0.040		0	1		0.011	0.016	
Cystine....g	0.048		0	1		0.014	0.020	
Phenylalanine....g	0.187		0	1		0.053	0.077	
Tyrosine....g	0.146		0	1		0.041	0.060	
Valine....g	0.234		0	1		0.066	0.096	
Arginine....g	0.221		0	1		0.063	0.091	
Histidine....g	0.067		0	1		0.019	0.027	
Alanine....g	0.180		0	1		0.051	0.074	
Aspartic acid....g	0.388		0	1		0.110	0.159	
Glutamic acid....g	0.586		0	1		0.166	0.240	
Glycine....g	0.175		0	1		0.050	0.072	
Proline....g	0.167		0	1		0.047	0.068	
Serine....g	0.168		0	1		0.048	0.069	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	66		1	1		19	27	
Theobromine....mg	426		1	1		121	175	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was 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 bar (1.45 oz)

Calories Factors: **Protein** 1.83 **Fat** 8.6 **Carbohydrate** 3.4

Food Group: 19 Sweets

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

NDB No. 19083
Candies, sweet chocolate coated fondant

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	7.70	0.671	6	1		3.31	0.85	
Energy....kcal	366		0	4		157	40	
Energy....kj	1531			4		658	168	
Protein (N x 5.9)....g	2.20	0.299	5	1		0.95	0.24	
Total lipid (fat)....g	9.30	1.300	5	1		4.00	1.02	
Ash....g	0.40	0.026	6	1		0.17	0.04	
Carbohydrate, by difference....g	80.20		0	4		34.49	8.82	
Fiber, total dietary....g	1.5		0	4		0.6	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	17	2.291	4	1		7	2	
Iron, Fe....mg	1.56	0.028	4	1		0.67	0.17	
Magnesium, Mg....mg	63		1	1		27	7	
Phosphorus, P....mg	95		1	1		41	10	
Potassium, K....mg	168		1	1		72	18	
Sodium, Na....mg	26		2	1		11	3	
Zinc, Zn....mg	0.45	0.166	3	1		0.19	0.05	
Copper, Cu....mg	0.430		1	1		0.185	0.047	
Manganese, Mn....mg	0.400		1	1		0.172	0.044	
Selenium, Se....mcg	1.3		0	4		0.6	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.026	0.010	4	1		0.011	0.003	
Riboflavin....mg	0.058	0.014	4	1		0.025	0.006	
Niacin....mg	0.575		2	1		0.247	0.063	
Pantothenic acid....mg	0.020		0	4		0.009	0.002	
Vitamin B-6....mg	0.008		0	4		0.003	0.001	
Folate, total....mcg	2		0	4		1	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	2		0	4		1	0	
Folate, DFE....mcg_DFE	2		0	4		1	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	20		1	1		9	2	
Vitamin A, RE....mcg_RE	2		0	1		1	0	
Vitamin E....mg_ATE	0.347		0	1		0.149	0.038	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.460		0	1		2.348	0.601	
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	0.020		6	1		0.009	0.002	
15:0....g								
16:0....g	2.500		6	1		1.075	0.275	
17:0....g								
18:0....g	2.870		6	1		1.234	0.316	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.090		0	1		1.329	0.340	
14:1....g								
15:1....g								

NDB No. 19083
Candies, sweet chocolate coated fondant

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	3.090		6	1		1.329	0.340	
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	0.300		0	1		0.129	0.033	
18:2 undifferentiated....g	0.300		6	1		0.129	0.033	
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	0.000	3	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.029		0	1		0.012	0.003	
Threonine....g	0.078		0	1		0.034	0.009	
Isoleucine....g	0.076		0	1		0.033	0.008	
Leucine....g	0.119		0	1		0.051	0.013	
Lysine....g	0.098		0	1		0.042	0.011	
Methionine....g	0.020		0	1		0.009	0.002	
Cystine....g	0.024		0	1		0.010	0.003	
Phenylalanine....g	0.094		0	1		0.040	0.010	
Tyrosine....g	0.073		0	1		0.031	0.008	
Valine....g	0.118		0	1		0.051	0.013	
Arginine....g	0.111		0	1		0.048	0.012	
Histidine....g	0.034		0	1		0.015	0.004	
Alanine....g	0.090		0	1		0.039	0.010	
Aspartic acid....g	0.195		0	1		0.084	0.021	
Glutamic acid....g	0.294		0	1		0.126	0.032	
Glycine....g	0.088		0	1		0.038	0.010	
Proline....g	0.084		0	1		0.036	0.009	
Serine....g	0.085		0	1		0.037	0.009	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	6		0	4		3	1	
Theobromine....mg	133		0	4		57	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 = 43.000g: 1 patty, large

Measure 2 = 11.000g: 1 patty, small

Calories Factors: **Protein** 3.1 **Fat** 8.4 **Carbohydrate** 3.5

Food Group: 19 Sweets

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

NDB No. 19084

Candies, HERSHEY, HERSHEY'S GOLDEN COLLECTION Chocolate Covered Almond Solitaires

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.91		0	4		1.49		
Energy....kcal	569		0	9		444		
Energy....kj	2381			9		1857		
Protein....g	12.00		1	12		9.36		
Total lipid (fat)....g	37.10		1	12		28.94		
Ash....g	2.09		0	4		1.63		
Carbohydrate, by difference....g	46.90		0	9		36.58		
Fiber, total dietary....g	4.4		1	12		3.4		
Sugars, total....g	37.10		1	12		28.94		
Starch....g								
Minerals:								
Calcium, Ca....mg	188		1	12		147		
Iron, Fe....mg	2.30		1	12		1.79		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	57		1	12		44		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	15.200		1	12		11.856		
Fatty acids, total monounsaturated....g	17.700		1	12		13.806		
Fatty acids, total polyunsaturated....g	4.200		1	12		3.276		
Fatty acids, total trans....g								
Cholesterol....mg	13		1	12		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 = 78.000g: 1 package (2.8 oz)

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

Food Group: 19 Sweets

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

NDB No. 19085
Candies, confectioner's coating, butterscotch

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.75		2	1		1.28	0.21	
Energy....kcal	539		0	4		916	153	
Energy....kj	2255			4		3834	639	
Protein (N x 6.38)....g	2.20		2	1		3.74	0.62	
Total lipid (fat)....g	29.05		2	1		49.39	8.24	
Ash....g	0.90		2	1		1.53	0.26	
Carbohydrate, by difference....g	67.10		0	4		114.07	19.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g	68.10		1	1		115.77	19.31	
Starch....g								
Minerals:								
Calcium, Ca....mg	34		1	1		58	10	
Iron, Fe....mg	0.08		1	4		0.14	0.02	
Magnesium, Mg....mg	5		0	4		9	1	
Phosphorus, P....mg	32		0	4		54	9	
Potassium, K....mg	187		1	1		318	53	
Sodium, Na....mg	89		2	1		151	25	
Zinc, Zn....mg	0.12		0	4		0.20	0.03	
Copper, Cu....mg	0.031		0	4		0.053	0.009	
Manganese, Mn....mg	0.006		0	4		0.010	0.002	
Selenium, Se....mcg	1.3		0	4		2.2	0.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.2	0.0	
Thiamin....mg	0.080		1	1		0.136	0.023	
Riboflavin....mg	0.000		1	1		0.000	0.000	
Niacin....mg	0.070		1	1		0.119	0.020	
Pantothenic acid....mg	0.149		0	4		0.253	0.042	
Vitamin B-6....mg	0.015		0	4		0.026	0.004	
Folate, total....mcg	1		0	4		2	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	4		2	0	
Folate, DFE....mcg_DFE	1		0	4		2	0	
Vitamin B-12....mcg	0.10		0	4		0.17	0.03	
Vitamin A, IU....IU	0		1	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	2.250		0	1		3.825	0.638	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	24.100		1	1		40.970	6.832	
4:0....g	0.000		1	1		0.000	0.000	
6:0....g	0.060		1	1		0.102	0.017	
8:0....g	1.092		2	1		1.856	0.310	
10:0....g	1.076		2	1		1.829	0.305	
11:0....g								
12:0....g	13.790		1	1		23.443	3.909	
13:0....g								
14:0....g	4.674		2	1		7.946	1.325	
15:0....g								
16:0....g	2.344		2	1		3.985	0.665	
17:0....g								
18:0....g	1.722		2	1		2.927	0.488	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.271		0	4		3.861	0.644	
14:1....g								
15:1....g								

NDB No. 19085
Candies, confectioner's coating, butterscotch

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		2	1		0.012	0.002	
17:1....g								
18:1 undifferentiated....g	2.250		2	1		3.825	0.638	
20:1....g	0.014		1	1		0.024	0.004	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.435		0	4		0.740	0.123	
18:2 undifferentiated....g	0.407		2	1		0.692	0.115	
18:3 undifferentiated....g	0.014		2	1		0.024	0.004	
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	0.014		1	1		0.024	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	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	0.030		0	1		0.051	0.009	
Threonine....g	0.096		0	1		0.163	0.027	
Isoleucine....g	0.129		0	1		0.219	0.037	
Leucine....g	0.208		0	1		0.354	0.059	
Lysine....g	0.169		0	1		0.287	0.048	
Methionine....g	0.053		0	1		0.090	0.015	
Cystine....g	0.020		0	1		0.034	0.006	
Phenylalanine....g	0.103		0	1		0.175	0.029	
Tyrosine....g	0.103		0	1		0.175	0.029	
Valine....g	0.142		0	1		0.241	0.040	
Arginine....g	0.077		0	1		0.131	0.022	
Histidine....g	0.058		0	1		0.099	0.016	
Alanine....g	0.073		0	1		0.124	0.021	
Aspartic acid....g	0.161		0	1		0.274	0.046	
Glutamic acid....g	0.445		0	1		0.757	0.126	
Glycine....g	0.045		0	1		0.077	0.013	
Proline....g	0.206		0	1		0.350	0.058	
Serine....g	0.115		0	1		0.196	0.033	
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 = 170.000g: 1 cup chips

Measure 2 = 28.350g: 1 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19086
Candies, confectioner's coating, 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	5.70		0	4		9.58	1.62	
Energy....kcal	497		0	4		835	141	
Energy....kj	2079			4		3493	590	
Protein (N x 5.5)....g	18.30		1	1		30.74	5.19	
Total lipid (fat)....g	29.80		1	1		50.06	8.45	
Ash....g	1.30		0	4		2.18	0.37	
Carbohydrate, by difference....g	44.90		0	4		75.43	12.73	
Fiber, total dietary....g	8.4		0	4		14.1	2.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	110		1	1		185	31	
Iron, Fe....mg	1.70		1	1		2.86	0.48	
Magnesium, Mg....mg	110		1	1		185	31	
Phosphorus, P....mg	310		1	1		521	88	
Potassium, K....mg	505		1	1		848	143	
Sodium, Na....mg	250		1	1		420	71	
Zinc, Zn....mg	2.00		1	1		3.36	0.57	
Copper, Cu....mg	0.400		1	1		0.672	0.113	
Manganese, Mn....mg	1.400		1	1		2.352	0.397	
Selenium, Se....mcg	2.7		0	4		4.5	0.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.2	0.0	
Thiamin....mg	0.050		1	1		0.084	0.014	
Riboflavin....mg	0.200		1	1		0.336	0.057	
Niacin....mg	8.200		1	1		13.776	2.325	
Pantothenic acid....mg	1.141		0	4		1.917	0.323	
Vitamin B-6....mg	0.221		0	4		0.371	0.063	
Folate, total....mcg	96		0	4		161	27	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	96		0	4		161	27	
Folate, DFE....mcg_DFE	96		0	4		161	27	
Vitamin B-12....mcg	0.06		0	4		0.10	0.02	
Vitamin A, IU....IU	20		1	1		34	6	
Vitamin A, RE....mcg_RE	2		0	1		3	1	
Vitamin E....mg_ATE	3.000		0	4		5.040	0.851	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	13.120		0	1		22.042	3.720	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.030		1	1		0.050	0.009	
8:0....g	0.450		1	1		0.756	0.128	
10:0....g	0.500		1	1		0.840	0.142	
11:0....g								
12:0....g	6.370		1	1		10.702	1.806	
13:0....g								
14:0....g	2.230		1	1		3.746	0.632	
15:0....g								
16:0....g	2.790		1	1		4.687	0.791	
17:0....g								
18:0....g	0.740		1	1		1.243	0.210	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.590		0	1		16.111	2.719	
14:1....g								
15:1....g								

NDB No. 19086
Candies, confectioner's coating, peanut 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	0.000		1	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	9.370		1	1		15.742	2.656	
20:1....g	0.220		1	1		0.370	0.062	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	5.340		0	1		8.971	1.514	
18:2 undifferentiated....g	5.340		1	1		8.971	1.514	
18:3 undifferentiated....g	0.000		1	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		1	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.176		0	1		0.296	0.050	
Threonine....g	0.629		0	1		1.057	0.178	
Isoleucine....g	0.649		0	1		1.090	0.184	
Leucine....g	1.191		0	1		2.001	0.338	
Lysine....g	0.669		0	1		1.124	0.190	
Methionine....g	0.166		0	1		0.279	0.047	
Cystine....g	0.233		0	1		0.391	0.066	
Phenylalanine....g	0.942		0	1		1.583	0.267	
Tyrosine....g	0.742		0	1		1.247	0.210	
Valine....g	0.772		0	1		1.297	0.219	
Arginine....g	2.150		0	1		3.612	0.610	
Histidine....g	0.463		0	1		0.778	0.131	
Alanine....g	0.722		0	1		1.213	0.205	
Aspartic acid....g	2.206		0	1		3.706	0.625	
Glutamic acid....g	3.807		0	1		6.396	1.079	
Glycine....g	1.082		0	1		1.818	0.307	
Proline....g	0.822		0	1		1.381	0.233	
Serine....g	0.899		0	1		1.510	0.255	
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 = 168.000g: 1 cup chips

Measure 2 = 28.350g: 1 oz

Calories Factors: **Protein** 3.5 **Fat** 8.5 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19087
Sweets, candies, confectioner's coating, white

white chocolate
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.30		5	1		2.21	1.11	
Energy....kcal	539		0	4		916	458	
Energy....kj	2255			4		3834	1917	
Protein (N x 6.38)....g	5.87		3	1		9.98	4.99	
Total lipid (fat)....g	32.09		5	1		54.55	27.28	
Ash....g	1.50		3	1		2.55	1.28	
Carbohydrate, by difference....g	59.25		0	4		100.73	50.36	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g	60.00		0	8		102.00	51.00	
Starch....g								
Minerals:								
Calcium, Ca....mg	199		3	1		338	169	
Iron, Fe....mg	0.24		3	1		0.41	0.20	
Magnesium, Mg....mg	12		3	1		20	10	
Phosphorus, P....mg	176		3	1		299	150	
Potassium, K....mg	286		3	1		486	243	
Sodium, Na....mg	90		3	1		153	77	
Zinc, Zn....mg	0.74		3	1		1.26	0.63	
Copper, Cu....mg	0.060		3	1		0.102	0.051	
Manganese, Mn....mg	0.026		0	4		0.044	0.022	
Selenium, Se....mcg	5.3		0	4		9.0	4.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		3	1		0.9	0.4	
Thiamin....mg	0.063		3	1		0.107	0.054	
Riboflavin....mg	0.282		3	1		0.479	0.240	
Niacin....mg	0.745		3	1		1.267	0.633	
Pantothenic acid....mg	0.608		3	1		1.034	0.517	
Vitamin B-6....mg	0.056		3	1		0.095	0.048	
Folate, total....mcg	17		3	1		29	14	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	17		3	1		29	14	
Folate, DFE....mcg_DFE	17		0	4		29	14	
Vitamin B-12....mcg	0.61		0	4		1.04	0.52	
Vitamin A, IU....IU	35		2	1		60	30	
Vitamin A, RE....mcg_RE	1		0	4		2	1	
Vitamin E....mg_ATE	2.250		0	1		3.825	1.913	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	19.412		2	1		33.000	16.500	
4:0....g	0.314		2	1		0.534	0.267	
6:0....g	0.155		2	1		0.264	0.132	
8:0....g	0.115		2	1		0.196	0.098	
10:0....g	0.220		2	1		0.374	0.187	
11:0....g								
12:0....g	0.629		2	1		1.069	0.535	
13:0....g								
14:0....g	0.797		2	1		1.355	0.677	
15:0....g								
16:0....g	7.947		2	1		13.510	6.755	
17:0....g								
18:0....g	9.145		2	1		15.547	7.773	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.097		2	1		15.465	7.732	
14:1....g								
15:1....g								

NDB No. 19087
Sweets, candies, confectioner's coating, 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	0.062		2	1		0.105	0.053	
17:1....g								
18:1 undifferentiated....g	8.990		2	1		15.283	7.642	
20:1....g	0.000		2	1		0.000	0.000	
22:1 undifferentiated....g	0.000		2	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.013		2	1		1.722	0.861	
18:2 undifferentiated....g	0.910		2	1		1.547	0.774	
18:3 undifferentiated....g	0.103		2	1		0.175	0.088	
18:4....g	0.000		2	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		2	1		0.000	0.000	
20:5 n-3....g	0.000		2	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		2	1		0.000	0.000	
22:6 n-3....g	0.000		2	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	21		2	1		36	18	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0		0	7		0	0	
Theobromine....mg	0		0	7		0	0	

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

Common Measures:

Measure 1 = 170.000g: 1 cup chips

Measure 2 = 85.000g: 1 bar (3 oz)

Calories Factors: **Protein** 4.3 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19088
Frozen desserts, ice cream, light (50% of the fat), 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	68.20	0.228	187	1		44.33	45.01	
Energy....kcal	139		0	4		90	92	
Energy....kj	582			4		378	384	
Protein (N x 6.4)....g	3.80	0.586	39	1		2.47	2.51	
Total lipid (fat)....g	4.30	0.050	299	1		2.80	2.84	
Ash....g	1.00	0.034	3	1		0.65	0.66	
Carbohydrate, by difference....g	22.70		0	4		14.76	14.98	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	139	7.426	35	1		90	92	
Iron, Fe....mg	0.10	0.011	35	1		0.07	0.07	
Magnesium, Mg....mg	15	0.373	35	1		10	10	
Phosphorus, P....mg	109	4.079	35	1		71	72	
Potassium, K....mg	211	5.676	36	1		137	139	
Sodium, Na....mg	85	1.920	36	1		55	56	
Zinc, Zn....mg	0.44	0.033	36	1		0.29	0.29	
Copper, Cu....mg	0.012	0.002	32	1		0.008	0.008	
Manganese, Mn....mg	0.007	0.001	32	1		0.005	0.005	
Selenium, Se....mcg	2.8	0.329	12	1		1.8	1.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.8		1	4		0.5	0.5	
Thiamin....mg	0.058	0.005	4	1		0.038	0.038	
Riboflavin....mg	0.265	0.020	4	1		0.172	0.175	
Niacin....mg	0.090		2	1		0.059	0.059	
Pantothenic acid....mg	0.505		1	1		0.328	0.333	
Vitamin B-6....mg	0.065	0.003	3	1		0.042	0.043	
Folate, total....mcg	6		1	4		4	4	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	6		1	4		4	4	
Folate, DFE....mcg_DFE	6		0	4		4	4	
Vitamin B-12....mcg	0.67	0.051	3	1		0.44	0.44	
Vitamin A, IU....IU	165		1	4		107	109	
Vitamin A, RE....mcg_RE	47		0	1		31	31	
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.630		0	1		1.710	1.736	
4:0....g	0.140		1	1		0.091	0.092	
6:0....g	0.080		1	1		0.052	0.053	
8:0....g	0.050		1	1		0.033	0.033	
10:0....g	0.110		1	1		0.072	0.073	
11:0....g								
12:0....g	0.120		1	1		0.078	0.079	
13:0....g								
14:0....g	0.440		1	1		0.286	0.290	
15:0....g								
16:0....g	1.180		1	1		0.767	0.779	
17:0....g								
18:0....g	0.520		1	1		0.338	0.343	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.230		0	1		0.800	0.812	
14:1....g								
15:1....g								

NDB No. 19088
Frozen desserts, ice cream, light (50% of the fat), vanilla

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. 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		1	1		0.065	0.066	
17:1....g								
18:1 undifferentiated....g	1.130		1	1		0.735	0.746	
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	0.160		0	1		0.104	0.106	
18:2 undifferentiated....g	0.100		1	1		0.065	0.066	
18:3 undifferentiated....g	0.060		1	1		0.039	0.040	
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	14	1.600	4	1		9	9	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.046		0	1		0.030	0.030	
Threonine....g	0.153		0	1		0.099	0.101	
Isoleucine....g	0.203		0	1		0.132	0.134	
Leucine....g	0.330		0	1		0.215	0.218	
Lysine....g	0.274		0	1		0.178	0.181	
Methionine....g	0.084		0	1		0.055	0.055	
Cystine....g	0.030		0	1		0.020	0.020	
Phenylalanine....g	0.165		0	1		0.107	0.109	
Tyrosine....g	0.159		0	1		0.103	0.105	
Valine....g	0.228		0	1		0.148	0.150	
Arginine....g	0.147		0	1		0.096	0.097	
Histidine....g	0.092		0	1		0.060	0.061	
Alanine....g	0.146		0	1		0.095	0.096	
Aspartic acid....g	0.270		0	1		0.176	0.178	
Glutamic acid....g	0.722		0	1		0.469	0.477	
Glycine....g	0.149		0	1		0.097	0.098	
Proline....g	0.368		0	1		0.239	0.243	
Serine....g	0.188		0	1		0.122	0.124	
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 = 65.000g: 1 individual (3.5 fl oz)

Measure 2 = 66.000g: .5 cup (4 fl oz)

Calories Factors: Protein 4 **Fat** 8.79 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19089
Frozen desserts, ice cream, vanilla, rich

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	57.20	0.555	7	1		42.33		
Energy	kcal	241		0	4		178		
Energy	kj	1008			4		746		
Protein (N x 6.4)	g	3.50	0.416	4	1		2.59		
Total lipid (fat)	g	16.20	0.212	11	1		11.99		
Ash	g	0.80		1	4		0.59		
Carbohydrate, by difference	g	22.40		0	4		16.58		
Fiber, total dietary	g	0.0		0	4		0.0		
Sugars, total	g	17.60		0	4		13.02		
Starch	g								
Minerals:									
Calcium, Ca	mg	117		0	4		87		
Iron, Fe	mg	0.05		0	4		0.04		
Magnesium, Mg	mg	11		0	4		8		
Phosphorus, P	mg	95		0	4		70		
Potassium, K	mg	159		0	4		118		
Sodium, Na	mg	56		0	4		41		
Zinc, Zn	mg	0.40		0	4		0.30		
Copper, Cu	mg	0.025		0	4		0.019		
Manganese, Mn	mg	0.008		0	4		0.006		
Selenium, Se	mcg	2.6		0	4		1.9		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.7		0	4		0.5		
Thiamin	mg	0.039		0	4		0.029		
Riboflavin	mg	0.162		0	4		0.120		
Niacin	mg	0.084		0	4		0.062		
Pantothenic acid	mg	0.363		0	4		0.269		
Vitamin B-6	mg	0.038		0	4		0.028		
Folate, total	mcg	5		0	4		4		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	5		0	4		4		
Folate, DFE	mcg_DFE	5		0	4		4		
Vitamin B-12	mcg	0.36		0	4		0.27		
Vitamin A, IU	IU	643		0	4		476		
Vitamin A, RE	mcg_RE	184		0	4		136		
Vitamin E	mg_ATE	0.000		0	7		0.000		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	9.970		0	1		7.378		
4:0	g	0.520		1	1		0.385		
6:0	g	0.310		1	1		0.229		
8:0	g	0.180		1	1		0.133		
10:0	g	0.410		1	1		0.303		
11:0	g								
12:0	g	0.450		1	1		0.333		
13:0	g								
14:0	g	1.660		1	1		1.228		
15:0	g								
16:0	g	4.490		1	1		3.323		
17:0	g								
18:0	g	1.960		1	1		1.450		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	4.660		0	1		3.448		
14:1	g								
15:1	g								

NDB No. 19089
Frozen desserts, ice cream, vanilla, rich

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.360		1	1		0.266		
17:1....g								
18:1 undifferentiated....g	4.300		1	1		3.182		
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	0.600		0	1		0.444		
18:2 undifferentiated....g	0.370		1	1		0.274		
18:3 undifferentiated....g	0.240		1	1		0.178		
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	61		0	4		45		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.041		0	1		0.030		
Threonine....g	0.138		0	1		0.102		
Isoleucine....g	0.182		0	1		0.135		
Leucine....g	0.298		0	1		0.221		
Lysine....g	0.248		0	1		0.184		
Methionine....g	0.076		0	1		0.056		
Cystine....g	0.027		0	1		0.020		
Phenylalanine....g	0.149		0	1		0.110		
Tyrosine....g	0.142		0	1		0.105		
Valine....g	0.205		0	1		0.152		
Arginine....g	0.135		0	1		0.100		
Histidine....g	0.083		0	1		0.061		
Alanine....g	0.136		0	1		0.101		
Aspartic acid....g	0.245		0	1		0.181		
Glutamic acid....g	0.652		0	1		0.482		
Glycine....g	0.147		0	1		0.109		
Proline....g	0.338		0	1		0.250		
Serine....g	0.171		0	1		0.127		
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 = 74.000g: .5 cup (4 fl oz)

Calories Factors: **Protein** 4 **Fat** 8.79 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19090
Frozen desserts, ice cream, french vanilla, soft-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	59.80	0.361	11	1		51.43		
Energy....kcal	215		0	4		185		
Energy....kj	900			4		774		
Protein (N x 6.4)....g	4.10		1	1		3.53		
Total lipid (fat)....g	13.00	0.508	11	1		11.18		
Ash....g	0.90		1	4		0.77		
Carbohydrate, by difference....g	22.20		0	4		19.09		
Fiber, total dietary....g	0.0		0	4		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	131		1	4		113		
Iron, Fe....mg	0.21		1	4		0.18		
Magnesium, Mg....mg	12		1	4		10		
Phosphorus, P....mg	116		1	4		100		
Potassium, K....mg	177		1	4		152		
Sodium, Na....mg	61		1	4		52		
Zinc, Zn....mg	0.52		1	4		0.45		
Copper, Cu....mg	0.030		1	4		0.026		
Manganese, Mn....mg	0.005		1	4		0.004		
Selenium, Se....mcg	3.0		0	4		2.6		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.8		1	4		0.7		
Thiamin....mg	0.049		1	4		0.042		
Riboflavin....mg	0.182		1	4		0.157		
Niacin....mg	0.095		1	4		0.082		
Pantothenic acid....mg	0.506		1	4		0.435		
Vitamin B-6....mg	0.048		1	4		0.041		
Folate, total....mcg	9		1	4		8		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	9		1	4		8		
Folate, DFE....mcg_DFE	9		0	4		8		
Vitamin B-12....mcg	0.50		1	4		0.43		
Vitamin A, IU....IU	539		1	4		464		
Vitamin A, RE....mcg_RE	154		0	1		132		
Vitamin E....mg_ATE	0.370		0	4		0.318		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.480		0	1		6.433		
4:0....g	0.390		1	1		0.335		
6:0....g	0.230		1	1		0.198		
8:0....g	0.130		1	1		0.112		
10:0....g	0.300		1	1		0.258		
11:0....g								
12:0....g	0.340		1	1		0.292		
13:0....g								
14:0....g	1.240		1	1		1.066		
15:0....g								
16:0....g	3.360		1	1		2.890		
17:0....g								
18:0....g	1.470		1	1		1.264		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.490		0	1		3.001		
14:1....g								
15:1....g								

NDB No. 19090
Frozen desserts, ice cream, french vanilla, soft-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	0.270		1	1		0.232		
17:1....g								
18:1 undifferentiated....g	3.220		1	1		2.769		
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	0.450		0	1		0.387		
18:2 undifferentiated....g	0.280		1	1		0.241		
18:3 undifferentiated....g	0.180		1	1		0.155		
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	91		1	4		78		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.048		0	1		0.041		
Threonine....g	0.169		0	1		0.145		
Isoleucine....g	0.215		0	1		0.185		
Leucine....g	0.353		0	1		0.304		
Lysine....g	0.296		0	1		0.255		
Methionine....g	0.091		0	1		0.078		
Cystine....g	0.036		0	1		0.031		
Phenylalanine....g	0.176		0	1		0.151		
Tyrosine....g	0.170		0	1		0.146		
Valine....g	0.241		0	1		0.207		
Arginine....g	0.172		0	1		0.148		
Histidine....g	0.099		0	1		0.085		
Alanine....g	0.164		0	1		0.141		
Aspartic acid....g	0.300		0	1		0.258		
Glutamic acid....g	0.745		0	1		0.641		
Glycine....g	0.163		0	1		0.140		
Proline....g	0.374		0	1		0.322		
Serine....g	0.216		0	1		0.186		
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 = 86.000g: .5 cup (4 fl oz)

Calories Factors: **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19091
Candies, HERSHEY, YORK Peppermint Pattie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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	4		1.41	1.72	4.24
Energy....kcal	393		0	9		55	67	165
Energy....kj	1644			9		230	280	691
Protein....g	2.20		1	12		0.31	0.37	0.92
Total lipid (fat)....g	7.10		1	12		0.99	1.21	2.98
Ash....g	0.50		0	4		0.07	0.09	0.21
Carbohydrate, by difference....g	80.10		0	9		11.21	13.62	33.64
Fiber, total dietary....g	2.0		1	12		0.3	0.3	0.8
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	15		1	12		2	3	6
Iron, Fe....mg	1.00		1	12		0.14	0.17	0.42
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	129		1	12		18	22	54
Sodium, Na....mg	24		1	12		3	4	10
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	4.300		1	12		0.602	0.731	1.806
Fatty acids, total monounsaturated....g	2.500		1	12		0.350	0.425	1.050
Fatty acids, total polyunsaturated....g	0.200		1	12		0.028	0.034	0.084
Fatty acids, total trans....g								
Cholesterol....mg	1		1	12		0	0	0
Phytosterols....mg								

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

Common Measures:

Measure 1 = 14.000g: 1 patty, small (0.5 oz)

Measure 2 = 17.000g: 1 patty, small (0.6 oz)

Measure 3 = 42.000g: 1 patty, large (1.5 oz)

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

Food Group: 19 Sweets

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

NDB No. 19093
Candies, HERSHEY, SYMPHONY Milk Chocolate 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	0.60		0	4		0.25	0.40	
Energy....kcal	553		0	9		232	371	
Energy....kj	2314			9		972	1550	
Protein....g	7.20		1	12		3.02	4.82	
Total lipid (fat)....g	32.80		1	12		13.78	21.98	
Ash....g	1.46		0	4		0.61	0.98	
Carbohydrate, by difference....g	57.94		0	4		24.33	38.82	
Fiber, total dietary....g	1.9		1	12		0.8	1.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	215		1	12		90	144	
Iron, Fe....mg	1.20		1	12		0.50	0.80	
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	92		1	12		39	62	
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	22		1	12		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 = 42.000g: 1 bar (1.5 oz)

Measure 2 = 67.000g: 1 bar (2.4 oz)

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

Food Group: 19 Sweets

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

NDB No. 19095
Frozen desserts, ice cream, vanilla

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	61.00	0.360	50	1		35.38	40.26	
Energy....kcal	201		0	4		117	133	
Energy....kj	841			4		488	555	
Protein (N x 6.4)....g	3.50	0.199	152	1		2.03	2.31	
Total lipid (fat)....g	11.00	0.080	291	1		6.38	7.26	
Ash....g	0.90	0.045	6	1		0.52	0.59	
Carbohydrate, by difference....g	23.60		0	4		13.69	15.58	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g	17.60		0	1		10.21	11.62	
Starch....g								
Minerals:								
Calcium, Ca....mg	128	5.483	17	1		74	84	
Iron, Fe....mg	0.09	0.007	35	1		0.05	0.06	
Magnesium, Mg....mg	14	0.361	12	1		8	9	
Phosphorus, P....mg	105	4.119	12	1		61	69	
Potassium, K....mg	199	6.120	12	1		115	131	
Sodium, Na....mg	80	6.528	19	1		46	53	
Zinc, Zn....mg	0.69	0.160	14	1		0.40	0.46	
Copper, Cu....mg	0.023	0.002	7	1		0.013	0.015	
Manganese, Mn....mg	0.008	0.001	6	1		0.005	0.005	
Selenium, Se....mcg	2.6		0	4		1.5	1.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6	0.067	21	1		0.3	0.4	
Thiamin....mg	0.041	0.003	13	1		0.024	0.027	
Riboflavin....mg	0.240	0.013	14	1		0.139	0.158	
Niacin....mg	0.116	0.011	6	1		0.067	0.077	
Pantothenic acid....mg	0.581	0.170	3	1		0.337	0.383	
Vitamin B-6....mg	0.048	0.001	10	1		0.028	0.032	
Folate, total....mcg	5	1.830	4	1		3	3	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5	1.830	4	1		3	3	
Folate, DFE....mcg_DFE	5		0	4		3	3	
Vitamin B-12....mcg	0.39	0.043	3	1		0.23	0.26	
Vitamin A, IU....IU	409	23.824	10	1		237	270	
Vitamin A, RE....mcg_RE	117		0	1		68	77	
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.790		0	1		3.938	4.481	
4:0....g	0.360		1	1		0.209	0.238	
6:0....g	0.210		1	1		0.122	0.139	
8:0....g	0.120		1	1		0.070	0.079	
10:0....g	0.280		1	1		0.162	0.185	
11:0....g								
12:0....g	0.310		1	1		0.180	0.205	
13:0....g								
14:0....g	1.130		1	1		0.655	0.746	
15:0....g								
16:0....g	3.060		1	1		1.775	2.020	
17:0....g								
18:0....g	1.330		1	1		0.771	0.878	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.170		0	1		1.839	2.092	
14:1....g								
15:1....g								

NDB No. 19095
Frozen desserts, ice cream, vanilla

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. 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	0.250		1	1		0.145	0.165	
17:1....g								
18:1 undifferentiated....g	2.930		1	1		1.699	1.934	
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	0.410		0	1		0.238	0.271	
18:2 undifferentiated....g	0.250		1	1		0.145	0.165	
18:3 undifferentiated....g	0.160		1	1		0.093	0.106	
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	44	1.924	10	1		26	29	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.045		0	1		0.026	0.030	
Threonine....g	0.146		0	1		0.085	0.096	
Isoleucine....g	0.195		0	1		0.113	0.129	
Leucine....g	0.316		0	1		0.183	0.209	
Lysine....g	0.258		0	1		0.150	0.170	
Methionine....g	0.081		0	1		0.047	0.053	
Cystine....g	0.029		0	1		0.017	0.019	
Phenylalanine....g	0.157		0	1		0.091	0.104	
Tyrosine....g	0.155		0	1		0.090	0.102	
Valine....g	0.217		0	1		0.126	0.143	
Arginine....g	0.125		0	1		0.073	0.083	
Histidine....g	0.088		0	1		0.051	0.058	
Alanine....g	0.121		0	1		0.070	0.080	
Aspartic acid....g	0.250		0	1		0.145	0.165	
Glutamic acid....g	0.681		0	1		0.395	0.449	
Glycine....g	0.093		0	1		0.054	0.061	
Proline....g	0.326		0	1		0.189	0.215	
Serine....g	0.177		0	1		0.103	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 = 58.000g: 1 individual (3.5 fl oz)

Measure 2 = 66.000g: .5 cup (4 fl oz)

Calories Factors: **Protein** 4.1 **Fat** 8.79 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19096
Frozen desserts, ice cream, light (50% of the fat), vanilla, soft 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	69.60	0.153	45	1		61.25		
Energy....kcal	126		0	4		111		
Energy....kj	527			4		464		
Protein (N x 6.4)....g	4.90		1	4		4.31		
Total lipid (fat)....g	2.60	0.116	67	1		2.29		
Ash....g	1.10		1	4		0.97		
Carbohydrate, by difference....g	21.80		0	4		19.18		
Fiber, total dietary....g	0.0		0	4		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	157		1	4		138		
Iron, Fe....mg	0.06		1	4		0.05		
Magnesium, Mg....mg	14		1	4		12		
Phosphorus, P....mg	121		1	4		106		
Potassium, K....mg	221		1	4		194		
Sodium, Na....mg	70		1	4		62		
Zinc, Zn....mg	0.53		1	4		0.47		
Copper, Cu....mg	0.027		1	4		0.024		
Manganese, Mn....mg	0.008		1	4		0.007		
Selenium, Se....mcg	3.6		0	4		3.2		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.9		1	4		0.8		
Thiamin....mg	0.052		1	4		0.046		
Riboflavin....mg	0.198		1	4		0.174		
Niacin....mg	0.118		1	4		0.104		
Pantothenic acid....mg	0.447		1	4		0.393		
Vitamin B-6....mg	0.046		1	4		0.040		
Folate, total....mcg	6		1	4		5		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	6		1	4		5		
Folate, DFE....mcg_DFE	6		0	4		5		
Vitamin B-12....mcg	0.50		1	4		0.44		
Vitamin A, IU....IU	103		1	4		91		
Vitamin A, RE....mcg_RE	29		0	1		26		
Vitamin E....mg_ATE	0.000		0	7		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.630		0	1		1.434		
4:0....g	0.090		2	1		0.079		
6:0....g	0.050		2	1		0.044		
8:0....g	0.030		2	1		0.026		
10:0....g	0.070		2	1		0.062		
11:0....g								
12:0....g	0.070		2	1		0.062		
13:0....g								
14:0....g	0.270		2	1		0.238		
15:0....g								
16:0....g	0.730		2	1		0.642		
17:0....g								
18:0....g	0.320		2	1		0.282		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.760		0	1		0.669		
14:1....g								
15:1....g								

NDB No. 19096
Frozen desserts, ice cream, light (50% of the fat), vanilla, soft 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	0.060		2	1		0.053		
17:1....g								
18:1 undifferentiated....g	0.700		2	1		0.616		
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	0.100		0	1		0.088		
18:2 undifferentiated....g	0.060		2	1		0.053		
18:3 undifferentiated....g	0.040		2	1		0.035		
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	12		1	4		11		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.059		0	1		0.052		
Threonine....g	0.197		0	1		0.173		
Isoleucine....g	0.260		0	1		0.229		
Leucine....g	0.424		0	1		0.373		
Lysine....g	0.351		0	1		0.309		
Methionine....g	0.109		0	1		0.096		
Cystine....g	0.039		0	1		0.034		
Phenylalanine....g	0.211		0	1		0.186		
Tyrosine....g	0.204		0	1		0.180		
Valine....g	0.292		0	1		0.257		
Arginine....g	0.185		0	1		0.163		
Histidine....g	0.117		0	1		0.103		
Alanine....g	0.184		0	1		0.162		
Aspartic acid....g	0.345		0	1		0.304		
Glutamic acid....g	0.923		0	1		0.812		
Glycine....g	0.182		0	1		0.160		
Proline....g	0.466		0	1		0.410		
Serine....g	0.241		0	1		0.212		
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 = 88.000g: .5 cup (4 fl oz)

Calories Factors: **Protein** 4.1 **Fat** 8.79 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19097
Frozen desserts, sherbet, 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	66.10	0.297	40	1		48.91	43.63	
Energy....kcal	138		0	4		102	91	
Energy....kj	577			4		427	381	
Protein (N x 6.4)....g	1.10	0.330	41	1		0.81	0.73	
Total lipid (fat)....g	2.00	0.057	23	1		1.48	1.32	
Ash....g	0.40		1	1		0.30	0.26	
Carbohydrate, by difference....g	30.40		0	4		22.50	20.06	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g	24.32		0	8		18.00	16.05	
Starch....g								
Minerals:								
Calcium, Ca....mg	54	4.021	10	1		40	36	
Iron, Fe....mg	0.14	0.027	6	1		0.10	0.09	
Magnesium, Mg....mg	8	1.167	8	1		6	5	
Phosphorus, P....mg	40	4.817	7	1		30	26	
Potassium, K....mg	96	13.153	12	1		71	63	
Sodium, Na....mg	46	5.938	12	1		34	30	
Zinc, Zn....mg	0.48	0.292	10	1		0.36	0.32	
Copper, Cu....mg	0.028	0.005	5	1		0.021	0.018	
Manganese, Mn....mg	0.011	0.002	4	1		0.008	0.007	
Selenium, Se....mcg	1.3		0	4		1.0	0.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.1		0	4		2.3	2.0	
Thiamin....mg	0.025		0	4		0.019	0.017	
Riboflavin....mg	0.078		0	4		0.058	0.051	
Niacin....mg	0.060		0	4		0.044	0.040	
Pantothenic acid....mg	0.180		0	4		0.133	0.119	
Vitamin B-6....mg	0.024		0	4		0.018	0.016	
Folate, total....mcg	5		0	4		4	3	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5		0	4		4	3	
Folate, DFE....mcg_DFE	5		0	4		4	3	
Vitamin B-12....mcg	0.19		0	4		0.14	0.13	
Vitamin A, IU....IU	76		1	4		56	50	
Vitamin A, RE....mcg_RE	14		0	1		10	9	
Vitamin E....mg_ATE	0.079		0	4		0.058	0.052	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.160		0	1		0.858	0.766	
4:0....g	0.060		1	1		0.044	0.040	
6:0....g	0.030		1	1		0.022	0.020	
8:0....g	0.020		1	1		0.015	0.013	
10:0....g	0.050		1	1		0.037	0.033	
11:0....g								
12:0....g	0.050		1	1		0.037	0.033	
13:0....g								
14:0....g	0.200		1	1		0.148	0.132	
15:0....g								
16:0....g	0.510		1	1		0.377	0.337	
17:0....g								
18:0....g	0.230		1	1		0.170	0.152	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.530		0	1		0.392	0.350	
14:1....g								
15:1....g								

NDB No. 19097
Frozen desserts, sherbet, orange

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. 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	0.050		1	1		0.037	0.033	
17:1....g								
18:1 undifferentiated....g	0.490		1	1		0.363	0.323	
20:1....g	0.000		1	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	7		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.080		0	1		0.059	0.053	
18:2 undifferentiated....g	0.050		1	1		0.037	0.033	
18:3 undifferentiated....g	0.030		1	1		0.022	0.020	
18:4....g	0.000		0	7		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	7		0.000	0.000	
20:5 n-3....g	0.000		0	7		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	7		0.000	0.000	
22:6 n-3....g	0.000		0	7		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	6		0	4		4	4	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.014		0	1		0.010	0.009	
Threonine....g	0.044		0	1		0.033	0.029	
Isoleucine....g	0.059		0	1		0.044	0.039	
Leucine....g	0.096		0	1		0.071	0.063	
Lysine....g	0.077		0	1		0.057	0.051	
Methionine....g	0.024		0	1		0.018	0.016	
Cystine....g	0.010		0	1		0.007	0.007	
Phenylalanine....g	0.048		0	1		0.036	0.032	
Tyrosine....g	0.047		0	1		0.035	0.031	
Valine....g	0.066		0	1		0.049	0.044	
Arginine....g	0.042		0	1		0.031	0.028	
Histidine....g	0.027		0	1		0.020	0.018	
Alanine....g	0.035		0	1		0.026	0.023	
Aspartic acid....g	0.085		0	1		0.063	0.056	
Glutamic acid....g	0.206		0	1		0.152	0.136	
Glycine....g	0.022		0	1		0.016	0.015	
Proline....g	0.100		0	1		0.074	0.066	
Serine....g	0.054		0	1		0.040	0.036	
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 = 74.000g: .5 cup (4 fl oz)

Measure 2 = 66.000g: 1 bar (2.75 fl oz)

Calories Factors: **Protein** 4.2 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19098
Candies, HERSHEY, 5TH AVENUE Candy Bar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.84		0	4		1.05	0.29	
Energy....kcal	492		0	9		280	79	
Energy....kj	2059			9		1173	329	
Protein....g	9.00		1	12		5.13	1.44	
Total lipid (fat)....g	21.30		1	12		12.14	3.41	
Ash....g	1.76		0	4		1.00	0.28	
Carbohydrate, by difference....g	66.10		0	9		37.68	10.58	
Fiber, total dietary....g	2.2		1	12		1.3	0.4	
Sugars, total....g	45.10		1	12		25.71	7.22	
Starch....g								
Minerals:								
Calcium, Ca....mg	74		1	12		42	12	
Iron, Fe....mg	1.30		1	12		0.74	0.21	
Magnesium, Mg....mg	64		0	4		36	10	
Phosphorus, P....mg	154		0	4		88	25	
Potassium, K....mg	297		0	4		169	48	
Sodium, Na....mg	165		1	12		94	26	
Zinc, Zn....mg	1.23		0	4		0.70	0.20	
Copper, Cu....mg	0.291		0	4		0.166	0.047	
Manganese, Mn....mg	0.641		0	4		0.365	0.103	
Selenium, Se....mcg	3.7		0	4		2.1	0.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.1	0.0	
Thiamin....mg	0.135		0	4		0.077	0.022	
Riboflavin....mg	0.120		0	4		0.068	0.019	
Niacin....mg	3.464		0	4		1.974	0.554	
Pantothenic acid....mg	0.490		0	4		0.279	0.078	
Vitamin B-6....mg	0.087		0	4		0.050	0.014	
Folate, total....mcg	38		0	4		22	6	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	38		0	4		22	6	
Folate, DFE....mcg_DFE	38		0	4		22	6	
Vitamin B-12....mcg	0.13		0	4		0.07	0.02	
Vitamin A, IU....IU	56		0	4		32	9	
Vitamin A, RE....mcg_RE	15		0	4		9	2	
Vitamin E....mg_ATE	2.305		0	4		1.314	0.369	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.900		1	12		4.503	1.264	
4:0....g	0.011		0	4		0.006	0.002	
6:0....g	0.004		0	4		0.002	0.001	
8:0....g	0.004		0	4		0.002	0.001	
10:0....g	0.007		0	4		0.004	0.001	
11:0....g								
12:0....g	0.008		0	4		0.005	0.001	
13:0....g								
14:0....g	0.288		0	4		0.164	0.046	
15:0....g								
16:0....g	4.435		0	4		2.528	0.710	
17:0....g								
18:0....g	2.934		0	4		1.672	0.469	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.000		1	12		5.700	1.600	
14:1....g								
15:1....g								

NDB No. 19098
Candies, HERSHEY, 5TH AVENUE Candy Bar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		0.011	0.003	
17:1....g								
18:1 undifferentiated....g	9.790		0	4		5.580	1.566	
20:1....g	0.183		0	4		0.104	0.029	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.400		1	12		1.938	0.544	
18:2 undifferentiated....g	3.376		0	4		1.924	0.540	
18:3 undifferentiated....g	0.024		0	4		0.014	0.004	
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	6		1	12		3	1	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	4		0.0	0.0	
Caffeine....mg	7		0	4		4	1	
Theobromine....mg	49		0	4		28	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 = 57.000g: 1 bar (2 oz)

Measure 2 = 16.000g: 1 bar, snack size (0.6 oz)

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

Food Group: 19 Sweets

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

NDB No. 19099
Candies, fondant, 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	7.00		0	1		1.12	65.10	
Energy....kcal	358		0	4		57	3329	
Energy....kj	1498			4		240	13930	
Protein (N x 0)....g	0.00		0	1		0.00	0.00	
Total lipid (fat)....g	0.00		0	1		0.00	0.00	
Ash....g	0.20		0	1		0.03	1.86	
Carbohydrate, by difference....g	92.80		0	4		14.85	863.04	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	2		0	1		0	19	
Iron, Fe....mg	0.06		0	1		0.01	0.56	
Magnesium, Mg....mg	1		0	1		0	9	
Phosphorus, P....mg	2		0	1		0	19	
Potassium, K....mg	16		0	1		3	149	
Sodium, Na....mg	40		0	1		6	372	
Zinc, Zn....mg	0.04		0	1		0.01	0.37	
Copper, Cu....mg	0.040		0	1		0.006	0.372	
Manganese, Mn....mg	0.015		0	1		0.002	0.140	
Selenium, Se....mcg	0.6		0	4		0.1	5.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.001		0	1		0.000	0.009	
Riboflavin....mg	0.017		0	1		0.003	0.158	
Niacin....mg	0.002		0	1		0.000	0.019	
Pantothenic acid....mg	0.002		0	1		0.000	0.019	
Vitamin B-6....mg	0.001		0	1		0.000	0.009	
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	2		0	1		0	19	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	7		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	7		0.000	0.000	
14:1....g								
15:1....g								

NDB No. 19099
Candies, fondant, 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	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	7		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 = 16.000g: 1 piece

Measure 2 = 930.000g: 1 recipe yield (60 pieces)

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

Food Group: 19 Sweets

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

NDB No. 19100
Candies, fudge, chocolate, 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	9.70		0	1		1.65		
Energy....kcal	381		0	4		65		
Energy....kj	1594			4		271		
Protein (N x 0)....g	1.70		0	1		0.29		
Total lipid (fat)....g	8.50		0	1		1.45		
Ash....g	0.50		0	1		0.09		
Carbohydrate, by difference....g	79.50		0	4		13.52		
Fiber, total dietary....g	0.8		0	4		0.1		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	42		0	1		7		
Iron, Fe....mg	0.48		0	1		0.08		
Magnesium, Mg....mg	25		0	1		4		
Phosphorus, P....mg	58		0	1		10		
Potassium, K....mg	103		0	1		18		
Sodium, Na....mg	62		0	1		11		
Zinc, Zn....mg	0.40		0	1		0.07		
Copper, Cu....mg	0.178		0	1		0.030		
Manganese, Mn....mg	0.136		0	1		0.023		
Selenium, Se....mcg	1.6		0	4		0.3		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.0		
Thiamin....mg	0.014		0	1		0.002		
Riboflavin....mg	0.075		0	1		0.013		
Niacin....mg	0.101		0	1		0.017		
Pantothenic acid....mg	0.113		0	1		0.019		
Vitamin B-6....mg	0.016		0	1		0.003		
Folate, total....mcg	2		0	1		0		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	2		0	1		0		
Folate, DFE....mcg_DFE	2		0	4		0		
Vitamin B-12....mcg	0.06		0	1		0.01		
Vitamin A, IU....IU	191		0	1		32		
Vitamin A, RE....mcg_RE	46		0	1		8		
Vitamin E....mg_ATE	0.100		0	4		0.017		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.160		0	1		0.877		
4:0....g	0.160		0	1		0.027		
6:0....g	0.090		0	1		0.015		
8:0....g	0.050		0	1		0.009		
10:0....g	0.120		0	1		0.020		
11:0....g								
12:0....g	0.140		0	1		0.024		
13:0....g								
14:0....g	0.500		0	1		0.085		
15:0....g								
16:0....g	2.270		0	1		0.386		
17:0....g								
18:0....g	1.720		0	1		0.292		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.610		0	1		0.444		
14:1....g								
15:1....g								

NDB No. 19100
Candies, fudge, chocolate, 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	0.110		0	1		0.019		
17:1....g								
18:1 undifferentiated....g	2.440		0	1		0.415		
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	0.300		0	1		0.051		
18:2 undifferentiated....g	0.230		0	1		0.039		
18:3 undifferentiated....g	0.070		0	1		0.012		
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	14		0	1		2		
Phytosterols....mg	0		0	1		0		
Amino Acids:								
Tryptophan....g	0.024		0	1		0.004		
Threonine....g	0.071		0	1		0.012		
Isoleucine....g	0.085		0	1		0.014		
Leucine....g	0.136		0	1		0.023		
Lysine....g	0.111		0	1		0.019		
Methionine....g	0.031		0	1		0.005		
Cystine....g	0.017		0	1		0.003		
Phenylalanine....g	0.079		0	1		0.013		
Tyrosine....g	0.072		0	1		0.012		
Valine....g	0.106		0	1		0.018		
Arginine....g	0.073		0	1		0.012		
Histidine....g	0.038		0	1		0.006		
Alanine....g	0.065		0	1		0.011		
Aspartic acid....g	0.141		0	1		0.024		
Glutamic acid....g	0.305		0	1		0.052		
Glycine....g	0.051		0	1		0.009		
Proline....g	0.123		0	1		0.021		
Serine....g	0.082		0	1		0.014		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg	14		0	4		2		
Theobromine....mg	87		0	4		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 = 17.000g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19101
Candies, fudge, chocolate, with nuts, 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	6.80		0	1		1.29		
Energy....kcal	426		0	4		81		
Energy....kj	1782			4		339		
Protein (N x 0)....g	3.40		0	1		0.65		
Total lipid (fat)....g	16.10		0	1		3.06		
Ash....g	0.70		0	1		0.13		
Carbohydrate, by difference....g	72.80		0	4		13.83		
Fiber, total dietary....g	1.3		0	4		0.2		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	50		0	1		10		
Iron, Fe....mg	0.76		0	1		0.14		
Magnesium, Mg....mg	45		0	1		9		
Phosphorus, P....mg	93		0	1		18		
Potassium, K....mg	158		0	1		30		
Sodium, Na....mg	60		0	1		11		
Zinc, Zn....mg	0.72		0	1		0.14		
Copper, Cu....mg	0.342		0	1		0.065		
Manganese, Mn....mg	0.503		0	1		0.096		
Selenium, Se....mcg	2.1		0	4		0.4		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		0	1		0.1		
Thiamin....mg	0.063		0	1		0.012		
Riboflavin....mg	0.086		0	1		0.016		
Niacin....mg	0.228		0	1		0.043		
Pantothenic acid....mg	0.183		0	1		0.035		
Vitamin B-6....mg	0.088		0	1		0.017		
Folate, total....mcg	10		0	1		2		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	10		0	1		2		
Folate, DFE....mcg_DFE	10		0	4		2		
Vitamin B-12....mcg	0.06		0	1		0.01		
Vitamin A, IU....IU	202		0	1		38		
Vitamin A, RE....mcg_RE	47		0	1		9		
Vitamin E....mg_ATE	0.410		0	4		0.078		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.620		0	1		1.068		
4:0....g	0.150		0	1		0.029		
6:0....g	0.090		0	1		0.017		
8:0....g	0.050		0	1		0.010		
10:0....g	0.120		0	1		0.023		
11:0....g								
12:0....g	0.130		0	1		0.025		
13:0....g								
14:0....g	0.510		0	1		0.097		
15:0....g								
16:0....g	2.710		0	1		0.515		
17:0....g								
18:0....g	1.740		0	1		0.331		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.320		0	1		0.821		
14:1....g								
15:1....g								

NDB No. 19101
Candies, fudge, chocolate, with nuts, 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	0.130		0	1		0.025		
17:1....g								
18:1 undifferentiated....g	4.070		0	1		0.773		
20:1....g	0.070		0	1		0.013		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	5.410		0	1		1.028		
18:2 undifferentiated....g	4.430		0	1		0.842		
18:3 undifferentiated....g	0.970		0	1		0.184		
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	14		0	1		3		
Phytosterols....mg	14		0	1		3		
Amino Acids:								
Tryptophan....g	0.042		0	1		0.008		
Threonine....g	0.113		0	1		0.021		
Isoleucine....g	0.139		0	1		0.026		
Leucine....g	0.232		0	1		0.044		
Lysine....g	0.142		0	1		0.027		
Methionine....g	0.059		0	1		0.011		
Cystine....g	0.054		0	1		0.010		
Phenylalanine....g	0.141		0	1		0.027		
Tyrosine....g	0.113		0	1		0.021		
Valine....g	0.175		0	1		0.033		
Arginine....g	0.299		0	1		0.057		
Histidine....g	0.074		0	1		0.014		
Alanine....g	0.126		0	1		0.024		
Aspartic acid....g	0.290		0	1		0.055		
Glutamic acid....g	0.584		0	1		0.111		
Glycine....g	0.130		0	1		0.025		
Proline....g	0.171		0	1		0.032		
Serine....g	0.160		0	1		0.030		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg	14		0	4		3		
Theobromine....mg	87		0	4		17		

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

Common Measures:

Measure 1 = 19.000g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19103
Candies, fudge, vanilla, 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	10.90		0	1		1.74		
Energy....kcal	369		0	4		59		
Energy....kj	1544			4		247		
Protein (N x 0)....g	1.10		0	1		0.18		
Total lipid (fat)....g	5.40		0	1		0.86		
Ash....g	0.40		0	1		0.06		
Carbohydrate, by difference....g	82.30		0	4		13.17		
Fiber, total dietary....g	0.0		0	4		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	39		0	1		6		
Iron, Fe....mg	0.07		0	1		0.01		
Magnesium, Mg....mg	5		0	1		1		
Phosphorus, P....mg	32		0	1		5		
Potassium, K....mg	50		0	1		8		
Sodium, Na....mg	67		0	1		11		
Zinc, Zn....mg	0.15		0	1		0.02		
Copper, Cu....mg	0.038		0	1		0.006		
Manganese, Mn....mg	0.011		0	1		0.002		
Selenium, Se....mcg	1.1		0	4		0.2		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.0		
Thiamin....mg	0.010		0	1		0.002		
Riboflavin....mg	0.067		0	1		0.011		
Niacin....mg	0.029		0	1		0.005		
Pantothenic acid....mg	0.104		0	1		0.017		
Vitamin B-6....mg	0.010		0	1		0.002		
Folate, total....mcg	1		0	1		0		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	1		0	1		0		
Folate, DFE....mcg_DFE	1		0	4		0		
Vitamin B-12....mcg	0.07		0	1		0.01		
Vitamin A, IU....IU	204		0	1		33		
Vitamin A, RE....mcg_RE	50		0	1		8		
Vitamin E....mg_ATE	0.170		0	4		0.027		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.350		0	1		0.536		
4:0....g	0.170		0	1		0.027		
6:0....g	0.100		0	1		0.016		
8:0....g	0.060		0	1		0.010		
10:0....g	0.140		0	1		0.022		
11:0....g								
12:0....g	0.150		0	1		0.024		
13:0....g								
14:0....g	0.540		0	1		0.086		
15:0....g								
16:0....g	1.430		0	1		0.229		
17:0....g								
18:0....g	0.660		0	1		0.106		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.550		0	1		0.248		
14:1....g								
15:1....g								

NDB No. 19103
Candies, fudge, vanilla, 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	0.120		0	1		0.019		
17:1....g								
18:1 undifferentiated....g	1.370		0	1		0.219		
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	0.200		0	1		0.032		
18:2 undifferentiated....g	0.120		0	1		0.019		
18:3 undifferentiated....g	0.080		0	1		0.013		
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	16		0	1		3		
Phytosterols....mg	0		0	1		0		
Amino Acids:								
Tryptophan....g	0.014		0	1		0.002		
Threonine....g	0.046		0	1		0.007		
Isoleucine....g	0.062		0	1		0.010		
Leucine....g	0.100		0	1		0.016		
Lysine....g	0.081		0	1		0.013		
Methionine....g	0.025		0	1		0.004		
Cystine....g	0.009		0	1		0.001		
Phenylalanine....g	0.049		0	1		0.008		
Tyrosine....g	0.049		0	1		0.008		
Valine....g	0.068		0	1		0.011		
Arginine....g	0.037		0	1		0.006		
Histidine....g	0.028		0	1		0.004		
Alanine....g	0.035		0	1		0.006		
Aspartic acid....g	0.077		0	1		0.012		
Glutamic acid....g	0.213		0	1		0.034		
Glycine....g	0.022		0	1		0.004		
Proline....g	0.098		0	1		0.016		
Serine....g	0.055		0	1		0.009		
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 = 16.000g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19104
Candies, fudge, vanilla, with nuts, 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	8.00		0	1		1.20		
Energy....kcal	415		0	4		62		
Energy....kj	1736			4		260		
Protein (N x 0)....g	2.90		0	1		0.44		
Total lipid (fat)....g	13.30		0	1		2.00		
Ash....g	0.60		0	1		0.09		
Carbohydrate, by difference....g	75.20		0	4		11.28		
Fiber, total dietary....g	0.6		0	4		0.1		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	47		0	1		7		
Iron, Fe....mg	0.40		0	1		0.06		
Magnesium, Mg....mg	27		0	1		4		
Phosphorus, P....mg	71		0	1		11		
Potassium, K....mg	113		0	1		17		
Sodium, Na....mg	61		0	1		9		
Zinc, Zn....mg	0.50		0	1		0.08		
Copper, Cu....mg	0.223		0	1		0.033		
Manganese, Mn....mg	0.407		0	1		0.061		
Selenium, Se....mcg	1.7		0	4		0.3		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		0	1		0.1		
Thiamin....mg	0.061		0	1		0.009		
Riboflavin....mg	0.080		0	1		0.012		
Niacin....mg	0.169		0	1		0.025		
Pantothenic acid....mg	0.179		0	1		0.027		
Vitamin B-6....mg	0.086		0	1		0.013		
Folate, total....mcg	10		0	1		2		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	10		0	1		2		
Folate, DFE....mcg_DFE	10		0	4		2		
Vitamin B-12....mcg	0.06		0	1		0.01		
Vitamin A, IU....IU	198		0	1		30		
Vitamin A, RE....mcg_RE	46		0	1		7		
Vitamin E....mg_ATE	0.440		0	4		0.066		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.740		0	1		0.561		
4:0....g	0.150		0	1		0.023		
6:0....g	0.090		0	1		0.014		
8:0....g	0.050		0	1		0.008		
10:0....g	0.120		0	1		0.018		
11:0....g								
12:0....g	0.130		0	1		0.020		
13:0....g								
14:0....g	0.510		0	1		0.077		
15:0....g								
16:0....g	1.860		0	1		0.279		
17:0....g								
18:0....g	0.730		0	1		0.110		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.320		0	1		0.498		
14:1....g								
15:1....g								

NDB No. 19104
Candies, fudge, vanilla, with nuts, 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	0.130		0	1		0.020		
17:1....g								
18:1 undifferentiated....g	3.060		0	1		0.459		
20:1....g	0.070		0	1		0.011		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	5.540		0	1		0.831		
18:2 undifferentiated....g	4.520		0	1		0.678		
18:3 undifferentiated....g	1.020		0	1		0.153		
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	14		0	1		2		
Phytosterols....mg	15		0	1		2		
Amino Acids:								
Tryptophan....g	0.035		0	1		0.005		
Threonine....g	0.093		0	1		0.014		
Isoleucine....g	0.120		0	1		0.018		
Leucine....g	0.203		0	1		0.030		
Lysine....g	0.116		0	1		0.017		
Methionine....g	0.055		0	1		0.008		
Cystine....g	0.048		0	1		0.007		
Phenylalanine....g	0.116		0	1		0.017		
Tyrosine....g	0.094		0	1		0.014		
Valine....g	0.144		0	1		0.022		
Arginine....g	0.277		0	1		0.042		
Histidine....g	0.066		0	1		0.010		
Alanine....g	0.102		0	1		0.015		
Aspartic acid....g	0.239		0	1		0.036		
Glutamic acid....g	0.515		0	1		0.077		
Glycine....g	0.107		0	1		0.016		
Proline....g	0.151		0	1		0.023		
Serine....g	0.140		0	1		0.021		
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 = 15.000g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19105
Candies, NESTLE, GOOBERS Chocolate Covered Peanuts

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.90	0.100	3	1		0.74	3.76	0.78
Energy....kcal	513		0	4		200	1016	210
Energy....kj	2146			4		837	4250	880
Protein (N x 5.6)....g	13.70	0.314	3	1		5.34	27.13	5.62
Total lipid (fat)....g	33.50	0.518	3	1		13.07	66.33	13.74
Ash....g	1.80	0.076	3	1		0.70	3.56	0.74
Carbohydrate, by difference....g	48.70		0	4		18.99	96.43	19.97
Fiber, total dietary....g	6.1		0	4		2.4	12.1	2.5
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	127	14.814	3	1		50	251	52
Iron, Fe....mg	1.34	0.132	3	1		0.52	2.65	0.55
Magnesium, Mg....mg	119		1	4		46	236	49
Phosphorus, P....mg	296		1	4		115	586	121
Potassium, K....mg	502	10.786	3	1		196	994	206
Sodium, Na....mg	41	2.618	3	1		16	81	17
Zinc, Zn....mg	2.19		1	4		0.85	4.34	0.90
Copper, Cu....mg	0.809		1	4		0.316	1.602	0.332
Manganese, Mn....mg	0.830		1	1		0.324	1.643	0.340
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	0.0
Thiamin....mg	0.120	0.006	3	1		0.047	0.238	0.049
Riboflavin....mg	0.210	0.020	3	1		0.082	0.416	0.086
Niacin....mg	5.200	0.503	3	1		2.028	10.296	2.132
Pantothenic acid....mg	0.570		1	1		0.222	1.129	0.234
Vitamin B-6....mg	0.210		1	1		0.082	0.416	0.086
Folate, total....mcg	8		1	1		3	16	3
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	8		1	1		3	16	3
Folate, DFE....mcg_DFE	8		0	4		3	16	3
Vitamin B-12....mcg	0.29		1	4		0.11	0.57	0.12
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								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	12.210		0	1		4.762	24.176	5.006
4:0....g								
6:0....g	0.030		1	1		0.012	0.059	0.012
8:0....g	0.060		1	1		0.023	0.119	0.025
10:0....g	0.060		1	1		0.023	0.119	0.025
11:0....g								
12:0....g	0.130		1	1		0.051	0.257	0.053
13:0....g								
14:0....g	0.320		1	1		0.125	0.634	0.131
15:0....g								
16:0....g	5.700		1	1		2.223	11.286	2.337
17:0....g								
18:0....g	4.780		1	1		1.864	9.464	1.960
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	14.740		0	1		5.749	29.185	6.043
14:1....g								
15:1....g								

NDB No. 19105
Candies, NESTLE, GOOBERS Chocolate Covered Peanuts

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. 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	0.060		1	1		0.023	0.119	0.025
17:1....g								
18:1 undifferentiated....g	14.450		1	1		5.636	28.611	5.925
20:1....g	0.190		1	1		0.074	0.376	0.078
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	5.100		0	1		1.989	10.098	2.091
18:2 undifferentiated....g	5.030		1	1		1.962	9.959	2.062
18:3 undifferentiated....g	0.060		1	1		0.023	0.119	0.025
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	9		2	1		4	18	4
Phytosterols....mg								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	22		1	1		9	44	9
Theobromine....mg	109		1	1		43	216	45

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

Common Measures:

Measure 1 = 39.000g: 1 package (1.375 oz)

Measure 2 = 198.000g: 1 package (7 oz)

Measure 3 = 41.000g: 1 serving

Calories Factors: **Protein** 3.4 **Fat** 8.5 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19106
Candies, gumdrops, starch jelly pieces

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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	0.000	8	1		1.82	0.36	0.22
Energy....kcal	386		0	4		703	139	85
Energy....kj	1615			4		2939	581	355
Protein (N x 6.25)....g	0.00		1	4		0.00	0.00	0.00
Total lipid (fat)....g	0.00		1	4		0.00	0.00	0.00
Ash....g	0.10		1	4		0.18	0.04	0.02
Carbohydrate, by difference....g	98.90		0	4		180.00	35.60	21.76
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	3	0.936	9	1		5	1	1
Iron, Fe....mg	0.40	0.109	8	1		0.73	0.14	0.09
Magnesium, Mg....mg	1	0.774	9	1		2	0	0
Phosphorus, P....mg	1	0.453	8	1		2	0	0
Potassium, K....mg	5	3.943	9	1		9	2	1
Sodium, Na....mg	44	5.093	9	1		80	16	10
Zinc, Zn....mg	0.00	0.004	8	1		0.00	0.00	0.00
Copper, Cu....mg	0.012	0.008	8	1		0.022	0.004	0.003
Manganese, Mn....mg	0.010	0.017	8	1		0.018	0.004	0.002
Selenium, Se....mcg	0.6		0	4		1.1	0.2	0.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	0.0
Thiamin....mg	0.000		1	4		0.000	0.000	0.000
Riboflavin....mg	0.002		1	4		0.004	0.001	0.000
Niacin....mg	0.002		1	4		0.004	0.001	0.000
Pantothenic acid....mg	0.006		1	4		0.011	0.002	0.001
Vitamin B-6....mg	0.000		1	4		0.000	0.000	0.000
Folate, total....mcg	0		1	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		1	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		1	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	0.000
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	7		0.000	0.000	0.000
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	0.000		0	4		0.000	0.000	0.000
17:0....g								
18:0....g	0.000		0	4		0.000	0.000	0.000
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.000		0	7		0.000	0.000	0.000
14:1....g								
15:1....g								

NDB No. 19106
Candies, gumdrops, starch jelly pieces

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.000
17:1....g								
18:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:1....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.000		0	7		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		1	4		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 = 182.000g: 1 cup gumdrops

Measure 2 = 36.000g: 10 gumdrops

Measure 3 = 22.000g: 10 gummy bears

Calories Factors: **Protein** 3.5 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19107
Candies, hard

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.30	0.291	6	1		0.37	0.08	0.04
Energy....kcal	394		0	4		112	24	12
Energy....kj	1648			4		467	99	49
Protein (N x 6.25)....g	0.00		1	1		0.00	0.00	0.00
Total lipid (fat)....g	0.20		1	1		0.06	0.01	0.01
Ash....g	0.50	0.407	9	1		0.14	0.03	0.02
Carbohydrate, by difference....g	98.00		0	4		27.78	5.88	2.94
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g	62.90		1	1		17.83	3.77	1.89
Starch....g								
Minerals:								
Calcium, Ca....mg	3	1.419	37	1		1	0	0
Iron, Fe....mg	0.30	0.050	42	1		0.09	0.02	0.01
Magnesium, Mg....mg	3	0.707	37	1		1	0	0
Phosphorus, P....mg	3	1.533	37	1		1	0	0
Potassium, K....mg	5	1.358	37	1		1	0	0
Sodium, Na....mg	38	7.185	33	1		11	2	1
Zinc, Zn....mg	0.01	0.005	42	1		0.00	0.00	0.00
Copper, Cu....mg	0.029	0.010	5	1		0.008	0.002	0.001
Manganese, Mn....mg	0.010	0.001	37	1		0.003	0.001	0.000
Selenium, Se....mcg	0.6		0	4		0.2	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	0.0
Thiamin....mg	0.004		1	4		0.001	0.000	0.000
Riboflavin....mg	0.003		1	4		0.001	0.000	0.000
Niacin....mg	0.007		1	4		0.002	0.000	0.000
Pantothenic acid....mg	0.008		1	4		0.002	0.000	0.000
Vitamin B-6....mg	0.003		1	4		0.001	0.000	0.000
Folate, total....mcg	0		1	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		1	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		1	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	0.000
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	7		0.000	0.000	0.000
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	0.000		0	4		0.000	0.000	0.000
17:0....g								
18:0....g	0.000		0	4		0.000	0.000	0.000
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.000		0	7		0.000	0.000	0.000
14:1....g								
15:1....g								

NDB No. 19107
Candies, hard

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.000
17:1....g								
18:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:1....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.000		0	7		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		1	4		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 = 28.350g: 1 oz

Measure 2 = 6.000g: 1 piece

Measure 3 = 3.000g: 1 piece, small

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19108
Candies, jellybeans

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	6.30		1	4		0.69	1.79	
Energy....kcal	367		0	4		40	104	
Energy....kj	1536			4		169	435	
Protein (N x 6.25)....g	0.00		1	4		0.00	0.00	
Total lipid (fat)....g	0.50		1	4		0.06	0.14	
Ash....g	0.10		1	4		0.01	0.03	
Carbohydrate, by difference....g	93.10		0	4		10.24	26.39	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	3		1	1		0	1	
Iron, Fe....mg	1.10		1	4		0.12	0.31	
Magnesium, Mg....mg	2		1	1		0	1	
Phosphorus, P....mg	4		1	4		0	1	
Potassium, K....mg	37		1	1		4	10	
Sodium, Na....mg	25		1	1		3	7	
Zinc, Zn....mg	0.05		1	1		0.01	0.01	
Copper, Cu....mg	0.028		1	1		0.003	0.008	
Manganese, Mn....mg	0.035		1	1		0.004	0.010	
Selenium, Se....mcg	0.6		0	4		0.1	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.000		1	4		0.000	0.000	
Riboflavin....mg	0.000		1	4		0.000	0.000	
Niacin....mg	0.000		1	4		0.000	0.000	
Pantothenic acid....mg	0.000		1	4		0.000	0.000	
Vitamin B-6....mg	0.000		1	4		0.000	0.000	
Folate, total....mcg	0		1	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		1	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.140		0	4		0.015	0.040	
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	0.001	
15:0....g								
16:0....g	0.100		0	4		0.011	0.028	
17:0....g								
18:0....g	0.037		0	4		0.004	0.010	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.200		0	4		0.022	0.057	
14:1....g								
15:1....g								

NDB No. 19108
Candies, jellybeans

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		0.001	0.003	
17:1....g								
18:1 undifferentiated....g	0.190		0	4		0.021	0.054	
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	0.117		0	4		0.013	0.033	
18:2 undifferentiated....g	0.113		0	4		0.012	0.032	
18:3 undifferentiated....g	0.003		0	4		0.000	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	0.003		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	4		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 = 11.000g: 10 small

Measure 2 = 28.350g: 10 large (1 oz)

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

Food Group: 19 Sweets

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

NDB No. 19109
Candies, HERSHEY, KIT KAT Wafer Bar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.80		0	4		0.76	0.18	0.83
Energy....kcal	514		0	9		216	51	236
Energy....kj	2151			9		903	215	989
Protein....g	7.10		1	12		2.98	0.71	3.27
Total lipid (fat)....g	25.50		1	12		10.71	2.55	11.73
Ash....g	1.60		0	4		0.67	0.16	0.74
Carbohydrate, by difference....g	64.00		0	9		26.88	6.40	29.44
Fiber, total dietary....g	1.9		1	12		0.8	0.2	0.9
Sugars, total....g	42.55		0	8		17.87	4.26	19.57
Starch....g								
Minerals:								
Calcium, Ca....mg	165		1	12		69	17	76
Iron, Fe....mg	0.90		1	12		0.38	0.09	0.41
Magnesium, Mg....mg	39		0	4		16	4	18
Phosphorus, P....mg	238		0	4		100	24	109
Potassium, K....mg	291		1	12		122	29	134
Sodium, Na....mg	75		1	12		32	8	35
Zinc, Zn....mg	1.23		0	4		0.52	0.12	0.57
Copper, Cu....mg	0.196		0	4		0.082	0.020	0.090
Manganese, Mn....mg	0.193		0	4		0.081	0.019	0.089
Selenium, Se....mcg	4.7		2	1		2.0	0.5	2.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		0	4		0.3	0.1	0.3
Thiamin....mg	0.176		0	4		0.074	0.018	0.081
Riboflavin....mg	0.543		0	4		0.228	0.054	0.250
Niacin....mg	2.547		0	4		1.070	0.255	1.172
Pantothenic acid....mg	1.080		0	4		0.454	0.108	0.497
Vitamin B-6....mg	0.126		0	4		0.053	0.013	0.058
Folate, total....mcg	142		0	4		60	14	65
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	142		0	4		60	14	65
Folate, DFE....mcg_DFE	142		0	4		60	14	65
Vitamin B-12....mcg	0.16		0	4		0.07	0.02	0.07
Vitamin A, IU....IU	163		0	4		68	16	75
Vitamin A, RE....mcg_RE	48		0	4		20	5	22
Vitamin E....mg_ATE	0.803		0	4		0.337	0.080	0.369
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	16.300		1	12		6.846	1.630	7.498
4:0....g	0.174		0	4		0.073	0.017	0.080
6:0....g	0.062		0	4		0.026	0.006	0.029
8:0....g	0.279		0	4		0.117	0.028	0.128
10:0....g	0.372		0	4		0.156	0.037	0.171
11:0....g								
12:0....g	3.334		0	4		1.400	0.333	1.534
13:0....g								
14:0....g	1.706		0	4		0.717	0.171	0.785
15:0....g								
16:0....g	5.672		0	4		2.382	0.567	2.609
17:0....g								
18:0....g	4.411		0	4		1.853	0.441	2.029
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.400		1	12		3.108	0.740	3.404
14:1....g								
15:1....g								

NDB No. 19109
Candies, HERSHEY, KIT KAT Wafer Bar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.407		0	4		0.171	0.041	0.187
17:1....g								
18:1 undifferentiated....g	6.869		0	4		2.885	0.687	3.160
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	0.800		1	12		0.336	0.080	0.368
18:2 undifferentiated....g	0.712		0	4		0.299	0.071	0.328
18:3 undifferentiated....g	0.087		0	4		0.037	0.009	0.040
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	6		1	12		3	1	3
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	4		0.0	0.0	0.0
Caffeine....mg	12		0	4		5	1	6
Theobromine....mg	72		0	4		30	7	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 = 42.000g: 1 bar (1.5 oz)

Measure 2 = 10.000g: 1 bar, miniature (.35 oz)

Measure 3 = 46.000g: 1 bar (1.625 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19110
Candies, HERSHEY, KRACKEL Chocolate Bar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.54		0	4		0.63	0.95	2.85
Energy....kcal	531		0	9		218	329	982
Energy....kj	2222			9		911	1377	4110
Protein....g	6.60		1	12		2.71	4.09	12.21
Total lipid (fat)....g	28.70		1	12		11.77	17.79	53.10
Ash....g	1.56		0	4		0.64	0.97	2.89
Carbohydrate, by difference....g	61.60		0	9		25.26	38.19	113.96
Fiber, total dietary....g	2.2		1	12		0.9	1.4	4.1
Sugars, total....g	50.50		1	12		20.71	31.31	93.43
Starch....g								
Minerals:								
Calcium, Ca....mg	175		1	12		72	109	324
Iron, Fe....mg	0.90		1	12		0.37	0.56	1.67
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	138		1	12		57	86	255
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	18.100		1	12		7.421	11.222	33.485
Fatty acids, total monounsaturated....g	9.600		1	12		3.936	5.952	17.760
Fatty acids, total polyunsaturated....g	0.900		1	12		0.369	0.558	1.665
Fatty acids, total trans....g								
Cholesterol....mg	19		1	12		8	12	35
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 bar (1.5 oz)

Measure 2 = 62.000g: 1 bar (2.2 oz)

Measure 3 = 185.000g: 1 package (7 oz)

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

Food Group: 19 Sweets

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

NDB No. 19111
Candies, NESTLE, BABY RUTH Bar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.90		3	12		1.67	2.94	3.19
Energy....kcal	481		0	9		164	289	313
Energy....kj	2013			9		684	1208	1308
Protein....g	7.49		3	1		2.55	4.49	4.87
Total lipid (fat)....g	21.17		3	12		7.20	12.70	13.76
Ash....g	1.21		3	1		0.41	0.73	0.79
Carbohydrate, by difference....g	65.23		0	9		22.18	39.14	42.40
Fiber, total dietary....g	2.9		3	1		1.0	1.7	1.9
Sugars, total....g	51.96		3	12		17.67	31.18	33.77
Starch....g								
Minerals:								
Calcium, Ca....mg	41		3	1		14	25	27
Iron, Fe....mg	0.21		3	1		0.07	0.13	0.14
Magnesium, Mg....mg	80		0	4		27	48	52
Phosphorus, P....mg	151		0	4		51	91	98
Potassium, K....mg	396		0	4		135	238	257
Sodium, Na....mg	226		3	1		77	136	147
Zinc, Zn....mg	1.30		0	4		0.44	0.78	0.85
Copper, Cu....mg	0.495		0	4		0.168	0.297	0.322
Manganese, Mn....mg	0.752		0	4		0.256	0.451	0.489
Selenium, Se....mcg	3.4		0	4		1.2	2.0	2.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		3	1		0.0	0.0	0.0
Thiamin....mg	0.099		0	4		0.034	0.059	0.064
Riboflavin....mg	0.094		0	4		0.032	0.056	0.061
Niacin....mg	2.777		0	4		0.944	1.666	1.805
Pantothenic acid....mg	0.331		0	4		0.113	0.199	0.215
Vitamin B-6....mg	0.065		0	4		0.022	0.039	0.042
Folate, total....mcg	31		0	4		11	19	20
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	31		0	4		11	19	20
Folate, DFE....mcg_DFE	31		0	4		11	19	20
Vitamin B-12....mcg	0.05		0	4		0.02	0.03	0.03
Vitamin A, IU....IU	0		3	12		0	0	0
Vitamin A, RE....mcg_RE	0		0	9		0	0	0
Vitamin E....mg_ATE	1.885		0	4		0.641	1.131	1.225
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	12.300		3	12		4.182	7.380	7.995
4:0....g	0.002		0	4		0.001	0.001	0.001
6:0....g	0.025		0	4		0.009	0.015	0.016
8:0....g	0.394		0	4		0.134	0.236	0.256
10:0....g	0.442		0	4		0.150	0.265	0.287
11:0....g								
12:0....g	5.603		0	4		1.905	3.362	3.642
13:0....g								
14:0....g	1.968		0	4		0.669	1.181	1.279
15:0....g								
16:0....g	2.626		0	4		0.893	1.576	1.707
17:0....g								
18:0....g	1.088		0	4		0.370	0.653	0.707
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.456		0	4		2.195	3.874	4.196
14:1....g								
15:1....g								

NDB No. 19111
Candies, NESTLE, BABY RUTH Bar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.002	0.002
17:1....g								
18:1 undifferentiated....g	6.320		0	4		2.149	3.792	4.108
20:1....g	0.132		0	4		0.045	0.079	0.086
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.304		0	4		1.123	1.982	2.148
18:2 undifferentiated....g	3.302		0	4		1.123	1.981	2.146
18:3 undifferentiated....g	0.001		0	4		0.000	0.001	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	4		3	12		1	2	3
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	4		1	1		1	2	3
Theobromine....mg	44		1	1		15	26	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 = 34.000g: 1 bar (1.2 oz)

Measure 2 = 60.000g: 1 bar (2.1 oz)

Measure 3 = 65.000g: 1 bar (2.28 oz)

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

Food Group: 19 Sweets

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

NDB No. 19112
Candies, HERSHEY, TWIZZLERS Strawberry Twists Candy

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	16.70		0	4		11.86	23.71	
Energy....kcal	334		0	9		237	474	
Energy....kj	1397			9		992	1984	
Protein....g	3.40		1	12		2.41	4.83	
Total lipid (fat)....g	1.60		1	12		1.14	2.27	
Ash....g	0.90		0	4		0.64	1.28	
Carbohydrate, by difference....g	77.40		0	9		54.95	109.91	
Fiber, total dietary....g	1.4		1	12		1.0	2.0	
Sugars, total....g	36.80		1	12		26.13	52.26	
Starch....g								
Minerals:								
Calcium, Ca....mg	7		1	12		5	10	
Iron, Fe....mg	0.30		1	12		0.21	0.43	
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	247		1	12		175	351	
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	0.400		1	12		0.284	0.568	
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		1	12		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 = 71.000g: 1 package (2.5 oz)

Measure 2 = 142.000g: 5 package (5 oz)

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

Food Group: 19 Sweets

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

NDB No. 19113
Syrups, table blends, pancake, with butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	24.00		0	1		75.60	4.80	
Energy....kcal	296		0	4		932	59	
Energy....kj	1238			4		3901	248	
Protein (N x 0)....g	0.00		0	1		0.00	0.00	
Total lipid (fat)....g	1.60		0	1		5.04	0.32	
Ash....g	0.20		0	1		0.63	0.04	
Carbohydrate, by difference....g	74.10		0	4		233.42	14.82	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	2		0	1		6	0	
Iron, Fe....mg	0.09		0	1		0.28	0.02	
Magnesium, Mg....mg	2		0	1		6	0	
Phosphorus, P....mg	10		0	1		32	2	
Potassium, K....mg	3		0	1		9	1	
Sodium, Na....mg	98		0	1		309	20	
Zinc, Zn....mg	0.04		0	1		0.13	0.01	
Copper, Cu....mg	0.209		0	1		0.658	0.042	
Manganese, Mn....mg	0.086		0	1		0.271	0.017	
Selenium, Se....mcg	0.7		0	4		2.2	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.011		0	1		0.035	0.002	
Riboflavin....mg	0.009		0	1		0.028	0.002	
Niacin....mg	0.020		0	1		0.063	0.004	
Pantothenic acid....mg	0.025		0	1		0.079	0.005	
Vitamin B-6....mg	0.000		0	1		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	61		0	1		192	12	
Vitamin A, RE....mcg_RE	15		0	1		47	3	
Vitamin E....mg_ATE	0.031		0	4		0.098	0.006	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.010		0	1		3.182	0.202	
4:0....g	0.050		0	1		0.158	0.010	
6:0....g	0.030		0	1		0.095	0.006	
8:0....g	0.020		0	1		0.063	0.004	
10:0....g	0.040		0	1		0.126	0.008	
11:0....g								
12:0....g	0.050		0	1		0.158	0.010	
13:0....g								
14:0....g	0.160		0	1		0.504	0.032	
15:0....g								
16:0....g	0.430		0	1		1.355	0.086	
17:0....g								
18:0....g	0.200		0	1		0.630	0.040	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.470		0	1		1.481	0.094	
14:1....g								
15:1....g								

