NDB No. 04001
Fat, beef tallow

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	902		0	NC	4		1849	115	
Energy	kj	3774				4		7737	483	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		205.00	12.80	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		1		1		0	0	
Sodium, Na	mg	0		1		1		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.2		0	BFZN	4		0.4	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	2.700		0		1		5.535	0.346	
Tocopherol, alpha	mg	2.70		1		1		5.54	0.35	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	49.800		0		1		102.090	6.374	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.900	0.508	5		1		1.845	0.115	
13:0	g									
14:0	g	3.700	0.421	14		1		7.585	0.474	
15:0	g									
16:0	g	24.900	0.819	15		1		51.045	3.187	
17:0	g									
18:0	g	18.900	0.927	15		1		38.745	2.419	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04001
Fat, beef tallow

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

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04542
Fat, chicken

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.20	0.026	3		1		0.41	0.03	
Energy	kcal	900		0	NC	4		1846	115	
Energy	kj	3767				4		7723	482	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	99.80	0.026	3		1		204.59	12.77	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.2		0	BFZN	4		0.4	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	2.700		0		1		5.535	0.346	
Tocopherol, alpha	mg	2.70		0		4		5.54	0.35	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	29.800		0		1		61.090	3.814	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.100	0.016	14		1		0.205	0.013	
13:0	g									
14:0	g	0.900	0.048	62		1		1.845	0.115	
15:0	g									
16:0	g	21.600	0.381	70		1		44.280	2.765	
17:0	g									
18:0	g	6.000	0.186	70		1		12.300	0.768	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04542
Fat, chicken

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

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04574
Fat, duck

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.20	0.026	3		1		0.41	0.03	
Energy	kcal	900		0	NC	4		1846	115	
Energy	kj	3767				4		7723	482	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	99.80	0.026	3		1		204.59	12.77	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.2		0	BFZN	4		0.4	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	2.730		0		4		5.597	0.349	
Tocopherol, alpha	mg	2.70		0		4		5.54	0.35	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	33.200		0		1		68.060	4.250	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.700	0.013	93		1		1.435	0.090	
15:0	g									
16:0	g	24.700	0.213	98		1		50.635	3.162	
17:0	g									
18:0	g	7.800	0.114	98		1		15.990	0.998	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04574
Fat, duck

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	49.300		0		1		101.065	6.310	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	4.000	0.090	98		1		8.200	0.512	
17:1.....g									
18:1 undifferentiated.....g	44.200	0.290	98		1		90.610	5.658	
20:1.....g	1.100	0.043	91		1		2.255	0.141	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.900		0		1		26.445	1.651	
18:2 undifferentiated.....g	12.000	0.237	98		1		24.600	1.536	
18:3 undifferentiated.....g	1.000	0.033	93		1		2.050	0.128	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	100		0		1		205	13	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04576
Fat, goose

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.20	0.026	3		1		0.41	0.03	
Energy	kcal	900		0	NC	4		1846	115	
Energy	kj	3767				4		7723	482	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	99.80	0.026	3		1		204.59	12.77	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.2		0	BFZN	4		0.4	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	2.70		0		4		5.54	0.35	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	27.700		0		1		56.785	3.546	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000	0.032	6		1		0.000	0.000	
13:0	g									
14:0	g	0.500	0.060	21		1		1.025	0.064	
15:0	g									
16:0	g	20.700	0.492	21		1		42.435	2.650	
17:0	g									
18:0	g	6.100	0.168	21		1		12.505	0.781	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04576
Fat, goose

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	56.700		0		1		116.235	7.258	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.800	0.257	21		1		5.740	0.358	
17:1.....g									
18:1 undifferentiated.....g	53.500		0		1		109.675	6.848	
20:1.....g	0.100		2		1		0.205	0.013	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.000		0		1		22.550	1.408	
18:2 undifferentiated.....g	9.800	0.536	21		1		20.090	1.254	
18:3 undifferentiated.....g	0.500	0.326	6		1		1.025	0.064	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1		1		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	100		0		1		205	13	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04520
Fat, mutton tallow

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	902		0	NC	4		1849	115	
Energy	kj	3774				4		7737	483	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		205.00	12.80	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.2		0	BFZN	4		0.4	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	2.830		0		1		5.802	0.362	
Tocopherol, alpha	mg	2.80		0		4		5.74	0.36	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	47.300		0		1		96.965	6.054	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	3.800	0.186	64		1		7.790	0.486	
15:0	g									
16:0	g	21.500	0.290	64		1		44.075	2.752	
17:0	g									
18:0	g	19.500	0.761	64		1		39.975	2.496	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04520
Fat, mutton tallow

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

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04575
Fat, turkey

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.20	0.026	3		1		0.41	0.03	0.01
Energy	kcal	900		0	NC	4		1846	115	39
Energy	kj	3767				4		7723	482	162
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	99.80	0.026	3		1		204.59	12.77	4.29
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		7		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.2		0	BFZN	4		0.4	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	2.870		0		1		5.884	0.367	0.123
Tocopherol, alpha	mg	2.90		0		4		5.95	0.37	0.12
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	29.400		0		1		60.270	3.763	1.264
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000	0.031	3		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.900	0.058	32		1		1.845	0.115	0.039
15:0	g									
16:0	g	20.600	0.520	32		1		42.230	2.637	0.886
17:0	g									
18:0	g	6.200	0.349	32		1		12.710	0.794	0.267
20:0	g									
22:0	g									
24:0	g									

NDB No. 04575
Fat, turkey

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	42.900		0		1		87.945	5.491	1.845
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	6.000	0.297	32		1		12.300	0.768	0.258
17:1.....g									
18:1 undifferentiated.....g	35.900	0.750	32		1		73.595	4.595	1.544
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.100		0		1		47.355	2.957	0.993
18:2 undifferentiated.....g	21.200	0.660	32		1		43.460	2.714	0.912
18:3 undifferentiated.....g	1.400	0.079	32		1		2.870	0.179	0.060
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.300	0.031	11		1		0.615	0.038	0.013
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	102		0		1		209	13	4
Phytosterols.....mg	0		0		4		0	0	0
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Measure 3 = 4.3g: 1 tsp

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

NDB No. 04575
Fat, turkey

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04589
Fish oil, cod liver

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1		1		0.00	0.00	0.00
Energy	kcal	902		0	NC	4		1966	123	41
Energy	kj	3774				4		8227	513	170
Protein (N x 0)	g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1		1		218.00	13.60	4.50
Ash	g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg									
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	100000		1		1		218000	13600	4500
Vitamin A, RAE	mcg_RAE	30000		1		1		65400	4080	1350
Retinol	mcg	30000		1		1		65400	4080	1350
Vitamin E	mg_ATE									
Vitamin D	IU	10000.000		0	T	4		21800.000	1360.000	450.000
Lipids:										
Fatty acids, total saturated	g	22.608		0		1		49.285	3.075	1.017
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	3.568		2		1		7.778	0.485	0.161
15:0	g									
16:0	g	10.630		2		1		23.173	1.446	0.478
17:0	g									
18:0	g	2.799		2		1		6.102	0.381	0.126
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	46.711		0		1		101.830	6.353	2.102
14:1	g									
15:1	g									
16:1 undifferentiated	g	8.309		2		1		18.114	1.130	0.374

NDB No. 04589
Fish oil, cod liver

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	20.653		2		1		45.024	2.809	0.929
20:1 ....g	10.422		2		1		22.720	1.417	0.469
22:1 undifferentiated ....g	7.328		2		1		15.975	0.997	0.330
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	22.541		0		1		49.139	3.066	1.014
18:2 undifferentiated ....g	0.935		2		1		2.038	0.127	0.042
18:3 undifferentiated ....g	0.935		2		1		2.038	0.127	0.042
18:4 ....g	0.935		2		1		2.038	0.127	0.042
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.935		2		1		2.038	0.127	0.042
20:5 n-3 ....g	6.898		2		1		15.038	0.938	0.310
22:5 n-3 ....g	0.935		2		1		2.038	0.127	0.042
22:6 n-3 ....g	10.968		2		1		23.910	1.492	0.494
Fatty acids, total trans ....g									
Cholesterol ....mg	570		1		1		1243	78	26
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04590
Fish oil, herring

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1		1		0.00	0.00	0.00
Energy	kcal	902		0	NC	4		1966	123	41
Energy	kj	3774				4		8227	513	170
Protein (N x 0)	g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1		1		218.00	13.60	4.50
Ash	g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	21.290		0		1		46.412	2.895	0.958
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.157		17		1		0.342	0.021	0.007
13:0	g									
14:0	g	7.186		17		1		15.665	0.977	0.323
15:0	g									
16:0	g	11.704		17		1		25.515	1.592	0.527
17:0	g									
18:0	g	0.818		17		1		1.783	0.111	0.037
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	56.564		0		1		123.310	7.693	2.545
14:1	g									
15:1	g									
16:1 undifferentiated	g	9.642		17		1		21.020	1.311	0.434

NDB No. 04590
Fish oil, herring

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	11.955		17		1		26.062	1.626	0.538
20:1 ... g	13.625		17		1		29.703	1.853	0.613
22:1 undifferentiated ... g	20.613		17		1		44.936	2.803	0.928
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	15.604		0		1		34.017	2.122	0.702
18:2 undifferentiated ... g	1.149		17		1		2.505	0.156	0.052
18:3 undifferentiated ... g	0.763		17		1		1.663	0.104	0.034
18:4 ... g	2.305		17		1		5.025	0.313	0.104
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.289		17		1		0.630	0.039	0.013
20:5 n-3 ... g	6.273		17		1		13.675	0.853	0.282
22:5 n-3 ... g	0.619	0.000	17		1		1.349	0.084	0.028
22:6 n-3 ... g	4.206		17		1		9.169	0.572	0.189
Fatty acids, total trans ... g									
Cholesterol ... mg	766		1		1		1670	104	34
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04591
Fish oil, menhaden

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1		1		0.00	0.00	0.00
Energy	kcal	902		0	NC	4		1966	123	41
Energy	kj	3774				4		8227	513	170
Protein (N x 0)	g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1		1		218.00	13.60	4.50
Ash	g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	30.427		0		1		66.331	4.138	1.369
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	7.958		4		1		17.348	1.082	0.358
15:0	g									
16:0	g	15.146		4		1		33.018	2.060	0.682
17:0	g									
18:0	g	3.775		4		1		8.230	0.513	0.170
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	26.694		0		1		58.193	3.630	1.201
14:1	g									
15:1	g									
16:1 undifferentiated	g	10.482		4		1		22.851	1.426	0.472

NDB No. 04591
Fish oil, menhaden

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	14.527		4		1		31.669	1.976	0.654
20:1 ....g	1.332		4		1		2.904	0.181	0.060
22:1 undifferentiated ....g	0.352		4		1		0.767	0.048	0.016
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	34.197		0		1		74.549	4.651	1.539
18:2 undifferentiated ....g	2.154		4		1		4.696	0.293	0.097
18:3 undifferentiated ....g	1.490		4		1		3.248	0.203	0.067
18:4 ....g	2.739		4		1		5.971	0.373	0.123
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	1.169		4		1		2.548	0.159	0.053
20:5 n-3 ....g	13.168		4		1		28.706	1.791	0.593
22:5 n-3 ....g	4.915	0.000	4		1		10.715	0.668	0.221
22:6 n-3 ....g	8.562		4		1		18.665	1.164	0.385
Fatty acids, total trans ....g									
Cholesterol ....mg	521		1		1		1136	71	23
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04592
Fish oil, menhaden, fully hydrogenated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1		1		0.00	0.00	0.00
Energy	kcal	902		0	NC	4		1849	113	41
Energy	kj	3774				4		7737	472	170
Protein (N x 0)	g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1		1		205.00	12.50	4.50
Ash	g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	95.600		0		1		195.980	11.950	4.302
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	9.057		1		1		18.567	1.132	0.408
15:0	g									
16:0	g	35.221		1		1		72.203	4.403	1.585
17:0	g									
18:0	g	21.133		1		1		43.323	2.642	0.951
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	500		1		1		1025	63	23

NDB No. 04592
Fish oil, menhaden, fully hydrogenated

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

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.5g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04593
Fish oil, salmon

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1		1		0.00	0.00	0.00
Energy	kcal	902		0	NC	4		1966	123	41
Energy	kj	3774				4		8227	513	170
Protein (N x 0)	g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1		1		218.00	13.60	4.50
Ash	g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	19.872		0		1		43.321	2.703	0.894
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	3.280		1		1		7.150	0.446	0.148
15:0	g									
16:0	g	9.840		1		1		21.451	1.338	0.443
17:0	g									
18:0	g	4.245		1		1		9.254	0.577	0.191
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	29.037		0		1		63.301	3.949	1.307
14:1	g									
15:1	g									
16:1 undifferentiated	g	4.823		1		1		10.514	0.656	0.217

NDB No. 04593
Fish oil, salmon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	16.978		1		1		37.012	2.309	0.764
20:1 ....g	3.859		1		1		8.413	0.525	0.174
22:1 undifferentiated ....g	3.376		1		1		7.360	0.459	0.152
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	40.324		0		1		87.906	5.484	1.815
18:2 undifferentiated ....g	1.543		1		1		3.364	0.210	0.069
18:3 undifferentiated ....g	1.061		1		1		2.313	0.144	0.048
18:4 ....g	2.798		1		1		6.100	0.381	0.126
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.675		1		1		1.472	0.092	0.030
20:5 n-3 ....g	13.023		1		1		28.390	1.771	0.586
22:5 n-3 ....g	2.991		1		1		6.520	0.407	0.135
22:6 n-3 ....g	18.232		1		1		39.746	2.480	0.820
Fatty acids, total trans ....g									
Cholesterol ....mg	485		1		1		1057	66	22
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04594
Fish oil, sardine

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1		1		0.00	0.00	0.00
Energy	kcal	902		0	NC	4		1966	123	41
Energy	kj	3774				4		8227	513	170
Protein (N x 0)	g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1		1		218.00	13.60	4.50
Ash	g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Vitamin D	IU	332.000		0	T	4		723.760	45.152	14.940
Lipids:										
Fatty acids, total saturated	g	29.892		0		1		65.165	4.065	1.345
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.103		2		1		0.225	0.014	0.005
13:0	g									
14:0	g	6.525		2		1		14.225	0.887	0.294
15:0	g									
16:0	g	16.646		2		1		36.288	2.264	0.749
17:0	g									
18:0	g	3.887		2		1		8.474	0.529	0.175
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	33.841		0		1		73.773	4.602	1.523
14:1	g									
15:1	g									
16:1 undifferentiated	g	7.514		2		1		16.381	1.022	0.338

NDB No. 04594
Fish oil, sardine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	14.752		2		1		32.159	2.006	0.664
20:1 ... g	5.986		2		1		13.049	0.814	0.269
22:1 undifferentiated ... g	5.589		2		1		12.184	0.760	0.252
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	31.867		0		1		69.470	4.334	1.434
18:2 undifferentiated ... g	2.014		2		1		4.391	0.274	0.091
18:3 undifferentiated ... g	1.327		2		1		2.893	0.180	0.060
18:4 ... g	3.025		2		1		6.595	0.411	0.136
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	1.756		2		1		3.828	0.239	0.079
20:5 n-3 ... g	10.137		2		1		22.099	1.379	0.456
22:5 n-3 ... g	1.973		2		1		4.301	0.268	0.089
22:6 n-3 ... g	10.656		2		1		23.230	1.449	0.480
Fatty acids, total trans ... g									
Cholesterol ... mg	710		1		1		1548	97	32
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04002
Lard

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	902		0	NC	4		1849	115	
Energy	kj	3774				4		7737	483	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		205.00	12.80	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		1		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		3		1		0	0	
Sodium, Na	mg	0		3		1		0	0	
Zinc, Zn	mg	0.11		1		4		0.23	0.01	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg	0.000		0		4		0.000	0.000	
Selenium, Se	mcg	0.2		2	A	1		0.4	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	1.200		0		1		2.460	0.154	
Tocopherol, alpha	mg	1.20		0		1		2.46	0.15	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	39.200		0		1		80.360	5.018	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.100	0.014	18		1		0.205	0.013	
12:0	g	0.200	0.087	22		1		0.410	0.026	
13:0	g									
14:0	g	1.300	0.068	33		1		2.665	0.166	
15:0	g									
16:0	g	23.800	0.295	38		1		48.790	3.046	
17:0	g									
18:0	g	13.500	0.435	38		1		27.675	1.728	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04002
Lard

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

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04630
Margarine Spread, approximately 48% fat, tub

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	49.66	0.207	6	A	1				
Energy	kcal	424		0	NC	4				
Energy	kj	1776		0	NC	4				
Protein (N x 6.38)	g	0.20	0.043	6	A	1				
Total lipid (fat)	g	47.53	0.115	6	A	1				
Ash	g	1.75	0.086	6	A	1				
Carbohydrate, by difference	g	0.86		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4	0.217	6	A	1				
Iron, Fe	mg	0.21	0.077	5	A	1				
Magnesium, Mg	mg	1	0.019	6	A	1				
Phosphorus, P	mg	4	0.325	6	A	1				
Potassium, K	mg	36	1.292	6	A	1				
Sodium, Na	mg	646	32.791	6	A	1				
Zinc, Zn	mg	0.06	0.021	6	A	1				
Copper, Cu	mg	0.008	0.008	6	A	1				
Manganese, Mn	mg	0.000	0.000	5	A	1				
Selenium, Se	mcg	0.0	0.000	3	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.000	0.000	3	A	1				
Riboflavin	mg	0.019	0.001	3	A	1				
Niacin	mg	0.000	0.000	3	A	1				
Pantothenic acid	mg	0.001		1	A	1				
Vitamin B-6	mg	0.001	0.001	3	A	1				
Folate, total	mcg	2	0.061	3	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	2	0.061	3	A	1				
Folate, DFE	mcg_DFE	2		0	NC	4				
Vitamin B-12	mcg									
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	3.935		0	NC	4				
Tocopherol, alpha	mg	3.94	0.045	6	A	1				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	8.792		0	NC	4				
4:0	g	0.000		6	A	1				
6:0	g	0.000		6	A	1				
8:0	g	0.000		6	A	1				
10:0	g	0.000		6	A	1				
12:0	g	0.000	0.000	6	A	1				
13:0	g									
14:0	g	0.038	0.001	6	A	1				
15:0	g	0.000	0.000	6	A	1				
16:0	g	4.862	0.026	6	A	1				
17:0	g	0.049	0.001	6	A	1				
18:0	g	3.425	0.027	6	A	1				
20:0	g	0.162	0.003	6	A	1				
22:0	g	0.185	0.003	6	A	1				
24:0	g	0.071	0.002	6	A	1				

NDB No. 04630
Margarine Spread, approximately 48% fat, tub

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	16.416		0	NC	4				
14:1.....g	0.000	0.000	6	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.034		0	AS	1				
16:1 c.....g	0.034	0.001	6	A	1				
16:1 t.....g	0.000	0.000	6	A	1				
17:1.....g									
18:1 undifferentiated.....g	16.316		0	AS	1				
18:1 c.....g	11.894	0.434	6	A	1				
18:1 t.....g	4.422	0.442	6	A	1				
20:1.....g	0.066	0.003	6	A	1				
22:1 undifferentiated.....g	0.000	0.000	6	A	1				
24:1 c.....g	0.000	0.000	6	A	1				
Fatty acids, total polyunsaturated.....g	20.235		0	NC	4				
18:2 undifferentiated.....g	17.886		0	AS	1				
18:2 n-6 c,c.....g	17.355	0.938	6	A	1				
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.532	0.319	6	A	1				
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.121		0	AS	1				
18:4.....g	0.000		6	A	1				
20:2 n-6 c,c.....g	0.228	0.026	6	A	1				
20:3 undifferentiated.....g	0.000	0.000	6	A	1				
20:4 undifferentiated.....g	0.000	0.000	6	A	1				
20:5 n-3.....g	0.000	0.000	6	A	1				
22:5 n-3.....g	0.000	0.000	6	A	1				
22:6 n-3.....g	0.000		6	A	1				
Fatty acids, total trans.....g	4.422		0	NC	4				
Fatty acids, total trans-monoenoic.....g	4.422		0	NC	4				
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	1	0.070	3	A	1				
Phytosterols.....mg									
Stigmasterol.....mg	20	0.521	6	A	1				
Campesterol.....mg	22	0.664	6	A	1				
Beta-sitosterol.....mg	62	1.070	6	A	1				

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

Common Measures:

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04632
Margarine spread, fat-free, bottle

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.84		1	A	1		13.33		
Energy	kcal	46		0	NC	4		7		
Energy	kj	192		0	NC	4		29		
Protein (N x 6.38)	g	0.00		1	A	1		0.00		
Total lipid (fat)	g	2.75		1	A	1		0.41		
Ash	g	2.84		1	A	1		0.43		
Carbohydrate, by difference	g	5.58		0	NC	4		0.84		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1	A	1		1		
Iron, Fe	mg	0.18		1	A	1		0.03		
Magnesium, Mg	mg	6		1	A	1		1		
Phosphorus, P	mg	43		1	A	1		6		
Potassium, K	mg	213		1	A	1		32		
Sodium, Na	mg	856		1	A	1		128		
Zinc, Zn	mg	0.23		1	A	1		0.03		
Copper, Cu	mg	0.000		1	A	1		0.000		
Manganese, Mn	mg	0.000		1	A	1		0.000		
Selenium, Se	mcg	0.0		1	A	1		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	1.005		1	A	1		0.151		
Riboflavin	mg	0.059		1	A	1		0.009		
Niacin	mg	0.055		1	A	1		0.008		
Pantothenic acid	mg									
Vitamin B-6	mg	0.010		1	A	1		0.002		
Folate, total	mcg	0		0	Z	7		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0	Z	7		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	3307		0	BFZN	4		496		
Vitamin A, RAE	mcg_RAE	993		0	BFZN	4		149		
Retinol	mcg	993		0	BFZN	4		149		
Vitamin E	mg_ATE	0.525		0	NC	4		0.079		
Tocopherol, alpha	mg	0.53		1	A	1		0.08		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.374		0	NC	4		0.056		
4:0	g	0.000		1	A	1		0.000		
6:0	g	0.000		1	A	1		0.000		
8:0	g	0.000		1	A	1		0.000		
10:0	g	0.000		1	A	1		0.000		
12:0	g	0.013		1	A	1		0.002		
13:0	g									
14:0	g	0.000		1	A	1		0.000		
15:0	g									
16:0	g	0.291		1	A	1		0.044		
17:0	g									
18:0	g	0.059		1	A	1		0.009		
20:0	g	0.011		1	A	1		0.002		
22:0	g									
24:0	g									

NDB No. 04632
Margarine spread, fat-free, bottle

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.711		0	NC	4		0.107		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.711		0	AS	1		0.107		
18:1 c.....g	0.711		1	A	1		0.107		
18:1 t.....g	0.000		1	A	1		0.000		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.546		0	NC	4		0.232		
18:2 undifferentiated.....g	1.516		0	AS	1		0.227		
18:2 n-6 c,c.....g	1.516		1	A	1		0.227		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.030		0	AS	1		0.005		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	1		1	A	1		0		
Phytosterols.....mg									
Stigmasterol.....mg	3		1	A	1		0		
Campesterol.....mg	1		1	A	1		0		
Beta-sitosterol.....mg	9		1	A	1		1		

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04631
Margarine spread, fat-free, tub

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.69		2	A	1		211.31	13.24	
Energy	kcal	44		0	NC	4		103	6	
Energy	kj	184		0	NC	4		430	27	
Protein	g	0.10		2	A	1		0.23	0.01	
Total lipid (fat)	g	3.04		2	A	1		7.08	0.44	
Ash	g	1.83		2	A	1		4.27	0.27	
Carbohydrate, by difference	g	4.34		0	NC	4		10.10	0.63	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		2	A	1		18	1	
Iron, Fe	mg	0.08		2	A	1		0.19	0.01	
Magnesium, Mg	mg	1		2	A	1		3	0	
Phosphorus, P	mg	2		2	A	1		5	0	
Potassium, K	mg	36		2	A	1		85	5	
Sodium, Na	mg	580		2	A	1		1350	85	
Zinc, Zn	mg	0.07		2	A	1		0.16	0.01	
Copper, Cu	mg	0.000		2	A	1		0.000	0.000	
Manganese, Mn	mg	0.000		2	A	1		0.000	0.000	
Selenium, Se	mcg	0.0		1	A	1		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	1.011		1	A	1		2.356	0.148	
Riboflavin	mg	0.000		1	A	1		0.000	0.000	
Niacin	mg	0.883		1	A	1		2.057	0.129	
Pantothenic acid	mg	0.271		1	A	1		0.631	0.040	
Vitamin B-6	mg	0.001		1	A	1		0.002	0.000	
Folate, total	mcg	0		0	Z	7		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0	Z	7		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	3307				4		7705	483	
Vitamin A, RAE	mcg_RAE	993		0	NC	4		2314	145	
Retinol	mcg	993		0	NC	4		2314	145	
Vitamin E	mg_ATE	0.518		0	NC	4		1.206	0.076	
Tocopherol, alpha	mg	0.52		2	A	1		1.21	0.08	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.128		0	NC	4		4.958	0.311	
4:0	g	0.000		2	A	1		0.000	0.000	
6:0	g	0.000		2	A	1		0.000	0.000	
8:0	g	0.000		2	A	1		0.000	0.000	
10:0	g	0.000		2	A	1		0.000	0.000	
12:0	g	0.009		2	A	1		0.020	0.001	
13:0	g									
14:0	g	0.028		2	A	1		0.064	0.004	
15:0	g									
16:0	g	0.953		2	A	1		2.221	0.139	
17:0	g									
18:0	g	1.126		2	A	1		2.624	0.164	
20:0	g	0.012		2	A	1		0.028	0.002	
22:0	g									