NDB No. 19113
Syrups, table blends, pancake, 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	0.040		0	1		0.126	0.008	
17:1....g								
18:1 undifferentiated....g	0.410		0	1		1.292	0.082	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.060		0	1		0.189	0.012	
18:2 undifferentiated....g	0.040		0	1		0.126	0.008	
18:3 undifferentiated....g	0.020		0	1		0.063	0.004	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	4		0	1		13	1	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.000		0	1		0.000	0.000	
Threonine....g	0.001		0	1		0.003	0.000	
Isoleucine....g	0.001		0	1		0.003	0.000	
Leucine....g	0.002		0	1		0.006	0.000	
Lysine....g	0.001		0	1		0.003	0.000	
Methionine....g	0.000		0	1		0.000	0.000	
Cystine....g	0.000		0	1		0.000	0.000	
Phenylalanine....g	0.001		0	1		0.003	0.000	
Tyrosine....g	0.001		0	1		0.003	0.000	
Valine....g	0.001		0	1		0.003	0.000	
Arginine....g	0.001		0	1		0.003	0.000	
Histidine....g	0.000		0	1		0.000	0.000	
Alanine....g	0.001		0	1		0.003	0.000	
Aspartic acid....g	0.001		0	1		0.003	0.000	
Glutamic acid....g	0.004		0	1		0.013	0.001	
Glycine....g	0.000		0	1		0.000	0.000	
Proline....g	0.002		0	1		0.006	0.000	
Serine....g	0.001		0	1		0.003	0.000	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 315.000g: 1 cup

Measure 2 = 20.000g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19115
Candies, M&M MARS, MARS Almond Bar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.50		2	1		2.25		
Energy....kcal	467		0	4		234		
Energy....kj	1954			4		977		
Protein (N x 5.6)....g	8.10		2	1		4.05		
Total lipid (fat)....g	23.00		2	1		11.50		
Ash....g	1.60		2	1		0.80		
Carbohydrate, by difference....g	62.70		0	4		31.35		
Fiber, total dietary....g	2.0		0	4		1.0		
Sugars, total....g	52.10		0	4		26.05		
Starch....g								
Minerals:								
Calcium, Ca....mg	168		2	1		84		
Iron, Fe....mg	1.10		2	1		0.55		
Magnesium, Mg....mg	72		1	1		36		
Phosphorus, P....mg	234		0	4		117		
Potassium, K....mg	325		2	1		163		
Sodium, Na....mg	170		1	1		85		
Zinc, Zn....mg	1.11		1	1		0.56		
Copper, Cu....mg	0.250		1	1		0.125		
Manganese, Mn....mg	0.367		0	4		0.184		
Selenium, Se....mcg	1.6		0	4		0.8		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		0	4		0.4		
Thiamin....mg	0.041		2	1		0.021		
Riboflavin....mg	0.312		2	1		0.156		
Niacin....mg	0.945		2	1		0.473		
Pantothenic acid....mg	0.404		0	4		0.202		
Vitamin B-6....mg	0.060		0	4		0.030		
Folate, total....mcg	19		0	4		10		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	19		0	4		10		
Folate, DFE....mcg_DFE	19		0	4		10		
Vitamin B-12....mcg	0.36		0	4		0.18		
Vitamin A, IU....IU	187		0	4		94		
Vitamin A, RE....mcg_RE	50		0	4		25		
Vitamin E....mg_ATE	4.658		0	4		2.329		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.268		0	4		3.634		
4:0....g	0.165		0	4		0.083		
6:0....g	0.081		0	4		0.041		
8:0....g	0.054		0	4		0.027		
10:0....g	0.164		0	4		0.082		
11:0....g								
12:0....g	0.294		0	4		0.147		
13:0....g								
14:0....g	0.637		0	4		0.319		
15:0....g								
16:0....g	3.516		0	4		1.758		
17:0....g								
18:0....g	2.192		0	4		1.096		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.693		0	4		5.347		
14:1....g								
15:1....g								

NDB No. 19115
Candies, M&M MARS, MARS Almond Bar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.215		0	4		0.108		
17:1....g								
18:1 undifferentiated....g	10.315		0	4		5.158		
20:1....g	0.009		0	4		0.005		
22:1 undifferentiated....g	0.000		0	4		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.980		0	4		1.990		
18:2 undifferentiated....g	3.700		0	4		1.850		
18:3 undifferentiated....g	0.261		0	4		0.131		
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	17		0	4		9		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg	4		0	4		2		
Theobromine....mg	29		0	4		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 = 50.000g: 1 bar (1.76 oz)

Calories Factors: **Protein** 3.7 **Fat** 8.6 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19116
Candies, marshmallows

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	16.40	0.374	6	1		8.20	1.15	1.18
Energy....kcal	318		0	4		159	22	23
Energy....kj	1331			4		665	93	96
Protein (N x 5.6)....g	1.80	0.107	5	1		0.90	0.13	0.13
Total lipid (fat)....g	0.20	0.055	5	1		0.10	0.01	0.01
Ash....g	0.30	0.136	5	1		0.15	0.02	0.02
Carbohydrate, by difference....g	81.30		0	4		40.65	5.69	5.85
Fiber, total dietary....g	0.1		0	4		0.1	0.0	0.0
Sugars, total....g	56.00		0	8		28.00	3.92	4.03
Starch....g								
Minerals:								
Calcium, Ca....mg	3	0.356	10	1		2	0	0
Iron, Fe....mg	0.23	0.085	10	1		0.12	0.02	0.02
Magnesium, Mg....mg	2	0.503	10	1		1	0	0
Phosphorus, P....mg	8	1.376	6	1		4	1	1
Potassium, K....mg	5	1.162	10	1		3	0	0
Sodium, Na....mg	47	6.629	11	1		24	3	3
Zinc, Zn....mg	0.04	0.015	10	1		0.02	0.00	0.00
Copper, Cu....mg	0.097		2	1		0.049	0.007	0.007
Manganese, Mn....mg	0.008	0.034	5	1		0.004	0.001	0.001
Selenium, Se....mcg	1.9		0	4		1.0	0.1	0.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0	0.000	5	1		0.0	0.0	0.0
Thiamin....mg	0.001	0.000	5	1		0.001	0.000	0.000
Riboflavin....mg	0.001	0.000	4	1		0.001	0.000	0.000
Niacin....mg	0.078	0.015	5	1		0.039	0.005	0.006
Pantothenic acid....mg	0.005		1	1		0.003	0.000	0.000
Vitamin B-6....mg	0.000		0	4		0.000	0.000	0.000
Folate, total....mcg	1		1	1		1	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	1		1	1		1	0	0
Folate, DFE....mcg_DFE	1		0	4		1	0	0
Vitamin B-12....mcg	0.00		1	1		0.00	0.00	0.00
Vitamin A, IU....IU	1	0.200	5	1		1	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	0.000
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.056		0	4		0.028	0.004	0.004
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	0.001		0	4		0.001	0.000	0.000
15:0....g								
16:0....g	0.040		0	4		0.020	0.003	0.003
17:0....g								
18:0....g	0.015		0	4		0.008	0.001	0.001
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.080		0	4		0.040	0.006	0.006
14:1....g								
15:1....g								

NDB No. 19116
Candies, marshmallows

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		0.002	0.000	0.000
17:1....g								
18:1 undifferentiated....g	0.076		0	4		0.038	0.005	0.005
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	0.047		0	4		0.024	0.003	0.003
18:2 undifferentiated....g	0.045		0	4		0.023	0.003	0.003
18:3 undifferentiated....g	0.001		0	4		0.001	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.001		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	0.023	4	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.000		0	1		0.000	0.000	0.000
Threonine....g	0.035		0	1		0.018	0.002	0.003
Isoleucine....g	0.028		0	1		0.014	0.002	0.002
Leucine....g	0.066		0	1		0.033	0.005	0.005
Lysine....g	0.077		0	1		0.039	0.005	0.006
Methionine....g	0.015		0	1		0.008	0.001	0.001
Cystine....g	0.002		0	1		0.001	0.000	0.000
Phenylalanine....g	0.042		0	1		0.021	0.003	0.003
Tyrosine....g	0.010		0	1		0.005	0.001	0.001
Valine....g	0.050		0	1		0.025	0.004	0.004
Arginine....g	0.147		0	1		0.074	0.010	0.011
Histidine....g	0.017		0	1		0.009	0.001	0.001
Alanine....g	0.180		0	1		0.090	0.013	0.013
Aspartic acid....g	0.121		0	1		0.061	0.008	0.009
Glutamic acid....g	0.208		0	1		0.104	0.015	0.015
Glycine....g	0.416		0	1		0.208	0.029	0.030
Proline....g	0.275		0	1		0.138	0.019	0.020
Serine....g	0.061		0	1		0.031	0.004	0.004
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 = 50.000g: 1 cup of miniature

Measure 2 = 7.000g: 10 miniatures

Measure 3 = 7.200g: 1 regular

Calories Factors: **Protein** 3.9 **Fat** 8.4 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19117
Candies, halavah, 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	3.67		2	1				
Energy....kcal	469		0	4				
Energy....kj	1962			4				
Protein (N x 5.8)....g	12.49		2	1				
Total lipid (fat)....g	21.52		2	1				
Ash....g	1.83		2	1				
Carbohydrate, by difference....g	60.49		0	4				
Fiber, total dietary....g	4.5		2	1				
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	33		2	1				
Iron, Fe....mg	4.53		2	1				
Magnesium, Mg....mg	218		2	1				
Phosphorus, P....mg	607		2	1				
Potassium, K....mg	187		2	1				
Sodium, Na....mg	195		2	1				
Zinc, Zn....mg	4.32		2	1				
Copper, Cu....mg	1.202		2	1				
Manganese, Mn....mg	0.873		2	1				
Selenium, Se....mcg	11.5		0	4				
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		2	1				
Thiamin....mg	0.424		2	1				
Riboflavin....mg	0.088		2	1				
Niacin....mg	2.856		2	1				
Pantothenic acid....mg	0.174		2	1				
Vitamin B-6....mg	0.348		2	1				
Folate, total....mcg	65		2	1				
Folic acid....mcg	0		0	7				
Folate, food....mcg	65		2	1				
Folate, DFE....mcg_DFE	65		0	4				
Vitamin B-12....mcg	0.04		0	4				
Vitamin A, IU....IU	2		2	1				
Vitamin A, RE....mcg_RE	0		0	4				
Vitamin E....mg_ATE	2.835		0	4				
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.127		2	1				
4:0....g	0.000		2	1				
6:0....g	0.000		2	1				
8:0....g	0.000		2	1				
10:0....g	0.000		2	1				
11:0....g								
12:0....g	0.000		2	1				
13:0....g								
14:0....g	0.000		2	1				
15:0....g								
16:0....g	2.113		2	1				
17:0....g								
18:0....g	1.847		2	1				
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.194		2	1				
14:1....g								
15:1....g								

NDB No. 19117
Candies, halavah, 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	0.025		2	1				
17:1....g								
18:1 undifferentiated....g	8.133		2	1				
20:1....g	0.036		2	1				
22:1 undifferentiated....g	0.000		2	1				
24:1 c....g								
Fatty acids, total polyunsaturated....g	8.481		2	1				
18:2 undifferentiated....g	8.421		2	1				
18:3 undifferentiated....g	0.060		2	1				
18:4....g	0.000		2	1				
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		2	1				
20:5 n-3....g	0.000		2	1				
22:2....g								
22:5 n-3....g	0.000		2	1				
22:6 n-3....g	0.000		2	1				
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7				
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7				
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Calories Factors: **Protein** 4 **Fat** 8.5 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19118
Candies, NESTLE, OH HENRY! Bar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	5.90		1	1		3.36		
Energy....kcal	431		0	4		246		
Energy....kj	1803			4		1028		
Protein (N x 5.8)....g	10.90		0	4		6.21		
Total lipid (fat)....g	16.90		1	1		9.63		
Ash....g	1.50		1	1		0.86		
Carbohydrate, by difference....g	64.70		0	4		36.88		
Fiber, total dietary....g	3.5		1	1		2.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	109		1	1		62		
Iron, Fe....mg	0.56		1	1		0.32		
Magnesium, Mg....mg	62		0	1		35		
Phosphorus, P....mg	165		0	4		94		
Potassium, K....mg	324		1	1		185		
Sodium, Na....mg	237		1	1		135		
Zinc, Zn....mg	1.21		0	4		0.69		
Copper, Cu....mg	0.287		0	4		0.164		
Manganese, Mn....mg	0.496		0	4		0.283		
Selenium, Se....mcg	3.5		0	4		2.0		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		1	4		0.1		
Thiamin....mg	0.023		1	1		0.013		
Riboflavin....mg	0.161		1	1		0.092		
Niacin....mg	2.800		1	1		1.596		
Pantothenic acid....mg	0.469		0	4		0.267		
Vitamin B-6....mg	0.067		0	4		0.038		
Folate, total....mcg	30		0	4		17		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	30		0	4		17		
Folate, DFE....mcg_DFE	30		0	4		17		
Vitamin B-12....mcg	0.21		0	4		0.12		
Vitamin A, IU....IU	47		1	1		27		
Vitamin A, RE....mcg_RE	9		0	4		5		
Vitamin E....mg_ATE	1.898		0	4		1.082		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.720		0	1		3.830		
4:0....g	0.060		1	1		0.034		
6:0....g	0.050		1	1		0.029		
8:0....g	0.080		1	1		0.046		
10:0....g	0.100		1	1		0.057		
11:0....g								
12:0....g	0.340		1	1		0.194		
13:0....g								
14:0....g	0.310		1	1		0.177		
15:0....g								
16:0....g	2.980		1	1		1.699		
17:0....g								
18:0....g	2.350		1	1		1.340		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.670		0	1		3.802		
14:1....g								
15:1....g								

NDB No. 19118
Candies, NESTLE, OH HENRY! Bar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		1	1		0.017		
17:1....g								
18:1 undifferentiated....g	6.620		1	1		3.773		
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	2.720		0	1		1.550		
18:2 undifferentiated....g	2.720		1	1		1.550		
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	9		1	1		5		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg	10		0	4		6		
Theobromine....mg	67		0	4		38		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample 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 bar (2 oz)

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

Food Group: 19 Sweets

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

NDB No. 19119
Candies, NESTLE, CHUNKY Bar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	2.90		2	1		1.02	1.16	
Energy....kcal	495		0	4		173	198	
Energy....kj	2071			4		725	828	
Protein (N x 5.8)....g	9.00		2	1		3.15	3.60	
Total lipid (fat)....g	29.20		2	1		10.22	11.68	
Ash....g	1.70		2	1		0.60	0.68	
Carbohydrate, by difference....g	57.10		0	4		19.99	22.84	
Fiber, total dietary....g	4.8		0	1		1.7	1.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	143		2	1		50	57	
Iron, Fe....mg	1.25		2	1		0.44	0.50	
Magnesium, Mg....mg	73		1	1		26	29	
Phosphorus, P....mg	208		1	1		73	83	
Potassium, K....mg	534		2	1		187	214	
Sodium, Na....mg	53		2	1		19	21	
Zinc, Zn....mg	1.84		1	4		0.64	0.74	
Copper, Cu....mg	0.620		1	4		0.217	0.248	
Manganese, Mn....mg	0.495		1	4		0.173	0.198	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		2	1		0.1	0.1	
Thiamin....mg	0.087		2	1		0.030	0.035	
Riboflavin....mg	0.395		2	1		0.138	0.158	
Niacin....mg	1.900		2	1		0.665	0.760	
Pantothenic acid....mg	0.497		1	4		0.174	0.199	
Vitamin B-6....mg	0.124		1	4		0.043	0.050	
Folate, total....mcg	22		1	4		8	9	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	22		1	4		8	9	
Folate, DFE....mcg_DFE	22		0	4		8	9	
Vitamin B-12....mcg	0.37		1	4		0.13	0.15	
Vitamin A, IU....IU	63		2	1		22	25	
Vitamin A, RE....mcg_RE	11		0	1		4	4	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	23.220		0	1		8.127	9.288	
4:0....g	0.090		1	1		0.032	0.036	
6:0....g	0.130		1	1		0.046	0.052	
8:0....g	0.220		1	1		0.077	0.088	
10:0....g	0.220		1	1		0.077	0.088	
11:0....g								
12:0....g	0.270		1	1		0.095	0.108	
13:0....g								
14:0....g	0.720		1	1		0.252	0.288	
15:0....g								
16:0....g	10.120		1	1		3.542	4.048	
17:0....g								
18:0....g	10.750		1	1		3.763	4.300	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.310		0	1		0.109	0.124	
14:1....g								
15:1....g								

NDB No. 19119
Candies, NESTLE, CHUNKY Bar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.130		1	1		0.046	0.052	
17:1....g								
18:1 undifferentiated....g	0.130		1	1		0.046	0.052	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	4.410		0	1		1.544	1.764	
18:2 undifferentiated....g	4.270		1	1		1.495	1.708	
18:3 undifferentiated....g	0.130		1	1		0.046	0.052	
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	11		2	1		4	4	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	29		1	1		10	12	
Theobromine....mg	157		1	1		55	63	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample 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 bar (1.25 oz)

Measure 2 = 40.000g: 1 bar (1.4 oz)

Calories Factors: **Protein** 3.6 **Fat** 8.6 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19120
Candies, milk chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.30	0.087	40	1		2.18	0.09	0.57
Energy....kcal	513		0	4		862	36	226
Energy....kj	2146			4		3606	150	944
Protein (N x 6.2)....g	6.90	0.265	29	1		11.59	0.48	3.04
Total lipid (fat)....g	30.70	0.309	31	1		51.58	2.15	13.51
Ash....g	1.50	0.070	25	1		2.52	0.11	0.66
Carbohydrate, by difference....g	59.20		0	4		99.46	4.14	26.05
Fiber, total dietary....g	3.4		2	1		5.7	0.2	1.5
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	191	6.104	49	1		321	13	84
Iron, Fe....mg	1.39	0.065	52	1		2.34	0.10	0.61
Magnesium, Mg....mg	60	0.991	48	1		101	4	26
Phosphorus, P....mg	216	5.052	47	1		363	15	95
Potassium, K....mg	385	8.088	50	1		647	27	169
Sodium, Na....mg	82	1.858	46	1		138	6	36
Zinc, Zn....mg	1.38	0.038	50	1		2.32	0.10	0.61
Copper, Cu....mg	0.385	0.017	47	1		0.647	0.027	0.169
Manganese, Mn....mg	0.299	0.010	48	1		0.502	0.021	0.132
Selenium, Se....mcg	3.9	0.393	14	1		6.6	0.3	1.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		2	1		0.7	0.0	0.2
Thiamin....mg	0.079	0.006	18	1		0.133	0.006	0.035
Riboflavin....mg	0.301	0.020	19	1		0.506	0.021	0.132
Niacin....mg	0.324	0.029	17	1		0.544	0.023	0.143
Pantothenic acid....mg	0.424	0.051	5	1		0.712	0.030	0.187
Vitamin B-6....mg	0.042	0.011	6	1		0.071	0.003	0.018
Folate, total....mcg	8		0	4		13	1	4
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	8		0	4		13	1	4
Folate, DFE....mcg_DFE	8		0	4		13	1	4
Vitamin B-12....mcg	0.39		2	1		0.66	0.03	0.17
Vitamin A, IU....IU	185	21.438	24	1		311	13	81
Vitamin A, RE....mcg_RE	55		0	4		92	4	24
Vitamin E....mg_ATE	1.240		0	1		2.083	0.087	0.546
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	18.480		0	4		31.046	1.294	8.131
4:0....g	0.180		8	1		0.302	0.013	0.079
6:0....g	0.070		10	1		0.118	0.005	0.031
8:0....g	0.050		10	1		0.084	0.004	0.022
10:0....g	0.370		10	1		0.622	0.026	0.163
11:0....g								
12:0....g	1.070		10	1		1.798	0.075	0.471
13:0....g								
14:0....g	0.940		10	1		1.579	0.066	0.414
15:0....g								
16:0....g	7.980		10	1		13.406	0.559	3.511
17:0....g								
18:0....g	7.630		10	1		12.818	0.534	3.357
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.970		0	4		16.750	0.698	4.387
14:1....g								
15:1....g								

NDB No. 19120
Candies, milk chocolate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.170		10	1		0.286	0.012	0.075
17:1....g								
18:1 undifferentiated....g	9.590		10	1		16.111	0.671	4.220
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	1.060		0	4		1.781	0.074	0.466
18:2 undifferentiated....g	0.960		10	1		1.613	0.067	0.422
18:3 undifferentiated....g	0.100		10	1		0.168	0.007	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	0.000		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	22	0.750	16	1		37	2	10
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.083		0	1		0.139	0.006	0.037
Threonine....g	0.296		0	1		0.497	0.021	0.130
Isoleucine....g	0.369		0	1		0.620	0.026	0.162
Leucine....g	0.645		0	1		1.084	0.045	0.284
Lysine....g	0.412		0	1		0.692	0.029	0.181
Methionine....g	0.148		0	1		0.249	0.010	0.065
Cystine....g	0.042		0	1		0.071	0.003	0.018
Phenylalanine....g	0.380		0	1		0.638	0.027	0.167
Tyrosine....g	0.317		0	1		0.533	0.022	0.139
Valine....g	0.454		0	1		0.763	0.032	0.200
Arginine....g	0.201		0	1		0.338	0.014	0.088
Histidine....g	0.106		0	1		0.178	0.007	0.047
Alanine....g	0.243		0	1		0.408	0.017	0.107
Aspartic acid....g	0.581		0	1		0.976	0.041	0.256
Glutamic acid....g	1.447		0	1		2.431	0.101	0.637
Glycine....g	0.169		0	1		0.284	0.012	0.074
Proline....g	0.581		0	1		0.976	0.041	0.256
Serine....g	0.317		0	1		0.533	0.022	0.139
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	26	2.489	25	1		44	2	11
Theobromine....mg	169	4.256	25	1		284	12	74

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

Common Measures:

Measure 1 = 168.000g: 1 cup chips

Measure 2 = 7.000g: 1 bar, miniature

Measure 3 = 44.000g: 1 bar (1.55 oz)

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

Food Group: 19 Sweets

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

NDB No. 19121
Desserts, puddings, banana, dry mix, instant, prepared with 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	74.50		0	1		437.32	109.52	
Energy....kcal	104		0	4		610	153	
Energy....kj	435			4		2554	640	
Protein (N x 0)....g	2.80		0	1		16.44	4.12	
Total lipid (fat)....g	1.70		0	1		9.98	2.50	
Ash....g	1.30		0	1		7.63	1.91	
Carbohydrate, by difference....g	19.80		0	4		116.23	29.11	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	102		0	1		599	150	
Iron, Fe....mg	0.06		0	1		0.35	0.09	
Magnesium, Mg....mg	12		0	1		70	18	
Phosphorus, P....mg	216		0	1		1268	318	
Potassium, K....mg	131		0	1		769	193	
Sodium, Na....mg	296		0	1		1738	435	
Zinc, Zn....mg	0.33		0	1		1.94	0.49	
Copper, Cu....mg	0.010		0	1		0.059	0.015	
Manganese, Mn....mg	0.003		0	1		0.018	0.004	
Selenium, Se....mcg	1.8		0	4		10.6	2.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.8		0	1		4.7	1.2	
Thiamin....mg	0.033		0	1		0.194	0.049	
Riboflavin....mg	0.137		0	1		0.804	0.201	
Niacin....mg	0.072		0	1		0.423	0.106	
Pantothenic acid....mg	0.267		0	1		1.567	0.392	
Vitamin B-6....mg	0.036		0	1		0.211	0.053	
Folate, total....mcg	4		0	1		23	6	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	4		0	1		23	6	
Folate, DFE....mcg_DFE	4		0	4		23	6	
Vitamin B-12....mcg	0.30		0	1		1.76	0.44	
Vitamin A, IU....IU	170		0	1		998	250	
Vitamin A, RE....mcg_RE	45		0	1		264	66	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.010		0	1		5.929	1.485	
4:0....g	0.050		0	1		0.294	0.074	
6:0....g	0.030		0	1		0.176	0.044	
8:0....g	0.020		0	1		0.117	0.029	
10:0....g	0.040		0	1		0.235	0.059	
11:0....g								
12:0....g	0.050		0	1		0.294	0.074	
13:0....g								
14:0....g	0.170		0	1		0.998	0.250	
15:0....g								
16:0....g	0.440		0	1		2.583	0.647	
17:0....g								
18:0....g	0.200		0	1		1.174	0.294	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.480		0	1		2.818	0.706	
14:1....g								
15:1....g								

NDB No. 19121

Desserts, puddings, banana, dry mix, instant, prepared with 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	0.040		0	1		0.235	0.059	
17:1....g								
18:1 undifferentiated....g	0.440		0	1		2.583	0.647	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.120		0	1		0.704	0.176	
18:2 undifferentiated....g	0.090		0	1		0.528	0.132	
18:3 undifferentiated....g	0.030		0	1		0.176	0.044	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	6		0	1		35	9	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.037		0	1		0.217	0.054	
Threonine....g	0.119		0	1		0.699	0.175	
Isoleucine....g	0.159		0	1		0.933	0.234	
Leucine....g	0.258		0	1		1.514	0.379	
Lysine....g	0.209		0	1		1.227	0.307	
Methionine....g	0.066		0	1		0.387	0.097	
Cystine....g	0.024		0	1		0.141	0.035	
Phenylalanine....g	0.127		0	1		0.745	0.187	
Tyrosine....g	0.127		0	1		0.745	0.187	
Valine....g	0.176		0	1		1.033	0.259	
Arginine....g	0.095		0	1		0.558	0.140	
Histidine....g	0.071		0	1		0.417	0.104	
Alanine....g	0.091		0	1		0.534	0.134	
Aspartic acid....g	0.200		0	1		1.174	0.294	
Glutamic acid....g	0.551		0	1		3.234	0.810	
Glycine....g	0.056		0	1		0.329	0.082	
Proline....g	0.255		0	1		1.497	0.375	
Serine....g	0.143		0	1		0.839	0.210	
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 = 587.000g: 1 package yields

Measure 2 = 147.000g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19122
Desserts, puddings, banana, dry mix, regular, prepared with 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	75.70		0	1		423.16	105.98	
Energy	kcal	102		0	4		570	143	
Energy	kj	427			4		2386	597	
Protein (N x 0)	g	2.90		0	1		16.21	4.06	
Total lipid (fat)	g	1.70		0	1		9.50	2.38	
Ash	g	1.00		0	1		5.59	1.40	
Carbohydrate, by difference	g	18.20		0	4		101.74	25.48	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	110		0	1		615	154	
Iron, Fe	mg	0.05		0	1		0.28	0.07	
Magnesium, Mg	mg	13		0	1		73	18	
Phosphorus, P	mg	84		0	1		470	118	
Potassium, K	mg	138		0	1		771	193	
Sodium, Na	mg	166		0	1		928	232	
Zinc, Zn	mg	0.36		0	1		2.01	0.50	
Copper, Cu	mg	0.010		0	1		0.056	0.014	
Manganese, Mn	mg	0.004		0	1		0.022	0.006	
Selenium, Se	mcg	1.9		0	4		10.6	2.7	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.7		0	1		3.9	1.0	
Thiamin	mg	0.031		0	1		0.173	0.043	
Riboflavin	mg	0.145		0	1		0.811	0.203	
Niacin	mg	0.075		0	1		0.419	0.105	
Pantothenic acid	mg	0.280		0	1		1.565	0.392	
Vitamin B-6	mg	0.034		0	1		0.190	0.048	
Folate, total	mcg	4		0	1		22	6	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	4		0	1		22	6	
Folate, DFE	mcg_DFE	4		0	4		22	6	
Vitamin B-12	mcg	0.26		0	1		1.45	0.36	
Vitamin A, IU	IU	180		0	1		1006	252	
Vitamin A, RE	mcg_RE	50		0	1		280	70	
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	1.060		0	1		5.925	1.484	
4:0	g	0.060		0	1		0.335	0.084	
6:0	g	0.030		0	1		0.168	0.042	
8:0	g	0.020		0	1		0.112	0.028	
10:0	g	0.040		0	1		0.224	0.056	
11:0	g								
12:0	g	0.050		0	1		0.280	0.070	
13:0	g								
14:0	g	0.170		0	1		0.950	0.238	
15:0	g								
16:0	g	0.470		0	1		2.627	0.658	
17:0	g								
18:0	g	0.210		0	1		1.174	0.294	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.480		0	1		2.683	0.672	
14:1	g								
15:1	g								

NDB No. 19122
Desserts, puddings, banana, dry mix, regular, prepared with 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	0.040		0	1		0.224	0.056	
17:1....g								
18:1 undifferentiated....g	0.440		0	1		2.460	0.616	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.090		0	1		0.503	0.126	
18:2 undifferentiated....g	0.060		0	1		0.335	0.084	
18:3 undifferentiated....g	0.030		0	1		0.168	0.042	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	7		0	1		39	10	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.039		0	1		0.218	0.055	
Threonine....g	0.126		0	1		0.704	0.176	
Isoleucine....g	0.169		0	1		0.945	0.237	
Leucine....g	0.273		0	1		1.526	0.382	
Lysine....g	0.221		0	1		1.235	0.309	
Methionine....g	0.070		0	1		0.391	0.098	
Cystine....g	0.026		0	1		0.145	0.036	
Phenylalanine....g	0.134		0	1		0.749	0.188	
Tyrosine....g	0.134		0	1		0.749	0.188	
Valine....g	0.186		0	1		1.040	0.260	
Arginine....g	0.101		0	1		0.565	0.141	
Histidine....g	0.076		0	1		0.425	0.106	
Alanine....g	0.096		0	1		0.537	0.134	
Aspartic acid....g	0.211		0	1		1.179	0.295	
Glutamic acid....g	0.583		0	1		3.259	0.816	
Glycine....g	0.059		0	1		0.330	0.083	
Proline....g	0.269		0	1		1.504	0.377	
Serine....g	0.151		0	1		0.844	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 = 559.000g: 1 package yields

Measure 2 = 140.000g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19123
Desserts, puddings, chocolate, dry mix, instant, prepared with 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	74.60		0	1		437.90	109.66	
Energy	kcal	102		0	4		599	150	
Energy	kj	427			4		2505	627	
Protein (N x 0)	g	3.10		0	1		18.20	4.56	
Total lipid (fat)	g	1.90		0	1		11.15	2.79	
Ash	g	1.40		0	1		8.22	2.06	
Carbohydrate, by difference	g	18.90		0	4		110.94	27.78	
Fiber, total dietary	g	0.4		0	4		2.3	0.6	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	104		0	1		610	153	
Iron, Fe	mg	0.29		0	1		1.70	0.43	
Magnesium, Mg	mg	18		0	1		106	26	
Phosphorus, P	mg	240		0	1		1409	353	
Potassium, K	mg	168		0	1		986	247	
Sodium, Na	mg	284		0	1		1667	417	
Zinc, Zn	mg	0.42		0	1		2.47	0.62	
Copper, Cu	mg	0.063		0	1		0.370	0.093	
Manganese, Mn	mg	0.042		0	1		0.247	0.062	
Selenium, Se	mcg	1.7		0	4		10.0	2.5	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.9		0	1		5.3	1.3	
Thiamin	mg	0.034		0	1		0.200	0.050	
Riboflavin	mg	0.144		0	1		0.845	0.212	
Niacin	mg	0.098		0	1		0.575	0.144	
Pantothenic acid	mg	0.274		0	1		1.608	0.403	
Vitamin B-6	mg	0.039		0	1		0.229	0.057	
Folate, total	mcg	4		0	1		23	6	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	4		0	1		23	6	
Folate, DFE	mcg_DFE	4		0	4		23	6	
Vitamin B-12	mcg	0.31		0	1		1.82	0.46	
Vitamin A, IU	IU	172		0	1		1010	253	
Vitamin A, RE	mcg_RE	38		0	1		223	56	
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	1.100		0	1		6.457	1.617	
4:0	g	0.050		0	1		0.294	0.074	
6:0	g	0.030		0	1		0.176	0.044	
8:0	g	0.020		0	1		0.117	0.029	
10:0	g	0.040		0	1		0.235	0.059	
11:0	g								
12:0	g	0.050		0	1		0.294	0.074	
13:0	g								
14:0	g	0.170		0	1		0.998	0.250	
15:0	g								
16:0	g	0.490		0	1		2.876	0.720	
17:0	g								
18:0	g	0.250		0	1		1.468	0.368	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.580		0	1		3.405	0.853	
14:1	g								
15:1	g								

NDB No. 19123
Desserts, puddings, chocolate, dry mix, instant, prepared with 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	0.040		0	1		0.235	0.059	
17:1....g								
18:1 undifferentiated....g	0.540		0	1		3.170	0.794	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.130		0	1		0.763	0.191	
18:2 undifferentiated....g	0.100		0	1		0.587	0.147	
18:3 undifferentiated....g	0.030		0	1		0.176	0.044	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	6		0	1		35	9	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.042		0	1		0.247	0.062	
Threonine....g	0.134		0	1		0.787	0.197	
Isoleucine....g	0.175		0	1		1.027	0.257	
Leucine....g	0.282		0	1		1.655	0.415	
Lysine....g	0.228		0	1		1.338	0.335	
Methionine....g	0.070		0	1		0.411	0.103	
Cystine....g	0.029		0	1		0.170	0.043	
Phenylalanine....g	0.145		0	1		0.851	0.213	
Tyrosine....g	0.141		0	1		0.828	0.207	
Valine....g	0.199		0	1		1.168	0.293	
Arginine....g	0.116		0	1		0.681	0.171	
Histidine....g	0.078		0	1		0.458	0.115	
Alanine....g	0.107		0	1		0.628	0.157	
Aspartic acid....g	0.236		0	1		1.385	0.347	
Glutamic acid....g	0.609		0	1		3.575	0.895	
Glycine....g	0.072		0	1		0.423	0.106	
Proline....g	0.273		0	1		1.603	0.401	
Serine....g	0.159		0	1		0.933	0.234	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	2		0	4		12	3	
Theobromine....mg	62		0	4		364	91	

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

Common Measures:

Measure 1 = 587.000g: 1 package yields

Measure 2 = 147.000g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19124
Baking chocolate, mexican, squares

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.59		2	1		0.32		
Energy....kcal	426		0	4		85		
Energy....kj	1782			4		356		
Protein (N x 6.25)....g	3.64		2	1		0.73		
Total lipid (fat)....g	15.59		2	1		3.12		
Ash....g	1.34		2	1		0.27		
Carbohydrate, by difference....g	77.41		0	4		15.48		
Fiber, total dietary....g	3.9		2	1		0.8		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	34		2	1		7		
Iron, Fe....mg	2.18		2	1		0.44		
Magnesium, Mg....mg	95		2	1		19		
Phosphorus, P....mg	142		2	1		28		
Potassium, K....mg	397		2	1		79		
Sodium, Na....mg	3		2	1		1		
Zinc, Zn....mg	1.26		2	1		0.25		
Copper, Cu....mg	0.670		2	1		0.134		
Manganese, Mn....mg	0.449		2	1		0.090		
Selenium, Se....mcg	1.8		0	4		0.4		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		2	1		0.0		
Thiamin....mg	0.057		2	1		0.011		
Riboflavin....mg	0.105		2	1		0.021		
Niacin....mg	1.829		2	1		0.366		
Pantothenic acid....mg	0.180		2	1		0.036		
Vitamin B-6....mg	0.034		2	1		0.007		
Folate, total....mcg	2		0	4		0		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	2		0	4		0		
Folate, DFE....mcg_DFE	2		0	4		0		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	18		0	4		4		
Vitamin A, RE....mcg_RE	2		0	4		0		
Vitamin E....mg_ATE	0.475		0	4		0.095		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	8.606		2	1		1.721		
4:0....g	0.000		2	1		0.000		
6:0....g	0.000		2	1		0.000		
8:0....g	0.000		2	1		0.000		
10:0....g	0.000		2	1		0.000		
11:0....g								
12:0....g	0.000		2	1		0.000		
13:0....g								
14:0....g	0.010		2	1		0.002		
15:0....g								
16:0....g	3.628		2	1		0.726		
17:0....g								
18:0....g	4.705		2	1		0.941		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.044		2	1		1.009		
14:1....g								
15:1....g								

NDB No. 19124
Baking chocolate, mexican, squares

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		2	1		0.007		
17:1....g								
18:1 undifferentiated....g	5.007		2	1		1.001		
20:1....g	0.000		2	1		0.000		
22:1 undifferentiated....g	0.000		2	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.162		2	1		0.232		
18:2 undifferentiated....g	0.942		2	1		0.188		
18:3 undifferentiated....g	0.072		2	1		0.014		
18:4....g	0.000		2	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.148		2	1		0.030		
20:5 n-3....g	0.000		2	1		0.000		
22:2....g								
22:5 n-3....g	0.000		2	1		0.000		
22:6 n-3....g	0.000		2	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		2	1		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg	35		0	4		7		
Theobromine....mg	210		0	4		42		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample 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 tablet

Calories Factors: **Protein** 2 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19126
Candies, milk chocolate coated peanuts

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.90	0.100	3	1		2.83	0.76	
Energy....kcal	519		0	4		773	208	
Energy....kj	2171			4		3236	869	
Protein (N x 5.8)....g	13.10	0.910	5	1		19.52	5.24	
Total lipid (fat)....g	33.50	0.626	5	1		49.92	13.40	
Ash....g	1.80	0.076	3	1		2.68	0.72	
Carbohydrate, by difference....g	49.40		0	4		73.61	19.76	
Fiber, total dietary....g	4.7		0	4		7.0	1.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	104	15.972	5	1		155	42	
Iron, Fe....mg	1.31	0.074	5	1		1.95	0.52	
Magnesium, Mg....mg	94		0	4		140	38	
Phosphorus, P....mg	212		2	1		316	85	
Potassium, K....mg	502	10.786	3	1		748	201	
Sodium, Na....mg	41	2.618	3	1		61	16	
Zinc, Zn....mg	1.94		0	4		2.89	0.78	
Copper, Cu....mg	0.470		0	4		0.700	0.188	
Manganese, Mn....mg	0.830		1	1		1.237	0.332	
Selenium, Se....mcg	4.9		0	4		7.3	2.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	
Thiamin....mg	0.116	0.005	4	1		0.173	0.046	
Riboflavin....mg	0.174	0.025	5	1		0.259	0.070	
Niacin....mg	4.249	0.644	5	1		6.331	1.700	
Pantothenic acid....mg	0.570		1	1		0.849	0.228	
Vitamin B-6....mg	0.210		1	1		0.313	0.084	
Folate, total....mcg	8		1	1		12	3	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	8		1	1		12	3	
Folate, DFE....mcg_DFE	8		0	4		12	3	
Vitamin B-12....mcg	0.27		0	4		0.40	0.11	
Vitamin A, IU....IU	0		1	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	2.550		0	1		3.800	1.020	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	14.600		0	1		21.754	5.840	
4:0....g	0.130		1	1		0.194	0.052	
6:0....g	0.030		1	1		0.045	0.012	
8:0....g	0.040		1	1		0.060	0.016	
10:0....g	0.090		1	1		0.134	0.036	
11:0....g								
12:0....g	0.090		1	1		0.134	0.036	
13:0....g								
14:0....g	0.440		1	1		0.656	0.176	
15:0....g								
16:0....g	7.000		1	1		10.430	2.800	
17:0....g								
18:0....g	6.790		1	1		10.117	2.716	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	12.920		0	1		19.251	5.168	
14:1....g								
15:1....g								

NDB No. 19126
Candies, milk chocolate coated peanuts

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.210		1	1		0.313	0.084	
17:1....g								
18:1 undifferentiated....g	12.550		1	1		18.700	5.020	
20:1....g	0.160		1	1		0.238	0.064	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	4.330		0	1		6.452	1.732	
18:2 undifferentiated....g	4.280		1	1		6.377	1.712	
18:3 undifferentiated....g	0.050		1	1		0.075	0.020	
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	9		2	1		13	4	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.140		0	1		0.209	0.056	
Threonine....g	0.492		0	1		0.733	0.197	
Isoleucine....g	0.561		0	1		0.836	0.224	
Leucine....g	1.005		0	1		1.497	0.402	
Lysine....g	0.602		0	1		0.897	0.241	
Methionine....g	0.211		0	1		0.314	0.084	
Cystine....g	0.126		0	1		0.188	0.050	
Phenylalanine....g	0.687		0	1		1.024	0.275	
Tyrosine....g	0.554		0	1		0.825	0.222	
Valine....g	0.680		0	1		1.013	0.272	
Arginine....g	1.001		0	1		1.491	0.400	
Histidine....g	0.268		0	1		0.399	0.107	
Alanine....g	0.483		0	1		0.720	0.193	
Aspartic acid....g	1.347		0	1		2.007	0.539	
Glutamic acid....g	2.693		0	1		4.013	1.077	
Glycine....g	0.563		0	1		0.839	0.225	
Proline....g	0.806		0	1		1.201	0.322	
Serine....g	0.616		0	1		0.918	0.246	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	22		1	1		33	9	
Theobromine....mg	109		1	1		162	44	

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

Common Measures:

Measure 1 = 149.000g: 1 cup

Measure 2 = 40.000g: 10 pieces

Calories Factors: **Protein** 3.6 **Fat** 8.6 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19127
Candies, milk chocolate coated 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	11.20	2.282	7	1		20.16	1.12	
Energy	kcal	390		0	4		702	39	
Energy	kj	1632			4		2937	163	
Protein (N x 6.2)	g	4.10	0.299	8	1		7.38	0.41	
Total lipid (fat)	g	14.80	1.152	7	1		26.64	1.48	
Ash	g	1.50	0.074	7	1		2.70	0.15	
Carbohydrate, by difference	g	68.30		0	4		122.94	6.83	
Fiber, total dietary	g	4.2		0	4		7.6	0.4	
Sugars, total	g	62.22		0	8		112.00	6.22	
Starch	g								
Minerals:									
Calcium, Ca	mg	86	14.400	4	1		155	9	
Iron, Fe	mg	1.71	0.329	4	1		3.08	0.17	
Magnesium, Mg	mg	45		1	1		81	5	
Phosphorus, P	mg	143		2	1		257	14	
Potassium, K	mg	514		2	1		925	51	
Sodium, Na	mg	36		2	1		65	4	
Zinc, Zn	mg	0.81		0	4		1.46	0.08	
Copper, Cu	mg	0.339		0	4		0.610	0.034	
Manganese, Mn	mg	0.283		0	4		0.509	0.028	
Selenium, Se	mcg	2.3		0	4		4.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.2		2	1		0.4	0.0	
Thiamin	mg	0.084	0.005	4	1		0.151	0.008	
Riboflavin	mg	0.161	0.037	4	1		0.290	0.016	
Niacin	mg	0.400		2	1		0.720	0.040	
Pantothenic acid	mg	0.217		0	4		0.391	0.022	
Vitamin B-6	mg	0.080		0	4		0.144	0.008	
Folate, total	mcg	5		0	4		9	1	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	5		0	4		9	1	
Folate, DFE	mcg_DFE	5		0	4		9	1	
Vitamin B-12	mcg	0.18		0	4		0.32	0.02	
Vitamin A, IU	IU	38		2	1		68	4	
Vitamin A, RE	mcg_RE	7		0	1		13	1	
Vitamin E	mg_ATE	0.970		0	1		1.746	0.097	
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	8.800		0	1		15.840	0.880	
4:0	g	0.080		1	1		0.144	0.008	
6:0	g	0.020		1	1		0.036	0.002	
8:0	g	0.030		1	1		0.054	0.003	
10:0	g	0.060		1	1		0.108	0.006	
11:0	g								
12:0	g	0.060		1	1		0.108	0.006	
13:0	g								
14:0	g	0.290		1	1		0.522	0.029	
15:0	g								
16:0	g	3.920		1	1		7.056	0.392	
17:0	g								
18:0	g	4.350		1	1		7.830	0.435	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	4.740		0	1		8.532	0.474	
14:1	g								
15:1	g								

NDB No. 19127
Candies, milk chocolate coated 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	0.140		1	1		0.252	0.014	
17:1....g								
18:1 undifferentiated....g	4.600		1	1		8.280	0.460	
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	0.510		0	1		0.918	0.051	
18:2 undifferentiated....g	0.450		1	1		0.810	0.045	
18:3 undifferentiated....g	0.050		1	1		0.090	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	3	1.638	3	1		5	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.041		0	1		0.074	0.004	
Threonine....g	0.158		0	1		0.284	0.016	
Isoleucine....g	0.167		0	1		0.301	0.017	
Leucine....g	0.299		0	1		0.538	0.030	
Lysine....g	0.202		0	1		0.364	0.020	
Methionine....g	0.102		0	1		0.184	0.010	
Cystine....g	0.036		0	1		0.065	0.004	
Phenylalanine....g	0.186		0	1		0.335	0.019	
Tyrosine....g	0.155		0	1		0.279	0.016	
Valine....g	0.226		0	1		0.407	0.023	
Arginine....g	0.172		0	1		0.310	0.017	
Histidine....g	0.088		0	1		0.158	0.009	
Alanine....g	0.152		0	1		0.274	0.015	
Aspartic acid....g	0.390		0	1		0.702	0.039	
Glutamic acid....g	0.861		0	1		1.550	0.086	
Glycine....g	0.108		0	1		0.194	0.011	
Proline....g	0.287		0	1		0.517	0.029	
Serine....g	0.191		0	1		0.344	0.019	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	25		1	1		45	3	
Theobromine....mg	127		1	1		229	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 = 180.000g: 1 cup

Measure 2 = 10.000g: 10 pieces

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

Food Group: 19 Sweets

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

NDB No. 19128
Syrups, table blends, pancake, 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	54.90		1	4		131.76	8.24	15.56
Energy....kcal	164		0	4		394	25	46
Energy....kj	686			4		1647	103	195
Protein (N x 6.25)....g	0.00		1	4		0.00	0.00	0.00
Total lipid (fat)....g	0.00		1	4		0.00	0.00	0.00
Ash....g	0.70		1	4		1.68	0.11	0.20
Carbohydrate, by difference....g	44.30		0	4		106.32	6.65	12.56
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	1		1	4		2	0	0
Iron, Fe....mg	0.02		1	4		0.05	0.00	0.01
Magnesium, Mg....mg	0		1	4		0	0	0
Phosphorus, P....mg	43		1	4		103	6	12
Potassium, K....mg	3		1	4		7	0	1
Sodium, Na....mg	200	17.901	4	1		480	30	57
Zinc, Zn....mg	0.02		1	4		0.05	0.00	0.01
Copper, Cu....mg	0.003		1	4		0.007	0.000	0.001
Manganese, Mn....mg	0.088		1	4		0.211	0.013	0.025
Selenium, Se....mcg	0.4		0	4		1.0	0.1	0.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	0.0
Thiamin....mg	0.011		1	4		0.026	0.002	0.003
Riboflavin....mg	0.009		1	4		0.022	0.001	0.003
Niacin....mg	0.020		1	4		0.048	0.003	0.006
Pantothenic acid....mg	0.023		1	4		0.055	0.003	0.007
Vitamin B-6....mg	0.000		1	4		0.000	0.000	0.000
Folate, total....mcg	0		1	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		1	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		1	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	0.000
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	7		0.000	0.000	0.000
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	0.000		0	4		0.000	0.000	0.000
17:0....g								
18:0....g	0.000		0	4		0.000	0.000	0.000
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.000		0	7		0.000	0.000	0.000
14:1....g								
15:1....g								

NDB No. 19128
Syrups, table blends, pancake, 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	0.000		0	4		0.000	0.000	0.000
17:1....g								
18:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:1....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.000		0	7		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		1	4		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 = 240.000g: 1 cup

Measure 2 = 15.000g: 1 tbsp

Measure 3 = 28.350g: 1 oz

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

Food Group: 19 Sweets

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

NDB No. 19129
Syrups, table blends, pancake

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	24.10	2.075	4	1		75.67	4.82	
Energy....kcal	287		0	4		901	57	
Energy....kj	1201			4		3771	240	
Protein (N x 6.25)....g	0.00		2	1		0.00	0.00	
Total lipid (fat)....g	0.00		2	1		0.00	0.00	
Ash....g	0.20		2	1		0.63	0.04	
Carbohydrate, by difference....g	75.70		0	4		237.70	15.14	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	1		1	1		3	0	
Iron, Fe....mg	0.09		1	1		0.28	0.02	
Magnesium, Mg....mg	2		2	1		6	0	
Phosphorus, P....mg	9		1	4		28	2	
Potassium, K....mg	2		1	1		6	0	
Sodium, Na....mg	83	13.346	7	1		261	17	
Zinc, Zn....mg	0.04		2	1		0.13	0.01	
Copper, Cu....mg	0.213		1	4		0.669	0.043	
Manganese, Mn....mg	0.088		1	4		0.276	0.018	
Selenium, Se....mcg	0.7		2	1		2.2	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.011		1	4		0.035	0.002	
Riboflavin....mg	0.009		1	4		0.028	0.002	
Niacin....mg	0.020		1	4		0.063	0.004	
Pantothenic acid....mg	0.023		1	4		0.072	0.005	
Vitamin B-6....mg	0.000		1	4		0.000	0.000	
Folate, total....mcg	0		1	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		1	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	7		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	7		0.000	0.000	
14:1....g								
15:1....g								

NDB No. 19129
Syrups, table blends, pancake

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	7		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		1	4		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 = 314.000g: 1 cup

Measure 2 = 20.000g: 1 tbsp

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19130
Candies, HERSHEY, HERSHEY'S GOLDEN COLLECTION Almond Chocolate 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	2.04		0	4		1.59		
Energy....kcal	574		0	9		448		
Energy....kj	2402			9		1873		
Protein....g	12.30		1	12		9.59		
Total lipid (fat)....g	38.10		1	12		29.72		
Ash....g	1.86		0	4		1.45		
Carbohydrate, by difference....g	45.70		0	9		35.65		
Fiber, total dietary....g	4.8		1	12		3.7		
Sugars, total....g	37.80		1	12		29.48		
Starch....g								
Minerals:								
Calcium, Ca....mg	224		1	12		175		
Iron, Fe....mg	1.80		1	12		1.40		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	67		1	12		52		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	16.400		1	12		12.792		
Fatty acids, total monounsaturated....g	17.700		1	12		13.806		
Fatty acids, total polyunsaturated....g	3.900		1	12		3.042		
Fatty acids, total trans....g								
Cholesterol....mg	15		1	12		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 = 78.000g: 1 package (2.8 oz)

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

Food Group: 19 Sweets

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

NDB No. 19131
Topping, NESTLE, Buncha Crunch Dessert 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	1.50		3	12		0.30	13.61	0.30
Energy....kcal	515		0	9		103	4671	103
Energy....kj	2155			9		431	19544	431
Protein....g	5.70		3	1		1.14	51.70	1.14
Total lipid (fat)....g	25.44		3	12		5.09	230.74	5.09
Ash....g	1.43		3	1		0.29	12.97	0.29
Carbohydrate, by difference....g	65.93		0	9		13.19	597.99	13.19
Fiber, total dietary....g	1.6		3	1		0.3	14.5	0.3
Sugars, total....g	49.40		3	12		9.88	448.06	9.88
Starch....g								
Minerals:								
Calcium, Ca....mg	129		3	1		26	1170	26
Iron, Fe....mg	0.60		3	1		0.12	5.44	0.12
Magnesium, Mg....mg	71		0	4		14	644	14
Phosphorus, P....mg	208		0	4		42	1887	42
Potassium, K....mg	348		0	4		70	3156	70
Sodium, Na....mg	231		3	1		46	2095	46
Zinc, Zn....mg	1.71		0	4		0.34	15.51	0.34
Copper, Cu....mg	0.382		0	4		0.076	3.465	0.076
Manganese, Mn....mg	0.789		0	4		0.158	7.156	0.158
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		3	1		0.1	5.4	0.1
Thiamin....mg	0.577		0	4		0.115	5.233	0.115
Riboflavin....mg	0.732		0	4		0.146	6.639	0.146
Niacin....mg	8.270		0	4		1.654	75.009	1.654
Pantothenic acid....mg	0.544		0	4		0.109	4.934	0.109
Vitamin B-6....mg	0.688		0	4		0.138	6.240	0.138
Folate, total....mcg	149		0	4		30	1351	30
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	149		0	4		30	1351	30
Folate, DFE....mcg_DFE	149		0	4		30	1351	30
Vitamin B-12....mcg	0.31		0	4		0.06	2.81	0.06
Vitamin A, IU....IU	90		0	4		18	816	18
Vitamin A, RE....mcg_RE	27		0	4		5	245	5
Vitamin E....mg_ATE	1.763		0	4		0.353	15.990	0.353
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	11.940		3	12		2.388	108.296	2.388
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	0.495		0	4		0.099	4.490	0.099
15:0....g								
16:0....g	6.018		0	4		1.204	54.583	1.204
17:0....g								
18:0....g	5.264		0	4		1.053	47.744	1.053
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.396		0	4		1.879	85.222	1.879
14:1....g								
15:1....g								

NDB No. 19131
Topping, NESTLE, Buncha Crunch Dessert 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
16:1 undifferentiated....g	0.001		0	4		0.000	0.009	0.000
17:1....g								
18:1 undifferentiated....g	9.281		0	4		1.856	84.179	1.856
20:1....g	0.088		0	4		0.018	0.798	0.018
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.663		0	4		0.533	24.153	0.533
18:2 undifferentiated....g	2.626		0	4		0.525	23.818	0.525
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	14		3	12		3	127	3
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 = 20.000g: 1 serving

Measure 2 = 907.000g: 1 package (2 lb)

Measure 3 = 20.000g: 2 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19132
Candies, milk chocolate, with almonds

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.50	0.210	9	1		0.62	0.66	
Energy....kcal	526		0	4		216	231	
Energy....kj	2201			4		902	968	
Protein (N x 5.9)....g	9.00	0.319	13	1		3.69	3.96	
Total lipid (fat)....g	34.40	0.790	14	1		14.10	15.14	
Ash....g	1.70	0.017	9	1		0.70	0.75	
Carbohydrate, by difference....g	53.20		0	4		21.81	23.41	
Fiber, total dietary....g	6.2		1	1		2.5	2.7	
Sugars, total....g	43.90		0	8		18.00	19.32	
Starch....g								
Minerals:								
Calcium, Ca....mg	224	13.194	12	1		92	99	
Iron, Fe....mg	1.63	0.225	12	1		0.67	0.72	
Magnesium, Mg....mg	90	5.285	6	1		37	40	
Phosphorus, P....mg	264	14.134	6	1		108	116	
Potassium, K....mg	444	6.652	8	1		182	195	
Sodium, Na....mg	74	8.195	11	1		30	33	
Zinc, Zn....mg	1.34	0.197	6	1		0.55	0.59	
Copper, Cu....mg	0.422	0.033	5	1		0.173	0.186	
Manganese, Mn....mg	0.624	0.056	5	1		0.256	0.275	
Selenium, Se....mcg	4.0		0	4		1.6	1.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		2	1		0.1	0.1	
Thiamin....mg	0.060	0.007	11	1		0.025	0.026	
Riboflavin....mg	0.435	0.027	12	1		0.178	0.191	
Niacin....mg	0.742	0.086	8	1		0.304	0.326	
Pantothenic acid....mg	0.430		0	4		0.176	0.189	
Vitamin B-6....mg	0.051		0	4		0.021	0.022	
Folate, total....mcg	12		0	4		5	5	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	12		0	4		5	5	
Folate, DFE....mcg_DFE	12		0	4		5	5	
Vitamin B-12....mcg	0.33		0	4		0.14	0.15	
Vitamin A, IU....IU	74	6.782	5	1		30	33	
Vitamin A, RE....mcg_RE	14		0	1		6	6	
Vitamin E....mg_ATE	1.890		1	1		0.775	0.832	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	16.980		0	1		6.962	7.471	
4:0....g	0.160		1	1		0.066	0.070	
6:0....g	0.040		1	1		0.016	0.018	
8:0....g	0.050		1	1		0.021	0.022	
10:0....g	0.110		1	1		0.045	0.048	
11:0....g								
12:0....g	0.110		1	1		0.045	0.048	
13:0....g								
14:0....g	0.580		1	1		0.238	0.255	
15:0....g								
16:0....g	7.660		1	1		3.141	3.370	
17:0....g								
18:0....g	8.270		1	1		3.391	3.639	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	13.490		0	1		5.531	5.936	
14:1....g								
15:1....g								

NDB No. 19132
Candies, milk chocolate, with almonds

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.310		1	1		0.127	0.136	
17:1....g								
18:1 undifferentiated....g	13.170		1	1		5.400	5.795	
20:1....g	0.010		1	1		0.004	0.004	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.280		0	1		0.935	1.003	
18:2 undifferentiated....g	2.170		1	1		0.890	0.955	
18:3 undifferentiated....g	0.110		1	1		0.045	0.048	
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	19	1.933	8	1		8	8	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.116		0	1		0.048	0.051	
Threonine....g	0.350		0	1		0.144	0.154	
Isoleucine....g	0.432		0	1		0.177	0.190	
Leucine....g	0.759		0	1		0.311	0.334	
Lysine....g	0.446		0	1		0.183	0.196	
Methionine....g	0.159		0	1		0.065	0.070	
Cystine....g	0.079		0	1		0.032	0.035	
Phenylalanine....g	0.470		0	1		0.193	0.207	
Tyrosine....g	0.366		0	1		0.150	0.161	
Valine....g	0.526		0	1		0.216	0.231	
Arginine....g	0.468		0	1		0.192	0.206	
Histidine....g	0.159		0	1		0.065	0.070	
Alanine....g	0.327		0	1		0.134	0.144	
Aspartic acid....g	0.792		0	1		0.325	0.348	
Glutamic acid....g	1.984		0	1		0.813	0.873	
Glycine....g	0.294		0	1		0.121	0.129	
Proline....g	0.666		0	1		0.273	0.293	
Serine....g	0.388		0	1		0.159	0.171	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	22		1	1		9	10	
Theobromine....mg	158		1	1		65	70	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample 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 bar (1.45 oz)

Measure 2 = 44.000g: 1 bar (1.55 oz)

Calories Factors: **Protein** 3.6 **Fat** 8.6 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19133
Toppings, NESTLE, Rainbow Morsel Dessert 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	1.47		3	12		0.21	0.21	20.01
Energy....kcal	487		0	9		68	68	6628
Energy....kj	2038			9		285	285	27732
Protein....g	4.21		3	1		0.59	0.59	57.30
Total lipid (fat)....g	19.38		3	12		2.71	2.71	263.76
Ash....g	0.90		3	1		0.13	0.13	12.25
Carbohydrate, by difference....g	74.04		0	9		10.37	10.37	1007.68
Fiber, total dietary....g	5.5		3	1		0.8	0.8	74.9
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	31		3	1		4	4	422
Iron, Fe....mg	1.61		3	1		0.23	0.23	21.91
Magnesium, Mg....mg	76		0	4		11	11	1034
Phosphorus, P....mg	89		0	4		12	12	1211
Potassium, K....mg	240		0	4		34	34	3266
Sodium, Na....mg	3		3	1		0	0	41
Zinc, Zn....mg	1.08		0	4		0.15	0.15	14.70
Copper, Cu....mg	0.475		0	4		0.067	0.067	6.465
Manganese, Mn....mg	0.534		0	4		0.075	0.075	7.268
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		3	1		0.1	0.1	9.5
Thiamin....mg	0.036		0	4		0.005	0.005	0.490
Riboflavin....mg	0.062		0	4		0.009	0.009	0.844
Niacin....mg	0.280		0	4		0.039	0.039	3.811
Pantothenic acid....mg	0.068		0	4		0.010	0.010	0.925
Vitamin B-6....mg	0.033		0	4		0.005	0.005	0.449
Folate, total....mcg	2		0	4		0	0	27
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	2		0	4		0	0	27
Folate, DFE....mcg_DFE	2		0	4		0	0	27
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	5		3	12		1	1	68
Vitamin A, RE....mcg_RE	1		0	9		0	0	14
Vitamin E....mg_ATE	0.776		0	4		0.109	0.109	10.561
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	11.600		3	12		1.624	1.624	157.876
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		0.005	0.005	0.449
15:0....g								
16:0....g	5.315		0	4		0.744	0.744	72.337
17:0....g								
18:0....g	6.107		0	4		0.855	0.855	83.116
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.479		0	4		0.907	0.907	88.179
14:1....g								
15:1....g								

NDB No. 19133
Toppings, NESTLE, Rainbow Morsel Dessert 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
16:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
17:1....g								
18:1 undifferentiated....g	6.479		0	4		0.907	0.907	88.179
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	0.623		0	4		0.087	0.087	8.479
18:2 undifferentiated....g	0.624		0	4		0.087	0.087	8.493
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	2		3	12		0	0	27
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 = 14.000g: 1 packet

Measure 2 = 14.000g: 1 serving

Measure 3 = 1361.000g: 1 package (3 lb)

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

Food Group: 19 Sweets

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

NDB No. 19134
Candies, milk chocolate, with rice cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.90	0.180	15	1		0.76	0.86	0.89
Energy....kcal	496		0	4		198	223	233
Energy....kj	2075			4		830	934	975
Protein (N x 6.2)....g	6.30	0.141	18	1		2.52	2.84	2.96
Total lipid (fat)....g	26.50	0.389	20	1		10.60	11.93	12.46
Ash....g	1.60	0.026	15	1		0.64	0.72	0.75
Carbohydrate, by difference....g	63.40		0	4		25.36	28.53	29.80
Fiber, total dietary....g	3.1		0	4		1.2	1.4	1.5
Sugars, total....g	55.00		0	8		22.00	24.75	25.85
Starch....g								
Minerals:								
Calcium, Ca....mg	171	3.491	11	1		68	77	80
Iron, Fe....mg	0.75	0.076	11	1		0.30	0.34	0.35
Magnesium, Mg....mg	49	2.940	11	1		20	22	23
Phosphorus, P....mg	193	11.628	10	1		77	87	91
Potassium, K....mg	343	13.864	11	1		137	154	161
Sodium, Na....mg	145	8.394	11	1		58	65	68
Zinc, Zn....mg	1.12	0.029	10	1		0.45	0.50	0.53
Copper, Cu....mg	0.312	0.030	10	1		0.125	0.140	0.147
Manganese, Mn....mg	0.319	0.008	9	1		0.128	0.144	0.150
Selenium, Se....mcg	5.5		0	4		2.2	2.5	2.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		2	1		0.1	0.1	0.1
Thiamin....mg	0.058	0.003	12	1		0.023	0.026	0.027
Riboflavin....mg	0.291	0.018	12	1		0.116	0.131	0.137
Niacin....mg	0.463	0.023	11	1		0.185	0.208	0.218
Pantothenic acid....mg	0.602		2	1		0.241	0.271	0.283
Vitamin B-6....mg	0.058		2	1		0.023	0.026	0.027
Folate, total....mcg	9		2	1		4	4	4
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	9		2	1		4	4	4
Folate, DFE....mcg_DFE	9		0	4		4	4	4
Vitamin B-12....mcg	0.34		0	4		0.14	0.15	0.16
Vitamin A, IU....IU	57	7.212	6	1		23	26	27
Vitamin A, RE....mcg_RE	10		0	1		4	5	5
Vitamin E....mg_ATE	1.087		0	4		0.435	0.489	0.511
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	15.890		0	1		6.356	7.151	7.468
4:0....g	0.150		1	1		0.060	0.068	0.071
6:0....g	0.040		1	1		0.016	0.018	0.019
8:0....g	0.050		1	1		0.020	0.023	0.024
10:0....g	0.110		1	1		0.044	0.050	0.052
11:0....g								
12:0....g	0.110		1	1		0.044	0.050	0.052
13:0....g								
14:0....g	0.520		1	1		0.208	0.234	0.244
15:0....g								
16:0....g	7.010		1	1		2.804	3.155	3.295
17:0....g								
18:0....g	7.910		1	1		3.164	3.560	3.718
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.640		0	1		3.456	3.888	4.061
14:1....g								
15:1....g								

NDB No. 19134
Candies, milk chocolate, with rice cereal

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.260		1	1		0.104	0.117	0.122
17:1....g								
18:1 undifferentiated....g	8.380		1	1		3.352	3.771	3.939
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	0.780		0	1		0.312	0.351	0.367
18:2 undifferentiated....g	0.720		1	1		0.288	0.324	0.338
18:3 undifferentiated....g	0.060		1	1		0.024	0.027	0.028
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	19	0.598	14	1		8	9	9
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.076		0	1		0.030	0.034	0.036
Threonine....g	0.263		0	1		0.105	0.118	0.124
Isoleucine....g	0.328		0	1		0.131	0.148	0.154
Leucine....g	0.577		0	1		0.231	0.260	0.271
Lysine....g	0.355		0	1		0.142	0.160	0.167
Methionine....g	0.136		0	1		0.054	0.061	0.064
Cystine....g	0.049		0	1		0.020	0.022	0.023
Phenylalanine....g	0.344		0	1		0.138	0.155	0.162
Tyrosine....g	0.278		0	1		0.111	0.125	0.131
Valine....g	0.409		0	1		0.164	0.184	0.192
Arginine....g	0.226		0	1		0.090	0.102	0.106
Histidine....g	0.103		0	1		0.041	0.046	0.048
Alanine....g	0.240		0	1		0.096	0.108	0.113
Aspartic acid....g	0.536		0	1		0.214	0.241	0.252
Glutamic acid....g	1.304		0	1		0.522	0.587	0.613
Glycine....g	0.170		0	1		0.068	0.077	0.080
Proline....g	0.498		0	1		0.199	0.224	0.234
Serine....g	0.294		0	1		0.118	0.132	0.138
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	23		1	1		9	10	11
Theobromine....mg	155		1	1		62	70	73

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample 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 bar (1.4 oz)

Measure 2 = 45.000g: 1 bar (1.45 oz)

Measure 3 = 47.000g: 1 bar (1.65 oz)

Calories Factors: **Protein** 3.7 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19135
Candies, M&M MARS, MARS MILKY WAY Bar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	6.30	0.113	5	1		1.45	3.40	3.78
Energy....kcal	423		0	4		97	228	254
Energy....kj	1770			4		407	956	1062
Protein (N x 6.2)....g	4.50	0.110	4	1		1.04	2.43	2.70
Total lipid (fat)....g	16.10	1.139	5	1		3.70	8.69	9.66
Ash....g	1.30	0.028	4	1		0.30	0.70	0.78
Carbohydrate, by difference....g	71.70		0	4		16.49	38.72	43.02
Fiber, total dietary....g	1.7		0	4		0.4	0.9	1.0
Sugars, total....g	60.66		0	8		13.95	32.76	36.40
Starch....g								
Minerals:								
Calcium, Ca....mg	130		2	1		30	70	78
Iron, Fe....mg	0.76		2	1		0.17	0.41	0.46
Magnesium, Mg....mg	34		2	1		8	18	20
Phosphorus, P....mg	144		0	4		33	78	86
Potassium, K....mg	241		2	1		55	130	145
Sodium, Na....mg	240		1	1		55	130	144
Zinc, Zn....mg	0.71		1	1		0.16	0.38	0.43
Copper, Cu....mg	0.150		1	1		0.035	0.081	0.090
Manganese, Mn....mg	0.235		0	4		0.054	0.127	0.141
Selenium, Se....mcg	5.6		0	4		1.3	3.0	3.4
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.0		0	4		0.2	0.5	0.6
Thiamin....mg	0.035		2	1		0.008	0.019	0.021
Riboflavin....mg	0.222		2	1		0.051	0.120	0.133
Niacin....mg	0.350		2	1		0.081	0.189	0.210
Pantothenic acid....mg	0.300		0	4		0.069	0.162	0.180
Vitamin B-6....mg	0.050		0	4		0.012	0.027	0.030
Folate, total....mcg	10		0	4		2	5	6
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	10		0	4		2	5	6
Folate, DFE....mcg_DFE	10		0	4		2	5	6
Vitamin B-12....mcg	0.32		0	4		0.07	0.17	0.19
Vitamin A, IU....IU	108		0	4		25	58	65
Vitamin A, RE....mcg_RE	32		0	4		7	17	19
Vitamin E....mg_ATE	0.650		0	1		0.150	0.351	0.390
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.790		0	4		1.792	4.207	4.674
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.050		5	1		0.012	0.027	0.030
8:0....g	0.020		5	1		0.005	0.011	0.012
10:0....g	0.070		5	1		0.016	0.038	0.042
11:0....g								
12:0....g	0.070		5	1		0.016	0.038	0.042
13:0....g								
14:0....g	0.370		5	1		0.085	0.200	0.222
15:0....g								
16:0....g	3.490		5	1		0.803	1.885	2.094
17:0....g								
18:0....g	3.580		5	1		0.823	1.933	2.148
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.020		0	4		1.385	3.251	3.612
14:1....g								
15:1....g								

NDB No. 19135
Candies, M&M MARS, MARS MILKY WAY Bar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		5	1		0.018	0.043	0.048
17:1....g								
18:1 undifferentiated....g	5.940		5	1		1.366	3.208	3.564
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	0.600		0	4		0.138	0.324	0.360
18:2 undifferentiated....g	0.560		5	1		0.129	0.302	0.336
18:3 undifferentiated....g	0.040		5	1		0.009	0.022	0.024
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	14		1	1		3	8	8
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	8		0	4		2	4	5
Theobromine....mg	92		0	4		21	50	55

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

Common Measures:

Measure 1 = 23.000g: 1 bar (.8 oz)
Measure 2 = 54.000g: 1 bar (1.9 oz)
Measure 3 = 60.000g: 1 bar (2.1 oz)

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

Food Group: 19 Sweets

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

NDB No. 19136
Candies, HERSHEY, SKOR Toffee 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	2.59		0	4		1.01		
Energy....kcal	556		0	9		217		
Energy....kj	2326			9		907		
Protein....g	4.50		1	12		1.76		
Total lipid (fat)....g	34.10		1	12		13.30		
Ash....g	1.01		0	4		0.39		
Carbohydrate, by difference....g	57.80		0	9		22.54		
Fiber, total dietary....g	1.6		1	12		0.6		
Sugars, total....g	53.50		1	12		20.87		
Starch....g								
Minerals:								
Calcium, Ca....mg	130		1	12		51		
Iron, Fe....mg	0.50		1	12		0.20		
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	276		1	12		108		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	21.800		1	12		8.502		
Fatty acids, total monounsaturated....g	11.000		1	12		4.290		
Fatty acids, total polyunsaturated....g	1.400		1	12		0.546		
Fatty acids, total trans....g								
Cholesterol....mg	51		1	12		20		
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 = 39.000g: 1 bar (1.4 oz)

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

Food Group: 19 Sweets

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

NDB No. 19137
Toppings, 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	33.00		1	4		112.20	13.86	
Energy....kcal	254		0	4		864	107	
Energy....kj	1063			4		3613	446	
Protein (N x 6.25)....g	0.20		0	4		0.68	0.08	
Total lipid (fat)....g	0.10		0	4		0.34	0.04	
Ash....g	0.40		1	4		1.36	0.17	
Carbohydrate, by difference....g	66.30		0	4		225.42	27.85	
Fiber, total dietary....g	1.0		0	4		3.4	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	24		0	4		82	10	
Iron, Fe....mg	0.97		0	4		3.30	0.41	
Magnesium, Mg....mg	4		1	4		14	2	
Phosphorus, P....mg	13		0	4		44	5	
Potassium, K....mg	73		0	4		248	31	
Sodium, Na....mg	21		0	4		71	9	
Zinc, Zn....mg	0.49		1	4		1.67	0.21	
Copper, Cu....mg	0.029		1	4		0.099	0.012	
Manganese, Mn....mg	0.040		1	4		0.136	0.017	
Selenium, Se....mcg	2.0		0	4		6.8	0.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	24.9		0	4		84.7	10.5	
Thiamin....mg	0.010		1	4		0.034	0.004	
Riboflavin....mg	0.020		1	4		0.068	0.008	
Niacin....mg	0.245		0	4		0.833	0.103	
Pantothenic acid....mg	0.110		1	4		0.374	0.046	
Vitamin B-6....mg	0.020		1	4		0.068	0.008	
Folate, total....mcg	2		1	4		7	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	2		1	4		7	1	
Folate, DFE....mcg_DFE	2		0	4		7	1	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	18		0	4		61	8	
Vitamin A, RE....mcg_RE	2		0	1		7	1	
Vitamin E....mg_ATE	0.140		0	4		0.476	0.059	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.005		0	4		0.017	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	0.000		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	0.004		0	4		0.014	0.002	
17:0....g								
18:0....g	0.001		0	4		0.003	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.014		0	4		0.048	0.006	
14:1....g								
15:1....g								

NDB No. 19137
Toppings, 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	0.000		0	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.014		0	4		0.048	0.006	
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	0.050		0	4		0.170	0.021	
18:2 undifferentiated....g	0.029		0	4		0.099	0.012	
18:3 undifferentiated....g	0.021		0	4		0.071	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	4		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 = 340.000g: 1 cup

Measure 2 = 42.000g: 2 tbsp

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19139
Baking chocolate, M&M MARS, "M&M's" Semisweet Chocolate Mini Baking Bits

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.27		0	9		0.18	144.02	0.18
Energy....kcal	518		0	9		73	58741	74
Energy....kj	2167			9		303	245773	308
Protein....g	4.42		0	9		0.62	501.23	0.63
Total lipid (fat)....g	26.29		0	9		3.68	2981.29	3.73
Ash....g	2.07		0	9		0.29	234.74	0.29
Carbohydrate, by difference....g	65.96		0	9		9.23	7479.86	9.37
Fiber, total dietary....g	6.7		0	9		0.9	759.8	1.0
Sugars, total....g	53.19		0	9		7.45	6031.75	7.55
Starch....g								
Minerals:								
Calcium, Ca....mg	34		0	9		5	3856	5
Iron, Fe....mg	2.95		0	9		0.41	334.53	0.42
Magnesium, Mg....mg	106		0	4		15	12020	15
Phosphorus, P....mg	122		0	4		17	13835	17
Potassium, K....mg	336		0	4		47	38102	48
Sodium, Na....mg	3		0	9		0	340	0
Zinc, Zn....mg	1.49		0	4		0.21	168.97	0.21
Copper, Cu....mg	0.646		0	4		0.090	73.256	0.092
Manganese, Mn....mg	0.736		0	4		0.103	83.462	0.105
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0	0.0	0.0
Thiamin....mg	0.051		0	4		0.007	5.783	0.007
Riboflavin....mg	0.084		0	4		0.012	9.526	0.012
Niacin....mg	0.393		0	4		0.055	44.566	0.056
Pantothenic acid....mg	0.097		0	4		0.014	11.000	0.014
Vitamin B-6....mg	0.046		0	4		0.006	5.216	0.007
Folate, total....mcg	28		0	4		4	3175	4
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	28		0	4		4	3175	4
Folate, DFE....mcg_DFE	28		0	4		4	3175	4
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	73		0	9		10	8278	10
Vitamin A, RE....mcg_RE	7		0	9		1	794	1
Vitamin E....mg_ATE	1.054		0	4		0.148	119.524	0.150
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	15.655		0	9		2.192	1775.277	2.223
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	0.044		0	4		0.006	4.990	0.006
15:0....g								
16:0....g	7.171		0	4		1.004	813.191	1.018
17:0....g								
18:0....g	8.243		0	4		1.154	934.756	1.171
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.789		0	4		1.230	996.673	1.248
14:1....g								
15:1....g								

NDB No. 19139

Baking chocolate, M&M MARS, "M&M's" Semisweet Chocolate Mini Baking Bits

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.000
17:1....g								
18:1 undifferentiated....g	8.789		0	4		1.230	996.673	1.248
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	0.842		0	4		0.118	95.483	0.120
18:2 undifferentiated....g	0.842		0	4		0.118	95.483	0.120
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	3		0	9		0	340	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 = 14.000g: 1 tbsp

Measure 2 = 11340.000g: 1 package

Measure 3 = 14.200g: 1 serving

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

Food Group: 19 Sweets

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

NDB No. 19140
Candies, M&M MARS, "M&M's" Peanut Chocolate Candies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.78		0	9		3.03	0.37	0.84
Energy....kcal	516		0	9		877	108	243
Energy....kj	2159			9		3670	453	1015
Protein....g	9.47		0	9		16.10	1.99	4.45
Total lipid (fat)....g	26.24		0	9		44.61	5.51	12.33
Ash....g	2.05		0	9		3.49	0.43	0.96
Carbohydrate, by difference....g	60.46		0	9		102.78	12.70	28.42
Fiber, total dietary....g	3.4		0	9		5.8	0.7	1.6
Sugars, total....g	50.76		0	9		86.29	10.66	23.86
Starch....g								
Minerals:								
Calcium, Ca....mg	101		0	9		172	21	47
Iron, Fe....mg	1.15		0	9		1.96	0.24	0.54
Magnesium, Mg....mg	74		0	4		126	16	35
Phosphorus, P....mg	228		0	4		388	48	107
Potassium, K....mg	346		0	4		588	73	163
Sodium, Na....mg	48		0	9		82	10	23
Zinc, Zn....mg	2.30		0	4		3.91	0.48	1.08
Copper, Cu....mg	0.514		0	4		0.874	0.108	0.242
Manganese, Mn....mg	0.660		0	4		1.122	0.139	0.310
Selenium, Se....mcg	3.9		0	4		6.6	0.8	1.8
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		0	9		0.9	0.1	0.2
Thiamin....mg	0.099		0	4		0.168	0.021	0.047
Riboflavin....mg	0.168		0	4		0.286	0.035	0.079
Niacin....mg	3.748		0	4		6.372	0.787	1.762
Pantothenic acid....mg	0.541		0	4		0.920	0.114	0.254
Vitamin B-6....mg	0.083		0	4		0.141	0.017	0.039
Folate, total....mcg	35		0	4		60	7	16
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	35		0	4		60	7	16
Folate, DFE....mcg_DFE	35		0	4		60	7	16
Vitamin B-12....mcg	0.18		0	4		0.31	0.04	0.08
Vitamin A, IU....IU	93		0	9		158	20	44
Vitamin A, RE....mcg_RE	24		0	4		41	5	11
Vitamin E....mg_ATE	2.427		0	4		4.126	0.510	1.141
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	10.331		0	9		17.563	2.170	4.856
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	0.422		0	4		0.717	0.089	0.198
15:0....g								
16:0....g	4.589		0	4		7.801	0.964	2.157
17:0....g								
18:0....g	4.394		0	4		7.470	0.923	2.065
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.000		0	9		18.700	2.310	5.170
14:1....g								
15:1....g								

NDB No. 19140
Candies, M&M MARS, "M&M's" Peanut Chocolate Candies

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.000
17:1....g								
18:1 undifferentiated....g	6.850		0	4		11.645	1.439	3.220
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	4.200		0	9		7.140	0.882	1.974
18:2 undifferentiated....g	0.803		0	4		1.365	0.169	0.377
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	9		0	9		15	2	4
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	11		0	4		19	2	5
Theobromine....mg	76		0	4		129	16	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 = 170.000g: 1 cup

Measure 2 = 21.000g: 1 package, fun size

Measure 3 = 47.000g: 1 package (1.67 oz)

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

Food Group: 19 Sweets

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

NDB No. 19141
Candies, M&M MARS, "M&M's" Plain Chocolate Candies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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		0	9		3.54	0.71	177.36
Energy....kcal	492		0	9		1023	207	51330
Energy....kj	2059			9		4282	865	214766
Protein....g	4.33		0	9		9.01	1.82	451.75
Total lipid (fat)....g	21.13		0	9		43.95	8.87	2204.49
Ash....g	1.63		0	9		3.39	0.68	170.06
Carbohydrate, by difference....g	71.21		0	9		148.12	29.91	7429.34
Fiber, total dietary....g	2.5		0	9		5.2	1.1	260.8
Sugars, total....g	63.66		0	9		132.41	26.74	6641.65
Starch....g								
Minerals:								
Calcium, Ca....mg	105		0	9		218	44	10955
Iron, Fe....mg	1.11		0	9		2.31	0.47	115.81
Magnesium, Mg....mg	41		0	4		85	17	4278
Phosphorus, P....mg	150		0	4		312	63	15650
Potassium, K....mg	266		0	4		553	112	27752
Sodium, Na....mg	61		0	9		127	26	6364
Zinc, Zn....mg	0.96		0	4		2.00	0.40	100.16
Copper, Cu....mg	0.279		0	4		0.580	0.117	29.108
Manganese, Mn....mg	0.212		0	4		0.441	0.089	22.118
Selenium, Se....mcg	2.9		0	4		6.0	1.2	302.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		0	9		1.0	0.2	52.2
Thiamin....mg	0.055		0	4		0.114	0.023	5.738
Riboflavin....mg	0.213		0	4		0.443	0.089	22.222
Niacin....mg	0.224		0	4		0.466	0.094	23.370
Pantothenic acid....mg	0.293		0	4		0.609	0.123	30.569
Vitamin B-6....mg	0.029		0	4		0.060	0.012	3.026
Folate, total....mcg	6		0	4		12	3	626
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	6		0	4		12	3	626
Folate, DFE....mcg_DFE	6		0	4		12	3	626
Vitamin B-12....mcg	0.27		0	4		0.56	0.11	28.17
Vitamin A, IU....IU	203		0	9		422	85	21179
Vitamin A, RE....mcg_RE	53		0	4		110	22	5529
Vitamin E....mg_ATE	0.856		0	4		1.780	0.360	89.306
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	13.080		0	9		27.206	5.494	1364.636
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	0.583		0	4		1.213	0.245	60.824
15:0....g								
16:0....g	6.344		0	4		13.196	2.664	661.870
17:0....g								
18:0....g	6.074		0	4		12.634	2.551	633.700
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.883		0	4		14.317	2.891	718.103
14:1....g								
15:1....g								

NDB No. 19141
Candies, M&M MARS, "M&M's" Plain Chocolate Candies

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.000
17:1....g								
18:1 undifferentiated....g	6.883		0	4		14.317	2.891	718.103
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	0.629		0	4		1.308	0.264	65.624
18:2 undifferentiated....g	0.629		0	4		1.308	0.264	65.624
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	14		0	9		29	6	1461
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	18		0	4		37	8	1878
Theobromine....mg	116		0	4		241	49	12102

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

Common Measures:

Measure 1 = 208.000g: 1 cup

Measure 2 = 42.000g: 1 box (1.48 oz)

Measure 3 = 10433.000g: 1 package

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

Food Group: 19 Sweets

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

NDB No. 19142
Candies, HERSHEY, MOUNDS Candy Bar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	10.99		0	4		5.82	2.09	
Energy....kcal	477		0	9		253	91	
Energy....kj	1996			9		1058	379	
Protein....g	3.80		1	12		2.01	0.72	
Total lipid (fat)....g	25.10		1	12		13.30	4.77	
Ash....g	1.21		0	4		0.64	0.23	
Carbohydrate, by difference....g	58.90		0	9		31.22	11.19	
Fiber, total dietary....g	5.9		1	12		3.1	1.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	15		1	12		8	3	
Iron, Fe....mg	2.10		1	12		1.11	0.40	
Magnesium, Mg....mg	56		0	4		30	11	
Phosphorus, P....mg	91		0	4		48	17	
Potassium, K....mg	247		0	4		131	47	
Sodium, Na....mg	149		1	12		79	28	
Zinc, Zn....mg	0.98		0	4		0.52	0.19	
Copper, Cu....mg	0.405		0	4		0.215	0.077	
Manganese, Mn....mg	0.981		0	4		0.520	0.186	
Selenium, Se....mcg	6.2		0	4		3.3	1.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		0	4		0.2	0.1	
Thiamin....mg	0.036		0	4		0.019	0.007	
Riboflavin....mg	0.060		0	4		0.032	0.011	
Niacin....mg	0.286		0	4		0.152	0.054	
Pantothenic acid....mg	0.254		0	4		0.135	0.048	
Vitamin B-6....mg	0.097		0	4		0.051	0.018	
Folate, total....mcg	3		0	4		2	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3		0	4		2	1	
Folate, DFE....mcg_DFE	3		0	4		2	1	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	6		0	4		3	1	
Vitamin A, RE....mcg_RE	1		0	4		1	0	
Vitamin E....mg_ATE	0.680		0	4		0.360	0.129	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	20.300		1	12		10.759	3.857	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.099		0	4		0.052	0.019	
8:0....g	1.218		0	4		0.646	0.231	
10:0....g	0.967		0	4		0.513	0.184	
11:0....g								
12:0....g	7.712		0	4		4.087	1.465	
13:0....g								
14:0....g	3.060		0	4		1.622	0.581	
15:0....g								
16:0....g	3.712		0	4		1.967	0.705	
17:0....g								
18:0....g	3.471		0	4		1.840	0.659	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.300		1	12		2.279	0.817	
14:1....g								
15:1....g								

NDB No. 19142
Candies, HERSHEY, MOUNDS Candy Bar

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. 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	4.300		0	4		2.279	0.817	
20:1....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.500		1	12		0.265	0.095	
18:2 undifferentiated....g	0.500		0	4		0.265	0.095	
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	2		1	12		1	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	4		0.0	0.0	
Caffeine....mg	17		0	4		9	3	
Theobromine....mg	132		0	4		70	25	

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

Common Measures:

Measure 1 = 53.000g: 1 package (1.9 oz)

Measure 2 = 19.000g: 1 bar, snack size (0.7 oz)