NDB No. 04631
Margarine spread, fat-free, tub

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.356		0	NC	4		0.829	0.052	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		2	A	1		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.178		0	AS	1		0.415	0.026	
18:1 c ... g	0.010		2	A	1		0.023	0.001	
18:1 t ... g	0.168		2	A	1		0.392	0.025	
20:1 ... g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated ... g	0.000		2	A	1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.422		0	NC	4		0.984	0.062	
18:2 undifferentiated ... g	0.376		0	AS	1		0.877	0.055	
18:2 n-6 c,c ... g	0.376		2	A	1		0.877	0.055	
18:2 CLAs ... g									
18:2 c,t ... g									
18:2 t,c ... g									
18:2 t,t ... g									
18:2 i ... g									
18:2 t not further defined ... g									
18:3 undifferentiated ... g	0.046		0	AS	1		0.108	0.007	
18:4 ... g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		2	A	1		0.000	0.000	
20:5 n-3 ... g	0.000		2	A	1		0.000	0.000	
22:5 n-3 ... g	0.000		2	A	1		0.000	0.000	
22:6 n-3 ... g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans ... g	0.168		0	NC	4		0.392	0.025	
Fatty acids, total trans-monoenoic ... g	0.168		0	NC	4		0.392	0.025	
Fatty acids, total trans-polyenoic ... g									
Cholesterol ... mg	0		2	A	1		1	0	
Phytosterols ... mg									
Stigmasterol ... mg	1		2	A	1		1	0	
Campesterol ... mg	1		2	A	1		2	0	
Beta-sitosterol ... mg	2		2	A	1		4	0	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 233g: 1 cup

Measure 2 = 14.6g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04629
Margarine, 70% vegetable oil spread, soybean and soybean(hydrogenated)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	27.41	0.444	10	A	1		3.84		
Energy	kcal	619			NC	4		87		
Energy	kj	2589			NC	4		362		
Protein (N x 6.38)	g	0.21	0.049	10	A	1		0.03		
Total lipid (fat)	g	69.40	1.237	10	A	1		9.72		
Ash	g	1.85	0.065	10	A	1		0.26		
Carbohydrate, by difference	g	1.13			NC	4		0.16		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7	1.023	10	A	1		1		
Iron, Fe	mg	0.12	0.004	10	A	1		0.02		
Magnesium, Mg	mg	2	0.244	10	A	1		0		
Phosphorus, P	mg	10	0.957	10	A	1		1		
Potassium, K	mg	46	5.735	10	A	1		6		
Sodium, Na	mg	700	8.591	10	A	1		98		
Zinc, Zn	mg	0.06	0.019	10	A	1		0.01		
Copper, Cu	mg									
Manganese, Mn	mg	0.014		1	A	1		0.002		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.052		1	A	1		0.007		
Riboflavin	mg	0.025	0.004	5	A	1		0.004		
Niacin	mg									
Pantothenic acid	mg	0.001	0.000	4	A	1		0.000		
Vitamin B-6	mg	0.003		1	A	1		0.000		
Folate, total	mcg	1	0.106	3	A	1		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	1	0.106	3	A	1		0		
Folate, DFE	mcg_DFE	1		0	NC	4		0		
Vitamin B-12	mcg									
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	12.623			NC	4		1.767		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.000	0.000	10	A	1		0.000		
13:0	g									
14:0	g	0.041	0.009	8	A	1		0.006		
15:0	g	0.000	0.000	10	A	1		0.000		
16:0	g	7.005	0.120	10	A	1		0.981		
17:0	g	0.000	0.000	10	A	1		0.000		
18:0	g	5.085	0.040	10	A	1		0.712		
20:0	g	0.233	0.006	10	A	1		0.033		
22:0	g	0.258	0.002	10	A	1		0.036		
24:0	g	0.000	0.000	10	A	1		0.000		
Fatty acids, total monounsaturated	g	36.733			NC	4		5.143		
14:1	g	0.000	0.000	10	A	1		0.000		
15:1	g									
16:1 undifferentiated	g	0.000			AS	1		0.000		

NDB No. 04629
Margarine, 70% vegetable oil spread, soybean and soybean(hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 c....g	0.000	0.000	10	A	1		0.000		
16:1 t....g	0.000	0.000	10	A	1		0.000		
17:1....g									
18:1 undifferentiated....g	36.733			AS	1		5.143		
18:1 c....g	17.506	0.462	10	A	1		2.451		
18:1 t....g	19.227	0.039	10	A	1		2.692		
20:1....g	0.000	0.000	10	A	1		0.000		
22:1 undifferentiated....g	0.000	0.000	10	A	1		0.000		
24:1 c....g	0.000	0.000	10	A	1		0.000		
Fatty acids, total polyunsaturated....g	16.299			NC	4		2.282		
18:2 undifferentiated....g	14.723			AS	1		2.061		
18:2 n-6 c,c....g	13.656	0.267	10	A	1		1.912		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	1.067	0.618	10	A	1		0.149		
18:2 t not further defined....g									
18:3 undifferentiated....g	1.575			AS	1		0.221		
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	10	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	10	A	1		0.000		
20:4 undifferentiated....g	0.000	0.000	10	A	1		0.000		
20:5 n-3....g	0.000	0.000	10	A	1		0.000		
22:5 n-3....g	0.000	0.000	10	A	1		0.000		
22:6 n-3....g									
Fatty acids, total trans....g	19.227			NC	4		2.692		
Fatty acids, total trans-monoenoic....g	19.227			NC	4		2.692		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	0	0.000	6	A	1		0		
Phytosterols....mg									
Stigmasterol....mg	25	0.757	6	A	1		3		
Campesterol....mg	31	0.304	6	A	1		4		
Beta-sitosterol....mg	81	2.067	6	A	1		11		

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04628

Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	17.17	0.077	8	A	1		2.40		
Energy	kcal	705		0	NC	4		99		
Energy	kj	2948		0	NC	4		413		
Protein	g	0.18	0.001	4	A	1		0.02		
Total lipid (fat)	g	78.77	0.700	8	A	1		11.03		
Ash	g	1.94	0.024	8	A	1		0.27		
Carbohydrate, by difference	g	1.94		0	NC	4		0.27		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3	0.166	8	A	1		0		
Iron, Fe	mg	0.12	0.015	8	A	1		0.02		
Magnesium, Mg	mg	1	0.030	8	A	1		0		
Phosphorus, P	mg	5	0.202	8	A	1		1		
Potassium, K	mg	18	0.862	6	A	1		2		
Sodium, Na	mg	654	19.966	8	A	1		92		
Zinc, Zn	mg	0.11	0.021	8	A	1		0.01		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.012		1	A	1		0.002		
Riboflavin	mg	0.000	0.000	4	A	1		0.000		
Niacin	mg	0.003	0.003	4	A	1		0.000		
Pantothenic acid	mg	0.000	0.000	4	A	1		0.000		
Vitamin B-6	mg	0.000		1	A	1		0.000		
Folate, total	mcg	1		2	A	1		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	1		2	A	1		0		
Folate, DFE	mcg_DFE	1		0	NC	4		0		
Vitamin B-12	mcg									
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	6.233		0	NC	4		0.873		
Tocopherol, alpha	mg	6.23	0.638	8	A	1		0.87		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	14.787		0	NC	4		2.070		
4:0	g	0.000		8	A	1		0.000		
6:0	g	0.000		8	A	1		0.000		
8:0	g	0.000		8	A	1		0.000		
10:0	g	0.000		8	A	1		0.000		
12:0	g	0.000	0.000	8	A	1		0.000		
13:0	g									
14:0	g	0.069	0.003	8	A	1		0.010		
15:0	g	0.000	0.000	8	A	1		0.000		
16:0	g	8.135	0.107	8	A	1		1.139		
17:0	g	0.000	0.000	8	A	1		0.000		
18:0	g	6.047	0.117	8	A	1		0.847		
20:0	g	0.263	0.006	8	A	1		0.037		
22:0	g	0.271	0.007	8	A	1		0.038		

NDB No. 04628

Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0 ... g	0.000	0.000	8	A	1		0.000		
Fatty acids, total monounsaturated ... g	37.201		0	NC	4		5.208		
14:1 ... g	0.000	0.000	8	A	1		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	AS	1		0.000		
16:1 c ... g	0.000	0.000	8	A	1		0.000		
16:1 t ... g	0.000	0.000	8	A	1		0.000		
17:1 ... g									
18:1 undifferentiated ... g	37.201		0	AS	1		5.208		
18:1 c ... g	17.515	0.439	8	A	1		2.452		
18:1 t ... g	19.686	0.415	8	A	1		2.756		
20:1 ... g	0.000	0.000	8	A	1		0.000		
22:1 undifferentiated ... g	0.000	0.000	8	A	1		0.000		
24:1 c ... g	0.000	0.000	8	A	1		0.000		
Fatty acids, total polyunsaturated ... g	23.097		0	NC	4		3.234		
18:2 undifferentiated ... g	20.877		0	AS	1		2.923		
18:2 n-6 c,c ... g	20.174	0.746	8	A	1		2.824		
18:2 CLAs ... g									
18:2 c,t ... g									
18:2 t,c ... g									
18:2 t,t ... g									
18:2 i ... g	0.703	0.162	8	A	1		0.098		
18:2 t not further defined ... g									
18:3 undifferentiated ... g	2.220		0	AS	1		0.311		
18:4 ... g	0.000		8	A	1		0.000		
20:2 n-6 c,c ... g	0.000	0.000	8	A	1		0.000		
20:3 undifferentiated ... g	0.000	0.000	8	A	1		0.000		
20:4 undifferentiated ... g	0.000	0.000	8	A	1		0.000		
20:5 n-3 ... g	0.000	0.000	8	A	1		0.000		
22:5 n-3 ... g	0.000	0.000	8	A	1		0.000		
22:6 n-3 ... g	0.000		8	A	1		0.000		
Fatty acids, total trans ... g	19.686		0	NC	4		2.756		
Fatty acids, total trans-monoenoic ... g	19.686		0	NC	4		2.756		
Fatty acids, total trans-polyenoic ... g									
Cholesterol ... mg	0	0.000	4	A	1		0		
Phytosterols ... mg									
Stigmasterol ... mg	28	1.105	4	A	1		4		
Campesterol ... mg	41	2.622	4	A	1		6		
Beta-sitosterol ... mg	117	14.160	4	A	1		16		

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04522

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	719		0	NC	4		34	812	
Energy	kj	3007				4		141	3398	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	3		0		1		0	3	
Phosphorus, P	mg	23		0		1		1	26	
Potassium, K	mg	42		0		1		2	48	
Sodium, Na	mg	943	9.459	337		1		44	1066	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.0	0.2	
Thiamin	mg	0.010		0		1		0.000	0.011	
Riboflavin	mg	0.037		0		1		0.002	0.042	
Niacin	mg	0.023		0		1		0.001	0.026	
Pantothenic acid	mg	0.084		0		1		0.004	0.095	
Vitamin B-6	mg	0.009		0		1		0.000	0.010	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.10		0		1		0.00	0.11	
Vitamin A, IU	IU	3571		0	ML	5		168	4035	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		34	825	
Retinol	mcg	662		0	NC	4		31	748	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	8.80		1		1		0.41	9.94	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	56.900		0		1		2.674	64.297	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.400	0.083	3		1		0.019	0.452	
8:0	g	4.700	0.448	3		1		0.221	5.311	
10:0	g	3.200	0.116	3		1		0.150	3.616	
12:0	g	28.300	1.009	3		1		1.330	31.979	
13:0	g									
14:0	g	8.000	1.445	3		1		0.376	9.040	
15:0	g									
16:0	g	7.400	0.054	3		1		0.348	8.362	
17:0	g									
18:0	g	3.900	0.507	3		1		0.183	4.407	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04522