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

Food Group: 19 Sweets

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

NDB No. 19143
Candies, HERSHEY, MR. GOODBAR Chocolate Bar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.72		0	4		0.35	0.53	
Energy....kcal	545		0	9		267	398	
Energy....kj	2280			9		1117	1665	
Protein....g	10.70		1	12		5.24	7.81	
Total lipid (fat)....g	34.90		1	12		17.10	25.48	
Ash....g	1.98		0	4		0.97	1.45	
Carbohydrate, by difference....g	51.70		0	9		25.33	37.74	
Fiber, total dietary....g	3.5		1	12		1.7	2.6	
Sugars, total....g	45.10		1	12		22.10	32.92	
Starch....g								
Minerals:								
Calcium, Ca....mg	108		1	12		53	79	
Iron, Fe....mg	1.30		1	12		0.64	0.95	
Magnesium, Mg....mg	86		0	4		42	63	
Phosphorus, P....mg	248		0	4		122	181	
Potassium, K....mg	447		0	4		219	326	
Sodium, Na....mg	149		1	12		73	109	
Zinc, Zn....mg	1.82		0	4		0.89	1.33	
Copper, Cu....mg	0.450		0	4		0.221	0.329	
Manganese, Mn....mg	0.703		0	4		0.344	0.513	
Selenium, Se....mcg	4.7		0	4		2.3	3.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	4		0.1	0.2	
Thiamin....mg	0.160		0	4		0.078	0.117	
Riboflavin....mg	0.255		0	4		0.125	0.186	
Niacin....mg	3.314		0	4		1.624	2.419	
Pantothenic acid....mg	0.644		0	4		0.316	0.470	
Vitamin B-6....mg	0.090		0	4		0.044	0.066	
Folate, total....mcg	39		0	4		19	28	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	39		0	4		19	28	
Folate, DFE....mcg_DFE	39		0	4		19	28	
Vitamin B-12....mcg	0.30		0	4		0.15	0.22	
Vitamin A, IU....IU	143		0	4		70	104	
Vitamin A, RE....mcg_RE	37		0	4		18	27	
Vitamin E....mg_ATE	2.726		0	4		1.336	1.990	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	14.900		1	12		7.301	10.877	
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	0.604		0	4		0.296	0.441	
15:0....g								
16:0....g	7.624		0	4		3.736	5.566	
17:0....g								
18:0....g	6.472		0	4		3.171	4.725	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.700		1	12		5.733	8.541	
14:1....g								
15:1....g								

NDB No. 19143
Candies, HERSHEY, MR. GOODBAR Chocolate Bar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	11.564		0	4		5.666	8.442	
20:1....g	0.133		0	4		0.065	0.097	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	4.800		1	12		2.352	3.504	
18:2 undifferentiated....g	4.799		0	4		2.352	3.503	
18:3 undifferentiated....g	0.001		0	4		0.000	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	8		1	12		4	6	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	4		0.0	0.0	
Caffeine....mg	20		0	4		10	15	
Theobromine....mg	130		0	4		64	95	

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

Common Measures:

Measure 1 = 49.000g: 1 bar (1.75 oz)

Measure 2 = 73.000g: 1 bar (2.6 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19144
Candies, NESTLE, 100 GRAND Bar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	5.11		3	12		2.20	1.07	579.47
Energy....kcal	466		0	9		200	98	52844
Energy....kj	1950			9		838	409	221101
Protein....g	4.89		3	1		2.10	1.03	554.53
Total lipid (fat)....g	18.19		3	12		7.82	3.82	2062.75
Ash....g	1.10		3	1		0.47	0.23	124.74
Carbohydrate, by difference....g	70.71		0	9		30.41	14.85	8018.51
Fiber, total dietary....g	1.3		3	1		0.6	0.3	147.4
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	114		3	1		49	24	12928
Iron, Fe....mg	0.30		3	1		0.13	0.06	34.02
Magnesium, Mg....mg	38		0	4		16	8	4309
Phosphorus, P....mg	134		0	4		58	28	15196
Potassium, K....mg	226		0	4		97	47	25628
Sodium, Na....mg	207		3	1		89	43	23474
Zinc, Zn....mg	0.98		0	4		0.42	0.21	111.13
Copper, Cu....mg	0.245		0	4		0.105	0.051	27.783
Manganese, Mn....mg	0.327		0	4		0.141	0.069	37.082
Selenium, Se....mcg	2.4		0	4		1.0	0.5	272.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		3	1		0.2	0.1	56.7
Thiamin....mg	0.279		0	4		0.120	0.059	31.639
Riboflavin....mg	0.435		0	4		0.187	0.091	49.329
Niacin....mg	3.303		0	4		1.420	0.694	374.560
Pantothenic acid....mg	0.287		0	4		0.123	0.060	32.546
Vitamin B-6....mg	0.336		0	4		0.144	0.071	38.102
Folate, total....mcg	70		0	4		30	15	7938
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	70		0	4		30	15	7938
Folate, DFE....mcg_DFE	70		0	4		30	15	7938
Vitamin B-12....mcg	0.25		0	4		0.11	0.05	28.35
Vitamin A, IU....IU	81		3	12		35	17	9185
Vitamin A, RE....mcg_RE	24		0	9		10	5	2722
Vitamin E....mg_ATE	0.736		0	4		0.316	0.155	83.462
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	11.160		3	12		4.799	2.344	1265.544
4:0....g	0.013		0	4		0.006	0.003	1.474
6:0....g	0.009		0	4		0.004	0.002	1.021
8:0....g	0.034		0	4		0.015	0.007	3.856
10:0....g	0.034		0	4		0.015	0.007	3.856
11:0....g								
12:0....g	0.183		0	4		0.079	0.038	20.752
13:0....g								
14:0....g	0.577		0	4		0.248	0.121	65.432
15:0....g								
16:0....g	5.269		0	4		2.266	1.106	597.505
17:0....g								
18:0....g	4.954		0	4		2.130	1.040	561.784
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.794		0	4		2.491	1.217	657.040
14:1....g								
15:1....g								

NDB No. 19144
Candies, NESTLE, 100 GRAND Bar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		0.005	0.003	1.361
17:1....g								
18:1 undifferentiated....g	5.762		0	4		2.478	1.210	653.411
20:1....g	0.001		0	4		0.000	0.000	0.113
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.612		0	4		0.263	0.129	69.401
18:2 undifferentiated....g	0.583		0	4		0.251	0.122	66.112
18:3 undifferentiated....g	0.010		0	4		0.004	0.002	1.134
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	19		3	12		8	4	2155
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	26		1	1		11	5	2948
Theobromine....mg	74		1	1		32	16	8392

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample 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 bar (1.5 oz)

Measure 2 = 21.000g: 1 bar, miniature

Measure 3 = 11340.000g: 1 package

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

Food Group: 19 Sweets

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

NDB No. 19145
Candies, NESTLE, CRUNCH Bar and Dessert 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	1.14		3	12		0.46	0.11	129.28
Energy....kcal	522		0	9		209	52	59195
Energy....kj	2184			9		874	218	247671
Protein....g	6.00		3	1		2.40	0.60	680.40
Total lipid (fat)....g	26.30		3	12		10.52	2.63	2982.42
Ash....g	1.35		3	1		0.54	0.14	153.09
Carbohydrate, by difference....g	65.21		0	9		26.08	6.52	7394.81
Fiber, total dietary....g	2.6		3	1		1.0	0.3	294.8
Sugars, total....g	56.00		3	12		22.40	5.60	6350.40
Starch....g								
Minerals:								
Calcium, Ca....mg	169		3	1		68	17	19165
Iron, Fe....mg	0.50		3	1		0.20	0.05	56.70
Magnesium, Mg....mg	58		0	4		23	6	6577
Phosphorus, P....mg	202		0	4		81	20	22907
Potassium, K....mg	344	19.419	8	1		138	34	39010
Sodium, Na....mg	133		3	1		53	13	15082
Zinc, Zn....mg	1.43		0	4		0.57	0.14	162.16
Copper, Cu....mg	0.363		0	4		0.145	0.036	41.164
Manganese, Mn....mg	0.455		0	4		0.182	0.046	51.597
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		3	1		0.1	0.0	34.0
Thiamin....mg	0.340		0	4		0.136	0.034	38.556
Riboflavin....mg	0.562		0	4		0.225	0.056	63.731
Niacin....mg	3.952		0	4		1.581	0.395	448.157
Pantothenic acid....mg	0.424		0	4		0.170	0.042	48.082
Vitamin B-6....mg	0.397		0	4		0.159	0.040	45.020
Folate, total....mcg	79		0	4		32	8	8959
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	79		0	4		32	8	8959
Folate, DFE....mcg_DFE	79		0	4		32	8	8959
Vitamin B-12....mcg	0.37		0	4		0.15	0.04	41.96
Vitamin A, IU....IU	69		3	12		28	7	7825
Vitamin A, RE....mcg_RE	20		0	9		8	2	2268
Vitamin E....mg_ATE	1.105		0	4		0.442	0.111	125.307
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	15.190		3	12		6.076	1.519	1722.546
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	0.676		0	4		0.270	0.068	76.658
15:0....g								
16:0....g	7.370		0	4		2.948	0.737	835.758
17:0....g								
18:0....g	7.037		0	4		2.815	0.704	797.996
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.607		0	4		3.443	0.861	976.034
14:1....g								
15:1....g								

NDB No. 19145
Candies, NESTLE, CRUNCH Bar and Dessert 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
16:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
17:1....g								
18:1 undifferentiated....g	8.589		0	4		3.436	0.859	973.993
20:1....g	0.003		0	4		0.001	0.000	0.340
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.872		0	4		0.349	0.087	98.885
18:2 undifferentiated....g	0.851		0	4		0.340	0.085	96.503
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	13		3	12		5	1	1474
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	24		1	1		10	2	2722
Theobromine....mg	156		1	1		62	16	17690

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample 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 bar (1.4 oz)

Measure 2 = 10.000g: 1 bar, miniature

Measure 3 = 11340.000g: 1 package

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

Food Group: 19 Sweets

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

NDB No. 19146
Baking chocolate, M&M MARS, "M&M's" Milk Chocolate Mini Baking Bits

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	2.42		0	9		274.43	0.34	
Energy....kcal	498		0	9		56473	71	
Energy....kj	2084			9		236284	296	
Protein....g	4.78		0	9		542.05	0.68	
Total lipid (fat)....g	23.34		0	9		2646.76	3.31	
Ash....g	2.16		0	9		244.94	0.31	
Carbohydrate, by difference....g	67.30		0	9		7631.82	9.56	
Fiber, total dietary....g	2.7		0	9		306.2	0.4	
Sugars, total....g	61.58		0	9		6983.17	8.74	
Starch....g								
Minerals:								
Calcium, Ca....mg	116		0	9		13154	16	
Iron, Fe....mg	1.23		0	9		139.48	0.17	
Magnesium, Mg....mg	46		0	4		5216	7	
Phosphorus, P....mg	166		0	4		18824	24	
Potassium, K....mg	293		0	4		33226	42	
Sodium, Na....mg	68		0	9		7711	10	
Zinc, Zn....mg	1.06		0	4		120.20	0.15	
Copper, Cu....mg	0.304		0	4		34.474	0.043	
Manganese, Mn....mg	0.234		0	4		26.536	0.033	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		0	9		68.0	0.1	
Thiamin....mg	0.060		0	4		6.804	0.009	
Riboflavin....mg	0.231		0	4		26.195	0.033	
Niacin....mg	0.246		0	4		27.896	0.035	
Pantothenic acid....mg	0.322		0	4		36.515	0.046	
Vitamin B-6....mg	0.032		0	4		3.629	0.005	
Folate, total....mcg	5		0	4		567	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5		0	4		567	1	
Folate, DFE....mcg_DFE	5		0	4		567	1	
Vitamin B-12....mcg	0.30		0	4		34.02	0.04	
Vitamin A, IU....IU	224		0	9		25402	32	
Vitamin A, RE....mcg_RE	45		0	9		5103	6	
Vitamin E....mg_ATE	0.946		0	4		107.276	0.134	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	14.452		0	9		1638.857	2.052	
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	0.644		0	4		73.030	0.091	
15:0....g								
16:0....g	7.011		0	4		795.047	0.996	
17:0....g								
18:0....g	6.711		0	4		761.027	0.953	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.604		0	4		862.294	1.080	
14:1....g								
15:1....g								

NDB No. 19146
Baking chocolate, M&M MARS, "M&M's" Milk Chocolate Mini Baking Bits

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	7.604		0	4		862.294	1.080	
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	0.697		0	4		79.040	0.099	
18:2 undifferentiated....g	0.697		0	4		79.040	0.099	
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	15		0	9		1701	2	
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 = 11340.000g: 1 package

Measure 2 = 14.200g: 1 serving

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

Food Group: 19 Sweets

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

NDB No. 19147
Candies, peanut bar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.60	0.150	4	1		0.45	0.64	0.72
Energy....kcal	522		0	4		148	209	235
Energy....kj	2184			4		619	874	983
Protein (N x 5.5)....g	15.50	1.151	4	1		4.39	6.20	6.98
Total lipid (fat)....g	33.70	0.229	4	1		9.55	13.48	15.17
Ash....g	1.90	0.089	3	1		0.54	0.76	0.86
Carbohydrate, by difference....g	47.40		0	4		13.44	18.96	21.33
Fiber, total dietary....g	5.7		0	4		1.6	2.3	2.6
Sugars, total....g	42.22		0	8		11.97	16.89	19.00
Starch....g								
Minerals:								
Calcium, Ca....mg	78		1	1		22	31	35
Iron, Fe....mg	0.97		1	1		0.27	0.39	0.44
Magnesium, Mg....mg	115		0	4		33	46	52
Phosphorus, P....mg	322		0	4		91	129	145
Potassium, K....mg	407		2	1		115	163	183
Sodium, Na....mg	156		0	8		44	62	70
Zinc, Zn....mg	4.13		0	4		1.17	1.65	1.86
Copper, Cu....mg	0.821		0	4		0.233	0.328	0.369
Manganese, Mn....mg	1.290		0	4		0.366	0.516	0.581
Selenium, Se....mcg	4.9		0	4		1.4	2.0	2.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	0.0
Thiamin....mg	0.100		1	1		0.028	0.040	0.045
Riboflavin....mg	0.140		1	1		0.040	0.056	0.063
Niacin....mg	7.922	0.821	4	1		2.246	3.169	3.565
Pantothenic acid....mg	0.865		0	4		0.245	0.346	0.389
Vitamin B-6....mg	0.159		0	4		0.045	0.064	0.072
Folate, total....mcg	78		0	4		22	31	35
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	78		0	4		22	31	35
Folate, DFE....mcg_DFE	78		0	4		22	31	35
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	4.604		0	4		1.305	1.842	2.072
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.678		0	4		1.326	1.871	2.105
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	0.022		0	4		0.006	0.009	0.010
15:0....g								
16:0....g	3.528		0	4		1.000	1.411	1.588
17:0....g								
18:0....g	0.752		0	4		0.213	0.301	0.338
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	16.721		0	4		4.740	6.688	7.524
14:1....g								
15:1....g								

NDB No. 19147
Candies, peanut bar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.004	0.005
17:1....g								
18:1 undifferentiated....g	16.260		0	4		4.610	6.504	7.317
20:1....g	0.495		0	4		0.140	0.198	0.223
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	10.650		0	4		3.019	4.260	4.793
18:2 undifferentiated....g	10.647		0	4		3.018	4.259	4.791
18:3 undifferentiated....g	0.002		0	4		0.001	0.001	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	0		0	4		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.149		0	1		0.042	0.060	0.067
Threonine....g	0.520		0	1		0.147	0.208	0.234
Isoleucine....g	0.534		0	1		0.151	0.214	0.240
Leucine....g	0.986		0	1		0.280	0.394	0.444
Lysine....g	0.545		0	1		0.155	0.218	0.245
Methionine....g	0.185		0	1		0.052	0.074	0.083
Cystine....g	0.194		0	1		0.055	0.078	0.087
Phenylalanine....g	0.787		0	1		0.223	0.315	0.354
Tyrosine....g	0.618		0	1		0.175	0.247	0.278
Valine....g	0.638		0	1		0.181	0.255	0.287
Arginine....g	1.818		0	1		0.515	0.727	0.818
Histidine....g	0.385		0	1		0.109	0.154	0.173
Alanine....g	0.604		0	1		0.171	0.242	0.272
Aspartic acid....g	1.855		0	1		0.526	0.742	0.835
Glutamic acid....g	3.178		0	1		0.901	1.271	1.430
Glycine....g	0.916		0	1		0.260	0.366	0.412
Proline....g	0.672		0	1		0.191	0.269	0.302
Serine....g	0.753		0	1		0.213	0.301	0.339
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 = 40.000g: 1 bar (1.4 oz)

Measure 3 = 45.000g: 1 bar (1.6 oz)

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

Food Group: 19 Sweets

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

NDB No. 19148
Candies, peanut brittle, 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	1.80		0	1		0.51	9.02	
Energy....kcal	453		0	4		128	2270	
Energy....kj	1895			4		537	9496	
Protein (N x 0)....g	7.50		0	1		2.13	37.58	
Total lipid (fat)....g	19.10		0	1		5.41	95.69	
Ash....g	1.50		0	1		0.43	7.52	
Carbohydrate, by difference....g	69.30		0	4		19.65	347.19	
Fiber, total dietary....g	2.0		0	4		0.6	10.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	30		0	1		9	150	
Iron, Fe....mg	1.38		0	1		0.39	6.91	
Magnesium, Mg....mg	50		0	1		14	251	
Phosphorus, P....mg	111		0	1		31	556	
Potassium, K....mg	208		0	1		59	1042	
Sodium, Na....mg	452		0	1		128	2265	
Zinc, Zn....mg	0.97		0	1		0.27	4.86	
Copper, Cu....mg	0.353		0	1		0.100	1.769	
Manganese, Mn....mg	0.592		0	1		0.168	2.966	
Selenium, Se....mcg	2.7		0	4		0.8	13.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.189		0	1		0.054	0.947	
Riboflavin....mg	0.052		0	1		0.015	0.261	
Niacin....mg	3.498		0	1		0.992	17.525	
Pantothenic acid....mg	0.525		0	1		0.149	2.630	
Vitamin B-6....mg	0.104		0	1		0.029	0.521	
Folate, total....mcg	70		0	1		20	351	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	70		0	1		20	351	
Folate, DFE....mcg_DFE	70		0	4		20	351	
Vitamin B-12....mcg	0.01		0	1		0.00	0.05	
Vitamin A, IU....IU	191		0	1		54	957	
Vitamin A, RE....mcg_RE	47		0	1		13	235	
Vitamin E....mg_ATE	1.640		0	4		0.465	8.216	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.020		0	1		1.423	25.150	
4:0....g	0.160		0	1		0.045	0.802	
6:0....g	0.090		0	1		0.026	0.451	
8:0....g	0.050		0	1		0.014	0.251	
10:0....g	0.120		0	1		0.034	0.601	
11:0....g								
12:0....g	0.140		0	1		0.040	0.701	
13:0....g								
14:0....g	0.500		0	1		0.142	2.505	
15:0....g								
16:0....g	2.780		0	1		0.788	13.928	
17:0....g								
18:0....g	0.910		0	1		0.258	4.559	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.480		0	1		2.404	42.485	
14:1....g								
15:1....g								

NDB No. 19148
Candies, peanut brittle, 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	0.110		0	1		0.031	0.551	
17:1....g								
18:1 undifferentiated....g	8.100		0	1		2.296	40.581	
20:1....g	0.190		0	1		0.054	0.952	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	4.680		0	1		1.327	23.447	
18:2 undifferentiated....g	4.610		0	1		1.307	23.096	
18:3 undifferentiated....g	0.070		0	1		0.020	0.351	
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	13		0	1		4	65	
Phytosterols....mg	64		0	1		18	321	
Amino Acids:								
Tryptophan....g	0.073		0	1		0.021	0.366	
Threonine....g	0.258		0	1		0.073	1.293	
Isoleucine....g	0.265		0	1		0.075	1.328	
Leucine....g	0.488		0	1		0.138	2.445	
Lysine....g	0.272		0	1		0.077	1.363	
Methionine....g	0.093		0	1		0.026	0.466	
Cystine....g	0.096		0	1		0.027	0.481	
Phenylalanine....g	0.389		0	1		0.110	1.949	
Tyrosine....g	0.306		0	1		0.087	1.533	
Valine....g	0.316		0	1		0.090	1.583	
Arginine....g	0.893		0	1		0.253	4.474	
Histidine....g	0.190		0	1		0.054	0.952	
Alanine....g	0.298		0	1		0.084	1.493	
Aspartic acid....g	0.913		0	1		0.259	4.574	
Glutamic acid....g	1.568		0	1		0.445	7.856	
Glycine....g	0.450		0	1		0.128	2.255	
Proline....g	0.334		0	1		0.095	1.673	
Serine....g	0.370		0	1		0.105	1.854	
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 = 501.000g: 1 recipe yield

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

Food Group: 19 Sweets

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

NDB No. 19149
Candies, NESTLE, RAISINETS Chocolate Covered 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	0.784	3	1		2.88	0.64	2.88
Energy....kcal	412		0	4		185	41	185
Energy....kj	1724			4		776	172	776
Protein (N x 6.2)....g	4.70	0.668	3	1		2.12	0.47	2.12
Total lipid (fat)....g	15.90	0.969	3	1		7.16	1.59	7.16
Ash....g	1.50	0.185	3	1		0.68	0.15	0.68
Carbohydrate, by difference....g	71.20		0	4		32.04	7.12	32.04
Fiber, total dietary....g	5.1		0	4		2.3	0.5	2.3
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	108		2	1		49	11	49
Iron, Fe....mg	1.19		2	1		0.54	0.12	0.54
Magnesium, Mg....mg	45		1	1		20	5	20
Phosphorus, P....mg	144		1	1		65	14	65
Potassium, K....mg	514		2	1		231	51	231
Sodium, Na....mg	36		2	1		16	4	16
Zinc, Zn....mg	0.79		1	4		0.36	0.08	0.36
Copper, Cu....mg	0.343		1	4		0.154	0.034	0.154
Manganese, Mn....mg	0.294		1	4		0.132	0.029	0.132
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		2	1		0.1	0.0	0.1
Thiamin....mg	0.090		2	1		0.041	0.009	0.041
Riboflavin....mg	0.220		2	1		0.099	0.022	0.099
Niacin....mg	0.400		2	1		0.180	0.040	0.180
Pantothenic acid....mg	0.280		1	4		0.126	0.028	0.126
Vitamin B-6....mg	0.118		1	4		0.053	0.012	0.053
Folate, total....mcg	5		1	4		2	1	2
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	5		1	4		2	1	2
Folate, DFE....mcg_DFE	5		0	4		2	1	2
Vitamin B-12....mcg	0.21		1	4		0.09	0.02	0.09
Vitamin A, IU....IU	38		2	1		17	4	17
Vitamin A, RE....mcg_RE	9		0	1		4	1	4
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.340		0	1		3.303	0.734	3.303
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g	0.230		3	1		0.104	0.023	0.104
13:0....g								
14:0....g	0.300		3	1		0.135	0.030	0.135
15:0....g								
16:0....g	3.440		3	1		1.548	0.344	1.548
17:0....g								
18:0....g	3.360		3	1		1.512	0.336	1.512
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.940		0	1		2.673	0.594	2.673
14:1....g								
15:1....g								

NDB No. 19149
Candies, NESTLE, RAISINETS Chocolate Covered 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	0.080		3	1		0.036	0.008	0.036
17:1....g								
18:1 undifferentiated....g	5.800		3	1		2.610	0.580	2.610
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.900		0	1		0.855	0.190	0.855
18:2 undifferentiated....g	1.780		3	1		0.801	0.178	0.801
18:3 undifferentiated....g	0.120		3	1		0.054	0.012	0.054
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	4		2	1		2	0	2
Phytosterols....mg								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	25		1	1		11	3	11
Theobromine....mg	127		1	1		57	13	57

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample 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 package

Measure 2 = 10.000g: 10 pieces

Measure 3 = 45.000g: 1 package (1.58 oz)

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

Food Group: 19 Sweets

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

NDB No. 19150
Candies, HERSHEY, REESE'S Peanut Butter Cups

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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	4		0.11	0.72	0.27
Energy....kcal	541		0	9		38	243	92
Energy....kj	2264			9		158	1019	385
Protein....g	10.30		1	12		0.72	4.64	1.75
Total lipid (fat)....g	31.30		1	12		2.19	14.09	5.32
Ash....g	2.20		0	4		0.15	0.99	0.37
Carbohydrate, by difference....g	54.60		0	9		3.82	24.57	9.28
Fiber, total dietary....g	3.2		1	12		0.2	1.4	0.5
Sugars, total....g	46.67		0	8		3.27	21.00	7.93
Starch....g								
Minerals:								
Calcium, Ca....mg	78		1	12		5	35	13
Iron, Fe....mg	1.20		1	12		0.08	0.54	0.20
Magnesium, Mg....mg	89		0	4		6	40	15
Phosphorus, P....mg	203		0	4		14	91	35
Potassium, K....mg	352		1	12		25	158	60
Sodium, Na....mg	317		1	12		22	143	54
Zinc, Zn....mg	1.83		0	4		0.13	0.82	0.31
Copper, Cu....mg	0.604		0	4		0.042	0.272	0.103
Manganese, Mn....mg	0.877		0	4		0.061	0.395	0.149
Selenium, Se....mcg	4.5		0	4		0.3	2.0	0.8
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.0	0.1	0.0
Thiamin....mg	0.244		0	4		0.017	0.110	0.041
Riboflavin....mg	0.170		0	4		0.012	0.077	0.029
Niacin....mg	4.621		0	4		0.323	2.079	0.786
Pantothenic acid....mg	0.859		0	4		0.060	0.387	0.146
Vitamin B-6....mg	0.146		0	4		0.010	0.066	0.025
Folate, total....mcg	55		0	4		4	25	9
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	55		0	4		4	25	9
Folate, DFE....mcg_DFE	55		0	4		4	25	9
Vitamin B-12....mcg	0.15		0	4		0.01	0.07	0.03
Vitamin A, IU....IU	73		0	4		5	33	12
Vitamin A, RE....mcg_RE	19		0	4		1	9	3
Vitamin E....mg_ATE	4.065		0	4		0.285	1.829	0.691
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	11.100		1	12		0.777	4.995	1.887
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.000		0	4		0.000	0.000	0.000
10:0....g	0.000		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	0.000
13:0....g								
14:0....g	0.372		0	4		0.026	0.167	0.063
15:0....g								
16:0....g	6.193		0	4		0.434	2.787	1.053
17:0....g								
18:0....g	4.242		0	4		0.297	1.909	0.721
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	13.100		1	12		0.917	5.895	2.227
14:1....g								
15:1....g								

NDB No. 19150
Candies, HERSHEY, REESE'S Peanut Butter Cups

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		0.000	0.002	0.001
17:1....g								
18:1 undifferentiated....g	12.844		0	4		0.899	5.780	2.183
20:1....g	0.252		0	4		0.018	0.113	0.043
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	5.600		1	12		0.392	2.520	0.952
18:2 undifferentiated....g	5.599		0	4		0.392	2.520	0.952
18:3 undifferentiated....g	0.001		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	5		1	12		0	2	1
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	4		0.0	0.0	0.0
Caffeine....mg	10		0	4		1	5	2
Theobromine....mg	66		0	4		5	30	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 = 7.000g: 1 miniature

Measure 2 = 45.000g: 1 package (2 peanut butter cups, 1.6 oz)

Measure 3 = 17.000g: 1 individual (.6 oz)

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

Food Group: 19 Sweets

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

NDB No. 19151
Candies, HERSHEY, REESE'S Pieces Candy

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	2.53		0	4		1.19	0.20	0.99
Energy....kcal	491		0	9		231	39	191
Energy....kj	2054			9		966	164	801
Protein....g	13.80		1	12		6.49	1.10	5.38
Total lipid (fat)....g	21.10		1	12		9.92	1.69	8.23
Ash....g	1.17		0	4		0.55	0.09	0.46
Carbohydrate, by difference....g	61.40		0	9		28.86	4.91	23.95
Fiber, total dietary....g	2.9		1	12		1.4	0.2	1.1
Sugars, total....g	52.80		1	12		24.82	4.22	20.59
Starch....g								
Minerals:								
Calcium, Ca....mg	82		1	12		39	7	32
Iron, Fe....mg	0.80		1	12		0.38	0.06	0.31
Magnesium, Mg....mg	44		0	4		21	4	17
Phosphorus, P....mg	132		0	4		62	11	51
Potassium, K....mg	230		0	4		108	18	90
Sodium, Na....mg	147		1	12		69	12	57
Zinc, Zn....mg	0.76		0	4		0.36	0.06	0.30
Copper, Cu....mg	0.216		0	4		0.102	0.017	0.084
Manganese, Mn....mg	0.514		0	4		0.242	0.041	0.200
Selenium, Se....mcg	1.8		0	4		0.8	0.1	0.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		0	4		0.2	0.0	0.2
Thiamin....mg	0.095		0	4		0.045	0.008	0.037
Riboflavin....mg	0.144		0	4		0.068	0.012	0.056
Niacin....mg	2.851		0	4		1.340	0.228	1.112
Pantothenic acid....mg	0.474		0	4		0.223	0.038	0.185
Vitamin B-6....mg	0.071		0	4		0.033	0.006	0.028
Folate, total....mcg	28		0	4		13	2	11
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	28		0	4		13	2	11
Folate, DFE....mcg_DFE	28		0	4		13	2	11
Vitamin B-12....mcg	0.21		0	4		0.10	0.02	0.08
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	2.091		0	4		0.983	0.167	0.815
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	18.100		1	12		8.507	1.448	7.059
4:0....g	0.002		0	4		0.001	0.000	0.001
6:0....g	0.038		0	4		0.018	0.003	0.015
8:0....g	0.616		0	4		0.290	0.049	0.240
10:0....g	0.692		0	4		0.325	0.055	0.270
11:0....g								
12:0....g	8.763		0	4		4.119	0.701	3.418
13:0....g								
14:0....g	3.084		0	4		1.449	0.247	1.203
15:0....g								
16:0....g	3.424		0	4		1.609	0.274	1.335
17:0....g								
18:0....g	1.477		0	4		0.694	0.118	0.576
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.100		1	12		0.987	0.168	0.819
14:1....g								
15:1....g								

NDB No. 19151
Candies, HERSHEY, REESE'S Pieces Candy

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		0.008	0.001	0.006
17:1....g								
18:1 undifferentiated....g	2.080		0	4		0.978	0.166	0.811
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	1.000		1	12		0.470	0.080	0.390
18:2 undifferentiated....g	0.930		0	4		0.437	0.074	0.363
18:3 undifferentiated....g	0.067		0	4		0.031	0.005	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	2		1	12		1	0	1
Phytosterols....mg								
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 = 47.000g: .25 cup

Measure 2 = 8.000g: 10 pieces

Measure 3 = 39.000g: 50 pieces (1.4 oz)

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

Food Group: 19 Sweets

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

NDB No. 19152
Candies, HERSHEY, ROLO Caramels in Milk Chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	20.20		0	4		10.71	9.90	0.61
Energy....kcal	412		0	9		218	202	12
Energy....kj	1724			9		914	845	52
Protein....g	4.90		1	12		2.60	2.40	0.15
Total lipid (fat)....g	20.00		1	12		10.60	9.80	0.60
Ash....g	1.40		0	4		0.74	0.69	0.04
Carbohydrate, by difference....g	53.50		0	9		28.36	26.22	1.61
Fiber, total dietary....g	0.8		1	12		0.4	0.4	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	153		1	12		81	75	5
Iron, Fe....mg	0.50		1	12		0.27	0.25	0.02
Magnesium, Mg....mg	39		0	4		21	19	1
Phosphorus, P....mg	150		0	4		80	74	5
Potassium, K....mg	248		1	12		131	122	7
Sodium, Na....mg	176		1	12		93	86	5
Zinc, Zn....mg	0.92		0	4		0.49	0.45	0.03
Copper, Cu....mg	0.240		0	4		0.127	0.118	0.007
Manganese, Mn....mg	0.194		0	4		0.103	0.095	0.006
Selenium, Se....mcg	3.9		0	4		2.1	1.9	0.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		0	4		0.2	0.2	0.0
Thiamin....mg	0.054		0	4		0.029	0.026	0.002
Riboflavin....mg	0.218		0	4		0.116	0.107	0.007
Niacin....mg	0.214		0	4		0.113	0.105	0.006
Pantothenic acid....mg	0.322		0	4		0.171	0.158	0.010
Vitamin B-6....mg	0.032		0	4		0.017	0.016	0.001
Folate, total....mcg	5		0	4		3	2	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	5		0	4		3	2	0
Folate, DFE....mcg_DFE	5		0	4		3	2	0
Vitamin B-12....mcg	0.28		0	4		0.15	0.14	0.01
Vitamin A, IU....IU	146		0	4		77	72	4
Vitamin A, RE....mcg_RE	37		0	4		20	18	1
Vitamin E....mg_ATE	0.832		0	4		0.441	0.408	0.025
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	12.200		1	12		6.466	5.978	0.366
4:0....g	0.030		0	4		0.016	0.015	0.001
6:0....g	0.018		0	4		0.010	0.009	0.001
8:0....g	0.019		0	4		0.010	0.009	0.001
10:0....g	0.034		0	4		0.018	0.017	0.001
11:0....g								
12:0....g	0.160		0	4		0.085	0.078	0.005
13:0....g								
14:0....g	0.645		0	4		0.342	0.316	0.019
15:0....g								
16:0....g	5.799		0	4		3.073	2.842	0.174
17:0....g								
18:0....g	5.406		0	4		2.865	2.649	0.162
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.300		1	12		3.339	3.087	0.189
14:1....g								
15:1....g								

NDB No. 19152
Candies, HERSHEY, ROLO Caramels in Milk Chocolate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	4		0.011	0.010	0.001
17:1....g								
18:1 undifferentiated....g	6.266		0	4		3.321	3.070	0.188
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	0.600		1	12		0.318	0.294	0.018
18:2 undifferentiated....g	0.582		0	4		0.308	0.285	0.017
18:3 undifferentiated....g	0.017		0	4		0.009	0.008	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	18		1	12		10	9	1
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	4		0.0	0.0	0.0
Caffeine....mg	15		0	4		8	7	0
Theobromine....mg	102		0	4		54	50	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 = 53.000g: 1 package (1.91 oz)

Measure 2 = 49.000g: 1 roll (1.74 oz)

Measure 3 = 3.000g: 1 piece (0.2 oz)

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

Food Group: 19 Sweets

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

NDB No. 19153
Candies, NESTLE, AFTER EIGHT Mints

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	6.30		1	1		0.52	2.58	2.58
Energy....kcal	358		0	4		29	147	147
Energy....kj	1498			4		123	614	614
Protein (N x 5.63)....g	2.20		1	1		0.18	0.90	0.90
Total lipid (fat)....g	13.70		1	1		1.12	5.62	5.62
Ash....g	0.60		1	1		0.05	0.25	0.25
Carbohydrate, by difference....g	76.80		0	4		6.30	31.49	31.49
Fiber, total dietary....g	2.1		0	4		0.2	0.9	0.9
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	23		1	1		2	9	9
Iron, Fe....mg	1.53		1	1		0.13	0.63	0.63
Magnesium, Mg....mg	45		1	4		4	18	18
Phosphorus, P....mg	57		1	4		5	23	23
Potassium, K....mg	168		1	1		14	69	69
Sodium, Na....mg	12		1	1		1	5	5
Zinc, Zn....mg	0.59		1	4		0.05	0.24	0.24
Copper, Cu....mg	0.247		1	4		0.020	0.101	0.101
Manganese, Mn....mg	0.217		1	4		0.018	0.089	0.089
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	0.0
Thiamin....mg	0.050		1	1		0.004	0.021	0.021
Riboflavin....mg	0.040		1	1		0.003	0.016	0.016
Niacin....mg	0.300		1	1		0.025	0.123	0.123
Pantothenic acid....mg	0.034		1	4		0.003	0.014	0.014
Vitamin B-6....mg	0.016		1	4		0.001	0.007	0.007
Folate, total....mcg	1		1	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	1		1	4		0	0	0
Folate, DFE....mcg_DFE	1		0	4		0	0	0
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	0.00
Vitamin A, IU....IU	20		1	1		2	8	8
Vitamin A, RE....mcg_RE	2		0	1		0	1	1
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	8.180		0	1		0.671	3.354	3.354
4:0....g	0.010		1	1		0.001	0.004	0.004
6:0....g	0.010		1	1		0.001	0.004	0.004
8:0....g	0.010		1	1		0.001	0.004	0.004
10:0....g	0.050		1	1		0.004	0.021	0.021
11:0....g								
12:0....g	0.040		1	1		0.003	0.016	0.016
13:0....g								
14:0....g	0.120		1	1		0.010	0.049	0.049
15:0....g								
16:0....g	3.460		1	1		0.284	1.419	1.419
17:0....g								
18:0....g	4.420		1	1		0.362	1.812	1.812
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.410		0	1		0.362	1.808	1.808
14:1....g								
15:1....g								

NDB No. 19153
Candies, NESTLE, AFTER EIGHT Mints

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		1	1		0.006	0.029	0.029
17:1....g								
18:1 undifferentiated....g	4.300		1	1		0.353	1.763	1.763
20:1....g	0.010		1	1		0.001	0.004	0.004
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.520		0	1		0.043	0.213	0.213
18:2 undifferentiated....g	0.500		1	1		0.041	0.205	0.205
18:3 undifferentiated....g	0.030		1	1		0.002	0.012	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		1	4		0	0	0
Phytosterols....mg								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	20		1	1		2	8	8
Theobromine....mg	142		1	1		12	58	58

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

Common Measures:

Measure 1 = 8.200g: 1 piece
Measure 2 = 41.000g: 1 serving
Measure 3 = 41.000g: 5 pieces

Calories Factors: **Protein** 1.83 **Fat** 8.37 **Carbohydrate** 3.1

Food Group: 19 Sweets

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

NDB No. 19154
Candies, sesame crunch

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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	0.056	3	1		0.62	0.04	0.77
Energy....kcal	517		0	4		147	9	181
Energy....kj	2163			4		613	39	757
Protein (N x 5.3)....g	11.60	0.226	3	1		3.29	0.21	4.06
Total lipid (fat)....g	33.30	1.776	3	1		9.44	0.60	11.66
Ash....g	2.60	0.064	3	1		0.74	0.05	0.91
Carbohydrate, by difference....g	50.30		0	4		14.26	0.91	17.61
Fiber, total dietary....g	7.9		0	4		2.2	0.1	2.8
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	655		0	4		186	12	229
Iron, Fe....mg	4.27	0.267	3	1		1.21	0.08	1.49
Magnesium, Mg....mg	251	10.478	3	1		71	5	88
Phosphorus, P....mg	423		0	4		120	8	148
Potassium, K....mg	322		0	4		91	6	113
Sodium, Na....mg	167		0	8		47	3	58
Zinc, Zn....mg	3.76		1	1		1.07	0.07	1.32
Copper, Cu....mg	0.950		1	1		0.269	0.017	0.333
Manganese, Mn....mg	1.659		0	4		0.470	0.030	0.581
Selenium, Se....mcg	4.1		0	4		1.2	0.1	1.4
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.0	0.0	0.0
Thiamin....mg	0.530		0	4		0.150	0.010	0.186
Riboflavin....mg	0.172		0	4		0.049	0.003	0.060
Niacin....mg	3.703	0.124	3	1		1.050	0.067	1.296
Pantothenic acid....mg	0.041		0	4		0.012	0.001	0.014
Vitamin B-6....mg	0.532		0	4		0.151	0.010	0.186
Folate, total....mcg	65		0	4		18	1	23
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	65		0	4		18	1	23
Folate, DFE....mcg_DFE	65		0	4		18	1	23
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	1		0	4		0	0	0
Vitamin A, RE....mcg_RE	1		0	4		0	0	0
Vitamin E....mg_ATE	1.522		0	4		0.431	0.027	0.533
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.460		0	1		1.264	0.080	1.561
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	0.080		1	1		0.023	0.001	0.028
15:0....g								
16:0....g	2.980		1	1		0.845	0.054	1.043
17:0....g								
18:0....g	1.400		1	1		0.397	0.025	0.490
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	12.570		0	1		3.564	0.226	4.400
14:1....g								
15:1....g								

NDB No. 19154
Candies, sesame crunch

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. 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		1	1		0.028	0.002	0.035
17:1....g								
18:1 undifferentiated....g	12.420		1	1		3.521	0.224	4.347
20:1....g	0.050		1	1		0.014	0.001	0.018
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	14.580		0	1		4.133	0.262	5.103
18:2 undifferentiated....g	14.330		1	1		4.063	0.258	5.016
18:3 undifferentiated....g	0.250		1	1		0.071	0.005	0.088
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	4		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.223		0	1		0.063	0.004	0.078
Threonine....g	0.424		0	1		0.120	0.008	0.148
Isoleucine....g	0.440		0	1		0.125	0.008	0.154
Leucine....g	0.783		0	1		0.222	0.014	0.274
Lysine....g	0.328		0	1		0.093	0.006	0.115
Methionine....g	0.337		0	1		0.096	0.006	0.118
Cystine....g	0.206		0	1		0.058	0.004	0.072
Phenylalanine....g	0.542		0	1		0.154	0.010	0.190
Tyrosine....g	0.429		0	1		0.122	0.008	0.150
Valine....g	0.571		0	1		0.162	0.010	0.200
Arginine....g	1.513		0	1		0.429	0.027	0.530
Histidine....g	0.302		0	1		0.086	0.005	0.106
Alanine....g	0.534		0	1		0.151	0.010	0.187
Aspartic acid....g	0.951		0	1		0.270	0.017	0.333
Glutamic acid....g	2.279		0	1		0.646	0.041	0.798
Glycine....g	0.700		0	1		0.198	0.013	0.245
Proline....g	0.470		0	1		0.133	0.008	0.165
Serine....g	0.558		0	1		0.158	0.010	0.195
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 = 1.800g: 1 piece

Measure 3 = 35.000g: 20 pieces

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

Food Group: 19 Sweets

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

NDB No. 19155
Candies, M&M MARS, SNICKERS Bar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	5.49		0	9		3.13	0.82	6.20
Energy....kcal	479		0	9		273	72	541
Energy....kj	2004			9		1142	301	2265
Protein....g	8.00		0	9		4.56	1.20	9.04
Total lipid (fat)....g	24.58		0	9		14.01	3.69	27.78
Ash....g	2.73		0	9		1.56	0.41	3.08
Carbohydrate, by difference....g	59.21		0	9		33.75	8.88	66.91
Fiber, total dietary....g	2.5		0	9		1.4	0.4	2.8
Sugars, total....g	49.28		0	9		28.09	7.39	55.69
Starch....g								
Minerals:								
Calcium, Ca....mg	94		0	9		54	14	106
Iron, Fe....mg	0.76		0	9		0.43	0.11	0.86
Magnesium, Mg....mg	72		0	4		41	11	81
Phosphorus, P....mg	222		0	4		127	33	251
Potassium, K....mg	324		0	4		185	49	366
Sodium, Na....mg	266		0	9		152	40	301
Zinc, Zn....mg	2.35		0	4		1.34	0.35	2.66
Copper, Cu....mg	0.506		0	4		0.288	0.076	0.572
Manganese, Mn....mg	0.718		0	4		0.409	0.108	0.811
Selenium, Se....mcg	4.6		2	1		2.6	0.7	5.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		0	9		0.3	0.1	0.7
Thiamin....mg	0.099		0	4		0.056	0.015	0.112
Riboflavin....mg	0.152		0	4		0.087	0.023	0.172
Niacin....mg	4.190		0	4		2.388	0.629	4.735
Pantothenic acid....mg	0.560		0	4		0.319	0.084	0.633
Vitamin B-6....mg	0.088		0	4		0.050	0.013	0.099
Folate, total....mcg	40		0	4		23	6	45
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	40		0	4		23	6	45
Folate, DFE....mcg_DFE	40		0	4		23	6	45
Vitamin B-12....mcg	0.15		0	4		0.09	0.02	0.17
Vitamin A, IU....IU	152		0	9		87	23	172
Vitamin A, RE....mcg_RE	39		0	4		22	6	44
Vitamin E....mg_ATE	1.530		0	1		0.872	0.230	1.729
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	8.994		0	9		5.127	1.349	10.163
4:0....g	0.034		0	4		0.019	0.005	0.038
6:0....g	0.020		0	4		0.011	0.003	0.023
8:0....g	0.011		0	4		0.006	0.002	0.012
10:0....g	0.026		0	4		0.015	0.004	0.029
11:0....g								
12:0....g	0.029		0	4		0.017	0.004	0.033
13:0....g								
14:0....g	0.376		0	4		0.214	0.056	0.425
15:0....g								
16:0....g	3.226		0	4		1.839	0.484	3.645
17:0....g								
18:0....g	2.953		0	4		1.683	0.443	3.337
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.453		0	4		5.958	1.568	11.812
14:1....g								
15:1....g								

NDB No. 19155
Candies, M&M MARS, SNICKERS Bar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		0.012	0.003	0.024
17:1....g								
18:1 undifferentiated....g	3.185		0	4		1.815	0.478	3.599
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	4.918		0	4		2.803	0.738	5.557
18:2 undifferentiated....g	0.297		0	4		0.169	0.045	0.336
18:3 undifferentiated....g	0.014		0	4		0.008	0.002	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	13		0	9		7	2	15
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	7		0	4		4	1	8
Theobromine....mg	48		0	4		27	7	54

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample 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 bar (2 oz)

Measure 2 = 15.000g: 1 bar, fun size

Measure 3 = 113.000g: 1 bar, king size (4 oz)

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

Food Group: 19 Sweets

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

NDB No. 19156
Candies, M&M MARS, STARBURST Fruit Chews

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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		2	1		2.81	3.95	0.34
Energy....kcal	396		0	4		166	234	20
Energy....kj	1657			4		696	978	83
Protein (N x 5.6)....g	0.40		2	1		0.17	0.24	0.02
Total lipid (fat)....g	8.30		2	1		3.49	4.90	0.42
Ash....g	0.10		2	1		0.04	0.06	0.01
Carbohydrate, by difference....g	84.50		0	4		35.49	49.86	4.23
Fiber, total dietary....g	0.0		0	8		0.0	0.0	0.0
Sugars, total....g	66.67		0	8		28.00	39.34	3.33
Starch....g								
Minerals:								
Calcium, Ca....mg	4		2	1		2	2	0
Iron, Fe....mg	0.13		2	1		0.05	0.08	0.01
Magnesium, Mg....mg	1		2	1		0	1	0
Phosphorus, P....mg	7		1	1		3	4	0
Potassium, K....mg	2		2	1		1	1	0
Sodium, Na....mg	56		1	1		24	33	3
Zinc, Zn....mg	0.00		2	1		0.00	0.00	0.00
Copper, Cu....mg	0.012		2	1		0.005	0.007	0.001
Manganese, Mn....mg	0.015		1	1		0.006	0.009	0.001
Selenium, Se....mcg	0.8		0	4		0.3	0.5	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	52.9		1	1		22.2	31.2	2.6
Thiamin....mg	0.001		2	1		0.000	0.001	0.000
Riboflavin....mg	0.002		1	1		0.001	0.001	0.000
Niacin....mg	0.005		2	1		0.002	0.003	0.000
Pantothenic acid....mg	0.035		1	1		0.015	0.021	0.002
Vitamin B-6....mg	0.000		1	1		0.000	0.000	0.000
Folate, total....mcg	0		1	1		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		1	1		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		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	1.510		0	4		0.634	0.891	0.076
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.237		0	4		0.520	0.730	0.062
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	0.008		0	4		0.003	0.005	0.000
15:0....g								
16:0....g	0.813		0	4		0.341	0.480	0.041
17:0....g								
18:0....g	0.415		0	4		0.174	0.245	0.021
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.569		0	4		1.499	2.106	0.178
14:1....g								
15:1....g								

NDB No. 19156
Candies, M&M MARS, STARBURST Fruit Chews

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		0.014	0.019	0.002
17:1....g								
18:1 undifferentiated....g	3.528		0	4		1.482	2.082	0.176
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	3.121		0	4		1.311	1.841	0.156
18:2 undifferentiated....g	2.897		0	4		1.217	1.709	0.145
18:3 undifferentiated....g	0.216		0	4		0.091	0.127	0.011
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	4		0	0	0
Phytosterols....mg								
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 = 42.000g: 1 package, fun size
Measure 2 = 59.000g: 1 package (2.07 oz)
Measure 3 = 5.000g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19157
Candies, M&M MARS, "M&M's" Mini Milk Chocolate Candies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	2.42		0	9		1.02	3.44	
Energy....kcal	498		0	9		209	707	
Energy....kj	2084			9		875	2959	
Protein....g	4.78		0	9		2.01	6.79	
Total lipid (fat)....g	23.34		0	9		9.80	33.14	
Ash....g	2.34		0	9		0.98	3.32	
Carbohydrate, by difference....g	67.12		0	9		28.19	95.31	
Fiber, total dietary....g	2.7		0	9		1.1	3.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	116		0	9		49	165	
Iron, Fe....mg	1.23		0	9		0.52	1.75	
Magnesium, Mg....mg	46		0	4		19	65	
Phosphorus, P....mg	166		0	4		70	236	
Potassium, K....mg	293		0	4		123	416	
Sodium, Na....mg	68		0	9		29	97	
Zinc, Zn....mg	1.06		0	4		0.45	1.51	
Copper, Cu....mg	0.304		0	4		0.128	0.432	
Manganese, Mn....mg	0.234		0	4		0.098	0.332	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		0	9		0.3	0.9	
Thiamin....mg	0.060		0	4		0.025	0.085	
Riboflavin....mg	0.231		0	4		0.097	0.328	
Niacin....mg	0.246		0	4		0.103	0.349	
Pantothenic acid....mg	0.322		0	4		0.135	0.457	
Vitamin B-6....mg	0.032		0	4		0.013	0.045	
Folate, total....mcg	5		0	4		2	7	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5		0	4		2	7	
Folate, DFE....mcg_DFE	5		0	4		2	7	
Vitamin B-12....mcg	0.29		0	4		0.12	0.41	
Vitamin A, IU....IU	224		0	9		94	318	
Vitamin A, RE....mcg_RE	45		0	9		19	64	
Vitamin E....mg_ATE	0.946		0	4		0.397	1.343	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	14.452		0	9		6.070	20.522	
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	0.644		0	4		0.270	0.914	
15:0....g								
16:0....g	7.011		0	4		2.945	9.956	
17:0....g								
18:0....g	6.711		0	4		2.819	9.530	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.604		0	4		3.194	10.798	
14:1....g								
15:1....g								

NDB No. 19157
Candies, M&M MARS, "M&M's" Mini Milk Chocolate Candies

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	7.604		0	4		3.194	10.798	
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	0.697		0	4		0.293	0.990	
18:2 undifferentiated....g	0.697		0	4		0.293	0.990	
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	15		0	9		6	21	
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 = 42.000g: 1 serving

Measure 2 = 142.000g: 1 package (net weight, 5 oz)

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

Food Group: 19 Sweets

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

NDB No. 19158
Candies, NESTLE, DEMET'S TURTLES Candy

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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		10.37	1.04	
Energy....kcal	485		0	4		825	82	
Energy....kj	2029			4		3450	345	
Protein (N x 6.1)....g	6.40		1	1		10.88	1.09	
Total lipid (fat)....g	27.80		1	1		47.26	4.73	
Ash....g	1.40		1	1		2.38	0.24	
Carbohydrate, by difference....g	58.00		0	4		98.60	9.86	
Fiber, total dietary....g	2.6		0	4		4.4	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	158		1	1		269	27	
Iron, Fe....mg	1.36		1	1		2.31	0.23	
Magnesium, Mg....mg	52		0	1		89	9	
Phosphorus, P....mg	197		1	4		335	33	
Potassium, K....mg	308		1	1		524	52	
Sodium, Na....mg	94		1	1		160	16	
Zinc, Zn....mg	1.44		1	4		2.45	0.24	
Copper, Cu....mg	0.348		1	4		0.592	0.059	
Manganese, Mn....mg	0.655		1	4		1.114	0.111	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		1	4		1.2	0.1	
Thiamin....mg	0.150		1	1		0.255	0.026	
Riboflavin....mg	0.240		1	1		0.408	0.041	
Niacin....mg	0.340		1	1		0.578	0.058	
Pantothenic acid....mg	0.554		1	4		0.942	0.094	
Vitamin B-6....mg	0.053		1	4		0.090	0.009	
Folate, total....mcg	10		1	4		17	2	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	10		1	4		17	2	
Folate, DFE....mcg_DFE	10		0	4		17	2	
Vitamin B-12....mcg	0.40		1	4		0.68	0.07	
Vitamin A, IU....IU	163		1	1		277	28	
Vitamin A, RE....mcg_RE	34		0	1		58	6	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	10.840		0	1		18.428	1.843	
4:0....g	0.190		1	1		0.323	0.032	
6:0....g	0.130		1	1		0.221	0.022	
8:0....g	0.270		1	1		0.459	0.046	
10:0....g	0.240		1	1		0.408	0.041	
11:0....g								
12:0....g	0.800		1	1		1.360	0.136	
13:0....g								
14:0....g	0.190		1	1		0.323	0.032	
15:0....g								
16:0....g	5.020		1	1		8.534	0.853	
17:0....g								
18:0....g	3.910		1	1		6.647	0.665	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.080		0	1		18.836	1.884	
14:1....g								
15:1....g								

NDB No. 19158
Candies, NESTLE, DEMET'S TURTLES Candy

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.190		1	1		0.323	0.032	
17:1....g								
18:1 undifferentiated....g	10.840		1	1		18.428	1.843	
20:1....g	0.030		1	1		0.051	0.005	
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	4.650		0	1		7.905	0.791	
18:2 undifferentiated....g	4.440		1	1		7.548	0.755	
18:3 undifferentiated....g	0.210		1	1		0.357	0.036	
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	22		1	1		37	4	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	4		1	1		7	1	
Theobromine....mg	48		1	1		82	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 = 170.000g: 1 package (6 oz)

Measure 2 = 17.000g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19159
Candies, M&M MARS, 3 MUSKETEERS Bar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	5.80	0.171	7	1		1.33	2.96	0.96
Energy....kcal	416		0	4		96	212	69
Energy....kj	1741			4		400	888	287
Protein (N x 6.1)....g	3.20	0.054	7	1		0.74	1.63	0.53
Total lipid (fat)....g	12.90	0.500	7	1		2.97	6.58	2.13
Ash....g	1.20	0.069	7	1		0.28	0.61	0.20
Carbohydrate, by difference....g	76.80		0	4		17.66	39.17	12.67
Fiber, total dietary....g	1.6		0	4		0.4	0.8	0.3
Sugars, total....g	66.23		0	8		15.23	33.78	10.93
Starch....g								
Minerals:								
Calcium, Ca....mg	84	8.563	3	1		19	43	14
Iron, Fe....mg	0.73	0.046	3	1		0.17	0.37	0.12
Magnesium, Mg....mg	29		2	1		7	15	5
Phosphorus, P....mg	91		1	1		21	46	15
Potassium, K....mg	133	51.928	3	1		31	68	22
Sodium, Na....mg	194	14.063	4	1		45	99	32
Zinc, Zn....mg	0.55		2	1		0.13	0.28	0.09
Copper, Cu....mg	0.155		2	1		0.036	0.079	0.026
Manganese, Mn....mg	0.160		1	1		0.037	0.082	0.026
Selenium, Se....mcg	2.5		0	4		0.6	1.3	0.4
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		1	1		0.1	0.2	0.1
Thiamin....mg	0.034	0.002	3	1		0.008	0.017	0.006
Riboflavin....mg	0.140	0.015	3	1		0.032	0.071	0.023
Niacin....mg	0.230	0.035	3	1		0.053	0.117	0.038
Pantothenic acid....mg	0.231		1	1		0.053	0.118	0.038
Vitamin B-6....mg	0.015		1	1		0.003	0.008	0.002
Folate, total....mcg	0		1	1		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		1	1		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.17		0	4		0.04	0.09	0.03
Vitamin A, IU....IU	80		0	4		18	41	13
Vitamin A, RE....mcg_RE	24		0	4		6	12	4
Vitamin E....mg_ATE	0.636		0	4		0.146	0.324	0.105
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.500		0	1		1.495	3.315	1.073
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	0.010		2	1		0.002	0.005	0.002
10:0....g	0.010		2	1		0.002	0.005	0.002
11:0....g								
12:0....g	0.160		2	1		0.037	0.082	0.026
13:0....g								
14:0....g	0.270		2	1		0.062	0.138	0.045
15:0....g								
16:0....g	2.900		2	1		0.667	1.479	0.479
17:0....g								
18:0....g	3.150		2	1		0.725	1.607	0.520
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.290		0	1		0.987	2.188	0.708
14:1....g								
15:1....g								

NDB No. 19159
Candies, M&M MARS, 3 MUSKETEERS Bar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		2	1		0.018	0.041	0.013
17:1....g								
18:1 undifferentiated....g	4.130		2	1		0.950	2.106	0.681
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	0.450		0	1		0.104	0.230	0.074
18:2 undifferentiated....g	0.360		2	1		0.083	0.184	0.059
18:3 undifferentiated....g	0.090		2	1		0.021	0.046	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	11		2	1		3	6	2
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	11		0	4		3	6	2
Theobromine....mg	87		0	4		20	44	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 = 23.000g: 1 bar (.8 oz)

Measure 2 = 51.000g: 1 bar (1.813 oz)

Measure 3 = 16.500g: 1 bar, fun size

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

Food Group: 19 Sweets

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

NDB No. 19160
Candies, M&M MARS, TWIX Caramel Cookie Bars

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.23		0	9		2.41	2.45	4.02
Energy....kcal	499		0	9		284	289	474
Energy....kj	2088			9		1190	1211	1983
Protein....g	4.60		0	9		2.62	2.67	4.37
Total lipid (fat)....g	24.39		0	9		13.90	14.15	23.17
Ash....g	1.21		0	9		0.69	0.70	1.15
Carbohydrate, by difference....g	65.58		0	9		37.38	38.04	62.30
Fiber, total dietary....g	1.1		0	9		0.6	0.6	1.0
Sugars, total....g	48.02		0	9		27.37	27.85	45.62
Starch....g								
Minerals:								
Calcium, Ca....mg	90		0	9		51	52	86
Iron, Fe....mg	0.81		0	9		0.46	0.47	0.77
Magnesium, Mg....mg	32		0	4		18	19	30
Phosphorus, P....mg	120		0	4		68	70	114
Potassium, K....mg	202		0	4		115	117	192
Sodium, Na....mg	193		0	9		110	112	183
Zinc, Zn....mg	0.78		0	4		0.44	0.45	0.74
Copper, Cu....mg	0.217		0	4		0.124	0.126	0.206
Manganese, Mn....mg	0.283		0	4		0.161	0.164	0.269
Selenium, Se....mcg	2.0		0	4		1.1	1.2	1.9
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		0	9		0.2	0.2	0.4
Thiamin....mg	0.159		0	4		0.091	0.092	0.151
Riboflavin....mg	0.229		0	4		0.131	0.133	0.218
Niacin....mg	1.196		0	4		0.682	0.694	1.136
Pantothenic acid....mg	0.281		0	4		0.160	0.163	0.267
Vitamin B-6....mg	0.027		0	4		0.015	0.016	0.026
Folate, total....mcg	24		0	4		14	14	23
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	24		0	4		14	14	23
Folate, DFE....mcg_DFE	24		0	4		14	14	23
Vitamin B-12....mcg	0.18		0	4		0.10	0.10	0.17
Vitamin A, IU....IU	95		0	9		54	55	90
Vitamin A, RE....mcg_RE	25		0	4		14	15	24
Vitamin E....mg_ATE	1.222		0	4		0.697	0.709	1.161
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	8.899		0	9		5.072	5.161	8.454
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	0.338		0	4		0.193	0.196	0.321
15:0....g								
16:0....g	4.675		0	4		2.665	2.712	4.441
17:0....g								
18:0....g	3.820		0	4		2.177	2.216	3.629
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	13.400		0	9		7.638	7.772	12.730
14:1....g								
15:1....g								

NDB No. 19160
Candies, M&M MARS, TWIX Caramel Cookie 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	0.043		0	4		0.025	0.025	0.041
17:1....g								
18:1 undifferentiated....g	13.291		0	4		7.576	7.709	12.626
20:1....g	0.043		0	4		0.025	0.025	0.041
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.850		0	9		0.485	0.493	0.808
18:2 undifferentiated....g	0.755		0	4		0.430	0.438	0.717
18:3 undifferentiated....g	0.094		0	4		0.054	0.055	0.089
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		0	9		3	3	5
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	3		1	1		2	2	3
Theobromine....mg	90		1	1		51	52	86

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample 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 package (2 oz)

Measure 2 = 58.000g: 1 package (2.06 oz, 2 bars)

Measure 3 = 95.000g: 1 package, king size (3.35 oz, 4 bars)

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

Food Group: 19 Sweets

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

NDB No. 19161
Candies, M&M MARS, TWIX Peanut Butter Cookie Bars

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.82		0	9		0.98	1.06	0.91
Energy....kcal	530		0	9		286	307	265
Energy....kj	2218			9		1197	1286	1109
Protein....g	10.12		0	9		5.46	5.87	5.06
Total lipid (fat)....g	32.18		0	9		17.38	18.66	16.09
Ash....g	3.21		0	9		1.73	1.86	1.61
Carbohydrate, by difference....g	52.67		0	9		28.44	30.55	26.34
Fiber, total dietary....g	3.4		0	9		1.8	2.0	1.7
Sugars, total....g	35.28		0	9		19.05	20.46	17.64
Starch....g								
Minerals:								
Calcium, Ca....mg	77		0	9		42	45	39
Iron, Fe....mg	0.91		0	9		0.49	0.53	0.46
Magnesium, Mg....mg	74		0	4		40	43	37
Phosphorus, P....mg	190		0	4		103	110	95
Potassium, K....mg	356		0	4		192	206	178
Sodium, Na....mg	272		0	9		147	158	136
Zinc, Zn....mg	1.40		0	4		0.76	0.81	0.70
Copper, Cu....mg	0.316		0	4		0.171	0.183	0.158
Manganese, Mn....mg	0.869		0	4		0.469	0.504	0.435
Selenium, Se....mcg	10.4		0	4		5.6	6.0	5.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		0	9		0.3	0.3	0.3
Thiamin....mg	0.097		0	4		0.052	0.056	0.049
Riboflavin....mg	0.149		0	4		0.080	0.086	0.075
Niacin....mg	4.032		0	4		2.177	2.339	2.016
Pantothenic acid....mg	0.479		0	4		0.259	0.278	0.240
Vitamin B-6....mg	0.141		0	4		0.076	0.082	0.071
Folate, total....mcg	25		0	4		14	15	13
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	25		0	4		14	15	13
Folate, DFE....mcg_DFE	25		0	4		14	15	13
Vitamin B-12....mcg	0.13		0	4		0.07	0.08	0.07
Vitamin A, IU....IU	72		0	9		39	42	36
Vitamin A, RE....mcg_RE	18		0	4		10	10	9
Vitamin E....mg_ATE	1.116		0	4		0.603	0.647	0.558
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	11.392		0	9		6.152	6.607	5.696
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	0.001	0.001
10:0....g	0.000		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	0.007		0	4		0.004	0.004	0.004
13:0....g								
14:0....g	0.339		0	4		0.183	0.197	0.170
15:0....g								
16:0....g	6.147		0	4		3.319	3.565	3.074
17:0....g								
18:0....g	4.293		0	4		2.318	2.490	2.147
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	14.800		0	9		7.992	8.584	7.400
14:1....g								
15:1....g								

NDB No. 19161
Candies, M&M MARS, TWIX Peanut Butter Cookie 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	0.020		0	4		0.011	0.012	0.010
17:1....g								
18:1 undifferentiated....g	14.536		0	4		7.849	8.431	7.268
20:1....g	0.224		0	4		0.121	0.130	0.112
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	4.200		0	9		2.268	2.436	2.100
18:2 undifferentiated....g	3.878		0	4		2.094	2.249	1.939
18:3 undifferentiated....g	0.297		0	4		0.160	0.172	0.149
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	0.021		0	4		0.011	0.012	0.011
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		0	9		3	3	3
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	9		0	4		5	5	5
Theobromine....mg	57		0	4		31	33	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 = 54.000g: 1 package (1.89 oz, 2 bars)
Measure 2 = 58.000g: 1 package (2.06 oz, 2 bars)
Measure 3 = 50.000g: 1 package (1.77 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19162
Candies, HERSHEY, WHATCHAMACALLIT Candy 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	9.84		0	4		4.72		
Energy....kcal	446		0	9		214		
Energy....kj	1866			9		896		
Protein....g	9.00		1	12		4.32		
Total lipid (fat)....g	19.30		1	12		9.26		
Ash....g	1.56		0	4		0.75		
Carbohydrate, by difference....g	60.30		0	9		28.94		
Fiber, total dietary....g	2.1		1	12		1.0		
Sugars, total....g	44.20		1	12		21.22		
Starch....g								
Minerals:								
Calcium, Ca....mg	114		1	12		55		
Iron, Fe....mg	0.70		1	12		0.34		
Magnesium, Mg....mg	60		0	4		29		
Phosphorus, P....mg	182		0	4		87		
Potassium, K....mg	309		1	12		148		
Sodium, Na....mg	206		1	12		99		
Zinc, Zn....mg	1.29		0	4		0.62		
Copper, Cu....mg	0.307		0	4		0.147		
Manganese, Mn....mg	0.758		0	4		0.364		
Selenium, Se....mcg	2.3		0	4		1.1		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	4		0.1		
Thiamin....mg	0.460		0	4		0.221		
Riboflavin....mg	0.599		0	4		0.288		
Niacin....mg	7.341		0	4		3.524		
Pantothenic acid....mg	0.561		0	4		0.269		
Vitamin B-6....mg	0.558		0	4		0.268		
Folate, total....mcg	10		0	4		5		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	10		0	4		5		
Folate, DFE....mcg_DFE	10		0	4		5		
Vitamin B-12....mcg	0.33		0	4		0.16		
Vitamin A, IU....IU	70		1	1		34		
Vitamin A, RE....mcg_RE	18		0	1		9		
Vitamin E....mg_ATE	1.473		0	4		0.707		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	9.400		1	12		4.512		
4:0....g	0.020		0	4		0.010		
6:0....g	0.017		0	4		0.008		
8:0....g	0.180		0	4		0.086		
10:0....g	0.208		0	4		0.100		
11:0....g								
12:0....g	2.478		0	4		1.189		
13:0....g								
14:0....g	1.106		0	4		0.531		
15:0....g								
16:0....g	3.026		0	4		1.452		
17:0....g								
18:0....g	2.301		0	4		1.104		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.900		1	12		2.832		
14:1....g								
15:1....g								

NDB No. 19162
Candies, HERSHEY, WHATCHAMACALLIT Candy Bar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.055		0	4		0.026		
17:1....g								
18:1 undifferentiated....g	5.803		0	4		2.785		
20:1....g	0.001		0	4		0.000		
22:1 undifferentiated....g	0.000		0	4		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.200		1	12		1.536		
18:2 undifferentiated....g	2.961		0	4		1.421		
18:3 undifferentiated....g	0.197		0	4		0.095		
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	10		1	12		5		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	4		0.0		
Caffeine....mg	6		0	4		3		
Theobromine....mg	39		0	4		19		

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

Common Measures:

Measure 1 = 48.000g: 1 bar (1.7 oz)

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

Food Group: 19 Sweets

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

NDB No. 19163
Chewing gum

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	2.60	0.304	3	1		0.08	0.42	0.21
Energy....kcal	341		0	4		10	55	27
Energy....kj	1427			4		43	228	114
Protein (N x 6.31)....g	0.00		1	1		0.00	0.00	0.00
Total lipid (fat)....g	0.30		2	1		0.01	0.05	0.02
Ash....g	0.40		1	1		0.01	0.06	0.03
Carbohydrate, by difference....g	96.70		0	4		2.90	15.47	7.74
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		1	1		0	0	0
Iron, Fe....mg	0.00		1	1		0.00	0.00	0.00
Magnesium, Mg....mg	0		1	1		0	0	0
Phosphorus, P....mg	0		1	1		0	0	0
Potassium, K....mg	4		0	4		0	1	0
Sodium, Na....mg	6		0	4		0	1	0
Zinc, Zn....mg	0.00		1	1		0.00	0.00	0.00
Copper, Cu....mg	0.000		1	1		0.000	0.000	0.000
Manganese, Mn....mg	0.000		1	1		0.000	0.000	0.000
Selenium, Se....mcg	0.5		0	4		0.0	0.1	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	0.0
Thiamin....mg	0.000		1	4		0.000	0.000	0.000
Riboflavin....mg	0.000		1	4		0.000	0.000	0.000
Niacin....mg	0.000		1	4		0.000	0.000	0.000
Pantothenic acid....mg	0.001		1	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		1	4		0.000	0.000	0.000
Folate, total....mcg	0		1	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		1	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		1	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	0.000
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.042		0	4		0.001	0.007	0.003
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	0.036		0	4		0.001	0.006	0.003
17:0....g								
18:0....g	0.005		0	4		0.000	0.001	0.000
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.079		0	4		0.002	0.013	0.006
14:1....g								
15:1....g								

NDB No. 19163
Chewing gum

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.000
17:1....g								
18:1 undifferentiated....g	0.079		0	4		0.002	0.013	0.006
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	0.137		0	4		0.004	0.022	0.011
18:2 undifferentiated....g	0.133		0	4		0.004	0.021	0.011
18:3 undifferentiated....g	0.004		0	4		0.000	0.001	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		1	4		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 = 3.000g: 1 stick

Measure 2 = 16.000g: 10 Chiclets

Measure 3 = 8.000g: 1 block

Calories Factors: **Protein** 1.82 **Fat** 8.37 **Carbohydrate** 3.5

Food Group: 19 Sweets

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

NDB No. 19164
Candies, HERSHEY, SPECIAL DARK Sweet Chocolate Bar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.03		0	4		0.42	0.64	2.34
Energy....kcal	552		0	9		226	342	1253
Energy....kj	2310			9		947	1432	5243
Protein....g	4.90		1	12		2.01	3.04	11.12
Total lipid (fat)....g	32.40		1	12		13.28	20.09	73.55
Ash....g	1.07		0	4		0.44	0.66	2.43
Carbohydrate, by difference....g	60.60		0	9		24.85	37.57	137.56
Fiber, total dietary....g	5.0		1	12		2.1	3.1	11.4
Sugars, total....g	46.70		1	12		19.15	28.95	106.01
Starch....g								
Minerals:								
Calcium, Ca....mg	27		1	12		11	17	61
Iron, Fe....mg	2.40		1	12		0.98	1.49	5.45
Magnesium, Mg....mg	111		0	4		46	69	252
Phosphorus, P....mg	150		0	4		62	93	341
Potassium, K....mg	299		0	4		123	185	679
Sodium, Na....mg	7		1	12		3	4	16
Zinc, Zn....mg	1.45		0	4		0.59	0.90	3.29
Copper, Cu....mg	0.798		0	4		0.327	0.495	1.811
Manganese, Mn....mg	0.690		0	4		0.283	0.428	1.566
Selenium, Se....mcg	3.0		0	4		1.2	1.9	6.8
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.029		0	4		0.012	0.018	0.066
Riboflavin....mg	0.070		0	4		0.029	0.043	0.159
Niacin....mg	0.399		0	4		0.164	0.247	0.906
Pantothenic acid....mg	0.071		0	4		0.029	0.044	0.161
Vitamin B-6....mg	0.034		0	4		0.014	0.021	0.077
Folate, total....mcg	2		0	4		1	1	5
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	2		0	4		1	1	5
Folate, DFE....mcg_DFE	2		0	4		1	1	5
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	35		0	4		14	22	79
Vitamin A, RE....mcg_RE	4		0	4		2	2	9
Vitamin E....mg_ATE	0.441		0	4		0.181	0.273	1.001
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	20.300		1	12		8.323	12.586	46.081
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	0.051		0	4		0.021	0.032	0.116
15:0....g								
16:0....g	9.039		0	4		3.706	5.604	20.519
17:0....g								
18:0....g	10.918		0	4		4.476	6.769	24.784
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	11.200		1	12		4.592	6.944	25.424
14:1....g								
15:1....g								

NDB No. 19164
Candies, HERSHEY, SPECIAL DARK Sweet Chocolate Bar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		0.011	0.016	0.059
17:1....g								
18:1 undifferentiated....g	11.160		0	4		4.576	6.919	25.333
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	1.000		1	12		0.410	0.620	2.270
18:2 undifferentiated....g	0.975		0	4		0.400	0.605	2.213
18:3 undifferentiated....g	0.013		0	4		0.005	0.008	0.030
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		1	12		0	1	2
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	4		0.0	0.0	0.0
Caffeine....mg	73		0	4		30	45	166
Theobromine....mg	443		0	4		182	275	1006

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample 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 bar (1.45 oz)

Measure 2 = 62.000g: 1 bar (2.2 oz)

Measure 3 = 227.000g: 1 bar, extra large (32 squares, 8 oz)

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

Food Group: 19 Sweets

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

NDB No. 19165
Cocoa, dry powder, unsweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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	0.305	8	1		2.58	0.16	
Energy....kcal	229		0	4		197	12	
Energy....kj	958			4		824	52	
Protein (N x 5.63)....g	19.60	0.520	8	1		16.86	1.06	
Total lipid (fat)....g	13.70	0.495	8	1		11.78	0.74	
Ash....g	5.80	0.558	7	1		4.99	0.31	
Carbohydrate, by difference....g	54.30		0	4		46.70	2.93	
Fiber, total dietary....g	33.2		0	1		28.6	1.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	128	8.030	9	1		110	7	
Iron, Fe....mg	13.86	1.608	9	1		11.92	0.75	
Magnesium, Mg....mg	499	11.115	9	1		429	27	
Phosphorus, P....mg	734	19.765	9	1		631	40	
Potassium, K....mg	1524	74.068	6	1		1311	82	
Sodium, Na....mg	21	3.184	8	1		18	1	
Zinc, Zn....mg	6.81	0.256	9	1		5.86	0.37	
Copper, Cu....mg	3.788	0.146	9	1		3.258	0.205	
Manganese, Mn....mg	3.837	0.104	9	1		3.300	0.207	
Selenium, Se....mcg	14.3	3.095	3	1		12.3	0.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.078	0.020	6	1		0.067	0.004	
Riboflavin....mg	0.241	0.061	6	1		0.207	0.013	
Niacin....mg	2.185	0.455	6	1		1.879	0.118	
Pantothenic acid....mg	0.254	0.064	5	1		0.218	0.014	
Vitamin B-6....mg	0.118	0.035	6	1		0.101	0.006	
Folate, total....mcg	32		2	1		28	2	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	32		2	1		28	2	
Folate, DFE....mcg_DFE	32		0	4		28	2	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	20		1	4		17	1	
Vitamin A, RE....mcg_RE	2		0	1		2	0	
Vitamin E....mg_ATE	0.400		0	1		0.344	0.022	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	8.070		0	1		6.940	0.436	
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	0.020		6	1		0.017	0.001	
15:0....g								
16:0....g	3.690		6	1		3.173	0.199	
17:0....g								
18:0....g	4.250		6	1		3.655	0.230	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.570		0	1		3.930	0.247	
14:1....g								
15:1....g								

NDB No. 19165
Cocoa, dry powder, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	4.570		6	1		3.930	0.247	
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	0.440		0	1		0.378	0.024	
18:2 undifferentiated....g	0.440		6	1		0.378	0.024	
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		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.293		0	1		0.252	0.016	
Threonine....g	0.776		0	1		0.667	0.042	
Isoleucine....g	0.760		0	1		0.654	0.041	
Leucine....g	1.189		0	1		1.023	0.064	
Lysine....g	0.983		0	1		0.845	0.053	
Methionine....g	0.202		0	1		0.174	0.011	
Cystine....g	0.239		0	1		0.206	0.013	
Phenylalanine....g	0.941		0	1		0.809	0.051	
Tyrosine....g	0.735		0	1		0.632	0.040	
Valine....g	1.177		0	1		1.012	0.064	
Arginine....g	1.111		0	1		0.955	0.060	
Histidine....g	0.339		0	1		0.292	0.018	
Alanine....g	0.904		0	1		0.777	0.049	
Aspartic acid....g	1.953		0	1		1.680	0.105	
Glutamic acid....g	2.948		0	1		2.535	0.159	
Glycine....g	0.879		0	1		0.756	0.047	
Proline....g	0.838		0	1		0.721	0.045	
Serine....g	0.846		0	1		0.728	0.046	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	230		1	1		198	12	
Theobromine....mg	2057		1	1		1769	111	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample 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 cup

Measure 2 = 5.400g: 1 tbsp

Calories Factors: **Protein** 1.83 **Fat** 8.37 **Carbohydrate** 1.33

Food Group: 19 Sweets

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

NDB No. 19166
Cocoa, dry powder, unsweetened, processed with alkali

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	2.70		2	1		2.32	0.15	
Energy....kcal	222		0	4		191	12	
Energy....kj	929			4		799	50	
Protein (N x 5.63)....g	18.10		2	1		15.57	0.98	
Total lipid (fat)....g	13.10		2	1		11.27	0.71	
Ash....g	7.80		2	1		6.71	0.42	
Carbohydrate, by difference....g	54.80		0	4		47.13	2.96	
Fiber, total dietary....g	29.8		0	1		25.6	1.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	111	1.204	3	1		95	6	
Iron, Fe....mg	15.52	4.219	3	1		13.35	0.84	
Magnesium, Mg....mg	476	14.971	3	1		409	26	
Phosphorus, P....mg	728	10.406	3	1		626	39	
Potassium, K....mg	2509	585.368	3	1		2158	135	
Sodium, Na....mg	19		2	1		16	1	
Zinc, Zn....mg	6.37	0.254	3	1		5.48	0.34	
Copper, Cu....mg	3.607	0.148	3	1		3.102	0.195	
Manganese, Mn....mg	3.737	0.182	3	1		3.214	0.202	
Selenium, Se....mcg	13.2		0	4		11.4	0.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.110		1	4		0.095	0.006	
Riboflavin....mg	0.460		1	4		0.396	0.025	
Niacin....mg	2.400		1	4		2.064	0.130	
Pantothenic acid....mg	0.254		1	4		0.218	0.014	
Vitamin B-6....mg	0.118		1	4		0.101	0.006	
Folate, total....mcg	32		1	4		28	2	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	32		1	4		28	2	
Folate, DFE....mcg_DFE	32		0	4		28	2	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	20		1	4		17	1	
Vitamin A, RE....mcg_RE	2		0	1		2	0	
Vitamin E....mg_ATE	0.400		0	1		0.344	0.022	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.760		0	1		6.674	0.419	
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	0.020		6	1		0.017	0.001	
15:0....g								
16:0....g	3.550		6	1		3.053	0.192	
17:0....g								
18:0....g	4.080		6	1		3.509	0.220	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.390		0	1		3.775	0.237	
14:1....g								
15:1....g								

NDB No. 19166
Cocoa, dry powder, unsweetened, processed with alkali

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	4.390		6	1		3.775	0.237	
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	0.420		0	1		0.361	0.023	
18:2 undifferentiated....g	0.420		6	1		0.361	0.023	
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		1	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.271		0	1		0.233	0.015	
Threonine....g	0.716		0	1		0.616	0.039	
Isoleucine....g	0.701		0	1		0.603	0.038	
Leucine....g	1.097		0	1		0.943	0.059	
Lysine....g	0.907		0	1		0.780	0.049	
Methionine....g	0.187		0	1		0.161	0.010	
Cystine....g	0.221		0	1		0.190	0.012	
Phenylalanine....g	0.869		0	1		0.747	0.047	
Tyrosine....g	0.678		0	1		0.583	0.037	
Valine....g	1.086		0	1		0.934	0.059	
Arginine....g	1.025		0	1		0.882	0.055	
Histidine....g	0.312		0	1		0.268	0.017	
Alanine....g	0.834		0	1		0.717	0.045	
Aspartic acid....g	1.802		0	1		1.550	0.097	
Glutamic acid....g	2.720		0	1		2.339	0.147	
Glycine....g	0.812		0	1		0.698	0.044	
Proline....g	0.773		0	1		0.665	0.042	
Serine....g	0.781		0	1		0.672	0.042	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	78		1	1		67	4	
Theobromine....mg	2634		1	1		2265	142	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample 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 cup

Measure 2 = 5.400g: 1 tbsp

Calories Factors: **Protein** 1.83 **Fat** 8.37 **Carbohydrate** 1.33

Food Group: 19 Sweets

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

NDB No. 19169
Desserts, egg custards, 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	1.70	0.043	6	1		1.45	0.36	
Energy....kcal	410		0	4		349	86	
Energy....kj	1715			4		1458	360	
Protein (N x 6.3)....g	6.90	0.286	6	1		5.87	1.45	
Total lipid (fat)....g	6.40	0.161	6	1		5.44	1.34	
Ash....g	2.20	0.060	6	1		1.87	0.46	
Carbohydrate, by difference....g	82.80		0	4		70.38	17.39	
Fiber, total dietary....g	0.0		0	8		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	228	4.423	6	1		194	48	
Iron, Fe....mg	1.93	0.088	6	1		1.64	0.41	
Magnesium, Mg....mg	78		0	4		66	16	
Phosphorus, P....mg	504		0	4		428	106	
Potassium, K....mg	931		0	4		791	196	
Sodium, Na....mg	484		0	4		411	102	
Zinc, Zn....mg	1.40		0	4		1.19	0.29	
Copper, Cu....mg	0.051		0	4		0.043	0.011	
Manganese, Mn....mg	0.020		0	4		0.017	0.004	
Selenium, Se....mcg	21.3		0	4		18.1	4.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		0	4		0.5	0.1	
Thiamin....mg	0.145	0.001	6	1		0.123	0.030	
Riboflavin....mg	0.412	0.011	6	1		0.350	0.087	
Niacin....mg	0.557		0	4		0.473	0.117	
Pantothenic acid....mg	3.268		0	4		2.778	0.686	
Vitamin B-6....mg	0.324		0	4		0.275	0.068	
Folate, total....mcg	31		0	4		26	7	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	31		0	4		26	7	
Folate, DFE....mcg_DFE	31		0	4		26	7	
Vitamin B-12....mcg	1.60		0	4		1.36	0.34	
Vitamin A, IU....IU	217	13.661	6	1		184	46	
Vitamin A, RE....mcg_RE	64		0	1		54	13	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.030		0	1		1.726	0.426	
4:0....g	0.010		1	1		0.009	0.002	
6:0....g	0.010		1	1		0.009	0.002	
8:0....g	0.000		1	1		0.000	0.000	
10:0....g	0.010		1	1		0.009	0.002	
11:0....g								
12:0....g	0.010		1	1		0.009	0.002	
13:0....g								
14:0....g	0.050		1	1		0.043	0.011	
15:0....g								
16:0....g	1.430		1	1		1.216	0.300	
17:0....g								
18:0....g	0.510		1	1		0.434	0.107	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.400		0	1		2.040	0.504	
14:1....g								
15:1....g								

NDB No. 19169
Desserts, egg custards, 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	0.190		1	1		0.162	0.040	
17:1....g								
18:1 undifferentiated....g	2.190		1	1		1.862	0.460	
20:1....g	0.020		1	1		0.017	0.004	
22:1 undifferentiated....g	0.000		1	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.850		0	1		0.723	0.179	
18:2 undifferentiated....g	0.710		1	1		0.604	0.149	
18:3 undifferentiated....g	0.020		1	1		0.017	0.004	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.090		1	1		0.077	0.019	
20:5 n-3....g	0.000		1	1		0.000	0.000	
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.020		1	1		0.017	0.004	
Fatty acids, total trans....g								
Cholesterol....mg	251		0	4		213	53	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.096		0	1		0.082	0.020	
Threonine....g	0.402		0	1		0.342	0.084	
Isoleucine....g	0.366		0	1		0.311	0.077	
Leucine....g	0.619		0	1		0.526	0.130	
Lysine....g	0.548		0	1		0.466	0.115	
Methionine....g	0.148		0	1		0.126	0.031	
Cystine....g	0.130		0	1		0.111	0.027	
Phenylalanine....g	0.254		0	1		0.216	0.053	
Tyrosine....g	0.246		0	1		0.209	0.052	
Valine....g	0.377		0	1		0.320	0.079	
Arginine....g	0.338		0	1		0.287	0.071	
Histidine....g	0.151		0	1		0.128	0.032	
Alanine....g	0.335		0	1		0.285	0.070	
Aspartic acid....g	0.674		0	1		0.573	0.142	
Glutamic acid....g	1.042		0	1		0.886	0.219	
Glycine....g	0.179		0	1		0.152	0.038	
Proline....g	0.356		0	1		0.303	0.075	
Serine....g	0.453		0	1		0.385	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 = 85.000g: 1 package (3 oz)

Measure 2 = 21.000g: 1 portion, amount to make 1/2 cup

Calories Factors: **Protein** 4.3 **Fat** 9 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19170
Desserts, egg custards, dry mix, prepared with whole 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	73.20		0	1		97.36	390.16	
Energy....kcal	122		0	4		162	650	
Energy....kj	510			4		679	2721	
Protein (N x 0)....g	4.10		0	1		5.45	21.85	
Total lipid (fat)....g	4.10		0	1		5.45	21.85	
Ash....g	1.00		0	1		1.33	5.33	
Carbohydrate, by difference....g	17.60		0	4		23.41	93.81	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	146		0	1		194	778	
Iron, Fe....mg	0.26		0	1		0.35	1.39	
Magnesium, Mg....mg	19		0	1		25	101	
Phosphorus, P....mg	131		0	1		174	698	
Potassium, K....mg	213		0	1		283	1135	
Sodium, Na....mg	149		0	1		198	794	
Zinc, Zn....mg	0.52		0	1		0.69	2.77	
Copper, Cu....mg	0.021		0	1		0.028	0.112	
Manganese, Mn....mg	0.005		0	1		0.007	0.027	
Selenium, Se....mcg	14.1		1	1		18.8	75.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.8		0	1		1.1	4.3	
Thiamin....mg	0.055		0	1		0.073	0.293	
Riboflavin....mg	0.215		0	1		0.286	1.146	
Niacin....mg	0.119		0	1		0.158	0.634	
Pantothenic acid....mg	0.603		0	1		0.802	3.214	
Vitamin B-6....mg	0.063		0	1		0.084	0.336	
Folate, total....mcg	8		0	1		11	43	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	8		0	1		11	43	
Folate, DFE....mcg_DFE	8		0	4		11	43	
Vitamin B-12....mcg	0.45		0	1		0.60	2.40	
Vitamin A, IU....IU	150		0	1		200	800	
Vitamin A, RE....mcg_RE	33		0	1		44	176	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.230		0	1		2.966	11.886	
4:0....g	0.100		0	1		0.133	0.533	
6:0....g	0.060		0	1		0.080	0.320	
8:0....g	0.030		0	1		0.040	0.160	
10:0....g	0.080		0	1		0.106	0.426	
11:0....g								
12:0....g	0.090		0	1		0.120	0.480	
13:0....g								
14:0....g	0.330		0	1		0.439	1.759	
15:0....g								
16:0....g	1.070		0	1		1.423	5.703	
17:0....g								
18:0....g	0.470		0	1		0.625	2.505	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.270		0	1		1.689	6.769	
14:1....g								
15:1....g								