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.300		0		1		0.390	9.379	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	8.300	1.271	3		1		0.390	9.379	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.700		0		1		0.550	13.221	
18:2 undifferentiated.....g	11.500	0.870	3		1		0.541	12.995	
18:3 undifferentiated.....g	0.300	0.235	3		1		0.014	0.339	
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	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	265		0		4		12	299	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	719		0	NC	4		34	812	
Energy	kj	3007				4		141	3398	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	3		0		1		0	3	
Phosphorus, P	mg	23		0		1		1	26	
Potassium, K	mg	42		0		1		2	48	
Sodium, Na	mg	943	9.459	337		1		44	1066	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.0	0.2	
Thiamin	mg	0.010		0		1		0.000	0.011	
Riboflavin	mg	0.037		0		1		0.002	0.042	
Niacin	mg	0.023		0		1		0.001	0.026	
Pantothenic acid	mg	0.084		0		1		0.004	0.095	
Vitamin B-6	mg	0.009		0		1		0.000	0.010	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.10		0		1		0.00	0.11	
Vitamin A, IU	IU	3571		0	ML	5		168	4035	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		34	825	
Retinol	mcg	662		0	NC	4		31	748	
Vitamin E	mg_ATE	14.940		0	A	1		0.702	16.882	
Tocopherol, alpha	mg	11.60	2.167	6		1		0.55	13.11	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	14.000		0		1		0.658	15.820	
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	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.100	0.035	6		1		0.005	0.113	
15:0	g									
16:0	g	9.200	0.207	22		1		0.432	10.396	
17:0	g									
18:0	g	4.800	0.155	22		1		0.226	5.424	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	38.800		0		1		1.824	43.844	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	38.800	0.479	22		1		1.824	43.844	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	24.100		0		1		1.133	27.233	
18:2 undifferentiated.....g	23.700	0.465	22		1		1.114	26.781	
18:3 undifferentiated.....g	0.400	0.035	21		1		0.019	0.452	
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	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	570	33.000	7		1		27	644	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	719		0	NC	4		34	812	
Energy	kj	3007				4		141	3398	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	3		0		1		0	3	
Phosphorus, P	mg	23		0		1		1	26	
Potassium, K	mg	42		0		1		2	48	
Sodium, Na	mg	943	9.459	337		1		44	1066	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.0	0.2	
Thiamin	mg	0.010		0		1		0.000	0.011	
Riboflavin	mg	0.037		0		1		0.002	0.042	
Niacin	mg	0.023		0		1		0.001	0.026	
Pantothenic acid	mg	0.084		0		1		0.004	0.095	
Vitamin B-6	mg	0.009		0		1		0.000	0.010	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.10		0		1		0.00	0.11	
Vitamin A, IU	IU	3571		0	ML	5		168	4035	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		34	825	
Retinol	mcg	662		0	NC	4		31	748	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	11.60		0		4		0.55	13.11	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	13.200		0		1		0.620	14.916	
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	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000	0.026	3		1		0.000	0.000	
15:0	g									
16:0	g	9.000	0.164	6		1		0.423	10.170	
17:0	g									
18:0	g	4.200	0.125	6		1		0.197	4.746	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	45.800		0		1		2.153	51.754	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	45.800	1.997	6		1		2.153	51.754	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.000		0		1		0.846	20.340	
18:2 undifferentiated.....g	17.700	2.083	6		1		0.832	20.001	
18:3 undifferentiated.....g	0.200		0		1		0.009	0.226	
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	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	571		2		1		27	645	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04067

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	719		0	NC	4		34	812	
Energy	kj	3007				4		141	3398	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	3		0		1		0	3	
Phosphorus, P	mg	23		0		1		1	26	
Potassium, K	mg	42		0		1		2	48	
Sodium, Na	mg	943	9.459	337		1		44	1066	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.0	0.2	
Thiamin	mg	0.010		0		1		0.000	0.011	
Riboflavin	mg	0.037		0		1		0.002	0.042	
Niacin	mg	0.023		0		1		0.001	0.026	
Pantothenic acid	mg	0.084		0		1		0.004	0.095	
Vitamin B-6	mg	0.009		0		1		0.000	0.010	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.10		0		1		0.00	0.11	
Vitamin A, IU	IU	3571		0	ML	5		168	4035	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		34	825	
Retinol	mcg	662		0	NC	4		31	748	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	11.00	1.235	7		1		0.52	12.43	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	15.000		0		1		0.705	16.950	
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	
12:0	g	0.300	0.016	283		1		0.014	0.339	
13:0	g									
14:0	g	0.200	0.007	291		1		0.009	0.226	
15:0	g									
16:0	g	9.600	0.056	292		1		0.451	10.848	
17:0	g									
18:0	g	5.000	0.032	292		1		0.235	5.650	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04067

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	36.800		0		1		1.730	41.584	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	36.800	0.060	164		1		1.730	41.584	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.100		0		1		1.180	28.363	
18:2 undifferentiated.....g	24.800	0.072	292		1		1.166	28.024	
18:3 undifferentiated.....g	0.300	0.035	287		1		0.014	0.339	
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	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	425	20.000	6		1		20	480	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04068

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	18.50		2		1		0.87	20.91	
Energy	kcal	714		0	NC	4		34	807	
Energy	kj	2987				4		140	3376	
Protein (N x 6.38)	g	0.50		2		1		0.02	0.57	
Total lipid (fat)	g	80.30	0.084	56		1		3.77	90.74	
Ash	g	0.20		2		1		0.01	0.23	
Carbohydrate, by difference	g	0.50		0	NC	4		0.02	0.57	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		1		1	20	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		0	2	
Phosphorus, P	mg	13		0		1		1	15	
Potassium, K	mg	25		0		1		1	28	
Sodium, Na	mg	2	0.566	54		1		0	2	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn	mg	0.000		0	BFZN	4		0.000	0.000	
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.0	0.1	
Thiamin	mg	0.006		0		1		0.000	0.007	
Riboflavin	mg	0.021		0		1		0.001	0.024	
Niacin	mg	0.013		0		1		0.001	0.015	
Pantothenic acid	mg	0.049		0		1		0.002	0.055	
Vitamin B-6	mg	0.005		0		1		0.000	0.006	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.06		0		1		0.00	0.06	
Vitamin A, IU	IU	3571		0	ML	5		168	4035	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		34	825	
Retinol	mcg	662		0	NC	4		31	748	
Vitamin E	mg_ATE	11.000		0	BFZN	4		0.517	12.430	
Tocopherol, alpha	mg	11.60		0		4		0.55	13.11	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	15.000		0		1		0.705	16.950	
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	
12:0	g	0.300	0.016	283		1		0.014	0.339	
13:0	g									
14:0	g	0.200	0.007	291		1		0.009	0.226	
15:0	g									
16:0	g	9.500	0.057	292		1		0.447	10.735	
17:0	g									
18:0	g	5.000	0.032	292		1		0.235	5.650	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04068

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	36.700		0		1		1.725	41.471	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	36.700	0.070	164		1		1.725	41.471	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.000		0		1		1.175	28.250	
18:2 undifferentiated.....g	24.700	0.076	292		1		1.161	27.911	
18:3 undifferentiated.....g	0.300	0.035	287		1		0.014	0.339	
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	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	265		0		4		12	299	
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.000	0.008	
Threonine.....g	0.022		0		1		0.001	0.025	
Isoleucine.....g	0.030		0		1		0.001	0.034	
Leucine.....g	0.049		0		1		0.002	0.055	
Lysine.....g	0.039		0		1		0.002	0.044	
Methionine.....g	0.012		0		1		0.001	0.014	
Cystine.....g	0.005		0		1		0.000	0.006	
Phenylalanine.....g	0.024		0		1		0.001	0.027	
Tyrosine.....g	0.024		0		1		0.001	0.027	
Valine.....g	0.033		0		1		0.002	0.037	
Arginine.....g	0.018		0		1		0.001	0.020	
Histidine.....g	0.013		0		1		0.001	0.015	
Alanine.....g	0.017		0		1		0.001	0.019	
Aspartic acid.....g	0.038		0		1		0.002	0.043	
Glutamic acid.....g	0.104		0		1		0.005	0.118	
Glycine.....g	0.011		0		1		0.001	0.012	
Proline.....g	0.048		0		1		0.002	0.054	
Serine.....g	0.027		0		1		0.001	0.031	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	733		0	NC	4		34	829	
Energy	kj	3068				4		144	3467	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	42		0		1		2	48	
Sodium, Na	mg	943	9.459	337		1		44	1066	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	1.40		1		1		0.07	1.58	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	31.600		0		1		1.485	35.708	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.100		1		1		0.005	0.113	
12:0	g	0.200		1		1		0.009	0.226	
13:0	g									
14:0	g	1.000		1		1		0.047	1.130	
15:0	g									
16:0	g	19.100		1		1		0.898	21.583	
17:0	g									
18:0	g	10.800		1		1		0.508	12.204	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	37.800		0		1		1.777	42.714	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.200		1		1		0.103	2.486	
17:1.....g									
18:1 undifferentiated.....g	34.700		1		1		1.631	39.211	
20:1.....g	0.800		0		1		0.038	0.904	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.500		0		1		0.353	8.475	
18:2 undifferentiated.....g	7.100		1		1		0.334	8.023	
18:3 undifferentiated.....g	0.400		1		1		0.019	0.452	
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	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	51		1		1		2	58	
Phytosterols.....mg	43		1		1		2	49	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04089

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	719		0	NC	4		34	812	
Energy	kj	3007				4		141	3398	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	3		0		1		0	3	
Phosphorus, P	mg	23		0		1		1	26	
Potassium, K	mg	42		0		1		2	48	
Sodium, Na	mg	943	9.459	337		1		44	1066	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.0	0.2	
Thiamin	mg	0.010		0		1		0.000	0.011	
Riboflavin	mg	0.037		0		1		0.002	0.042	
Niacin	mg	0.023		0		1		0.001	0.026	
Pantothenic acid	mg	0.084		0		1		0.004	0.095	
Vitamin B-6	mg	0.009		0		1		0.000	0.010	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.10		0		1		0.00	0.11	
Vitamin A, IU	IU	3571		0	ML	5		168	4035	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		34	825	
Retinol	mcg	662		0	NC	4		31	748	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	16.40		1		1		0.77	18.53	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	14.400		0		1		0.677	16.272	
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	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.200		1		1		0.009	0.226	
15:0	g									
16:0	g	7.700		1		1		0.362	8.701	
17:0	g									
18:0	g	6.500		1		1		0.306	7.345	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04089

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	30.300		0		1		1.424	34.239	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		1		1		0.009	0.226	
17:1.....g									
18:1 undifferentiated.....g	30.100		1		1		1.415	34.013	
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	32.300		0		1		1.518	36.499	
18:2 undifferentiated.....g	32.000		1		1		1.504	36.160	
18:3 undifferentiated.....g	0.200		1		1		0.009	0.226	
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	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	235		1		1		11	266	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	719		0	NC	4		34	812	
Energy	kj	3007				4		141	3398	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	3		0		1		0	3	
Phosphorus, P	mg	23		0		1		1	26	
Potassium, K	mg	42		0		1		2	48	
Sodium, Na	mg	943	9.459	337		1		44	1066	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.0	0.2	
Thiamin	mg	0.010		0		1		0.000	0.011	
Riboflavin	mg	0.037		0		1		0.002	0.042	
Niacin	mg	0.023		0		1		0.001	0.026	
Pantothenic acid	mg	0.084		0		1		0.004	0.095	
Vitamin B-6	mg	0.009		0		1		0.000	0.010	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.10		0		1		0.00	0.11	
Vitamin A, IU	IU	3571		0	ML	5		168	4035	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		34	825	
Retinol	mcg	662		0	NC	4		31	748	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	17.80		1		1		0.84	20.11	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	13.800		0		1		0.649	15.594	
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	
12:0	g	0.400	0.100	3		1		0.019	0.452	
13:0	g									
14:0	g	0.200	0.059	8		1		0.009	0.226	
15:0	g									
16:0	g	7.000	0.305	8		1		0.329	7.910	
17:0	g									
18:0	g	6.100	0.269	8		1		0.287	6.893	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	31.700		0		1		1.490	35.821	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100	0.050	5		1		0.005	0.113	
17:1.....g									
18:1 undifferentiated.....g	31.700	1.084	8		1		1.490	35.821	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	31.400		0		1		1.476	35.482	
18:2 undifferentiated.....g	31.300	1.112	8		1		1.471	35.369	
18:3 undifferentiated.....g	0.200	0.055	5		1		0.009	0.226	
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	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	203		1		1		10	229	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04079

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	719		0	NC	4		34	812	
Energy	kj	3007				4		141	3398	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	3		0		1		0	3	
Phosphorus, P	mg	23		0		1		1	26	
Potassium, K	mg	42		0		1		2	48	
Sodium, Na	mg	943	9.459	337		1		44	1066	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.0	0.2	
Thiamin	mg	0.010		0		1		0.000	0.011	
Riboflavin	mg	0.037		0		1		0.002	0.042	
Niacin	mg	0.023		0		1		0.001	0.026	
Pantothenic acid	mg	0.084		0		1		0.004	0.095	
Vitamin B-6	mg	0.009		0		1		0.000	0.010	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.10		0		1		0.00	0.11	
Vitamin A, IU	IU	3571		0	ML	5		168	4035	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		34	825	
Retinol	mcg	662		0	NC	4		31	748	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	17.80		0		4		0.84	20.11	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	13.300		0		1		0.625	15.029	
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	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.200	0.044	4		1		0.009	0.226	
15:0	g									
16:0	g	7.600	0.686	4		1		0.357	8.588	
17:0	g									
18:0	g	5.500	0.818	4		1		0.259	6.215	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04079

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	23.000		0		1		1.081	25.990	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	23.000	0.554	4		1		1.081	25.990	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	40.700		0		1		1.913	45.991	
18:2 undifferentiated.....g	40.600	1.973	4		1		1.908	45.878	
18:3 undifferentiated.....g	0.100	0.019	4		1		0.005	0.113	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	265		0		4		12	299	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	719		0	NC	4		34	812	
Energy	kj	3007				4		141	3398	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	3		0		1		0	3	
Phosphorus, P	mg	23		0		1		1	26	
Potassium, K	mg	42		0		1		2	48	
Sodium, Na	mg	943	9.459	337		1		44	1066	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.0	0.2	
Thiamin	mg	0.010		0		1		0.000	0.011	
Riboflavin	mg	0.037		0		1		0.002	0.042	
Niacin	mg	0.023		0		1		0.001	0.026	
Pantothenic acid	mg	0.084		0		1		0.004	0.095	
Vitamin B-6	mg	0.009		0		1		0.000	0.010	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.10		0		1		0.00	0.11	
Vitamin A, IU	IU	3571		0	ML	5		168	4035	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		34	825	
Retinol	mcg	662		0	NC	4		31	748	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	3.10		0		4		0.15	3.50	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	13.100		0		1		0.616	14.803	
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	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.100		2		1		0.005	0.113	
15:0	g									
16:0	g	8.100	0.067	9		1		0.381	9.153	
17:0	g									
18:0	g	4.900	0.202	9		1		0.230	5.537	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	37.600		0		1		1.767	42.488	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	37.600	0.147	9		1		1.767	42.488	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	26.200		0		1		1.231	29.606	
18:2 undifferentiated.....g	24.300	0.372	9		1		1.142	27.459	
18:3 undifferentiated.....g	1.900	0.193	9		1		0.089	2.147	
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	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	219	9.204	6		1		10	247	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	719		0	NC	4		34	812	
Energy	kj	3007				4		141	3398	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	3		0		1		0	3	
Phosphorus, P	mg	23		0		1		1	26	
Potassium, K	mg	42		0		1		2	48	
Sodium, Na	mg	943	9.459	337		1		44	1066	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.0	0.2	
Thiamin	mg	0.010		0		1		0.000	0.011	
Riboflavin	mg	0.037		0		1		0.002	0.042	
Niacin	mg	0.023		0		1		0.001	0.026	
Pantothenic acid	mg	0.084		0		1		0.004	0.095	
Vitamin B-6	mg	0.009		0		1		0.000	0.010	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.10		0		1		0.00	0.11	
Vitamin A, IU	IU	3571		0	ML	5		168	4035	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		34	825	
Retinol	mcg	662		0	NC	4		31	748	
Vitamin E	mg_ATE	10.360		0	A	1		0.487	11.707	
Tocopherol, alpha	mg	3.10		1		1		0.15	3.50	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	16.700		0		1		0.785	18.871	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.200	0.080	4		1		0.009	0.226	
15:0	g									
16:0	g	9.600	0.615	4		1		0.451	10.848	
17:0	g									
18:0	g	6.900	0.103	4		1		0.324	7.797	
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04074

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	719		0	NC	4		34	812	
Energy	kj	3007				4		141	3398	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	3		0		1		0	3	
Phosphorus, P	mg	23		0		1		1	26	
Potassium, K	mg	42		0		1		2	48	
Sodium, Na	mg	943	9.459	337		1		44	1066	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.0	0.2	
Thiamin	mg	0.010		0		1		0.000	0.011	
Riboflavin	mg	0.037		0		1		0.002	0.042	
Niacin	mg	0.023		0		1		0.001	0.026	
Pantothenic acid	mg	0.084		0		1		0.004	0.095	
Vitamin B-6	mg	0.009		0		1		0.000	0.010	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.10		0		1		0.00	0.11	
Vitamin A, IU	IU	3571		0	ML	5		168	4035	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		34	825	
Retinol	mcg	662		0	NC	4		31	748	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	3.10		0		4		0.15	3.50	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	19.800		0		1		0.931	22.374	
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	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.300		2		1		0.014	0.339	
15:0	g									
16:0	g	10.900		2		1		0.512	12.317	
17:0	g									
18:0	g	8.600		2		1		0.404	9.718	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04074

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	32.000		0		1		1.504	36.160	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	32.000		2		1		1.504	36.160	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.100		0		1		1.180	28.363	
18:2 undifferentiated.....g	23.600		2		1		1.109	26.668	
18:3 undifferentiated.....g	1.500		2		1		0.071	1.695	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	265		0		4		12	299	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	719		0	NC	4		34	812	
Energy	kj	3007				4		141	3398	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	3		0		1		0	3	
Phosphorus, P	mg	23		0		1		1	26	
Potassium, K	mg	42		0		1		2	48	
Sodium, Na	mg	943	9.459	337		1		44	1066	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.0	0.2	
Thiamin	mg	0.010		0		1		0.000	0.011	
Riboflavin	mg	0.037		0		1		0.002	0.042	
Niacin	mg	0.023		0		1		0.001	0.026	
Pantothenic acid	mg	0.084		0		1		0.004	0.095	
Vitamin B-6	mg	0.009		0		1		0.000	0.010	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.10		0		1		0.00	0.11	
Vitamin A, IU	IU	3571		0	ML	5		168	4035	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		34	825	
Retinol	mcg	662		0	NC	4		31	748	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	6.10		1		1		0.29	6.89	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	16.300		0		1		0.766	18.419	
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	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.100	0.036	7		1		0.005	0.113	
15:0	g									
16:0	g	10.000	0.578	7		1		0.470	11.300	
17:0	g									
18:0	g	6.200	0.417	7		1		0.291	7.006	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	40.700		0		1		1.913	45.991	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	40.700	3.306	7		1		1.913	45.991	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	19.900		0		1		0.935	22.487	
18:2 undifferentiated.....g	19.200	2.419	7		1		0.902	21.696	
18:3 undifferentiated.....g	0.700	0.176	7		1		0.033	0.791	
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	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	219		1		1		10	247	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	719		0	NC	4		34	812	
Energy	kj	3007				4		141	3398	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	3		0		1		0	3	
Phosphorus, P	mg	23		0		1		1	26	
Potassium, K	mg	42		0		1		2	48	
Sodium, Na	mg	943	9.459	337		1		44	1066	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.0	0.2	
Thiamin	mg	0.010		0		1		0.000	0.011	
Riboflavin	mg	0.037		0		1		0.002	0.042	
Niacin	mg	0.023		0		1		0.001	0.026	
Pantothenic acid	mg	0.084		0		1		0.004	0.095	
Vitamin B-6	mg	0.009		0		1		0.000	0.010	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.10		0		1		0.00	0.11	
Vitamin A, IU	IU	3571		0	ML	5		168	4035	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		34	825	
Retinol	mcg	662		0	NC	4		31	748	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	7.80	1.154	14		1		0.37	8.81	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	15.100		0		1		0.710	17.063	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.100	0.010	32		1		0.005	0.113	
15:0	g									
16:0	g	9.100	0.258	36		1		0.428	10.283	
17:0	g									
18:0	g	5.900	0.171	36		1		0.277	6.667	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04076

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	47.300		0		1		2.223	53.449	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	47.300	0.820	36		1		2.223	53.449	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.600		0		1		0.686	16.498	
18:2 undifferentiated.....g	13.700	0.685	36		1		0.644	15.481	
18:3 undifferentiated.....g	0.800	0.122	31		1		0.038	0.904	
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	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	171		2		1		8	193	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04082

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	719		0	NC	4		34	812	
Energy	kj	3007				4		141	3398	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	3		0		1		0	3	
Phosphorus, P	mg	23		0		1		1	26	
Potassium, K	mg	42		0		1		2	48	
Sodium, Na	mg	943	9.459	337		1		44	1066	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.0	0.2	
Thiamin	mg	0.010		0		1		0.000	0.011	
Riboflavin	mg	0.037		0		1		0.002	0.042	
Niacin	mg	0.023		0		1		0.001	0.026	
Pantothenic acid	mg	0.084		0		1		0.004	0.095	
Vitamin B-6	mg	0.009		0		1		0.000	0.010	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.10		0		1		0.00	0.11	
Vitamin A, IU	IU	3571		0	ML	5		168	4035	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		34	825	
Retinol	mcg	662		0	NC	4		31	748	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	3.10		0		4		0.15	3.50	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	17.500		0		1		0.823	19.775	
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	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	13.600		1		1		0.639	15.368	
17:0	g									
18:0	g	3.900		1		1		0.183	4.407	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04082

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	31.200		0		1		1.466	35.256	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	31.200		1		1		1.466	35.256	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	28.200		0		1		1.325	31.866	
18:2 undifferentiated.....g	25.900		1		1		1.217	29.267	
18:3 undifferentiated.....g	2.300		0		1		0.108	2.599	
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	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	136		1		1		6	154	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	719		0	NC	4		34	812	
Energy	kj	3007				4		141	3398	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	3		0		1		0	3	
Phosphorus, P	mg	23		0		1		1	26	
Potassium, K	mg	42		0		1		2	48	
Sodium, Na	mg	943	9.459	337		1		44	1066	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.0	0.2	
Thiamin	mg	0.010		0		1		0.000	0.011	
Riboflavin	mg	0.037		0		1		0.002	0.042	
Niacin	mg	0.023		0		1		0.001	0.026	
Pantothenic acid	mg	0.084		0		1		0.004	0.095	
Vitamin B-6	mg	0.009		0		1		0.000	0.010	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.10		0		1		0.00	0.11	
Vitamin A, IU	IU	3571		0	ML	5		168	4035	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		34	825	
Retinol	mcg	662		0	NC	4		31	748	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	3.10		0		4		0.15	3.50	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	15.100		0		1		0.710	17.063	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		1		1		0.000	0.000	
13:0	g									
14:0	g	0.200		1		1		0.009	0.226	
15:0	g									
16:0	g	10.200	1.481	4		1		0.479	11.526	
17:0	g									
18:0	g	4.600	0.155	4		1		0.216	5.198	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	32.000		0		1		1.504	36.160	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		1		1		0.005	0.113	
17:1.....g									
18:1 undifferentiated.....g	31.900	0.467	4		1		1.499	36.047	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	29.800		0		1		1.401	33.674	
18:2 undifferentiated.....g	26.800	1.540	4		1		1.260	30.284	
18:3 undifferentiated.....g	3.000	0.253	4		1		0.141	3.390	
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	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	165		2		1		8	186	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04083

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	719		0	NC	4		34	812	
Energy	kj	3007				4		141	3398	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	3		0		1		0	3	
Phosphorus, P	mg	23		0		1		1	26	
Potassium, K	mg	42		0		1		2	48	
Sodium, Na	mg	943		0		1		44	1066	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.0	0.2	
Thiamin	mg	0.010		0		1		0.000	0.011	
Riboflavin	mg	0.037		0		1		0.002	0.042	
Niacin	mg	0.023		0		1		0.001	0.026	
Pantothenic acid	mg	0.084		0		1		0.004	0.095	
Vitamin B-6	mg	0.009		0		1		0.000	0.010	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.10		0		1		0.00	0.11	
Vitamin A, IU	IU	3571		0	ML	5		168	4035	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		34	825	
Retinol	mcg	662		0	NC	4		31	748	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	3.10		2		1		0.15	3.50	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	15.600		0		1		0.733	17.628	
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	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.200		2		1		0.009	0.226	
15:0	g									
16:0	g	9.200	0.649	4		1		0.432	10.396	
17:0	g									
18:0	g	6.200	0.430	4		1		0.291	7.006	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04083

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	41.200		0		1		1.936	46.556	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	41.200	0.874	4		1		1.936	46.556	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	20.200		0		1		0.949	22.826	
18:2 undifferentiated.....g	19.000	0.433	4		1		0.893	21.470	
18:3 undifferentiated.....g	1.100	0.315	4		1		0.052	1.243	
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	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	208	21.865	4		1		10	235	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04081