NDB No. 19170
Desserts, egg custards, dry mix, prepared with whole 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	0.100		0	1		0.133	0.533	
17:1....g								
18:1 undifferentiated....g	1.160		0	1		1.543	6.183	
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	0.260		0	1		0.346	1.386	
18:2 undifferentiated....g	0.190		0	1		0.253	1.013	
18:3 undifferentiated....g	0.050		0	1		0.067	0.267	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.010		0	1		0.013	0.053	
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	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	61		0	1		81	325	
Phytosterols....mg	0		0	1		0	0	
Amino Acids:								
Tryptophan....g	0.056		0	1		0.074	0.298	
Threonine....g	0.194		0	1		0.258	1.034	
Isoleucine....g	0.233		0	1		0.310	1.242	
Leucine....g	0.381		0	1		0.507	2.031	
Lysine....g	0.316		0	1		0.420	1.684	
Methionine....g	0.096		0	1		0.128	0.512	
Cystine....g	0.047		0	1		0.063	0.251	
Phenylalanine....g	0.179		0	1		0.238	0.954	
Tyrosine....g	0.178		0	1		0.237	0.949	
Valine....g	0.253		0	1		0.336	1.348	
Arginine....g	0.158		0	1		0.210	0.842	
Histidine....g	0.102		0	1		0.136	0.544	
Alanine....g	0.153		0	1		0.203	0.815	
Aspartic acid....g	0.326		0	1		0.434	1.738	
Glutamic acid....g	0.769		0	1		1.023	4.099	
Glycine....g	0.090		0	1		0.120	0.480	
Proline....g	0.335		0	1		0.446	1.786	
Serine....g	0.229		0	1		0.305	1.221	
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 = 133.000g: .5 cup

Measure 2 = 533.000g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19171

Cocoa, dry powder, unsweetened, HERSHEY, HERSHEY'S European style 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	7.50		0	4		6.45	0.38	
Energy....kcal	386		0	9		332	19	
Energy....kj	1615			9		1389	81	
Protein....g	23.80		1	12		20.47	1.19	
Total lipid (fat)....g	9.30		1	12		8.00	0.47	
Ash....g	7.80		0	4		6.71	0.39	
Carbohydrate, by difference....g	51.80		0	9		44.55	2.59	
Fiber, total dietary....g	28.8		1	12		24.8	1.4	
Sugars, total....g	0.80		1	12		0.69	0.04	
Starch....g								
Minerals:								
Calcium, Ca....mg	150		1	12		129	8	
Iron, Fe....mg	41.90		1	12		36.03	2.10	
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg	5075		1	12		4365	254	
Sodium, Na....mg	49		1	12		42	2	
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	5.800		1	12		4.988	0.290	
Fatty acids, total monounsaturated....g	3.200		1	12		2.752	0.160	
Fatty acids, total polyunsaturated....g	0.300		1	12		0.258	0.015	
Fatty acids, total trans....g								
Cholesterol....mg	0		1	12		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 = 86.000g: 1 cup

Measure 2 = 5.000g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19172
Desserts, gelatins, 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	1.00	0.029	84	1		0.85	0.21	
Energy....kcal	381		0	4		324	81	
Energy....kj	1594			4		1355	340	
Protein (N x 5.55)....g	7.80	0.031	84	1		6.63	1.66	
Total lipid (fat)....g	0.00		1	4		0.00	0.00	
Ash....g	0.70	0.016	84	1		0.60	0.15	
Carbohydrate, by difference....g	90.50		0	4		76.93	19.28	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	3	0.102	9	1		3	1	
Iron, Fe....mg	0.15		1	4		0.13	0.03	
Magnesium, Mg....mg	2		1	4		2	0	
Phosphorus, P....mg	142		1	4		121	30	
Potassium, K....mg	7	0.966	17	1		6	1	
Sodium, Na....mg	254		0	4		216	54	
Zinc, Zn....mg	0.01		2	1		0.01	0.00	
Copper, Cu....mg	0.118		1	1		0.100	0.025	
Manganese, Mn....mg	0.016		1	4		0.014	0.003	
Selenium, Se....mcg	6.7		1	1		5.7	1.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.002		1	4		0.002	0.000	
Riboflavin....mg	0.021		1	4		0.018	0.004	
Niacin....mg	0.008		1	4		0.007	0.002	
Pantothenic acid....mg	0.011		1	4		0.009	0.002	
Vitamin B-6....mg	0.010		1	4		0.009	0.002	
Folate, total....mcg	3		1	4		3	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3		1	4		3	1	
Folate, DFE....mcg_DFE	3		0	4		3	1	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	7		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	7		0.000	0.000	
14:1....g								
15:1....g								

NDB No. 19172
Desserts, gelatins, 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	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	7		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		1	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.000		0	1		0.000	0.000	
Threonine....g	0.151		0	1		0.128	0.032	
Isoleucine....g	0.118		0	1		0.100	0.025	
Leucine....g	0.251		0	1		0.213	0.053	
Lysine....g	0.354		0	1		0.301	0.075	
Methionine....g	0.062		0	1		0.053	0.013	
Cystine....g	0.000		0	1		0.000	0.000	
Phenylalanine....g	0.177		0	1		0.150	0.038	
Tyrosine....g	0.031		0	1		0.026	0.007	
Valine....g	0.213		0	1		0.181	0.045	
Arginine....g	0.676		0	1		0.575	0.144	
Histidine....g	0.068		0	1		0.058	0.014	
Alanine....g	0.818		0	1		0.695	0.174	
Aspartic acid....g	0.538		0	1		0.457	0.115	
Glutamic acid....g	0.894		0	1		0.760	0.190	
Glycine....g	1.947		0	1		1.655	0.415	
Proline....g	1.256		0	1		1.068	0.268	
Serine....g	0.266		0	1		0.226	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 = 85.000g: 1 package (3 oz)

Measure 2 = 21.300g: 1 portion, amount to make 1/2 cup

Calories Factors: **Protein** 3.9 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19173
Desserts, gelatins, dry mix, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	84.60		0	1		456.84	114.21	456.84
Energy....kcal	59		0	4		319	80	319
Energy....kj	247			4		1333	333	1333
Protein (N x 0)....g	1.20		0	1		6.48	1.62	6.48
Total lipid (fat)....g	0.00		0	1		0.00	0.00	0.00
Ash....g	0.20		0	1		1.08	0.27	1.08
Carbohydrate, by difference....g	14.00		0	4		75.60	18.90	75.60
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	2		0	1		11	3	11
Iron, Fe....mg	0.03		0	1		0.16	0.04	0.16
Magnesium, Mg....mg	1		0	1		5	1	5
Phosphorus, P....mg	22		0	1		119	30	119
Potassium, K....mg	1		0	1		5	1	5
Sodium, Na....mg	42		0	1		227	57	227
Zinc, Zn....mg	0.03		0	1		0.16	0.04	0.16
Copper, Cu....mg	0.024		0	1		0.130	0.032	0.130
Manganese, Mn....mg	0.003		0	1		0.016	0.004	0.016
Selenium, Se....mcg	0.3		2	1		1.6	0.4	1.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.000		0	1		0.000	0.000	0.000
Riboflavin....mg	0.003		0	1		0.016	0.004	0.016
Niacin....mg	0.001		0	1		0.005	0.001	0.005
Pantothenic acid....mg	0.002		0	1		0.011	0.003	0.011
Vitamin B-6....mg	0.002		0	1		0.011	0.003	0.011
Folate, total....mcg	0		0	1		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	1		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
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	0.000		0	7		0.000	0.000	0.000
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	1		0.000	0.000	0.000
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	0.000		0	4		0.000	0.000	0.000
17:0....g								
18:0....g	0.000		0	4		0.000	0.000	0.000
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.000		0	7		0.000	0.000	0.000
14:1....g								
15:1....g								

NDB No. 19173
Desserts, gelatins, dry mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.000
17:1....g								
18:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:1....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.000		0	7		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.000		0	1		0.000	0.000	0.000
Threonine....g	0.023		0	1		0.124	0.031	0.124
Isoleucine....g	0.018		0	1		0.097	0.024	0.097
Leucine....g	0.039		0	1		0.211	0.053	0.211
Lysine....g	0.055		0	1		0.297	0.074	0.297
Methionine....g	0.010		0	1		0.054	0.014	0.054
Cystine....g	0.000		0	1		0.000	0.000	0.000
Phenylalanine....g	0.027		0	1		0.146	0.036	0.146
Tyrosine....g	0.005		0	1		0.027	0.007	0.027
Valine....g	0.033		0	1		0.178	0.045	0.178
Arginine....g	0.105		0	1		0.567	0.142	0.567
Histidine....g	0.010		0	1		0.054	0.014	0.054
Alanine....g	0.127		0	1		0.686	0.171	0.686
Aspartic acid....g	0.083		0	1		0.448	0.112	0.448
Glutamic acid....g	0.138		0	1		0.745	0.186	0.745
Glycine....g	0.301		0	1		1.625	0.406	1.625
Proline....g	0.194		0	1		1.048	0.262	1.048
Serine....g	0.041		0	1		0.221	0.055	0.221
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 = 540.000g: 1 package (3 oz) yields

Measure 2 = 135.000g: .5 cup

Measure 3 = 540.000g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19175
Desserts, gelatins, dry mix, reduced calorie, with aspartame

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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		0	4		0.60	0.67	0.17
Energy....kcal	345		0	4		31	35	9
Energy....kj	1443			4		130	144	36
Protein (N x 5.55)....g	55.30		0	4		4.98	5.53	1.38
Total lipid (fat)....g	0.00		1	4		0.00	0.00	0.00
Ash....g	4.70		0	4		0.42	0.47	0.12
Carbohydrate, by difference....g	33.30		0	4		3.00	3.33	0.83
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	2		0	4		0	0	0
Iron, Fe....mg	0.02		1	4		0.00	0.00	0.00
Magnesium, Mg....mg	1		0	4		0	0	0
Phosphorus, P....mg	1293		0	4		116	129	32
Potassium, K....mg	14	1.459	7	1		1	1	0
Sodium, Na....mg	2165		0	4		195	217	54
Zinc, Zn....mg	0.07		1	4		0.01	0.01	0.00
Copper, Cu....mg	1.016		1	4		0.091	0.102	0.025
Manganese, Mn....mg	0.049		1	4		0.004	0.005	0.001
Selenium, Se....mcg	25.5		0	4		2.3	2.6	0.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.012		1	4		0.001	0.001	0.000
Riboflavin....mg	0.108		1	4		0.010	0.011	0.003
Niacin....mg	0.040		1	4		0.004	0.004	0.001
Pantothenic acid....mg	0.059		1	4		0.005	0.006	0.001
Vitamin B-6....mg	0.049		1	4		0.004	0.005	0.001
Folate, total....mcg	14		1	4		1	1	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	14		1	4		1	1	0
Folate, DFE....mcg_DFE	14		0	4		1	1	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	0.000
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	1		0.000	0.000	0.000
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	0.000		0	4		0.000	0.000	0.000
17:0....g								
18:0....g	0.000		0	4		0.000	0.000	0.000
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.000		0	7		0.000	0.000	0.000
14:1....g								
15:1....g								

NDB No. 19175
Desserts, gelatins, dry mix, reduced calorie, with aspartame

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.000
17:1....g								
18:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:1....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.000		0	7		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	4		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.000		0	1		0.000	0.000	0.000
Threonine....g	1.066		0	1		0.096	0.107	0.027
Isoleucine....g	0.837		0	1		0.075	0.084	0.021
Leucine....g	1.774		0	1		0.160	0.177	0.044
Lysine....g	2.501		0	1		0.225	0.250	0.063
Methionine....g	0.439		0	1		0.040	0.044	0.011
Cystine....g	0.000		0	1		0.000	0.000	0.000
Phenylalanine....g	1.256		0	1		0.113	0.126	0.031
Tyrosine....g	0.219		0	1		0.020	0.022	0.005
Valine....g	1.505		0	1		0.135	0.151	0.038
Arginine....g	4.784		0	1		0.431	0.478	0.120
Histidine....g	0.478		0	1		0.043	0.048	0.012
Alanine....g	5.790		0	1		0.521	0.579	0.145
Aspartic acid....g	3.807		0	1		0.343	0.381	0.095
Glutamic acid....g	6.328		0	1		0.570	0.633	0.158
Glycine....g	13.773		0	1		1.240	1.377	0.344
Proline....g	8.890		0	1		0.800	0.889	0.222
Serine....g	1.884		0	1		0.170	0.188	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 = 9.000g: 1 tbsp

Measure 2 = 10.000g: 1 package (0.35 oz)

Measure 3 = 2.500g: 1 portion, amount to make 1/2 cup

Calories Factors: **Protein** 3.9 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19176

Desserts, gelatins, dry mix, reduced calorie, with aspartame, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	98.00		0	1		114.66	459.62	
Energy....kcal	7		0	4		8	33	
Energy....kj	29			4		34	137	
Protein (N x 0)....g	1.10		0	1		1.29	5.16	
Total lipid (fat)....g	0.00		0	1		0.00	0.00	
Ash....g	0.20		0	1		0.23	0.94	
Carbohydrate, by difference....g	0.70		0	4		0.82	3.28	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	2		0	1		2	9	
Iron, Fe....mg	0.01		0	1		0.01	0.05	
Magnesium, Mg....mg	1		0	1		1	5	
Phosphorus, P....mg	27		0	1		32	127	
Potassium, K....mg	0		0	1		0	0	
Sodium, Na....mg	48		0	1		56	225	
Zinc, Zn....mg	0.03		0	1		0.04	0.14	
Copper, Cu....mg	0.027		0	1		0.032	0.127	
Manganese, Mn....mg	0.002		0	1		0.002	0.009	
Selenium, Se....mcg	0.5		0	4		0.6	2.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.000		0	1		0.000	0.000	
Riboflavin....mg	0.002		0	1		0.002	0.009	
Niacin....mg	0.001		0	1		0.001	0.005	
Pantothenic acid....mg	0.001		0	1		0.001	0.005	
Vitamin B-6....mg	0.001		0	1		0.001	0.005	
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	7		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	7		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	7		0.000	0.000	
14:1....g								
15:1....g								

NDB No. 19176

Desserts, gelatins, dry mix, reduced calorie, with aspartame, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	7		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								
Amino Acids:								
Tryptophan....g	0.000		0	1		0.000	0.000	
Threonine....g	0.022		0	1		0.026	0.103	
Isoleucine....g	0.017		0	1		0.020	0.080	
Leucine....g	0.037		0	1		0.043	0.174	
Lysine....g	0.052		0	1		0.061	0.244	
Methionine....g	0.009		0	1		0.011	0.042	
Cystine....g	0.000		0	1		0.000	0.000	
Phenylalanine....g	0.026		0	1		0.030	0.122	
Tyrosine....g	0.005		0	1		0.006	0.023	
Valine....g	0.031		0	1		0.036	0.145	
Arginine....g	0.099		0	1		0.116	0.464	
Histidine....g	0.010		0	1		0.012	0.047	
Alanine....g	0.119		0	1		0.139	0.558	
Aspartic acid....g	0.078		0	1		0.091	0.366	
Glutamic acid....g	0.130		0	1		0.152	0.610	
Glycine....g	0.284		0	1		0.332	1.332	
Proline....g	0.183		0	1		0.214	0.858	
Serine....g	0.039		0	1		0.046	0.183	
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 = 117.000g: .5 cup

Measure 2 = 469.000g: 1 package yield (2 cups)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19177
Desserts, gelatins, dry powder, unsweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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		1	4		0.91	3.64	
Energy....kcal	335		0	4		23	94	
Energy....kj	1402			4		98	392	
Protein (N x 5.55)....g	85.60		1	4		5.99	23.97	
Total lipid (fat)....g	0.10		1	4		0.01	0.03	
Ash....g	1.30		1	4		0.09	0.36	
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	55		2	1		4	15	
Iron, Fe....mg	1.11		2	1		0.08	0.31	
Magnesium, Mg....mg	22		2	1		2	6	
Phosphorus, P....mg	39		2	1		3	11	
Potassium, K....mg	16		2	1		1	4	
Sodium, Na....mg	196		2	1		14	55	
Zinc, Zn....mg	0.14		2	1		0.01	0.04	
Copper, Cu....mg	2.161		2	1		0.151	0.605	
Manganese, Mn....mg	0.105		2	1		0.007	0.029	
Selenium, Se....mcg	39.5		1	1		2.8	11.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		2	1		0.0	0.0	
Thiamin....mg	0.025		2	1		0.002	0.007	
Riboflavin....mg	0.230		2	1		0.016	0.064	
Niacin....mg	0.085		2	1		0.006	0.024	
Pantothenic acid....mg	0.125		2	1		0.009	0.035	
Vitamin B-6....mg	0.007		1	4		0.000	0.002	
Folate, total....mcg	30		2	1		2	8	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	30		2	1		2	8	
Folate, DFE....mcg_DFE	30		0	4		2	8	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		2	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.070		0	1		0.005	0.020	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		1	1		0.000	0.000	
13:0....g								
14:0....g	0.010		1	1		0.001	0.003	
15:0....g								
16:0....g	0.040		1	1		0.003	0.011	
17:0....g								
18:0....g	0.030		1	1		0.002	0.008	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.060		0	1		0.004	0.017	
14:1....g								
15:1....g								

NDB No. 19177
Desserts, gelatins, dry powder, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		1	1		0.001	0.003	
17:1....g								
18:1 undifferentiated....g	0.050		1	1		0.004	0.014	
20:1....g	0.000		1	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	0.010		0	1		0.001	0.003	
18:2 undifferentiated....g	0.000		1	1		0.000	0.000	
18:3 undifferentiated....g	0.000		1	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		1	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.000		0	1		0.000	0.000	
Threonine....g	1.475		0	1		0.103	0.413	
Isoleucine....g	1.158		0	1		0.081	0.324	
Leucine....g	2.454		0	1		0.172	0.687	
Lysine....g	3.460		0	1		0.242	0.969	
Methionine....g	0.606		0	1		0.042	0.170	
Cystine....g	0.000		0	1		0.000	0.000	
Phenylalanine....g	1.737		0	1		0.122	0.486	
Tyrosine....g	0.303		0	1		0.021	0.085	
Valine....g	2.081		0	1		0.146	0.583	
Arginine....g	6.616		0	1		0.463	1.852	
Histidine....g	0.662		0	1		0.046	0.185	
Alanine....g	8.009		0	1		0.561	2.243	
Aspartic acid....g	5.265		0	1		0.369	1.474	
Glutamic acid....g	8.753		0	1		0.613	2.451	
Glycine....g	19.049		0	1		1.333	5.334	
Proline....g	12.295		0	1		0.861	3.443	
Serine....g	2.605		0	1		0.182	0.729	
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 = 7.000g: 1 envelope (1 tbsp)

Measure 2 = 28.000g: 1 package (1 oz)

Calories Factors: **Protein** 3.9 **Fat** 9.02 **Carbohydrate**

Food Group: 19 Sweets

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

NDB No. 19179
Candies, E.J. BRACH'S, BRACH'S STAR BRITES Peppermint Mints

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.90		1	1		0.29		
Energy....kcal	393		0	4		59		
Energy....kj	1643			4		246		
Protein....g	0.00		1	1		0.00		
Total lipid (fat)....g	0.20		1	1		0.03		
Ash....g	0.20		1	1		0.03		
Carbohydrate, by difference....g	97.70		0	4		14.66		
Fiber, total dietary....g								
Sugars, total....g	62.90		1	1		9.44		
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	40		1	1		6		
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 = 15.000g: 3 pieces

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19180
Candies, SUNMARK, WILLY WONKA'S EVERLASTING GOBSTOPPERS Jawbreakers

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	7.70		1	1		1.23		
Energy....kcal	369		0	4		59		
Energy....kj	1544			4		247		
Protein....g	0.00		1	1		0.00		
Total lipid (fat)....g	0.00		1	1		0.00		
Ash....g	0.30		1	1		0.05		
Carbohydrate, by difference....g	92.30		0	4		14.77		
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	6		1	1		1		
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 = 16.000g: 6 pieces

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19183
Desserts, puddings, chocolate, 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	69.30	0.237	39	1		19.65	98.41	78.31
Energy....kcal	133		0	4		38	189	150
Energy....kj	556			4		158	790	629
Protein (N x 6.2)....g	2.70	0.064	36	1		0.77	3.83	3.05
Total lipid (fat)....g	4.00	0.078	36	1		1.13	5.68	4.52
Ash....g	1.00	0.018	36	1		0.28	1.42	1.13
Carbohydrate, by difference....g	22.80		0	4		6.46	32.38	25.76
Fiber, total dietary....g	1.0		0	4		0.3	1.4	1.1
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	90	2.697	38	1		26	128	102
Iron, Fe....mg	0.51	0.039	37	1		0.14	0.72	0.58
Magnesium, Mg....mg	21	0.578	39	1		6	30	24
Phosphorus, P....mg	80	2.265	36	1		23	114	90
Potassium, K....mg	180	5.168	38	1		51	256	203
Sodium, Na....mg	129		1	1		37	183	146
Zinc, Zn....mg	0.42	0.025	38	1		0.12	0.60	0.47
Copper, Cu....mg	0.116	0.006	38	1		0.033	0.165	0.131
Manganese, Mn....mg	0.069	0.009	10	1		0.020	0.098	0.078
Selenium, Se....mcg	1.5		0	4		0.4	2.1	1.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.8		2	1		0.5	2.6	2.0
Thiamin....mg	0.026	0.001	36	1		0.007	0.037	0.029
Riboflavin....mg	0.155	0.005	36	1		0.044	0.220	0.175
Niacin....mg	0.347	0.026	36	1		0.098	0.493	0.392
Pantothenic acid....mg	0.143		2	1		0.041	0.203	0.162
Vitamin B-6....mg	0.028		2	1		0.008	0.040	0.032
Folate, total....mcg	3		2	1		1	4	3
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	3		2	1		1	4	3
Folate, DFE....mcg_DFE	3		0	4		1	4	3
Vitamin B-12....mcg	0.00		2	1		0.00	0.00	0.00
Vitamin A, IU....IU	36		2	1		10	51	41
Vitamin A, RE....mcg_RE	11		0	1		3	16	12
Vitamin E....mg_ATE	0.125		0	4		0.035	0.178	0.141
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.710		0	1		0.201	1.008	0.802
4:0....g	0.000		1	1		0.000	0.000	0.000
6:0....g	0.000		1	1		0.000	0.000	0.000
8:0....g	0.000		1	1		0.000	0.000	0.000
10:0....g	0.000		1	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		1	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.010		1	1		0.003	0.014	0.011
15:0....g								
16:0....g	0.440		1	1		0.125	0.625	0.497
17:0....g								
18:0....g	0.260		1	1		0.074	0.369	0.294
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.700		0	1		0.482	2.414	1.921
14:1....g								
15:1....g								

NDB No. 19183
Desserts, puddings, chocolate, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		1	1		0.006	0.028	0.023
17:1....g								
18:1 undifferentiated....g	1.690		1	1		0.479	2.400	1.910
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	1.430		0	1		0.405	2.031	1.616
18:2 undifferentiated....g	1.330		1	1		0.377	1.889	1.503
18:3 undifferentiated....g	0.100		1	1		0.028	0.142	0.113
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	3		2	1		1	4	3
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.036		0	1		0.010	0.051	0.041
Threonine....g	0.115		0	1		0.033	0.163	0.130
Isoleucine....g	0.148		0	1		0.042	0.210	0.167
Leucine....g	0.240		0	1		0.068	0.341	0.271
Lysine....g	0.192		0	1		0.054	0.273	0.217
Methionine....g	0.059		0	1		0.017	0.084	0.067
Cystine....g	0.026		0	1		0.007	0.037	0.029
Phenylalanine....g	0.126		0	1		0.036	0.179	0.142
Tyrosine....g	0.121		0	1		0.034	0.172	0.137
Valine....g	0.171		0	1		0.048	0.243	0.193
Arginine....g	0.104		0	1		0.029	0.148	0.118
Histidine....g	0.066		0	1		0.019	0.094	0.075
Alanine....g	0.095		0	1		0.027	0.135	0.107
Aspartic acid....g	0.208		0	1		0.059	0.295	0.235
Glutamic acid....g	0.519		0	1		0.147	0.737	0.586
Glycine....g	0.067		0	1		0.019	0.095	0.076
Proline....g	0.228		0	1		0.065	0.324	0.258
Serine....g	0.136		0	1		0.039	0.193	0.154
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	5		1	1		1	7	6
Theobromine....mg	62		1	1		18	88	70

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was 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 can (5 oz)

Measure 3 = 113.000g: 1 snack size (4 oz)

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

Food Group: 19 Sweets

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

NDB No. 19184
Desserts, puddings, chocolate, dry mix, instant

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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	0.067	8	1		3.17	0.80	
Energy....kcal	355		0	4		351	89	
Energy....kj	1485			4		1470	371	
Protein (N x 5.7)....g	2.30	0.122	8	1		2.28	0.58	
Total lipid (fat)....g	1.90	0.117	8	1		1.88	0.48	
Ash....g	4.70	0.025	8	1		4.65	1.18	
Carbohydrate, by difference....g	87.70		0	4		86.82	21.93	
Fiber, total dietary....g	2.4		0	4		2.4	0.6	
Sugars, total....g	66.70		0	4		66.03	16.68	
Starch....g								
Minerals:								
Calcium, Ca....mg	16		0	4		16	4	
Iron, Fe....mg	2.13		0	4		2.11	0.53	
Magnesium, Mg....mg	44		0	4		44	11	
Phosphorus, P....mg	938		0	4		929	235	
Potassium, K....mg	236	10.534	17	1		234	59	
Sodium, Na....mg	1429	30.403	17	1		1415	357	
Zinc, Zn....mg	0.63		0	4		0.62	0.16	
Copper, Cu....mg	0.359		0	4		0.355	0.090	
Manganese, Mn....mg	0.352		0	4		0.348	0.088	
Selenium, Se....mcg	2.7		0	4		2.7	0.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.010		0	4		0.010	0.003	
Riboflavin....mg	0.060		0	4		0.059	0.015	
Niacin....mg	0.218		0	4		0.216	0.055	
Pantothenic acid....mg	0.048		0	4		0.048	0.012	
Vitamin B-6....mg	0.013		0	4		0.013	0.003	
Folate, total....mcg	3		0	4		3	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3		0	4		3	1	
Folate, DFE....mcg_DFE	3		0	4		3	1	
Vitamin B-12....mcg	0.03		0	4		0.03	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	0.041		0	1		0.041	0.010	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.640		0	1		0.634	0.160	
4:0....g	0.000		1	1		0.000	0.000	
6:0....g	0.000		1	1		0.000	0.000	
8:0....g	0.000		1	1		0.000	0.000	
10:0....g	0.000		1	1		0.000	0.000	
11:0....g								
12:0....g	0.000		1	1		0.000	0.000	
13:0....g								
14:0....g	0.000		1	1		0.000	0.000	
15:0....g								
16:0....g	0.310		1	1		0.307	0.078	
17:0....g								
18:0....g	0.320		1	1		0.317	0.080	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.720		0	1		0.713	0.180	
14:1....g								
15:1....g								

NDB No. 19184
Desserts, puddings, chocolate, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. 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		1	1		0.010	0.003	
17:1....g								
18:1 undifferentiated....g	0.720		1	1		0.713	0.180	
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	0.420		0	1		0.416	0.105	
18:2 undifferentiated....g	0.400		1	1		0.396	0.100	
18:3 undifferentiated....g	0.030		1	1		0.030	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	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.032		0	1		0.032	0.008	
Threonine....g	0.087		0	1		0.086	0.022	
Isoleucine....g	0.089		0	1		0.088	0.022	
Leucine....g	0.142		0	1		0.141	0.036	
Lysine....g	0.114		0	1		0.113	0.029	
Methionine....g	0.025		0	1		0.025	0.006	
Cystine....g	0.027		0	1		0.027	0.007	
Phenylalanine....g	0.105		0	1		0.104	0.026	
Tyrosine....g	0.084		0	1		0.083	0.021	
Valine....g	0.132		0	1		0.131	0.033	
Arginine....g	0.120		0	1		0.119	0.030	
Histidine....g	0.040		0	1		0.040	0.010	
Alanine....g	0.100		0	1		0.099	0.025	
Aspartic acid....g	0.213		0	1		0.211	0.053	
Glutamic acid....g	0.341		0	1		0.338	0.085	
Glycine....g	0.093		0	1		0.092	0.023	
Proline....g	0.105		0	1		0.104	0.026	
Serine....g	0.096		0	1		0.095	0.024	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	7		0	4		7	2	
Theobromine....mg	232		0	4		230	58	

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

Common Measures:

Measure 1 = 99.000g: 1 package (3.5 oz)

Measure 2 = 25.000g: 1 portion, amount to make 1/2 cup

Calories Factors: **Protein** 2.1 **Fat** 8.6 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19187
Desserts, flan, caramel custard, 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	7.80		1	4		6.63	1.64	
Energy....kcal	348		0	4		296	73	
Energy....kj	1456			4		1238	306	
Protein (N x 6.25)....g	0.00		1	4		0.00	0.00	
Total lipid (fat)....g	0.00		1	4		0.00	0.00	
Ash....g	0.61		0	4		0.52	0.13	
Carbohydrate, by difference....g	91.60		0	4		77.86	19.24	
Fiber, total dietary....g	0.0		0	8		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	24		1	4		20	5	
Iron, Fe....mg	0.08		1	4		0.07	0.02	
Magnesium, Mg....mg	0		1	4		0	0	
Phosphorus, P....mg	1		1	4		1	0	
Potassium, K....mg	153	8.625	5	1		130	32	
Sodium, Na....mg	432	13.189	5	1		367	91	
Zinc, Zn....mg	0.04		1	4		0.03	0.01	
Copper, Cu....mg	0.015		1	4		0.013	0.003	
Manganese, Mn....mg	0.007		1	4		0.006	0.001	
Selenium, Se....mcg	21.3		0	4		18.1	4.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.000		1	4		0.000	0.000	
Riboflavin....mg	0.000		1	4		0.000	0.000	
Niacin....mg	0.000		1	4		0.000	0.000	
Pantothenic acid....mg	0.000		1	4		0.000	0.000	
Vitamin B-6....mg	0.000		1	4		0.000	0.000	
Folate, total....mcg	0		1	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		1	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		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								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		1	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 = 85.000g: 1 package (3 oz)

Measure 2 = 21.000g: 1 portion, amount to make 1/2 cup

Calories Factors: **Protein** 1.8 **Fat** 8.4 **Carbohydrate** 3.8

NDB No. 19187
Desserts, flan, caramel custard, dry mix

Food Group: 19 Sweets

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

NDB No. 19188
Desserts, puddings, 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	4.00	0.061	11	1		3.96	0.99	
Energy....kcal	361		0	4		357	90	
Energy....kj	1510			4		1495	375	
Protein (N x 5.6)....g	2.60	0.109	11	1		2.57	0.64	
Total lipid (fat)....g	2.10	0.148	11	1		2.08	0.52	
Ash....g	2.00	0.056	11	1		1.98	0.50	
Carbohydrate, by difference....g	89.00		0	4		88.11	22.07	
Fiber, total dietary....g	1.8		0	4		1.8	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	53	2.086	4	1		52	13	
Iron, Fe....mg	1.82	0.031	4	1		1.80	0.45	
Magnesium, Mg....mg	53		0	4		52	13	
Phosphorus, P....mg	88	9.481	4	1		87	22	
Potassium, K....mg	209	13.072	20	1		207	52	
Sodium, Na....mg	353	23.265	18	1		349	88	
Zinc, Zn....mg	0.72		0	4		0.71	0.18	
Copper, Cu....mg	0.381		0	4		0.377	0.094	
Manganese, Mn....mg	0.237		1	4		0.235	0.059	
Selenium, Se....mcg	1.9		0	4		1.9	0.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.010		0	4		0.010	0.002	
Riboflavin....mg	0.202		2	1		0.200	0.050	
Niacin....mg	0.183		0	4		0.181	0.045	
Pantothenic acid....mg	0.049		0	4		0.049	0.012	
Vitamin B-6....mg	0.020		0	4		0.020	0.005	
Folate, total....mcg	2		1	4		2	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	2		1	4		2	0	
Folate, DFE....mcg_DFE	2		0	4		2	0	
Vitamin B-12....mcg	0.02		0	4		0.02	0.00	
Vitamin A, IU....IU	14		0	4		14	3	
Vitamin A, RE....mcg_RE	1		0	1		1	0	
Vitamin E....mg_ATE	0.024		0	4		0.024	0.006	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.210		0	1		1.198	0.300	
4:0....g	0.000		0	7		0.000	0.000	
6:0....g	0.000		0	7		0.000	0.000	
8:0....g	0.000		0	7		0.000	0.000	
10:0....g	0.000		0	7		0.000	0.000	
11:0....g								
12:0....g	0.000		0	7		0.000	0.000	
13:0....g								
14:0....g	0.000		1	1		0.000	0.000	
15:0....g								
16:0....g	0.530		1	1		0.525	0.131	
17:0....g								
18:0....g	0.680		1	1		0.673	0.169	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.690		0	1		0.683	0.171	
14:1....g								
15:1....g								

NDB No. 19188
Desserts, puddings, 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	0.000		1	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.680		1	1		0.673	0.169	
20:1....g	0.000		0	7		0.000	0.000	
22:1 undifferentiated....g	0.000		0	7		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.070		0	1		0.069	0.017	
18:2 undifferentiated....g	0.070		1	1		0.069	0.017	
18:3 undifferentiated....g	0.000		1	1		0.000	0.000	
18:4....g	0.000		0	7		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	7		0.000	0.000	
20:5 n-3....g	0.000		0	7		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	7		0.000	0.000	
22:6 n-3....g	0.000		0	7		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	1		0	4		1	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.037		0	1		0.037	0.009	
Threonine....g	0.101		0	1		0.100	0.025	
Isoleucine....g	0.099		0	1		0.098	0.025	
Leucine....g	0.158		0	1		0.156	0.039	
Lysine....g	0.127		0	1		0.126	0.031	
Methionine....g	0.027		0	1		0.027	0.007	
Cystine....g	0.032		0	1		0.032	0.008	
Phenylalanine....g	0.122		0	1		0.121	0.030	
Tyrosine....g	0.096		0	1		0.095	0.024	
Valine....g	0.153		0	1		0.151	0.038	
Arginine....g	0.144		0	1		0.143	0.036	
Histidine....g	0.044		0	1		0.044	0.011	
Alanine....g	0.118		0	1		0.117	0.029	
Aspartic acid....g	0.253		0	1		0.250	0.063	
Glutamic acid....g	0.385		0	1		0.381	0.095	
Glycine....g	0.114		0	1		0.113	0.028	
Proline....g	0.111		0	1		0.110	0.028	
Serine....g	0.110		0	1		0.109	0.027	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	11		0	4		11	3	
Theobromine....mg	362		0	4		358	90	

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

Common Measures:

Measure 1 = 99.000g: 1 package (3.5 oz)

Measure 2 = 24.800g: 1 portion, amount to make 1/2 cup

Calories Factors: **Protein** 1.9 **Fat** 8.4 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19189

Desserts, puddings, chocolate, dry mix, regular, prepared with whole 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	74.40		0	1		105.65	424.08	
Energy....kcal	111		0	4		158	633	
Energy....kj	464			4		659	2647	
Protein (N x 0)....g	3.20		0	1		4.54	18.24	
Total lipid (fat)....g	3.40		0	1		4.83	19.38	
Ash....g	1.00		0	1		1.42	5.70	
Carbohydrate, by difference....g	18.00		0	4		25.56	102.60	
Fiber, total dietary....g	1.0		0	4		1.4	5.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	111		0	1		158	633	
Iron, Fe....mg	0.36		0	1		0.51	2.05	
Magnesium, Mg....mg	15		0	1		21	86	
Phosphorus, P....mg	93		0	1		132	530	
Potassium, K....mg	163		0	1		231	929	
Sodium, Na....mg	103		0	1		146	587	
Zinc, Zn....mg	0.45		0	1		0.64	2.57	
Copper, Cu....mg	0.075		0	1		0.107	0.428	
Manganese, Mn....mg	0.043		0	1		0.061	0.245	
Selenium, Se....mcg	1.7	0.309	12	1		2.4	9.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		0	1		1.0	4.0	
Thiamin....mg	0.031		0	1		0.044	0.177	
Riboflavin....mg	0.174		0	1		0.247	0.992	
Niacin....mg	0.104		0	1		0.148	0.593	
Pantothenic acid....mg	0.277		0	1		0.393	1.579	
Vitamin B-6....mg	0.036		0	1		0.051	0.205	
Folate, total....mcg	4		0	1		6	23	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	4		0	1		6	23	
Folate, DFE....mcg_DFE	4		0	4		6	23	
Vitamin B-12....mcg	0.25		0	1		0.36	1.43	
Vitamin A, IU....IU	110		0	1		156	627	
Vitamin A, RE....mcg_RE	26		0	1		37	148	
Vitamin E....mg_ATE	0.060		0	4		0.085	0.342	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.090		0	1		2.968	11.913	
4:0....g	0.090		0	1		0.128	0.513	
6:0....g	0.050		0	1		0.071	0.285	
8:0....g	0.030		0	1		0.043	0.171	
10:0....g	0.070		0	1		0.099	0.399	
11:0....g								
12:0....g	0.080		0	1		0.114	0.456	
13:0....g								
14:0....g	0.300		0	1		0.426	1.710	
15:0....g								
16:0....g	0.920		0	1		1.306	5.244	
17:0....g								
18:0....g	0.540		0	1		0.767	3.078	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.000		0	1		1.420	5.700	
14:1....g								
15:1....g								

NDB No. 19189

Desserts, puddings, chocolate, dry mix, regular, prepared with whole 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	0.070		0	1		0.099	0.399	
17:1....g								
18:1 undifferentiated....g	0.930		0	1		1.321	5.301	
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	0.130		0	1		0.185	0.741	
18:2 undifferentiated....g	0.080		0	1		0.114	0.456	
18:3 undifferentiated....g	0.040		0	1		0.057	0.228	
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	12		0	1		17	68	
Phytosterols....mg	0		0	1		0	0	
Amino Acids:								
Tryptophan....g	0.044		0	1		0.062	0.251	
Threonine....g	0.137		0	1		0.195	0.781	
Isoleucine....g	0.179		0	1		0.254	1.020	
Leucine....g	0.288		0	1		0.409	1.642	
Lysine....g	0.233		0	1		0.331	1.328	
Methionine....g	0.071		0	1		0.101	0.405	
Cystine....g	0.030		0	1		0.043	0.171	
Phenylalanine....g	0.149		0	1		0.212	0.849	
Tyrosine....g	0.145		0	1		0.206	0.827	
Valine....g	0.205		0	1		0.291	1.169	
Arginine....g	0.120		0	1		0.170	0.684	
Histidine....g	0.080		0	1		0.114	0.456	
Alanine....g	0.111		0	1		0.158	0.633	
Aspartic acid....g	0.244		0	1		0.346	1.391	
Glutamic acid....g	0.624		0	1		0.886	3.557	
Glycine....g	0.075		0	1		0.107	0.428	
Proline....g	0.278		0	1		0.395	1.585	
Serine....g	0.164		0	1		0.233	0.935	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	2		0	4		3	11	
Theobromine....mg	62		0	4		88	353	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample 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: .5 cup

Measure 2 = 570.000g: 1 package yield (2 cups)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19190
Desserts, puddings, chocolate, dry mix, regular, prepared with 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	73.90		0	1		104.94	421.23	
Energy....kcal	106		0	4		151	604	
Energy....kj	444			4		630	2528	
Protein (N x 0)....g	3.30		0	1		4.69	18.81	
Total lipid (fat)....g	2.00		0	1		2.84	11.40	
Ash....g	1.00		0	1		1.42	5.70	
Carbohydrate, by difference....g	19.70		0	4		27.97	112.29	
Fiber, total dietary....g	0.3		0	4		0.4	1.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	113		0	1		160	644	
Iron, Fe....mg	0.36		0	1		0.51	2.05	
Magnesium, Mg....mg	21		0	1		30	120	
Phosphorus, P....mg	97		0	1		138	553	
Potassium, K....mg	169		0	1		240	963	
Sodium, Na....mg	105		0	1		149	599	
Zinc, Zn....mg	0.46		0	1		0.65	2.62	
Copper, Cu....mg	0.074		0	1		0.105	0.422	
Manganese, Mn....mg	0.043		0	1		0.061	0.245	
Selenium, Se....mcg	1.8		0	4		2.6	10.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		0	1		1.0	4.0	
Thiamin....mg	0.032		0	1		0.045	0.182	
Riboflavin....mg	0.148		0	1		0.210	0.844	
Niacin....mg	0.106		0	1		0.151	0.604	
Pantothenic acid....mg	0.282		0	1		0.400	1.607	
Vitamin B-6....mg	0.037		0	1		0.053	0.211	
Folate, total....mcg	4		0	1		6	23	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	4		0	1		6	23	
Folate, DFE....mcg_DFE	4		0	4		6	23	
Vitamin B-12....mcg	0.25		0	1		0.36	1.43	
Vitamin A, IU....IU	178		0	1		253	1015	
Vitamin A, RE....mcg_RE	48		0	1		68	274	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.240		0	1		1.761	7.068	
4:0....g	0.050		0	1		0.071	0.285	
6:0....g	0.030		0	1		0.043	0.171	
8:0....g	0.020		0	1		0.028	0.114	
10:0....g	0.040		0	1		0.057	0.228	
11:0....g								
12:0....g	0.050		0	1		0.071	0.285	
13:0....g								
14:0....g	0.170		0	1		0.241	0.969	
15:0....g								
16:0....g	0.540		0	1		0.767	3.078	
17:0....g								
18:0....g	0.320		0	1		0.454	1.824	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.590		0	1		0.838	3.363	
14:1....g								
15:1....g								

NDB No. 19190

Desserts, puddings, chocolate, dry mix, regular, prepared with 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	0.040		0	1		0.057	0.228	
17:1....g								
18:1 undifferentiated....g	0.550		0	1		0.781	3.135	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.070		0	1		0.099	0.399	
18:2 undifferentiated....g	0.050		0	1		0.071	0.285	
18:3 undifferentiated....g	0.030		0	1		0.043	0.171	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	7		0	1		10	40	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.045		0	1		0.064	0.257	
Threonine....g	0.140		0	1		0.199	0.798	
Isoleucine....g	0.182		0	1		0.258	1.037	
Leucine....g	0.293		0	1		0.416	1.670	
Lysine....g	0.238		0	1		0.338	1.357	
Methionine....g	0.073		0	1		0.104	0.416	
Cystine....g	0.031		0	1		0.044	0.177	
Phenylalanine....g	0.152		0	1		0.216	0.866	
Tyrosine....g	0.148		0	1		0.210	0.844	
Valine....g	0.209		0	1		0.297	1.191	
Arginine....g	0.123		0	1		0.175	0.701	
Histidine....g	0.081		0	1		0.115	0.462	
Alanine....g	0.114		0	1		0.162	0.650	
Aspartic acid....g	0.250		0	1		0.355	1.425	
Glutamic acid....g	0.636		0	1		0.903	3.625	
Glycine....g	0.078		0	1		0.111	0.445	
Proline....g	0.282		0	1		0.400	1.607	
Serine....g	0.167		0	1		0.237	0.952	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	2		0	4		3	11	
Theobromine....mg	62		0	4		88	353	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample 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: .5 cup

Measure 2 = 570.000g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19191
Desserts, puddings, coconut cream, dry mix, instant, prepared with 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	74.40		0	1		109.37	436.73	
Energy....kcal	107		0	4		157	628	
Energy....kj	448			4		658	2628	
Protein (N x 0)....g	2.90		0	1		4.26	17.02	
Total lipid (fat)....g	2.30		0	1		3.38	13.50	
Ash....g	1.20		0	1		1.76	7.04	
Carbohydrate, by difference....g	19.20		0	4		28.22	112.70	
Fiber, total dietary....g	0.1		0	4		0.1	0.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	102		0	1		150	599	
Iron, Fe....mg	0.15		0	1		0.22	0.88	
Magnesium, Mg....mg	14		0	1		21	82	
Phosphorus, P....mg	201		0	1		295	1180	
Potassium, K....mg	132		0	1		194	775	
Sodium, Na....mg	246		0	1		362	1444	
Zinc, Zn....mg	0.33		0	1		0.49	1.94	
Copper, Cu....mg	0.025		0	1		0.037	0.147	
Manganese, Mn....mg	0.019		0	1		0.028	0.112	
Selenium, Se....mcg	2.0		0	4		2.9	11.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.8		0	1		1.2	4.7	
Thiamin....mg	0.034		0	1		0.050	0.200	
Riboflavin....mg	0.138		0	1		0.203	0.810	
Niacin....mg	0.086		0	1		0.126	0.505	
Pantothenic acid....mg	0.271		0	1		0.398	1.591	
Vitamin B-6....mg	0.038		0	1		0.056	0.223	
Folate, total....mcg	4		0	1		6	23	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	4		0	1		6	23	
Folate, DFE....mcg_DFE	4		0	4		6	23	
Vitamin B-12....mcg	0.30		0	1		0.44	1.76	
Vitamin A, IU....IU	170		0	1		250	998	
Vitamin A, RE....mcg_RE	47		0	1		69	276	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.370		0	1		2.014	8.042	
4:0....g	0.050		0	1		0.074	0.294	
6:0....g	0.030		0	1		0.044	0.176	
8:0....g	0.050		0	1		0.074	0.294	
10:0....g	0.060		0	1		0.088	0.352	
11:0....g								
12:0....g	0.210		0	1		0.309	1.233	
13:0....g								
14:0....g	0.230		0	1		0.338	1.350	
15:0....g								
16:0....g	0.500		0	1		0.735	2.935	
17:0....g								
18:0....g	0.230		0	1		0.338	1.350	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.620		0	1		0.911	3.639	
14:1....g								
15:1....g								

NDB No. 19191

Desserts, puddings, coconut cream, dry mix, instant, prepared with 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	0.040		0	1		0.059	0.235	
17:1....g								
18:1 undifferentiated....g	0.580		0	1		0.853	3.405	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.190		0	1		0.279	1.115	
18:2 undifferentiated....g	0.160		0	1		0.235	0.939	
18:3 undifferentiated....g	0.030		0	1		0.044	0.176	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	6		0	1		9	35	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.038		0	1		0.056	0.223	
Threonine....g	0.124		0	1		0.182	0.728	
Isoleucine....g	0.165		0	1		0.243	0.969	
Leucine....g	0.269		0	1		0.395	1.579	
Lysine....g	0.216		0	1		0.318	1.268	
Methionine....g	0.069		0	1		0.101	0.405	
Cystine....g	0.027		0	1		0.040	0.158	
Phenylalanine....g	0.134		0	1		0.197	0.787	
Tyrosine....g	0.132		0	1		0.194	0.775	
Valine....g	0.185		0	1		0.272	1.086	
Arginine....g	0.115		0	1		0.169	0.675	
Histidine....g	0.075		0	1		0.110	0.440	
Alanine....g	0.098		0	1		0.144	0.575	
Aspartic acid....g	0.213		0	1		0.313	1.250	
Glutamic acid....g	0.583		0	1		0.857	3.422	
Glycine....g	0.062		0	1		0.091	0.364	
Proline....g	0.262		0	1		0.385	1.538	
Serine....g	0.150		0	1		0.221	0.881	
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 = 147.000g: .5 cup

Measure 2 = 587.000g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19193
Desserts, puddings, rice, 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	67.90	0.296	16	1		19.25	96.42	
Energy....kcal	163		0	4		46	231	
Energy....kj	682			4		193	968	
Protein (N x 6.3)....g	2.00	0.021	15	1		0.57	2.84	
Total lipid (fat)....g	7.50	0.069	15	1		2.13	10.65	
Ash....g	0.60	0.007	15	1		0.17	0.85	
Carbohydrate, by difference....g	22.00		0	4		6.24	31.24	
Fiber, total dietary....g	0.1		0	4		0.0	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	52	1.429	15	1		15	74	
Iron, Fe....mg	0.30		1	4		0.09	0.43	
Magnesium, Mg....mg	8		1	4		2	11	
Phosphorus, P....mg	68		1	4		19	97	
Potassium, K....mg	60		1	4		17	85	
Sodium, Na....mg	85		1	4		24	121	
Zinc, Zn....mg	0.49		1	1		0.14	0.70	
Copper, Cu....mg	0.022		1	4		0.006	0.031	
Manganese, Mn....mg	0.126		1	1		0.036	0.179	
Selenium, Se....mcg	2.2		0	4		0.6	3.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		1	4		0.1	0.7	
Thiamin....mg	0.018	0.001	15	1		0.005	0.026	
Riboflavin....mg	0.072	0.002	15	1		0.020	0.102	
Niacin....mg	0.161	0.006	14	1		0.046	0.229	
Pantothenic acid....mg	0.232		1	4		0.066	0.329	
Vitamin B-6....mg	0.029		1	4		0.008	0.041	
Folate, total....mcg	3		1	4		1	4	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3		1	4		1	4	
Folate, DFE....mcg_DFE	3		0	4		1	4	
Vitamin B-12....mcg	0.21		1	4		0.06	0.30	
Vitamin A, IU....IU	114		1	4		32	162	
Vitamin A, RE....mcg_RE	35		0	1		10	50	
Vitamin E....mg_ATE	1.376		0	4		0.390	1.954	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.170		0	1		0.332	1.661	
4:0....g	0.000		1	1		0.000	0.000	
6:0....g	0.000		1	1		0.000	0.000	
8:0....g	0.000		1	1		0.000	0.000	
10:0....g	0.000		1	1		0.000	0.000	
11:0....g								
12:0....g	0.000		1	1		0.000	0.000	
13:0....g								
14:0....g	0.020		1	1		0.006	0.028	
15:0....g								
16:0....g	0.760		1	1		0.215	1.079	
17:0....g								
18:0....g	0.380		1	1		0.108	0.540	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.210		0	1		0.910	4.558	
14:1....g								
15:1....g								

NDB No. 19193
Desserts, puddings, rice, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		1	1		0.009	0.043	
17:1....g								
18:1 undifferentiated....g	3.170		1	1		0.899	4.501	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.790		0	1		0.791	3.962	
18:2 undifferentiated....g	2.590		1	1		0.734	3.678	
18:3 undifferentiated....g	0.190		1	1		0.054	0.270	
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		1	4		0	1	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.026		0	1		0.007	0.037	
Threonine....g	0.084		0	1		0.024	0.119	
Isoleucine....g	0.112		0	1		0.032	0.159	
Leucine....g	0.186		0	1		0.053	0.264	
Lysine....g	0.142		0	1		0.040	0.202	
Methionine....g	0.048		0	1		0.014	0.068	
Cystine....g	0.019		0	1		0.005	0.027	
Phenylalanine....g	0.094		0	1		0.027	0.133	
Tyrosine....g	0.091		0	1		0.026	0.129	
Valine....g	0.127		0	1		0.036	0.180	
Arginine....g	0.080		0	1		0.023	0.114	
Histidine....g	0.051		0	1		0.014	0.072	
Alanine....g	0.072		0	1		0.020	0.102	
Aspartic acid....g	0.150		0	1		0.043	0.213	
Glutamic acid....g	0.399		0	1		0.113	0.567	
Glycine....g	0.046		0	1		0.013	0.065	
Proline....g	0.176		0	1		0.050	0.250	
Serine....g	0.104		0	1		0.029	0.148	
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 can (5 oz)

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

Food Group: 19 Sweets

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

NDB No. 19194
Desserts, puddings, rice, 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	4		5.09	1.30	
Energy....kcal	376		0	4		399	102	
Energy....kj	1573			4		1668	425	
Protein (N x 6)....g	2.70		1	4		2.86	0.73	
Total lipid (fat)....g	0.10		1	4		0.11	0.03	
Ash....g	1.10		1	4		1.17	0.30	
Carbohydrate, by difference....g	91.20		0	4		96.67	24.62	
Fiber, total dietary....g	0.7		0	4		0.7	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	14		1	4		15	4	
Iron, Fe....mg	1.79		1	4		1.90	0.48	
Magnesium, Mg....mg	8		1	4		8	2	
Phosphorus, P....mg	39		1	4		41	11	
Potassium, K....mg	5		1	4		5	1	
Sodium, Na....mg	366		1	4		388	99	
Zinc, Zn....mg	0.31		1	1		0.33	0.08	
Copper, Cu....mg	0.062		1	4		0.066	0.017	
Manganese, Mn....mg	0.300		1	4		0.318	0.081	
Selenium, Se....mcg	0.5		0	4		0.5	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.248		1	4		0.263	0.067	
Riboflavin....mg	0.012		1	4		0.013	0.003	
Niacin....mg	2.013		1	4		2.134	0.544	
Pantothenic acid....mg	0.108		1	4		0.114	0.029	
Vitamin B-6....mg	0.013		1	4		0.014	0.004	
Folate, total....mcg	1		1	4		1	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		1	4		1	0	
Folate, DFE....mcg_DFE	1		0	4		1	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		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								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		1	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 = 106.000g: 1 package

Measure 2 = 27.000g: 1 portion, amount to make 1/2 cup

Calories Factors: **Protein** 3.8 **Fat** 8.4 **Carbohydrate** 4

NDB No. 19194
Desserts, puddings, rice, dry mix

Food Group: 19 Sweets

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

NDB No. 19195
Desserts, puddings, rice, dry mix, prepared with whole 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	72.20		0	1		103.97	415.87	
Energy....kcal	122		0	4		176	703	
Energy....kj	510			4		735	2940	
Protein (N x 0)....g	3.30		0	1		4.75	19.01	
Total lipid (fat)....g	2.80		0	1		4.03	16.13	
Ash....g	0.80		0	1		1.15	4.61	
Carbohydrate, by difference....g	20.90		0	4		30.10	120.38	
Fiber, total dietary....g	0.1		0	4		0.1	0.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	103		0	1		148	593	
Iron, Fe....mg	0.38		0	1		0.55	2.19	
Magnesium, Mg....mg	13		0	1		19	75	
Phosphorus, P....mg	86		0	1		124	495	
Potassium, K....mg	129		0	1		186	743	
Sodium, Na....mg	109		0	1		157	628	
Zinc, Zn....mg	0.38		0	1		0.55	2.19	
Copper, Cu....mg	0.020		0	1		0.029	0.115	
Manganese, Mn....mg	0.057		0	1		0.082	0.328	
Selenium, Se....mcg	1.7		0	4		2.4	9.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		0	1		1.0	4.0	
Thiamin....mg	0.075		0	1		0.108	0.432	
Riboflavin....mg	0.139		0	1		0.200	0.801	
Niacin....mg	0.445		0	1		0.641	2.563	
Pantothenic acid....mg	0.285		0	1		0.410	1.642	
Vitamin B-6....mg	0.034		0	1		0.049	0.196	
Folate, total....mcg	4		0	1		6	23	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	4		0	1		6	23	
Folate, DFE....mcg_DFE	4		0	4		6	23	
Vitamin B-12....mcg	0.24		0	1		0.35	1.38	
Vitamin A, IU....IU	107		0	1		154	616	
Vitamin A, RE....mcg_RE	20		0	1		29	115	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.760		0	1		2.534	10.138	
4:0....g	0.090		0	1		0.130	0.518	
6:0....g	0.050		0	1		0.072	0.288	
8:0....g	0.030		0	1		0.043	0.173	
10:0....g	0.070		0	1		0.101	0.403	
11:0....g								
12:0....g	0.080		0	1		0.115	0.461	
13:0....g								
14:0....g	0.290		0	1		0.418	1.670	
15:0....g								
16:0....g	0.780		0	1		1.123	4.493	
17:0....g								
18:0....g	0.360		0	1		0.518	2.074	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.810		0	1		1.166	4.666	
14:1....g								
15:1....g								

NDB No. 19195
Desserts, puddings, rice, dry mix, prepared with whole 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	0.070		0	1		0.101	0.403	
17:1....g								
18:1 undifferentiated....g	0.750		0	1		1.080	4.320	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.110		0	1		0.158	0.634	
18:2 undifferentiated....g	0.070		0	1		0.101	0.403	
18:3 undifferentiated....g	0.040		0	1		0.058	0.230	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	11		0	1		16	63	
Phytosterols....mg	0		0	1		0	0	
Amino Acids:								
Tryptophan....g	0.037		0	1		0.053	0.213	
Threonine....g	0.120		0	1		0.173	0.691	
Isoleucine....g	0.161		0	1		0.232	0.927	
Leucine....g	0.260		0	1		0.374	1.498	
Lysine....g	0.210		0	1		0.302	1.210	
Methionine....g	0.066		0	1		0.095	0.380	
Cystine....g	0.024		0	1		0.035	0.138	
Phenylalanine....g	0.128		0	1		0.184	0.737	
Tyrosine....g	0.128		0	1		0.184	0.737	
Valine....g	0.178		0	1		0.256	1.025	
Arginine....g	0.096		0	1		0.138	0.553	
Histidine....g	0.072		0	1		0.104	0.415	
Alanine....g	0.091		0	1		0.131	0.524	
Aspartic acid....g	0.201		0	1		0.289	1.158	
Glutamic acid....g	0.555		0	1		0.799	3.197	
Glycine....g	0.056		0	1		0.081	0.323	
Proline....g	0.257		0	1		0.370	1.480	
Serine....g	0.144		0	1		0.207	0.829	
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 = 144.000g: .5 cup

Measure 2 = 576.000g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19197
Desserts, CPC, ALSA Mousse Mix, powder, dark chocolate

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	1.74		3	1		0.37		
Energy....kcal	501		0	9		105		
Energy....kj	2096			9		440		
Protein....g	9.43		3	1		1.98		
Total lipid (fat)....g	24.26		3	1		5.09		
Ash....g	3.22		3	1		0.68		
Carbohydrate, by difference....g	61.33		0	9		12.88		
Fiber, total dietary....g								
Sugars, total....g	36.33		2	1		7.63		
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	396		3	1		83		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	17.160		2	1		3.604		
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 = 21.000g: 2.5 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19198
Desserts, puddings, tapioca, 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	4.00	0.043	6	1		3.68	0.92	
Energy....kcal	369		0	4		339	85	
Energy....kj	1544			4		1420	355	
Protein (N x 6.25)....g	0.10		0	4		0.09	0.02	
Total lipid (fat)....g	0.10		0	4		0.09	0.02	
Ash....g	1.40	0.040	6	1		1.29	0.32	
Carbohydrate, by difference....g	94.30		0	4		86.76	21.69	
Fiber, total dietary....g	0.2		0	4		0.2	0.0	
Sugars, total....g	65.00		0	8		59.80	14.95	
Starch....g								
Minerals:								
Calcium, Ca....mg	4		0	4		4	1	
Iron, Fe....mg	0.12		0	4		0.11	0.03	
Magnesium, Mg....mg	2		0	4		2	0	
Phosphorus, P....mg	4		0	4		4	1	
Potassium, K....mg	5		0	4		5	1	
Sodium, Na....mg	477		0	4		439	110	
Zinc, Zn....mg	0.08		0	4		0.07	0.02	
Copper, Cu....mg	0.029		0	4		0.027	0.007	
Manganese, Mn....mg	0.033		0	4		0.030	0.008	
Selenium, Se....mcg	0.9		0	4		0.8	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.001		0	4		0.001	0.000	
Riboflavin....mg	0.006		0	4		0.006	0.001	
Niacin....mg	0.004		0	4		0.004	0.001	
Pantothenic acid....mg	0.015		0	4		0.014	0.003	
Vitamin B-6....mg	0.001		0	4		0.001	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.002		0	1		0.002	0.000	
Threonine....g	0.004		0	1		0.004	0.001	
Isoleucine....g	0.004		0	1		0.004	0.001	
Leucine....g	0.009		0	1		0.008	0.002	
Lysine....g	0.004		0	1		0.004	0.001	
Methionine....g	0.002		0	1		0.002	0.000	
Cystine....g	0.003		0	1		0.003	0.001	
Phenylalanine....g	0.004		0	1		0.004	0.001	
Tyrosine....g	0.003		0	1		0.003	0.001	
Valine....g	0.005		0	1		0.005	0.001	
Arginine....g	0.012		0	1		0.011	0.003	
Histidine....g	0.003		0	1		0.003	0.001	

NDB No. 19198
Desserts, puddings, tapioca, 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
Alanine.....g	0.006		0	1		0.006	0.001	
Aspartic acid.....g	0.009		0	1		0.008	0.002	
Glutamic acid.....g	0.024		0	1		0.022	0.006	
Glycine.....g	0.004		0	1		0.004	0.001	
Proline.....g	0.007		0	1		0.006	0.002	
Serine.....g	0.004		0	1		0.004	0.001	
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 92.000g: 1 package (3.5 oz)

Measure 2 = 23.000g: 1 portion, amount to make 1/2 cup

Calories Factors: **Protein** 3 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19199
Desserts, puddings, tapioca, dry mix, prepared with whole 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	73.80		0	1		104.06	415.49	
Energy....kcal	114		0	4		161	642	
Energy....kj	477			4		673	2685	
Protein (N x 0)....g	2.90		0	1		4.09	16.33	
Total lipid (fat)....g	2.90		0	1		4.09	16.33	
Ash....g	0.90		0	1		1.27	5.07	
Carbohydrate, by difference....g	19.60		0	4		27.64	110.35	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	104		0	1		147	586	
Iron, Fe....mg	0.06		0	1		0.08	0.34	
Magnesium, Mg....mg	12		0	1		17	68	
Phosphorus, P....mg	82		0	1		116	462	
Potassium, K....mg	132		0	1		186	743	
Sodium, Na....mg	121		0	1		171	681	
Zinc, Zn....mg	0.34		0	1		0.48	1.91	
Copper, Cu....mg	0.013		0	1		0.018	0.073	
Manganese, Mn....mg	0.007		0	1		0.010	0.039	
Selenium, Se....mcg	1.8		0	4		2.5	10.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		0	1		1.0	3.9	
Thiamin....mg	0.030		0	1		0.042	0.169	
Riboflavin....mg	0.141		0	1		0.199	0.794	
Niacin....mg	0.073		0	1		0.103	0.411	
Pantothenic acid....mg	0.274		0	1		0.386	1.543	
Vitamin B-6....mg	0.038		0	1		0.054	0.214	
Folate, total....mcg	4		0	1		6	23	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	4		0	1		6	23	
Folate, DFE....mcg_DFE	4		0	4		6	23	
Vitamin B-12....mcg	0.25		0	1		0.35	1.41	
Vitamin A, IU....IU	109		0	1		154	614	
Vitamin A, RE....mcg_RE	27		0	1		38	152	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.800		0	1		2.538	10.134	
4:0....g	0.090		0	1		0.127	0.507	
6:0....g	0.050		0	1		0.071	0.282	
8:0....g	0.030		0	1		0.042	0.169	
10:0....g	0.070		0	1		0.099	0.394	
11:0....g								
12:0....g	0.080		0	1		0.113	0.450	
13:0....g								
14:0....g	0.030		0	1		0.042	0.169	
15:0....g								
16:0....g	0.800		0	1		1.128	4.504	
17:0....g								
18:0....g	0.370		0	1		0.522	2.083	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.830		0	1		1.170	4.673	
14:1....g								
15:1....g								

NDB No. 19199
Desserts, puddings, tapioca, dry mix, prepared with whole 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	0.070		0	1		0.099	0.394	
17:1....g								
18:1 undifferentiated....g	0.760		0	1		1.072	4.279	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.110		0	1		0.155	0.619	
18:2 undifferentiated....g	0.070		0	1		0.099	0.394	
18:3 undifferentiated....g	0.040		0	1		0.056	0.225	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	12		0	1		17	68	
Phytosterols....mg	0		0	1		0	0	
Amino Acids:								
Tryptophan....g	0.038		0	1		0.054	0.214	
Threonine....g	0.123		0	1		0.173	0.692	
Isoleucine....g	0.165		0	1		0.233	0.929	
Leucine....g	0.268		0	1		0.378	1.509	
Lysine....g	0.216		0	1		0.305	1.216	
Methionine....g	0.068		0	1		0.096	0.383	
Cystine....g	0.026		0	1		0.037	0.146	
Phenylalanine....g	0.132		0	1		0.186	0.743	
Tyrosine....g	0.132		0	1		0.186	0.743	
Valine....g	0.183		0	1		0.258	1.030	
Arginine....g	0.100		0	1		0.141	0.563	
Histidine....g	0.074		0	1		0.104	0.417	
Alanine....g	0.094		0	1		0.133	0.529	
Aspartic acid....g	0.208		0	1		0.293	1.171	
Glutamic acid....g	0.573		0	1		0.808	3.226	
Glycine....g	0.058		0	1		0.082	0.327	
Proline....g	0.264		0	1		0.372	1.486	
Serine....g	0.148		0	1		0.209	0.833	
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 = 141.000g: .5 cup

Measure 2 = 563.000g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19201
Desserts, puddings, vanilla, 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	71.20	0.127	64	1		20.19	80.46	
Energy....kcal	130		0	4		37	147	
Energy....kj	544			4		154	615	
Protein (N x 6.4)....g	2.30	0.041	64	1		0.65	2.60	
Total lipid (fat)....g	3.60	0.053	64	1		1.02	4.07	
Ash....g	0.90	0.012	63	1		0.26	1.02	
Carbohydrate, by difference....g	21.90		0	4		6.21	24.75	
Fiber, total dietary....g	0.1		0	4		0.0	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	88	1.246	63	1		25	99	
Iron, Fe....mg	0.13	0.007	61	1		0.04	0.15	
Magnesium, Mg....mg	8	0.070	65	1		2	9	
Phosphorus, P....mg	68	1.110	63	1		19	77	
Potassium, K....mg	113	1.713	63	1		32	128	
Sodium, Na....mg	135		1	4		38	153	
Zinc, Zn....mg	0.25	0.007	62	1		0.07	0.28	
Copper, Cu....mg	0.030	0.003	62	1		0.009	0.034	
Manganese, Mn....mg	0.008		1	4		0.002	0.009	
Selenium, Se....mcg	1.4		0	4		0.4	1.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0	0.041	5	1		0.0	0.0	
Thiamin....mg	0.022	0.001	63	1		0.006	0.025	
Riboflavin....mg	0.139	0.003	63	1		0.039	0.157	
Niacin....mg	0.252	0.020	63	1		0.071	0.285	
Pantothenic acid....mg	0.174		2	1		0.049	0.197	
Vitamin B-6....mg	0.011		2	1		0.003	0.012	
Folate, total....mcg	0		2	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		2	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.10		2	1		0.03	0.11	
Vitamin A, IU....IU	21	12.725	5	1		6	24	
Vitamin A, RE....mcg_RE	6		0	1		2	7	
Vitamin E....mg_ATE	0.125		0	4		0.035	0.141	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.570		0	1		0.162	0.644	
4:0....g	0.000		1	1		0.000	0.000	
6:0....g	0.000		1	1		0.000	0.000	
8:0....g	0.000		1	1		0.000	0.000	
10:0....g	0.000		1	1		0.000	0.000	
11:0....g								
12:0....g	0.000		1	1		0.000	0.000	
13:0....g								
14:0....g	0.010		1	1		0.003	0.011	
15:0....g								
16:0....g	0.370		1	1		0.105	0.418	
17:0....g								
18:0....g	0.190		1	1		0.054	0.215	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.540		0	1		0.437	1.740	
14:1....g								
15:1....g								

NDB No. 19201
Desserts, puddings, vanilla, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. 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		1	1		0.006	0.023	
17:1....g								
18:1 undifferentiated....g	1.530		1	1		0.434	1.729	
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	1.340		0	1		0.380	1.514	
18:2 undifferentiated....g	1.240		1	1		0.352	1.401	
18:3 undifferentiated....g	0.090		1	1		0.026	0.102	
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	7		2	1		2	8	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.030		0	1		0.009	0.034	
Threonine....g	0.099		0	1		0.028	0.112	
Isoleucine....g	0.132		0	1		0.037	0.149	
Leucine....g	0.216		0	1		0.061	0.244	
Lysine....g	0.173		0	1		0.049	0.195	
Methionine....g	0.055		0	1		0.016	0.062	
Cystine....g	0.020		0	1		0.006	0.023	
Phenylalanine....g	0.106		0	1		0.030	0.120	
Tyrosine....g	0.105		0	1		0.030	0.119	
Valine....g	0.146		0	1		0.041	0.165	
Arginine....g	0.080		0	1		0.023	0.090	
Histidine....g	0.060		0	1		0.017	0.068	
Alanine....g	0.076		0	1		0.022	0.086	
Aspartic acid....g	0.166		0	1		0.047	0.188	
Glutamic acid....g	0.459		0	1		0.130	0.519	
Glycine....g	0.047		0	1		0.013	0.053	
Proline....g	0.212		0	1		0.060	0.240	
Serine....g	0.119		0	1		0.034	0.134	
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 snack size (4 oz)

Calories Factors: **Protein** 4.3 **Fat** 8.8 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19202
Desserts, puddings, vanilla, dry mix, instant

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	2.60	0.158	20	1		2.57	0.65	
Energy....kcal	368		0	4		364	92	
Energy....kj	1540			4		1524	385	
Protein (N x 6.4)....g	0.00	0.000	20	1		0.00	0.00	
Total lipid (fat)....g	0.60	0.024	20	1		0.59	0.15	
Ash....g	3.90	0.067	20	1		3.86	0.98	
Carbohydrate, by difference....g	92.90		0	4		91.97	23.23	
Fiber, total dietary....g	0.1		0	4		0.1	0.0	
Sugars, total....g	74.90		0	4		74.15	18.73	
Starch....g								
Minerals:								
Calcium, Ca....mg	12	1.932	3	1		12	3	
Iron, Fe....mg	0.12		0	4		0.12	0.03	
Magnesium, Mg....mg	1		0	4		1	0	
Phosphorus, P....mg	705	9.672	3	1		698	176	
Potassium, K....mg	12	1.856	16	1		12	3	
Sodium, Na....mg	1441	33.880	16	1		1427	360	
Zinc, Zn....mg	0.06	0.002	4	1		0.06	0.02	
Copper, Cu....mg	0.093		2	1		0.092	0.023	
Manganese, Mn....mg	0.031		0	4		0.031	0.008	
Selenium, Se....mcg	0.8		0	4		0.8	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		0	4		0.4	0.1	
Thiamin....mg	0.004		0	4		0.004	0.001	
Riboflavin....mg	0.032		0	4		0.032	0.008	
Niacin....mg	0.009		0	4		0.009	0.002	
Pantothenic acid....mg	0.031		0	4		0.031	0.008	
Vitamin B-6....mg	0.003		0	4		0.003	0.001	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.04		0	4		0.04	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	0.060		0	4		0.059	0.015	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.100		0	1		0.099	0.025	
4:0....g	0.000		1	1		0.000	0.000	
6:0....g	0.000		1	1		0.000	0.000	
8:0....g	0.000		1	1		0.000	0.000	
10:0....g	0.000		1	1		0.000	0.000	
11:0....g								
12:0....g	0.000		1	1		0.000	0.000	
13:0....g								
14:0....g	0.000		1	1		0.000	0.000	
15:0....g								
16:0....g	0.060		1	1		0.059	0.015	
17:0....g								
18:0....g	0.030		1	1		0.030	0.008	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.270		0	1		0.267	0.068	
14:1....g								
15:1....g								

NDB No. 19202
Desserts, puddings, vanilla, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		1	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.270		1	1		0.267	0.068	
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	0.240		0	1		0.238	0.060	
18:2 undifferentiated....g	0.220		1	1		0.218	0.055	
18:3 undifferentiated....g	0.020		1	1		0.020	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		0	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.000		0	1		0.000	0.000	
Threonine....g	0.000		0	1		0.000	0.000	
Isoleucine....g	0.000		0	1		0.000	0.000	
Leucine....g	0.000		0	1		0.000	0.000	
Lysine....g	0.000		0	1		0.000	0.000	
Methionine....g	0.000		0	1		0.000	0.000	
Cystine....g	0.000		0	1		0.000	0.000	
Phenylalanine....g	0.000		0	1		0.000	0.000	
Tyrosine....g	0.000		0	1		0.000	0.000	
Valine....g	0.000		0	1		0.000	0.000	
Arginine....g	0.000		0	1		0.000	0.000	
Histidine....g	0.000		0	1		0.000	0.000	
Alanine....g	0.000		0	1		0.000	0.000	
Aspartic acid....g	0.000		0	1		0.000	0.000	
Glutamic acid....g	0.000		0	1		0.000	0.000	
Glycine....g	0.000		0	1		0.000	0.000	
Proline....g	0.000		0	1		0.000	0.000	
Serine....g	0.000		0	1		0.000	0.000	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0		0	7		0	0	
Theobromine....mg	0		0	7		0	0	

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

Common Measures:

Measure 1 = 99.000g: 1 package (3.5 oz)

Measure 2 = 25.000g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19204
Desserts, puddings, lemon, dry mix, instant, prepared with 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	74.20		0	4		109.07		
Energy	kcal	105		0	4		154		
Energy	kj	439			4		646		
Protein (N x 0)	g	2.80		0	4		4.12		
Total lipid (fat)	g	1.70		0	4		2.50		
Ash	g	1.20		0	4		1.76		
Carbohydrate, by difference	g	20.20		0	4		29.69		
Fiber, total dietary	g	0.0		0	4		0.0		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	101		0	4		148		
Iron, Fe	mg	0.06		0	4		0.09		
Magnesium, Mg	mg	11		0	4		16		
Phosphorus, P	mg	207		0	4		304		
Potassium, K	mg	129		0	4		190		
Sodium, Na	mg	268		0	4		394		
Zinc, Zn	mg	0.33		0	4		0.49		
Copper, Cu	mg	0.009		0	4		0.013		
Manganese, Mn	mg	0.003		0	4		0.004		
Selenium, Se	mcg	1.8		0	4		2.6		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.8		0	4		1.2		
Thiamin	mg	0.033		0	4		0.049		
Riboflavin	mg	0.137		0	4		0.201		
Niacin	mg	0.072		0	4		0.106		
Pantothenic acid	mg	0.267		0	4		0.392		
Vitamin B-6	mg	0.036		0	4		0.053		
Folate, total	mcg	4		0	4		6		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	4		0	4		6		
Folate, DFE	mcg_DFE	4		0	4		6		
Vitamin B-12	mcg	0.30		0	4		0.44		
Vitamin A, IU	IU	170		0	4		250		
Vitamin A, RE	mcg_RE	47		0	4		69		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	1.010		0	4		1.485		
4:0	g	0.050		0	4		0.074		
6:0	g	0.030		0	4		0.044		
8:0	g	0.020		0	4		0.029		
10:0	g	0.040		0	4		0.059		
11:0	g								
12:0	g	0.050		0	4		0.074		
13:0	g								
14:0	g	0.170		0	4		0.250		
15:0	g								
16:0	g	0.440		0	4		0.647		
17:0	g								
18:0	g	0.210		0	4		0.309		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.500		0	4		0.735		
14:1	g								
15:1	g								

NDB No. 19204
Desserts, puddings, lemon, dry mix, instant, prepared with 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	0.040		0	4		0.059		
17:1....g								
18:1 undifferentiated....g	0.460		0	4		0.676		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.100		0	4		0.147		
18:2 undifferentiated....g	0.080		0	4		0.118		
18:3 undifferentiated....g	0.030		0	4		0.044		
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	6		0	4		9		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.037		0	4		0.054		
Threonine....g	0.119		0	4		0.175		
Isoleucine....g	0.159		0	4		0.234		
Leucine....g	0.258		0	4		0.379		
Lysine....g	0.209		0	4		0.307		
Methionine....g	0.066		0	4		0.097		
Cystine....g	0.024		0	4		0.035		
Phenylalanine....g	0.127		0	4		0.187		
Tyrosine....g	0.127		0	4		0.187		
Valine....g	0.176		0	4		0.259		
Arginine....g	0.095		0	4		0.140		
Histidine....g	0.071		0	4		0.104		
Alanine....g	0.091		0	4		0.134		
Aspartic acid....g	0.200		0	4		0.294		
Glutamic acid....g	0.551		0	4		0.810		
Glycine....g	0.056		0	4		0.082		
Proline....g	0.255		0	4		0.375		
Serine....g	0.143		0	4		0.210		
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 = 147.000g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19205
Desserts, egg custards, dry mix, prepared with 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	74.30		0	1		98.82	396.02	
Energy....kcal	112		0	4		149	597	
Energy....kj	469			4		623	2498	
Protein (N x 0)....g	4.20		0	1		5.59	22.39	
Total lipid (fat)....g	2.80		0	1		3.72	14.92	
Ash....g	1.00		0	1		1.33	5.33	
Carbohydrate, by difference....g	17.70		0	4		23.54	94.34	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	148		0	1		197	789	
Iron, Fe....mg	0.26		0	1		0.35	1.39	
Magnesium, Mg....mg	20		0	1		27	107	
Phosphorus, P....mg	132		0	1		176	704	
Potassium, K....mg	216		0	1		287	1151	
Sodium, Na....mg	150		0	1		200	800	
Zinc, Zn....mg	0.53		0	1		0.70	2.82	
Copper, Cu....mg	0.019		0	1		0.025	0.101	
Manganese, Mn....mg	0.005		0	1		0.007	0.027	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.8		0	1		1.1	4.3	
Thiamin....mg	0.055		0	1		0.073	0.293	
Riboflavin....mg	0.217		0	1		0.289	1.157	
Niacin....mg	0.121		0	1		0.161	0.645	
Pantothenic acid....mg	0.608		0	1		0.809	3.241	
Vitamin B-6....mg	0.064		0	1		0.085	0.341	
Folate, total....mcg	8		0	1		11	43	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	8		0	1		11	43	
Folate, DFE....mcg_DFE	8		0	4		11	43	
Vitamin B-12....mcg	0.46		0	1		0.61	2.45	
Vitamin A, IU....IU	222		0	1		295	1183	
Vitamin A, RE....mcg_RE	56		0	1		74	298	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.420		0	1		1.889	7.569	
4:0....g	0.060		0	1		0.080	0.320	
6:0....g	0.040		0	1		0.053	0.213	
8:0....g	0.020		0	1		0.027	0.107	
10:0....g	0.050		0	1		0.067	0.267	
11:0....g								
12:0....g	0.050		0	1		0.067	0.267	
13:0....g								
14:0....g	0.190		0	1		0.253	1.013	
15:0....g								
16:0....g	0.710		0	1		0.944	3.784	
17:0....g								
18:0....g	0.300		0	1		0.399	1.599	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.890		0	1		1.184	4.744	
14:1....g								
15:1....g								

NDB No. 19205
Desserts, egg custards, dry mix, prepared with 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	0.070		0	1		0.093	0.373	
17:1....g								
18:1 undifferentiated....g	0.810		0	1		1.077	4.317	
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	0.200		0	1		0.266	1.066	
18:2 undifferentiated....g	0.160		0	1		0.213	0.853	
18:3 undifferentiated....g	0.030		0	1		0.040	0.160	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.010		0	1		0.013	0.053	
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	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	56		0	1		74	298	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.056		0	1		0.074	0.298	
Threonine....g	0.196		0	1		0.261	1.045	
Isoleucine....g	0.235		0	1		0.313	1.253	
Leucine....g	0.384		0	1		0.511	2.047	
Lysine....g	0.318		0	1		0.423	1.695	
Methionine....g	0.096		0	1		0.128	0.512	
Cystine....g	0.048		0	1		0.064	0.256	
Phenylalanine....g	0.181		0	1		0.241	0.965	
Tyrosine....g	0.179		0	1		0.238	0.954	
Valine....g	0.255		0	1		0.339	1.359	
Arginine....g	0.159		0	1		0.211	0.847	
Histidine....g	0.103		0	1		0.137	0.549	
Alanine....g	0.154		0	1		0.205	0.821	
Aspartic acid....g	0.329		0	1		0.438	1.754	
Glutamic acid....g	0.775		0	1		1.031	4.131	
Glycine....g	0.090		0	1		0.120	0.480	
Proline....g	0.338		0	1		0.450	1.802	
Serine....g	0.231		0	1		0.307	1.231	
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 = 133.000g: .5 cup

Measure 2 = 533.000g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19206
Desserts, puddings, vanilla, 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	3.90	0.165	22	1		3.43	0.86	
Energy....kcal	369		0	4		325	81	
Energy....kj	1544			4		1359	340	
Protein (N x 6.25)....g	0.30		1	1		0.26	0.07	
Total lipid (fat)....g	0.40	0.037	11	1		0.35	0.09	
Ash....g	2.00	0.087	22	1		1.76	0.44	
Carbohydrate, by difference....g	93.50		0	4		82.28	20.57	
Fiber, total dietary....g	0.3		0	4		0.3	0.1	
Sugars, total....g	72.73		0	8		64.00	16.00	
Starch....g								
Minerals:								
Calcium, Ca....mg	15		0	4		13	3	
Iron, Fe....mg	0.11		0	4		0.10	0.02	
Magnesium, Mg....mg	0		0	4		0	0	
Phosphorus, P....mg	3		0	4		3	1	
Potassium, K....mg	20	1.431	17	1		18	4	
Sodium, Na....mg	754	17.337	17	1		664	166	
Zinc, Zn....mg	0.03		0	4		0.03	0.01	
Copper, Cu....mg	0.041		0	4		0.036	0.009	
Manganese, Mn....mg	0.013		0	4		0.011	0.003	
Selenium, Se....mcg	0.9		0	4		0.8	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.013		0	4		0.011	0.003	
Niacin....mg	0.001		0	4		0.001	0.000	
Pantothenic acid....mg	0.000		0	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.000		0	4		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.090		0	1		0.079	0.020	
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	0.090		1	1		0.079	0.020	
17:0....g								
18:0....g	0.000		1	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.030		0	1		0.026	0.007	
14:1....g								
15:1....g								

NDB No. 19206
Desserts, puddings, vanilla, 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	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.030		1	1		0.026	0.007	
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	0.170		0	1		0.150	0.037	
18:2 undifferentiated....g	0.160		1	1		0.141	0.035	
18:3 undifferentiated....g	0.010		1	1		0.009	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	0.000		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	0.001		0	1		0.001	0.000	
Threonine....g	0.009		0	1		0.008	0.002	
Isoleucine....g	0.010		0	1		0.009	0.002	
Leucine....g	0.035		0	1		0.031	0.008	
Lysine....g	0.006		0	1		0.005	0.001	
Methionine....g	0.005		0	1		0.004	0.001	
Cystine....g	0.006		0	1		0.005	0.001	
Phenylalanine....g	0.013		0	1		0.011	0.003	
Tyrosine....g	0.010		0	1		0.009	0.002	
Valine....g	0.013		0	1		0.011	0.003	
Arginine....g	0.012		0	1		0.011	0.003	
Histidine....g	0.008		0	1		0.007	0.002	
Alanine....g	0.019		0	1		0.017	0.004	
Aspartic acid....g	0.020		0	1		0.018	0.004	
Glutamic acid....g	0.052		0	1		0.046	0.011	
Glycine....g	0.009		0	1		0.008	0.002	
Proline....g	0.024		0	1		0.021	0.005	
Serine....g	0.011		0	1		0.010	0.002	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0		0	7		0	0	
Theobromine....mg	0		0	7		0	0	

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

Common Measures:

Measure 1 = 88.000g: 1 package (3.12 oz)

Measure 2 = 22.000g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19207
Desserts, puddings, vanilla, dry mix, regular, prepared with whole 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	74.60		0	1		104.44	417.01	
Energy	kcal	111		0	4		155	620	
Energy	kj	464			4		650	2596	
Protein (N x 0)	g	2.90		0	1		4.06	16.21	
Total lipid (fat)	g	3.00		0	1		4.20	16.77	
Ash	g	0.90		0	1		1.26	5.03	
Carbohydrate, by difference	g	18.50		0	4		25.90	103.42	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	107		0	1		150	598	
Iron, Fe	mg	0.05		0	1		0.07	0.28	
Magnesium, Mg	mg	13		0	1		18	73	
Phosphorus, P	mg	82		0	1		115	458	
Potassium, K	mg	136		0	1		190	760	
Sodium, Na	mg	160		0	1		224	894	
Zinc, Zn	mg	0.35		0	1		0.49	1.96	
Copper, Cu	mg	0.012		0	1		0.017	0.067	
Manganese, Mn	mg	0.004		0	1		0.006	0.022	
Selenium, Se	mcg	1.8		0	4		2.5	10.1	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.7		0	1		1.0	3.9	
Thiamin	mg	0.030		0	1		0.042	0.168	
Riboflavin	mg	0.142		0	1		0.199	0.794	
Niacin	mg	0.074		0	1		0.104	0.414	
Pantothenic acid	mg	0.276		0	1		0.386	1.543	
Vitamin B-6	mg	0.033		0	1		0.046	0.184	
Folate, total	mcg	4		0	1		6	22	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	4		0	1		6	22	
Folate, DFE	mcg_DFE	4		0	4		6	22	
Vitamin B-12	mcg	0.25		0	1		0.35	1.40	
Vitamin A, IU	IU	110		0	1		154	615	
Vitamin A, RE	mcg_RE	27		0	1		38	151	
Vitamin E	mg_ATE	0.060		0	1		0.084	0.335	
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	1.830		0	1		2.562	10.230	
4:0	g	0.090		0	1		0.126	0.503	
6:0	g	0.060		0	1		0.084	0.335	
8:0	g	0.030		0	1		0.042	0.168	
10:0	g	0.070		0	1		0.098	0.391	
11:0	g								
12:0	g	0.080		0	1		0.112	0.447	
13:0	g								
14:0	g	0.310		0	1		0.434	1.733	
15:0	g								
16:0	g	0.820		0	1		1.148	4.584	
17:0	g								
18:0	g	0.370		0	1		0.518	2.068	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.850		0	1		1.190	4.752	
14:1	g								
15:1	g								

NDB No. 19207

Desserts, puddings, vanilla, dry mix, regular, prepared with whole 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	0.070		0	1		0.098	0.391	
17:1....g								
18:1 undifferentiated....g	0.780		0	1		1.092	4.360	
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	0.140		0	1		0.196	0.783	
18:2 undifferentiated....g	0.090		0	1		0.126	0.503	
18:3 undifferentiated....g	0.050		0	1		0.070	0.280	
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	12		0	1		17	67	
Phytosterols....mg	0		0	1		0	0	
Amino Acids:								
Tryptophan....g	0.039		0	1		0.055	0.218	
Threonine....g	0.125		0	1		0.175	0.699	
Isoleucine....g	0.168		0	1		0.235	0.939	
Leucine....g	0.275		0	1		0.385	1.537	
Lysine....g	0.219		0	1		0.307	1.224	
Methionine....g	0.070		0	1		0.098	0.391	
Cystine....g	0.026		0	1		0.036	0.145	
Phenylalanine....g	0.135		0	1		0.189	0.755	
Tyrosine....g	0.134		0	1		0.188	0.749	
Valine....g	0.186		0	1		0.260	1.040	
Arginine....g	0.101		0	1		0.141	0.565	
Histidine....g	0.076		0	1		0.106	0.425	
Alanine....g	0.097		0	1		0.136	0.542	
Aspartic acid....g	0.212		0	1		0.297	1.185	
Glutamic acid....g	0.584		0	1		0.818	3.265	
Glycine....g	0.060		0	1		0.084	0.335	
Proline....g	0.270		0	1		0.378	1.509	
Serine....g	0.151		0	1		0.211	0.844	
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 = 140.000g: .5 cup

Measure 2 = 559.000g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19208
Desserts, puddings, rice, dry mix, prepared with 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	73.20		0	1		105.41	421.63	
Energy....kcal	112		0	4		161	645	
Energy....kj	469			4		675	2699	
Protein (N x 0)....g	3.30		0	1		4.75	19.01	
Total lipid (fat)....g	1.60		0	1		2.30	9.22	
Ash....g	0.80		0	1		1.15	4.61	
Carbohydrate, by difference....g	21.00		0	4		30.24	120.96	
Fiber, total dietary....g	0.1		0	4		0.1	0.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	105		0	1		151	605	
Iron, Fe....mg	0.38		0	1		0.55	2.19	
Magnesium, Mg....mg	13		0	1		19	75	
Phosphorus, P....mg	88		0	1		127	507	
Potassium, K....mg	132		0	1		190	760	
Sodium, Na....mg	110		0	1		158	634	
Zinc, Zn....mg	0.39		0	1		0.56	2.25	
Copper, Cu....mg	0.018		0	1		0.026	0.104	
Manganese, Mn....mg	0.057		0	1		0.082	0.328	
Selenium, Se....mcg	1.9		0	4		2.7	10.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		0	1		1.0	4.0	
Thiamin....mg	0.076		0	1		0.109	0.438	
Riboflavin....mg	0.142		0	1		0.204	0.818	
Niacin....mg	0.446		0	1		0.642	2.569	
Pantothenic acid....mg	0.291		0	1		0.419	1.676	
Vitamin B-6....mg	0.035		0	1		0.050	0.202	
Folate, total....mcg	4		0	1		6	23	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	4		0	1		6	23	
Folate, DFE....mcg_DFE	4		0	4		6	23	
Vitamin B-12....mcg	0.25		0	1		0.36	1.44	
Vitamin A, IU....IU	173		0	1		249	996	
Vitamin A, RE....mcg_RE	36		0	1		52	207	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.010		0	1		1.454	5.818	
4:0....g	0.050		0	1		0.072	0.288	
6:0....g	0.030		0	1		0.043	0.173	
8:0....g	0.020		0	1		0.029	0.115	
10:0....g	0.040		0	1		0.058	0.230	
11:0....g								
12:0....g	0.050		0	1		0.072	0.288	
13:0....g								
14:0....g	0.170		0	1		0.245	0.979	
15:0....g								
16:0....g	0.440		0	1		0.634	2.534	
17:0....g								
18:0....g	0.200		0	1		0.288	1.152	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.450		0	1		0.648	2.592	
14:1....g								
15:1....g								

NDB No. 19208
Desserts, puddings, rice, dry mix, prepared with 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	0.040		0	1		0.058	0.230	
17:1....g								
18:1 undifferentiated....g	0.420		0	1		0.605	2.419	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.060		0	1		0.086	0.346	
18:2 undifferentiated....g	0.040		0	1		0.058	0.230	
18:3 undifferentiated....g	0.020		0	1		0.029	0.115	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	6		0	1		9	35	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.038		0	1		0.055	0.219	
Threonine....g	0.121		0	1		0.174	0.697	
Isoleucine....g	0.162		0	1		0.233	0.933	
Leucine....g	0.263		0	1		0.379	1.515	
Lysine....g	0.213		0	1		0.307	1.227	
Methionine....g	0.067		0	1		0.096	0.386	
Cystine....g	0.025		0	1		0.036	0.144	
Phenylalanine....g	0.129		0	1		0.186	0.743	
Tyrosine....g	0.129		0	1		0.186	0.743	
Valine....g	0.180		0	1		0.259	1.037	
Arginine....g	0.097		0	1		0.140	0.559	
Histidine....g	0.073		0	1		0.105	0.420	
Alanine....g	0.092		0	1		0.132	0.530	
Aspartic acid....g	0.203		0	1		0.292	1.169	
Glutamic acid....g	0.561		0	1		0.808	3.231	
Glycine....g	0.057		0	1		0.082	0.328	
Proline....g	0.259		0	1		0.373	1.492	
Serine....g	0.146		0	1		0.210	0.841	
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 = 144.000g: .5 cup

Measure 2 = 576.000g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19209
Desserts, puddings, tapioca, dry mix, prepared with 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	74.80		0	1		105.47	421.12	
Energy....kcal	104		0	4		147	586	
Energy....kj	435			4		614	2450	
Protein (N x 0)....g	2.90		0	1		4.09	16.33	
Total lipid (fat)....g	1.70		0	1		2.40	9.57	
Ash....g	0.90		0	1		1.27	5.07	
Carbohydrate, by difference....g	19.70		0	4		27.78	110.91	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	106		0	1		149	597	
Iron, Fe....mg	0.06		0	1		0.08	0.34	
Magnesium, Mg....mg	12		0	1		17	68	
Phosphorus, P....mg	83		0	1		117	467	
Potassium, K....mg	134		0	1		189	754	
Sodium, Na....mg	122		0	1		172	687	
Zinc, Zn....mg	0.35		0	1		0.49	1.97	
Copper, Cu....mg	0.012		0	1		0.017	0.068	
Manganese, Mn....mg	0.007		0	1		0.010	0.039	
Selenium, Se....mcg	2.0		0	4		2.8	11.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		0	1		1.0	3.9	
Thiamin....mg	0.031		0	1		0.044	0.175	
Riboflavin....mg	0.144		0	1		0.203	0.811	
Niacin....mg	0.075		0	1		0.106	0.422	
Pantothenic acid....mg	0.280		0	1		0.395	1.576	
Vitamin B-6....mg	0.039		0	1		0.055	0.220	
Folate, total....mcg	4		0	1		6	23	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	4		0	1		6	23	
Folate, DFE....mcg_DFE	4		0	4		6	23	
Vitamin B-12....mcg	0.25		0	1		0.35	1.41	
Vitamin A, IU....IU	178		0	1		251	1002	
Vitamin A, RE....mcg_RE	49		0	1		69	276	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.040		0	1		1.466	5.855	
4:0....g	0.060		0	1		0.085	0.338	
6:0....g	0.030		0	1		0.042	0.169	
8:0....g	0.020		0	1		0.028	0.113	
10:0....g	0.040		0	1		0.056	0.225	
11:0....g								
12:0....g	0.050		0	1		0.071	0.282	
13:0....g								
14:0....g	0.170		0	1		0.240	0.957	
15:0....g								
16:0....g	0.450		0	1		0.635	2.534	
17:0....g								
18:0....g	0.210		0	1		0.296	1.182	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.470		0	1		0.663	2.646	
14:1....g								
15:1....g								

NDB No. 19209
Desserts, puddings, tapioca, dry mix, prepared with 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	0.040		0	1		0.056	0.225	
17:1....g								
18:1 undifferentiated....g	0.430		0	1		0.606	2.421	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.060		0	1		0.085	0.338	
18:2 undifferentiated....g	0.040		0	1		0.056	0.225	
18:3 undifferentiated....g	0.030		0	1		0.042	0.169	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	6		0	1		8	34	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.039		0	1		0.055	0.220	
Threonine....g	0.124		0	1		0.175	0.698	
Isoleucine....g	0.167		0	1		0.235	0.940	
Leucine....g	0.270		0	1		0.381	1.520	
Lysine....g	0.219		0	1		0.309	1.233	
Methionine....g	0.069		0	1		0.097	0.388	
Cystine....g	0.026		0	1		0.037	0.146	
Phenylalanine....g	0.133		0	1		0.188	0.749	
Tyrosine....g	0.133		0	1		0.188	0.749	
Valine....g	0.185		0	1		0.261	1.042	
Arginine....g	0.101		0	1		0.142	0.569	
Histidine....g	0.075		0	1		0.106	0.422	
Alanine....g	0.095		0	1		0.134	0.535	
Aspartic acid....g	0.210		0	1		0.296	1.182	
Glutamic acid....g	0.579		0	1		0.816	3.260	
Glycine....g	0.059		0	1		0.083	0.332	
Proline....g	0.267		0	1		0.376	1.503	
Serine....g	0.150		0	1		0.212	0.845	
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 = 141.000g: .5 cup

Measure 2 = 563.000g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19212
Desserts, puddings, vanilla, dry mix, regular, prepared with 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	75.70		0	1		105.98	423.16	
Energy	kcal	101		0	4		141	565	
Energy	kj	423			4		592	2362	
Protein (N x 0)	g	3.00		0	1		4.20	16.77	
Total lipid (fat)	g	1.70		0	1		2.38	9.50	
Ash	g	1.00		0	1		1.40	5.59	
Carbohydrate, by difference	g	18.70		0	4		26.18	104.53	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	109		0	1		153	609	
Iron, Fe	mg	0.05		0	1		0.07	0.28	
Magnesium, Mg	mg	13		0	1		18	73	
Phosphorus, P	mg	84		0	1		118	470	
Potassium, K	mg	138		0	1		193	771	
Sodium, Na	mg	160		0	1		224	894	
Zinc, Zn	mg	0.36		0	1		0.50	2.01	
Copper, Cu	mg	0.010		0	1		0.014	0.056	
Manganese, Mn	mg	0.004		0	1		0.006	0.022	
Selenium, Se	mcg	2.0		0	4		2.8	11.2	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.7		0	1		1.0	3.9	
Thiamin	mg	0.031		0	1		0.043	0.173	
Riboflavin	mg	0.145		0	1		0.203	0.811	
Niacin	mg	0.075		0	1		0.105	0.419	
Pantothenic acid	mg	0.281		0	1		0.393	1.571	
Vitamin B-6	mg	0.034		0	1		0.048	0.190	
Folate, total	mcg	4		0	1		6	22	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	4		0	1		6	22	
Folate, DFE	mcg_DFE	4		0	4		6	22	
Vitamin B-12	mcg	0.26		0	1		0.36	1.45	
Vitamin A, IU	IU	180		0	1		252	1006	
Vitamin A, RE	mcg_RE	50		0	1		70	280	
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	1.060		0	1		1.484	5.925	
4:0	g	0.060		0	1		0.084	0.335	
6:0	g	0.030		0	1		0.042	0.168	
8:0	g	0.020		0	1		0.028	0.112	
10:0	g	0.040		0	1		0.056	0.224	
11:0	g								
12:0	g	0.050		0	1		0.070	0.280	
13:0	g								
14:0	g	0.170		0	1		0.238	0.950	
15:0	g								
16:0	g	0.470		0	1		0.658	2.627	
17:0	g								
18:0	g	0.210		0	1		0.294	1.174	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.480		0	1		0.672	2.683	
14:1	g								
15:1	g								

NDB No. 19212

Desserts, puddings, vanilla, dry mix, regular, prepared with 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	0.040		0	1		0.056	0.224	
17:1....g								
18:1 undifferentiated....g	0.440		0	1		0.616	2.460	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.090		0	1		0.126	0.503	
18:2 undifferentiated....g	0.060		0	1		0.084	0.335	
18:3 undifferentiated....g	0.030		0	1		0.042	0.168	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	7		0	1		10	39	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.039		0	1		0.055	0.218	
Threonine....g	0.127		0	1		0.178	0.710	
Isoleucine....g	0.170		0	1		0.238	0.950	
Leucine....g	0.278		0	1		0.389	1.554	
Lysine....g	0.221		0	1		0.309	1.235	
Methionine....g	0.070		0	1		0.098	0.391	
Cystine....g	0.026		0	1		0.036	0.145	
Phenylalanine....g	0.136		0	1		0.190	0.760	
Tyrosine....g	0.136		0	1		0.190	0.760	
Valine....g	0.188		0	1		0.263	1.051	
Arginine....g	0.102		0	1		0.143	0.570	
Histidine....g	0.077		0	1		0.108	0.430	
Alanine....g	0.098		0	1		0.137	0.548	
Aspartic acid....g	0.214		0	1		0.300	1.196	
Glutamic acid....g	0.590		0	1		0.826	3.298	
Glycine....g	0.060		0	1		0.084	0.335	
Proline....g	0.273		0	1		0.382	1.526	
Serine....g	0.153		0	1		0.214	0.855	
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: .5 cup

Measure 2 = 559.000g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19213
Desserts, rennin, chocolate, dry mix, prepared with 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	80.40		0	1		109.34	438.18	
Energy	kcal	81		0	4		110	441	
Energy	kj	339			4		461	1847	
Protein (N x 0)	g	3.20		0	1		4.35	17.44	
Total lipid (fat)	g	2.10		0	1		2.86	11.45	
Ash	g	0.80		0	1		1.09	4.36	
Carbohydrate, by difference	g	13.50		0	4		18.36	73.58	
Fiber, total dietary	g	0.5		0	4		0.7	2.7	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	126		0	1		171	687	
Iron, Fe	mg	0.30		0	1		0.41	1.64	
Magnesium, Mg	mg	20		0	1		27	109	
Phosphorus, P	mg	98		0	1		133	534	
Potassium, K	mg	182		0	1		248	992	
Sodium, Na	mg	52		0	1		71	283	
Zinc, Zn	mg	0.51		0	1		0.69	2.78	
Copper, Cu	mg	0.081		0	1		0.110	0.441	
Manganese, Mn	mg	0.066		0	1		0.090	0.360	
Selenium, Se	mcg	2.3		0	4		3.1	12.5	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.9		0	1		1.2	4.9	
Thiamin	mg	0.036		0	1		0.049	0.196	
Riboflavin	mg	0.155		0	1		0.211	0.845	
Niacin	mg	0.108		0	1		0.147	0.589	
Pantothenic acid	mg	0.292		0	1		0.397	1.591	
Vitamin B-6	mg	0.042		0	1		0.057	0.229	
Folate, total	mcg	5		0	1		7	27	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	5		0	1		7	27	
Folate, DFE	mcg_DFE	5		0	4		7	27	
Vitamin B-12	mcg	0.33		0	1		0.45	1.80	
Vitamin A, IU	IU	185		0	1		252	1008	
Vitamin A, RE	mcg_RE	44		0	1		60	240	
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	1.270		0	1		1.727	6.922	
4:0	g	0.060		0	1		0.082	0.327	
6:0	g	0.030		0	1		0.041	0.164	
8:0	g	0.020		0	1		0.027	0.109	
10:0	g	0.040		0	1		0.054	0.218	
11:0	g								
12:0	g	0.050		0	1		0.068	0.273	
13:0	g								
14:0	g	0.180		0	1		0.245	0.981	
15:0	g								
16:0	g	0.550		0	1		0.748	2.998	
17:0	g								
18:0	g	0.330		0	1		0.449	1.799	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.600		0	1		0.816	3.270	
14:1	g								
15:1	g								

NDB No. 19213
Desserts, rennin, chocolate, dry mix, prepared with 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	0.040		0	1		0.054	0.218	
17:1....g								
18:1 undifferentiated....g	0.560		0	1		0.762	3.052	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.080		0	1		0.109	0.436	
18:2 undifferentiated....g	0.050		0	1		0.068	0.273	
18:3 undifferentiated....g	0.030		0	1		0.041	0.164	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	7		0	1		10	38	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.043		0	1		0.058	0.234	
Threonine....g	0.138		0	1		0.188	0.752	
Isoleucine....g	0.181		0	1		0.246	0.986	
Leucine....g	0.293		0	1		0.398	1.597	
Lysine....g	0.238		0	1		0.324	1.297	
Methionine....g	0.074		0	1		0.101	0.403	
Cystine....g	0.029		0	1		0.039	0.158	
Phenylalanine....g	0.148		0	1		0.201	0.807	
Tyrosine....g	0.146		0	1		0.199	0.796	
Valine....g	0.205		0	1		0.279	1.117	
Arginine....g	0.118		0	1		0.160	0.643	
Histidine....g	0.081		0	1		0.110	0.441	
Alanine....g	0.112		0	1		0.152	0.610	
Aspartic acid....g	0.240		0	1		0.326	1.308	
Glutamic acid....g	0.633		0	1		0.861	3.450	
Glycine....g	0.079		0	1		0.107	0.431	
Proline....g	0.291		0	1		0.396	1.586	
Serine....g	0.165		0	1		0.224	0.899	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	1		0	4		1	5	
Theobromine....mg	42		0	4		57	229	

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

Common Measures:

Measure 1 = 136.000g: .5 cup

Measure 2 = 545.000g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19214
Desserts, rennin, vanilla, dry mix, prepared with 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	82.10		0	1		109.19	435.95	
Energy	kcal	76		0	4		101	404	
Energy	kj	318			4		423	1688	
Protein (N x 0)	g	3.10		0	1		4.12	16.46	
Total lipid (fat)	g	1.80		0	1		2.39	9.56	
Ash	g	0.70		0	1		0.93	3.72	
Carbohydrate, by difference	g	12.30		0	4		16.36	65.31	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	121		0	1		161	643	
Iron, Fe	mg	0.05		0	1		0.07	0.27	
Magnesium, Mg	mg	13		0	1		17	69	
Phosphorus, P	mg	95		0	1		126	504	
Potassium, K	mg	142		0	1		189	754	
Sodium, Na	mg	46		0	1		61	244	
Zinc, Zn	mg	0.36		0	1		0.48	1.91	
Copper, Cu	mg	0.012		0	1		0.016	0.064	
Manganese, Mn	mg	0.003		0	1		0.004	0.016	
Selenium, Se	mcg	2.1		0	4		2.8	11.2	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.9		0	1		1.2	4.8	
Thiamin	mg	0.036		0	1		0.048	0.191	
Riboflavin	mg	0.153		0	1		0.203	0.812	
Niacin	mg	0.079		0	1		0.105	0.419	
Pantothenic acid	mg	0.294		0	1		0.391	1.561	
Vitamin B-6	mg	0.040		0	1		0.053	0.212	
Folate, total	mcg	5		0	1		7	27	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	5		0	1		7	27	
Folate, DFE	mcg_DFE	5		0	4		7	27	
Vitamin B-12	mcg	0.33		0	1		0.44	1.75	
Vitamin A, IU	IU	189		0	1		251	1004	
Vitamin A, RE	mcg_RE	52		0	1		69	276	
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	1.100		0	1		1.463	5.841	
4:0	g	0.060		0	1		0.080	0.319	
6:0	g	0.040		0	1		0.053	0.212	
8:0	g	0.020		0	1		0.027	0.106	
10:0	g	0.050		0	1		0.067	0.266	
11:0	g								
12:0	g	0.050		0	1		0.067	0.266	
13:0	g								
14:0	g	0.180		0	1		0.239	0.956	
15:0	g								
16:0	g	0.480		0	1		0.638	2.549	
17:0	g								
18:0	g	0.220		0	1		0.293	1.168	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.500		0	1		0.665	2.655	
14:1	g								
15:1	g								

NDB No. 19214
Desserts, rennin, vanilla, dry mix, prepared with 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	0.040		0	1		0.053	0.212	
17:1....g								
18:1 undifferentiated....g	0.460		0	1		0.612	2.443	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.070		0	1		0.093	0.372	
18:2 undifferentiated....g	0.040		0	1		0.053	0.212	
18:3 undifferentiated....g	0.030		0	1		0.040	0.159	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	7		0	1		9	37	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.041		0	1		0.055	0.218	
Threonine....g	0.132		0	1		0.176	0.701	
Isoleucine....g	0.177		0	1		0.235	0.940	
Leucine....g	0.286		0	1		0.380	1.519	
Lysine....g	0.231		0	1		0.307	1.227	
Methionine....g	0.073		0	1		0.097	0.388	
Cystine....g	0.027		0	1		0.036	0.143	
Phenylalanine....g	0.141		0	1		0.188	0.749	
Tyrosine....g	0.141		0	1		0.188	0.749	
Valine....g	0.195		0	1		0.259	1.035	
Arginine....g	0.106		0	1		0.141	0.563	
Histidine....g	0.079		0	1		0.105	0.419	
Alanine....g	0.100		0	1		0.133	0.531	
Aspartic acid....g	0.221		0	1		0.294	1.174	
Glutamic acid....g	0.611		0	1		0.813	3.244	
Glycine....g	0.062		0	1		0.082	0.329	
Proline....g	0.282		0	1		0.375	1.497	
Serine....g	0.158		0	1		0.210	0.839	
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 = 133.000g: .5 cup

Measure 2 = 531.000g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19217
Frozen desserts, ices, water, fruit, reduced calorie, with aspartame

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	93.20		0	4		47.53		
Energy....kcal	24		0	4		12		
Energy....kj	100			4		51		
Protein (N x 5.6)....g	0.50		0	4		0.26		
Total lipid (fat)....g	0.10		0	4		0.05		
Ash....g	0.10		0	4		0.05		
Carbohydrate, by difference....g	6.20		0	4		3.16		
Fiber, total dietary....g	0.0		0	4		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	2		0	4		1		
Iron, Fe....mg	0.13		0	4		0.07		
Magnesium, Mg....mg	2		1	4		1		
Phosphorus, P....mg	0		0	4		0		
Potassium, K....mg	26		0	4		13		
Sodium, Na....mg	5		0	4		3		
Zinc, Zn....mg	0.04		1	4		0.02		
Copper, Cu....mg	0.017		1	4		0.009		
Manganese, Mn....mg	0.021		1	4		0.011		
Selenium, Se....mcg	0.2		0	4		0.1		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0		
Thiamin....mg	0.000		0	4		0.000		
Riboflavin....mg	0.000		0	4		0.000		
Niacin....mg	0.150		0	4		0.077		
Pantothenic acid....mg	0.000		0	4		0.000		
Vitamin B-6....mg	0.000		0	4		0.000		
Folate, total....mcg	0		0	4		0		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	0		0	4		0		
Folate, DFE....mcg_DFE	0		0	4		0		
Vitamin B-12....mcg	0.00		0	4		0.00		
Vitamin A, IU....IU	1		0	4		1		
Vitamin A, RE....mcg_RE	0		0	1		0		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	4		0.000		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	4		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 = 51.000g: 1 bar

Calories Factors: **Protein** 3.9 **Fat** 9 **Carbohydrate** 3.5

Food Group: 19 Sweets

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

NDB No. 19218
Desserts, puddings, tapioca, 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	74.20	0.209	43	1		21.04	105.36	83.85
Energy....kcal	119		0	4		34	169	134
Energy....kj	498			4		141	707	563
Protein (N x 6.4)....g	2.00	0.050	43	1		0.57	2.84	2.26
Total lipid (fat)....g	3.70	0.100	43	1		1.05	5.25	4.18
Ash....g	0.70	0.020	43	1		0.20	0.99	0.79
Carbohydrate, by difference....g	19.40		0	4		5.50	27.55	21.92
Fiber, total dietary....g	0.1		0	4		0.0	0.1	0.1
Sugars, total....g	17.70		0	8		5.02	25.13	20.00
Starch....g								
Minerals:								
Calcium, Ca....mg	84	3.895	43	1		24	119	95
Iron, Fe....mg	0.23	0.019	17	1		0.07	0.33	0.26
Magnesium, Mg....mg	8	0.095	17	1		2	11	9
Phosphorus, P....mg	79	0.762	17	1		22	112	89
Potassium, K....mg	97		0	4		27	138	110
Sodium, Na....mg	159		0	8		45	226	180
Zinc, Zn....mg	0.27	0.006	17	1		0.08	0.38	0.31
Copper, Cu....mg	0.027	0.002	17	1		0.008	0.038	0.031
Manganese, Mn....mg	0.009		0	4		0.003	0.013	0.010
Selenium, Se....mcg	1.4		0	4		0.4	2.0	1.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		0	1		0.2	1.0	0.8
Thiamin....mg	0.022	0.001	43	1		0.006	0.031	0.025
Riboflavin....mg	0.098	0.003	43	1		0.028	0.139	0.111
Niacin....mg	0.312	0.017	17	1		0.088	0.443	0.353
Pantothenic acid....mg	0.196		0	4		0.056	0.278	0.221
Vitamin B-6....mg	0.024		0	4		0.007	0.034	0.027
Folate, total....mcg	3		0	4		1	4	3
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	3		0	4		1	4	3
Folate, DFE....mcg_DFE	3		0	4		1	4	3
Vitamin B-12....mcg	0.22		0	4		0.06	0.31	0.25
Vitamin A, IU....IU	0	0.000	17	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.090		0	1		0.026	0.128	0.102
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.600		0	1		0.170	0.852	0.678
4:0....g	0.000		1	1		0.000	0.000	0.000
6:0....g	0.000		1	1		0.000	0.000	0.000
8:0....g	0.000		1	1		0.000	0.000	0.000
10:0....g	0.000		1	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		1	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.010		1	1		0.003	0.014	0.011
15:0....g								
16:0....g	0.390		1	1		0.111	0.554	0.441
17:0....g								
18:0....g	0.190		1	1		0.054	0.270	0.215
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.580		0	1		0.448	2.244	1.785
14:1....g								
15:1....g								

NDB No. 19218
Desserts, puddings, tapioca, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		1	1		0.006	0.028	0.023
17:1....g								
18:1 undifferentiated....g	1.570		1	1		0.445	2.229	1.774
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	1.360		0	1		0.386	1.931	1.537
18:2 undifferentiated....g	1.270		1	1		0.360	1.803	1.435
18:3 undifferentiated....g	0.100		1	1		0.028	0.142	0.113
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	1		0	4		0	1	1
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.027		0	1		0.008	0.038	0.031
Threonine....g	0.085		0	1		0.024	0.121	0.096
Isoleucine....g	0.114		0	1		0.032	0.162	0.129
Leucine....g	0.185		0	1		0.052	0.263	0.209
Lysine....g	0.149		0	1		0.042	0.212	0.168
Methionine....g	0.048		0	1		0.014	0.068	0.054
Cystine....g	0.019		0	1		0.005	0.027	0.021
Phenylalanine....g	0.092		0	1		0.026	0.131	0.104
Tyrosine....g	0.091		0	1		0.026	0.129	0.103
Valine....g	0.127		0	1		0.036	0.180	0.144
Arginine....g	0.073		0	1		0.021	0.104	0.082
Histidine....g	0.052		0	1		0.015	0.074	0.059
Alanine....g	0.067		0	1		0.019	0.095	0.076
Aspartic acid....g	0.145		0	1		0.041	0.206	0.164
Glutamic acid....g	0.399		0	1		0.113	0.567	0.451
Glycine....g	0.041		0	1		0.012	0.058	0.046
Proline....g	0.182		0	1		0.052	0.258	0.206
Serine....g	0.103		0	1		0.029	0.146	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 = 142.000g: 1 can (5 oz)

Measure 3 = 113.000g: 1 snack size (4 oz)

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

Food Group: 19 Sweets

NDB No. 19219

Desserts, puddings, coconut cream, dry mix, regular, prepared with 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	75.60		0	1		105.84	422.60	
Energy....kcal	104		0	4		146	581	
Energy....kj	435			4		609	2432	
Protein (N x 0)....g	3.10		0	1		4.34	17.33	
Total lipid (fat)....g	2.50		0	1		3.50	13.98	
Ash....g	1.00		0	1		1.40	5.59	
Carbohydrate, by difference....g	17.80		0	4		24.92	99.50	
Fiber, total dietary....g	0.2		0	4		0.3	1.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	113		0	1		158	632	
Iron, Fe....mg	0.20		0	1		0.28	1.12	
Magnesium, Mg....mg	16		0	1		22	89	
Phosphorus, P....mg	89		0	1		125	498	
Potassium, K....mg	159		0	1		223	889	
Sodium, Na....mg	163		0	1		228	911	
Zinc, Zn....mg	0.37		0	1		0.52	2.07	
Copper, Cu....mg	0.025		0	1		0.035	0.140	
Manganese, Mn....mg	0.037		0	1		0.052	0.207	
Selenium, Se....mcg	2.3		0	4		3.2	12.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		0	1		1.0	3.9	
Thiamin....mg	0.032		0	1		0.045	0.179	
Riboflavin....mg	0.146		0	1		0.204	0.816	
Niacin....mg	0.091		0	1		0.127	0.509	
Pantothenic acid....mg	0.290		0	1		0.406	1.621	
Vitamin B-6....mg	0.145		0	1		0.203	0.811	
Folate, total....mcg	4		0	1		6	22	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	4		0	1		6	22	
Folate, DFE....mcg_DFE	4		0	4		6	22	
Vitamin B-12....mcg	0.26		0	1		0.36	1.45	
Vitamin A, IU....IU	180		0	1		252	1006	
Vitamin A, RE....mcg_RE	50		0	1		70	280	
Vitamin E....mg_ATE	0.069		0	4		0.097	0.386	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.800		0	1		2.520	10.062	
4:0....g	0.060		0	1		0.084	0.335	
6:0....g	0.040		0	1		0.056	0.224	
8:0....g	0.080		0	1		0.112	0.447	
10:0....g	0.090		0	1		0.126	0.503	
11:0....g								
12:0....g	0.420		0	1		0.588	2.348	
13:0....g								
14:0....g	0.320		0	1		0.448	1.789	
15:0....g								
16:0....g	0.530		0	1		0.742	2.963	
17:0....g								
18:0....g	0.260		0	1		0.364	1.453	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.520		0	1		0.728	2.907	
14:1....g								
15:1....g								

NDB No. 19219

Desserts, puddings, coconut cream, dry mix, regular, prepared with 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	0.040		0	1		0.056	0.224	
17:1....g								
18:1 undifferentiated....g	0.470		0	1		0.658	2.627	
20:1....g	0.000		0	7		0.000	0.000	
22:1 undifferentiated....g	0.000		0	7		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.070		0	1		0.098	0.391	
18:2 undifferentiated....g	0.050		0	1		0.070	0.280	
18:3 undifferentiated....g	0.030		0	1		0.042	0.168	
18:4....g	0.000		0	7		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	7		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	7		0.000	0.000	
22:6 n-3....g	0.000		0	7		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	7		0	1		10	39	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.041		0	1		0.057	0.229	
Threonine....g	0.131		0	1		0.183	0.732	
Isoleucine....g	0.174		0	1		0.244	0.973	
Leucine....g	0.283		0	1		0.396	1.582	
Lysine....g	0.227		0	1		0.318	1.269	
Methionine....g	0.072		0	1		0.101	0.402	
Cystine....g	0.028		0	1		0.039	0.157	
Phenylalanine....g	0.141		0	1		0.197	0.788	
Tyrosine....g	0.138		0	1		0.193	0.771	
Valine....g	0.195		0	1		0.273	1.090	
Arginine....g	0.123		0	1		0.172	0.688	
Histidine....g	0.079		0	1		0.111	0.442	
Alanine....g	0.103		0	1		0.144	0.576	
Aspartic acid....g	0.225		0	1		0.315	1.258	
Glutamic acid....g	0.614		0	1		0.860	3.432	
Glycine....g	0.066		0	1		0.092	0.369	
Proline....g	0.275		0	1		0.385	1.537	
Serine....g	0.158		0	1		0.221	0.883	
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 = 140.000g: .5 cup

Measure 2 = 559.000g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19220
Desserts, rennin, chocolate, 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	1.00		1	4		0.09	0.57	
Energy....kcal	363		0	4		33	207	
Energy....kj	1519			4		137	866	
Protein (N x 5.6)....g	2.40		1	4		0.22	1.37	
Total lipid (fat)....g	3.30		1	4		0.30	1.88	
Ash....g	1.40		1	4		0.13	0.80	
Carbohydrate, by difference....g	91.50		0	4		8.24	52.16	
Fiber, total dietary....g	5.1		0	4		0.5	2.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	166		1	4		15	95	
Iron, Fe....mg	2.55		1	4		0.23	1.45	
Magnesium, Mg....mg	81		1	4		7	46	
Phosphorus, P....mg	129		1	4		12	74	
Potassium, K....mg	430		1	4		39	245	
Sodium, Na....mg	70		1	4		6	40	
Zinc, Zn....mg	1.58		1	4		0.14	0.90	
Copper, Cu....mg	0.735		1	4		0.066	0.419	
Manganese, Mn....mg	0.643		1	4		0.058	0.367	
Selenium, Se....mcg	2.9		0	4		0.3	1.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.014		1	4		0.001	0.008	
Riboflavin....mg	0.063		1	4		0.006	0.036	
Niacin....mg	0.306		1	4		0.028	0.174	
Pantothenic acid....mg	0.044		1	4		0.004	0.025	
Vitamin B-6....mg	0.032		1	4		0.003	0.018	
Folate, total....mcg	6		1	4		1	3	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	6		1	4		1	3	
Folate, DFE....mcg_DFE	6		0	4		1	3	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	3		1	4		0	2	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.064		0	4		0.006	0.036	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.940		0	1		0.175	1.106	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g	0.000		1	1		0.000	0.000	
15:0....g								
16:0....g	0.840		1	1		0.076	0.479	
17:0....g								
18:0....g	1.090		1	1		0.098	0.621	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.080		0	1		0.097	0.616	
14:1....g								
15:1....g								

NDB No. 19220
Desserts, rennin, chocolate, 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	0.010		1	1		0.001	0.006	
17:1....g								
18:1 undifferentiated....g	1.070		1	1		0.096	0.610	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.100		0	1		0.009	0.057	
18:2 undifferentiated....g	0.090		1	1		0.008	0.051	
18:3 undifferentiated....g	0.000		1	1		0.000	0.000	
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	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.030		0	1		0.003	0.017	
Threonine....g	0.088		0	1		0.008	0.050	
Isoleucine....g	0.085		0	1		0.008	0.048	
Leucine....g	0.136		0	1		0.012	0.078	
Lysine....g	0.120		0	1		0.011	0.068	
Methionine....g	0.024		0	1		0.002	0.014	
Cystine....g	0.025		0	1		0.002	0.014	
Phenylalanine....g	0.107		0	1		0.010	0.061	
Tyrosine....g	0.078		0	1		0.007	0.044	
Valine....g	0.133		0	1		0.012	0.076	
Arginine....g	0.148		0	1		0.013	0.084	
Histidine....g	0.038		0	1		0.003	0.022	
Alanine....g	0.134		0	1		0.012	0.076	
Aspartic acid....g	0.230		0	1		0.021	0.131	
Glutamic acid....g	0.351		0	1		0.032	0.200	
Glycine....g	0.186		0	1		0.017	0.106	
Proline....g	0.148		0	1		0.013	0.084	
Serine....g	0.101		0	1		0.009	0.058	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	13		0	4		1	7	
Theobromine....mg	424		0	4		38	242	

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

Common Measures:

Measure 1 = 9.000g: 1 tbsp

Measure 2 = 57.000g: 1 package (2 oz)

Calories Factors: **Protein** 2.2 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 19 Sweets

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

NDB No. 19221
Desserts, rennin, chocolate, dry mix, prepared with whole 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	79.30		0	1		107.85	432.19	
Energy	kcal	92		0	4		125	501	
Energy	kj	385			4		524	2098	
Protein (N x 0)	g	3.20		0	1		4.35	17.44	
Total lipid (fat)	g	3.30		0	1		4.49	17.99	
Ash	g	0.80		0	1		1.09	4.36	
Carbohydrate, by difference	g	13.30		0	4		18.09	72.49	
Fiber, total dietary	g	0.5		0	4		0.7	2.7	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	124		0	1		169	676	
Iron, Fe	mg	0.30		0	1		0.41	1.64	
Magnesium, Mg	mg	20		0	1		27	109	
Phosphorus, P	mg	97		0	1		132	529	
Potassium, K	mg	179		0	1		243	976	
Sodium, Na	mg	51		0	1		69	278	
Zinc, Zn	mg	0.50		0	1		0.68	2.73	
Copper, Cu	mg	0.083		0	1		0.113	0.452	
Manganese, Mn	mg	0.066		0	1		0.090	0.360	
Selenium, Se	mcg	2.3		0	4		3.1	12.5	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.8		0	1		1.1	4.4	
Thiamin	mg	0.036		0	1		0.049	0.196	
Riboflavin	mg	0.152		0	1		0.207	0.828	
Niacin	mg	0.106		0	1		0.144	0.578	
Pantothenic acid	mg	0.287		0	1		0.390	1.564	
Vitamin B-6	mg	0.041		0	1		0.056	0.223	
Folate, total	mcg	5		0	1		7	27	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	5		0	1		7	27	
Folate, DFE	mcg_DFE	5		0	4		7	27	
Vitamin B-12	mcg	0.32		0	1		0.44	1.74	
Vitamin A, IU	IU	114		0	1		155	621	
Vitamin A, RE	mcg_RE	24		0	1		33	131	
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	2.060		0	1		2.802	11.227	
4:0	g	0.090		0	1		0.122	0.491	
6:0	g	0.060		0	1		0.082	0.327	
8:0	g	0.030		0	1		0.041	0.164	
10:0	g	0.080		0	1		0.109	0.436	
11:0	g								
12:0	g	0.090		0	1		0.122	0.491	
13:0	g								
14:0	g	0.310		0	1		0.422	1.690	
15:0	g								
16:0	g	0.910		0	1		1.238	4.960	
17:0	g								
18:0	g	0.490		0	1		0.666	2.671	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.970		0	1		1.319	5.287	
14:1	g								
15:1	g								

NDB No. 19221

Desserts, rennin, chocolate, dry mix, prepared with whole 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	0.070		0	1		0.095	0.382	
17:1....g								
18:1 undifferentiated....g	0.900		0	1		1.224	4.905	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.130		0	1		0.177	0.709	
18:2 undifferentiated....g	0.080		0	1		0.109	0.436	
18:3 undifferentiated....g	0.050		0	1		0.068	0.273	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	12		0	1		16	65	
Phytosterols....mg	0		0	1		0	0	
Amino Acids:								
Tryptophan....g	0.043		0	1		0.058	0.234	
Threonine....g	0.136		0	1		0.185	0.741	
Isoleucine....g	0.180		0	1		0.245	0.981	
Leucine....g	0.290		0	1		0.394	1.581	
Lysine....g	0.236		0	1		0.321	1.286	
Methionine....g	0.073		0	1		0.099	0.398	
Cystine....g	0.029		0	1		0.039	0.158	
Phenylalanine....g	0.147		0	1		0.200	0.801	
Tyrosine....g	0.144		0	1		0.196	0.785	
Valine....g	0.203		0	1		0.276	1.106	
Arginine....g	0.117		0	1		0.159	0.638	
Histidine....g	0.081		0	1		0.110	0.441	
Alanine....g	0.111		0	1		0.151	0.605	
Aspartic acid....g	0.237		0	1		0.322	1.292	
Glutamic acid....g	0.626		0	1		0.851	3.412	
Glycine....g	0.079		0	1		0.107	0.431	
Proline....g	0.288		0	1		0.392	1.570	
Serine....g	0.164		0	1		0.223	0.894	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	1		0	4		1	5	
Theobromine....mg	42		0	4		57	229	

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

Common Measures:

Measure 1 = 136.000g: .5 cup

Measure 2 = 545.000g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19222
Desserts, rennin, vanilla, 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	0.40		1	4		0.04	0.17	
Energy....kcal	383		0	4		41	165	
Energy....kj	1602			4		173	689	
Protein (N x 5.6)....g	0.00		1	4		0.00	0.00	
Total lipid (fat)....g	0.00		1	4		0.00	0.00	
Ash....g	0.60		1	4		0.06	0.26	
Carbohydrate, by difference....g	99.00		0	4		10.69	42.57	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	117		1	4		13	50	
Iron, Fe....mg	0.07		1	4		0.01	0.03	
Magnesium, Mg....mg	1		1	4		0	0	
Phosphorus, P....mg	91		1	4		10	39	
Potassium, K....mg	3		1	4		0	1	
Sodium, Na....mg	6		1	4		1	3	
Zinc, Zn....mg	0.04		1	4		0.00	0.02	
Copper, Cu....mg	0.058		1	4		0.006	0.025	
Manganese, Mn....mg	0.009		1	4		0.001	0.004	
Selenium, Se....mcg	0.7		0	4		0.1	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.000		1	4		0.000	0.000	
Riboflavin....mg	0.021		1	4		0.002	0.009	
Niacin....mg	0.001		1	4		0.000	0.000	
Pantothenic acid....mg	0.001		1	4		0.000	0.000	
Vitamin B-6....mg	0.001		1	4		0.000	0.000	
Folate, total....mcg	0		1	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		1	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.003		0	4		0.000	0.001	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		1	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 = 10.800g: 1 tbsp

Measure 2 = 43.000g: 1 package (1.5 oz)

Calories Factors: **Protein** 3.9 **Fat** 9 **Carbohydrate** 3.9

NDB No. 19222
Desserts, rennin, vanilla, dry mix

Food Group: 19 Sweets

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

NDB No. 19223
Desserts, rennin, vanilla, dry mix, prepared with whole 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	81.00		0	1		107.73	430.11	
Energy	kcal	87		0	4		116	462	
Energy	kj	364			4		484	1933	
Protein (N x 0)	g	3.00		0	1		3.99	15.93	
Total lipid (fat)	g	3.10		0	1		4.12	16.46	
Ash	g	0.70		0	1		0.93	3.72	
Carbohydrate, by difference	g	12.20		0	4		16.23	64.78	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	119		0	1		158	632	
Iron, Fe	mg	0.05		0	1		0.07	0.27	
Magnesium, Mg	mg	12		0	1		16	64	
Phosphorus, P	mg	93		0	1		124	494	
Potassium, K	mg	140		0	1		186	743	
Sodium, Na	mg	46		0	1		61	244	
Zinc, Zn	mg	0.35		0	1		0.47	1.86	
Copper, Cu	mg	0.014		0	1		0.019	0.074	
Manganese, Mn	mg	0.003		0	1		0.004	0.016	
Selenium, Se	mcg	2.1		0	4		2.8	11.2	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.9		0	1		1.2	4.8	
Thiamin	mg	0.035		0	1		0.047	0.186	
Riboflavin	mg	0.151		0	1		0.201	0.802	
Niacin	mg	0.077		0	1		0.102	0.409	
Pantothenic acid	mg	0.289		0	1		0.384	1.535	
Vitamin B-6	mg	0.039		0	1		0.052	0.207	
Folate, total	mcg	5		0	1		7	27	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	5		0	1		7	27	
Folate, DFE	mcg_DFE	5		0	4		7	27	
Vitamin B-12	mcg	0.33		0	1		0.44	1.75	
Vitamin A, IU	IU	116		0	1		154	616	
Vitamin A, RE	mcg_RE	25		0	1		33	133	
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	1.910		0	1		2.540	10.142	
4:0	g	0.090		0	1		0.120	0.478	
6:0	g	0.060		0	1		0.080	0.319	
8:0	g	0.030		0	1		0.040	0.159	
10:0	g	0.080		0	1		0.106	0.425	
11:0	g								
12:0	g	0.090		0	1		0.120	0.478	
13:0	g								
14:0	g	0.320		0	1		0.426	1.699	
15:0	g								
16:0	g	0.850		0	1		1.131	4.514	
17:0	g								
18:0	g	0.390		0	1		0.519	2.071	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.880		0	1		1.170	4.673	
14:1	g								
15:1	g								

NDB No. 19223
Desserts, rennin, vanilla, dry mix, prepared with whole 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	0.070		0	1		0.093	0.372	
17:1....g								
18:1 undifferentiated....g	0.810		0	1		1.077	4.301	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.120		0	1		0.160	0.637	
18:2 undifferentiated....g	0.070		0	1		0.093	0.372	
18:3 undifferentiated....g	0.050		0	1		0.067	0.266	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	13		0	1		17	69	
Phytosterols....mg	0		0	1		0	0	
Amino Acids:								
Tryptophan....g	0.040		0	1		0.053	0.212	
Threonine....g	0.130		0	1		0.173	0.690	
Isoleucine....g	0.175		0	1		0.233	0.929	
Leucine....g	0.283		0	1		0.376	1.503	
Lysine....g	0.229		0	1		0.305	1.216	
Methionine....g	0.072		0	1		0.096	0.382	
Cystine....g	0.027		0	1		0.036	0.143	
Phenylalanine....g	0.139		0	1		0.185	0.738	
Tyrosine....g	0.139		0	1		0.185	0.738	
Valine....g	0.193		0	1		0.257	1.025	
Arginine....g	0.105		0	1		0.140	0.558	
Histidine....g	0.078		0	1		0.104	0.414	
Alanine....g	0.099		0	1		0.132	0.526	
Aspartic acid....g	0.219		0	1		0.291	1.163	
Glutamic acid....g	0.604		0	1		0.803	3.207	
Glycine....g	0.061		0	1		0.081	0.324	
Proline....g	0.279		0	1		0.371	1.481	
Serine....g	0.157		0	1		0.209	0.834	
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 = 133.000g: .5 cup

Measure 2 = 531.000g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19225
Desserts, rennin, tablets, unsweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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		2	1		0.64		
Energy....kcal	84		0	4		8		
Energy....kj	351			4		35		
Protein (N x 6.25)....g	1.00		2	1		0.10		
Total lipid (fat)....g	0.10		2	1		0.01		
Ash....g	72.50		2	1		7.18		
Carbohydrate, by difference....g	19.80		0	4		1.96		
Fiber, total dietary....g	0.0		0	7		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	3733		2	1		370		
Iron, Fe....mg	7.07		2	1		0.70		
Magnesium, Mg....mg	18	10.199	3	1		2		
Phosphorus, P....mg	340		2	1		34		
Potassium, K....mg	292		2	1		29		
Sodium, Na....mg	26050		2	1		2579		
Zinc, Zn....mg	6.36		2	1		0.63		
Copper, Cu....mg	0.200		2	1		0.020		
Manganese, Mn....mg	0.895		2	1		0.089		
Selenium, Se....mcg	0.0		0	7		0.0		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0		
Thiamin....mg	0.000		1	4		0.000		
Riboflavin....mg	0.000		1	4		0.000		
Niacin....mg	0.000		1	4		0.000		
Pantothenic acid....mg	0.000		1	4		0.000		
Vitamin B-6....mg	0.000		1	4		0.000		
Folate, total....mcg	0		1	4		0		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	0		1	4		0		
Folate, DFE....mcg_DFE	0		0	4		0		
Vitamin B-12....mcg	0.00		1	4		0.00		
Vitamin A, IU....IU	0		1	4		0		
Vitamin A, RE....mcg_RE	0		0	1		0		
Vitamin E....mg_ATE	0.000		0	7		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.041		0	4		0.004		
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	0.004		0	4		0.000		
15:0....g								
16:0....g	0.021		0	4		0.002		
17:0....g								
18:0....g	0.014		0	4		0.001		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.038		0	4		0.004		
14:1....g								
15:1....g								

NDB No. 19225
Desserts, rennin, tablets, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		0.000		
17:1....g								
18:1 undifferentiated....g	0.033		0	4		0.003		
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	0.007		0	4		0.001		
18:2 undifferentiated....g	0.005		0	4		0.000		
18:3 undifferentiated....g	0.001		0	4		0.000		
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		1	4		0		
Phytosterols....mg								
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 = 9.900g: 1 package (0.35 oz)

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19226
Frostings, chocolate, creamy, 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	17.00	0.689	13	1		78.54	6.46	
Energy....kcal	397		0	4		1834	151	
Energy....kj	1661			4		7674	631	
Protein (N x 5.6)....g	1.10	0.047	13	1		5.08	0.42	
Total lipid (fat)....g	17.60	0.432	12	1		81.31	6.69	
Ash....g	1.00	0.101	9	1		4.62	0.38	
Carbohydrate, by difference....g	63.20		0	4		291.98	24.02	
Fiber, total dietary....g	0.6		0	4		2.8	0.2	
Sugars, total....g	57.70		1	1		266.57	21.93	
Starch....g								
Minerals:								
Calcium, Ca....mg	8	0.511	7	1		37	3	
Iron, Fe....mg	1.42	0.079	7	1		6.56	0.54	
Magnesium, Mg....mg	21	1.743	6	1		97	8	
Phosphorus, P....mg	79		1	1		365	30	
Potassium, K....mg	196	18.573	9	1		906	74	
Sodium, Na....mg	183	19.804	15	1		845	70	
Zinc, Zn....mg	0.29	0.054	4	1		1.34	0.11	
Copper, Cu....mg	0.200	0.045	4	1		0.924	0.076	
Manganese, Mn....mg	0.240		1	1		1.109	0.091	
Selenium, Se....mcg	0.8		0	4		3.7	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.013	0.001	7	1		0.060	0.005	
Riboflavin....mg	0.017	0.003	7	1		0.079	0.006	
Niacin....mg	0.119	0.005	7	1		0.550	0.045	
Pantothenic acid....mg	0.028	0.010	5	1		0.129	0.011	
Vitamin B-6....mg	0.005		1	1		0.023	0.002	
Folate, total....mcg	0		1	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		1	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	655		1	1		3026	249	
Vitamin A, RE....mcg_RE	198		0	4		915	75	
Vitamin E....mg_ATE	2.369		0	4		10.945	0.900	
Tocopherol, alpha....mg	2.34		0	4		10.80	0.89	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.530		0	1		25.549	2.101	
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	2.410	0.000	3	1		11.134	0.916	
17:0....g								

NDB No. 19226
Frostings, chocolate, creamy, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	3.060	0.000	3	1		14.137	1.163	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	9.020		0	1		41.672	3.428	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g								
17:1 ... g								
18:1 undifferentiated ... g	9.020	0.000	3	1		41.672	3.428	
20:1 ... g								
22:1 undifferentiated ... g								
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	2.130		0	1		9.841	0.809	
18:2 undifferentiated ... g	2.130	0.000	3	1		9.841	0.809	
18:3 undifferentiated ... g								
18:4 ... g								
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g								
20:5 n-3 ... g								
22:2 ... g								
22:5 n-3 ... g								
22:6 n-3 ... g								
Fatty acids, total trans ... g								
Cholesterol ... mg	0		1	1		0	0	
Phytosterols ... mg								
Amino Acids:								
Tryptophan ... g	0.016		0	1		0.074	0.006	
Threonine ... g	0.043		0	1		0.199	0.016	
Isoleucine ... g	0.042		0	1		0.194	0.016	
Leucine ... g	0.066		0	1		0.305	0.025	
Lysine ... g	0.054		0	1		0.249	0.021	
Methionine ... g	0.011		0	1		0.051	0.004	
Cystine ... g	0.013		0	1		0.060	0.005	
Phenylalanine ... g	0.052		0	1		0.240	0.020	
Tyrosine ... g	0.041		0	1		0.189	0.016	
Valine ... g	0.065		0	1		0.300	0.025	
Arginine ... g	0.061		0	1		0.282	0.023	
Histidine ... g	0.019		0	1		0.088	0.007	
Alanine ... g	0.050		0	1		0.231	0.019	
Aspartic acid ... g	0.108		0	1		0.499	0.041	
Glutamic acid ... g	0.163		0	1		0.753	0.062	
Glycine ... g	0.048		0	1		0.222	0.018	
Proline ... g	0.047		0	1		0.217	0.018	
Serine ... g	0.047		0	1		0.217	0.018	
Hydroxyproline ... g								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0	0.0	
Caffeine ... mg	2		0	4		9	1	
Theobromine ... mg	79		0	4		365	30	

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

Common Measures:

Measure 1 = 462.000g: 1 package (16 oz)

Measure 2 = 38.000g: .083 package

Calories Factors: **Protein** 1.8 **Fat** 8.8 **Carbohydrate** 3.8

NDB No. 19226
Frostings, chocolate, creamy, ready-to-eat

Food Group: 19 Sweets

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

NDB No. 19227
Frostings, coconut-nut, 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	21.00	0.064	9	1		97.02	7.98	
Energy....kcal	412		0	4		1903	157	
Energy....kj	1724			4		7964	655	
Protein (N x 5.3)....g	1.50	0.066	9	1		6.93	0.57	
Total lipid (fat)....g	24.00	0.063	9	1		110.88	9.12	
Ash....g	0.80	0.008	9	1		3.70	0.30	
Carbohydrate, by difference....g	52.80		0	4		243.94	20.06	
Fiber, total dietary....g	1.4		0	4		6.5	0.5	
Sugars, total....g	40.00		0	8		184.80	15.20	
Starch....g								
Minerals:								
Calcium, Ca....mg	13	0.958	9	1		60	5	
Iron, Fe....mg	0.54	0.035	8	1		2.49	0.21	
Magnesium, Mg....mg	19	0.787	9	1		88	7	
Phosphorus, P....mg	63		1	1		291	24	
Potassium, K....mg	186	2.451	9	1		859	71	
Sodium, Na....mg	195	0.959	9	1		901	74	
Zinc, Zn....mg	0.41	0.014	8	1		1.89	0.16	
Copper, Cu....mg	0.125	0.007	8	1		0.578	0.048	
Manganese, Mn....mg	0.841		1	4		3.885	0.320	
Selenium, Se....mcg	3.1		0	4		14.3	1.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		1	4		1.4	0.1	
Thiamin....mg	0.035	0.001	9	1		0.162	0.013	
Riboflavin....mg	0.019	0.004	9	1		0.088	0.007	
Niacin....mg	0.212	0.031	9	1		0.979	0.081	
Pantothenic acid....mg	0.267		1	4		1.234	0.101	
Vitamin B-6....mg	0.054		1	4		0.249	0.021	
Folate, total....mcg	6		1	4		28	2	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	6		1	4		28	2	
Folate, DFE....mcg_DFE	6		0	4		28	2	
Vitamin B-12....mcg	0.00		1	4		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	1.135		0	4		5.244	0.431	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.030		0	1		32.479	2.671	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.020		1	1		0.092	0.008	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.300		1	1		1.386	0.114	
11:0....g								
12:0....g	1.880		1	1		8.686	0.714	
13:0....g								
14:0....g	0.740		1	1		3.419	0.281	
15:0....g								
16:0....g	2.510		1	1		11.596	0.954	
17:0....g								
18:0....g	1.580		1	1		7.300	0.600	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	12.210		0	1		56.410	4.640	
14:1....g								
15:1....g								

NDB No. 19227
Frostings, coconut-nut, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		1	1		0.185	0.015	
17:1....g								
18:1 undifferentiated....g	12.120		1	1		55.994	4.606	
20:1....g	0.060		1	1		0.277	0.023	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.410		0	1		15.754	1.296	
18:2 undifferentiated....g	3.250		1	1		15.015	1.235	
18:3 undifferentiated....g	0.160		1	1		0.739	0.061	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		1	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.031		0	1		0.143	0.012	
Threonine....g	0.047		0	1		0.217	0.018	
Isoleucine....g	0.057		0	1		0.263	0.022	
Leucine....g	0.096		0	1		0.444	0.036	
Lysine....g	0.054		0	1		0.249	0.021	
Methionine....g	0.031		0	1		0.143	0.012	
Cystine....g	0.035		0	1		0.162	0.013	
Phenylalanine....g	0.072		0	1		0.333	0.027	
Tyrosine....g	0.049		0	1		0.226	0.019	
Valine....g	0.073		0	1		0.337	0.028	
Arginine....g	0.205		0	1		0.947	0.078	
Histidine....g	0.039		0	1		0.180	0.015	
Alanine....g	0.063		0	1		0.291	0.024	
Aspartic acid....g	0.129		0	1		0.596	0.049	
Glutamic acid....g	0.287		0	1		1.326	0.109	
Glycine....g	0.067		0	1		0.310	0.025	
Proline....g	0.062		0	1		0.286	0.024	
Serine....g	0.068		0	1		0.314	0.026	
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 = 462.000g: 1 package (16 oz)

Measure 2 = 38.000g: .083 package

Calories Factors: **Protein** 3.5 **Fat** 8.6 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19228
Frostings, cream cheese-flavor, 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	15.10	0.000	3	1		69.76	5.74	
Energy....kcal	413		0	4		1908	157	
Energy....kj	1728			4		7983	657	
Protein (N x 5.8)....g	0.10	0.000	3	1		0.46	0.04	
Total lipid (fat)....g	17.30		2	1		79.93	6.57	
Ash....g	0.90		2	1		4.16	0.34	
Carbohydrate, by difference....g	66.70		0	4		308.15	25.35	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	3		2	1		14	1	
Iron, Fe....mg	0.16		2	1		0.74	0.06	
Magnesium, Mg....mg	2		1	1		9	1	
Phosphorus, P....mg	3		1	1		14	1	
Potassium, K....mg	35		2	1		162	13	
Sodium, Na....mg	237		2	1		1095	90	
Zinc, Zn....mg	0.00		1	1		0.00	0.00	
Copper, Cu....mg	0.020		1	1		0.092	0.008	
Manganese, Mn....mg	0.011		1	4		0.051	0.004	
Selenium, Se....mcg	0.6		0	4		2.8	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.000		1	1		0.000	0.000	
Riboflavin....mg	0.006		2	1		0.028	0.002	
Niacin....mg	0.011		2	1		0.051	0.004	
Pantothenic acid....mg	0.003		1	4		0.014	0.001	
Vitamin B-6....mg	0.000		1	1		0.000	0.000	
Folate, total....mcg	0		1	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		1	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	1		0.00	0.00	
Vitamin A, IU....IU	383		1	1		1769	146	
Vitamin A, RE....mcg_RE	116		0	1		536	44	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.040		0	1		23.285	1.915	
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	2.390		3	1		11.042	0.908	
17:0....g								
18:0....g	2.590		3	1		11.966	0.984	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.030		0	1		41.719	3.431	
14:1....g								
15:1....g								

NDB No. 19228
Frostings, cream cheese-flavor, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. 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								
17:1....g								
18:1 undifferentiated....g	9.030		3	1		41.719	3.431	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.350		0	1		10.857	0.893	
18:2 undifferentiated....g	2.250		3	1		10.395	0.855	
18:3 undifferentiated....g	0.090		3	1		0.416	0.034	
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	0.001		0	1		0.005	0.000	
Threonine....g	0.002		0	1		0.009	0.001	
Isoleucine....g	0.002		0	1		0.009	0.001	
Leucine....g	0.004		0	1		0.018	0.002	
Lysine....g	0.002		0	1		0.009	0.001	
Methionine....g	0.001		0	1		0.005	0.000	
Cystine....g	0.001		0	1		0.005	0.000	
Phenylalanine....g	0.003		0	1		0.014	0.001	
Tyrosine....g	0.002		0	1		0.009	0.001	
Valine....g	0.003		0	1		0.014	0.001	
Arginine....g	0.002		0	1		0.009	0.001	
Histidine....g	0.001		0	1		0.005	0.000	
Alanine....g	0.002		0	1		0.009	0.001	
Aspartic acid....g	0.003		0	1		0.014	0.001	
Glutamic acid....g	0.018		0	1		0.083	0.007	
Glycine....g	0.002		0	1		0.009	0.001	
Proline....g	0.006		0	1		0.028	0.002	
Serine....g	0.003		0	1		0.014	0.001	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 462.000g: 1 package (16 oz)

Measure 2 = 38.000g: .083 package

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19229
Frostings, sour cream-flavor, ready-to-eat

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	14.20	0.118	5	1		65.60	5.40	
Energy....kcal	412		0	4		1903	157	
Energy....kj	1724			4		7964	655	
Protein (N x 5.9)....g	0.10	0.018	5	1		0.46	0.04	
Total lipid (fat)....g	17.20	0.338	5	1		79.46	6.54	
Ash....g	0.80	0.013	5	1		3.70	0.30	
Carbohydrate, by difference....g	67.60		0	4		312.31	25.69	
Fiber, total dietary....g	0.1		0	4		0.5	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	2		2	1		9	1	
Iron, Fe....mg	0.07	0.008	6	1		0.32	0.03	
Magnesium, Mg....mg	2		2	1		9	1	
Phosphorus, P....mg	4	0.230	4	1		18	2	
Potassium, K....mg	194	2.114	4	1		896	74	
Sodium, Na....mg	204	10.335	5	1		942	78	
Zinc, Zn....mg	0.01		1	1		0.05	0.00	
Copper, Cu....mg	0.010		1	1		0.046	0.004	
Manganese, Mn....mg	0.053		1	4		0.245	0.020	
Selenium, Se....mcg	0.6		0	4		2.8	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.010	0.004	5	1		0.046	0.004	
Riboflavin....mg	0.020		2	1		0.092	0.008	
Niacin....mg	0.668	0.153	5	1		3.086	0.254	
Pantothenic acid....mg	0.040		1	4		0.185	0.015	
Vitamin B-6....mg	0.004		1	4		0.018	0.002	
Folate, total....mcg	1		1	4		5	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		1	4		5	0	
Folate, DFE....mcg_DFE	1		0	4		5	0	
Vitamin B-12....mcg	0.01		1	4		0.05	0.00	
Vitamin A, IU....IU	401		1	1		1853	152	
Vitamin A, RE....mcg_RE	122		0	1		564	46	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.010		0	1		23.146	1.904	
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	2.380		3	1		10.996	0.904	
17:0....g								
18:0....g	2.570		3	1		11.873	0.977	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.990		0	1		41.534	3.416	
14:1....g								
15:1....g								

NDB No. 19229
Frostings, sour cream-flavor, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common 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	8.990		3	1		41.534	3.416	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.340		0	1		10.811	0.889	
18:2 undifferentiated....g	2.240		3	1		10.349	0.851	
18:3 undifferentiated....g	0.090		3	1		0.416	0.034	
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	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.002		0	1		0.009	0.001	
Threonine....g	0.003		0	1		0.014	0.001	
Isoleucine....g	0.005		0	1		0.023	0.002	
Leucine....g	0.008		0	1		0.037	0.003	
Lysine....g	0.005		0	1		0.023	0.002	
Methionine....g	0.002		0	1		0.009	0.001	
Cystine....g	0.002		0	1		0.009	0.001	
Phenylalanine....g	0.005		0	1		0.023	0.002	
Tyrosine....g	0.004		0	1		0.018	0.002	
Valine....g	0.005		0	1		0.023	0.002	
Arginine....g	0.004		0	1		0.018	0.002	
Histidine....g	0.002		0	1		0.009	0.001	
Alanine....g	0.004		0	1		0.018	0.002	
Aspartic acid....g	0.005		0	1		0.023	0.002	
Glutamic acid....g	0.033		0	1		0.152	0.013	
Glycine....g	0.003		0	1		0.014	0.001	
Proline....g	0.012		0	1		0.055	0.005	
Serine....g	0.006		0	1		0.028	0.002	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 462.000g: 1 package (16 oz)

Measure 2 = 38.000g: .083 package

Calories Factors: **Protein** 4.1 **Fat** 8.6 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19230
Frostings, vanilla, creamy, 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	13.20	0.318	11	1		60.98	5.02	
Energy....kcal	419		0	4		1936	159	
Energy....kj	1753			4		8099	666	
Protein (N x 6.4)....g	0.10	0.051	9	1		0.46	0.04	
Total lipid (fat)....g	16.80	0.324	13	1		77.62	6.38	
Ash....g	0.50	0.048	10	1		2.31	0.19	
Carbohydrate, by difference....g	69.40		0	4		320.63	26.37	
Fiber, total dietary....g	0.1		0	4		0.5	0.0	
Sugars, total....g	63.70		0	8		294.29	24.21	
Starch....g								
Minerals:								
Calcium, Ca....mg	3	0.152	6	1		14	1	
Iron, Fe....mg	0.11	0.024	4	1		0.51	0.04	
Magnesium, Mg....mg	1	0.212	4	1		5	0	
Phosphorus, P....mg	39		1	1		180	15	
Potassium, K....mg	37	2.141	7	1		171	14	
Sodium, Na....mg	90	24.752	10	1		416	34	
Zinc, Zn....mg	0.00	0.000	3	1		0.00	0.00	
Copper, Cu....mg	0.007	0.007	3	1		0.032	0.003	
Manganese, Mn....mg	0.040		0	1		0.185	0.015	
Selenium, Se....mcg	0.6		0	4		2.8	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		2	1		0.0	0.0	
Thiamin....mg	0.000	0.000	3	1		0.000	0.000	
Riboflavin....mg	0.006	0.000	5	1		0.028	0.002	
Niacin....mg	0.011	0.000	5	1		0.051	0.004	
Pantothenic acid....mg	0.000		2	1		0.000	0.000	
Vitamin B-6....mg	0.000	0.000	3	1		0.000	0.000	
Folate, total....mcg	0	0.000	3	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0	0.000	3	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00	0.000	3	1		0.00	0.00	
Vitamin A, IU....IU	746	73.902	3	1		3447	283	
Vitamin A, RE....mcg_RE	226		0	1		1044	86	
Vitamin E....mg_ATE	4.719		0	4		21.802	1.793	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.890		0	1		22.592	1.858	
4:0....g	0.000		0	7		0.000	0.000	
6:0....g	0.000		0	7		0.000	0.000	
8:0....g	0.000		0	7		0.000	0.000	
10:0....g	0.000		0	7		0.000	0.000	
11:0....g								
12:0....g	0.000		0	7		0.000	0.000	
13:0....g								
14:0....g	0.000		0	7		0.000	0.000	
15:0....g								
16:0....g	2.320		3	1		10.718	0.882	
17:0....g								
18:0....g	2.510		3	1		11.596	0.954	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.770		0	1		40.517	3.333	
14:1....g								
15:1....g								

NDB No. 19230
Frostings, vanilla, creamy, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	7		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	8.770		3	1		40.517	3.333	
20:1....g	0.000		0	7		0.000	0.000	
22:1 undifferentiated....g	0.000		0	7		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.280		0	1		10.534	0.866	
18:2 undifferentiated....g	2.190		3	1		10.118	0.832	
18:3 undifferentiated....g	0.090		3	1		0.416	0.034	
18:4....g	0.000		0	7		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	7		0.000	0.000	
20:5 n-3....g	0.000		0	7		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	7		0.000	0.000	
22:6 n-3....g	0.000		0	7		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.002		0	1		0.009	0.001	
Threonine....g	0.006		0	1		0.028	0.002	
Isoleucine....g	0.007		0	1		0.032	0.003	
Leucine....g	0.014		0	1		0.065	0.005	
Lysine....g	0.009		0	1		0.042	0.003	
Methionine....g	0.003		0	1		0.014	0.001	
Cystine....g	0.002		0	1		0.009	0.001	
Phenylalanine....g	0.006		0	1		0.028	0.002	
Tyrosine....g	0.006		0	1		0.028	0.002	
Valine....g	0.008		0	1		0.037	0.003	
Arginine....g	0.005		0	1		0.023	0.002	
Histidine....g	0.004		0	1		0.018	0.002	
Alanine....g	0.006		0	1		0.028	0.002	
Aspartic acid....g	0.010		0	1		0.046	0.004	
Glutamic acid....g	0.027		0	1		0.125	0.010	
Glycine....g	0.003		0	1		0.014	0.001	
Proline....g	0.012		0	1		0.055	0.005	
Serine....g	0.007		0	1		0.032	0.003	
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 = 462.000g: 1 package (16 oz)

Measure 2 = 38.000g: .083 package

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19231
Desserts, flan, caramel custard, dry mix, prepared with 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	75.30		0	1		401.35	100.15	
Energy	kcal	102		0	4		544	136	
Energy	kj	427			4		2275	568	
Protein (N x 0)	g	3.00		0	1		15.99	3.99	
Total lipid (fat)	g	1.80		0	1		9.59	2.39	
Ash	g	0.70		0	1		3.73	0.93	
Carbohydrate, by difference	g	19.20		0	4		102.34	25.54	
Fiber, total dietary	g	0.1		0	4		0.5	0.1	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	115		0	1		613	153	
Iron, Fe	mg	0.06		0	1		0.32	0.08	
Magnesium, Mg	mg	13		0	1		69	17	
Phosphorus, P	mg	87		0	1		464	116	
Potassium, K	mg	146		0	1		778	194	
Sodium, Na	mg	50		0	1		267	67	
Zinc, Zn	mg	0.36		0	1		1.92	0.48	
Copper, Cu	mg	0.010		0	1		0.053	0.013	
Manganese, Mn	mg	0.002		0	1		0.011	0.003	
Selenium, Se	mcg	5.1		0	4		27.2	6.8	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.7		0	1		3.7	0.9	
Thiamin	mg	0.032		0	1		0.171	0.043	
Riboflavin	mg	0.151		0	1		0.805	0.201	
Niacin	mg	0.079		0	1		0.421	0.105	
Pantothenic acid	mg	0.292		0	1		1.556	0.388	
Vitamin B-6	mg	0.035		0	1		0.187	0.047	
Folate, total	mcg	4		0	1		21	5	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	4		0	1		21	5	
Folate, DFE	mcg_DFE	4		0	4		21	5	
Vitamin B-12	mcg	0.27		0	1		1.44	0.36	
Vitamin A, IU	IU	187		0	1		997	249	
Vitamin A, RE	mcg_RE	47		0	1		251	63	
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	1.100		0	1		5.863	1.463	
4:0	g	0.060		0	1		0.320	0.080	
6:0	g	0.030		0	1		0.160	0.040	
8:0	g	0.020		0	1		0.107	0.027	
10:0	g	0.050		0	1		0.267	0.067	
11:0	g								
12:0	g	0.050		0	1		0.267	0.067	
13:0	g								
14:0	g	0.180		0	1		0.959	0.239	
15:0	g								
16:0	g	0.480		0	1		2.558	0.638	
17:0	g								
18:0	g	0.220		0	1		1.173	0.293	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.500		0	1		2.665	0.665	
14:1	g								
15:1	g								

NDB No. 19231

Desserts, flan, caramel custard, dry mix, prepared with 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	0.040		0	1		0.213	0.053	
17:1....g								
18:1 undifferentiated....g	0.460		0	1		2.452	0.612	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.070		0	1		0.373	0.093	
18:2 undifferentiated....g	0.040		0	1		0.213	0.053	
18:3 undifferentiated....g	0.030		0	1		0.160	0.040	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	7		0	1		37	9	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.041		0	1		0.219	0.055	
Threonine....g	0.131		0	1		0.698	0.174	
Isoleucine....g	0.176		0	1		0.938	0.234	
Leucine....g	0.284		0	1		1.514	0.378	
Lysine....g	0.230		0	1		1.226	0.306	
Methionine....g	0.073		0	1		0.389	0.097	
Cystine....g	0.027		0	1		0.144	0.036	
Phenylalanine....g	0.140		0	1		0.746	0.186	
Tyrosine....g	0.140		0	1		0.746	0.186	
Valine....g	0.194		0	1		1.034	0.258	
Arginine....g	0.105		0	1		0.560	0.140	
Histidine....g	0.079		0	1		0.421	0.105	
Alanine....g	0.100		0	1		0.533	0.133	
Aspartic acid....g	0.220		0	1		1.173	0.293	
Glutamic acid....g	0.607		0	1		3.235	0.807	
Glycine....g	0.062		0	1		0.330	0.082	
Proline....g	0.281		0	1		1.498	0.374	
Serine....g	0.157		0	1		0.837	0.209	
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 = 533.000g: 1 package yields

Measure 2 = 133.000g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19232
Desserts, flan, caramel custard, dry mix, prepared with whole 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	74.20		0	1		395.49	98.69	
Energy	kcal	113		0	4		602	150	
Energy	kj	473			4		2520	629	
Protein (N x 0)	g	3.00		0	1		15.99	3.99	
Total lipid (fat)	g	3.10		0	1		16.52	4.12	
Ash	g	0.70		0	1		3.73	0.93	
Carbohydrate, by difference	g	19.10		0	4		101.80	25.40	
Fiber, total dietary	g	0.1		0	4		0.5	0.1	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	113		0	1		602	150	
Iron, Fe	mg	0.06		0	1		0.32	0.08	
Magnesium, Mg	mg	12		0	1		64	16	
Phosphorus, P	mg	86		0	1		458	114	
Potassium, K	mg	144		0	1		768	192	
Sodium, Na	mg	49		0	1		261	65	
Zinc, Zn	mg	0.35		0	1		1.87	0.47	
Copper, Cu	mg	0.012		0	1		0.064	0.016	
Manganese, Mn	mg	0.002		0	1		0.011	0.003	
Selenium, Se	mcg	4.9		0	4		26.1	6.5	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.7		0	1		3.7	0.9	
Thiamin	mg	0.031		0	1		0.165	0.041	
Riboflavin	mg	0.148		0	1		0.789	0.197	
Niacin	mg	0.077		0	1		0.410	0.102	
Pantothenic acid	mg	0.287		0	1		1.530	0.382	
Vitamin B-6	mg	0.035		0	1		0.187	0.047	
Folate, total	mcg	4		0	1		21	5	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	4		0	1		21	5	
Folate, DFE	mcg_DFE	4		0	4		21	5	
Vitamin B-12	mcg	0.26		0	1		1.39	0.35	
Vitamin A, IU	IU	115		0	1		613	153	
Vitamin A, RE	mcg_RE	26		0	1		139	35	
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	1.900		0	1		10.127	2.527	
4:0	g	0.090		0	1		0.480	0.120	
6:0	g	0.060		0	1		0.320	0.080	
8:0	g	0.030		0	1		0.160	0.040	
10:0	g	0.080		0	1		0.426	0.106	
11:0	g								
12:0	g	0.090		0	1		0.480	0.120	
13:0	g								
14:0	g	0.320		0	1		1.706	0.426	
15:0	g								
16:0	g	0.840		0	1		4.477	1.117	
17:0	g								
18:0	g	0.390		0	1		2.079	0.519	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.880		0	1		4.690	1.170	
14:1	g								
15:1	g								

NDB No. 19232

Desserts, flan, caramel custard, dry mix, prepared with whole 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	0.070		0	1		0.373	0.093	
17:1....g								
18:1 undifferentiated....g	0.810		0	1		4.317	1.077	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.120		0	1		0.640	0.160	
18:2 undifferentiated....g	0.070		0	1		0.373	0.093	
18:3 undifferentiated....g	0.050		0	1		0.267	0.067	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	12		0	1		64	16	
Phytosterols....mg	0		0	1		0	0	
Amino Acids:								
Tryptophan....g	0.040		0	1		0.213	0.053	
Threonine....g	0.129		0	1		0.688	0.172	
Isoleucine....g	0.174		0	1		0.927	0.231	
Leucine....g	0.281		0	1		1.498	0.374	
Lysine....g	0.228		0	1		1.215	0.303	
Methionine....g	0.072		0	1		0.384	0.096	
Cystine....g	0.026		0	1		0.139	0.035	
Phenylalanine....g	0.138		0	1		0.736	0.184	
Tyrosine....g	0.138		0	1		0.736	0.184	
Valine....g	0.192		0	1		1.023	0.255	
Arginine....g	0.104		0	1		0.554	0.138	
Histidine....g	0.078		0	1		0.416	0.104	
Alanine....g	0.099		0	1		0.528	0.132	
Aspartic acid....g	0.218		0	1		1.162	0.290	
Glutamic acid....g	0.600		0	1		3.198	0.798	
Glycine....g	0.061		0	1		0.325	0.081	
Proline....g	0.278		0	1		1.482	0.370	
Serine....g	0.156		0	1		0.831	0.207	
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 = 533.000g: 1 package yields

Measure 2 = 133.000g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19240
Frostings, chocolate, creamy, 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	0.60		1	1		2.33		
Energy....kcal	389		0	4		1509		
Energy....kj	1628			4		6315		
Protein (N x 5.6)....g	1.30		1	1		5.04		
Total lipid (fat)....g	5.20		1	1		20.18		
Ash....g	0.60		1	1		2.33		
Carbohydrate, by difference....g	92.00		0	4		356.96		
Fiber, total dietary....g	2.4		0	4		9.3		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11		1	4		43		
Iron, Fe....mg	1.19		1	1		4.62		
Magnesium, Mg....mg	38		1	4		147		
Phosphorus, P....mg	62		1	4		241		
Potassium, K....mg	180		1	1		698		
Sodium, Na....mg	76		1	1		295		
Zinc, Zn....mg	0.81		1	4		3.14		
Copper, Cu....mg	0.294		1	4		1.141		
Manganese, Mn....mg	0.333		1	4		1.292		
Selenium, Se....mcg	1.6		0	4		6.2		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0		
Thiamin....mg	0.006		1	4		0.023		
Riboflavin....mg	0.029		1	4		0.113		
Niacin....mg	0.142		1	4		0.551		
Pantothenic acid....mg	0.029		1	4		0.113		
Vitamin B-6....mg	0.080		1	4		0.310		
Folate, total....mcg	3		1	4		12		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	3		1	4		12		
Folate, DFE....mcg_DFE	3		0	4		12		
Vitamin B-12....mcg	0.00		1	4		0.00		
Vitamin A, IU....IU	0		1	1		0		
Vitamin A, RE....mcg_RE	0		0	1		0		
Vitamin E....mg_ATE	0.988		0	4		3.833		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		1	4		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.020		0	1		0.078		
Threonine....g	0.053		0	1		0.206		
Isoleucine....g	0.052		0	1		0.202		
Leucine....g	0.082		0	1		0.318		
Lysine....g	0.067		0	1		0.260		
Methionine....g	0.014		0	1		0.054		
Cystine....g	0.016		0	1		0.062		
Phenylalanine....g	0.064		0	1		0.248		
Tyrosine....g	0.050		0	1		0.194		
Valine....g	0.080		0	1		0.310		
Arginine....g	0.076		0	1		0.295		
Histidine....g	0.023		0	1		0.089		

NDB No. 19240
Frostings, chocolate, creamy, 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
Alanine....g	0.062		0	1		0.241		
Aspartic acid....g	0.133		0	1		0.516		
Glutamic acid....g	0.202		0	1		0.784		
Glycine....g	0.060		0	1		0.233		
Proline....g	0.058		0	1		0.225		
Serine....g	0.058		0	1		0.225		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	6		0	4		23		
Theobromine....mg	188		0	4		729		

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

Common Measures:

Measure 1 = 388.000g: 1 package

Calories Factors: **Protein** 1.8 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19241
Frostings, chocolate, creamy, dry mix, prepared with butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	13.30		0	1		66.37	5.59	
Energy....kcal	382		0	4		1906	160	
Energy....kj	1598			4		7975	671	
Protein (N x 0)....g	1.10		0	1		5.49	0.46	
Total lipid (fat)....g	13.10		0	1		65.37	5.50	
Ash....g	0.70		0	1		3.49	0.29	
Carbohydrate, by difference....g	71.60		0	4		357.28	30.07	
Fiber, total dietary....g	1.8		0	4		9.0	0.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11		0	1		55	5	
Iron, Fe....mg	0.94		0	1		4.69	0.39	
Magnesium, Mg....mg	30		0	1		150	13	
Phosphorus, P....mg	50		0	1		250	21	
Potassium, K....mg	143		0	1		714	60	
Sodium, Na....mg	151		0	1		753	63	
Zinc, Zn....mg	0.64		0	1		3.19	0.27	
Copper, Cu....mg	0.231		0	1		1.153	0.097	
Manganese, Mn....mg	0.260		0	1		1.297	0.109	
Selenium, Se....mcg	1.3		0	4		6.5	0.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.005		0	1		0.025	0.002	
Riboflavin....mg	0.026		0	1		0.130	0.011	
Niacin....mg	0.115		0	1		0.574	0.048	
Pantothenic acid....mg	0.035		0	1		0.175	0.015	
Vitamin B-6....mg	0.063		0	1		0.314	0.026	
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	0.01		0	1		0.05	0.00	
Vitamin A, IU....IU	340		0	1		1697	143	
Vitamin A, RE....mcg_RE	60		0	1		299	25	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.610		0	1		27.994	2.356	
4:0....g	0.290		0	1		1.447	0.122	
6:0....g	0.170		0	1		0.848	0.071	
8:0....g	0.100		0	1		0.499	0.042	
10:0....g	0.230		0	1		1.148	0.097	
11:0....g								
12:0....g	0.250		0	1		1.248	0.105	
13:0....g								
14:0....g	0.910		0	1		4.541	0.382	
15:0....g								
16:0....g	2.370		0	1		11.826	0.995	
17:0....g								
18:0....g	1.090		0	1		5.439	0.458	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.600		0	1		12.974	1.092	
14:1....g								
15:1....g								

NDB No. 19241
Frostings, chocolate, creamy, dry mix, prepared with 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	0.200		0	1		0.998	0.084	
17:1....g								
18:1 undifferentiated....g	2.270		0	1		11.327	0.953	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.330		0	1		1.647	0.139	
18:2 undifferentiated....g	0.200		0	1		0.998	0.084	
18:3 undifferentiated....g	0.130		0	1		0.649	0.055	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	24		0	1		120	10	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.017		0	1		0.085	0.007	
Threonine....g	0.045		0	1		0.225	0.019	
Isoleucine....g	0.046		0	1		0.230	0.019	
Leucine....g	0.073		0	1		0.364	0.031	
Lysine....g	0.060		0	1		0.299	0.025	
Methionine....g	0.013		0	1		0.065	0.005	
Cystine....g	0.014		0	1		0.070	0.006	
Phenylalanine....g	0.055		0	1		0.274	0.023	
Tyrosine....g	0.044		0	1		0.220	0.018	
Valine....g	0.069		0	1		0.344	0.029	
Arginine....g	0.062		0	1		0.309	0.026	
Histidine....g	0.021		0	1		0.105	0.009	
Alanine....g	0.051		0	1		0.254	0.021	
Aspartic acid....g	0.111		0	1		0.554	0.047	
Glutamic acid....g	0.177		0	1		0.883	0.074	
Glycine....g	0.049		0	1		0.245	0.021	
Proline....g	0.054		0	1		0.269	0.023	
Serine....g	0.050		0	1		0.250	0.021	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	4		0	4		20	2	
Theobromine....mg	145		0	4		724	61	

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

Common Measures:

Measure 1 = 499.000g: 1 package yields

Measure 2 = 42.000g: .083 package

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

Food Group: 19 Sweets

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

NDB No. 19244
Frostings, vanilla, creamy, 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	0.70	0.095	4	1		2.88	0.24	
Energy....kcal	410		0	4		1685	139	
Energy....kj	1715			4		7050	583	
Protein (N x 6.25)....g	0.30	0.022	4	1		1.23	0.10	
Total lipid (fat)....g	4.90	0.377	3	1		20.14	1.67	
Ash....g	0.30		1	1		1.23	0.10	
Carbohydrate, by difference....g	93.80		0	4		385.52	31.89	
Fiber, total dietary....g	0.1		0	4		0.4	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	3		1	1		12	1	
Iron, Fe....mg	0.00		1	1		0.00	0.00	
Magnesium, Mg....mg	2		1	1		8	1	
Phosphorus, P....mg	4		1	1		16	1	
Potassium, K....mg	7		2	1		29	2	
Sodium, Na....mg	13		2	1		53	4	
Zinc, Zn....mg	0.01		1	4		0.04	0.00	
Copper, Cu....mg	0.035		1	4		0.144	0.012	
Manganese, Mn....mg	0.012		1	4		0.049	0.004	
Selenium, Se....mcg	0.8		0	4		3.3	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.000		1	4		0.000	0.000	
Riboflavin....mg	0.002		1	4		0.008	0.001	
Niacin....mg	0.001		1	4		0.004	0.000	
Pantothenic acid....mg	0.007		1	4		0.029	0.002	
Vitamin B-6....mg	0.001		1	4		0.004	0.000	
Folate, total....mcg	0		1	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		1	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	4		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	0.671		0	4		2.758	0.228	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		1	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.001		0	1		0.004	0.000	
Threonine....g	0.009		0	1		0.037	0.003	
Isoleucine....g	0.010		0	1		0.041	0.003	
Leucine....g	0.035		0	1		0.144	0.012	
Lysine....g	0.006		0	1		0.025	0.002	
Methionine....g	0.005		0	1		0.021	0.002	
Cystine....g	0.006		0	1		0.025	0.002	
Phenylalanine....g	0.013		0	1		0.053	0.004	
Tyrosine....g	0.010		0	1		0.041	0.003	
Valine....g	0.013		0	1		0.053	0.004	
Arginine....g	0.012		0	1		0.049	0.004	
Histidine....g	0.008		0	1		0.033	0.003	