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	719		0	NC	4		34	812	
Energy	kj	3007				4		141	3398	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	3		0		1		0	3	
Phosphorus, P	mg	23		0		1		1	26	
Potassium, K	mg	42		0		1		2	48	
Sodium, Na	mg	943	9.459	337		1		44	1066	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.0	0.2	
Thiamin	mg	0.010		0		1		0.000	0.011	
Riboflavin	mg	0.037		0		1		0.002	0.042	
Niacin	mg	0.023		0		1		0.001	0.026	
Pantothenic acid	mg	0.084		0		1		0.004	0.095	
Vitamin B-6	mg	0.009		0		1		0.000	0.010	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.10		0		1		0.00	0.11	
Vitamin A, IU	IU	3571		0	ML	5		168	4035	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		34	825	
Retinol	mcg	662		0	NC	4		31	748	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	12.40		0		4		0.58	14.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	15.600		0		1		0.733	17.628	
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	
12:0	g	0.300	0.025	117		1		0.014	0.339	
13:0	g									
14:0	g	0.200	0.013	119		1		0.009	0.226	
15:0	g									
16:0	g	9.100	0.078	119		1		0.428	10.283	
17:0	g									
18:0	g	6.000	0.045	119		1		0.282	6.780	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04081

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	36.100		0		1		1.697	40.793	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	35.900	0.127	52		1		1.687	40.567	
20:1.....g	0.200	0.050	22		1		0.009	0.226	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.300		0		1		1.189	28.589	
18:2 undifferentiated.....g	22.500	0.089	119		1		1.058	25.425	
18:3 undifferentiated.....g	2.800	0.077	119		1		0.132	3.164	
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	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	172		1		1		8	194	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04521

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	719		0	NC	4		34	812	
Energy	kj	3007				4		141	3398	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	3		0		1		0	3	
Phosphorus, P	mg	23		0		1		1	26	
Potassium, K	mg	42		0		1		2	48	
Sodium, Na	mg	943	9.459	337		1		44	1066	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.0	0.2	
Thiamin	mg	0.010		0		1		0.000	0.011	
Riboflavin	mg	0.037		0		1		0.002	0.042	
Niacin	mg	0.023		0		1		0.001	0.026	
Pantothenic acid	mg	0.084		0		1		0.004	0.095	
Vitamin B-6	mg	0.009		0		1		0.000	0.010	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.10		0		1		0.00	0.11	
Vitamin A, IU	IU	3571		0	ML	5		168	4035	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		34	825	
Retinol	mcg	662		0	NC	4		31	748	
Vitamin E	mg_ATE	15.500		0		1		0.729	17.515	
Tocopherol, alpha	mg	11.00		0		4		0.52	12.43	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	11.900		0		1		0.559	13.447	
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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.100		1		1		0.005	0.113	
15:0	g									
16:0	g	7.200		1		1		0.338	8.136	
17:0	g									
18:0	g	4.600		1		1		0.216	5.198	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04521

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	28.500		0		1		1.340	32.205	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	28.500		1		1		1.340	32.205	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	36.600		0		1		1.720	41.358	
18:2 undifferentiated.....g	36.500		1		1		1.716	41.245	
18:3 undifferentiated.....g	0.100		1		1		0.005	0.113	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	425		0		4		20	480	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.80	0.384	8		1		35.87	2.24	0.74
Energy	kcal	721		0	NC	4		1637	102	34
Energy	kj	3017				4		6848	428	142
Protein (N x 6.38)	g	1.90		1		1		4.31	0.27	0.09
Total lipid (fat)	g	80.60	0.157	10		1		182.96	11.45	3.79
Ash	g	2.00	0.026	6		1		4.54	0.28	0.09
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	66		0		1		150	9	3
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	6		0		1		13	1	0
Phosphorus, P	mg	51		0		1		116	7	2
Potassium, K	mg	94		0		1		214	13	4
Sodium, Na	mg	781		2		1		1773	111	37
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		0.8	0.1	0.0
Thiamin	mg	0.022		0		1		0.050	0.003	0.001
Riboflavin	mg	0.081		0		1		0.184	0.012	0.004
Niacin	mg	0.050		0		1		0.114	0.007	0.002
Pantothenic acid	mg	0.187		0		1		0.424	0.027	0.009
Vitamin B-6	mg	0.019		0		1		0.043	0.003	0.001
Folate, total	mcg	3		0		1		6	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	3		0		1		6	0	0
Folate, DFE	mcg_DFE	3		0	NC	4		7	0	0
Vitamin B-12	mcg	0.21		0		1		0.48	0.03	0.01
Vitamin A, IU	IU	3571		0	ML	5		8106	507	168
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1658	104	34
Retinol	mcg	662		0	NC	4		1503	94	31
Vitamin E	mg_ATE	5.190		0		4		11.781	0.737	0.244
Tocopherol, alpha	mg	4.60	2.211	4		1		10.44	0.65	0.22
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	13.200		0		1		29.964	1.874	0.620
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.100	0.001	3		1		0.227	0.014	0.005
15:0	g									
16:0	g	8.600	0.360	4		1		19.522	1.221	0.404
17:0	g									
18:0	g	4.600	0.624	4		1		10.442	0.653	0.216
20:0	g									
22:0	g									
24:0	g									

NDB No. 04105

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

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

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbsp

Measure 3 = 4.7g: 1 tsp

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

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	719		0	NC	4		34	812	
Energy	kj	3007				4		141	3398	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe	mg	0.06		0		1		0.00	0.07	
Magnesium, Mg	mg	3		0		1		0	3	
Phosphorus, P	mg	23		0		1		1	26	
Potassium, K	mg	42		0		1		2	48	
Sodium, Na	mg	943	9.459	337		1		44	1066	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.0	0.2	
Thiamin	mg	0.010		0		1		0.000	0.011	
Riboflavin	mg	0.037		0		1		0.002	0.042	
Niacin	mg	0.023		0		1		0.001	0.026	
Pantothenic acid	mg	0.084		0		1		0.004	0.095	
Vitamin B-6	mg	0.009		0		1		0.000	0.010	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.10		0		1		0.00	0.11	
Vitamin A, IU	IU	3571		0	ML	5		168	4035	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		34	825	
Retinol	mcg	662		0	NC	4		31	748	
Vitamin E	mg_ATE	12.800		0		1		0.602	14.464	
Tocopherol, alpha	mg	9.00		0		4		0.42	10.17	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	15.800		0		1		0.743	17.854	
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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.200	0.018	16		1		0.009	0.226	
15:0	g									
16:0	g	9.700	0.618	17		1		0.456	10.961	
17:0	g									
18:0	g	5.900	0.390	17		1		0.277	6.667	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	35.800		0		1		1.683	40.454	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	35.800	1.519	17		1		1.683	40.454	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	25.400		0		1		1.194	28.702	
18:2 undifferentiated....g	24.300	1.844	17		1		1.142	27.459	
18:3 undifferentiated....g	1.100	0.233	17		1		0.052	1.243	
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	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg	265		0		4		12	299	
Amino Acids:									
Tryptophan....g	0.012		0		1		0.001	0.014	
Threonine....g	0.039		0		1		0.002	0.044	
Isoleucine....g	0.052		0		1		0.002	0.059	
Leucine....g	0.084		0		1		0.004	0.095	
Lysine....g	0.068		0		1		0.003	0.077	
Methionine....g	0.021		0		1		0.001	0.024	
Cystine....g	0.008		0		1		0.000	0.009	
Phenylalanine....g	0.041		0		1		0.002	0.046	
Tyrosine....g	0.041		0		1		0.002	0.046	
Valine....g	0.057		0		1		0.003	0.064	
Arginine....g	0.031		0		1		0.001	0.035	
Histidine....g	0.023		0		1		0.001	0.026	
Alanine....g	0.029		0		1		0.001	0.033	
Aspartic acid....g	0.065		0		1		0.003	0.073	
Glutamic acid....g	0.179		0		1		0.008	0.202	
Glycine....g	0.018		0		1		0.001	0.020	
Proline....g	0.083		0		1		0.004	0.094	
Serine....g	0.046		0		1		0.002	0.052	
Hydroxyproline....g									
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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	18.50		2		1		0.87	20.91	
Energy	kcal	714		0		4		34	807	
Energy	kj	2987				4		140	3376	
Protein (N x 6.38)	g	0.50		2		1		0.02	0.57	
Total lipid (fat)	g	80.30	0.080	56		1		3.77	90.74	
Ash	g	0.20		2		1		0.01	0.23	
Carbohydrate, by difference	g	0.50		0		4		0.02	0.57	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		1		1	20	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		0	2	
Phosphorus, P	mg	13		0		1		1	15	
Potassium, K	mg	25		0		1		1	28	
Sodium, Na	mg	2	0.570	54		1		0	2	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg	0.000		0		4		0.000	0.000	
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.0	0.1	
Thiamin	mg	0.006		0		1		0.000	0.007	
Riboflavin	mg	0.021		0		1		0.001	0.024	
Niacin	mg	0.013		0		1		0.001	0.015	
Pantothenic acid	mg	0.049		0		1		0.002	0.055	
Vitamin B-6	mg	0.005		0		1		0.000	0.006	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.06		0		1		0.00	0.06	
Vitamin A, IU	IU	3571		0	ML	5		168	4035	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		34	825	
Retinol	mcg	662		0	NC	4		31	748	
Vitamin E	mg_ATE	12.800		0		1		0.602	14.464	
Tocopherol, alpha	mg	12.80		0		4		0.60	14.46	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	15.000		0		1		0.705	16.950	
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	
12:0	g	0.300		1		1		0.014	0.339	
13:0	g									
14:0	g	0.200		1		1		0.009	0.226	
15:0	g									
16:0	g	9.500		1		1		0.447	10.735	
17:0	g									
18:0	g	5.000		1		1		0.235	5.650	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	36.700		0		1		1.725	41.471	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	36.700		1		1		1.725	41.471	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.000		0		1		1.175	28.250	
18:2 undifferentiated.....g	24.700		1		1		1.161	27.911	
18:3 undifferentiated.....g	0.300		1		1		0.014	0.339	
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	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	265		0		4		12	299	
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.000	0.008	
Threonine.....g	0.022		0		1		0.001	0.025	
Isoleucine.....g	0.030		0		1		0.001	0.034	
Leucine.....g	0.049		0		1		0.002	0.055	
Lysine.....g	0.039		0		1		0.002	0.044	
Methionine.....g	0.012		0		1		0.001	0.014	
Cystine.....g	0.005		0		1		0.000	0.006	
Phenylalanine.....g	0.024		0		1		0.001	0.027	
Tyrosine.....g	0.024		0		1		0.001	0.027	
Valine.....g	0.033		0		1		0.002	0.037	
Arginine.....g	0.018		0		1		0.001	0.020	
Histidine.....g	0.013		0		1		0.001	0.015	
Alanine.....g	0.017		0		1		0.001	0.019	
Aspartic acid.....g	0.038		0		1		0.002	0.043	
Glutamic acid.....g	0.104		0		1		0.005	0.118	
Glycine.....g	0.011		0		1		0.001	0.012	
Proline.....g	0.048		0		1		0.002	0.054	
Serine.....g	0.027		0		1		0.001	0.031	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.20	0.081	69		1		36.77	0.76	
Energy	kcal	716		0	NC	4		1626	34	
Energy	kj	2997				4		6804	141	
Protein (N x 6.38)	g	0.80	0.057	30		1		1.82	0.04	
Total lipid (fat)	g	80.40	0.055	189		1		182.51	3.78	
Ash	g	2.00	0.030	49		1		4.54	0.09	
Carbohydrate, by difference	g	0.50		0	NC	4		1.14	0.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		1		60	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		5	0	
Phosphorus, P	mg	20		0		1		46	1	
Potassium, K	mg	38		0		1		86	2	
Sodium, Na	mg	1079	19.838	69		1		2449	51	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	0.0	
Thiamin	mg	0.009		0		1		0.020	0.000	
Riboflavin	mg	0.032		0		1		0.073	0.002	
Niacin	mg	0.020		0		1		0.045	0.001	
Pantothenic acid	mg	0.075		0		1		0.170	0.004	
Vitamin B-6	mg	0.008		0		1		0.018	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.08		0		1		0.19	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8106	168	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1658	34	
Retinol	mcg	662		0	NC	4		1503	31	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	10.00	1.648	5		1		22.70	0.47	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	14.100		0		1		32.007	0.663	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.100	0.026	7		1		0.227	0.005	
15:0	g									
16:0	g	9.300	0.103	26		1		21.111	0.437	
17:0	g									
18:0	g	4.700	0.209	26		1		10.669	0.221	
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 4.7g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.20	0.081	69		1		36.77	0.76	
Energy	kcal	716		0	NC	4		1626	34	
Energy	kj	2997				4		6804	141	
Protein (N x 6.38)	g	0.80	0.057	30		1		1.82	0.04	
Total lipid (fat)	g	80.40	0.055	189		1		182.51	3.78	
Ash	g	2.00	0.030	49		1		4.54	0.09	
Carbohydrate, by difference	g	0.50		0	NC	4		1.14	0.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		1		60	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		5	0	
Phosphorus, P	mg	20		0		1		46	1	
Potassium, K	mg	38		0		1		86	2	
Sodium, Na	mg	1079	19.838	69		1		2449	51	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	0.0	
Thiamin	mg	0.009		0		1		0.020	0.000	
Riboflavin	mg	0.032		0		1		0.073	0.002	
Niacin	mg	0.020		0		1		0.045	0.001	
Pantothenic acid	mg	0.075		0		1		0.170	0.004	
Vitamin B-6	mg	0.008		0		1		0.018	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.08		0		1		0.19	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8106	168	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1658	34	
Retinol	mcg	662		0	NC	4		1503	31	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	12.90		2		1		29.28	0.61	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.200		0		1		20.884	0.432	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.100		1		1		0.227	0.005	
15:0	g									
16:0	g	5.800		1		1		13.166	0.273	
17:0	g									
18:0	g	3.300		1		1		7.491	0.155	
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 4.7g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.20	0.081	69		1		36.77	0.76	
Energy	kcal	716		0	NC	4		1626	34	
Energy	kj	2997				4		6804	141	
Protein (N x 6.38)	g	0.80	0.057	30		1		1.82	0.04	
Total lipid (fat)	g	80.40	0.055	189		1		182.51	3.78	
Ash	g	2.00	0.030	49		1		4.54	0.09	
Carbohydrate, by difference	g	0.50		0	NC	4		1.14	0.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		1		60	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		5	0	
Phosphorus, P	mg	20		0		1		46	1	
Potassium, K	mg	38		0		1		86	2	
Sodium, Na	mg	1079	19.838	69		1		2449	51	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	0.0	
Thiamin	mg	0.009		0		1		0.020	0.000	
Riboflavin	mg	0.032		0		1		0.073	0.002	
Niacin	mg	0.020		0		1		0.045	0.001	
Pantothenic acid	mg	0.075		0		1		0.170	0.004	
Vitamin B-6	mg	0.008		0		1		0.018	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.08		0		1		0.19	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8106	168	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1658	34	
Retinol	mcg	662		0	NC	4		1503	31	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	7.00		0		4		15.89	0.33	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	13.400		0		1		30.418	0.630	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.100		1		1		0.227	0.005	
15:0	g									
16:0	g	8.300	0.513	3		1		18.841	0.390	
17:0	g									
18:0	g	5.000	1.070	3		1		11.350	0.235	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04101