NDB No. 19244
Frostings, vanilla, creamy, 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
Alanine....g	0.019		0	1		0.078	0.006	
Aspartic acid....g	0.020		0	1		0.082	0.007	
Glutamic acid....g	0.052		0	1		0.214	0.018	
Glycine....g	0.009		0	1		0.037	0.003	
Proline....g	0.024		0	1		0.099	0.008	
Serine....g	0.011		0	1		0.045	0.004	
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 = 411.000g: 1 package

Measure 2 = 34.000g: .083 package

Calories Factors: **Protein** 3.46 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19245
Frostings, vanilla, creamy, dry mix, prepared with butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	11.60		0	1		59.97	4.99	
Energy....kcal	423		0	4		2187	182	
Energy....kj	1770			4		9150	761	
Protein (N x 0)....g	0.20		0	1		1.03	0.09	
Total lipid (fat)....g	16.70		0	1		86.34	7.18	
Ash....g	0.80		0	1		4.14	0.34	
Carbohydrate, by difference....g	70.70		0	4		365.52	30.40	
Fiber, total dietary....g	0.1		0	4		0.5	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	9		0	1		47	4	
Iron, Fe....mg	0.25		0	1		1.29	0.11	
Magnesium, Mg....mg	2		0	1		10	1	
Phosphorus, P....mg	27		0	1		140	12	
Potassium, K....mg	20		0	1		103	9	
Sodium, Na....mg	209		0	1		1081	90	
Zinc, Zn....mg	0.12		0	1		0.62	0.05	
Copper, Cu....mg	0.050		0	1		0.259	0.022	
Manganese, Mn....mg	0.040		0	1		0.207	0.017	
Selenium, Se....mcg	0.7		0	4		3.6	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.021		0	1		0.109	0.009	
Riboflavin....mg	0.023		0	1		0.119	0.010	
Niacin....mg	0.349		0	1		1.804	0.150	
Pantothenic acid....mg	0.041		0	1		0.212	0.018	
Vitamin B-6....mg	0.001		0	1		0.005	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	0.01		0	1		0.05	0.00	
Vitamin A, IU....IU	463		0	1		2394	199	
Vitamin A, RE....mcg_RE	95		0	1		491	41	
Vitamin E....mg_ATE	0.704		0	4		3.640	0.303	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.140		0	1		36.914	3.070	
4:0....g	0.290		0	1		1.499	0.125	
6:0....g	0.170		0	1		0.879	0.073	
8:0....g	0.100		0	1		0.517	0.043	
10:0....g	0.230		0	1		1.189	0.099	
11:0....g								
12:0....g	0.250		0	1		1.293	0.108	
13:0....g								
14:0....g	0.910		0	1		4.705	0.391	
15:0....g								
16:0....g	3.110		0	1		16.079	1.337	
17:0....g								
18:0....g	1.880		0	1		9.720	0.808	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.400		0	1		27.918	2.322	
14:1....g								
15:1....g								

NDB No. 19245
Frostings, vanilla, creamy, dry mix, prepared 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	0.200		0	1		1.034	0.086	
17:1....g								
18:1 undifferentiated....g	5.060		0	1		26.160	2.176	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.240		0	1		16.751	1.393	
18:2 undifferentiated....g	2.940		0	1		15.200	1.264	
18:3 undifferentiated....g	0.300		0	1		1.551	0.129	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	24		0	1		124	10	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.002		0	1		0.010	0.001	
Threonine....g	0.009		0	1		0.047	0.004	
Isoleucine....g	0.011		0	1		0.057	0.005	
Leucine....g	0.029		0	1		0.150	0.012	
Lysine....g	0.011		0	1		0.057	0.005	
Methionine....g	0.005		0	1		0.026	0.002	
Cystine....g	0.004		0	1		0.021	0.002	
Phenylalanine....g	0.012		0	1		0.062	0.005	
Tyrosine....g	0.010		0	1		0.052	0.004	
Valine....g	0.014		0	1		0.072	0.006	
Arginine....g	0.010		0	1		0.052	0.004	
Histidine....g	0.007		0	1		0.036	0.003	
Alanine....g	0.014		0	1		0.072	0.006	
Aspartic acid....g	0.018		0	1		0.093	0.008	
Glutamic acid....g	0.049		0	1		0.253	0.021	
Glycine....g	0.007		0	1		0.036	0.003	
Proline....g	0.023		0	1		0.119	0.010	
Serine....g	0.011		0	1		0.057	0.005	
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 = 517.000g: 1 package yields

Measure 2 = 43.000g: .083 package

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

Food Group: 19 Sweets

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

NDB No. 19246
Frostings, white, fluffy, 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	1.90		1	1		3.93	0.32	
Energy....kcal	371		0	4		768	63	
Energy....kj	1552			4		3213	264	
Protein (N x 6.1)....g	2.30		1	1		4.76	0.39	
Total lipid (fat)....g	0.00		1	1		0.00	0.00	
Ash....g	0.90		1	1		1.86	0.15	
Carbohydrate, by difference....g	94.90		0	4		196.44	16.13	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	4		1	1		8	1	
Iron, Fe....mg	0.09		1	4		0.19	0.02	
Magnesium, Mg....mg	3		1	1		6	1	
Phosphorus, P....mg	7		1	1		14	1	
Potassium, K....mg	117		1	1		242	20	
Sodium, Na....mg	234		1	1		484	40	
Zinc, Zn....mg	0.01		1	4		0.02	0.00	
Copper, Cu....mg	0.037		1	4		0.077	0.006	
Manganese, Mn....mg	0.007		1	4		0.014	0.001	
Selenium, Se....mcg	4.1		0	4		8.5	0.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.001		1	4		0.002	0.000	
Riboflavin....mg	0.058		0	1		0.120	0.010	
Niacin....mg	1.000		1	1		2.070	0.170	
Pantothenic acid....mg	0.052		1	4		0.108	0.009	
Vitamin B-6....mg	0.001		1	4		0.002	0.000	
Folate, total....mcg	3		1	4		6	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3		1	4		6	1	
Folate, DFE....mcg_DFE	3		0	4		6	1	
Vitamin B-12....mcg	0.01		1	4		0.02	0.00	
Vitamin A, IU....IU	0		1	4		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								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		1	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.025		0	1		0.052	0.004	
Threonine....g	0.099		0	1		0.205	0.017	
Isoleucine....g	0.119		0	1		0.246	0.020	
Leucine....g	0.182		0	1		0.377	0.031	
Lysine....g	0.152		0	1		0.315	0.026	
Methionine....g	0.072		0	1		0.149	0.012	
Cystine....g	0.052		0	1		0.108	0.009	
Phenylalanine....g	0.126		0	1		0.261	0.021	
Tyrosine....g	0.080		0	1		0.166	0.014	
Valine....g	0.138		0	1		0.286	0.023	
Arginine....g	0.139		0	1		0.288	0.024	
Histidine....g	0.048		0	1		0.099	0.008	

NDB No. 19246
Frostings, white, fluffy, 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
Alanine.....g	0.152		0	1		0.315	0.026	
Aspartic acid.....g	0.228		0	1		0.472	0.039	
Glutamic acid.....g	0.308		0	1		0.638	0.052	
Glycine.....g	0.154		0	1		0.319	0.026	
Proline.....g	0.133		0	1		0.275	0.023	
Serine.....g	0.151		0	1		0.313	0.026	
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 = 207.000g: 1 package

Measure 2 = 17.000g: .083 package

Calories Factors: **Protein** 4.3 **Fat** 8.6 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19247
Frostings, white, fluffy, dry mix, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	35.20		0	1		110.88	9.15	
Energy....kcal	244		0	4		769	63	
Energy....kj	1021			4		3216	265	
Protein (N x 0)....g	1.50		0	1		4.73	0.39	
Total lipid (fat)....g	0.00		0	1		0.00	0.00	
Ash....g	0.60		0	1		1.89	0.16	
Carbohydrate, by difference....g	62.60		0	4		197.19	16.28	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	4		0	1		13	1	
Iron, Fe....mg	0.06		0	1		0.19	0.02	
Magnesium, Mg....mg	2		0	1		6	1	
Phosphorus, P....mg	5		0	1		16	1	
Potassium, K....mg	77		0	1		243	20	
Sodium, Na....mg	156		0	1		491	41	
Zinc, Zn....mg	0.02		0	1		0.06	0.01	
Copper, Cu....mg	0.027		0	1		0.085	0.007	
Manganese, Mn....mg	0.005		0	1		0.016	0.001	
Selenium, Se....mcg	2.6		0	4		8.2	0.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.001		0	1		0.003	0.000	
Riboflavin....mg	0.026		0	1		0.082	0.007	
Niacin....mg	0.660		0	1		2.079	0.172	
Pantothenic acid....mg	0.034		0	1		0.107	0.009	
Vitamin B-6....mg	0.001		0	1		0.003	0.000	
Folate, total....mcg	2		0	1		6	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	2		0	1		6	1	
Folate, DFE....mcg_DFE	2		0	4		6	1	
Vitamin B-12....mcg	0.01		0	1		0.03	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	
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.016		0	1		0.050	0.004	
Threonine....g	0.065		0	1		0.205	0.017	
Isoleucine....g	0.079		0	1		0.249	0.021	
Leucine....g	0.120		0	1		0.378	0.031	
Lysine....g	0.100		0	1		0.315	0.026	
Methionine....g	0.048		0	1		0.151	0.012	
Cystine....g	0.034		0	1		0.107	0.009	
Phenylalanine....g	0.083		0	1		0.261	0.022	
Tyrosine....g	0.053		0	1		0.167	0.014	
Valine....g	0.091		0	1		0.287	0.024	
Arginine....g	0.092		0	1		0.290	0.024	
Histidine....g	0.032		0	1		0.101	0.008	

NDB No. 19247
Frostings, white, fluffy, dry mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine....g	0.100		0	1		0.315	0.026	
Aspartic acid....g	0.151		0	1		0.476	0.039	
Glutamic acid....g	0.203		0	1		0.639	0.053	
Glycine....g	0.102		0	1		0.321	0.027	
Proline....g	0.088		0	1		0.277	0.023	
Serine....g	0.100		0	1		0.315	0.026	
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 = 315.000g: 1 package yields

Measure 2 = 26.000g: .083 package

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

Food Group: 19 Sweets

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

NDB No. 19251
SOKOL, SOLO Poppy Seed Filling

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	26.60		1	1		9.58		
Energy....kcal	332		0	4		119		
Energy....kj	1388			4		500		
Protein....g	4.80		1	1		1.73		
Total lipid (fat)....g	8.90		1	1		3.20		
Ash....g	1.60		1	1		0.58		
Carbohydrate, by difference....g	58.10		0	4		20.92		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	322		1	1		116		
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	74		1	1		27		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	1.030		1	1		0.371		
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	0.005		1	1		0.002		
15:0....g	0.005		1	1		0.002		
16:0....g	0.848		1	1		0.305		
17:0....g	0.005		1	1		0.002		
18:0....g	0.182		1	1		0.066		
19:0....g								
20:0....g	0.010		1	1		0.004		
22:0....g	0.005		1	1		0.002		
24:0....g								
Fatty acids, total monounsaturated....g	1.306		0	4		0.470		
14:1....g	0.005		1	1		0.002		
15:1....g								
16:1 undifferentiated....g	0.019		1	1		0.007		
17:1....g	0.005		1	1		0.002		
18:1 undifferentiated....g	1.282		1	1		0.462		
20:1....g	0.005		1	1		0.002		
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	5.578		0	4		2.008		
18:2 undifferentiated....g	5.506		1	1		1.982		
18:3 undifferentiated....g	0.067		1	1		0.024		
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. 19251
SOKOL, SOLO Poppy Seed 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
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 = 36.000g: 2 tbsp

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19257
POLANER, POLANER ALL-FRUIT Strawberry Spread

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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		1	1		7.51		
Energy....kcal	231		0	4		42		
Energy....kj	966			4		174		
Protein....g	0.70		1	1		0.13		
Total lipid (fat)....g	0.00		1	1		0.00		
Ash....g	0.60		1	1		0.11		
Carbohydrate, by difference....g	57.00		0	4		10.26		
Fiber, total dietary....g								
Sugars, total....g	42.10		1	1		7.58		
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	20		1	1		4		
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 = 18.000g: 1 tbsp

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19259
Frozen desserts, CONAGRA, HEALTHY CHOICE Low Fat Dessert Praline Caramel

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	57.23		1	12		40.63		
Energy	kcal	181		0	9		129		
Energy	kj	757			9		538		
Protein	g	3.79		1	12		2.69		
Total lipid (fat)	g	2.82		1	12		2.00		
Ash	g	0.95		1	12		0.67		
Carbohydrate, by difference	g	35.21		0	9		25.00		
Fiber, total dietary	g								
Sugars, total	g	33.80		1	12		24.00		
Starch	g								
Minerals:									
Calcium, Ca	mg	140		1	12		99		
Iron, Fe	mg	0.11		1	12		0.08		
Magnesium, Mg	mg								
Phosphorus, P	mg								
Potassium, K	mg								
Sodium, Na	mg	98		1	12		70		
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	280		1	12		199		
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.700		1	12		0.497		
Fatty acids, total monounsaturated	g	1.370		1	12		0.973		
Fatty acids, total polyunsaturated	g	0.750		1	12		0.533		
Fatty acids, total trans	g								
Cholesterol	mg	6		1	12		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 = 71.000g: .5 cup (4 fl oz)

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

Food Group: 19 Sweets

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

NDB No. 19260
Frozen desserts, ice cream, light (no sugar added), with aspartame, 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	68.90		1	1		44.79		
Energy....kcal	152		0	4		99		
Energy....kj	636			4		414		
Protein....g	4.50		1	1		2.93		
Total lipid (fat)....g	6.50		1	1		4.23		
Ash....g	1.20		1	1		0.78		
Carbohydrate, by difference....g	18.90		0	4		12.29		
Fiber, total dietary....g								
Sugars, total....g	8.70		1	1		5.66		
Starch....g								
Minerals:								
Calcium, Ca....mg	196		1	1		127		
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	89		1	1		58		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	3.680		1	1		2.392		
4:0....g	0.213		1	1		0.138		
6:0....g	0.116		1	1		0.075		
8:0....g	0.067		1	1		0.044		
10:0....g	0.149		1	1		0.097		
11:0....g								
12:0....g	0.153		1	1		0.099		
13:0....g								
14:0....g	0.495		1	1		0.322		
15:0....g	0.053		1	1		0.034		
16:0....g	1.439		1	1		0.935		
17:0....g	0.032		1	1		0.021		
18:0....g	0.956		1	1		0.621		
19:0....g								
20:0....g	0.012		1	1		0.008		
22:0....g	0.006		1	1		0.004		
24:0....g	0.005		1	1		0.003		
Fatty acids, total monounsaturated....g	1.493		0	4		0.970		
14:1....g	0.048		1	1		0.031		
15:1....g								
16:1 undifferentiated....g	0.088		1	1		0.057		
17:1....g	0.016		1	1		0.010		
18:1 undifferentiated....g	1.388		1	1		0.902		
20:1....g	0.012		1	1		0.008		
22:1 undifferentiated....g	0.005		1	1		0.003		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.215		0	4		0.140		
18:2 undifferentiated....g	0.165		1	1		0.107		
18:3 undifferentiated....g	0.032		1	1		0.021		
18:4....g	0.005		1	1		0.003		
20:2 n-6 c,c....g								
20:3 undifferentiated....g	0.002		1	1		0.002		
20:4 undifferentiated....g	0.011		1	1		0.007		
20:5 n-3....g	0.002		1	1		0.001		
22:2....g								
22:5 n-3....g								
22:6 n-3....g								

NDB No. 19260
Frozen desserts, ice cream, light (no sugar added), with aspartame, 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
Fatty acids, total trans.....g								
Cholesterol.....mg	17		1	1		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 = 65.000g: .5 cup (4 fl oz)

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19262
Frozen desserts, ISLAY KLONDIKE, KLONDIKE BAR Vanilla Ice Cream, with chocolate coating

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	46.70		1	1		69.12		
Energy....kcal	330		0	4		489		
Energy....kj	1381			4		2044		
Protein....g	4.20		1	1		6.22		
Total lipid (fat)....g	24.10		1	1		35.67		
Ash....g	0.90		1	1		1.33		
Carbohydrate, by difference....g	24.10		0	4		35.67		
Fiber, total dietary....g								
Sugars, total....g	20.70		1	1		30.64		
Starch....g								
Minerals:								
Calcium, Ca....mg	143		1	1		212		
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	73		1	1		108		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	13.100		1	1		19.388		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	27		1	1		40		
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 = 148.000g: 1 bar (5 fl oz)

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19263
Frozen desserts, fruit and juice bars

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	78.30		0	4		60.29	72.04	
Energy....kcal	82		0	4		63	75	
Energy....kj	343			4		264	316	
Protein (N x 6.25)....g	1.20		0	4		0.92	1.10	
Total lipid (fat)....g	0.10		0	4		0.08	0.09	
Ash....g	0.20		0	4		0.15	0.18	
Carbohydrate, by difference....g	20.20		0	4		15.55	18.58	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5		0	4		4	5	
Iron, Fe....mg	0.19		0	4		0.15	0.17	
Magnesium, Mg....mg	4		0	4		3	4	
Phosphorus, P....mg	6		0	4		5	6	
Potassium, K....mg	53		0	1		41	49	
Sodium, Na....mg	4		0	1		3	4	
Zinc, Zn....mg	0.05		0	4		0.04	0.05	
Copper, Cu....mg	0.000		0	4		0.000	0.000	
Manganese, Mn....mg	0.165		0	4		0.127	0.152	
Selenium, Se....mcg	0.2		0	4		0.2	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	9.5		0	4		7.3	8.7	
Thiamin....mg	0.011		0	4		0.008	0.010	
Riboflavin....mg	0.018		0	4		0.014	0.017	
Niacin....mg	0.159		0	4		0.122	0.146	
Pantothenic acid....mg	0.040		0	4		0.031	0.037	
Vitamin B-6....mg	0.025		0	4		0.019	0.023	
Folate, total....mcg	6		0	4		5	6	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	6		0	4		5	6	
Folate, DFE....mcg_DFE	6		0	4		5	6	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	29		0	4		22	27	
Vitamin A, RE....mcg_RE	3		0	1		2	3	
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	0.030		0	4		0.023	0.028	
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. 19263
Frozen desserts, fruit and juice 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	0.000		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	0.030		0	4		0.023	0.028	
18:2 undifferentiated....g	0.020		0	4		0.015	0.018	
18:3 undifferentiated....g	0.010		0	4		0.008	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		0	4		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 = 77.000g: 1 bar (2.5 fl oz)

Measure 2 = 92.000g: 1 bar (3 fl oz)

Calories Factors: **Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19264

Frozen desserts, ESKIMO PIE, ESKIMO PIE BAR, Vanilla Ice Cream, with dark chocolate coating

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	46.30		1	1		23.15		
Energy....kcal	331		0	4		166		
Energy....kj	1386			4		693		
Protein....g	4.10		1	1		2.05		
Total lipid (fat)....g	24.10		1	1		12.05		
Ash....g	1.00		1	1		0.50		
Carbohydrate, by difference....g	24.50		0	4		12.25		
Fiber, total dietary....g								
Sugars, total....g	18.30		1	1		9.15		
Starch....g								
Minerals:								
Calcium, Ca....mg	119		1	1		60		
Iron, Fe....mg								
Magnesium, Mg....mg								
Phosphorus, P....mg								
Potassium, K....mg								
Sodium, Na....mg	68		1	1		34		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Lipids:								
Fatty acids, total saturated....g	14.500		1	1		7.250		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	28		1	1		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 = 50.000g: 1 bar

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19270
Frozen desserts, ice cream, chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	55.70	0.813	11	1		32.31	36.76	
Energy....kcal	216		0	4		125	143	
Energy....kj	904			4		524	596	
Protein (N x 6.1)....g	3.80	0.082	6	1		2.20	2.51	
Total lipid (fat)....g	11.00	0.427	6	1		6.38	7.26	
Ash....g	1.00	0.050	6	1		0.58	0.66	
Carbohydrate, by difference....g	28.20		0	4		16.36	18.61	
Fiber, total dietary....g	1.2		0	4		0.7	0.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	109	2.964	34	1		63	72	
Iron, Fe....mg	0.93	0.061	35	1		0.54	0.61	
Magnesium, Mg....mg	29	0.755	36	1		17	19	
Phosphorus, P....mg	107	1.632	28	1		62	71	
Potassium, K....mg	249	4.882	35	1		144	164	
Sodium, Na....mg	76	2.707	36	1		44	50	
Zinc, Zn....mg	0.58	0.021	35	1		0.34	0.38	
Copper, Cu....mg	0.135	0.011	35	1		0.078	0.089	
Manganese, Mn....mg	0.140	0.008	35	1		0.081	0.092	
Selenium, Se....mcg	2.5	0.301	17	1		1.5	1.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		0	4		0.4	0.5	
Thiamin....mg	0.042	0.004	5	1		0.024	0.028	
Riboflavin....mg	0.194	0.009	5	1		0.113	0.128	
Niacin....mg	0.226	0.015	5	1		0.131	0.149	
Pantothenic acid....mg	0.554	0.063	5	1		0.321	0.366	
Vitamin B-6....mg	0.055	0.003	5	1		0.032	0.036	
Folate, total....mcg	16	1.147	5	1		9	11	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	16	1.147	5	1		9	11	
Folate, DFE....mcg_DFE	16		0	4		9	11	
Vitamin B-12....mcg	0.29	0.055	5	1		0.17	0.19	
Vitamin A, IU....IU	416	30.100	5	1		241	275	
Vitamin A, RE....mcg_RE	119		0	1		69	79	
Vitamin E....mg_ATE	0.329		0	4		0.191	0.217	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.800		0	1		3.944	4.488	
4:0....g	0.340		1	1		0.197	0.224	
6:0....g	0.200		1	1		0.116	0.132	
8:0....g	0.120		1	1		0.070	0.079	
10:0....g	0.260		1	1		0.151	0.172	
11:0....g								
12:0....g	0.290		1	1		0.168	0.191	
13:0....g								
14:0....g	1.070		1	1		0.621	0.706	
15:0....g								
16:0....g	3.060		1	1		1.775	2.020	
17:0....g								
18:0....g	1.460		1	1		0.847	0.964	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.210		0	1		1.862	2.119	
14:1....g								
15:1....g								

NDB No. 19270
Frozen desserts, ice cream, chocolate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.240		1	1		0.139	0.158	
17:1....g								
18:1 undifferentiated....g	2.970		1	1		1.723	1.960	
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	0.410		0	1		0.238	0.271	
18:2 undifferentiated....g	0.250		1	1		0.145	0.165	
18:3 undifferentiated....g	0.150		1	1		0.087	0.099	
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	34		1	1		20	22	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	3		1	1		2	2	
Theobromine....mg	62		1	1		36	41	

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

Common Measures:

Measure 1 = 58.000g: 1 individual (3.5 fl oz)

Measure 2 = 66.000g: .5 cup (4 fl oz)

Calories Factors: **Protein** 3.6 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19271
Frozen desserts, ice cream, strawberry

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	60.00	1.302	7	1		34.80	39.60	
Energy....kcal	192		0	4		111	127	
Energy....kj	803			4		466	530	
Protein (N x 6.4)....g	3.20		2	1		1.86	2.11	
Total lipid (fat)....g	8.40		2	1		4.87	5.54	
Ash....g	0.70		2	1		0.41	0.46	
Carbohydrate, by difference....g	27.60		0	4		16.01	18.22	
Fiber, total dietary....g	0.3		0	4		0.2	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	120	4.974	4	1		70	79	
Iron, Fe....mg	0.21	0.037	4	1		0.12	0.14	
Magnesium, Mg....mg	14	0.421	4	1		8	9	
Phosphorus, P....mg	100		2	1		58	66	
Potassium, K....mg	188	8.003	4	1		109	124	
Sodium, Na....mg	60	10.493	4	1		35	40	
Zinc, Zn....mg	0.34	0.020	4	1		0.20	0.22	
Copper, Cu....mg	0.037		2	1		0.021	0.024	
Manganese, Mn....mg	0.078	0.035	4	1		0.045	0.051	
Selenium, Se....mcg	2.4		0	4		1.4	1.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	7.7		2	1		4.5	5.1	
Thiamin....mg	0.045		2	1		0.026	0.030	
Riboflavin....mg	0.255		2	1		0.148	0.168	
Niacin....mg	0.170		2	1		0.099	0.112	
Pantothenic acid....mg	0.720		2	1		0.418	0.475	
Vitamin B-6....mg	0.050		2	1		0.029	0.033	
Folate, total....mcg	12		2	1		7	8	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	12		2	1		7	8	
Folate, DFE....mcg_DFE	12		0	4		7	8	
Vitamin B-12....mcg	0.30		2	1		0.17	0.20	
Vitamin A, IU....IU	320		2	1		186	211	
Vitamin A, RE....mcg_RE	78		0	1		45	51	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.190		0	4		3.010	3.425	
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	29		2	1		17	19	
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 = 58.000g: 1 individual (3.5 fl oz)

Measure 2 = 66.000g: .5 cup (4 fl oz)

Calories Factors: **Protein** 4.1 **Fat** 8.79 **Carbohydrate** 3.8

NDB No. 19271
Frozen desserts, ice cream, strawberry

Food Group: 19 Sweets

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

NDB No. 19275

Desserts, puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Chocolate, with aspartame and acesulfame potassium sweetener, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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	9		0.50		
Energy....kcal	310		0	9		34		
Energy....kj	1297			9		143		
Protein....g	4.90		0	9		0.54		
Total lipid (fat)....g	2.40		0	4		0.26		
Ash....g	9.90		0	9		1.09		
Carbohydrate, by difference (1) ....g	74.60		0	9		8.21		
Fiber, total dietary....g	7.9		0	9		0.9		
Sugars, total....g	0.70		0	9		0.08		
Starch....g								
Minerals:								
Calcium, Ca....mg	126		0	9		14		
Iron, Fe....mg	7.17		0	9		0.79		
Magnesium, Mg....mg								
Phosphorus, P....mg	1717		0	9		189		
Potassium, K....mg	1105		0	9		122		
Sodium, Na....mg	2887		0	9		318		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.1		0	9		0.1		
Thiamin....mg								
Riboflavin....mg								
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	2		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.000		0	9		0.110		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	9		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 11.000g: 1 NLEA Serving

Footnotes:

1 Contains other proximate components.

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

NDB No. 19275

Desserts, puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Chocolate, with aspartame and acesulfame potassium sweetener, powder

Food Group: 19 Sweets

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

NDB No. 19276

Desserts, puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Vanilla, with aspartame and acesulfame potassium sweetener, powder

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	5.70		0	9		0.46		
Energy....kcal	331		0	9		26		
Energy....kj	1385			9		111		
Protein....g	0.80		0	9		0.06		
Total lipid (fat)....g	0.90		0	4		0.07		
Ash....g	11.40		0	9		0.91		
Carbohydrate, by difference (1) ....g	77.90		0	9		6.23		
Fiber, total dietary....g	1.3		0	9		0.1		
Sugars, total....g	0.90		0	9		0.07		
Starch....g								
Minerals:								
Calcium, Ca....mg	147		0	9		12		
Iron, Fe....mg	0.08		0	9		0.01		
Magnesium, Mg....mg								
Phosphorus, P....mg	2368		0	9		189		
Potassium, K....mg	31		0	9		2		
Sodium, Na....mg	4154		0	9		332		
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	0.100		0	9		0.008		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	9		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 8.000g: 1 NLEA Serving

Footnotes:

1 Contains other proximate components.

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

NDB No. 19276

Desserts, puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Vanilla, with aspartame and acesulfame potassium sweetener, powder

Food Group: 19 Sweets

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

NDB No. 19277

Desserts, puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, regular, with aspartame and acesulfame potassium sweetener, powder

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	8.30		0	9		0.83		
Energy	kcal	310		0	9		31		
Energy	kj	1297			9		130		
Protein	g	6.10		0	9		0.61		
Total lipid (fat)	g	3.00		0	4		0.30		
Ash	g	6.00		0	9		0.60		
Carbohydrate, by difference (1)	g	74.50		0	9		7.45		
Fiber, total dietary	g	9.3		0	9		0.9		
Sugars, total	g	0.70		0	9		0.07		
Starch	g								
Minerals:									
Calcium, Ca	mg	69		0	9		7		
Iron, Fe	mg	11.83		0	9		1.18		
Magnesium, Mg	mg								
Phosphorus, P	mg	212		0	9		21		
Potassium, K	mg	1390		0	9		139		
Sodium, Na	mg	1085		0	9		109		
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	1.600		0	9		0.160		
Fatty acids, total monounsaturated	g								
Fatty acids, total polyunsaturated	g								
Fatty acids, total trans	g								
Cholesterol	mg	0		0	9		0		
Phytosterols	mg								

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

Common Measures:

Measure 1 = 10.000g: 1 NLEA Serving

Footnotes:

1 Contains other proximate components.

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

NDB No. 19277

Desserts, puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, regular, with aspartame and acesulfame potassium sweetener, powder

Food Group: 19 Sweets

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

NDB No. 19278

Desserts, puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, regular, with aspartame and acesulfame potassium sweetener, powder

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	10.10		0	9		0.61		
Energy....kcal	349		0	9		21		
Energy....kj	1460			9		88		
Protein....g	1.00		0	9		0.06		
Total lipid (fat)....g	0.30		0	4		0.02		
Ash....g	5.20		0	9		0.31		
Carbohydrate, by difference (1) ....g	82.30		0	9		4.94		
Fiber, total dietary....g	0.9		0	9		0.1		
Sugars, total....g	2.90		0	9		0.17		
Starch....g								
Minerals:								
Calcium, Ca....mg	42		0	9		3		
Iron, Fe....mg	0.36		0	9		0.02		
Magnesium, Mg....mg								
Phosphorus, P....mg	29		0	9		2		
Potassium, K....mg	38		0	9		2		
Sodium, Na....mg	1887		0	9		113		
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	0.100		0	9		0.006		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	9		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 6.000g: 1 NLEA Serving

Footnotes:

1 Contains other proximate components.

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

NDB No. 19278

Desserts, puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, regular, with aspartame and acesulfame potassium sweetener, powder

Food Group: 19 Sweets

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

NDB No. 19280
Frozen desserts, ices, water, lime

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	66.90		1	4		66.23		
Energy	kcal	128		0	4		127		
Energy	kj	536			4		530		
Protein (N x 6.25)	g	0.40		1	4		0.40		
Total lipid (fat)	g	0.00		1	4		0.00		
Ash	g	0.00		1	4		0.00		
Carbohydrate, by difference	g	32.60		0	4		32.27		
Fiber, total dietary	g	0.0		0	4		0.0		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	2		1	4		2		
Iron, Fe	mg	0.16		1	4		0.16		
Magnesium, Mg	mg	1		1	4		1		
Phosphorus, P	mg	1		1	4		1		
Potassium, K	mg	3		1	4		3		
Sodium, Na	mg	22		1	4		22		
Zinc, Zn	mg	0.02		1	4		0.02		
Copper, Cu	mg	0.013		1	4		0.013		
Manganese, Mn	mg	0.020		1	4		0.020		
Selenium, Se	mcg	0.1		0	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid	mg	1.0		1	4		1.0		
Thiamin	mg	0.001		1	4		0.001		
Riboflavin	mg	0.000		1	4		0.000		
Niacin	mg	0.007		1	4		0.007		
Pantothenic acid	mg	0.003		1	4		0.003		
Vitamin B-6	mg	0.001		1	4		0.001		
Folate, total	mcg	0		1	4		0		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	0		1	4		0		
Folate, DFE	mcg_DFE	0		0	4		0		
Vitamin B-12	mcg	0.00		1	4		0.00		
Vitamin A, IU	IU	0		1	4		0		
Vitamin A, RE	mcg_RE	0		0	1		0		
Vitamin E	mg_ATE	0.000		0	7		0.000		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.000		0	7		0.000		
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	0.000		0	4		0.000		
15:0	g								
16:0	g	0.000		0	4		0.000		
17:0	g								
18:0	g	0.000		0	4		0.000		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.000		0	7		0.000		
14:1	g								
15:1	g								

NDB No. 19280
Frozen desserts, ices, water, lime

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		
17:1....g								
18:1 undifferentiated....g	0.000		0	4		0.000		
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	0.000		0	7		0.000		
18:2 undifferentiated....g	0.000		0	4		0.000		
18:3 undifferentiated....g	0.000		0	4		0.000		
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		1	4		0		
Phytosterols....mg								
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 = 99.000g: .5 cup (4 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19281
Frozen desserts, ice, italian, restaurant-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	86.40		2	1		25.06	100.22	
Energy....kcal	53		0	4		15	61	
Energy....kj	222			4		64	257	
Protein (N x 6.25)....g	0.03		2	1		0.01	0.03	
Total lipid (fat)....g	0.02		2	1		0.01	0.02	
Ash....g	0.05		2	1		0.01	0.06	
Carbohydrate, by difference....g	13.50		0	4		3.92	15.66	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	1		2	1		0	1	
Iron, Fe....mg	0.09		2	1		0.03	0.10	
Magnesium, Mg....mg	0		2	1		0	0	
Phosphorus, P....mg	0		2	1		0	0	
Potassium, K....mg	6		2	1		2	7	
Sodium, Na....mg	4		2	1		1	5	
Zinc, Zn....mg	0.03		2	1		0.01	0.03	
Copper, Cu....mg	0.010		0	4		0.003	0.012	
Manganese, Mn....mg	0.020		0	4		0.006	0.023	
Selenium, Se....mcg	0.1		0	4		0.0	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		2	1		0.1	0.6	
Thiamin....mg	0.005		2	1		0.001	0.006	
Riboflavin....mg	0.010		2	1		0.003	0.012	
Niacin....mg	0.715		2	1		0.207	0.829	
Pantothenic acid....mg	0.005		2	1		0.001	0.006	
Vitamin B-6....mg	0.002		2	1		0.001	0.002	
Folate, total....mcg	5		2	1		1	6	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5		2	1		1	6	
Folate, DFE....mcg_DFE	5		0	4		1	6	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	167		2	1		48	194	
Vitamin A, RE....mcg_RE	17		0			5	19	
Vitamin E....mg_ATE	0.000		0	7		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. 19281
Frozen desserts, ice, italian, restaurant-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	0.000		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	7		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 = 29.000g: 1 fl oz

Measure 2 = 116.000g: .5 cup

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19283
Frozen desserts, ice pops

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	80.00		1	4		41.60	102.40	70.40
Energy....kcal	72		0	4		37	92	63
Energy....kj	301			4		157	386	265
Protein (N x 6.25)....g	0.00		1	4		0.00	0.00	0.00
Total lipid (fat)....g	0.00		1	4		0.00	0.00	0.00
Ash....g	1.10		1	4		0.57	1.41	0.97
Carbohydrate, by difference....g	18.90		0	4		9.83	24.19	16.63
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		1	4		0	0	0
Iron, Fe....mg	0.00		1	4		0.00	0.00	0.00
Magnesium, Mg....mg	1		1	4		1	1	1
Phosphorus, P....mg	0		1	4		0	0	0
Potassium, K....mg	4	1.888	3	1		2	5	4
Sodium, Na....mg	12	0.628	3	1		6	15	11
Zinc, Zn....mg	0.02		1	4		0.01	0.03	0.02
Copper, Cu....mg	0.009		1	4		0.005	0.012	0.008
Manganese, Mn....mg	0.006		1	4		0.003	0.008	0.005
Selenium, Se....mcg	0.0		0	4		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	0.0
Thiamin....mg	0.000		1	4		0.000	0.000	0.000
Riboflavin....mg	0.000		1	4		0.000	0.000	0.000
Niacin....mg	0.000		1	4		0.000	0.000	0.000
Pantothenic acid....mg	0.001		1	4		0.001	0.001	0.001
Vitamin B-6....mg	0.000		1	4		0.000	0.000	0.000
Folate, total....mcg	0		1	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		1	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		1	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	0.000
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	7		0.000	0.000	0.000
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	0.000		0	4		0.000	0.000	0.000
17:0....g								
18:0....g	0.000		0	4		0.000	0.000	0.000
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.000		0	7		0.000	0.000	0.000
14:1....g								
15:1....g								

NDB No. 19283
Frozen desserts, ice pops

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.000
17:1....g								
18:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:1....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.000		0	7		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		1	4		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 = 52.000g: 1 bar (1.75 fl oz)

Measure 2 = 128.000g: 1 double stick

Measure 3 = 88.000g: 1 single stick

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

Food Group: 19 Sweets

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

NDB No. 19284
Desserts, puddings, KRAFT, JELL-O Brand Instant Pudding & Pie Filling Chocolate, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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	9		0.45		
Energy....kcal	355		0	9		99		
Energy....kj	1485			9		416		
Protein....g	1.50		0	9		0.42		
Total lipid (fat)....g	1.20		0	4		0.34		
Ash....g	4.80		0	9		1.34		
Carbohydrate, by difference (1) ....g	89.60		0	9		25.09		
Fiber, total dietary....g	2.4		0	9		0.7		
Sugars, total....g	66.70		0	9		18.68		
Starch....g								
Minerals:								
Calcium, Ca....mg	16		0	9		4		
Iron, Fe....mg	2.13		0	9		0.60		
Magnesium, Mg....mg								
Phosphorus, P....mg	938		0	9		263		
Potassium, K....mg	290		0	9		81		
Sodium, Na....mg	1477		0	9		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		
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	0.500		0	9		0.140		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	9		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 28.000g: 1 NLEA Serving

Footnotes:

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

NDB No. 19284
Desserts, puddings, KRAFT, JELL-O Brand Instant Pudding & Pie Filling Chocolate, powder

Food Group: 19 Sweets

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

NDB No. 19285
Desserts, puddings, KRAFT, JELL-O Brand Instant Pudding & Pie Filling Vanilla, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.10		0	9		0.28		
Energy....kcal	375		0	9		94		
Energy....kj	1569			9		392		
Protein....g	0.10		0	9		0.03		
Total lipid (fat)....g	0.80		0	4		0.20		
Ash....g	3.60		0	9		0.90		
Carbohydrate, by difference....g	93.50		0	9		23.38		
Fiber, total dietary....g	0.1		0	9		0.0		
Sugars, total....g	74.90		0	9		18.73		
Starch....g								
Minerals:								
Calcium, Ca....mg	4		0	9		1		
Iron, Fe....mg	0.12		0	9		0.03		
Magnesium, Mg....mg								
Phosphorus, P....mg	795		0	9		199		
Potassium, K....mg	5		0	9		1		
Sodium, Na....mg	1411		0	9		353		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		0	9		0.1		
Thiamin....mg								
Riboflavin....mg								
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	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		0.050		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	9		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 25.000g: 1 NLEA Serving

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

Food Group: 19 Sweets

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

NDB No. 19286

Desserts, puddings, KRAFT, JELL-O Brand Fat Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, regular, powder

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		0	9		0.90		
Energy....kcal	360		0	9		90		
Energy....kj	1506			9		377		
Protein....g	1.70		0	9		0.43		
Total lipid (fat)....g	1.00		0	4		0.25		
Ash....g	2.10		0	9		0.53		
Carbohydrate, by difference....g	91.00		0	9		22.75		
Fiber, total dietary....g	1.3		0	9		0.3		
Sugars, total....g	60.10		0	9		15.03		
Starch....g								
Minerals:								
Calcium, Ca....mg	21		0	9		5		
Iron, Fe....mg	2.68		0	9		0.67		
Magnesium, Mg....mg								
Phosphorus, P....mg	72		0	9		18		
Potassium, K....mg	351		0	9		88		
Sodium, Na....mg	426		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								
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	1		0	9		0		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.600		0	9		0.150		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	9		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 25.000g: 1 NLEA Serving

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

Food Group: 19 Sweets

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

NDB No. 19287

Desserts, puddings, KRAFT, JELL-O Brand Fat Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, regular, powder

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	9		0.71		
Energy....kcal	374		0	9		86		
Energy....kj	1565			9		360		
Protein....g	0.10		0	9		0.02		
Total lipid (fat)....g	0.10		0	4		0.02		
Ash....g	2.20		0	9		0.51		
Carbohydrate, by difference....g	94.30		0	9		21.69		
Fiber, total dietary....g	0.3		0	9		0.1		
Sugars, total....g	69.70		0	9		16.03		
Starch....g								
Minerals:								
Calcium, Ca....mg	10		0	9		2		
Iron, Fe....mg	0.18		0	9		0.04		
Magnesium, Mg....mg								
Phosphorus, P....mg	7		0	9		2		
Potassium, K....mg	12		0	9		3		
Sodium, Na....mg	599		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								
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	0.100		0	9		0.023		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	9		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 23.000g: 1 NLEA Serving

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

Food Group: 19 Sweets

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

NDB No. 19288

Desserts, puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Chocolate, ready-to-eat

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	75.70		0	9		85.54		
Energy	kcal	90		0	9		102		
Energy	kj	377			9		426		
Protein	g	2.50		0	9		2.83		
Total lipid (fat)	g	0.40		0	4		0.45		
Ash	g	1.10		0	9		1.24		
Carbohydrate, by difference	g	20.10		0	9		22.71		
Fiber, total dietary	g	0.8		0	9		0.9		
Sugars, total	g	15.30		0	9		17.29		
Starch	g								
Minerals:									
Calcium, Ca	mg	79		0	9		89		
Iron, Fe	mg	0.53		0	9		0.60		
Magnesium, Mg	mg								
Phosphorus, P	mg	76		0	9		86		
Potassium, K	mg	208		0	9		235		
Sodium, Na	mg	170		0	9		192		
Zinc, Zn	mg								
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.3		0	9		0.3		
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	154		0	9		174		
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.300		0	9		0.339		
Fatty acids, total monounsaturated	g								
Fatty acids, total polyunsaturated	g								
Fatty acids, total trans	g								
Cholesterol	mg	2		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 = 113.000g: 1 NLEA Serving

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

Food Group: 19 Sweets

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

NDB No. 19289

Desserts, puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Vanilla, 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	75.90		0	9		85.77		
Energy....kcal	92		0	9		104		
Energy....kj	385			9		435		
Protein....g	2.10		0	9		2.37		
Total lipid (fat)....g	0.20		0	4		0.23		
Ash....g	1.00		0	9		1.13		
Carbohydrate, by difference....g	20.50		0	9		23.17		
Fiber, total dietary....g	0.1		0	9		0.1		
Sugars, total....g	15.80		0	9		17.85		
Starch....g								
Minerals:								
Calcium, Ca....mg	76		0	9		86		
Iron, Fe....mg	0.04		0	9		0.05		
Magnesium, Mg....mg								
Phosphorus, P....mg	102		0	9		115		
Potassium, K....mg	109		0	9		123		
Sodium, Na....mg	213		0	9		241		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		0	9		0.3		
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	154		0	9		174		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.200		0	9		0.226		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	2		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 = 113.000g: 1 NLEA Serving

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

Food Group: 19 Sweets

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

NDB No. 19290

Desserts, gelatins, KRAFT, JELL-O Brand Sugar Free Low Calorie Gelatin Dessert Strawberry, with aspartame and acesulfame potassium sweetener, powder

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	6.60		0	9		0.17		
Energy....kcal	333		0	9		8		
Energy....kj	1393			9		35		
Protein....g	56.80		0	9		1.42		
Total lipid (fat)....g	0.10		0	4		0.00		
Ash....g	7.10		0	9		0.18		
Carbohydrate, by difference (1) ....g	4.90		0	9		0.12		
Fiber, total dietary....g	0.0		0	9		0.0		
Sugars, total....g	0.10		0	9		0.00		
Starch....g								
Minerals:								
Calcium, Ca....mg	21		0	9		1		
Iron, Fe....mg	1.17		0	9		0.03		
Magnesium, Mg....mg								
Phosphorus, P....mg	1361		0	9		34		
Potassium, K....mg	18		0	9		0		
Sodium, Na....mg	2282		0	9		57		
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	0.000		0	9		0.000		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	1		0	9		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 2.500g: 1 NLEA Serving

Footnotes:

1 Contains other proximate components such as acids.

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

NDB No. 19290

Desserts, gelatins, KRAFT, JELL-O Brand Sugar Free Low Calorie Gelatin Dessert Strawberry, with aspartame and acesulfame potassium sweetener, powder

Food Group: 19 Sweets

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

NDB No. 19291

Desserts, gelatins, KRAFT, JELL-O Brand Sugar Free Low Calorie Gelatin Snacks Strawberry, with aspartame and acesulfame potassium sweetener, 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	97.80		0	9		89.98		
Energy....kcal	8		0	9		7		
Energy....kj	33			9		31		
Protein....g	1.40		0	9		1.29		
Total lipid (fat)....g	0.00		0	4		0.00		
Ash....g	0.00		0	9		0.00		
Carbohydrate, by difference....g	0.00		0	9		0.00		
Fiber, total dietary....g	0.0		0	9		0.0		
Sugars, total....g	0.00		0	9		0.00		
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	9		0		
Iron, Fe....mg	0.03		0	9		0.03		
Magnesium, Mg....mg								
Phosphorus, P....mg	0		0	9		0		
Potassium, K....mg	3		0	9		3		
Sodium, Na....mg	49		0	9		45		
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	0.000		0	9		0.000		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	9		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 92.000g: 1 NLEA Serving

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

Food Group: 19 Sweets

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

NDB No. 19293
Frozen desserts, yogurt, vanilla, soft-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	65.30	0.386	8	1		47.02		
Energy....kcal	159		0	4		114		
Energy....kj	665			4		479		
Protein (N x 6.4)....g	4.00	0.119	8	1		2.88		
Total lipid (fat)....g	5.60	0.120	8	1		4.03		
Ash....g	0.90	0.017	8	1		0.65		
Carbohydrate, by difference....g	24.20		0	4		17.42		
Fiber, total dietary....g	0.0		0	4		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	143	4.303	8	1		103		
Iron, Fe....mg	0.30		1	1		0.22		
Magnesium, Mg....mg	14	0.273	3	1		10		
Phosphorus, P....mg	129	3.055	3	1		93		
Potassium, K....mg	211	10.899	3	1		152		
Sodium, Na....mg	87	4.037	8	1		63		
Zinc, Zn....mg	0.42		2	1		0.30		
Copper, Cu....mg	0.040		2	1		0.029		
Manganese, Mn....mg	0.009		1	4		0.006		
Selenium, Se....mcg	2.5		0	4		1.8		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.8		2	1		0.6		
Thiamin....mg	0.037	0.007	3	1		0.027		
Riboflavin....mg	0.224	0.007	8	1		0.161		
Niacin....mg	0.287	0.003	3	1		0.207		
Pantothenic acid....mg	0.645		1	1		0.464		
Vitamin B-6....mg	0.080		2	1		0.058		
Folate, total....mcg	6		2	1		4		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	6		2	1		4		
Folate, DFE....mcg_DFE	6		0	4		4		
Vitamin B-12....mcg	0.29		2	1		0.21		
Vitamin A, IU....IU	212	8.609	3	1		153		
Vitamin A, RE....mcg_RE	57		0	1		41		
Vitamin E....mg_ATE	0.050		0	1		0.036		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.420		0	1		2.462		
4:0....g	0.180		1	1		0.130		
6:0....g	0.100		1	1		0.072		
8:0....g	0.060		1	1		0.043		
10:0....g	0.140		1	1		0.101		
11:0....g								
12:0....g	0.160		1	1		0.115		
13:0....g								
14:0....g	0.570		1	1		0.410		
15:0....g								
16:0....g	1.520		1	1		1.094		
17:0....g								
18:0....g	0.680		1	1		0.490		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.590		0	1		1.145		
14:1....g								
15:1....g								

NDB No. 19293
Frozen desserts, yogurt, vanilla, soft-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	0.130		1	1		0.094		
17:1....g								
18:1 undifferentiated....g	1.460		1	1		1.051		
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	0.210		0	1		0.151		
18:2 undifferentiated....g	0.130		1	1		0.094		
18:3 undifferentiated....g	0.080		1	1		0.058		
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	2		2	1		1		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.053		0	1		0.038		
Threonine....g	0.169		0	1		0.122		
Isoleucine....g	0.228		0	1		0.164		
Leucine....g	0.368		0	1		0.265		
Lysine....g	0.298		0	1		0.215		
Methionine....g	0.094		0	1		0.068		
Cystine....g	0.035		0	1		0.025		
Phenylalanine....g	0.181		0	1		0.130		
Tyrosine....g	0.181		0	1		0.130		
Valine....g	0.252		0	1		0.181		
Arginine....g	0.136		0	1		0.098		
Histidine....g	0.102		0	1		0.073		
Alanine....g	0.129		0	1		0.093		
Aspartic acid....g	0.285		0	1		0.205		
Glutamic acid....g	0.786		0	1		0.566		
Glycine....g	0.080		0	1		0.058		
Proline....g	0.364		0	1		0.262		
Serine....g	0.204		0	1		0.147		
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 = 72.000g: .5 cup

Calories Factors: **Protein** 4.3 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19294
Fruit butters, 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	56.45		1	12		159.19	9.60	
Energy....kcal	173		0	9		488	29	
Energy....kj	724			9		2041	123	
Protein....g	0.39		1	12		1.10	0.07	
Total lipid (fat)....g	0.00		0	9		0.00	0.00	
Ash....g	0.39		1	12		1.10	0.07	
Carbohydrate, by difference....g	42.77		0	9		120.61	7.27	
Fiber, total dietary....g	1.5		1	12		4.2	0.3	
Sugars, total....g	35.30		1	12		99.55	6.00	
Starch....g								
Minerals:								
Calcium, Ca....mg	14		1	12		39	2	
Iron, Fe....mg	0.31		1	12		0.87	0.05	
Magnesium, Mg....mg	5		0	4		14	1	
Phosphorus, P....mg	10		0	4		28	2	
Potassium, K....mg	91		0	4		257	15	
Sodium, Na....mg	4		0	4		11	1	
Zinc, Zn....mg	0.06		1	1		0.17	0.01	
Copper, Cu....mg	0.080		1	1		0.226	0.014	
Manganese, Mn....mg	0.338		0	4		0.953	0.057	
Selenium, Se....mcg	0.6		0	4		1.7	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		0	4		2.0	0.1	
Thiamin....mg	0.016		0	4		0.045	0.003	
Riboflavin....mg	0.022		0	4		0.062	0.004	
Niacin....mg	0.112		0	4		0.316	0.019	
Pantothenic acid....mg	0.059		0	4		0.166	0.010	
Vitamin B-6....mg	0.051		0	4		0.144	0.009	
Folate, total....mcg	1		0	4		3	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	4		3	0	
Folate, DFE....mcg_DFE	1		0	4		3	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	118		1	12		333	20	
Vitamin A, RE....mcg_RE	12		0	4		34	2	
Vitamin E....mg_ATE	0.012		0	4		0.034	0.002	
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. 19294
Fruit butters, 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	0.000		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	4		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 = 282.000g: 1 cup

Measure 2 = 17.000g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19296
Honey, strained or extracted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	17.10	0.071	509	1		57.97	3.59	2.39
Energy....kcal	304		0	4		1031	64	43
Energy....kj	1272			4		4312	267	178
Protein (N x 6.25)....g	0.30	0.007	508	1		1.02	0.06	0.04
Total lipid (fat)....g	0.00	0.002	3	1		0.00	0.00	0.00
Ash....g	0.20	0.009	508	1		0.68	0.04	0.03
Carbohydrate, by difference....g	82.40		0	4		279.34	17.30	11.54
Fiber, total dietary....g	0.2		0	4		0.7	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	6	0.396	13	1		20	1	1
Iron, Fe....mg	0.42	0.110	14	1		1.42	0.09	0.06
Magnesium, Mg....mg	2	0.159	14	1		7	0	0
Phosphorus, P....mg	4	0.348	13	1		14	1	1
Potassium, K....mg	52	9.923	14	1		176	11	7
Sodium, Na....mg	4	0.560	14	1		14	1	1
Zinc, Zn....mg	0.22	0.042	12	1		0.75	0.05	0.03
Copper, Cu....mg	0.036	0.008	14	1		0.122	0.008	0.005
Manganese, Mn....mg	0.080	0.026	14	1		0.271	0.017	0.011
Selenium, Se....mcg	0.8		2	1		2.7	0.2	0.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5	0.141	4	1		1.7	0.1	0.1
Thiamin....mg	0.000		1	4		0.000	0.000	0.000
Riboflavin....mg	0.038	0.012	4	1		0.129	0.008	0.005
Niacin....mg	0.121	0.025	4	1		0.410	0.025	0.017
Pantothenic acid....mg	0.068	0.009	4	1		0.231	0.014	0.010
Vitamin B-6....mg	0.024	0.005	4	1		0.081	0.005	0.003
Folate, total....mcg	2		1	1		7	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	2		1	1		7	0	0
Folate, DFE....mcg_DFE	2		0	4		7	0	0
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		1	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	0.000
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	1		0.000	0.000	0.000
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	0.000		0	4		0.000	0.000	0.000
17:0....g								
18:0....g	0.000		0	4		0.000	0.000	0.000
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.000		0	7		0.000	0.000	0.000
14:1....g								
15:1....g								

NDB No. 19296
Honey, strained or extracted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. 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	0.000
17:1....g								
18:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:1....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.000		0	7		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		1	4		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.004		0	1		0.014	0.001	0.001
Threonine....g	0.004		0	1		0.014	0.001	0.001
Isoleucine....g	0.008		0	1		0.027	0.002	0.001
Leucine....g	0.010		0	1		0.034	0.002	0.001
Lysine....g	0.008		0	1		0.027	0.002	0.001
Methionine....g	0.001		0	1		0.003	0.000	0.000
Cystine....g	0.003		0	1		0.010	0.001	0.000
Phenylalanine....g	0.011		0	1		0.037	0.002	0.002
Tyrosine....g	0.008		0	1		0.027	0.002	0.001
Valine....g	0.009		0	1		0.031	0.002	0.001
Arginine....g	0.005		0	1		0.017	0.001	0.001
Histidine....g	0.001		0	1		0.003	0.000	0.000
Alanine....g	0.006		0	1		0.020	0.001	0.001
Aspartic acid....g	0.027		0	1		0.092	0.006	0.004
Glutamic acid....g	0.018		0	1		0.061	0.004	0.003
Glycine....g	0.007		0	1		0.024	0.001	0.001
Proline....g	0.090		0	1		0.305	0.019	0.013
Serine....g	0.006		0	1		0.020	0.001	0.001
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 = 339.000g: 1 cup

Measure 2 = 21.000g: 1 tbsp

Measure 3 = 14.000g: 1 packet (0.5 oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.68

Food Group: 19 Sweets

NDB No. 19297
Jams and preserves

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	30.47	2.280	8	1		6.09	4.27	
Energy....kcal	278		0	4		56	39	
Energy....kj	1163			4		233	163	
Protein (N x 6.25)....g	0.37	0.180	13	1		0.07	0.05	
Total lipid (fat)....g	0.07	0.070	10	1		0.01	0.01	
Ash....g	0.23	0.030	3	1		0.05	0.03	
Carbohydrate, by difference....g	68.86		0	4		13.77	9.64	
Fiber, total dietary....g	1.1		0	1		0.2	0.2	
Sugars, total....g	48.50		2	1		9.70	6.79	
Starch....g								
Minerals:								
Calcium, Ca....mg	20		1	1		4	3	
Iron, Fe....mg	0.49	0.070	3	1		0.10	0.07	
Magnesium, Mg....mg	4		1	1		1	1	
Phosphorus, P....mg	11		1	4		2	2	
Potassium, K....mg	77	2.028	3	1		15	11	
Sodium, Na....mg	32	9.040	5	1		6	4	
Zinc, Zn....mg	0.06	0.023	4	1		0.01	0.01	
Copper, Cu....mg	0.100		1	1		0.020	0.014	
Manganese, Mn....mg	0.040		1	1		0.008	0.006	
Selenium, Se....mcg	2.0		1	1		0.4	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	8.8		2	1		1.8	1.2	
Thiamin....mg	0.000		1	1		0.000	0.000	
Riboflavin....mg	0.022		1	4		0.004	0.003	
Niacin....mg	0.036		1	1		0.007	0.005	
Pantothenic acid....mg	0.020		1	1		0.004	0.003	
Vitamin B-6....mg	0.020		2	1		0.004	0.003	
Folate, total....mcg	33		1	1		7	5	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	33		1	1		7	5	
Folate, DFE....mcg_DFE	33		0	4		7	5	
Vitamin B-12....mcg	0.00		1	1		0.00	0.00	
Vitamin A, IU....IU	12		1	1		2	2	
Vitamin A, RE....mcg_RE	1		0	1		0	0	
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.010		0	1		0.002	0.001	
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	0.004		0	4		0.001	0.001	
17:0....g								
18:0....g	0.000		0	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.038		0	4		0.008	0.005	
14:1....g								
15:1....g								

NDB No. 19297
Jams and preserves

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.007		0	4		0.001	0.001	
20:1....g	0.018		0	4		0.004	0.003	
22:1 undifferentiated....g	0.014		0	4		0.003	0.002	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.000		0	1		0.000	0.000	
18:2 undifferentiated....g	0.000		0	1		0.000	0.000	
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		1	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.008		0	1		0.002	0.001	
Threonine....g	0.023		0	1		0.005	0.003	
Isoleucine....g	0.017		0	1		0.003	0.002	
Leucine....g	0.037		0	1		0.007	0.005	
Lysine....g	0.030		0	1		0.006	0.004	
Methionine....g	0.001		0	1		0.000	0.000	
Cystine....g	0.006		0	1		0.001	0.001	
Phenylalanine....g	0.021		0	1		0.004	0.003	
Tyrosine....g	0.025		0	1		0.005	0.004	
Valine....g	0.021		0	1		0.004	0.003	
Arginine....g	0.032		0	1		0.006	0.004	
Histidine....g	0.014		0	1		0.003	0.002	
Alanine....g	0.037		0	1		0.007	0.005	
Aspartic acid....g	0.166		0	1		0.033	0.023	
Glutamic acid....g	0.109		0	1		0.022	0.015	
Glycine....g	0.029		0	1		0.006	0.004	
Proline....g	0.023		0	1		0.005	0.003	
Serine....g	0.028		0	1		0.006	0.004	
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 = 20.000g: 1 tbsp

Measure 2 = 14.000g: 1 packet (0.5 oz)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19300
Jellies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	29.17	1.470	9	1		87.51	5.54	4.08
Energy....kcal	283		0	4		849	54	40
Energy....kj	1184			4		3552	225	166
Protein (N x 6.25)....g	0.20	0.100	13	1		0.60	0.04	0.03
Total lipid (fat)....g	0.03	0.030	7	1		0.09	0.01	0.00
Ash....g	0.13	0.030	3	1		0.39	0.02	0.02
Carbohydrate, by difference....g	70.47		0	4		211.41	13.39	9.87
Fiber, total dietary....g	1.0		0	1		3.0	0.2	0.1
Sugars, total....g	41.50	3.580	3	1		124.50	7.89	5.81
Starch....g								
Minerals:								
Calcium, Ca....mg	8	0.364	52	1		24	2	1
Iron, Fe....mg	0.20	0.016	32	1		0.60	0.04	0.03
Magnesium, Mg....mg	6	0.157	52	1		18	1	1
Phosphorus, P....mg	5	0.397	49	1		15	1	1
Potassium, K....mg	64	4.775	54	1		192	12	9
Sodium, Na....mg	28	8.700	56	1		84	5	4
Zinc, Zn....mg	0.04	0.007	38	1		0.12	0.01	0.01
Copper, Cu....mg	0.018	0.003	33	1		0.054	0.003	0.003
Manganese, Mn....mg	0.139	0.013	30	1		0.417	0.026	0.019
Selenium, Se....mcg	2.0		0	4		6.0	0.4	0.3
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.9	0.130	3	1		2.7	0.2	0.1
Thiamin....mg	0.001		1	1		0.003	0.000	0.000
Riboflavin....mg	0.026		1	4		0.078	0.005	0.004
Niacin....mg	0.036		1	1		0.108	0.007	0.005
Pantothenic acid....mg	0.197		1	1		0.591	0.037	0.028
Vitamin B-6....mg	0.020		1	1		0.060	0.004	0.003
Folate, total....mcg	1		1	1		3	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	1		1	1		3	0	0
Folate, DFE....mcg_DFE	1		0	4		3	0	0
Vitamin B-12....mcg	0.00		1	1		0.00	0.00	0.00
Vitamin A, IU....IU	17		1	1		51	3	2
Vitamin A, RE....mcg_RE	2		0	1		6	0	0
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	0.000
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.018		0	4		0.054	0.003	0.003
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	0.005		0	4		0.015	0.001	0.001
17:0....g								
18:0....g	0.001		0	4		0.003	0.000	0.000
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.010		0	4		0.030	0.002	0.001
14:1....g								
15:1....g								

NDB No. 19300
Jellies

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.000
17:1....g								
18:1 undifferentiated....g	0.010		0	4		0.030	0.002	0.001
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	0.015		0	4		0.045	0.003	0.002
18:2 undifferentiated....g	0.015		0	4		0.045	0.003	0.002
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		1	4		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 = 300.000g: 1 cup

Measure 2 = 19.000g: 1 tbsp

Measure 3 = 14.000g: 1 packet (0.5 oz)

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19301
Candies, fudge, chocolate marshmallow, with nuts, 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	7.40		0	1		1.63	97.24	
Energy....kcal	437		0	4		96	5742	
Energy....kj	1828			4		402	24025	
Protein (N x 0)....g	3.20		0	1		0.70	42.05	
Total lipid (fat)....g	19.60		0	1		4.31	257.54	
Ash....g	0.90		0	1		0.20	11.83	
Carbohydrate, by difference....g	68.70		0	4		15.11	902.72	
Fiber, total dietary....g	1.7		0	4		0.4	22.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	48		0	1		11	631	
Iron, Fe....mg	1.06		0	1		0.23	13.93	
Magnesium, Mg....mg	44		0	1		10	578	
Phosphorus, P....mg	83		0	1		18	1091	
Potassium, K....mg	167		0	1		37	2194	
Sodium, Na....mg	94		0	1		21	1235	
Zinc, Zn....mg	0.71		0	1		0.16	9.33	
Copper, Cu....mg	0.307		0	1		0.068	4.034	
Manganese, Mn....mg	0.407		0	1		0.090	5.348	
Selenium, Se....mcg	1.7		0	4		0.4	22.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		0	1		0.1	5.3	
Thiamin....mg	0.046		0	1		0.010	0.604	
Riboflavin....mg	0.081		0	1		0.018	1.064	
Niacin....mg	0.218		0	1		0.048	2.865	
Pantothenic acid....mg	0.156		0	1		0.034	2.050	
Vitamin B-6....mg	0.056		0	1		0.012	0.736	
Folate, total....mcg	7		0	1		2	92	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	7		0	1		2	92	
Folate, DFE....mcg_DFE	7		0	4		2	92	
Vitamin B-12....mcg	0.03		0	1		0.01	0.39	
Vitamin A, IU....IU	303		0	1		67	3981	
Vitamin A, RE....mcg_RE	72		0	1		16	946	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	9.700		0	1		2.134	127.458	
4:0....g	0.250		0	1		0.055	3.285	
6:0....g	0.150		0	1		0.033	1.971	
8:0....g	0.080		0	1		0.018	1.051	
10:0....g	0.190		0	1		0.042	2.497	
11:0....g								
12:0....g	0.210		0	1		0.046	2.759	
13:0....g								
14:0....g	0.810		0	1		0.178	10.643	
15:0....g								
16:0....g	4.400		0	1		0.968	57.816	
17:0....g								
18:0....g	3.380		0	1		0.744	44.413	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.770		0	1		1.269	75.818	
14:1....g								
15:1....g								

NDB No. 19301

Candies, fudge, chocolate marshmallow, with nuts, 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	0.180		0	1		0.040	2.365	
17:1....g								
18:1 undifferentiated....g	5.440		0	1		1.197	71.482	
20:1....g	0.040		0	1		0.009	0.526	
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.190		0	1		0.702	41.917	
18:2 undifferentiated....g	2.610		0	1		0.574	34.295	
18:3 undifferentiated....g	0.580		0	1		0.128	7.621	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	22		0	1		5	289	
Phytosterols....mg	7		0	1		2	92	
Amino Acids:								
Tryptophan....g	0.040		0	1		0.009	0.526	
Threonine....g	0.114		0	1		0.025	1.498	
Isoleucine....g	0.132		0	1		0.029	1.734	
Leucine....g	0.219		0	1		0.048	2.878	
Lysine....g	0.158		0	1		0.035	2.076	
Methionine....g	0.052		0	1		0.011	0.683	
Cystine....g	0.042		0	1		0.009	0.552	
Phenylalanine....g	0.137		0	1		0.030	1.800	
Tyrosine....g	0.110		0	1		0.024	1.445	
Valine....g	0.173		0	1		0.038	2.273	
Arginine....g	0.236		0	1		0.052	3.101	
Histidine....g	0.066		0	1		0.015	0.867	
Alanine....g	0.142		0	1		0.031	1.866	
Aspartic acid....g	0.278		0	1		0.061	3.653	
Glutamic acid....g	0.540		0	1		0.119	7.096	
Glycine....g	0.171		0	1		0.038	2.247	
Proline....g	0.204		0	1		0.045	2.681	
Serine....g	0.149		0	1		0.033	1.958	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	16		0	4		4	210	
Theobromine....mg	129		0	4		28	1695	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample 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 piece

Measure 2 = 1314.000g: 1 recipe yield (60 pieces)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19303
Marmalade, orange

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	33.20		1	1		106.24	6.64	4.65
Energy....kcal	246		0	4		787	49	34
Energy....kj	1029			4		3294	206	144
Protein (N x 6.25)....g	0.30	0.058	3	1		0.96	0.06	0.04
Total lipid (fat)....g	0.00		1	1		0.00	0.00	0.00
Ash....g	0.20		1	1		0.64	0.04	0.03
Carbohydrate, by difference....g	66.30		0	4		212.16	13.26	9.28
Fiber, total dietary....g	0.2		0	4		0.6	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	38		1	1		122	8	5
Iron, Fe....mg	0.15	0.029	3	1		0.48	0.03	0.02
Magnesium, Mg....mg	2		1	1		6	0	0
Phosphorus, P....mg	6		1	4		19	1	1
Potassium, K....mg	37		1	1		118	7	5
Sodium, Na....mg	56		1	1		179	11	8
Zinc, Zn....mg	0.04	0.018	4	1		0.13	0.01	0.01
Copper, Cu....mg	0.090		1	1		0.288	0.018	0.013
Manganese, Mn....mg	0.020		1	1		0.064	0.004	0.003
Selenium, Se....mcg	0.2		0	4		0.6	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	4.8	2.285	3	1		15.4	1.0	0.7
Thiamin....mg	0.005		1	1		0.016	0.001	0.001
Riboflavin....mg	0.006		1	4		0.019	0.001	0.001
Niacin....mg	0.052		1	1		0.166	0.010	0.007
Pantothenic acid....mg	0.015		1	1		0.048	0.003	0.002
Vitamin B-6....mg	0.014		1	4		0.045	0.003	0.002
Folate, total....mcg	36		1	1		115	7	5
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	36		1	1		115	7	5
Folate, DFE....mcg_DFE	36		0	4		115	7	5
Vitamin B-12....mcg	0.00		1	1		0.00	0.00	0.00
Vitamin A, IU....IU	47		1	1		150	9	7
Vitamin A, RE....mcg_RE	5		0	1		16	1	1
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	0.000
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	7		0.000	0.000	0.000
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	0.000		0	4		0.000	0.000	0.000
17:0....g								
18:0....g	0.000		0	4		0.000	0.000	0.000
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.000		0	7		0.000	0.000	0.000
14:1....g								
15:1....g								

NDB No. 19303
Marmalade, orange

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.000
17:1....g								
18:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:1....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.000		0	7		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		1	4		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.003		0	1		0.010	0.001	0.000
Threonine....g	0.005		0	1		0.016	0.001	0.001
Isoleucine....g	0.008		0	1		0.026	0.002	0.001
Leucine....g	0.007		0	1		0.022	0.001	0.001
Lysine....g	0.015		0	1		0.048	0.003	0.002
Methionine....g	0.006		0	1		0.019	0.001	0.001
Cystine....g	0.003		0	1		0.010	0.001	0.000
Phenylalanine....g	0.010		0	1		0.032	0.002	0.001
Tyrosine....g	0.005		0	1		0.016	0.001	0.001
Valine....g	0.013		0	1		0.042	0.003	0.002
Arginine....g	0.021		0	1		0.067	0.004	0.003
Histidine....g	0.006		0	1		0.019	0.001	0.001
Alanine....g	0.016		0	1		0.051	0.003	0.002
Aspartic acid....g	0.036		0	1		0.115	0.007	0.005
Glutamic acid....g	0.030		0	1		0.096	0.006	0.004
Glycine....g	0.030		0	1		0.096	0.006	0.004
Proline....g	0.015		0	1		0.048	0.003	0.002
Serine....g	0.010		0	1		0.032	0.002	0.001
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 = 320.000g: 1 cup

Measure 2 = 20.000g: 1 tbsp

Measure 3 = 14.000g: 1 package (0.5 oz)

Calories Factors: **Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 19 Sweets

NDB No. 19304
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	25.90		2	1		84.95	5.18	
Energy....kcal	266		0	4		872	53	
Energy....kj	1113			4		3650	223	
Protein (N x 6.25)....g	0.00		1	4		0.00	0.00	
Total lipid (fat)....g	0.10		2	1		0.33	0.02	
Ash....g	3.30		2	1		10.82	0.66	
Carbohydrate, by difference....g	68.80		0	4		225.66	13.76	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	205		2	1		672	41	
Iron, Fe....mg	4.72		2	1		15.48	0.94	
Magnesium, Mg....mg	242		2	1		794	48	
Phosphorus, P....mg	31		2	1		102	6	
Potassium, K....mg	1464		2	1		4802	293	
Sodium, Na....mg	37		2	1		121	7	
Zinc, Zn....mg	0.29	0.038	3	1		0.95	0.06	
Copper, Cu....mg	0.487	0.035	3	1		1.597	0.097	
Manganese, Mn....mg	1.530		2	1		5.018	0.306	
Selenium, Se....mcg	17.8	4.906	5	1		58.4	3.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.041		2	1		0.134	0.008	
Riboflavin....mg	0.002		1	1		0.007	0.000	
Niacin....mg	0.930		2	1		3.050	0.186	
Pantothenic acid....mg	0.804		2	1		2.637	0.161	
Vitamin B-6....mg	0.670		2	1		2.198	0.134	
Folate, total....mcg	0		2	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		2	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.018		0	4		0.059	0.004	
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	0.018		0	4		0.059	0.004	
17:0....g								
18:0....g	0.002		0	4		0.007	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.032		0	4		0.105	0.006	
14:1....g								
15:1....g								

NDB No. 19304
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	0.000		0	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.032		0	4		0.105	0.006	
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	0.050		0	4		0.164	0.010	
18:2 undifferentiated....g	0.050		0	4		0.164	0.010	
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		1	4		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 = 328.000g: 1 cup

Measure 2 = 20.000g: 1 tbsp

Calories Factors: Protein **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19305
Molasses, blackstrap

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	28.70		1	1		94.14	5.74	
Energy....kcal	235		0	4		771	47	
Energy....kj	983			4		3225	197	
Protein (N x 6.25)....g	0.00		1	4		0.00	0.00	
Total lipid (fat)....g	0.00		1	1		0.00	0.00	
Ash....g	8.20		1	1		26.90	1.64	
Carbohydrate, by difference....g	60.80		0	4		199.42	12.16	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	860		1	1		2821	172	
Iron, Fe....mg	17.50		1	1		57.40	3.50	
Magnesium, Mg....mg	215		1	1		705	43	
Phosphorus, P....mg	40		1	1		131	8	
Potassium, K....mg	2492		1	1		8174	498	
Sodium, Na....mg	55		1	1		180	11	
Zinc, Zn....mg	1.00		1	1		3.28	0.20	
Copper, Cu....mg	2.040		1	1		6.691	0.408	
Manganese, Mn....mg	2.610		1	1		8.561	0.522	
Selenium, Se....mcg	17.8		0	4		58.4	3.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.033		1	1		0.108	0.007	
Riboflavin....mg	0.052		1	1		0.171	0.010	
Niacin....mg	1.080		1	1		3.542	0.216	
Pantothenic acid....mg	0.880		1	1		2.886	0.176	
Vitamin B-6....mg	0.700		1	1		2.296	0.140	
Folate, total....mcg	1		1	1		3	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		1	1		3	0	
Folate, DFE....mcg_DFE	1		0	4		3	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.000		0	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		1	4		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 = 328.000g: 1 cup

Measure 2 = 20.000g: 1 tbsp

NDB No. 19305
Molasses, blackstrap

Calories Factors:	**Protein**	**Fat** 8.37	**Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19310
Pectin, unsweetened, 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	8.70	2.791	3	1		4.35		
Energy	kcal	325		0	4		163		
Energy	kj	1360			4		680		
Protein (N x 6.25)	g	0.30		2	1		0.15		
Total lipid (fat)	g	0.30		2	1		0.15		
Ash	g	0.30		2	1		0.15		
Carbohydrate, by difference	g	90.40		0	4		45.20		
Fiber, total dietary	g	8.6		0	4		4.3		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	7		2	1		4		
Iron, Fe	mg	2.71		2	1		1.36		
Magnesium, Mg	mg	1		2	1		1		
Phosphorus, P	mg	2		2	1		1		
Potassium, K	mg	7		2	1		4		
Sodium, Na	mg	200		2	1		100		
Zinc, Zn	mg	0.47		2	1		0.24		
Copper, Cu	mg	0.420		2	1		0.210		
Manganese, Mn	mg	0.070		2	1		0.035		
Selenium, Se	mcg	0.0		0	7		0.0		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		1	4		0.0		
Thiamin	mg	0.008		2	1		0.004		
Riboflavin	mg	0.060		2	1		0.030		
Niacin	mg	0.005		2	1		0.003		
Pantothenic acid	mg	0.110		2	1		0.055		
Vitamin B-6	mg	0.010		2	1		0.005		
Folate, total	mcg	1		2	1		1		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	1		2	1		1		
Folate, DFE	mcg_DFE	1		0	4		1		
Vitamin B-12	mcg	0.00		1	4		0.00		
Vitamin A, IU	IU	3		2	1		2		
Vitamin A, RE	mcg_RE	0		0	1		0		
Vitamin E	mg_ATE	0.000		0	4		0.000		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.050		0	4		0.025		
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	0.001		0	4		0.001		
13:0	g								
14:0	g	0.002		0	4		0.001		
15:0	g								
16:0	g	0.040		0	4		0.020		
17:0	g								
18:0	g	0.006		0	4		0.003		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.010		0	4		0.005		
14:1	g								
15:1	g								

NDB No. 19310
Pectin, unsweetened, 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		0.001		
17:1....g								
18:1 undifferentiated....g	0.012		0	4		0.006		
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	0.090		0	4		0.045		
18:2 undifferentiated....g	0.072		0	4		0.036		
18:3 undifferentiated....g	0.015		0	4		0.008		
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		1	4		0		
Phytosterols....mg								
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 = 50.000g: 1 package (1.75 oz)

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

Food Group: 19 Sweets

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

NDB No. 19311
Desserts, puddings, banana, 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	72.00	0.157	19	1		20.41	102.24	
Energy....kcal	127		0	4		36	180	
Energy....kj	531			4		151	755	
Protein (N x 6.4)....g	2.40	0.023	19	1		0.68	3.41	
Total lipid (fat)....g	3.60	0.043	19	1		1.02	5.11	
Ash....g	0.90	0.007	19	1		0.26	1.28	
Carbohydrate, by difference....g	21.20		0	4		6.01	30.10	
Fiber, total dietary....g	0.1		0	4		0.0	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	85	0.426	19	1		24	121	
Iron, Fe....mg	0.13	0.010	19	1		0.04	0.18	
Magnesium, Mg....mg	8	0.086	19	1		2	11	
Phosphorus, P....mg	69	0.472	19	1		20	98	
Potassium, K....mg	110	0.932	19	1		31	156	
Sodium, Na....mg	196	1.459	19	1		56	278	
Zinc, Zn....mg	0.28	0.005	19	1		0.08	0.40	
Copper, Cu....mg	0.028	0.002	19	1		0.008	0.040	
Manganese, Mn....mg	0.008		1	4		0.002	0.011	
Selenium, Se....mcg	1.4		0	4		0.4	2.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		1	4		0.1	0.7	
Thiamin....mg	0.020	0.000	19	1		0.006	0.028	
Riboflavin....mg	0.147	0.003	19	1		0.042	0.209	
Niacin....mg	0.163	0.029	19	1		0.046	0.231	
Pantothenic acid....mg	0.160		1	4		0.045	0.227	
Vitamin B-6....mg	0.021		1	4		0.006	0.030	
Folate, total....mcg	2		1	4		1	3	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	2		1	4		1	3	
Folate, DFE....mcg_DFE	2		0	4		1	3	
Vitamin B-12....mcg	0.18		1	4		0.05	0.26	
Vitamin A, IU....IU	99		1	4		28	141	
Vitamin A, RE....mcg_RE	30		0	1		9	43	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.560		0	1		0.159	0.795	
4:0....g	0.000		1	1		0.000	0.000	
6:0....g	0.000		1	1		0.000	0.000	
8:0....g	0.000		1	1		0.000	0.000	
10:0....g	0.000		1	1		0.000	0.000	
11:0....g								
12:0....g	0.000		1	1		0.000	0.000	
13:0....g								
14:0....g	0.010		1	1		0.003	0.014	
15:0....g								
16:0....g	0.360		1	1		0.102	0.511	
17:0....g								
18:0....g	0.180		1	1		0.051	0.256	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.530		0	1		0.434	2.173	
14:1....g								
15:1....g								

NDB No. 19311
Desserts, puddings, banana, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		1	1		0.006	0.028	
17:1....g								
18:1 undifferentiated....g	1.520		1	1		0.431	2.158	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.330		0	1		0.377	1.889	
18:2 undifferentiated....g	1.240		1	1		0.352	1.761	
18:3 undifferentiated....g	0.090		1	1		0.026	0.128	
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	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.031		0	1		0.009	0.044	
Threonine....g	0.101		0	1		0.029	0.143	
Isoleucine....g	0.136		0	1		0.039	0.193	
Leucine....g	0.222		0	1		0.063	0.315	
Lysine....g	0.177		0	1		0.050	0.251	
Methionine....g	0.056		0	1		0.016	0.080	
Cystine....g	0.021		0	1		0.006	0.030	
Phenylalanine....g	0.109		0	1		0.031	0.155	
Tyrosine....g	0.108		0	1		0.031	0.153	
Valine....g	0.151		0	1		0.043	0.214	
Arginine....g	0.082		0	1		0.023	0.116	
Histidine....g	0.061		0	1		0.017	0.087	
Alanine....g	0.079		0	1		0.022	0.112	
Aspartic acid....g	0.171		0	1		0.048	0.243	
Glutamic acid....g	0.472		0	1		0.134	0.670	
Glycine....g	0.048		0	1		0.014	0.068	
Proline....g	0.218		0	1		0.062	0.310	
Serine....g	0.122		0	1		0.035	0.173	
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 can (5 oz)

Calories Factors: **Protein** 4.3 **Fat** 8.8 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19312
Pie fillings, canned, 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	73.40	0.815	3	1		436.73	54.32	
Energy....kcal	101		0	4		601	75	
Energy....kj	423			4		2514	313	
Protein (N x 6.25)....g	0.10		2	1		0.60	0.07	
Total lipid (fat)....g	0.10		2	1		0.60	0.07	
Ash....g	0.30		2	1		1.79	0.22	
Carbohydrate, by difference....g	26.20		0	4		155.89	19.39	
Fiber, total dietary....g	1.0		0	1		6.0	0.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	4		2	1		24	3	
Iron, Fe....mg	0.29		2	1		1.73	0.21	
Magnesium, Mg....mg	2		2	1		12	1	
Phosphorus, P....mg	7		2	1		42	5	
Potassium, K....mg	45		2	1		268	33	
Sodium, Na....mg	44		2	1		262	33	
Zinc, Zn....mg	0.04		2	1		0.24	0.03	
Copper, Cu....mg	0.055		2	1		0.327	0.041	
Manganese, Mn....mg	0.027		2	1		0.161	0.020	
Selenium, Se....mcg	0.4		0	4		2.4	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.1		1	4		6.5	0.8	
Thiamin....mg	0.012		2	1		0.071	0.009	
Riboflavin....mg	0.011		2	1		0.065	0.008	
Niacin....mg	0.035		2	1		0.208	0.026	
Pantothenic acid....mg	0.042		2	1		0.250	0.031	
Vitamin B-6....mg	0.016		2	1		0.095	0.012	
Folate, total....mcg	0		2	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		2	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	13		1	4		77	10	
Vitamin A, RE....mcg_RE	1		0	1		6	1	
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.020		0	1		0.119	0.015	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		1	1		0.000	0.000	
13:0....g								
14:0....g	0.000		1	1		0.000	0.000	
15:0....g								
16:0....g	0.010		1	1		0.060	0.007	
17:0....g								
18:0....g	0.000		1	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.000		0	1		0.000	0.000	
14:1....g								
15:1....g								

NDB No. 19312
Pie fillings, canned, 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	0.000		1	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.000		1	1		0.000	0.000	
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	0.030		0	1		0.179	0.022	
18:2 undifferentiated....g	0.020		1	1		0.119	0.015	
18:3 undifferentiated....g	0.000		1	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		1	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.001		0	1		0.006	0.001	
Threonine....g	0.003		0	1		0.018	0.002	
Isoleucine....g	0.003		0	1		0.018	0.002	
Leucine....g	0.005		0	1		0.030	0.004	
Lysine....g	0.005		0	1		0.030	0.004	
Methionine....g	0.001		0	1		0.006	0.001	
Cystine....g	0.001		0	1		0.006	0.001	
Phenylalanine....g	0.002		0	1		0.012	0.001	
Tyrosine....g	0.002		0	1		0.012	0.001	
Valine....g	0.004		0	1		0.024	0.003	
Arginine....g	0.002		0	1		0.012	0.001	
Histidine....g	0.001		0	1		0.006	0.001	
Alanine....g	0.003		0	1		0.018	0.002	
Aspartic acid....g	0.028		0	1		0.167	0.021	
Glutamic acid....g	0.008		0	1		0.048	0.006	
Glycine....g	0.003		0	1		0.018	0.002	
Proline....g	0.003		0	1		0.018	0.002	
Serine....g	0.003		0	1		0.018	0.002	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 595.000g: 1 can (21 oz)

Measure 2 = 74.000g: .125 can

Calories Factors: **Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19314
Pie fillings, canned, 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	71.23	0.930	5	1		423.82	52.71	
Energy....kcal	115		0	4		684	85	
Energy....kj	481			4		2863	356	
Protein (N x 6.25)....g	0.37	0.070	4	1		2.20	0.27	
Total lipid (fat)....g	0.07	0.070	4	1		0.42	0.05	
Ash....g	0.20	0.010	4	1		1.19	0.15	
Carbohydrate, by difference....g	28.00		0	4		166.60	20.72	
Fiber, total dietary....g	0.6		0	1		3.6	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11		2	1		65	8	
Iron, Fe....mg	0.24		2	1		1.43	0.18	
Magnesium, Mg....mg	7		2	1		42	5	
Phosphorus, P....mg	15		2	1		89	11	
Potassium, K....mg	105		2	1		625	78	
Sodium, Na....mg	18	8.040	4	1		107	13	
Zinc, Zn....mg	0.05		2	1		0.30	0.04	
Copper, Cu....mg	0.080		2	1		0.476	0.059	
Manganese, Mn....mg	0.030		2	1		0.179	0.022	
Selenium, Se....mcg	0.4		0	4		2.4	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.6		1	4		21.4	2.7	
Thiamin....mg	0.025		2	1		0.149	0.019	
Riboflavin....mg	0.016		2	1		0.095	0.012	
Niacin....mg	0.140		2	1		0.833	0.104	
Pantothenic acid....mg	0.063		2	1		0.375	0.047	
Vitamin B-6....mg	0.037		2	1		0.220	0.027	
Folate, total....mcg	4		2	1		24	3	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	4		2	1		24	3	
Folate, DFE....mcg_DFE	4		0	4		24	3	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	205		2	1		1220	152	
Vitamin A, RE....mcg_RE	21		0	1		125	16	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.018		0	4		0.107	0.013	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.010		0	4		0.060	0.007	
17:0....g								
18:0....g	0.004		0	4		0.024	0.003	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.021		0	4		0.125	0.016	
14:1....g								
15:1....g								