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

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

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 4.7g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	17.90		2		1		40.63	0.84	
Energy	kcal	716		0	NC	4		1626	34	
Energy	kj	2997				4		6804	141	
Protein (N x 6.38)	g	0.80		0		1		1.82	0.04	
Total lipid (fat)	g	80.30	0.288	6		1		182.28	3.77	
Ash	g	0.20		0		1		0.45	0.01	
Carbohydrate, by difference	g	0.90		0	NC	4		2.04	0.04	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		1		60	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		5	0	
Phosphorus, P	mg	20		0		1		46	1	
Potassium, K	mg	38		0		1		86	2	
Sodium, Na	mg	28		2		1		63	1	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	0.0	
Thiamin	mg	0.009		0		1		0.020	0.000	
Riboflavin	mg	0.032		0		1		0.073	0.002	
Niacin	mg	0.020		0		1		0.045	0.001	
Pantothenic acid	mg	0.075		0		1		0.170	0.004	
Vitamin B-6	mg	0.008		0		1		0.018	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.08		0		1		0.19	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8106	168	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1658	34	
Retinol	mcg	662		0	NC	4		1503	31	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	3.20	0.482	3		1		7.26	0.15	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	13.500		0		1		30.645	0.635	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.100	0.023	12		1		0.227	0.005	
15:0	g									
16:0	g	8.600	0.142	14		1		19.522	0.404	
17:0	g									
18:0	g	4.700	0.164	14		1		10.669	0.221	
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 4.7g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.20	0.081	69		1		36.77	0.76	
Energy	kcal	716		0	NC	4		1626	34	
Energy	kj	2997				4		6804	141	
Protein (N x 6.38)	g	0.80	0.057	30		1		1.82	0.04	
Total lipid (fat)	g	80.40	0.055	189		1		182.51	3.78	
Ash	g	2.00	0.030	49		1		4.54	0.09	
Carbohydrate, by difference	g	0.50		0	NC	4		1.14	0.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		1		60	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		5	0	
Phosphorus, P	mg	20		0		1		46	1	
Potassium, K	mg	38		0		1		86	2	
Sodium, Na	mg	1079	19.838	69		1		2449	51	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	0.0	
Thiamin	mg	0.009		0		1		0.020	0.000	
Riboflavin	mg	0.032		0		1		0.073	0.002	
Niacin	mg	0.020		0		1		0.045	0.001	
Pantothenic acid	mg	0.075		0		1		0.170	0.004	
Vitamin B-6	mg	0.008		0		1		0.018	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.08		0		1		0.19	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8106	168	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1658	34	
Retinol	mcg	662		0	NC	4		1503	31	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	2.90	0.314	5		1		6.58	0.14	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	13.500		0		1		30.645	0.635	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.100	0.023	12		1		0.227	0.005	
15:0	g									
16:0	g	8.700	0.139	14		1		19.749	0.409	
17:0	g									
18:0	g	4.700	0.164	14		1		10.669	0.221	
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 4.7g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.20	0.081	69		1		36.77	0.76	
Energy	kcal	716		0	NC	4		1626	34	
Energy	kj	2997				4		6804	141	
Protein (N x 6.38)	g	0.80	0.057	30		1		1.82	0.04	
Total lipid (fat)	g	80.40	0.055	189		1		182.51	3.78	
Ash	g	2.00	0.030	49		1		4.54	0.09	
Carbohydrate, by difference	g	0.50		0	NC	4		1.14	0.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		1		60	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		5	0	
Phosphorus, P	mg	20		0		1		46	1	
Potassium, K	mg	38		0		1		86	2	
Sodium, Na	mg	1079	19.838	69		1		2449	51	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	0.0	
Thiamin	mg	0.009		0		1		0.020	0.000	
Riboflavin	mg	0.032		0		1		0.073	0.002	
Niacin	mg	0.020		0		1		0.045	0.001	
Pantothenic acid	mg	0.075		0		1		0.170	0.004	
Vitamin B-6	mg	0.008		0		1		0.018	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.08		0		1		0.19	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8106	168	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1658	34	
Retinol	mcg	662		0	NC	4		1503	31	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	6.30		1		1		14.30	0.30	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	16.500		0		1		37.455	0.776	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.300	0.121	6		1		0.681	0.014	
15:0	g									
16:0	g	10.500	0.327	6		1		23.835	0.494	
17:0	g									
18:0	g	5.800	0.565	6		1		13.166	0.273	
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 4.7g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04097

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.20	0.081	69		1		36.77	0.76	
Energy	kcal	716		0	NC	4		1626	34	
Energy	kj	2997				4		6804	141	
Protein (N x 6.38)	g	0.80	0.057	30		1		1.82	0.04	
Total lipid (fat)	g	80.40	0.055	189		1		182.51	3.78	
Ash	g	2.00	0.030	49		1		4.54	0.09	
Carbohydrate, by difference	g	0.50		0	NC	4		1.14	0.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		1		60	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		5	0	
Phosphorus, P	mg	20		0		1		46	1	
Potassium, K	mg	38		0		1		86	2	
Sodium, Na	mg	1079	19.838	69		1		2449	51	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	0.0	
Thiamin	mg	0.009		0		1		0.020	0.000	
Riboflavin	mg	0.032		0		1		0.073	0.002	
Niacin	mg	0.020		0		1		0.045	0.001	
Pantothenic acid	mg	0.075		0		1		0.170	0.004	
Vitamin B-6	mg	0.008		0		1		0.018	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.08		0		1		0.19	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8106	168	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1658	34	
Retinol	mcg	662		0	NC	4		1503	31	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	5.70	0.574	4		1		12.94	0.27	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	14.200		0		1		32.234	0.667	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.100	0.026	6		1		0.227	0.005	
15:0	g									
16:0	g	8.700	0.245	10		1		19.749	0.409	
17:0	g									
18:0	g	5.300	0.291	10		1		12.031	0.249	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04097

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

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 4.7g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04096

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	17.90		2		1		40.63	0.84	
Energy	kcal	716		0	NC	4		1626	34	
Energy	kj	2997				4		6804	141	
Protein (N x 6.38)	g	0.80		0		1		1.82	0.04	
Total lipid (fat)	g	80.30	0.288	6		1		182.28	3.77	
Ash	g	0.20		0		1		0.45	0.01	
Carbohydrate, by difference	g	0.90		0	NC	4		2.04	0.04	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		1		60	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		5	0	
Phosphorus, P	mg	20		0		1		46	1	
Potassium, K	mg	38		0		1		86	2	
Sodium, Na	mg	28		2		1		63	1	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	0.0	
Thiamin	mg	0.009		0		1		0.020	0.000	
Riboflavin	mg	0.032		0		1		0.073	0.002	
Niacin	mg	0.020		0		1		0.045	0.001	
Pantothenic acid	mg	0.075		0		1		0.170	0.004	
Vitamin B-6	mg	0.008		0		1		0.018	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.08		0		1		0.19	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8106	168	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1658	34	
Retinol	mcg	662		0	NC	4		1503	31	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	7.00		0		4		15.89	0.33	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	14.100		0		1		32.007	0.663	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g									
13:0	g									
14:0	g	0.100		6		1		0.227	0.005	
15:0	g									
16:0	g	8.700	0.246	10		1		19.749	0.409	
17:0	g									
18:0	g	5.300	0.291	10		1		12.031	0.249	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04096

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

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

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 4.7g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.20	0.081	69		1		36.77	0.76	
Energy	kcal	716		0	NC	4		1626	34	
Energy	kj	2997				4		6804	141	
Protein (N x 6.38)	g	0.80	0.057	30		1		1.82	0.04	
Total lipid (fat)	g	80.40	0.055	189		1		182.51	3.78	
Ash	g	2.00	0.030	49		1		4.54	0.09	
Carbohydrate, by difference	g	0.50		0	NC	4		1.14	0.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		1		60	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		5	0	
Phosphorus, P	mg	20		0		1		46	1	
Potassium, K	mg	38		0		1		86	2	
Sodium, Na	mg	1079	19.838	69		1		2449	51	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	0.0	
Thiamin	mg	0.009		0		1		0.020	0.000	
Riboflavin	mg	0.032		0		1		0.073	0.002	
Niacin	mg	0.020		0		1		0.045	0.001	
Pantothenic acid	mg	0.075		0		1		0.170	0.004	
Vitamin B-6	mg	0.008		0		1		0.018	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.08		0		1		0.19	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8106	168	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1658	34	
Retinol	mcg	662		0	NC	4		1503	31	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	7.00		0		4		15.89	0.33	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	17.100		0		1		38.817	0.804	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.200		1		1		0.454	0.009	
13:0	g									
14:0	g	0.200		1		1		0.454	0.009	
15:0	g									
16:0	g	12.400		1		1		28.148	0.583	
17:0	g									
18:0	g	4.200		1		1		9.534	0.197	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04523