NDB No. 19314
Pie fillings, canned, 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	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.021		0	4		0.125	0.016	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.021		0	4		0.125	0.016	
18:2 undifferentiated....g	0.010		0	4		0.060	0.007	
18:3 undifferentiated....g	0.010		0	4		0.060	0.007	
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	0.002		0	1		0.012	0.001	
Threonine....g	0.009		0	1		0.054	0.007	
Isoleucine....g	0.009		0	1		0.054	0.007	
Leucine....g	0.013		0	1		0.077	0.010	
Lysine....g	0.016		0	1		0.095	0.012	
Methionine....g	0.002		0	1		0.012	0.001	
Cystine....g	0.002		0	1		0.012	0.001	
Phenylalanine....g	0.008		0	1		0.048	0.006	
Tyrosine....g	0.005		0	1		0.030	0.004	
Valine....g	0.012		0	1		0.071	0.009	
Arginine....g	0.007		0	1		0.042	0.005	
Histidine....g	0.006		0	1		0.036	0.004	
Alanine....g	0.013		0	1		0.077	0.010	
Aspartic acid....g	0.247		0	1		1.470	0.183	
Glutamic acid....g	0.017		0	1		0.101	0.013	
Glycine....g	0.010		0	1		0.060	0.007	
Proline....g	0.014		0	1		0.083	0.010	
Serine....g	0.014		0	1		0.083	0.010	
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 = 595.000g: 1 can (21 oz)

Measure 2 = 74.000g: .125 can

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19318
Desserts, puddings, banana, dry mix, instant

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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	0.054	6	1		2.77	0.70	
Energy....kcal	367		0	4		363	92	
Energy....kj	1536			4		1520	384	
Protein (N x 6.4)....g	0.00	0.000	6	1		0.00	0.00	
Total lipid (fat)....g	0.60	0.074	6	1		0.59	0.15	
Ash....g	3.80	0.013	6	1		3.76	0.95	
Carbohydrate, by difference....g	92.70		0	4		91.77	23.18	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	6		1	4		6	2	
Iron, Fe....mg	0.12		1	4		0.12	0.03	
Magnesium, Mg....mg	2		1	4		2	1	
Phosphorus, P....mg	804		1	4		796	201	
Potassium, K....mg	15		0	4		15	4	
Sodium, Na....mg	1499		0	4		1484	375	
Zinc, Zn....mg	0.04		1	4		0.04	0.01	
Copper, Cu....mg	0.021		1	4		0.021	0.005	
Manganese, Mn....mg	0.010		1	4		0.010	0.003	
Selenium, Se....mcg	0.8		0	4		0.8	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.001		1	4		0.001	0.000	
Riboflavin....mg	0.003		1	4		0.003	0.001	
Niacin....mg	0.002		1	4		0.002	0.001	
Pantothenic acid....mg	0.006		1	4		0.006	0.002	
Vitamin B-6....mg	0.001		1	4		0.001	0.000	
Folate, total....mcg	0		1	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		1	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.01		1	4		0.01	0.00	
Vitamin A, IU....IU	0		1	4		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	0.090		0	1		0.089	0.023	
4:0....g	0.000		1	1		0.000	0.000	
6:0....g	0.000		1	1		0.000	0.000	
8:0....g	0.000		1	1		0.000	0.000	
10:0....g	0.000		1	1		0.000	0.000	
11:0....g								
12:0....g	0.000		1	1		0.000	0.000	
13:0....g								
14:0....g	0.000		1	1		0.000	0.000	
15:0....g								
16:0....g	0.060		1	1		0.059	0.015	
17:0....g								
18:0....g	0.020		1	1		0.020	0.005	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.140		0	1		0.139	0.035	
14:1....g								
15:1....g								

NDB No. 19318
Desserts, puddings, banana, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		1	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.140		1	1		0.139	0.035	
20:1....g	0.000		1	1		0.000	0.000	
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.350		0	1		0.347	0.088	
18:2 undifferentiated....g	0.310		1	1		0.307	0.078	
18:3 undifferentiated....g	0.040		1	1		0.040	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		1	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 = 99.000g: 1 package (3.5 oz)

Measure 2 = 25.000g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19319
Desserts, puddings, banana, dry mix, instant, prepared with whole 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	73.50		0	1		108.05	431.45	
Energy	kcal	113		0	4		166	663	
Energy	kj	473			4		695	2775	
Protein (N x 0)	g	2.70		0	1		3.97	15.85	
Total lipid (fat)	g	2.90		0	1		4.26	17.02	
Ash	g	1.20		0	1		1.76	7.04	
Carbohydrate, by difference	g	19.60		0	4		28.81	115.05	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	100		0	1		147	587	
Iron, Fe	mg	0.06		0	1		0.09	0.35	
Magnesium, Mg	mg	12		0	1		18	70	
Phosphorus, P	mg	214		0	1		315	1256	
Potassium, K	mg	128		0	1		188	751	
Sodium, Na	mg	295		0	1		434	1732	
Zinc, Zn	mg	0.32		0	1		0.47	1.88	
Copper, Cu	mg	0.012		0	1		0.018	0.070	
Manganese, Mn	mg	0.003		0	1		0.004	0.018	
Selenium, Se	mcg	1.6		0	4		2.4	9.4	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.8		0	1		1.2	4.7	
Thiamin	mg	0.032		0	1		0.047	0.188	
Riboflavin	mg	0.135		0	1		0.198	0.792	
Niacin	mg	0.070		0	1		0.103	0.411	
Pantothenic acid	mg	0.262		0	1		0.385	1.538	
Vitamin B-6	mg	0.035		0	1		0.051	0.205	
Folate, total	mcg	4		0	1		6	23	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	4		0	1		6	23	
Folate, DFE	mcg_DFE	4		0	4		6	23	
Vitamin B-12	mcg	0.30		0	1		0.44	1.76	
Vitamin A, IU	IU	105		0	1		154	616	
Vitamin A, RE	mcg_RE	25		0	1		37	147	
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	1.740		0	1		2.558	10.214	
4:0	g	0.090		0	1		0.132	0.528	
6:0	g	0.050		0	1		0.074	0.294	
8:0	g	0.030		0	1		0.044	0.176	
10:0	g	0.070		0	1		0.103	0.411	
11:0	g								
12:0	g	0.080		0	1		0.118	0.470	
13:0	g								
14:0	g	0.290		0	1		0.426	1.702	
15:0	g								
16:0	g	0.770		0	1		1.132	4.520	
17:0	g								
18:0	g	0.360		0	1		0.529	2.113	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.820		0	1		1.205	4.813	
14:1	g								
15:1	g								

NDB No. 19319

Desserts, puddings, banana, dry mix, instant, prepared with whole 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	0.070		0	1		0.103	0.411	
17:1....g								
18:1 undifferentiated....g	0.760		0	1		1.117	4.461	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.170		0	1		0.250	0.998	
18:2 undifferentiated....g	0.120		0	1		0.176	0.704	
18:3 undifferentiated....g	0.050		0	1		0.074	0.294	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	11		0	1		16	65	
Phytosterols....mg	0		0	1		0	0	
Amino Acids:								
Tryptophan....g	0.036		0	1		0.053	0.211	
Threonine....g	0.117		0	1		0.172	0.687	
Isoleucine....g	0.158		0	1		0.232	0.927	
Leucine....g	0.255		0	1		0.375	1.497	
Lysine....g	0.207		0	1		0.304	1.215	
Methionine....g	0.065		0	1		0.096	0.382	
Cystine....g	0.024		0	1		0.035	0.141	
Phenylalanine....g	0.126		0	1		0.185	0.740	
Tyrosine....g	0.126		0	1		0.185	0.740	
Valine....g	0.174		0	1		0.256	1.021	
Arginine....g	0.094		0	1		0.138	0.552	
Histidine....g	0.071		0	1		0.104	0.417	
Alanine....g	0.090		0	1		0.132	0.528	
Aspartic acid....g	0.198		0	1		0.291	1.162	
Glutamic acid....g	0.545		0	1		0.801	3.199	
Glycine....g	0.055		0	1		0.081	0.323	
Proline....g	0.252		0	1		0.370	1.479	
Serine....g	0.141		0	1		0.207	0.828	
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 = 147.000g: .5 cup

Measure 2 = 587.000g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19320
Desserts, puddings, banana, 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	4.10	0.100	6	1		3.61	0.90	
Energy....kcal	376		0	4		331	83	
Energy....kj	1573			4		1384	346	
Protein (N x 6.2)....g	0.00		0	4		0.00	0.00	
Total lipid (fat)....g	0.40	0.030	3	1		0.35	0.09	
Ash....g	2.50	0.079	6	1		2.20	0.55	
Carbohydrate, by difference....g	92.90		0	4		81.75	20.44	
Fiber, total dietary....g	0.3		0	4		0.3	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	20		1	4		18	4	
Iron, Fe....mg	0.05		1	4		0.04	0.01	
Magnesium, Mg....mg	8		1	4		7	2	
Phosphorus, P....mg	5		1	4		4	1	
Potassium, K....mg	17		0	4		15	4	
Sodium, Na....mg	788		0	4		693	173	
Zinc, Zn....mg	0.09		1	4		0.08	0.02	
Copper, Cu....mg	0.020		1	4		0.018	0.004	
Manganese, Mn....mg	0.013		1	4		0.011	0.003	
Selenium, Se....mcg	0.9		0	4		0.8	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.000		1	4		0.000	0.000	
Riboflavin....mg	0.000		1	4		0.000	0.000	
Niacin....mg	0.000		1	4		0.000	0.000	
Pantothenic acid....mg	0.000		1	4		0.000	0.000	
Vitamin B-6....mg	0.000		1	4		0.000	0.000	
Folate, total....mcg	0		1	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		1	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		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	0.090		0	1		0.079	0.020	
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	0.080		1	1		0.070	0.018	
17:0....g								
18:0....g	0.000		1	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.030		0	1		0.026	0.007	
14:1....g								
15:1....g								

NDB No. 19320
Desserts, puddings, banana, 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								
17:1....g								
18:1 undifferentiated....g	0.030		1	1		0.026	0.007	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.160		0	1		0.141	0.035	
18:2 undifferentiated....g	0.160		1	1		0.141	0.035	
18:3 undifferentiated....g	0.010		1	1		0.009	0.002	
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	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.000		0	1		0.000	0.000	
Threonine....g	0.001		0	1		0.001	0.000	
Isoleucine....g	0.001		0	1		0.001	0.000	
Leucine....g	0.005		0	1		0.004	0.001	
Lysine....g	0.001		0	1		0.001	0.000	
Methionine....g	0.001		0	1		0.001	0.000	
Cystine....g	0.001		0	1		0.001	0.000	
Phenylalanine....g	0.002		0	1		0.002	0.000	
Tyrosine....g	0.001		0	1		0.001	0.000	
Valine....g	0.002		0	1		0.002	0.000	
Arginine....g	0.002		0	1		0.002	0.000	
Histidine....g	0.001		0	1		0.001	0.000	
Alanine....g	0.003		0	1		0.003	0.001	
Aspartic acid....g	0.003		0	1		0.003	0.001	
Glutamic acid....g	0.007		0	1		0.006	0.002	
Glycine....g	0.001		0	1		0.001	0.000	
Proline....g	0.003		0	1		0.003	0.001	
Serine....g	0.002		0	1		0.002	0.000	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 88.000g: 1 package (3.12 oz)

Measure 2 = 22.000g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19321
Desserts, puddings, banana, dry mix, regular, prepared with whole 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	74.60		0	1		104.44	417.01	
Energy....kcal	112		0	4		157	626	
Energy....kj	469			4		656	2620	
Protein (N x 0)....g	2.90		0	1		4.06	16.21	
Total lipid (fat)....g	3.00		0	1		4.20	16.77	
Ash....g	1.00		0	1		1.40	5.59	
Carbohydrate, by difference....g	18.10		0	4		25.34	101.18	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	108		0	1		151	604	
Iron, Fe....mg	0.05		0	1		0.07	0.28	
Magnesium, Mg....mg	13		0	1		18	73	
Phosphorus, P....mg	83		0	1		116	464	
Potassium, K....mg	135		0	1		189	755	
Sodium, Na....mg	165		0	1		231	922	
Zinc, Zn....mg	0.35		0	1		0.49	1.96	
Copper, Cu....mg	0.012		0	1		0.017	0.067	
Manganese, Mn....mg	0.004		0	1		0.006	0.022	
Selenium, Se....mcg	1.8		0	4		2.5	10.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		0	1		1.0	3.9	
Thiamin....mg	0.030		0	1		0.042	0.168	
Riboflavin....mg	0.142		0	1		0.199	0.794	
Niacin....mg	0.074		0	1		0.104	0.414	
Pantothenic acid....mg	0.275		0	1		0.385	1.537	
Vitamin B-6....mg	0.033		0	1		0.046	0.184	
Folate, total....mcg	4		0	1		6	22	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	4		0	1		6	22	
Folate, DFE....mcg_DFE	4		0	4		6	22	
Vitamin B-12....mcg	0.25		0	1		0.35	1.40	
Vitamin A, IU....IU	110		0	1		154	615	
Vitamin A, RE....mcg_RE	27		0	1		38	151	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.830		0	1		2.562	10.230	
4:0....g	0.090		0	1		0.126	0.503	
6:0....g	0.060		0	1		0.084	0.335	
8:0....g	0.030		0	1		0.042	0.168	
10:0....g	0.070		0	1		0.098	0.391	
11:0....g								
12:0....g	0.080		0	1		0.112	0.447	
13:0....g								
14:0....g	0.310		0	1		0.434	1.733	
15:0....g								
16:0....g	0.820		0	1		1.148	4.584	
17:0....g								
18:0....g	0.370		0	1		0.518	2.068	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.850		0	1		1.190	4.752	
14:1....g								
15:1....g								

NDB No. 19321

Desserts, puddings, banana, dry mix, regular, prepared with whole 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	0.070		0	1		0.098	0.391	
17:1....g								
18:1 undifferentiated....g	0.780		0	1		1.092	4.360	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.140		0	1		0.196	0.783	
18:2 undifferentiated....g	0.090		0	1		0.126	0.503	
18:3 undifferentiated....g	0.050		0	1		0.070	0.280	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	12		0	1		17	67	
Phytosterols....mg	0		0	1		0	0	
Amino Acids:								
Tryptophan....g	0.038		0	1		0.053	0.212	
Threonine....g	0.124		0	1		0.174	0.693	
Isoleucine....g	0.167		0	1		0.234	0.934	
Leucine....g	0.270		0	1		0.378	1.509	
Lysine....g	0.218		0	1		0.305	1.219	
Methionine....g	0.069		0	1		0.097	0.386	
Cystine....g	0.025		0	1		0.035	0.140	
Phenylalanine....g	0.133		0	1		0.186	0.743	
Tyrosine....g	0.133		0	1		0.186	0.743	
Valine....g	0.184		0	1		0.258	1.029	
Arginine....g	0.100		0	1		0.140	0.559	
Histidine....g	0.075		0	1		0.105	0.419	
Alanine....g	0.095		0	1		0.133	0.531	
Aspartic acid....g	0.209		0	1		0.293	1.168	
Glutamic acid....g	0.577		0	1		0.808	3.225	
Glycine....g	0.059		0	1		0.083	0.330	
Proline....g	0.267		0	1		0.374	1.493	
Serine....g	0.150		0	1		0.210	0.839	
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: .5 cup

Measure 2 = 559.000g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19322
Desserts, puddings, coconut cream, dry mix, instant

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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	0.496	4	1		2.18	0.55	
Energy....kcal	387		0	4		383	97	
Energy....kj	1619			4		1603	405	
Protein (N x 5.4)....g	0.90	0.159	4	1		0.89	0.23	
Total lipid (fat)....g	4.10	1.159	4	1		4.06	1.03	
Ash....g	3.40	0.194	4	1		3.37	0.85	
Carbohydrate, by difference....g	89.40		0	4		88.51	22.35	
Fiber, total dietary....g	0.7		0	4		0.7	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	8		1	4		8	2	
Iron, Fe....mg	0.63		1	4		0.62	0.16	
Magnesium, Mg....mg	14		1	4		14	4	
Phosphorus, P....mg	721		1	4		714	180	
Potassium, K....mg	22		2	1		22	6	
Sodium, Na....mg	1206		2	1		1194	302	
Zinc, Zn....mg	0.30		1	1		0.30	0.08	
Copper, Cu....mg	0.106		1	4		0.105	0.027	
Manganese, Mn....mg	0.101		1	4		0.100	0.025	
Selenium, Se....mcg	2.0		0	4		2.0	0.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.009		1	4		0.009	0.002	
Riboflavin....mg	0.008		1	4		0.008	0.002	
Niacin....mg	0.084		1	4		0.083	0.021	
Pantothenic acid....mg	0.115		1	1		0.114	0.029	
Vitamin B-6....mg	0.041		1	1		0.041	0.010	
Folate, total....mcg	1		1	4		1	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		1	4		1	0	
Folate, DFE....mcg_DFE	1		0	4		1	0	
Vitamin B-12....mcg	0.01		1	4		0.01	0.00	
Vitamin A, IU....IU	0		1	4		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.427		0	4		0.423	0.107	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.200		0	1		2.178	0.550	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.010		1	1		0.010	0.003	
8:0....g	0.170		1	1		0.168	0.043	
10:0....g	0.130		1	1		0.129	0.033	
11:0....g								
12:0....g	0.990		1	1		0.980	0.248	
13:0....g								
14:0....g	0.370		1	1		0.366	0.093	
15:0....g								
16:0....g	0.370		1	1		0.366	0.093	
17:0....g								
18:0....g	0.160		1	1		0.158	0.040	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.950		0	1		0.941	0.238	
14:1....g								
15:1....g								

NDB No. 19322
Desserts, puddings, coconut cream, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		1	1		0.010	0.003	
17:1....g								
18:1 undifferentiated....g	0.940		1	1		0.931	0.235	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.760		0	1		0.752	0.190	
18:2 undifferentiated....g	0.710		1	1		0.703	0.178	
18:3 undifferentiated....g	0.050		1	1		0.050	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	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.010		0	1		0.010	0.003	
Threonine....g	0.031		0	1		0.031	0.008	
Isoleucine....g	0.035		0	1		0.035	0.009	
Leucine....g	0.066		0	1		0.065	0.017	
Lysine....g	0.039		0	1		0.039	0.010	
Methionine....g	0.016		0	1		0.016	0.004	
Cystine....g	0.015		0	1		0.015	0.004	
Phenylalanine....g	0.041		0	1		0.041	0.010	
Tyrosine....g	0.028		0	1		0.028	0.007	
Valine....g	0.050		0	1		0.050	0.013	
Arginine....g	0.117		0	1		0.116	0.029	
Histidine....g	0.020		0	1		0.020	0.005	
Alanine....g	0.041		0	1		0.041	0.010	
Aspartic acid....g	0.078		0	1		0.077	0.020	
Glutamic acid....g	0.185		0	1		0.183	0.046	
Glycine....g	0.036		0	1		0.036	0.009	
Proline....g	0.042		0	1		0.042	0.011	
Serine....g	0.043		0	1		0.043	0.011	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 99.000g: 1 package (3.5 oz)

Measure 2 = 25.000g: 1 portion, amount to make 1/2 cup

Calories Factors: **Protein** 3.6 **Fat** 8.6 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19323

Desserts, puddings, coconut cream, dry mix, instant, prepared with whole 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	73.40		0	1		107.90	430.86	
Energy....kcal	117		0	4		172	687	
Energy....kj	490			4		720	2874	
Protein (N x 0)....g	2.90		0	1		4.26	17.02	
Total lipid (fat)....g	3.50		0	1		5.15	20.55	
Ash....g	1.20		0	1		1.76	7.04	
Carbohydrate, by difference....g	19.10		0	4		28.08	112.12	
Fiber, total dietary....g	0.1		0	4		0.1	0.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	100		0	1		147	587	
Iron, Fe....mg	0.15		0	1		0.22	0.88	
Magnesium, Mg....mg	14		0	1		21	82	
Phosphorus, P....mg	200		0	1		294	1174	
Potassium, K....mg	129		0	1		190	757	
Sodium, Na....mg	246		0	1		362	1444	
Zinc, Zn....mg	0.33		0	1		0.49	1.94	
Copper, Cu....mg	0.026		0	1		0.038	0.153	
Manganese, Mn....mg	0.019		0	1		0.028	0.112	
Selenium, Se....mcg	2.0		0	4		2.9	11.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.8		0	1		1.2	4.7	
Thiamin....mg	0.033		0	1		0.049	0.194	
Riboflavin....mg	0.136		0	1		0.200	0.798	
Niacin....mg	0.084		0	1		0.123	0.493	
Pantothenic acid....mg	0.266		0	1		0.391	1.561	
Vitamin B-6....mg	0.037		0	1		0.054	0.217	
Folate, total....mcg	4		0	1		6	23	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	4		0	1		6	23	
Folate, DFE....mcg_DFE	4		0	4		6	23	
Vitamin B-12....mcg	0.30		0	1		0.44	1.76	
Vitamin A, IU....IU	105		0	1		154	616	
Vitamin A, RE....mcg_RE	25		0	1		37	147	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.100		0	1		3.087	12.327	
4:0....g	0.090		0	1		0.132	0.528	
6:0....g	0.050		0	1		0.074	0.294	
8:0....g	0.060		0	1		0.088	0.352	
10:0....g	0.090		0	1		0.132	0.528	
11:0....g								
12:0....g	0.250		0	1		0.368	1.468	
13:0....g								
14:0....g	0.350		0	1		0.515	2.055	
15:0....g								
16:0....g	0.830		0	1		1.220	4.872	
17:0....g								
18:0....g	0.380		0	1		0.559	2.231	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.960		0	1		1.411	5.635	
14:1....g								
15:1....g								

NDB No. 19323

Desserts, puddings, coconut cream, dry mix, instant, prepared with whole 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	0.070		0	1		0.103	0.411	
17:1....g								
18:1 undifferentiated....g	0.890		0	1		1.308	5.224	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.240		0	1		0.353	1.409	
18:2 undifferentiated....g	0.190		0	1		0.279	1.115	
18:3 undifferentiated....g	0.050		0	1		0.074	0.294	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	11		0	1		16	65	
Phytosterols....mg	0		0	1		0	0	
Amino Acids:								
Tryptophan....g	0.038		0	1		0.056	0.223	
Threonine....g	0.123		0	1		0.181	0.722	
Isoleucine....g	0.164		0	1		0.241	0.963	
Leucine....g	0.266		0	1		0.391	1.561	
Lysine....g	0.213		0	1		0.313	1.250	
Methionine....g	0.068		0	1		0.100	0.399	
Cystine....g	0.027		0	1		0.040	0.158	
Phenylalanine....g	0.133		0	1		0.196	0.781	
Tyrosine....g	0.130		0	1		0.191	0.763	
Valine....g	0.183		0	1		0.269	1.074	
Arginine....g	0.114		0	1		0.168	0.669	
Histidine....g	0.074		0	1		0.109	0.434	
Alanine....g	0.097		0	1		0.143	0.569	
Aspartic acid....g	0.211		0	1		0.310	1.239	
Glutamic acid....g	0.577		0	1		0.848	3.387	
Glycine....g	0.061		0	1		0.090	0.358	
Proline....g	0.259		0	1		0.381	1.520	
Serine....g	0.149		0	1		0.219	0.875	
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 = 147.000g: .5 cup

Measure 2 = 587.000g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19324
Desserts, puddings, coconut cream, 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	3.70	0.051	6	1		3.26	0.93	
Energy....kcal	392		0	4		345	98	
Energy....kj	1640			4		1443	410	
Protein (N x 5.3)....g	1.00		1	1		0.88	0.25	
Total lipid (fat)....g	5.50	0.228	6	1		4.84	1.38	
Ash....g	2.10	0.075	6	1		1.85	0.53	
Carbohydrate, by difference....g	87.70		0	4		77.18	21.93	
Fiber, total dietary....g	1.6		0	4		1.4	0.4	
Sugars, total....g	64.00		0	8		56.32	16.00	
Starch....g								
Minerals:								
Calcium, Ca....mg	3		0	4		3	1	
Iron, Fe....mg	0.45		0	4		0.40	0.11	
Magnesium, Mg....mg	847		0	4		745	212	
Phosphorus, P....mg	37		0	4		33	9	
Potassium, K....mg	48		0	4		42	12	
Sodium, Na....mg	1040		0	8		915	260	
Zinc, Zn....mg	0.21		0	4		0.18	0.05	
Copper, Cu....mg	0.109		0	4		0.096	0.027	
Manganese, Mn....mg	0.252		0	4		0.222	0.063	
Selenium, Se....mcg	2.7		0	4		2.4	0.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	4		0.1	0.0	
Thiamin....mg	0.005		0	4		0.004	0.001	
Riboflavin....mg	0.021		0	4		0.018	0.005	
Niacin....mg	0.051		0	4		0.045	0.013	
Pantothenic acid....mg	0.068		0	4		0.060	0.017	
Vitamin B-6....mg	0.026		0	4		0.023	0.007	
Folate, total....mcg	1		0	4		1	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	4		1	0	
Folate, DFE....mcg_DFE	1		0	4		1	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.115		0	4		0.101	0.029	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.860		0	1		4.277	1.215	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.030		1	1		0.026	0.008	
8:0....g	0.380		1	1		0.334	0.095	
10:0....g	0.300		1	1		0.264	0.075	
11:0....g								
12:0....g	2.430		1	1		2.138	0.608	
13:0....g								
14:0....g	0.960		1	1		0.845	0.240	
15:0....g								
16:0....g	0.470		1	1		0.414	0.118	
17:0....g								
18:0....g	0.280		1	1		0.246	0.070	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.230		0	1		0.202	0.058	
14:1....g								
15:1....g								

NDB No. 19324
Desserts, puddings, coconut cream, 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	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.230		1	1		0.202	0.058	
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	0.060		0	1		0.053	0.015	
18:2 undifferentiated....g	0.060		1	1		0.053	0.015	
18:3 undifferentiated....g	0.000		1	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.011		0	1		0.010	0.003	
Threonine....g	0.034		0	1		0.030	0.009	
Isoleucine....g	0.036		0	1		0.032	0.009	
Leucine....g	0.071		0	1		0.062	0.018	
Lysine....g	0.040		0	1		0.035	0.010	
Methionine....g	0.018		0	1		0.016	0.005	
Cystine....g	0.019		0	1		0.017	0.005	
Phenylalanine....g	0.047		0	1		0.041	0.012	
Tyrosine....g	0.029		0	1		0.026	0.007	
Valine....g	0.056		0	1		0.049	0.014	
Arginine....g	0.147		0	1		0.129	0.037	
Histidine....g	0.022		0	1		0.019	0.006	
Alanine....g	0.048		0	1		0.042	0.012	
Aspartic acid....g	0.090		0	1		0.079	0.023	
Glutamic acid....g	0.211		0	1		0.186	0.053	
Glycine....g	0.043		0	1		0.038	0.011	
Proline....g	0.041		0	1		0.036	0.010	
Serine....g	0.048		0	1		0.042	0.012	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 88.000g: 1 package (3.12 oz)

Measure 2 = 25.000g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19325

Desserts, puddings, coconut cream, dry mix, regular, prepared with whole 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	74.60		0	1		104.44	417.01	
Energy....kcal	114		0	4		160	637	
Energy....kj	477			4		668	2666	
Protein (N x 0)....g	3.00		0	1		4.20	16.77	
Total lipid (fat)....g	3.80		0	1		5.32	21.24	
Ash....g	1.00		0	1		1.40	5.59	
Carbohydrate, by difference....g	17.70		0	4		24.78	98.94	
Fiber, total dietary....g	0.2		0	4		0.3	1.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	111		0	1		155	620	
Iron, Fe....mg	0.20		0	1		0.28	1.12	
Magnesium, Mg....mg	16		0	1		22	89	
Phosphorus, P....mg	88		0	1		123	492	
Potassium, K....mg	157		0	1		220	878	
Sodium, Na....mg	162		0	1		227	906	
Zinc, Zn....mg	0.36		0	1		0.50	2.01	
Copper, Cu....mg	0.027		0	1		0.038	0.151	
Manganese, Mn....mg	0.037		0	1		0.052	0.207	
Selenium, Se....mcg	2.3		0	4		3.2	12.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		0	1		1.0	3.9	
Thiamin....mg	0.032		0	1		0.045	0.179	
Riboflavin....mg	0.143		0	1		0.200	0.799	
Niacin....mg	0.089		0	1		0.125	0.498	
Pantothenic acid....mg	0.285		0	1		0.399	1.593	
Vitamin B-6....mg	0.144		0	1		0.202	0.805	
Folate, total....mcg	4		0	1		6	22	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	4		0	1		6	22	
Folate, DFE....mcg_DFE	4		0	4		6	22	
Vitamin B-12....mcg	0.25		0	1		0.35	1.40	
Vitamin A, IU....IU	110		0	1		154	615	
Vitamin A, RE....mcg_RE	22		0	1		31	123	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.570		0	1		3.598	14.366	
4:0....g	0.090		0	1		0.126	0.503	
6:0....g	0.060		0	1		0.084	0.335	
8:0....g	0.090		0	1		0.126	0.503	
10:0....g	0.120		0	1		0.168	0.671	
11:0....g								
12:0....g	0.460		0	1		0.644	2.571	
13:0....g								
14:0....g	0.450		0	1		0.630	2.516	
15:0....g								
16:0....g	0.880		0	1		1.232	4.919	
17:0....g								
18:0....g	0.420		0	1		0.588	2.348	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.880		0	1		1.232	4.919	
14:1....g								
15:1....g								

NDB No. 19325

Desserts, puddings, coconut cream, dry mix, regular, prepared with whole 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	0.070		0	1		0.098	0.391	
17:1....g								
18:1 undifferentiated....g	0.810		0	1		1.134	4.528	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.120		0	1		0.168	0.671	
18:2 undifferentiated....g	0.080		0	1		0.112	0.447	
18:3 undifferentiated....g	0.050		0	1		0.070	0.280	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	12		0	1		17	67	
Phytosterols....mg	0		0	1		0	0	
Amino Acids:								
Tryptophan....g	0.040		0	1		0.056	0.224	
Threonine....g	0.129		0	1		0.181	0.721	
Isoleucine....g	0.172		0	1		0.241	0.961	
Leucine....g	0.280		0	1		0.392	1.565	
Lysine....g	0.224		0	1		0.314	1.252	
Methionine....g	0.072		0	1		0.101	0.402	
Cystine....g	0.028		0	1		0.039	0.157	
Phenylalanine....g	0.140		0	1		0.196	0.783	
Tyrosine....g	0.137		0	1		0.192	0.766	
Valine....g	0.193		0	1		0.270	1.079	
Arginine....g	0.122		0	1		0.171	0.682	
Histidine....g	0.078		0	1		0.109	0.436	
Alanine....g	0.102		0	1		0.143	0.570	
Aspartic acid....g	0.223		0	1		0.312	1.247	
Glutamic acid....g	0.608		0	1		0.851	3.399	
Glycine....g	0.065		0	1		0.091	0.363	
Proline....g	0.272		0	1		0.381	1.520	
Serine....g	0.157		0	1		0.220	0.878	
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: .5 cup

Measure 2 = 559.000g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19330
Desserts, puddings, lemon, dry mix, instant

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.70		2	1		0.69	0.18	
Energy....kcal	378		0	4		374	95	
Energy....kj	1582			4		1566	395	
Protein (N x 6.4)....g	0.00		2	1		0.00	0.00	
Total lipid (fat)....g	0.70		2	1		0.69	0.18	
Ash....g	3.20		2	1		3.17	0.80	
Carbohydrate, by difference....g	95.40		0	4		94.45	23.85	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	2		1	4		2	1	
Iron, Fe....mg	0.08		1	4		0.08	0.02	
Magnesium, Mg....mg	0		1	4		0	0	
Phosphorus, P....mg	752		2	1		744	188	
Potassium, K....mg	8	1.932	12	1		8	2	
Sodium, Na....mg	1332	32.979	13	1		1319	333	
Zinc, Zn....mg	0.05		1	4		0.05	0.01	
Copper, Cu....mg	0.015		1	4		0.015	0.004	
Manganese, Mn....mg	0.009		1	4		0.009	0.002	
Selenium, Se....mcg	0.8		0	1		0.8	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.001		1	4		0.001	0.000	
Riboflavin....mg	0.003		1	4		0.003	0.001	
Niacin....mg	0.001		1	4		0.001	0.000	
Pantothenic acid....mg	0.006		1	4		0.006	0.002	
Vitamin B-6....mg	0.001		1	4		0.001	0.000	
Folate, total....mcg	0		1	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		1	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.01		1	4		0.01	0.00	
Vitamin A, IU....IU	0		1	4		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	0.100		0	1		0.099	0.025	
4:0....g	0.000		1	1		0.000	0.000	
6:0....g	0.000		1	1		0.000	0.000	
8:0....g	0.000		1	1		0.000	0.000	
10:0....g	0.000		1	1		0.000	0.000	
11:0....g								
12:0....g	0.000		1	1		0.000	0.000	
13:0....g								
14:0....g	0.000		1	1		0.000	0.000	
15:0....g								
16:0....g	0.070		1	1		0.069	0.018	
17:0....g								
18:0....g	0.030		1	1		0.030	0.008	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.280		0	1		0.277	0.070	
14:1....g								
15:1....g								

NDB No. 19330
Desserts, puddings, lemon, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		1	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.280		1	1		0.277	0.070	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.250		0	1		0.248	0.063	
18:2 undifferentiated....g	0.230		1	1		0.228	0.058	
18:3 undifferentiated....g	0.020		1	1		0.020	0.005	
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	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.000		0	1		0.000	0.000	
Threonine....g	0.000		0	1		0.000	0.000	
Isoleucine....g	0.000		0	1		0.000	0.000	
Leucine....g	0.000		0	1		0.000	0.000	
Lysine....g	0.000		0	1		0.000	0.000	
Methionine....g	0.000		0	1		0.000	0.000	
Cystine....g	0.000		0	1		0.000	0.000	
Phenylalanine....g	0.000		0	1		0.000	0.000	
Tyrosine....g	0.000		0	1		0.000	0.000	
Valine....g	0.000		0	1		0.000	0.000	
Arginine....g	0.000		0	1		0.000	0.000	
Histidine....g	0.000		0	1		0.000	0.000	
Alanine....g	0.000		0	1		0.000	0.000	
Aspartic acid....g	0.000		0	1		0.000	0.000	
Glutamic acid....g	0.000		0	1		0.000	0.000	
Glycine....g	0.000		0	1		0.000	0.000	
Proline....g	0.000		0	1		0.000	0.000	
Serine....g	0.000		0	1		0.000	0.000	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 99.000g: 1 package (3.5 oz)

Measure 2 = 25.000g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19331
Desserts, puddings, lemon, dry mix, instant, prepared with whole 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	73.20		0	1		107.60	429.68	
Energy....kcal	115		0	4		169	675	
Energy....kj	481			4		707	2824	
Protein (N x 0)....g	2.70		0	1		3.97	15.85	
Total lipid (fat)....g	2.90		0	1		4.26	17.02	
Ash....g	1.10		0	1		1.62	6.46	
Carbohydrate, by difference....g	20.10		0	4		29.55	117.99	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	99		0	1		146	581	
Iron, Fe....mg	0.06		0	1		0.09	0.35	
Magnesium, Mg....mg	11		0	1		16	65	
Phosphorus, P....mg	205		0	1		301	1203	
Potassium, K....mg	127		0	1		187	745	
Sodium, Na....mg	267		0	1		392	1567	
Zinc, Zn....mg	0.32		0	1		0.47	1.88	
Copper, Cu....mg	0.011		0	1		0.016	0.065	
Manganese, Mn....mg	0.003		0	1		0.004	0.018	
Selenium, Se....mcg	1.8		0	4		2.6	10.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.8		0	1		1.2	4.7	
Thiamin....mg	0.032		0	1		0.047	0.188	
Riboflavin....mg	0.135		0	1		0.198	0.792	
Niacin....mg	0.070		0	1		0.103	0.411	
Pantothenic acid....mg	0.262		0	1		0.385	1.538	
Vitamin B-6....mg	0.035		0	1		0.051	0.205	
Folate, total....mcg	4		0	1		6	23	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	4		0	1		6	23	
Folate, DFE....mcg_DFE	4		0	4		6	23	
Vitamin B-12....mcg	0.30		0	1		0.44	1.76	
Vitamin A, IU....IU	105		0	1		154	616	
Vitamin A, RE....mcg_RE	26		0	1		38	153	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.740		0	1		2.558	10.214	
4:0....g	0.090		0	1		0.132	0.528	
6:0....g	0.050		0	1		0.074	0.294	
8:0....g	0.030		0	1		0.044	0.176	
10:0....g	0.070		0	1		0.103	0.411	
11:0....g								
12:0....g	0.080		0	1		0.118	0.470	
13:0....g								
14:0....g	0.290		0	1		0.426	1.702	
15:0....g								
16:0....g	0.770		0	1		1.132	4.520	
17:0....g								
18:0....g	0.360		0	1		0.529	2.113	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.850		0	1		1.250	4.990	
14:1....g								
15:1....g								

NDB No. 19331

Desserts, puddings, lemon, dry mix, instant, prepared with whole 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	0.070		0	1		0.103	0.411	
17:1....g								
18:1 undifferentiated....g	0.780		0	1		1.147	4.579	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.150		0	1		0.221	0.881	
18:2 undifferentiated....g	0.100		0	1		0.147	0.587	
18:3 undifferentiated....g	0.050		0	1		0.074	0.294	
18:4....g								
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								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	11		0	1		16	65	
Phytosterols....mg	0		0	1		0	0	
Amino Acids:								
Tryptophan....g	0.036		0	1		0.053	0.211	
Threonine....g	0.117		0	1		0.172	0.687	
Isoleucine....g	0.158		0	1		0.232	0.927	
Leucine....g	0.255		0	1		0.375	1.497	
Lysine....g	0.207		0	1		0.304	1.215	
Methionine....g	0.065		0	1		0.096	0.382	
Cystine....g	0.024		0	1		0.035	0.141	
Phenylalanine....g	0.126		0	1		0.185	0.740	
Tyrosine....g	0.126		0	1		0.185	0.740	
Valine....g	0.174		0	1		0.256	1.021	
Arginine....g	0.094		0	1		0.138	0.552	
Histidine....g	0.071		0	1		0.104	0.417	
Alanine....g	0.090		0	1		0.132	0.528	
Aspartic acid....g	0.198		0	1		0.291	1.162	
Glutamic acid....g	0.545		0	1		0.801	3.199	
Glycine....g	0.055		0	1		0.081	0.323	
Proline....g	0.252		0	1		0.370	1.479	
Serine....g	0.141		0	1		0.207	0.828	
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 = 147.000g: .5 cup

Measure 2 = 587.000g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19332
Desserts, puddings, lemon, 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	5.20		2	1		4.42	1.10	
Energy....kcal	363		0	4		309	77	
Energy....kj	1519			4		1291	322	
Protein (N x 6.25)....g	0.10		2	1		0.09	0.02	
Total lipid (fat)....g	0.50		1	4		0.43	0.11	
Ash....g	2.40		2	1		2.04	0.51	
Carbohydrate, by difference....g	91.80		0	4		78.03	19.46	
Fiber, total dietary....g	0.1		0	4		0.1	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5		1	4		4	1	
Iron, Fe....mg	0.17		1	4		0.14	0.04	
Magnesium, Mg....mg	4		1	4		3	1	
Phosphorus, P....mg	3		1	4		3	1	
Potassium, K....mg	5		1	4		4	1	
Sodium, Na....mg	506		1	4		430	107	
Zinc, Zn....mg	0.02		1	4		0.02	0.00	
Copper, Cu....mg	0.024		1	4		0.020	0.005	
Manganese, Mn....mg	0.025		1	4		0.021	0.005	
Selenium, Se....mcg	1.1		0	4		0.9	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.005		1	4		0.004	0.001	
Riboflavin....mg	0.024		1	4		0.020	0.005	
Niacin....mg	0.019		1	4		0.016	0.004	
Pantothenic acid....mg	0.030		1	4		0.026	0.006	
Vitamin B-6....mg	0.005		1	4		0.004	0.001	
Folate, total....mcg	0		1	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		1	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		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								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		1	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.000		0	1		0.000	0.000	
Threonine....g	0.002		0	1		0.002	0.000	
Isoleucine....g	0.002		0	1		0.002	0.000	
Leucine....g	0.008		0	1		0.007	0.002	
Lysine....g	0.001		0	1		0.001	0.000	
Methionine....g	0.001		0	1		0.001	0.000	
Cystine....g	0.001		0	1		0.001	0.000	
Phenylalanine....g	0.003		0	1		0.003	0.001	
Tyrosine....g	0.002		0	1		0.002	0.000	
Valine....g	0.003		0	1		0.003	0.001	
Arginine....g	0.003		0	1		0.003	0.001	
Histidine....g	0.002		0	1		0.002	0.000	

NDB No. 19332
Desserts, puddings, lemon, 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
Alanine....g	0.004		0	1		0.003	0.001	
Aspartic acid....g	0.004		0	1		0.003	0.001	
Glutamic acid....g	0.011		0	1		0.009	0.002	
Glycine....g	0.002		0	1		0.002	0.000	
Proline....g	0.005		0	1		0.004	0.001	
Serine....g	0.002		0	1		0.002	0.000	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 85.000g: 1 package (3 oz)

Measure 2 = 21.200g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19333

Desserts, puddings, lemon, dry mix, regular, prepared with sugar, egg yolk and water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	72.70		0	1		106.14	529.98	
Energy....kcal	112		0	4		164	816	
Energy....kj	469			4		684	3416	
Protein (N x 0)....g	0.70		0	1		1.02	5.10	
Total lipid (fat)....g	1.30		0	1		1.90	9.48	
Ash....g	0.40		0	1		0.58	2.92	
Carbohydrate, by difference....g	24.90		0	4		36.35	181.52	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	8		0	1		12	58	
Iron, Fe....mg	0.18		0	1		0.26	1.31	
Magnesium, Mg....mg	2		0	1		3	15	
Phosphorus, P....mg	21		0	1		31	153	
Potassium, K....mg	5		0	1		7	36	
Sodium, Na....mg	64		0	1		93	467	
Zinc, Zn....mg	0.16		0	1		0.23	1.17	
Copper, Cu....mg	0.014		0	1		0.020	0.102	
Manganese, Mn....mg	0.008		0	1		0.012	0.058	
Selenium, Se....mcg	2.0		0	4		2.9	14.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.008		0	1		0.012	0.058	
Riboflavin....mg	0.032		0	1		0.047	0.233	
Niacin....mg	0.003		0	1		0.004	0.022	
Pantothenic acid....mg	0.161		0	1		0.235	1.174	
Vitamin B-6....mg	0.017		0	1		0.025	0.124	
Folate, total....mcg	6		0	1		9	44	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	6		0	1		9	44	
Folate, DFE....mcg_DFE	6		0	4		9	44	
Vitamin B-12....mcg	0.13		0	1		0.19	0.95	
Vitamin A, IU....IU	80		0	1		117	583	
Vitamin A, RE....mcg_RE	24		0	1		35	175	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.390		0	1		0.569	2.843	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.280		0	1		0.409	2.041	
17:0....g								
18:0....g	0.100		0	1		0.146	0.729	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.480		0	1		0.701	3.499	
14:1....g								
15:1....g								

NDB No. 19333

Desserts, puddings, lemon, dry mix, regular, prepared with sugar, egg yolk and water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		0.058	0.292	
17:1....g								
18:1 undifferentiated....g	0.440		0	1		0.642	3.208	
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	0.170		0	1		0.248	1.239	
18:2 undifferentiated....g	0.150		0	1		0.219	1.094	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.020		0	1		0.029	0.146	
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	53		0	1		77	386	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.008		0	1		0.012	0.058	
Threonine....g	0.037		0	1		0.054	0.270	
Isoleucine....g	0.035		0	1		0.051	0.255	
Leucine....g	0.062		0	1		0.091	0.452	
Lysine....g	0.055		0	1		0.080	0.401	
Methionine....g	0.017		0	1		0.025	0.124	
Cystine....g	0.013		0	1		0.019	0.095	
Phenylalanine....g	0.030		0	1		0.044	0.219	
Tyrosine....g	0.031		0	1		0.045	0.226	
Valine....g	0.039		0	1		0.057	0.284	
Arginine....g	0.050		0	1		0.073	0.365	
Histidine....g	0.018		0	1		0.026	0.131	
Alanine....g	0.036		0	1		0.053	0.262	
Aspartic acid....g	0.068		0	1		0.099	0.496	
Glutamic acid....g	0.089		0	1		0.130	0.649	
Glycine....g	0.022		0	1		0.032	0.160	
Proline....g	0.029		0	1		0.042	0.211	
Serine....g	0.059		0	1		0.086	0.430	
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 = 146.000g: .5 cup

Measure 2 = 729.000g: 1 package yield (2-1/2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19334
Sugars, brown

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.60	0.107	5	1		3.52	2.32	0.05
Energy....kcal	376		0	4		827	545	12
Energy....kj	1573			4		3461	2281	50
Protein (N x 6.25)....g	0.00		1	4		0.00	0.00	0.00
Total lipid (fat)....g	0.00		1	1		0.00	0.00	0.00
Ash....g	0.90	0.121	5	1		1.98	1.31	0.03
Carbohydrate, by difference....g	97.30		0	4		214.06	141.09	3.11
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	85	4.909	6	1		187	123	3
Iron, Fe....mg	1.91	0.267	6	1		4.20	2.77	0.06
Magnesium, Mg....mg	29	7.047	6	1		64	42	1
Phosphorus, P....mg	22	3.599	4	1		48	32	1
Potassium, K....mg	346	67.929	6	1		761	502	11
Sodium, Na....mg	39	7.367	6	1		86	57	1
Zinc, Zn....mg	0.18	0.049	6	1		0.40	0.26	0.01
Copper, Cu....mg	0.298	0.067	6	1		0.656	0.432	0.010
Manganese, Mn....mg	0.320	0.156	7	1		0.704	0.464	0.010
Selenium, Se....mcg	1.2	0.435	4	1		2.6	1.7	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	0.0
Thiamin....mg	0.008	0.003	5	1		0.018	0.012	0.000
Riboflavin....mg	0.007	0.002	4	1		0.015	0.010	0.000
Niacin....mg	0.082	0.014	5	1		0.180	0.119	0.003
Pantothenic acid....mg	0.111	0.042	5	1		0.244	0.161	0.004
Vitamin B-6....mg	0.026	0.010	5	1		0.057	0.038	0.001
Folate, total....mcg	1		2	1		2	1	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	1		2	1		2	1	0
Folate, DFE....mcg_DFE	1		0	4		2	1	0
Vitamin B-12....mcg	0.00		1	1		0.00	0.00	0.00
Vitamin A, IU....IU	0		1	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	0.000
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	1		0.000	0.000	0.000
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	0.000		0	4		0.000	0.000	0.000
17:0....g								
18:0....g	0.000		0	4		0.000	0.000	0.000
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.000		0	7		0.000	0.000	0.000
14:1....g								
15:1....g								

NDB No. 19334
Sugars, brown

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.000
17:1....g								
18:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:1....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.000		0	7		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		1	4		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 = 220.000g: 1 cup, packed

Measure 2 = 145.000g: 1 cup, unpacked

Measure 3 = 3.200g: 1 tsp brownulated

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

Food Group: 19 Sweets

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

NDB No. 19335
Sugars, granulated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.00	0.014	9	1		0.00	0.00	0.00
Energy....kcal	387		0	4		774	16	23
Energy....kj	1619			4		3238	68	97
Protein (N x 6.25)....g	0.00		1	4		0.00	0.00	0.00
Total lipid (fat)....g	0.00	0.005	3	1		0.00	0.00	0.00
Ash....g	0.00	0.015	6	1		0.00	0.00	0.00
Carbohydrate, by difference....g	99.90		0	4		199.80	4.20	5.99
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	1	0.170	19	1		2	0	0
Iron, Fe....mg	0.06	0.017	23	1		0.12	0.00	0.00
Magnesium, Mg....mg	0	0.178	24	1		0	0	0
Phosphorus, P....mg	2	0.712	12	1		4	0	0
Potassium, K....mg	2	0.334	21	1		4	0	0
Sodium, Na....mg	1	0.455	12	1		2	0	0
Zinc, Zn....mg	0.03	0.014	17	1		0.06	0.00	0.00
Copper, Cu....mg	0.043	0.013	16	1		0.086	0.002	0.003
Manganese, Mn....mg	0.007	0.002	18	1		0.014	0.000	0.000
Selenium, Se....mcg	0.6		2	1		1.2	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	0.0
Thiamin....mg	0.000		1	4		0.000	0.000	0.000
Riboflavin....mg	0.019	0.006	3	1		0.038	0.001	0.001
Niacin....mg	0.000	0.000	3	1		0.000	0.000	0.000
Pantothenic acid....mg	0.000	0.000	3	1		0.000	0.000	0.000
Vitamin B-6....mg	0.000	0.000	3	1		0.000	0.000	0.000
Folate, total....mcg	0	0.000	3	1		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0	0.000	3	1		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		1	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	0.000
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	1		0.000	0.000	0.000
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	0.000		0	4		0.000	0.000	0.000
17:0....g								
18:0....g	0.000		0	4		0.000	0.000	0.000
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.000		0	7		0.000	0.000	0.000
14:1....g								
15:1....g								

NDB No. 19335
Sugars, granulated

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.000
17:1....g								
18:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:1....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.000		0	7		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		1	4		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 = 200.000g: 1 cup

Measure 2 = 4.200g: 1 tsp

Measure 3 = 6.000g: 1 individual packet

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

Food Group: 19 Sweets

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

NDB No. 19336
Sugars, powdered

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.30	0.031	4	1		0.36	0.02	0.01
Energy....kcal	389		0	4		467	31	10
Energy....kj	1628			4		1953	130	41
Protein (N x 6.25)....g	0.00		1	1		0.00	0.00	0.00
Total lipid (fat)....g	0.10	0.027	4	1		0.12	0.01	0.00
Ash....g	0.00		1	4		0.00	0.00	0.00
Carbohydrate, by difference....g	99.50		0	4		119.40	7.96	2.49
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	1		1	4		1	0	0
Iron, Fe....mg	0.06		1	4		0.07	0.00	0.00
Magnesium, Mg....mg	0		1	4		0	0	0
Phosphorus, P....mg	2		1	4		2	0	0
Potassium, K....mg	2		1	4		2	0	0
Sodium, Na....mg	1		1	4		1	0	0
Zinc, Zn....mg	0.03		1	4		0.04	0.00	0.00
Copper, Cu....mg	0.043		1	4		0.052	0.003	0.001
Manganese, Mn....mg	0.007		1	4		0.008	0.001	0.000
Selenium, Se....mcg	0.6		0	4		0.7	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	0.0
Thiamin....mg	0.000		1	4		0.000	0.000	0.000
Riboflavin....mg	0.000		1	4		0.000	0.000	0.000
Niacin....mg	0.000	0.000	4	1		0.000	0.000	0.000
Pantothenic acid....mg	0.000	0.000	4	1		0.000	0.000	0.000
Vitamin B-6....mg	0.000	0.000	4	1		0.000	0.000	0.000
Folate, total....mcg	0	0.000	4	1		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0	0.000	4	1		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		1	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	0.000
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.018		0	4		0.022	0.001	0.000
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	0.018		0	4		0.022	0.001	0.000
17:0....g								
18:0....g	0.002		0	4		0.002	0.000	0.000
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.032		0	4		0.038	0.003	0.001
14:1....g								
15:1....g								

NDB No. 19336
Sugars, powdered

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.000
17:1....g								
18:1 undifferentiated....g	0.032		0	4		0.038	0.003	0.001
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	0.050		0	4		0.060	0.004	0.001
18:2 undifferentiated....g	0.050		0	4		0.060	0.004	0.001
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		1	4		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 = 120.000g: 1 cup, unsifted

Measure 2 = 8.000g: 1 tbsp, unsifted

Measure 3 = 2.500g: 1 tsp

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

Food Group: 19 Sweets

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

NDB No. 19337
Sweeteners, NUTRASWEET, EQUAL, packet

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	12.10		1	1		0.43	0.12	
Energy....kcal	352		0	4		12	4	
Energy....kj	1473			4		52	15	
Protein (N x 6.25)....g	2.18		1	1		0.08	0.02	
Total lipid (fat)....g	0.17		1	1		0.01	0.00	
Ash....g	0.01		0	4		0.00	0.00	
Carbohydrate, by difference....g	85.54		0	4		3.03	0.86	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	1		1	1		0	0	
Iron, Fe....mg	0.06		1	1		0.00	0.00	
Magnesium, Mg....mg	1		1	1		0	0	
Phosphorus, P....mg	1		1	1		0	0	
Potassium, K....mg	2		1	1		0	0	
Sodium, Na....mg	4		1	1		0	0	
Zinc, Zn....mg	0.00		0	7		0.00	0.00	
Copper, Cu....mg	0.000		0	7		0.000	0.000	
Manganese, Mn....mg	0.000		0	7		0.000	0.000	
Selenium, Se....mcg	2.6		0	4		0.1	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	7		0.0	0.0	
Thiamin....mg	0.000		0	7		0.000	0.000	
Riboflavin....mg	0.000		0	7		0.000	0.000	
Niacin....mg	0.000		0	7		0.000	0.000	
Pantothenic acid....mg	0.000		0	7		0.000	0.000	
Vitamin B-6....mg	0.000		0	7		0.000	0.000	
Folate, total....mcg	0		0	7		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	7		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	0		0	7		0	0	
Vitamin A, RE....mcg_RE	0		0	7		0	0	
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.030		0	4		0.001	0.000	
4:0....g	0.000		0	7		0.000	0.000	
6:0....g	0.000		0	7		0.000	0.000	
8:0....g	0.000		0	7		0.000	0.000	
10:0....g	0.000		0	7		0.000	0.000	
11:0....g								
12:0....g	0.000		0	7		0.000	0.000	
13:0....g								
14:0....g	0.000		0	7		0.000	0.000	
15:0....g								
16:0....g	0.000		0	7		0.000	0.000	
17:0....g								
18:0....g	0.000		0	7		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.054		0	4		0.002	0.001	
14:1....g								
15:1....g								

NDB No. 19337
Sweeteners, NUTRASWEET, EQUAL, packet

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	7		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.000		0	7		0.000	0.000	
20:1....g	0.000		0	7		0.000	0.000	
22:1 undifferentiated....g	0.000		0	7		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.084		0	4		0.003	0.001	
18:2 undifferentiated....g	0.000		0	7		0.000	0.000	
18:3 undifferentiated....g	0.000		0	7		0.000	0.000	
18:4....g	0.000		0	7		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	7		0.000	0.000	
20:5 n-3....g	0.000		0	7		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	7		0.000	0.000	
22:6 n-3....g	0.000		0	7		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0		0	7		0	0	
Theobromine....mg	0		0	7		0	0	

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

Common Measures:

Measure 1 = 3.540g: 1 tsp

Measure 2 = 1.007g: 1 packet

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19340
Sugars, maple

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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		1	4		0.24	2.27	2.24
Energy....kcal	354		0	4		11	100	99
Energy....kj	1481			4		44	420	415
Protein (N x 6.25)....g	0.10		1	4		0.00	0.03	0.03
Total lipid (fat)....g	0.20		1	4		0.01	0.06	0.06
Ash....g	0.80		1	4		0.02	0.23	0.22
Carbohydrate, by difference....g	90.90		0	4		2.73	25.77	25.45
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	90		1	4		3	26	25
Iron, Fe....mg	1.61		1	4		0.05	0.46	0.45
Magnesium, Mg....mg	19		1	4		1	5	5
Phosphorus, P....mg	3		1	4		0	1	1
Potassium, K....mg	274		1	4		8	78	77
Sodium, Na....mg	11		1	4		0	3	3
Zinc, Zn....mg	6.06		1	4		0.18	1.72	1.70
Copper, Cu....mg	0.099		1	4		0.003	0.028	0.028
Manganese, Mn....mg	4.422		1	4		0.133	1.254	1.238
Selenium, Se....mcg	0.8		0	4		0.0	0.2	0.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	0.0
Thiamin....mg	0.009		1	4		0.000	0.003	0.003
Riboflavin....mg	0.013		1	4		0.000	0.004	0.004
Niacin....mg	0.040		1	4		0.001	0.011	0.011
Pantothenic acid....mg	0.048		1	4		0.001	0.014	0.013
Vitamin B-6....mg	0.003		1	4		0.000	0.001	0.001
Folate, total....mcg	0		1	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		1	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	0.00
Vitamin A, IU....IU	24		1	4		1	7	7
Vitamin A, RE....mcg_RE	2		0	1		0	1	1
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	0.000
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.036		0	4		0.001	0.010	0.010
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	0.036		0	4		0.001	0.010	0.010
17:0....g								
18:0....g	0.004		0	4		0.000	0.001	0.001
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.064		0	4		0.002	0.018	0.018
14:1....g								
15:1....g								

NDB No. 19340
Sugars, maple

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.000
17:1....g								
18:1 undifferentiated....g	0.064		0	4		0.002	0.018	0.018
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	0.100		0	4		0.003	0.028	0.028
18:2 undifferentiated....g	0.100		0	4		0.003	0.028	0.028
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		1	4		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 = 3.000g: 1 tsp

Measure 2 = 28.350g: 1 oz

Measure 3 = 28.000g: 1 piece (1-3/4" x 1-1/4" x 1/2")

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19345

Syrups, chocolate, HERSHEY, HERSHEY'S Genuine Chocolate Flavor Lite Syrup

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	64.32		0	4		22.51		
Energy	kcal	143		0	9		50		
Energy	kj	598			9		209		
Protein	g	1.80		1	12		0.63		
Total lipid (fat)	g	0.40		1	12		0.14		
Ash	g	0.57		0	4		0.20		
Carbohydrate, by difference	g	32.90		0	9		11.52		
Fiber, total dietary	g	2.0		1	12		0.7		
Sugars, total	g	27.00		0	9		9.45		
Starch	g								
Minerals:									
Calcium, Ca	mg	11		1	12		4		
Iron, Fe	mg	0.00		1	12		0.00		
Magnesium, Mg	mg	15		0	4		5		
Phosphorus, P	mg	23		0	4		8		
Potassium, K	mg	77		0	4		27		
Sodium, Na	mg	137		1	12		48		
Zinc, Zn	mg	0.23		0	4		0.08		
Copper, Cu	mg	0.128		0	4		0.045		
Manganese, Mn	mg	0.116		0	4		0.041		
Selenium, Se	mcg	0.6		0	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	4		0.0		
Thiamin	mg	0.003		0	4		0.001		
Riboflavin	mg	0.021		0	4		0.007		
Niacin	mg	0.073		0	4		0.026		
Pantothenic acid	mg	0.008		0	4		0.003		
Vitamin B-6	mg	0.004		0	4		0.001		
Folate, total	mcg	1		0	4		0		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	1		0	4		0		
Folate, DFE	mcg_DFE	1		0	4		0		
Vitamin B-12	mcg	0.00		0	4		0.00		
Vitamin A, IU	IU	1		0	4		0		
Vitamin A, RE	mcg_RE	0		0	4		0		
Vitamin E	mg_ATE	0.012		0	4		0.004		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.237		0	4		0.083		
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	0.001		0	4		0.000		
15:0	g								
16:0	g	0.108		0	4		0.038		
17:0	g								
18:0	g	0.125		0	4		0.044		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.134		0	4		0.047		
14:1	g								
15:1	g								

NDB No. 19345

Syrups, chocolate, HERSHEY, HERSHEY'S Genuine Chocolate Flavor Lite Syrup

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		
17:1....g								
18:1 undifferentiated....g	0.134		0	4		0.047		
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	0.013		0	4		0.005		
18:2 undifferentiated....g	0.013		0	4		0.005		
18:3 undifferentiated....g	0.000		0	4		0.000		
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		1	12		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	4		0.0		
Caffeine....mg	2		0	4		1		
Theobromine....mg	80		0	4		28		

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

Common Measures:

Measure 1 = 35.000g: 2 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19348
Syrups, chocolate, fudge-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	21.80		2	1		66.27	8.28	
Energy....kcal	350		0	4		1064	133	
Energy....kj	1464			4		4452	556	
Protein (N x 6.25)....g	4.60		1	1		13.98	1.75	
Total lipid (fat)....g	8.90		1	1		27.06	3.38	
Ash....g	1.80		1	1		5.47	0.68	
Carbohydrate, by difference....g	62.90		0	4		191.22	23.90	
Fiber, total dietary....g	2.8		1	1		8.5	1.1	
Sugars, total....g	41.80		1	1		127.07	15.88	
Starch....g								
Minerals:								
Calcium, Ca....mg	81		0	4		246	31	
Iron, Fe....mg	1.30		0	4		3.95	0.49	
Magnesium, Mg....mg	51		0	4		155	19	
Phosphorus, P....mg	135		0	4		410	51	
Potassium, K....mg	362		0	4		1100	138	
Sodium, Na....mg	346		1	1		1052	131	
Zinc, Zn....mg	0.68		0	4		2.07	0.26	
Copper, Cu....mg	0.288		0	4		0.876	0.109	
Manganese, Mn....mg	0.336		0	4		1.021	0.128	
Selenium, Se....mcg	3.7		0	4		11.2	1.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	4		0.6	0.1	
Thiamin....mg	0.057		0	4		0.173	0.022	
Riboflavin....mg	0.222		0	4		0.675	0.084	
Niacin....mg	0.295		0	4		0.897	0.112	
Pantothenic acid....mg	0.484		0	4		1.471	0.184	
Vitamin B-6....mg	0.062		0	4		0.188	0.024	
Folate, total....mcg	4		0	4		12	2	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	4		0	4		12	2	
Folate, DFE....mcg_DFE	4		0	4		12	2	
Vitamin B-12....mcg	0.21		0	4		0.64	0.08	
Vitamin A, IU....IU	16		0	4		49	6	
Vitamin A, RE....mcg_RE	4		0	4		12	2	
Vitamin E....mg_ATE	2.924		0	4		8.889	1.111	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.980		1	1		12.099	1.512	
4:0....g	0.000		1	1		0.000	0.000	
6:0....g	0.000		1	1		0.000	0.000	
8:0....g	0.018		1	1		0.055	0.007	
10:0....g	0.047		1	1		0.143	0.018	
11:0....g								
12:0....g	0.056		1	1		0.170	0.021	
13:0....g								
14:0....g	0.237		1	1		0.720	0.090	
15:0....g								
16:0....g	1.801		1	1		5.475	0.684	
17:0....g								
18:0....g	0.756		1	1		2.298	0.287	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.857		0	4		11.725	1.466	
14:1....g								
15:1....g								

NDB No. 19348
Syrups, chocolate, fudge-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	0.067		1	1		0.204	0.025	
17:1....g								
18:1 undifferentiated....g	3.780		1	1		11.491	1.436	
20:1....g	0.010		1	1		0.030	0.004	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.278		0	4		0.845	0.106	
18:2 undifferentiated....g	0.249		1	1		0.757	0.095	
18:3 undifferentiated....g	0.024		1	1		0.073	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	0.005		1	1		0.015	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	0.000		1	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	2		0	4		6	1	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.070		0	4		0.213	0.027	
Threonine....g	0.226		0	4		0.687	0.086	
Isoleucine....g	0.219		0	4		0.666	0.083	
Leucine....g	0.352		0	4		1.070	0.134	
Lysine....g	0.296		0	4		0.900	0.112	
Methionine....g	0.070		0	4		0.213	0.027	
Cystine....g	0.066		0	4		0.201	0.025	
Phenylalanine....g	0.192		0	4		0.584	0.073	
Tyrosine....g	0.161		0	4		0.489	0.061	
Valine....g	0.269		0	4		0.818	0.102	
Arginine....g	0.203		0	4		0.617	0.077	
Histidine....g	0.086		0	4		0.261	0.033	
Alanine....g	0.206		0	4		0.626	0.078	
Aspartic acid....g	0.444		0	4		1.350	0.169	
Glutamic acid....g	0.761		0	4		2.313	0.289	
Glycine....g	0.154		0	4		0.468	0.059	
Proline....g	0.255		0	4		0.775	0.097	
Serine....g	0.213		0	4		0.648	0.081	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	6		0	4		18	2	
Theobromine....mg	198		0	4		602	75	

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

Common Measures:

Measure 1 = 304.000g: 1 cup

Measure 2 = 38.000g: 2 tbsp

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19349
Syrups, corn, dark

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	22.80	1.534	5	1		74.78	4.56	
Energy....kcal	282		0	4		925	56	
Energy....kj	1180			4		3870	236	
Protein (N x 6.25)....g	0.00		1	4		0.00	0.00	
Total lipid (fat)....g	0.00	0.037	5	1		0.00	0.00	
Ash....g	0.40	0.074	4	1		1.31	0.08	
Carbohydrate, by difference....g	76.60		0	4		251.25	15.32	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	18		1	1		59	4	
Iron, Fe....mg	0.37		1	1		1.21	0.07	
Magnesium, Mg....mg	8		1	1		26	2	
Phosphorus, P....mg	11		1	1		36	2	
Potassium, K....mg	44		1	1		144	9	
Sodium, Na....mg	155		2	1		508	31	
Zinc, Zn....mg	0.04	0.014	5	1		0.13	0.01	
Copper, Cu....mg	0.053	0.009	5	1		0.174	0.011	
Manganese, Mn....mg	0.100	0.007	5	1		0.328	0.020	
Selenium, Se....mcg	0.9		0	4		3.0	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.011		2	1		0.036	0.002	
Riboflavin....mg	0.009		2	1		0.030	0.002	
Niacin....mg	0.020		2	1		0.066	0.004	
Pantothenic acid....mg	0.023		2	1		0.075	0.005	
Vitamin B-6....mg	0.009		2	1		0.030	0.002	
Folate, total....mcg	0		2	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		2	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	7		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	7		0.000	0.000	
14:1....g								
15:1....g								

NDB No. 19349
Syrups, corn, dark

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	7		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		1	4		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 = 328.000g: 1 cup

Measure 2 = 20.000g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19350
Syrups, corn, light

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	22.80	1.534	5	1		74.78	4.56	
Energy....kcal	282		0	4		925	56	
Energy....kj	1180			4		3870	236	
Protein (N x 6.25)....g	0.00		1	4		0.00	0.00	
Total lipid (fat)....g	0.00	0.037	5	1		0.00	0.00	
Ash....g	0.40	0.074	4	1		1.31	0.08	
Carbohydrate, by difference....g	76.60		0	4		251.25	15.32	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	3		1	1		10	1	
Iron, Fe....mg	0.05		1	1		0.16	0.01	
Magnesium, Mg....mg	2		1	1		7	0	
Phosphorus, P....mg	2		1	1		7	0	
Potassium, K....mg	4		1	1		13	1	
Sodium, Na....mg	121		2	1		397	24	
Zinc, Zn....mg	0.02	0.004	5	1		0.07	0.00	
Copper, Cu....mg	0.010	0.005	5	1		0.033	0.002	
Manganese, Mn....mg	0.088	0.019	5	1		0.289	0.018	
Selenium, Se....mcg	0.7		0	4		2.3	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.011		2	1		0.036	0.002	
Riboflavin....mg	0.009		2	1		0.030	0.002	
Niacin....mg	0.020		2	1		0.066	0.004	
Pantothenic acid....mg	0.023		2	1		0.075	0.005	
Vitamin B-6....mg	0.009		2	1		0.030	0.002	
Folate, total....mcg	0		2	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		2	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		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. 19350
Syrups, corn, light

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		1	4		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 = 328.000g: 1 cup

Measure 2 = 20.000g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19351
Syrups, corn, high-fructose

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	24.00	1.499	6	1		74.40	4.56	
Energy....kcal	281		0	4		871	53	
Energy....kj	1176			4		3645	223	
Protein (N x 6.25)....g	0.00	0.000	3	1		0.00	0.00	
Total lipid (fat)....g	0.00	0.000	3	1		0.00	0.00	
Ash....g	0.00	0.004	6	1		0.00	0.00	
Carbohydrate, by difference....g	76.00		0	4		235.60	14.44	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0	0.051	19	1		0	0	
Iron, Fe....mg	0.03	0.009	19	1		0.09	0.01	
Magnesium, Mg....mg	0	0.015	19	1		0	0	
Phosphorus, P....mg	0		1	4		0	0	
Potassium, K....mg	0	0.005	16	1		0	0	
Sodium, Na....mg	2	0.491	19	1		6	0	
Zinc, Zn....mg	0.02	0.008	19	1		0.06	0.00	
Copper, Cu....mg	0.029	0.005	10	1		0.090	0.006	
Manganese, Mn....mg	0.094		1	4		0.291	0.018	
Selenium, Se....mcg	0.7		0	4		2.2	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.000		1	4		0.000	0.000	
Riboflavin....mg	0.019	0.009	3	1		0.059	0.004	
Niacin....mg	0.000	0.000	3	1		0.000	0.000	
Pantothenic acid....mg	0.011	0.011	3	1		0.034	0.002	
Vitamin B-6....mg	0.000	0.000	3	1		0.000	0.000	
Folate, total....mcg	0		1	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		1	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	1		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	7		0.000	0.000	
14:1....g								
15:1....g								

NDB No. 19351
Syrups, corn, high-fructose

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	7		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		1	4		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 = 310.000g: 1 cup

Measure 2 = 19.000g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19352
Syrups, malt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	21.10		1	1		81.02	5.06	
Energy....kcal	318		0	4		1221	76	
Energy....kj	1331			4		5109	319	
Protein (N x 6.25)....g	6.20		1	1		23.81	1.49	
Total lipid (fat)....g	0.00		1	1		0.00	0.00	
Ash....g	1.30		1	1		4.99	0.31	
Carbohydrate, by difference....g	71.30		0	4		273.79	17.11	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	61		1	1		234	15	
Iron, Fe....mg	0.96		1	1		3.69	0.23	
Magnesium, Mg....mg	72		1	1		276	17	
Phosphorus, P....mg	236		1	1		906	57	
Potassium, K....mg	320		1	1		1229	77	
Sodium, Na....mg	35		1	1		134	8	
Zinc, Zn....mg	0.14		1	1		0.54	0.03	
Copper, Cu....mg	0.200		1	1		0.768	0.048	
Manganese, Mn....mg	0.100		1	1		0.384	0.024	
Selenium, Se....mcg	12.3		0	4		47.2	3.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	
Thiamin....mg	0.011		1	4		0.042	0.003	
Riboflavin....mg	0.393		1	1		1.509	0.094	
Niacin....mg	8.120		1	1		31.181	1.949	
Pantothenic acid....mg	0.171		1	1		0.657	0.041	
Vitamin B-6....mg	0.500		1	1		1.920	0.120	
Folate, total....mcg	12		1	1		46	3	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	12		1	1		46	3	
Folate, DFE....mcg_DFE	12		0	4		46	3	
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	0.000		0	7		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.000		0	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		1	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.075		0	1		0.288	0.018	
Threonine....g	0.208		0	1		0.799	0.050	
Isoleucine....g	0.210		0	1		0.806	0.050	
Leucine....g	0.378		0	1		1.452	0.091	
Lysine....g	0.267		0	1		1.025	0.064	
Methionine....g	0.110		0	1		0.422	0.026	
Cystine....g	0.065		0	1		0.250	0.016	
Phenylalanine....g	0.260		0	1		0.998	0.062	
Tyrosine....g	0.169		0	1		0.649	0.041	
Valine....g	0.304		0	1		1.167	0.073	
Arginine....g	0.283		0	1		1.087	0.068	
Histidine....g	0.132		0	1		0.507	0.032	

NDB No. 19352
Syrups, malt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Alanine....g	0.271		0	1		1.041	0.065	
Aspartic acid....g	0.558		0	1		2.143	0.134	
Glutamic acid....g	1.006		0	1		3.863	0.241	
Glycine....g	0.252		0	1		0.968	0.060	
Proline....g	0.459		0	1		1.763	0.110	
Serine....g	0.232		0	1		0.891	0.056	
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 = 384.000g: 1 cup

Measure 2 = 24.000g: 1 tbsp

Calories Factors: **Protein** 3.87 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 19 Sweets

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

NDB No. 19353
Syrups, maple

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	32.00	0.499	6	1		100.80	6.40	
Energy....kcal	262		0	4		825	52	
Energy....kj	1096			4		3453	219	
Protein (N x 6.25)....g	0.00	0.010	3	1		0.00	0.00	
Total lipid (fat)....g	0.20	0.116	3	1		0.63	0.04	
Ash....g	0.60	0.019	3	1		1.89	0.12	
Carbohydrate, by difference....g	67.20		0	4		211.68	13.44	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g	63.70		1	1		200.66	12.74	
Starch....g								
Minerals:								
Calcium, Ca....mg	67	3.466	10	1		211	13	
Iron, Fe....mg	1.20		1	4		3.78	0.24	
Magnesium, Mg....mg	14	2.204	11	1		44	3	
Phosphorus, P....mg	2	0.929	3	1		6	0	
Potassium, K....mg	204	12.020	10	1		643	41	
Sodium, Na....mg	9	3.455	13	1		28	2	
Zinc, Zn....mg	4.16	0.700	10	1		13.10	0.83	
Copper, Cu....mg	0.074	0.015	10	1		0.233	0.015	
Manganese, Mn....mg	3.298	0.974	10	1		10.389	0.660	
Selenium, Se....mcg	0.6		0	4		1.9	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.006	0.001	3	1		0.019	0.001	
Riboflavin....mg	0.010	0.004	3	1		0.032	0.002	
Niacin....mg	0.030	0.000	3	1		0.095	0.006	
Pantothenic acid....mg	0.036	0.003	3	1		0.113	0.007	
Vitamin B-6....mg	0.002	0.002	3	1		0.006	0.000	
Folate, total....mcg	0	0.167	3	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0	0.167	3	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.036		0	4		0.113	0.007	
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	0.036		0	4		0.113	0.007	
17:0....g								
18:0....g	0.004		0	4		0.013	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.064		0	4		0.202	0.013	
14:1....g								
15:1....g								

NDB No. 19353
Syrups, maple

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. 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	0.064		0	4		0.202	0.013	
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	0.100		0	4		0.315	0.020	
18:2 undifferentiated....g	0.100		0	4		0.315	0.020	
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		1	4		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 = 315.000g: 1 cup

Measure 2 = 20.000g: 1 tbsp

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19355
Syrups, sorghum

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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		1	1		67.32	4.28	
Energy....kcal	290		0	4		957	61	
Energy....kj	1213			4		4004	255	
Protein (N x 6.25)....g	0.00		1	4		0.00	0.00	
Total lipid (fat)....g	0.00		1	4		0.00	0.00	
Ash....g	2.40		1	1		7.92	0.50	
Carbohydrate, by difference....g	74.90		0	4		247.17	15.73	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	150		1	1		495	32	
Iron, Fe....mg	3.80		1	1		12.54	0.80	
Magnesium, Mg....mg	100		1	1		330	21	
Phosphorus, P....mg	56		1	1		185	12	
Potassium, K....mg	1000		1	1		3300	210	
Sodium, Na....mg	8		1	1		26	2	
Zinc, Zn....mg	0.41		1	1		1.35	0.09	
Copper, Cu....mg	0.130		1	1		0.429	0.027	
Manganese, Mn....mg	1.530		1	4		5.049	0.321	
Selenium, Se....mcg	0.7		0	4		2.3	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.100		1	4		0.330	0.021	
Riboflavin....mg	0.155		1	1		0.512	0.033	
Niacin....mg	0.100		1	4		0.330	0.021	
Pantothenic acid....mg	0.804		1	4		2.653	0.169	
Vitamin B-6....mg	0.670		1	4		2.211	0.141	
Folate, total....mcg	0		1	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		1	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	7		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	7		0.000	0.000	
14:1....g								
15:1....g								

NDB No. 19355
Syrups, sorghum

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	7		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		1	4		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 = 330.000g: 1 cup

Measure 2 = 21.000g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19360
Syrups, table blends, pancake, with 2% maple

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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	1.274	3	1		94.82	6.02	
Energy....kcal	265		0	4		835	53	
Energy....kj	1109			4		3493	222	
Protein (N x 6.25)....g	0.00		1	1		0.00	0.00	
Total lipid (fat)....g	0.10	0.060	3	1		0.32	0.02	
Ash....g	0.20	0.064	3	1		0.63	0.04	
Carbohydrate, by difference....g	69.60		0	4		219.24	13.92	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5		2	1		16	1	
Iron, Fe....mg	0.07		2	1		0.22	0.01	
Magnesium, Mg....mg	2		2	1		6	0	
Phosphorus, P....mg	10		2	1		32	2	
Potassium, K....mg	6		1	1		19	1	
Sodium, Na....mg	61	10.136	7	1		192	12	
Zinc, Zn....mg	0.23		2	1		0.72	0.05	
Copper, Cu....mg	0.045		2	1		0.142	0.009	
Manganese, Mn....mg	0.185		2	1		0.583	0.037	
Selenium, Se....mcg	0.6		0	4		1.9	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.005		2	1		0.016	0.001	
Riboflavin....mg	0.017		2	1		0.054	0.003	
Niacin....mg	0.020		1	4		0.063	0.004	
Pantothenic acid....mg	0.008		2	1		0.025	0.002	
Vitamin B-6....mg	0.000		2	1		0.000	0.000	
Folate, total....mcg	0		2	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		2	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.018		0	4		0.057	0.004	
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	0.018		0	4		0.057	0.004	
17:0....g								
18:0....g	0.002		0	4		0.006	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.032		0	4		0.101	0.006	
14:1....g								
15:1....g								

NDB No. 19360
Syrups, table blends, pancake, with 2% maple

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.032		0	4		0.101	0.006	
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	0.050		0	4		0.158	0.010	
18:2 undifferentiated....g	0.050		0	4		0.158	0.010	
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		1	4		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 = 315.000g: 1 cup

Measure 2 = 20.000g: 1 tbsp

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19361
Syrups, table blends, cane and 15% maple

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	24.20		0	1		76.23	4.84	
Energy....kcal	279		0	4		879	56	
Energy....kj	1167			4		3677	233	
Protein (N x 0)....g	0.10		0	1		0.32	0.02	
Total lipid (fat)....g	0.10		0	1		0.32	0.02	
Ash....g	0.40		0	1		1.26	0.08	
Carbohydrate, by difference....g	75.20		0	4		236.88	15.04	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	13		0	1		41	3	
Iron, Fe....mg	0.82		0	1		2.58	0.16	
Magnesium, Mg....mg	4		0	1		13	1	
Phosphorus, P....mg	2		0	1		6	0	
Potassium, K....mg	34		0	1		107	7	
Sodium, Na....mg	104		0	1		328	21	
Zinc, Zn....mg	0.64		0	1		2.02	0.13	
Copper, Cu....mg	0.020		0	1		0.063	0.004	
Manganese, Mn....mg	0.569		0	1		1.792	0.114	
Selenium, Se....mcg	0.7		0	4		2.2	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.010		0	1		0.032	0.002	
Riboflavin....mg	0.010		0	1		0.032	0.002	
Niacin....mg	0.021		0	1		0.066	0.004	
Pantothenic acid....mg	0.025		0	1		0.079	0.005	
Vitamin B-6....mg	0.008		0	1		0.025	0.002	
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	7		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.018		0	4		0.057	0.004	
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	0.018		0	4		0.057	0.004	
17:0....g								
18:0....g	0.002		0	4		0.006	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.032		0	4		0.101	0.006	
14:1....g								
15:1....g								

NDB No. 19361
Syrups, table blends, cane and 15% maple

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.032		0	4		0.101	0.006	
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	0.050		0	4		0.158	0.010	
18:2 undifferentiated....g	0.050		0	4		0.158	0.010	
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 = 315.000g: 1 cup

Measure 2 = 20.000g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19362
Syrups, table blends, corn, refiner, and 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	15.60		1	1		49.30	3.12	
Energy....kcal	319		0	4		1008	64	
Energy....kj	1335			4		4218	267	
Protein (N x 6.25)....g	0.00		1	4		0.00	0.00	
Total lipid (fat)....g	0.00		1	4		0.00	0.00	
Ash....g	0.50		1	1		1.58	0.10	
Carbohydrate, by difference....g	83.90		0	4		265.12	16.78	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	23		1	1		73	5	
Iron, Fe....mg	0.74		1	1		2.34	0.15	
Magnesium, Mg....mg	9		1	1		28	2	
Phosphorus, P....mg	8		1	1		25	2	
Potassium, K....mg	63		1	1		199	13	
Sodium, Na....mg	71		1	1		224	14	
Zinc, Zn....mg	0.03		1	1		0.09	0.01	
Copper, Cu....mg	0.060		1	1		0.190	0.012	
Manganese, Mn....mg	0.088		1	4		0.278	0.018	
Selenium, Se....mcg	0.8		0	4		2.5	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.006		1	1		0.019	0.001	
Riboflavin....mg	0.047		1	1		0.149	0.009	
Niacin....mg	0.020		1	1		0.063	0.004	
Pantothenic acid....mg	0.035		1	1		0.111	0.007	
Vitamin B-6....mg	0.009		1	4		0.028	0.002	
Folate, total....mcg	3		1	1		9	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3		1	1		9	1	
Folate, DFE....mcg_DFE	3		0	4		9	1	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		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	0.000		0	4		0.000	0.000	
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		1	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 = 316.000g: 1 cup

Measure 2 = 20.000g: 1 tbsp

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

NDB No. 19362
Syrups, table blends, corn, refiner, and sugar

Food Group: 19 Sweets

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

NDB No. 19364
Toppings, butterscotch or caramel

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	4		13.12		
Energy	kcal	252		0	4		103		
Energy	kj	1054			4		432		
Protein (N x 6.38)	g	1.50		2	1		0.62		
Total lipid (fat)	g	0.10		2	1		0.04		
Ash	g	0.50		1	4		0.21		
Carbohydrate, by difference	g	65.90		0	4		27.02		
Fiber, total dietary	g	0.9		0	4		0.4		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	53		2	1		22		
Iron, Fe	mg	0.20		2	1		0.08		
Magnesium, Mg	mg	7		1	1		3		
Phosphorus, P	mg	47		1	4		19		
Potassium, K	mg	84		1	4		34		
Sodium, Na	mg	349		1	4		143		
Zinc, Zn	mg	0.19		1	4		0.08		
Copper, Cu	mg	0.024		1	4		0.010		
Manganese, Mn	mg	0.050		1	4		0.021		
Selenium, Se	mcg	0.0		0	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.3		1	4		0.1		
Thiamin	mg	0.012		1	4		0.005		
Riboflavin	mg	0.095		2	1		0.039		
Niacin	mg	0.039		1	4		0.016		
Pantothenic acid	mg	0.158		1	4		0.065		
Vitamin B-6	mg	0.014		1	4		0.006		
Folate, total	mcg	2		1	4		1		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	2		1	4		1		
Folate, DFE	mcg_DFE	2		0	4		1		
Vitamin B-12	mcg	0.09		1	4		0.04		
Vitamin A, IU	IU	90		1	4		37		
Vitamin A, RE	mcg_RE	27		0	1		11		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.110		0	1		0.045		
4:0	g	0.000		1	1		0.000		
6:0	g	0.000		1	1		0.000		
8:0	g	0.010		1	1		0.004		
10:0	g	0.010		1	1		0.004		
11:0	g								
12:0	g	0.040		1	1		0.016		
13:0	g								
14:0	g	0.020		1	1		0.008		
15:0	g								
16:0	g	0.020		1	1		0.008		
17:0	g								
18:0	g	0.010		1	1		0.004		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.020		0	1		0.008		
14:1	g								
15:1	g								

NDB No. 19364
Toppings, butterscotch or caramel

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		1	1		0.000		
17:1....g								
18:1 undifferentiated....g	0.020		1	1		0.008		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.000		0	1		0.000		
18:2 undifferentiated....g	0.000		1	1		0.000		
18:3 undifferentiated....g	0.000		1	1		0.000		
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		1	4		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.020		0	1		0.008		
Threonine....g	0.066		0	1		0.027		
Isoleucine....g	0.088		0	1		0.036		
Leucine....g	0.143		0	1		0.059		
Lysine....g	0.116		0	1		0.048		
Methionine....g	0.036		0	1		0.015		
Cystine....g	0.013		0	1		0.005		
Phenylalanine....g	0.070		0	1		0.029		
Tyrosine....g	0.070		0	1		0.029		
Valine....g	0.098		0	1		0.040		
Arginine....g	0.053		0	1		0.022		
Histidine....g	0.040		0	1		0.016		
Alanine....g	0.050		0	1		0.021		
Aspartic acid....g	0.111		0	1		0.046		
Glutamic acid....g	0.305		0	1		0.125		
Glycine....g	0.031		0	1		0.013		
Proline....g	0.141		0	1		0.058		
Serine....g	0.079		0	1		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 = 41.000g: 2 tbsp

Calories Factors: **Protein** 4.27 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19365
Toppings, marshmallow cream

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	19.80		1	1		5.61	39.20	
Energy....kcal	322		0	4		91	638	
Energy....kj	1347			4		382	2668	
Protein (N x 0)....g	0.80		1	1		0.23	1.58	
Total lipid (fat)....g	0.30		1	1		0.09	0.59	
Ash....g	0.10		1	1		0.03	0.20	
Carbohydrate, by difference....g	79.00		0	4		22.40	156.42	
Fiber, total dietary....g	0.1		0	4		0.0	0.2	
Sugars, total....g	46.80		1	1		13.27	92.66	
Starch....g								
Minerals:								
Calcium, Ca....mg	3		0	4		1	6	
Iron, Fe....mg	0.22		0	4		0.06	0.44	
Magnesium, Mg....mg	2		0	4		1	4	
Phosphorus, P....mg	8		0	4		2	16	
Potassium, K....mg	5		0	4		1	10	
Sodium, Na....mg	49		1	1		14	97	
Zinc, Zn....mg	0.04		0	4		0.01	0.08	
Copper, Cu....mg	0.095		0	4		0.027	0.188	
Manganese, Mn....mg	0.008		0	4		0.002	0.016	
Selenium, Se....mcg	1.9		0	4		0.5	3.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.001		0	4		0.000	0.002	
Riboflavin....mg	0.001		0	4		0.000	0.002	
Niacin....mg	0.076		0	4		0.022	0.150	
Pantothenic acid....mg	0.005		0	4		0.001	0.010	
Vitamin B-6....mg	0.002		0	4		0.001	0.004	
Folate, total....mcg	1		0	4		0	2	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	4		0	2	
Folate, DFE....mcg_DFE	1		0	4		0	2	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	1		0	4		0	2	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.000		0	4		0.000	0.000	
Tocopherol, alpha....mg	0.00		0	7		0.00	0.00	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.056		0	4		0.016	0.111	
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	0.002	
15:0....g								
16:0....g	0.040		0	4		0.011	0.079	
17:0....g								

NDB No. 19365
Toppings, marshmallow cream

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 g	0.015		0	4		0.004	0.030	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	0.080		0	4		0.023	0.158	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.004		0	4		0.001	0.008	
17:1 g								
18:1 undifferentiated g	0.076		0	4		0.022	0.150	
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	0.047		0	4		0.013	0.093	
18:2 undifferentiated g	0.045		0	4		0.013	0.089	
18:3 undifferentiated g	0.001		0	4		0.000	0.002	
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	0		0	4		0	0	
Phytosterols mg								
Amino Acids:								
Tryptophan g	0.000		0	4		0.000	0.000	
Threonine g	0.034		0	4		0.010	0.067	
Isoleucine g	0.028		0	4		0.008	0.055	
Leucine g	0.064		0	4		0.018	0.127	
Lysine g	0.075		0	4		0.021	0.149	
Methionine g	0.015		0	4		0.004	0.030	
Cystine g	0.002		0	4		0.001	0.004	
Phenylalanine g	0.041		0	4		0.012	0.081	
Tyrosine g	0.010		0	4		0.003	0.020	
Valine g	0.049		0	4		0.014	0.097	
Arginine g	0.144		0	4		0.041	0.285	
Histidine g	0.017		0	4		0.005	0.034	
Alanine g	0.176		0	4		0.050	0.348	
Aspartic acid g	0.118		0	4		0.033	0.234	
Glutamic acid g	0.203		0	4		0.058	0.402	
Glycine g	0.407		0	4		0.115	0.806	
Proline g	0.269		0	4		0.076	0.533	
Serine g	0.059		0	4		0.017	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 = 198.000g: 1 jar

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

NDB No. 19365
Toppings, marshmallow cream

Food Group: 19 Sweets

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

NDB No. 19366
Toppings, pineapple

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		1	4		112.20	13.86	
Energy....kcal	253		0	4		860	106	
Energy....kj	1059			4		3599	445	
Protein (N x 6.25)....g	0.10		0	4		0.34	0.04	
Total lipid (fat)....g	0.10		1	4		0.34	0.04	
Ash....g	0.40		1	4		1.36	0.17	
Carbohydrate, by difference....g	66.40		0	4		225.76	27.89	
Fiber, total dietary....g	1.0		0	4		3.4	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	22		0	4		75	9	
Iron, Fe....mg	0.48		0	4		1.63	0.20	
Magnesium, Mg....mg	2		1	4		7	1	
Phosphorus, P....mg	8		0	4		27	3	
Potassium, K....mg	317		0	4		1078	133	
Sodium, Na....mg	63		0	4		214	26	
Zinc, Zn....mg	0.48		1	4		1.63	0.20	
Copper, Cu....mg	0.033		1	4		0.112	0.014	
Manganese, Mn....mg	0.713		1	4		2.424	0.299	
Selenium, Se....mcg	3.0		0	4		10.2	1.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	58.6		0	4		199.2	24.6	
Thiamin....mg	0.030		1	4		0.102	0.013	
Riboflavin....mg	0.010		1	4		0.034	0.004	
Niacin....mg	0.090		1	4		0.306	0.038	
Pantothenic acid....mg	0.030		1	4		0.102	0.013	
Vitamin B-6....mg	0.020		1	4		0.068	0.008	
Folate, total....mcg	3		1	4		10	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3		1	4		10	1	
Folate, DFE....mcg_DFE	3		0	4		10	1	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	21		0	4		71	9	
Vitamin A, RE....mcg_RE	2		0	1		7	1	
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.018		0	4		0.061	0.008	
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	0.018		0	4		0.061	0.008	
17:0....g								
18:0....g	0.002		0	4		0.007	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.032		0	4		0.109	0.013	
14:1....g								
15:1....g								

NDB No. 19366
Toppings, pineapple

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.032		0	4		0.109	0.013	
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	0.050		0	4		0.170	0.021	
18:2 undifferentiated....g	0.050		0	4		0.170	0.021	
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		1	4		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 = 340.000g: 1 cup

Measure 2 = 42.000g: 2 tbsp

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19367
Toppings, nuts in syrup

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	18.60		1	4		61.01	7.63	
Energy....kcal	408		0	4		1338	167	
Energy....kj	1707			4		5599	700	
Protein (N x 5.3)....g	4.50		2	1		14.76	1.85	
Total lipid (fat)....g	22.00		2	1		72.16	9.02	
Ash....g	1.60		1	4		5.25	0.66	
Carbohydrate, by difference....g	53.40		0	4		175.15	21.89	
Fiber, total dietary....g	1.6		0	4		5.2	0.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	40		1	4		131	16	
Iron, Fe....mg	1.05		2	1		3.44	0.43	
Magnesium, Mg....mg	63		1	4		207	26	
Phosphorus, P....mg	111		1	4		364	46	
Potassium, K....mg	209		1	4		686	86	
Sodium, Na....mg	42		1	4		138	17	
Zinc, Zn....mg	1.04		1	4		3.41	0.43	
Copper, Cu....mg	0.475		1	4		1.558	0.195	
Manganese, Mn....mg	1.040		1	4		3.411	0.426	
Selenium, Se....mcg	1.4		0	4		4.6	0.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.1		1	4		3.6	0.5	
Thiamin....mg	0.180		2	1		0.590	0.074	
Riboflavin....mg	0.120		1	1		0.394	0.049	
Niacin....mg	0.413		1	4		1.355	0.169	
Pantothenic acid....mg	0.210		1	4		0.689	0.086	
Vitamin B-6....mg	0.186		1	4		0.610	0.076	
Folate, total....mcg	21		0	4		69	9	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	21		0	4		69	9	
Folate, DFE....mcg_DFE	21		0	4		69	9	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	41		1	4		134	17	
Vitamin A, RE....mcg_RE	4		0	1		13	2	
Vitamin E....mg_ATE	0.870		0	4		2.854	0.357	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.960		0	1		6.429	0.804	
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	0.070		1	1		0.230	0.029	
15:0....g								
16:0....g	1.510		1	1		4.953	0.619	
17:0....g								
18:0....g	0.380		1	1		1.246	0.156	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.970		0	1		16.302	2.038	
14:1....g								
15:1....g								

NDB No. 19367
Toppings, nuts in syrup

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. 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	0.060		1	1		0.197	0.025	
17:1....g								
18:1 undifferentiated....g	4.730		1	1		15.514	1.939	
20:1....g	0.190		1	1		0.623	0.078	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	13.730		0	1		45.034	5.629	
18:2 undifferentiated....g	11.300		1	1		37.064	4.633	
18:3 undifferentiated....g	2.420		1	1		7.938	0.992	
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	0.010		1	1		0.033	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	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	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.059		0	1		0.194	0.024	
Threonine....g	0.139		0	1		0.456	0.057	
Isoleucine....g	0.176		0	1		0.577	0.072	
Leucine....g	0.309		0	1		1.014	0.127	
Lysine....g	0.121		0	1		0.397	0.050	
Methionine....g	0.087		0	1		0.285	0.036	
Cystine....g	0.108		0	1		0.354	0.044	
Phenylalanine....g	0.196		0	1		0.643	0.080	
Tyrosine....g	0.137		0	1		0.449	0.056	
Valine....g	0.225		0	1		0.738	0.092	
Arginine....g	0.655		0	1		2.148	0.269	
Histidine....g	0.112		0	1		0.367	0.046	
Alanine....g	0.190		0	1		0.623	0.078	
Aspartic acid....g	0.459		0	1		1.506	0.188	
Glutamic acid....g	0.875		0	1		2.870	0.359	
Glycine....g	0.235		0	1		0.771	0.096	
Proline....g	0.172		0	1		0.564	0.071	
Serine....g	0.244		0	1		0.800	0.100	
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 = 328.000g: 1 cup

Measure 2 = 41.000g: 2 tbsp

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19370
Candies, M&M MARS, SKITTLES Original Bite Size Candies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.83		0	9		7.85	382.20	2.18
Energy....kcal	405		0	9		830	40415	231
Energy....kj	1695			9		3474	169096	966
Protein....g	0.19		0	9		0.39	18.96	0.11
Total lipid (fat)....g	4.37		0	9		8.96	436.08	2.49
Ash....g	0.97		0	9		1.99	96.80	0.55
Carbohydrate, by difference....g	90.64		0	9		185.81	9044.97	51.66
Fiber, total dietary....g	0.0		0	9		0.0	0.0	0.0
Sugars, total....g	76.02		0	9		155.84	7586.04	43.33
Starch....g								
Minerals:								
Calcium, Ca....mg	0		0	9		0	0	0
Iron, Fe....mg	0.01		0	9		0.02	1.00	0.01
Magnesium, Mg....mg	1		0	4		2	100	1
Phosphorus, P....mg	2		0	4		4	200	1
Potassium, K....mg	5		0	4		10	499	3
Sodium, Na....mg	16		0	9		33	1597	9
Zinc, Zn....mg	0.03		0	4		0.06	2.99	0.02
Copper, Cu....mg	0.044		0	4		0.090	4.391	0.025
Manganese, Mn....mg	0.039		0	4		0.080	3.892	0.022
Selenium, Se....mcg	0.7		0	4		1.4	69.9	0.4
Vitamins:								
Vitamin C, total ascorbic acid....mg	66.9		0	9		137.1	6676.0	38.1
Thiamin....mg	0.002		0	4		0.004	0.200	0.001
Riboflavin....mg	0.021		0	4		0.043	2.096	0.012
Niacin....mg	0.017		0	4		0.035	1.696	0.010
Pantothenic acid....mg	0.005		0	4		0.010	0.499	0.003
Vitamin B-6....mg	0.006		0	4		0.012	0.599	0.003
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	9		0	0	0
Vitamin A, RE....mcg_RE	0		0	4		0	0	0
Vitamin E....mg_ATE	0.279		0	4		0.572	27.841	0.159
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.868		0	9		1.779	86.618	0.495
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	0.007		0	4		0.014	0.699	0.004
15:0....g								
16:0....g	0.622		0	4		1.275	62.069	0.355
17:0....g								
18:0....g	0.228		0	4		0.467	22.752	0.130
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.960		0	9		6.068	295.378	1.687
14:1....g								
15:1....g								

NDB No. 19370
Candies, M&M MARS, SKITTLES Original Bite Size Candies

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		0.053	2.595	0.015
17:1....g								
18:1 undifferentiated....g	2.896		0	4		5.937	288.992	1.651
20:1....g	0.026		0	4		0.053	2.595	0.015
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.120		0	9		0.246	11.975	0.068
18:2 undifferentiated....g	0.014		0	4		0.029	1.397	0.008
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	9		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 = 205.000g: 1 cup

Measure 2 = 9979.000g: 1 package

Measure 3 = 57.000g: 1 package (2 oz, 54 pieces)

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

Food Group: 19 Sweets

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

NDB No. 19371
Frostings, vanilla, creamy, dry mix, prepared 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	11.60		0	1		59.97	4.99	
Energy....kcal	424		0	4		2192	182	
Energy....kj	1774			4		9172	763	
Protein (N x 0)....g	0.20		0	1		1.03	0.09	
Total lipid (fat)....g	16.60		0	1		85.82	7.14	
Ash....g	0.80		0	1		4.14	0.34	
Carbohydrate, by difference....g	70.80		0	4		366.04	30.44	
Fiber, total dietary....g	0.1		0	4		0.5	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	9		0	1		47	4	
Iron, Fe....mg	0.23		0	1		1.19	0.10	
Magnesium, Mg....mg	2		0	1		10	1	
Phosphorus, P....mg	27		0	1		140	12	
Potassium, K....mg	22		0	1		114	9	
Sodium, Na....mg	222		0	1		1148	95	
Zinc, Zn....mg	0.11		0	1		0.57	0.05	
Copper, Cu....mg	0.048		0	1		0.248	0.021	
Manganese, Mn....mg	0.040		0	1		0.207	0.017	
Selenium, Se....mcg	0.6		0	4		3.1	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.022		0	1		0.114	0.009	
Riboflavin....mg	0.023		0	1		0.119	0.010	
Niacin....mg	0.347		0	1		1.794	0.149	
Pantothenic acid....mg	0.038		0	1		0.196	0.016	
Vitamin B-6....mg	0.002		0	1		0.010	0.001	
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	491		0	1		2538	211	
Vitamin A, RE....mcg_RE	107		0	1		553	46	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.290		0	1		17.009	1.415	
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	0.020		0	1		0.103	0.009	
15:0....g								
16:0....g	1.820		0	1		9.409	0.783	
17:0....g								
18:0....g	1.450		0	1		7.497	0.624	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.770		0	1		35.001	2.911	
14:1....g								
15:1....g								

NDB No. 19371
Frostings, vanilla, creamy, dry mix, prepared 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	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	6.770		0	1		35.001	2.911	
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	5.730		0	1		29.624	2.464	
18:2 undifferentiated....g	5.440		0	1		28.125	2.339	
18:3 undifferentiated....g	0.290		0	1		1.499	0.125	
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	29		0	1		150	12	
Amino Acids:								
Tryptophan....g	0.002		0	1		0.010	0.001	
Threonine....g	0.009		0	1		0.047	0.004	
Isoleucine....g	0.011		0	1		0.057	0.005	
Leucine....g	0.029		0	1		0.150	0.012	
Lysine....g	0.011		0	1		0.057	0.005	
Methionine....g	0.005		0	1		0.026	0.002	
Cystine....g	0.004		0	1		0.021	0.002	
Phenylalanine....g	0.012		0	1		0.062	0.005	
Tyrosine....g	0.010		0	1		0.052	0.004	
Valine....g	0.014		0	1		0.072	0.006	
Arginine....g	0.010		0	1		0.052	0.004	
Histidine....g	0.007		0	1		0.036	0.003	
Alanine....g	0.014		0	1		0.072	0.006	
Aspartic acid....g	0.018		0	1		0.093	0.008	
Glutamic acid....g	0.049		0	1		0.253	0.021	
Glycine....g	0.007		0	1		0.036	0.003	
Proline....g	0.023		0	1		0.119	0.010	
Serine....g	0.011		0	1		0.057	0.005	
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 = 517.000g: 1 package yields

Measure 2 = 43.000g: .083 package

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

Food Group: 19 Sweets

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

NDB No. 19372
Frostings, chocolate, creamy, dry mix, prepared 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	13.30		0	1		66.37	5.59	
Energy....kcal	383		0	4		1911	161	
Energy....kj	1602			4		7996	673	
Protein (N x 0)....g	1.10		0	1		5.49	0.46	
Total lipid (fat)....g	13.00		0	1		64.87	5.46	
Ash....g	0.70		0	1		3.49	0.29	
Carbohydrate, by difference....g	71.70		0	4		357.78	30.11	
Fiber, total dietary....g	1.8		0	4		9.0	0.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	12		0	1		60	5	
Iron, Fe....mg	0.93		0	1		4.64	0.39	
Magnesium, Mg....mg	30		0	1		150	13	
Phosphorus, P....mg	50		0	1		250	21	
Potassium, K....mg	145		0	1		724	61	
Sodium, Na....mg	164		0	1		818	69	
Zinc, Zn....mg	0.64		0	1		3.19	0.27	
Copper, Cu....mg	0.229		0	1		1.143	0.096	
Manganese, Mn....mg	0.259		0	1		1.292	0.109	
Selenium, Se....mcg	1.2		0	4		6.0	0.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.006		0	1		0.030	0.003	
Riboflavin....mg	0.027		0	1		0.135	0.011	
Niacin....mg	0.113		0	1		0.564	0.047	
Pantothenic acid....mg	0.032		0	1		0.160	0.013	
Vitamin B-6....mg	0.063		0	1		0.314	0.026	
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	0.01		0	1		0.05	0.00	
Vitamin A, IU....IU	367		0	1		1831	154	
Vitamin A, RE....mcg_RE	68		0	1		339	29	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.750		0	1		8.733	0.735	
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	0.020		0	1		0.100	0.008	
15:0....g								
16:0....g	1.080		0	1		5.389	0.454	
17:0....g								
18:0....g	0.660		0	1		3.293	0.277	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.980		0	1		19.860	1.672	
14:1....g								
15:1....g								

NDB No. 19372
Frostings, chocolate, creamy, dry mix, prepared 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	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	3.980		0	1		19.860	1.672	
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	2.820		0	1		14.072	1.184	
18:2 undifferentiated....g	2.700		0	1		13.473	1.134	
18:3 undifferentiated....g	0.120		0	1		0.599	0.050	
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	29		0	1		145	12	
Amino Acids:								
Tryptophan....g	0.017		0	1		0.085	0.007	
Threonine....g	0.046		0	1		0.230	0.019	
Isoleucine....g	0.046		0	1		0.230	0.019	
Leucine....g	0.073		0	1		0.364	0.031	
Lysine....g	0.060		0	1		0.299	0.025	
Methionine....g	0.013		0	1		0.065	0.005	
Cystine....g	0.014		0	1		0.070	0.006	
Phenylalanine....g	0.055		0	1		0.274	0.023	
Tyrosine....g	0.044		0	1		0.220	0.018	
Valine....g	0.069		0	1		0.344	0.029	
Arginine....g	0.062		0	1		0.309	0.026	
Histidine....g	0.021		0	1		0.105	0.009	
Alanine....g	0.051		0	1		0.254	0.021	
Aspartic acid....g	0.111		0	1		0.554	0.047	
Glutamic acid....g	0.177		0	1		0.883	0.074	
Glycine....g	0.049		0	1		0.245	0.021	
Proline....g	0.054		0	1		0.269	0.023	
Serine....g	0.050		0	1		0.250	0.021	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	4		0	4		20	2	
Theobromine....mg	145		0	4		724	61	

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

Common Measures:

Measure 1 = 499.000g: 1 package yields

Measure 2 = 42.000g: .083 package

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19375
Frostings, glaze, 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	17.70		0	1		57.88		
Energy....kcal	359		0	4		1174		
Energy....kj	1502			4		4912		
Protein (N x 0)....g	0.60		0	1		1.96		
Total lipid (fat)....g	7.90		0	1		25.83		
Ash....g	0.30		0	1		0.98		
Carbohydrate, by difference....g	73.50		0	4		240.35		
Fiber, total dietary....g	0.0		0	4		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	22		0	1		72		
Iron, Fe....mg	0.06		0	1		0.20		
Magnesium, Mg....mg	3		0	1		10		
Phosphorus, P....mg	18		0	1		59		
Potassium, K....mg	30		0	1		98		
Sodium, Na....mg	94		0	1		307		
Zinc, Zn....mg	0.08		0	1		0.26		
Copper, Cu....mg	0.033		0	4		0.108		
Manganese, Mn....mg	0.006		0	4		0.020		
Selenium, Se....mcg	0.8		0	4		2.6		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.7		
Thiamin....mg	0.007		0	1		0.023		
Riboflavin....mg	0.029		0	1		0.095		
Niacin....mg	0.016		0	1		0.052		
Pantothenic acid....mg	0.058		0	1		0.190		
Vitamin B-6....mg	0.008		0	1		0.026		
Folate, total....mcg	1		0	1		3		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	1		0	1		3		
Folate, DFE....mcg_DFE	1		0	4		3		
Vitamin B-12....mcg	0.07		0	1		0.23		
Vitamin A, IU....IU	318		0	1		1040		
Vitamin A, RE....mcg_RE	81		0	1		265		
Vitamin E....mg_ATE	0.761		0	4		2.488		
Tocopherol, alpha....mg	1.17		0	4		3.82		
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.750		0	1		5.723		
4:0....g	0.020		0	1		0.065		
6:0....g	0.010		0	1		0.033		
8:0....g	0.010		0	1		0.033		
10:0....g	0.010		0	1		0.033		
11:0....g								
12:0....g	0.020		0	1		0.065		
13:0....g								
14:0....g	0.070		0	1		0.229		
15:0....g								
16:0....g	1.020		0	1		3.335		
17:0....g								

NDB No. 19375
Frostings, glaze, 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
18:0 g	0.600		0	1		1.962		
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	3.370		0	1		11.020		
14:1 g								
15:1 g								
16:1 undifferentiated g	0.010		0	1		0.033		
17:1 g								
18:1 undifferentiated g	3.360		0	1		10.987		
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	2.310		0	1		7.554		
18:2 undifferentiated g	2.200		0	1		7.194		
18:3 undifferentiated g	0.110		0	1		0.360		
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	2		0	1		7		
Phytosterols mg	24		0	1		78		
Amino Acids:								
Tryptophan g	0.008		0	1		0.026		
Threonine g	0.026		0	1		0.085		
Isoleucine g	0.035		0	1		0.114		
Leucine g	0.057		0	1		0.186		
Lysine g	0.046		0	1		0.150		
Methionine g	0.014		0	1		0.046		
Cystine g	0.005		0	1		0.016		
Phenylalanine g	0.028		0	1		0.092		
Tyrosine g	0.028		0	1		0.092		
Valine g	0.039		0	1		0.128		
Arginine g	0.021		0	1		0.069		
Histidine g	0.016		0	1		0.052		
Alanine g	0.020		0	1		0.065		
Aspartic acid g	0.044		0	1		0.144		
Glutamic acid g	0.121		0	1		0.396		
Glycine g	0.012		0	1		0.039		
Proline g	0.056		0	1		0.183		
Serine g	0.031		0	1		0.101		
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 = 327.000g: 1 recipe yield

Calories Factors: Protein Fat Carbohydrate

NDB No. 19375
Frostings, glaze, prepared-from-recipe

Food Group: 19 Sweets

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

NDB No. 19380
Desserts, puddings, lemon, 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	71.60	0.100	30	1		20.30	101.67	
Energy....kcal	125		0	4		35	178	
Energy....kj	523			4		148	743	
Protein (N x 6.25)....g	0.10	0.008	11	1		0.03	0.14	
Total lipid (fat)....g	3.00	0.068	30	1		0.85	4.26	
Ash....g	0.30	0.022	29	1		0.09	0.43	
Carbohydrate, by difference....g	25.00		0	4		7.09	35.50	
Fiber, total dietary....g	0.1		0	4		0.0	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	2		1	1		1	3	
Iron, Fe....mg	0.07		1	4		0.02	0.10	
Magnesium, Mg....mg	1		1	1		0	1	
Phosphorus, P....mg	5		1	1		1	7	
Potassium, K....mg	1		1	1		0	1	
Sodium, Na....mg	140		1	1		40	199	
Zinc, Zn....mg	0.03		1	4		0.01	0.04	
Copper, Cu....mg	0.015		1	4		0.004	0.021	
Manganese, Mn....mg	0.008		1	4		0.002	0.011	
Selenium, Se....mcg	1.8		0	4		0.5	2.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		1	4		0.0	0.1	
Thiamin....mg	0.000		1	4		0.000	0.000	
Riboflavin....mg	0.004		1	4		0.001	0.006	
Niacin....mg	0.002		1	4		0.001	0.003	
Pantothenic acid....mg	0.006		1	4		0.002	0.009	
Vitamin B-6....mg	0.000		1	4		0.000	0.000	
Folate, total....mcg	0		1	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		1	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		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	0.450		0	1		0.128	0.639	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g	0.000		1	1		0.000	0.000	
15:0....g								
16:0....g	0.300		1	1		0.085	0.426	
17:0....g								
18:0....g	0.150		1	1		0.043	0.213	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.300		0	1		0.369	1.846	
14:1....g								
15:1....g								

NDB No. 19380
Desserts, puddings, lemon, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		1	1		0.003	0.014	
17:1....g								
18:1 undifferentiated....g	1.280		1	1		0.363	1.818	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.140		0	1		0.323	1.619	
18:2 undifferentiated....g	1.060		1	1		0.301	1.505	
18:3 undifferentiated....g	0.080		1	1		0.023	0.114	
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	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.000		0	1		0.000	0.000	
Threonine....g	0.002		0	1		0.001	0.003	
Isoleucine....g	0.003		0	1		0.001	0.004	
Leucine....g	0.009		0	1		0.003	0.013	
Lysine....g	0.002		0	1		0.001	0.003	
Methionine....g	0.001		0	1		0.000	0.001	
Cystine....g	0.002		0	1		0.001	0.003	
Phenylalanine....g	0.004		0	1		0.001	0.006	
Tyrosine....g	0.003		0	1		0.001	0.004	
Valine....g	0.004		0	1		0.001	0.006	
Arginine....g	0.004		0	1		0.001	0.006	
Histidine....g	0.002		0	1		0.001	0.003	
Alanine....g	0.005		0	1		0.001	0.007	
Aspartic acid....g	0.005		0	1		0.001	0.007	
Glutamic acid....g	0.014		0	1		0.004	0.020	
Glycine....g	0.002		0	1		0.001	0.003	
Proline....g	0.007		0	1		0.002	0.010	
Serine....g	0.003		0	1		0.001	0.004	
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 can (5 oz)

Calories Factors: **Protein** 3.4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19387
Frozen desserts, ices, water, pineapple-coconut

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	73.30		1	1		72.57		
Energy....kcal	113		0	4		112		
Energy....kj	473			4		468		
Protein (N x 6.25)....g	0.00		1	1		0.00		
Total lipid (fat)....g	2.60		1	1		2.57		
Ash....g	0.20		1	1		0.20		
Carbohydrate, by difference....g	23.90		0	4		23.66		
Fiber, total dietary....g	0.7		0	4		0.7		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		1	1		0		
Iron, Fe....mg	3.53		1	1		3.49		
Magnesium, Mg....mg	5		0	4		5		
Phosphorus, P....mg	9		0	4		9		
Potassium, K....mg	17		0	4		17		
Sodium, Na....mg	35		1	1		35		
Zinc, Zn....mg	0.11		0	4		0.11		
Copper, Cu....mg	0.044		0	4		0.044		
Manganese, Mn....mg	0.161		0	4		0.159		
Selenium, Se....mcg	0.9		0	4		0.9		
Vitamins:								
Vitamin C, total ascorbic acid....mg	13.2		1	1		13.1		
Thiamin....mg	0.006		0	4		0.006		
Riboflavin....mg	0.005		0	4		0.005		
Niacin....mg	0.034		0	4		0.034		
Pantothenic acid....mg	0.039		0	4		0.039		
Vitamin B-6....mg	0.016		0	4		0.016		
Folate, total....mcg	1		0	4		1		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	1		0	4		1		
Folate, DFE....mcg_DFE	1		0	4		1		
Vitamin B-12....mcg	0.00		0	4		0.00		
Vitamin A, IU....IU	0		1	1		0		
Vitamin A, RE....mcg_RE	0		0	1		0		
Vitamin E....mg_ATE	0.055		0	4		0.054		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.304		0	4		2.281		
Fatty acids, total monounsaturated....g	0.111		0	4		0.110		
Fatty acids, total polyunsaturated....g	0.029		0	4		0.029		
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 = 99.000g: .5 cup (4 fl oz)

Calories Factors: **Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19393
Frozen desserts, yogurt, chocolate, soft-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	63.80	0.389	3	1		45.94		
Energy	kcal	160		0	4		115		
Energy	kj	669			4		482		
Protein (N x 6.2)	g	4.00	0.127	3	1		2.88		
Total lipid (fat)	g	6.00	0.084	3	1		4.32		
Ash	g	1.00	0.023	3	1		0.72		
Carbohydrate, by difference	g	24.90		0	4		17.93		
Fiber, total dietary	g	2.2		0	4		1.6		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	147	2.421	3	1		106		
Iron, Fe	mg	1.25		1	4		0.90		
Magnesium, Mg	mg	27		2	1		19		
Phosphorus, P	mg	139		2	1		100		
Potassium, K	mg	261		2	1		188		
Sodium, Na	mg	98	3.821	3	1		71		
Zinc, Zn	mg	0.49		2	1		0.35		
Copper, Cu	mg	0.131		2	1		0.094		
Manganese, Mn	mg	0.121		2	1		0.087		
Selenium, Se	mcg	2.4		0	4		1.7		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.3		2	1		0.2		
Thiamin	mg	0.036		2	1		0.026		
Riboflavin	mg	0.211	0.020	3	1		0.152		
Niacin	mg	0.305		2	1		0.220		
Pantothenic acid	mg	0.674		2	1		0.485		
Vitamin B-6	mg	0.074		2	1		0.053		
Folate, total	mcg	11		2	1		8		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	11		2	1		8		
Folate, DFE	mcg_DFE	11		0	4		8		
Vitamin B-12	mcg	0.29		2	1		0.21		
Vitamin A, IU	IU	160		1	4		115		
Vitamin A, RE	mcg_RE	43		0	1		31		
Vitamin E	mg_ATE	0.135		0	4		0.097		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	3.630		0	1		2.614		
4:0	g	0.160		1	1		0.115		
6:0	g	0.090		1	1		0.065		
8:0	g	0.050		1	1		0.036		
10:0	g	0.120		1	1		0.086		
11:0	g								
12:0	g	0.130		1	1		0.094		
13:0	g								
14:0	g	0.500		1	1		0.360		
15:0	g								
16:0	g	1.610		1	1		1.159		
17:0	g								
18:0	g	0.960		1	1		0.691		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	1.750		0	1		1.260		
14:1	g								
15:1	g								

NDB No. 19393
Frozen desserts, yogurt, chocolate, soft-serve

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. 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	0.110		1	1		0.079		
17:1....g								
18:1 undifferentiated....g	1.640		1	1		1.181		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.220		0	1		0.158		
18:2 undifferentiated....g	0.140		1	1		0.101		
18:3 undifferentiated....g	0.070		1	1		0.050		
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	5		2	1		4		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.056		0	1		0.040		
Threonine....g	0.171		0	1		0.123		
Isoleucine....g	0.214		0	1		0.154		
Leucine....g	0.344		0	1		0.248		
Lysine....g	0.279		0	1		0.201		
Methionine....g	0.083		0	1		0.060		
Cystine....g	0.040		0	1		0.029		
Phenylalanine....g	0.189		0	1		0.136		
Tyrosine....g	0.178		0	1		0.128		
Valine....g	0.256		0	1		0.184		
Arginine....g	0.164		0	1		0.118		
Histidine....g	0.096		0	1		0.069		
Alanine....g	0.147		0	1		0.106		
Aspartic acid....g	0.323		0	1		0.233		
Glutamic acid....g	0.758		0	1		0.546		
Glycine....g	0.108		0	1		0.078		
Proline....g	0.321		0	1		0.231		
Serine....g	0.201		0	1		0.145		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	3		0	4		2		
Theobromine....mg	106		0	4		76		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample 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: .5 cup (4 fl oz)

Calories Factors: **Protein** 3.6 **Fat** 8.7 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19701
Candies, semisweet chocolate, made with butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.70	0.071	7	1		1.19	1.27	1.21
Energy....kcal	477		0	4		811	868	825
Energy....kj	1996			4		3393	3632	3453
Protein (N x 5.63)....g	4.20	0.089	5	1		7.14	7.64	7.27
Total lipid (fat)....g	29.70	0.777	8	1		50.49	54.05	51.38
Ash....g	1.20	0.050	7	1		2.04	2.18	2.08
Carbohydrate, by difference....g	63.40		0	4		107.78	115.39	109.68
Fiber, total dietary....g	5.9		2	1		10.0	10.7	10.2
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	32	1.430	3	1		54	58	55
Iron, Fe....mg	3.13	0.283	5	1		5.32	5.70	5.41
Magnesium, Mg....mg	115		2	1		196	209	199
Phosphorus, P....mg	132		2	1		224	240	228
Potassium, K....mg	365	17.035	6	1		621	664	631
Sodium, Na....mg	11	3.440	6	1		19	20	19
Zinc, Zn....mg	1.62	0.057	3	1		2.75	2.95	2.80
Copper, Cu....mg	0.700		1	1		1.190	1.274	1.211
Manganese, Mn....mg	0.800		1	1		1.360	1.456	1.384
Selenium, Se....mcg	3.2		0	4		5.4	5.8	5.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	0.0
Thiamin....mg	0.055		2	1		0.094	0.100	0.095
Riboflavin....mg	0.090		2	1		0.153	0.164	0.156
Niacin....mg	0.427	0.049	4	1		0.726	0.777	0.739
Pantothenic acid....mg	0.105		1	4		0.179	0.191	0.182
Vitamin B-6....mg	0.050		1	4		0.085	0.091	0.087
Folate, total....mcg	3		1	4		5	5	5
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	3		1	4		5	5	5
Folate, DFE....mcg_DFE	3		0	4		5	5	5
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	0.00
Vitamin A, IU....IU	60		0	1		102	109	104
Vitamin A, RE....mcg_RE	6		0	1		10	11	10
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	17.530		0	1		29.801	31.905	30.327
4:0....g	0.480		0	4		0.816	0.874	0.830
6:0....g	0.285		0	4		0.485	0.519	0.493
8:0....g	0.165		0	4		0.281	0.300	0.285
10:0....g	0.375		0	4		0.638	0.683	0.649
11:0....g								
12:0....g	0.420		0	4		0.714	0.764	0.727
13:0....g								
14:0....g	0.050		6	1		0.085	0.091	0.087
15:0....g								
16:0....g	8.030		6	1		13.651	14.615	13.892
17:0....g								
18:0....g	9.230		6	1		15.691	16.799	15.968
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.930		0	1		16.881	18.073	17.179
14:1....g								
15:1....g								

NDB No. 19701
Candies, semisweet chocolate, made with 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	0.360		0	4		0.612	0.655	0.623
17:1....g								
18:1 undifferentiated....g	9.930		6	1		16.881	18.073	17.179
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.950		0	1		1.615	1.729	1.644
18:2 undifferentiated....g	0.950		6	1		1.615	1.729	1.644
18:3 undifferentiated....g	0.240		0	4		0.408	0.437	0.415
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	18		0	1		31	33	31
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.063		0	1		0.107	0.115	0.109
Threonine....g	0.168		0	1		0.286	0.306	0.291
Isoleucine....g	0.164		0	1		0.279	0.298	0.284
Leucine....g	0.257		0	1		0.437	0.468	0.445
Lysine....g	0.212		0	1		0.360	0.386	0.367
Methionine....g	0.044		0	1		0.075	0.080	0.076
Cystine....g	0.052		0	1		0.088	0.095	0.090
Phenylalanine....g	0.204		0	1		0.347	0.371	0.353
Tyrosine....g	0.159		0	1		0.270	0.289	0.275
Valine....g	0.254		0	1		0.432	0.462	0.439
Arginine....g	0.240		0	1		0.408	0.437	0.415
Histidine....g	0.073		0	1		0.124	0.133	0.126
Alanine....g	0.196		0	1		0.333	0.357	0.339
Aspartic acid....g	0.422		0	1		0.717	0.768	0.730
Glutamic acid....g	0.637		0	1		1.083	1.159	1.102
Glycine....g	0.190		0	1		0.323	0.346	0.329
Proline....g	0.181		0	1		0.308	0.329	0.313
Serine....g	0.183		0	1		0.311	0.333	0.317
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	62	3.923	6	1		105	113	107
Theobromine....mg	486	40.814	7	1		826	885	841

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

Common Measures:

Measure 1 = 170.000g: 1 cup chips (6 oz package)

Measure 2 = 182.000g: 1 cup large chips

Measure 3 = 173.000g: 1 cup mini chips

Calories Factors: **Protein** 1.83 **Fat** 8.5 **Carbohydrate** 3.4

Food Group: 19 Sweets

NDB No. 19702

Desserts, gelatins, dry mix, with added ascorbic acid, sodium-citrate and 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	1.00	0.029	84	1		0.85	0.21	
Energy....kcal	381		0	4		324	81	
Energy....kj	1594			4		1355	340	
Protein (N x 5.55)....g	7.80	0.031	84	1		6.63	1.66	
Total lipid (fat)....g	0.00		1	4		0.00	0.00	
Ash....g	0.70	0.016	84	1		0.60	0.15	
Carbohydrate, by difference....g	90.50		0	4		76.93	19.28	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	3	0.102	9	1		3	1	
Iron, Fe....mg	0.15		1	4		0.13	0.03	
Magnesium, Mg....mg	2		1	4		2	0	
Phosphorus, P....mg	142		1	4		121	30	
Potassium, K....mg	7	0.966	17	1		6	1	
Sodium, Na....mg	491		0	1		417	105	
Zinc, Zn....mg	0.01		2	1		0.01	0.00	
Copper, Cu....mg	0.118		1	1		0.100	0.025	
Manganese, Mn....mg	0.016		1	4		0.014	0.003	
Selenium, Se....mcg	3.6		0	4		3.1	0.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	62.8		0	1		53.4	13.4	
Thiamin....mg	0.002		1	4		0.002	0.000	
Riboflavin....mg	0.021		1	4		0.018	0.004	
Niacin....mg	0.008		1	4		0.007	0.002	
Pantothenic acid....mg	0.011		1	4		0.009	0.002	
Vitamin B-6....mg	0.010		1	4		0.009	0.002	
Folate, total....mcg	3		1	4		3	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3		1	4		3	1	
Folate, DFE....mcg_DFE	3		0	4		3	1	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		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	0.000		0	4		0.000	0.000	
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		1	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.000		0	1		0.000	0.000	
Threonine....g	0.151		0	1		0.128	0.032	
Isoleucine....g	0.118		0	1		0.100	0.025	
Leucine....g	0.251		0	1		0.213	0.053	
Lysine....g	0.354		0	1		0.301	0.075	
Methionine....g	0.062		0	1		0.053	0.013	
Cystine....g	0.000		0	1		0.000	0.000	
Phenylalanine....g	0.177		0	1		0.150	0.038	
Tyrosine....g	0.031		0	1		0.026	0.007	
Valine....g	0.213		0	1		0.181	0.045	
Arginine....g	0.676		0	1		0.575	0.144	
Histidine....g	0.068		0	1		0.058	0.014	

NDB No. 19702

Desserts, gelatins, dry mix, with added ascorbic acid, sodium-citrate and 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
Alanine....g	0.818		0	1		0.695	0.174	
Aspartic acid....g	0.538		0	1		0.457	0.115	
Glutamic acid....g	0.894		0	1		0.760	0.190	
Glycine....g	1.947		0	1		1.655	0.415	
Proline....g	1.256		0	1		1.068	0.268	
Serine....g	0.266		0	1		0.226	0.057	
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 = 85.000g: 1 package (3 oz)

Measure 2 = 21.300g: 1 portion, amount to make 1/2 cup

Calories Factors: **Protein** 3.9 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19703

Desserts, gelatins, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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		0	4		0.60	0.67	0.17
Energy....kcal	345		0	4		31	35	9
Energy....kj	1443			4		130	144	36
Protein (N x 5.55)....g	55.30		0	4		4.98	5.53	1.38
Total lipid (fat)....g	0.00		1	4		0.00	0.00	0.00
Ash....g	4.70		0	4		0.42	0.47	0.12
Carbohydrate, by difference....g	33.30		0	4		3.00	3.33	0.83
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	2		0	4		0	0	0
Iron, Fe....mg	0.02		1	4		0.00	0.00	0.00
Magnesium, Mg....mg	1		0	4		0	0	0
Phosphorus, P....mg	0		0	1		0	0	0
Potassium, K....mg	1985		0	1		179	199	50
Sodium, Na....mg	2751		0	1		248	275	69
Zinc, Zn....mg	0.07		1	4		0.01	0.01	0.00
Copper, Cu....mg	1.016		1	4		0.091	0.102	0.025
Manganese, Mn....mg	0.049		1	4		0.004	0.005	0.001
Selenium, Se....mcg	25.5		0	4		2.3	2.6	0.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	490.0		0	1		44.1	49.0	12.3
Thiamin....mg	0.012		1	4		0.001	0.001	0.000
Riboflavin....mg	0.108		1	4		0.010	0.011	0.003
Niacin....mg	0.040		1	4		0.004	0.004	0.001
Pantothenic acid....mg	0.059		1	4		0.005	0.006	0.001
Vitamin B-6....mg	0.049		1	4		0.004	0.005	0.001
Folate, total....mcg	14		1	4		1	1	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	14		1	4		1	1	0
Folate, DFE....mcg_DFE	14		0	4		1	1	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	4		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.000		0	1		0.000	0.000	0.000
Threonine....g	1.066		0	1		0.096	0.107	0.027
Isoleucine....g	0.837		0	1		0.075	0.084	0.021
Leucine....g	1.774		0	1		0.160	0.177	0.044
Lysine....g	2.501		0	1		0.225	0.250	0.063
Methionine....g	0.439		0	1		0.040	0.044	0.011
Cystine....g	0.000		0	1		0.000	0.000	0.000
Phenylalanine....g	1.256		0	1		0.113	0.126	0.031
Tyrosine....g	0.219		0	1		0.020	0.022	0.005
Valine....g	1.505		0	1		0.135	0.151	0.038
Arginine....g	4.784		0	1		0.431	0.478	0.120
Histidine....g	0.478		0	1		0.043	0.048	0.012

NDB No. 19703

Desserts, gelatins, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine....g	5.790		0	1		0.521	0.579	0.145
Aspartic acid....g	3.807		0	1		0.343	0.381	0.095
Glutamic acid....g	6.328		0	1		0.570	0.633	0.158
Glycine....g	13.773		0	1		1.240	1.377	0.344
Proline....g	8.890		0	1		0.800	0.889	0.222
Serine....g	1.884		0	1		0.170	0.188	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 = 9.000g: 1 tbsp

Measure 2 = 10.000g: 1 package (0.35 oz)

Measure 3 = 2.500g: 1 portion, amount to make 1/2 cup

Calories Factors: **Protein** 3.9 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19704

Desserts, gelatins, dry mix, reduced calorie, with aspartame, no added 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	6.70		0	4		0.60	0.67	0.17
Energy....kcal	345		0	4		31	35	9
Energy....kj	1443			4		130	144	36
Protein (N x 5.55)....g	55.30		0	4		4.98	5.53	1.38
Total lipid (fat)....g	0.00		1	4		0.00	0.00	0.00
Ash....g	4.70		0	4		0.42	0.47	0.12
Carbohydrate, by difference....g	33.30		0	4		3.00	3.33	0.83
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	2		0	4		0	0	0
Iron, Fe....mg	0.02		1	4		0.00	0.00	0.00
Magnesium, Mg....mg	1		0	4		0	0	0
Phosphorus, P....mg	1293		0	4		116	129	32
Potassium, K....mg	14	1.459	7	1		1	1	0
Sodium, Na....mg	158		0	1		14	16	4
Zinc, Zn....mg	0.07		1	4		0.01	0.01	0.00
Copper, Cu....mg	1.016		1	4		0.091	0.102	0.025
Manganese, Mn....mg	0.049		1	4		0.004	0.005	0.001
Selenium, Se....mcg	25.5		0	4		2.3	2.6	0.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.012		1	4		0.001	0.001	0.000
Riboflavin....mg	0.108		1	4		0.010	0.011	0.003
Niacin....mg	0.040		1	4		0.004	0.004	0.001
Pantothenic acid....mg	0.059		1	4		0.005	0.006	0.001
Vitamin B-6....mg	0.049		1	4		0.004	0.005	0.001
Folate, total....mcg	14		1	4		1	1	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	14		1	4		1	1	0
Folate, DFE....mcg_DFE	14		0	4		1	1	0
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	4		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.000		0	1		0.000	0.000	0.000
Threonine....g	1.066		0	1		0.096	0.107	0.027
Isoleucine....g	0.837		0	1		0.075	0.084	0.021
Leucine....g	1.774		0	1		0.160	0.177	0.044
Lysine....g	2.501		0	1		0.225	0.250	0.063
Methionine....g	0.439		0	1		0.040	0.044	0.011
Cystine....g	0.000		0	1		0.000	0.000	0.000
Phenylalanine....g	1.256		0	1		0.113	0.126	0.031
Tyrosine....g	0.219		0	1		0.020	0.022	0.005
Valine....g	1.505		0	1		0.135	0.151	0.038
Arginine....g	4.784		0	1		0.431	0.478	0.120
Histidine....g	0.478		0	1		0.043	0.048	0.012

NDB No. 19704

Desserts, gelatins, dry mix, reduced calorie, with aspartame, no added 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
Alanine....g	5.790		0	1		0.521	0.579	0.145
Aspartic acid....g	3.807		0	1		0.343	0.381	0.095
Glutamic acid....g	6.328		0	1		0.570	0.633	0.158
Glycine....g	13.773		0	1		1.240	1.377	0.344
Proline....g	8.890		0	1		0.800	0.889	0.222
Serine....g	1.884		0	1		0.170	0.188	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 = 9.000g: 1 tbsp

Measure 2 = 10.000g: 1 package (0.35 oz)

Measure 3 = 2.500g: 1 portion, amount to make 1/2 cup

Calories Factors: **Protein** 3.9 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19705
Desserts, puddings, banana, dry mix, instant, with added oil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	2.80	0.054	6	1		2.77	0.70	
Energy....kcal	386		0	4		382	97	
Energy....kj	1615			4		1599	404	
Protein (N x 6.4)....g	0.00	0.000	6	1		0.00	0.00	
Total lipid (fat)....g	4.40		0	1		4.36	1.10	
Ash....g	3.80	0.013	6	1		3.76	0.95	
Carbohydrate, by difference....g	89.00		0	4		88.11	22.25	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	6		0	1		6	2	
Iron, Fe....mg	0.12		0	4		0.12	0.03	
Magnesium, Mg....mg	2		0	4		2	1	
Phosphorus, P....mg	804		0	4		796	201	
Potassium, K....mg	15		0	4		15	4	
Sodium, Na....mg	1499		0	4		1484	375	
Zinc, Zn....mg	0.04		0	4		0.04	0.01	
Copper, Cu....mg	0.021		0	4		0.021	0.005	
Manganese, Mn....mg	0.010		0	4		0.010	0.003	
Selenium, Se....mcg	0.8		0	4		0.8	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.001		0	4		0.001	0.000	
Riboflavin....mg	0.003		0	4		0.003	0.001	
Niacin....mg	0.002		0	4		0.002	0.001	
Pantothenic acid....mg	0.006		0	4		0.006	0.002	
Vitamin B-6....mg	0.001		0	4		0.001	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.01		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	0.790		0	4		0.782	0.198	
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	0.620		0	4		0.614	0.155	
17:0....g								
18:0....g	0.160		0	4		0.158	0.040	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.300		0	4		1.287	0.325	
14:1....g								
15:1....g								

NDB No. 19705
Desserts, puddings, banana, dry mix, instant, with added oil

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	1.290		0	4		1.277	0.323	
20:1....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.120		0	4		2.099	0.530	
18:2 undifferentiated....g	1.990		0	4		1.970	0.498	
18:3 undifferentiated....g	0.120		0	4		0.119	0.030	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	4		0	0	
Phytosterols....mg								

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

Common Measures:

Measure 1 = 99.000g: 1 package (3.5 oz)

Measure 2 = 25.000g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19706
Desserts, puddings, banana, dry mix, regular, with added oil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.10	0.100	6	1		3.61	0.90	
Energy....kcal	387		0	4		341	85	
Energy....kj	1619			4		1425	356	
Protein (N x 6.2)....g	0.00		0	4		0.00	0.00	
Total lipid (fat)....g	5.00		0	1		4.40	1.10	
Ash....g	2.50	0.079	6	1		2.20	0.55	
Carbohydrate, by difference....g	88.40		0	4		77.79	19.45	
Fiber, total dietary....g	0.3		0	4		0.3	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	20		1	4		18	4	
Iron, Fe....mg	0.05		1	4		0.04	0.01	
Magnesium, Mg....mg	8		1	4		7	2	
Phosphorus, P....mg	5		1	4		4	1	
Potassium, K....mg	17		0	4		15	4	
Sodium, Na....mg	788		0	4		693	173	
Zinc, Zn....mg	0.09		1	4		0.08	0.02	
Copper, Cu....mg	0.020		1	4		0.018	0.004	
Manganese, Mn....mg	0.013		1	4		0.011	0.003	
Selenium, Se....mcg	0.9		0	4		0.8	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.000		1	4		0.000	0.000	
Riboflavin....mg	0.000		1	4		0.000	0.000	
Niacin....mg	0.000		1	4		0.000	0.000	
Pantothenic acid....mg	0.000		1	4		0.000	0.000	
Vitamin B-6....mg	0.000		1	4		0.000	0.000	
Folate, total....mcg	0		1	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		1	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		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	0.900		0	1		0.792	0.198	
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	0.700		0	1		0.616	0.154	
17:0....g								
18:0....g	0.180		0	1		0.158	0.040	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.480		0	1		1.302	0.326	
14:1....g								
15:1....g								

NDB No. 19706
Desserts, puddings, banana, dry mix, regular, with added oil

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	1.470		0	1		1.294	0.323	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.410		0	1		2.121	0.530	
18:2 undifferentiated....g	2.270		0	1		1.998	0.499	
18:3 undifferentiated....g	0.140		0	1		0.123	0.031	
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	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.000		0	1		0.000	0.000	
Threonine....g	0.001		0	1		0.001	0.000	
Isoleucine....g	0.001		0	1		0.001	0.000	
Leucine....g	0.005		0	1		0.004	0.001	
Lysine....g	0.001		0	1		0.001	0.000	
Methionine....g	0.001		0	1		0.001	0.000	
Cystine....g	0.001		0	1		0.001	0.000	
Phenylalanine....g	0.002		0	1		0.002	0.000	
Tyrosine....g	0.001		0	1		0.001	0.000	
Valine....g	0.002		0	1		0.002	0.000	
Arginine....g	0.002		0	1		0.002	0.000	
Histidine....g	0.001		0	1		0.001	0.000	
Alanine....g	0.003		0	1		0.003	0.001	
Aspartic acid....g	0.003		0	1		0.003	0.001	
Glutamic acid....g	0.007		0	1		0.006	0.002	
Glycine....g	0.001		0	1		0.001	0.000	
Proline....g	0.003		0	1		0.003	0.001	
Serine....g	0.002		0	1		0.002	0.000	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 88.000g: 1 package (3.12 oz)

Measure 2 = 22.000g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19708

Desserts, puddings, lemon, dry mix, regular, with added oil, potassium, 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	5.20		2	1		4.42	1.10	
Energy....kcal	366		0	4		311	78	
Energy....kj	1531			4		1302	325	
Protein (N x 6.25)....g	0.10		2	1		0.09	0.02	
Total lipid (fat)....g	1.50		0	1		1.28	0.32	
Ash....g	2.40		2	1		2.04	0.51	
Carbohydrate, by difference....g	90.30		0	4		76.76	19.14	
Fiber, total dietary....g	0.1		0	4		0.1	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg								
Iron, Fe....mg	0.17		1	4		0.14	0.04	
Magnesium, Mg....mg	4		1	4		3	1	
Phosphorus, P....mg	3		1	4		3	1	
Potassium, K....mg	257		0	1		218	54	
Sodium, Na....mg	849		0	1		722	180	
Zinc, Zn....mg	0.02		1	4		0.02	0.00	
Copper, Cu....mg	0.024		1	4		0.020	0.005	
Manganese, Mn....mg	0.025		1	4		0.021	0.005	
Selenium, Se....mcg	0.7		0	4		0.6	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.005		1	4		0.004	0.001	
Riboflavin....mg	0.024		1	4		0.020	0.005	
Niacin....mg	0.019		1	4		0.016	0.004	
Pantothenic acid....mg	0.030		1	4		0.026	0.006	
Vitamin B-6....mg	0.005		1	4		0.004	0.001	
Folate, total....mcg	0		1	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		1	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		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	0.270		0	1		0.230	0.057	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g	0.000		1	1		0.000	0.000	
15:0....g								
16:0....g	0.210		0	1		0.179	0.045	
17:0....g								
18:0....g	0.050		0	1		0.043	0.011	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.440		0	1		0.374	0.093	
14:1....g								
15:1....g								

NDB No. 19708

Desserts, puddings, lemon, dry mix, regular, with added oil, potassium, 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	0.010		1	1		0.009	0.002	
17:1....g								
18:1 undifferentiated....g	0.440		0	1		0.374	0.093	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.720		0	1		0.612	0.153	
18:2 undifferentiated....g	0.680		0	1		0.578	0.144	
18:3 undifferentiated....g	0.040		0	1		0.034	0.008	
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	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.000		0	1		0.000	0.000	
Threonine....g	0.002		0	1		0.002	0.000	
Isoleucine....g	0.002		0	1		0.002	0.000	
Leucine....g	0.008		0	1		0.007	0.002	
Lysine....g	0.001		0	1		0.001	0.000	
Methionine....g	0.001		0	1		0.001	0.000	
Cystine....g	0.001		0	1		0.001	0.000	
Phenylalanine....g	0.003		0	1		0.003	0.001	
Tyrosine....g	0.002		0	1		0.002	0.000	
Valine....g	0.003		0	1		0.003	0.001	
Arginine....g	0.003		0	1		0.003	0.001	
Histidine....g	0.002		0	1		0.002	0.000	
Alanine....g	0.004		0	1		0.003	0.001	
Aspartic acid....g	0.004		0	1		0.003	0.001	
Glutamic acid....g	0.011		0	1		0.009	0.002	
Glycine....g	0.002		0	1		0.002	0.000	
Proline....g	0.005		0	1		0.004	0.001	
Serine....g	0.002		0	1		0.002	0.000	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 85.000g: 1 package (3 oz)

Measure 2 = 21.200g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19709
Sweets, desserts, puddings, tapioca, dry mix, with no 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	4.00	0.043	6	1		3.68	0.92	
Energy....kcal	369		0	4		339	85	
Energy....kj	1544			4		1420	355	
Protein (N x 6.25)....g	0.10		1	4		0.09	0.02	
Total lipid (fat)....g	0.10		1	4		0.09	0.02	
Ash....g	1.40	0.040	6	1		1.29	0.32	
Carbohydrate, by difference....g	94.30		0	4		86.76	21.69	
Fiber, total dietary....g	0.2		0	4		0.2	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	4		1	4		4	1	
Iron, Fe....mg	0.12		1	4		0.11	0.03	
Magnesium, Mg....mg	2		1	4		2	0	
Phosphorus, P....mg	4		1	4		4	1	
Potassium, K....mg	5		1	4		5	1	
Sodium, Na....mg	8		0	1		7	2	
Zinc, Zn....mg	0.08		1	4		0.07	0.02	
Copper, Cu....mg	0.029		1	4		0.027	0.007	
Manganese, Mn....mg	0.033		1	4		0.030	0.008	
Selenium, Se....mcg	0.1		0	4		0.1	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.001		1	4		0.001	0.000	
Riboflavin....mg	0.006		1	4		0.006	0.001	
Niacin....mg	0.004		1	4		0.004	0.001	
Pantothenic acid....mg	0.015		1	4		0.014	0.003	
Vitamin B-6....mg	0.032		1	4		0.029	0.007	
Folate, total....mcg	0		1	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		1	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		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								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		1	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.002		0	1		0.002	0.000	
Threonine....g	0.004		0	1		0.004	0.001	
Isoleucine....g	0.004		0	1		0.004	0.001	
Leucine....g	0.009		0	1		0.008	0.002	
Lysine....g	0.004		0	1		0.004	0.001	
Methionine....g	0.002		0	1		0.002	0.000	
Cystine....g	0.003		0	1		0.003	0.001	
Phenylalanine....g	0.004		0	1		0.004	0.001	
Tyrosine....g	0.003		0	1		0.003	0.001	
Valine....g	0.005		0	1		0.005	0.001	
Arginine....g	0.012		0	1		0.011	0.003	
Histidine....g	0.003		0	1		0.003	0.001	

NDB No. 19709
Sweets, desserts, puddings, tapioca, dry mix, with no 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
Alanine....g	0.006		0	1		0.006	0.001	
Aspartic acid....g	0.009		0	1		0.008	0.002	
Glutamic acid....g	0.024		0	1		0.022	0.006	
Glycine....g	0.004		0	1		0.004	0.001	
Proline....g	0.007		0	1		0.006	0.002	
Serine....g	0.004		0	1		0.004	0.001	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 92.000g: 1 package (3.5 oz)

Measure 2 = 23.000g: 1 portion, amount to make 1/2 cup

Calories Factors: **Protein** 3 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19710
Desserts, puddings, vanilla, dry mix, regular, with added oil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.90	0.165	22	1		3.43	0.86	
Energy....kcal	369		0	4		325	81	
Energy....kj	1544			4		1359	340	
Protein (N x 6.25)....g	0.30		1	1		0.26	0.07	
Total lipid (fat)....g	1.10		0	1		0.97	0.24	
Ash....g	2.00	0.087	22	1		1.76	0.44	
Carbohydrate, by difference....g	92.40		0	4		81.31	20.33	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	15		0	4		13	3	
Iron, Fe....mg	0.05		0	4		0.04	0.01	
Magnesium, Mg....mg	5		0	4		4	1	
Phosphorus, P....mg	3		0	4		3	1	
Potassium, K....mg	20	1.431	17	1		18	4	
Sodium, Na....mg	754	17.337	17	1		664	166	
Zinc, Zn....mg	0.09		0	4		0.08	0.02	
Copper, Cu....mg	0.020		0	4		0.018	0.004	
Manganese, Mn....mg	0.013		1	4		0.011	0.003	
Selenium, Se....mcg	0.9		0	4		0.8	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.000		0	4		0.000	0.000	
Pantothenic acid....mg	0.004		1	4		0.004	0.001	
Vitamin B-6....mg	0.000		0	4		0.000	0.000	
Folate, total....mcg	0		1	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		1	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	4		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.200		0	1		0.176	0.044	
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	0.160		0	1		0.141	0.035	
17:0....g								
18:0....g	0.040		0	1		0.035	0.009	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.320		0	1		0.282	0.070	
14:1....g								
15:1....g								

NDB No. 19710
Desserts, puddings, vanilla, dry mix, regular, with added oil

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	0.320		0	1		0.282	0.070	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.530		0	1		0.466	0.117	
18:2 undifferentiated....g	0.500		0	1		0.440	0.110	
18:3 undifferentiated....g	0.030		0	1		0.026	0.007	
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	0.001		0	1		0.001	0.000	
Threonine....g	0.009		0	1		0.008	0.002	
Isoleucine....g	0.010		0	1		0.009	0.002	
Leucine....g	0.035		0	1		0.031	0.008	
Lysine....g	0.006		0	1		0.005	0.001	
Methionine....g	0.005		0	1		0.004	0.001	
Cystine....g	0.006		0	1		0.005	0.001	
Phenylalanine....g	0.013		0	1		0.011	0.003	
Tyrosine....g	0.010		0	1		0.009	0.002	
Valine....g	0.013		0	1		0.011	0.003	
Arginine....g	0.012		0	1		0.011	0.003	
Histidine....g	0.008		0	1		0.007	0.002	
Alanine....g	0.019		0	1		0.017	0.004	
Aspartic acid....g	0.020		0	1		0.018	0.004	
Glutamic acid....g	0.052		0	1		0.046	0.011	
Glycine....g	0.009		0	1		0.008	0.002	
Proline....g	0.024		0	1		0.021	0.005	
Serine....g	0.011		0	1		0.010	0.002	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 88.000g: 1 package (3.12 oz)

Measure 2 = 22.000g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19711
Frostings, chocolate, creamy, ready-to-eat, without added phosphorus, vitamin A

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	17.00	0.689	13	1		78.54	6.46	
Energy....kcal	397		0	4		1834	151	
Energy....kj	1661			4		7674	631	
Protein (N x 5.6)....g	1.10	0.047	13	1		5.08	0.42	
Total lipid (fat)....g	17.60	0.432	12	1		81.31	6.69	
Ash....g	1.00	0.101	9	1		4.62	0.38	
Carbohydrate, by difference....g	63.20		0	4		291.98	24.02	
Fiber, total dietary....g	0.6		0	4		2.8	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	8	0.511	7	1		37	3	
Iron, Fe....mg	1.42	0.079	7	1		6.56	0.54	
Magnesium, Mg....mg	21	1.743	6	1		97	8	
Phosphorus, P....mg	59		0	1		273	22	
Potassium, K....mg	196	18.573	9	1		906	74	
Sodium, Na....mg	183	19.804	15	1		845	70	
Zinc, Zn....mg	0.29	0.054	4	1		1.34	0.11	
Copper, Cu....mg	0.200	0.045	4	1		0.924	0.076	
Manganese, Mn....mg	0.240		1	1		1.109	0.091	
Selenium, Se....mcg	0.8		0	4		3.7	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.013	0.001	7	1		0.060	0.005	
Riboflavin....mg	0.017	0.003	7	1		0.079	0.006	
Niacin....mg	0.119	0.005	7	1		0.550	0.045	
Pantothenic acid....mg	0.028	0.010	5	1		0.129	0.011	
Vitamin B-6....mg	0.005		1	1		0.023	0.002	
Folate, total....mcg	0		1	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		1	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	3		0	1		14	1	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.530		0	1		25.549	2.101	
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	2.410		3	1		11.134	0.916	
17:0....g								
18:0....g	3.060		3	1		14.137	1.163	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.020		0	1		41.672	3.428	
14:1....g								
15:1....g								

NDB No. 19711

Frostings, chocolate, creamy, ready-to-eat, without added phosphorus, vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common 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	9.020		3	1		41.672	3.428	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.130		0	1		9.841	0.809	
18:2 undifferentiated....g	2.130		3	1		9.841	0.809	
18:3 undifferentiated....g								
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		1	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.016		0	1		0.074	0.006	
Threonine....g	0.043		0	1		0.199	0.016	
Isoleucine....g	0.042		0	1		0.194	0.016	
Leucine....g	0.066		0	1		0.305	0.025	
Lysine....g	0.054		0	1		0.249	0.021	
Methionine....g	0.011		0	1		0.051	0.004	
Cystine....g	0.013		0	1		0.060	0.005	
Phenylalanine....g	0.052		0	1		0.240	0.020	
Tyrosine....g	0.041		0	1		0.189	0.016	
Valine....g	0.065		0	1		0.300	0.025	
Arginine....g	0.061		0	1		0.282	0.023	
Histidine....g	0.019		0	1		0.088	0.007	
Alanine....g	0.050		0	1		0.231	0.019	
Aspartic acid....g	0.108		0	1		0.499	0.041	
Glutamic acid....g	0.163		0	1		0.753	0.062	
Glycine....g	0.048		0	1		0.222	0.018	
Proline....g	0.047		0	1		0.217	0.018	
Serine....g	0.047		0	1		0.217	0.018	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g								
Caffeine....mg	2		0	4		9	1	
Theobromine....mg	79		0	4		365	30	

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

Common Measures:

Measure 1 = 462.000g: 1 package (16 oz)

Measure 2 = 38.000g: .083 package

Calories Factors: **Protein** 1.8 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19712
Frostings, coconut-nut, ready-to-eat, without added phosphorus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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	0.064	9	1		97.02	7.98	
Energy....kcal	412		0	4		1903	157	
Energy....kj	1724			4		7964	655	
Protein (N x 5.3)....g	1.50	0.066	9	1		6.93	0.57	
Total lipid (fat)....g	24.00	0.063	9	1		110.88	9.12	
Ash....g	0.80	0.008	9	1		3.70	0.30	
Carbohydrate, by difference....g	52.80		0	4		243.94	20.06	
Fiber, total dietary....g	1.4		0	4		6.5	0.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	13	0.958	9	1		60	5	
Iron, Fe....mg	0.54	0.035	8	1		2.49	0.21	
Magnesium, Mg....mg	19	0.787	9	1		88	7	
Phosphorus, P....mg	47		0	1		217	18	
Potassium, K....mg	186	2.451	9	1		859	71	
Sodium, Na....mg	195	0.959	9	1		901	74	
Zinc, Zn....mg	0.41	0.014	8	1		1.89	0.16	
Copper, Cu....mg	0.125	0.007	8	1		0.578	0.048	
Manganese, Mn....mg	0.841		1	4		3.885	0.320	
Selenium, Se....mcg	3.1		0	4		14.3	1.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3		1	4		1.4	0.1	
Thiamin....mg	0.035	0.001	9	1		0.162	0.013	
Riboflavin....mg	0.019	0.004	9	1		0.088	0.007	
Niacin....mg	0.212	0.031	9	1		0.979	0.081	
Pantothenic acid....mg	0.267		1	4		1.234	0.101	
Vitamin B-6....mg	0.054		1	4		0.249	0.021	
Folate, total....mcg	6		1	4		28	2	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	6		1	4		28	2	
Folate, DFE....mcg_DFE	6		0	4		28	2	
Vitamin B-12....mcg	0.00		1	4		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	7.030		0	1		32.479	2.671	
4:0....g								
6:0....g	0.020		1	1		0.092	0.008	
8:0....g								
10:0....g	0.300		1	1		1.386	0.114	
11:0....g								
12:0....g	1.880		1	1		8.686	0.714	
13:0....g								
14:0....g	0.740		1	1		3.419	0.281	
15:0....g								
16:0....g	2.510		1	1		11.596	0.954	
17:0....g								
18:0....g	1.580		1	1		7.300	0.600	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	12.210		0	1		56.410	4.640	
14:1....g								
15:1....g								

NDB No. 19712
Frostings, coconut-nut, ready-to-eat, without added phosphorus

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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		1	1		0.185	0.015	
17:1....g								
18:1 undifferentiated....g	12.120		1	1		55.994	4.606	
20:1....g	0.060		1	1		0.277	0.023	
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.410		0	1		15.754	1.296	
18:2 undifferentiated....g	3.250		1	1		15.015	1.235	
18:3 undifferentiated....g	0.160		1	1		0.739	0.061	
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	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.031		0	1		0.143	0.012	
Threonine....g	0.047		0	1		0.217	0.018	
Isoleucine....g	0.057		0	1		0.263	0.022	
Leucine....g	0.096		0	1		0.444	0.036	
Lysine....g	0.054		0	1		0.249	0.021	
Methionine....g	0.031		0	1		0.143	0.012	
Cystine....g	0.035		0	1		0.162	0.013	
Phenylalanine....g	0.072		0	1		0.333	0.027	
Tyrosine....g	0.049		0	1		0.226	0.019	
Valine....g	0.073		0	1		0.337	0.028	
Arginine....g	0.205		0	1		0.947	0.078	
Histidine....g	0.039		0	1		0.180	0.015	
Alanine....g	0.063		0	1		0.291	0.024	
Aspartic acid....g	0.129		0	1		0.596	0.049	
Glutamic acid....g	0.287		0	1		1.326	0.109	
Glycine....g	0.067		0	1		0.310	0.025	
Proline....g	0.062		0	1		0.286	0.024	
Serine....g	0.068		0	1		0.314	0.026	
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 = 462.000g: 1 package (16 oz)

Measure 2 = 38.000g: .083 package

Calories Factors: **Protein** 3.5 **Fat** 8.6 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19713
Frostings, cream cheese-flavor, ready-to-eat, without added sodium, vitamin A

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	15.10	0.000	3	1		69.76	5.74	
Energy....kcal	413		0	4		1908	157	
Energy....kj	1728			4		7983	657	
Protein (N x 5.8)....g	0.10	0.000	3	1		0.46	0.04	
Total lipid (fat)....g	17.30		2	1		79.93	6.57	
Ash....g	0.90		2	1		4.16	0.34	
Carbohydrate, by difference....g	66.70		0	4		308.15	25.35	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	3		2	1		14	1	
Iron, Fe....mg	0.16		2	1		0.74	0.06	
Magnesium, Mg....mg	2		1	1		9	1	
Phosphorus, P....mg	3		1	1		14	1	
Potassium, K....mg	35		2	1		162	13	
Sodium, Na....mg	39		0	1		180	15	
Zinc, Zn....mg	0.00		1	1		0.00	0.00	
Copper, Cu....mg	0.020		1	1		0.092	0.008	
Manganese, Mn....mg	0.011		1	4		0.051	0.004	
Selenium, Se....mcg	0.6		0	4		2.8	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.000		1	1		0.000	0.000	
Riboflavin....mg	0.006		2	1		0.028	0.002	
Niacin....mg	0.011		2	1		0.051	0.004	
Pantothenic acid....mg	0.003		1	4		0.014	0.001	
Vitamin B-6....mg	0.000		1	1		0.000	0.000	
Folate, total....mcg	0		1	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		1	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	1		0.00	0.00	
Vitamin A, IU....IU	1		0	1		5	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.040		0	1		23.285	1.915	
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	2.390		3	1		11.042	0.908	
17:0....g								
18:0....g	2.590		3	1		11.966	0.984	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.030		0	1		41.719	3.431	
14:1....g								
15:1....g								

NDB No. 19713

Frostings, cream cheese-flavor, ready-to-eat, without added sodium, vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common 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	9.030		3	1		41.719	3.431	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.350		0	1		10.857	0.893	
18:2 undifferentiated....g	2.250		3	1		10.395	0.855	
18:3 undifferentiated....g	0.090		3	1		0.416	0.034	
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	0.001		0	1		0.005	0.000	
Threonine....g	0.002		0	1		0.009	0.001	
Isoleucine....g	0.002		0	1		0.009	0.001	
Leucine....g	0.004		0	1		0.018	0.002	
Lysine....g	0.002		0	1		0.009	0.001	
Methionine....g	0.001		0	1		0.005	0.000	
Cystine....g	0.001		0	1		0.005	0.000	
Phenylalanine....g	0.003		0	1		0.014	0.001	
Tyrosine....g	0.002		0	1		0.009	0.001	
Valine....g	0.003		0	1		0.014	0.001	
Arginine....g	0.002		0	1		0.009	0.001	
Histidine....g	0.001		0	1		0.005	0.000	
Alanine....g	0.002		0	1		0.009	0.001	
Aspartic acid....g	0.003		0	1		0.014	0.001	
Glutamic acid....g	0.018		0	1		0.083	0.007	
Glycine....g	0.002		0	1		0.009	0.001	
Proline....g	0.006		0	1		0.028	0.002	
Serine....g	0.003		0	1		0.014	0.001	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 462.000g: 1 package (16 oz)

Measure 2 = 38.000g: .083 package

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19714
Frostings, sour cream-flavor, ready-to-eat, without added phosphorus, potassium

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	14.20	0.118	5	1		65.60	5.40	
Energy	kcal	412		0	4		1903	157	
Energy	kj	1724			4		7964	655	
Protein (N x 5.9)	g	0.10	0.018	5	1		0.46	0.04	
Total lipid (fat)	g	17.20	0.338	5	1		79.46	6.54	
Ash	g	0.80	0.013	5	1		3.70	0.30	
Carbohydrate, by difference	g	67.60		0	4		312.31	25.69	
Fiber, total dietary	g	0.1		0	4		0.5	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	2		2	1		9	1	
Iron, Fe	mg	0.07	0.008	6	1		0.32	0.03	
Magnesium, Mg	mg	2		2	1		9	1	
Phosphorus, P	mg	38		0	1		176	14	
Potassium, K	mg	39		0	1		180	15	
Sodium, Na	mg	204	10.335	5	1		942	78	
Zinc, Zn	mg	0.01		1	1		0.05	0.00	
Copper, Cu	mg	0.010		1	1		0.046	0.004	
Manganese, Mn	mg	0.053		1	4		0.245	0.020	
Selenium, Se	mcg	0.6		0	4		2.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		1	4		0.0	0.0	
Thiamin	mg	0.010	0.004	5	1		0.046	0.004	
Riboflavin	mg	0.020		2	1		0.092	0.008	
Niacin	mg	0.668	0.153	5	1		3.086	0.254	
Pantothenic acid	mg	0.040		1	4		0.185	0.015	
Vitamin B-6	mg	0.004		1	4		0.018	0.002	
Folate, total	mcg	1		1	4		5	0	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	1		1	4		5	0	
Folate, DFE	mcg_DFE	1		0	4		5	0	
Vitamin B-12	mcg	0.01		1	4		0.05	0.00	
Vitamin A, IU	IU	401		1	1		1853	152	
Vitamin A, RE	mcg_RE	122		0	1		564	46	
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	5.010		0	1		23.146	1.904	
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	2.380		3	1		10.996	0.904	
17:0	g								
18:0	g	2.570		3	1		11.873	0.977	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	8.990		0	1		41.534	3.416	
14:1	g								
15:1	g								

NDB No. 19714

Frostings, sour cream-flavor, ready-to-eat, without added phosphorus, potassium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common 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	8.990		3	1		41.534	3.416	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.340		0	1		10.811	0.889	
18:2 undifferentiated....g	2.240		3	1		10.349	0.851	
18:3 undifferentiated....g	0.090		3	1		0.416	0.034	
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	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.002		0	1		0.009	0.001	
Threonine....g	0.003		0	1		0.014	0.001	
Isoleucine....g	0.005		0	1		0.023	0.002	
Leucine....g	0.008		0	1		0.037	0.003	
Lysine....g	0.005		0	1		0.023	0.002	
Methionine....g	0.002		0	1		0.009	0.001	
Cystine....g	0.002		0	1		0.009	0.001	
Phenylalanine....g	0.005		0	1		0.023	0.002	
Tyrosine....g	0.004		0	1		0.018	0.002	
Valine....g	0.005		0	1		0.023	0.002	
Arginine....g	0.004		0	1		0.018	0.002	
Histidine....g	0.002		0	1		0.009	0.001	
Alanine....g	0.004		0	1		0.018	0.002	
Aspartic acid....g	0.005		0	1		0.023	0.002	
Glutamic acid....g	0.033		0	1		0.152	0.013	
Glycine....g	0.003		0	1		0.014	0.001	
Proline....g	0.012		0	1		0.055	0.005	
Serine....g	0.006		0	1		0.028	0.002	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 462.000g: 1 package (16 oz)

Measure 2 = 38.000g: .083 package

Calories Factors: **Protein** 4.1 **Fat** 8.6 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19715
Frostings, vanilla, creamy, ready-to-eat, without added phosphorus, vitamin A

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	13.20	0.318	11	1		60.98	5.02	
Energy....kcal	419		0	4		1936	159	
Energy....kj	1753			4		8099	666	
Protein (N x 6.4)....g	0.10	0.051	9	1		0.46	0.04	
Total lipid (fat)....g	16.80	0.324	13	1		77.62	6.38	
Ash....g	0.50	0.048	10	1		2.31	0.19	
Carbohydrate, by difference....g	69.40		0	4		320.63	26.37	
Fiber, total dietary....g	0.1		0	4		0.5	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	3	0.152	6	1		14	1	
Iron, Fe....mg	0.11	0.024	4	1		0.51	0.04	
Magnesium, Mg....mg	1	0.212	4	1		5	0	
Phosphorus, P....mg	3		0	1		14	1	
Potassium, K....mg	37	2.141	7	1		171	14	
Sodium, Na....mg	90	24.752	10	1		416	34	
Zinc, Zn....mg	0.00	0.000	3	1		0.00	0.00	
Copper, Cu....mg	0.007	0.007	3	1		0.032	0.003	
Manganese, Mn....mg	0.040		0	4		0.185	0.015	
Selenium, Se....mcg	0.6		0	4		2.8	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		2	1		0.0	0.0	
Thiamin....mg	0.000	0.000	3	1		0.000	0.000	
Riboflavin....mg	0.006	0.000	5	1		0.028	0.002	
Niacin....mg	0.011	0.000	5	1		0.051	0.004	
Pantothenic acid....mg	0.000		2	1		0.000	0.000	
Vitamin B-6....mg	0.000	0.000	3	1		0.000	0.000	
Folate, total....mcg	0	0.000	3	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0	0.000	3	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00	0.000	3	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	4.890		0	1		22.592	1.858	
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	2.320		3	1		10.718	0.882	
17:0....g								
18:0....g	2.510		3	1		11.596	0.954	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.770		0	1		40.517	3.333	
14:1....g								
15:1....g								

NDB No. 19715

Frostings, vanilla, creamy, ready-to-eat, without added phosphorus, vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common 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	8.770		3	1		40.517	3.333	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.280		0	1		10.534	0.866	
18:2 undifferentiated....g	2.190		3	1		10.118	0.832	
18:3 undifferentiated....g	0.090		3	1		0.416	0.034	
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	0.002		0	1		0.009	0.001	
Threonine....g	0.006		0	1		0.028	0.002	
Isoleucine....g	0.007		0	1		0.032	0.003	
Leucine....g	0.014		0	1		0.065	0.005	
Lysine....g	0.009		0	1		0.042	0.003	
Methionine....g	0.003		0	1		0.014	0.001	
Cystine....g	0.002		0	1		0.009	0.001	
Phenylalanine....g	0.006		0	1		0.028	0.002	
Tyrosine....g	0.006		0	1		0.028	0.002	
Valine....g	0.008		0	1		0.037	0.003	
Arginine....g	0.005		0	1		0.023	0.002	
Histidine....g	0.004		0	1		0.018	0.002	
Alanine....g	0.006		0	1		0.028	0.002	
Aspartic acid....g	0.010		0	1		0.046	0.004	
Glutamic acid....g	0.027		0	1		0.125	0.010	
Glycine....g	0.003		0	1		0.014	0.001	
Proline....g	0.012		0	1		0.055	0.005	
Serine....g	0.007		0	1		0.032	0.003	
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 = 462.000g: 1 package (16 oz)

Measure 2 = 38.000g: .083 package

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19717
Frozen desserts, ice pops, with added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	80.00		1	4		41.60	102.40	70.40
Energy....kcal	72		0	4		37	92	63
Energy....kj	301			4		157	386	265
Protein (N x 6.25)....g	0.00		1	4		0.00	0.00	0.00
Total lipid (fat)....g	0.00		1	4		0.00	0.00	0.00
Ash....g	1.10		1	4		0.57	1.41	0.97
Carbohydrate, by difference....g	18.90		0	4		9.83	24.19	16.63
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	0		1	4		0	0	0
Iron, Fe....mg	0.00		1	4		0.00	0.00	0.00
Magnesium, Mg....mg	1		1	4		1	1	1
Phosphorus, P....mg	0		1	4		0	0	0
Potassium, K....mg	4	1.888	3	1		2	5	4
Sodium, Na....mg	12	0.628	3	1		6	15	11
Zinc, Zn....mg	0.02		1	4		0.01	0.03	0.02
Copper, Cu....mg	0.009		1	4		0.005	0.012	0.008
Manganese, Mn....mg	0.006		1	4		0.003	0.008	0.005
Selenium, Se....mcg	0.0		0	4		0.0	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	10.7		0	1		5.6	13.7	9.4
Thiamin....mg	0.000		1	4		0.000	0.000	0.000
Riboflavin....mg	0.000		1	4		0.000	0.000	0.000
Niacin....mg	0.000		1	4		0.000	0.000	0.000
Pantothenic acid....mg	0.001		1	4		0.001	0.001	0.001
Vitamin B-6....mg	0.000		1	4		0.000	0.000	0.000
Folate, total....mcg	0		1	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		1	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	0.00
Vitamin A, IU....IU	0		1	4		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		1	4		0	0	0
Phytosterols....mg								

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

Common Measures:

Measure 1 = 52.000g: 1 bar (1.75 fl oz)

Measure 2 = 128.000g: 1 double stick

Measure 3 = 88.000g: 1 single stick

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

NDB No. 19717
Frozen desserts, ice pops, with added ascorbic acid

Food Group: 19 Sweets

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

NDB No. 19719
Jams and preserves, apricot

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	34.50	0.811	6	1		6.90	4.83	
Energy....kcal	242		0	4		48	34	
Energy....kj	1013			4		203	142	
Protein (N x 6.25)....g	0.70	0.106	11	1		0.14	0.10	
Total lipid (fat)....g	0.20	0.029	8	1		0.04	0.03	
Ash....g	0.20		1	1		0.04	0.03	
Carbohydrate, by difference....g	64.40		0	4		12.88	9.02	
Fiber, total dietary....g	1.2		0	4		0.2	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	20		1	1		4	3	
Iron, Fe....mg	0.49	0.070	3	1		0.10	0.07	
Magnesium, Mg....mg	4		1	1		1	1	
Phosphorus, P....mg	11		1	4		2	2	
Potassium, K....mg	77	2.028	3	1		15	11	
Sodium, Na....mg	40	9.735	3	1		8	6	
Zinc, Zn....mg	0.06	0.023	4	1		0.01	0.01	
Copper, Cu....mg	0.100		1	1		0.020	0.014	
Manganese, Mn....mg	0.040		1	1		0.008	0.006	
Selenium, Se....mcg	2.0		0	4		0.4	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	8.8		2	1		1.8	1.2	
Thiamin....mg	0.000		1	1		0.000	0.000	
Riboflavin....mg	0.022		1	4		0.004	0.003	
Niacin....mg	0.036		1	1		0.007	0.005	
Pantothenic acid....mg	0.020		1	1		0.004	0.003	
Vitamin B-6....mg	0.020		2	1		0.004	0.003	
Folate, total....mcg	33		1	1		7	5	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	33		1	1		7	5	
Folate, DFE....mcg_DFE	33		0	4		7	5	
Vitamin B-12....mcg	0.00		1	1		0.00	0.00	
Vitamin A, IU....IU	205		0	1		41	29	
Vitamin A, RE....mcg_RE	20		0	1		4	3	
Vitamin E....mg_ATE	0.000		0	7		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.010		0	1		0.002	0.001	
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	0.010		1	1		0.002	0.001	
17:0....g								
18:0....g	0.000		1	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.110		0	1		0.022	0.015	
14:1....g								
15:1....g								

NDB No. 19719
Jams and preserves, apricot

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		1	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.020		1	1		0.004	0.003	
20:1....g	0.050		1	1		0.010	0.007	
22:1 undifferentiated....g	0.040		1	1		0.008	0.006	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.000		0	1		0.000	0.000	
18:2 undifferentiated....g	0.000		0	1		0.000	0.000	
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		1	4		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.008		0	1		0.002	0.001	
Threonine....g	0.023		0	1		0.005	0.003	
Isoleucine....g	0.017		0	1		0.003	0.002	
Leucine....g	0.037		0	1		0.007	0.005	
Lysine....g	0.030		0	1		0.006	0.004	
Methionine....g	0.001		0	1		0.000	0.000	
Cystine....g	0.006		0	1		0.001	0.001	
Phenylalanine....g	0.021		0	1		0.004	0.003	
Tyrosine....g	0.025		0	1		0.005	0.004	
Valine....g	0.021		0	1		0.004	0.003	
Arginine....g	0.032		0	1		0.006	0.004	
Histidine....g	0.014		0	1		0.003	0.002	
Alanine....g	0.037		0	1		0.007	0.005	
Aspartic acid....g	0.166		0	1		0.033	0.023	
Glutamic acid....g	0.109		0	1		0.022	0.015	
Glycine....g	0.029		0	1		0.006	0.004	
Proline....g	0.023		0	1		0.005	0.003	
Serine....g	0.028		0	1		0.006	0.004	
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 = 20.000g: 1 tbsp

Measure 2 = 14.000g: 1 packet (0.5 oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19720
Syrups, table blends, pancake, with 2% maple, with added potassium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of 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	1.274	3	1		94.82	6.02	
Energy....kcal	265		0	4		835	53	
Energy....kj	1109			4		3493	222	
Protein (N x 6.25)....g	0.00		1	1		0.00	0.00	
Total lipid (fat)....g	0.10	0.060	3	1		0.32	0.02	
Ash....g	0.20	0.064	3	1		0.63	0.04	
Carbohydrate, by difference....g	69.60		0	4		219.24	13.92	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5		2	1		16	1	
Iron, Fe....mg	0.07		2	1		0.22	0.01	
Magnesium, Mg....mg	2		2	1		6	0	
Phosphorus, P....mg	10		2	1		32	2	
Potassium, K....mg	22		0	1		69	4	
Sodium, Na....mg	61	10.136	7	1		192	12	
Zinc, Zn....mg	0.23		2	1		0.72	0.05	
Copper, Cu....mg	0.045		2	1		0.142	0.009	
Manganese, Mn....mg	0.185		2	1		0.583	0.037	
Selenium, Se....mcg	0.6		0	4		1.9	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	4		0.0	0.0	
Thiamin....mg	0.005		2	1		0.016	0.001	
Riboflavin....mg	0.017		2	1		0.054	0.003	
Niacin....mg	0.020		1	4		0.063	0.004	
Pantothenic acid....mg	0.008		2	1		0.025	0.002	
Vitamin B-6....mg	0.000		2	1		0.000	0.000	
Folate, total....mcg	0		2	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		2	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		1	4		0.00	0.00	
Vitamin A, IU....IU	0		1	4		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	0.000		0	4		0.000	0.000	
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		1	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 = 315.000g: 1 cup

Measure 2 = 20.000g: 1 tbsp

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

NDB No. 19720
Syrups, table blends, pancake, with 2% maple, with added potassium

Food Group: 19 Sweets

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