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

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

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 4.7g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.20	0.081	69		1		36.77	0.76	
Energy	kcal	716		0	NC	4		1626	34	
Energy	kj	2997				4		6804	141	
Protein (N x 6.38)	g	0.80	0.057	30		1		1.82	0.04	
Total lipid (fat)	g	80.40	0.055	189		1		182.51	3.78	
Ash	g	2.00	0.030	49		1		4.54	0.09	
Carbohydrate, by difference	g	0.50		0	NC	4		1.14	0.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		1		60	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		5	0	
Phosphorus, P	mg	20		0		1		46	1	
Potassium, K	mg	38		0		1		86	2	
Sodium, Na	mg	1079	19.838	69		1		2449	51	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	0.0	
Thiamin	mg	0.009		0		1		0.020	0.000	
Riboflavin	mg	0.032		0		1		0.073	0.002	
Niacin	mg	0.020		0		1		0.045	0.001	
Pantothenic acid	mg	0.075		0		1		0.170	0.004	
Vitamin B-6	mg	0.008		0		1		0.018	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.08		0		1		0.19	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8106	168	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1658	34	
Retinol	mcg	662		0	NC	4		1503	31	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	11.70		0		1		26.56	0.55	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	10.400		0		1		23.608	0.489	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	6.300		1		1		14.301	0.296	
17:0	g									
18:0	g	3.900		1		1		8.853	0.183	
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 4.7g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.20	0.081	69		1		36.77	0.76	
Energy	kcal	716		0	NC	4		1626	34	
Energy	kj	2997				4		6804	141	
Protein (N x 6.38)	g	0.80	0.057	30		1		1.82	0.04	
Total lipid (fat)	g	80.40	0.055	189		1		182.51	3.78	
Ash	g	2.00	0.030	49		1		4.54	0.09	
Carbohydrate, by difference	g	0.50		0	NC	4		1.14	0.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		1		60	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		5	0	
Phosphorus, P	mg	20		0		1		46	1	
Potassium, K	mg	38		0		1		86	2	
Sodium, Na	mg	1079	19.838	69		1		2449	51	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	0.0	
Thiamin	mg	0.009		0		1		0.020	0.000	
Riboflavin	mg	0.032		0		1		0.073	0.002	
Niacin	mg	0.020		0		1		0.045	0.001	
Pantothenic acid	mg	0.075		0		1		0.170	0.004	
Vitamin B-6	mg	0.008		0		1		0.018	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.08		0		1		0.19	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8106	168	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1658	34	
Retinol	mcg	662		0	NC	4		1503	31	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	3.30		1		1		7.49	0.16	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	15.300		0		1		34.731	0.719	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	9.900	0.209	7		1		22.473	0.465	
17:0	g									
18:0	g	5.400	0.241	7		1		12.258	0.254	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04099

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

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

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 4.7g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.20	0.081	69		1		36.77	0.76	
Energy	kcal	716		0	NC	4		1626	34	
Energy	kj	2997				4		6804	141	
Protein (N x 6.38)	g	0.80	0.057	30		1		1.82	0.04	
Total lipid (fat)	g	80.40	0.055	189		1		182.51	3.78	
Ash	g	2.00	0.030	49		1		4.54	0.09	
Carbohydrate, by difference	g	0.50		0	NC	4		1.14	0.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		1		60	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		5	0	
Phosphorus, P	mg	20		0		1		46	1	
Potassium, K	mg	38		0		1		86	2	
Sodium, Na	mg	1079	19.838	69		1		2449	51	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	0.0	
Thiamin	mg	0.009		0		1		0.020	0.000	
Riboflavin	mg	0.032		0		1		0.073	0.002	
Niacin	mg	0.020		0		1		0.045	0.001	
Pantothenic acid	mg	0.075		0		1		0.170	0.004	
Vitamin B-6	mg	0.008		0		1		0.018	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.08		0		1		0.19	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8106	168	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1658	34	
Retinol	mcg	662		0	NC	4		1503	31	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	4.40		2		1		9.99	0.21	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	16.100		0		1		36.547	0.757	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.300	0.021	97		1		0.681	0.014	
13:0	g									
14:0	g	0.200	0.008	102		1		0.454	0.009	
15:0	g									
16:0	g	9.800	0.093	102		1		22.246	0.461	
17:0	g									
18:0	g	5.800	0.060	102		1		13.166	0.273	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04103

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

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

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 4.7g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04525

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.20	0.081	69		1		36.77	0.76	
Energy	kcal	716		0	NC	4		1626	34	
Energy	kj	2997				4		6804	141	
Protein (N x 6.38)	g	0.80	0.057	30		1		1.82	0.04	
Total lipid (fat)	g	80.40	0.055	189		1		182.51	3.78	
Ash	g	2.00	0.030	49		1		4.54	0.09	
Carbohydrate, by difference	g	0.50		0	NC	4		1.14	0.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		1		60	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		5	0	
Phosphorus, P	mg	20		0		1		46	1	
Potassium, K	mg	38		0		1		86	2	
Sodium, Na	mg	1079	19.838	69		1		2449	51	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	0.0	
Thiamin	mg	0.009		0		1		0.020	0.000	
Riboflavin	mg	0.032		0		1		0.073	0.002	
Niacin	mg	0.020		0		1		0.045	0.001	
Pantothenic acid	mg	0.075		0		1		0.170	0.004	
Vitamin B-6	mg	0.008		0		1		0.018	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.08		0		1		0.19	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8106	168	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1658	34	
Retinol	mcg	662		0	NC	4		1503	31	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	7.00		0		4		15.89	0.33	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	12.800		0		1		29.056	0.602	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		1		1		0.000	0.000	
13:0	g									
14:0	g	0.000		1		1		0.000	0.000	
15:0	g									
16:0	g	7.200		1		1		16.344	0.338	
17:0	g									
18:0	g	4.900		1		1		11.123	0.230	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04525

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

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

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 4.7g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.20	0.081	69		1		36.77		
Energy	kcal	716		0	NC	4		1626		
Energy	kj	2997				4		6804		
Protein (N x 6.38)	g	0.80	0.057	30		1		1.82		
Total lipid (fat)	g	80.40	0.055	189		1		182.51		
Ash	g	2.00	0.030	49		1		4.54		
Carbohydrate, by difference	g	0.50		0	NC	4		1.14		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		1		60		
Iron, Fe	mg	0.00		0		4		0.00		
Magnesium, Mg	mg	2		0		1		5		
Phosphorus, P	mg	20		0		1		46		
Potassium, K	mg	38		0		1		86		
Sodium, Na	mg	1079	19.838	69		1		2449		
Zinc, Zn	mg	0.00		0		4		0.00		
Copper, Cu	mg	0.000		0		4		0.000		
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3		
Thiamin	mg	0.009		0		1		0.020		
Riboflavin	mg	0.032		0		1		0.073		
Niacin	mg	0.020		0		1		0.045		
Pantothenic acid	mg	0.075		0		1		0.170		
Vitamin B-6	mg	0.008		0		1		0.018		
Folate, total	mcg	1		0		1		2		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	1		0		1		2		
Folate, DFE	mcg_DFE	1		0	NC	4		2		
Vitamin B-12	mcg	0.08		0		1		0.19		
Vitamin A, IU	IU	3571		0	ML	5		8106		
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1658		
Retinol	mcg	662		0	NC	4		1503		
Vitamin E	mg_ATE	12.000		0		4		27.240		
Tocopherol, alpha	mg	7.00		0		4		15.89		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	13.800		0		1		31.326		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.100	0.029	9		1		0.227		
15:0	g									
16:0	g	8.800	0.579	11		1		19.976		
17:0	g									
18:0	g	4.800	0.237	11		1		10.896		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 227g: 1 cup

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	17.90		2		1		40.63	0.84	
Energy	kcal	716		0		4		1626	34	
Energy	kj	2997				4		6804	141	
Protein (N x 6.38)	g	0.80		0		1		1.82	0.04	
Total lipid (fat)	g	80.30	0.300	6		1		182.28	3.77	
Ash	g	0.20		0		1		0.45	0.01	
Carbohydrate, by difference	g	0.90		0		4		2.04	0.04	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		1		60	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		5	0	
Phosphorus, P	mg	20		0		1		46	1	
Potassium, K	mg	38		0		1		86	2	
Sodium, Na	mg	28		2		1		63	1	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg	0.000		0		7		0.000	0.000	
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	0.0	
Thiamin	mg	0.009		0		1		0.020	0.000	
Riboflavin	mg	0.032		0		1		0.073	0.002	
Niacin	mg	0.020		0		1		0.045	0.001	
Pantothenic acid	mg	0.075		0		1		0.170	0.004	
Vitamin B-6	mg	0.008		0		1		0.018	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.08		0		1		0.19	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8106	168	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1658	34	
Retinol	mcg	662		0	NC	4		1503	31	
Vitamin E	mg_ATE	8.700		0		1		19.749	0.409	
Tocopherol, alpha	mg	8.70		0		4		19.75	0.41	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	13.800		0		1		31.326	0.649	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.100		2		1		0.227	0.005	
15:0	g									
16:0	g	8.700		2		1		19.749	0.409	
17:0	g									
18:0	g	5.000		2		1		11.350	0.235	
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 4.7g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04585
Margarine-butter blend, 60% corn oil margarine and 40% butter

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.77		1		1		35.80	2.24	0.79
Energy	kcal	718		0	NC	4		1630	102	36
Energy	kj	3004				4		6819	427	150
Protein (N x 6.38)	g	0.88		1		1		2.00	0.12	0.04
Total lipid (fat)	g	80.70		1		1		183.19	11.46	4.04
Ash	g	2.00		1		1		4.54	0.28	0.10
Carbohydrate, by difference	g	0.65		0	NC	4		1.48	0.09	0.03
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	28		1		1		64	4	1
Iron, Fe	mg	0.06		1		1		0.14	0.01	0.00
Magnesium, Mg	mg	2		1		1		5	0	0
Phosphorus, P	mg	23		1		1		52	3	1
Potassium, K	mg	36		1		1		82	5	2
Sodium, Na	mg	897		1		1		2036	127	45
Zinc, Zn	mg	0.02		0		1		0.05	0.00	0.00
Copper, Cu	mg	0.006		0		1		0.014	0.001	0.000
Manganese, Mn	mg	0.002		0		1		0.005	0.000	0.000
Selenium, Se	mcg	0.4		0	RK	4		0.9	0.1	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		1		1		0.2	0.0	0.0
Thiamin	mg	0.008		1		1		0.018	0.001	0.000
Riboflavin	mg	0.035		1		1		0.079	0.005	0.002
Niacin	mg	0.031		1		1		0.070	0.004	0.002
Pantothenic acid	mg	0.050		1		1		0.114	0.007	0.003
Vitamin B-6	mg	0.006		1		1		0.014	0.001	0.000
Folate, total	mcg	2		1		1		5	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		1		1		5	0	0
Folate, DFE	mcg_DFE	2		0	NC	4		5	0	0
Vitamin B-12	mcg	0.06		1		1		0.14	0.01	0.00
Vitamin A, IU	IU	3571		0	ML	5		8106	507	179
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1658	104	37
Retinol	mcg	662		0	NC	4		1503	94	33
Vitamin E	mg_ATE	7.600		0		4		17.252	1.079	0.380
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	28.442		0		1		64.563	4.039	1.422
4:0	g	1.069		1		1		2.427	0.152	0.053
6:0	g	0.631		1		1		1.432	0.090	0.032
8:0	g	0.367		1		1		0.833	0.052	0.018
10:0	g	0.825		1		1		1.873	0.117	0.041
12:0	g	0.927		1		1		2.104	0.132	0.046
13:0	g									
14:0	g	3.381		1		1		7.675	0.480	0.169
15:0	g									
16:0	g	14.308		1		1		32.479	2.032	0.715
17:0	g									
18:0	g	6.935		1		1		15.742	0.985	0.347
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	32.760		0		1		74.365	4.652	1.638
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.743		1		1		1.687	0.106	0.037

NDB No. 04585
Margarine-butter blend, 60% corn oil margarine and 40% butter

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	32.016		1		1		72.676	4.546	1.601
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	15.947		0		1		36.200	2.264	0.797
18:2 undifferentiated g	15.224		1		1		34.558	2.162	0.761
18:3 undifferentiated g	0.723		1		1		1.641	0.103	0.036
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	88		1		1		200	12	4
Phytosterols mg	342		1		1		776	49	17
Amino Acids:									
Tryptophan g	0.012		0		1		0.027	0.002	0.001
Threonine g	0.038		0		1		0.086	0.005	0.002
Isoleucine g	0.051		0		1		0.116	0.007	0.003
Leucine g	0.082		0		1		0.186	0.012	0.004
Lysine g	0.067		0		1		0.152	0.010	0.003
Methionine g	0.021		0		1		0.048	0.003	0.001
Cystine g	0.008		0		1		0.018	0.001	0.000
Phenylalanine g	0.040		0		1		0.091	0.006	0.002
Tyrosine g	0.040		0		1		0.091	0.006	0.002
Valine g	0.056		0		1		0.127	0.008	0.003
Arginine g	0.030		0		1		0.068	0.004	0.002
Histidine g	0.023		0		1		0.052	0.003	0.001
Alanine g	0.029		0		1		0.066	0.004	0.001
Aspartic acid g	0.064		0		1		0.145	0.009	0.003
Glutamic acid g	0.176		0		1		0.400	0.025	0.009
Glycine g	0.018		0		1		0.041	0.003	0.001
Proline g	0.081		0		1		0.184	0.012	0.004
Serine g	0.046		0		1		0.104	0.007	0.002
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		4		0.0	0.0	0.0
Caffeine mg	0		0	z	7		0	0	0
Theobromine mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbsp

Measure 3 = 5.0g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.10	0.543	16		1		134.79	2.79	
Energy	kcal	345		0	NC	4		801	17	
Energy	kj	1444				4		3351	69	
Protein (N x 6.38)	g	0.50	0.070	11		1		1.16	0.02	
Total lipid (fat)	g	38.80	0.063	183		1		90.02	1.86	
Ash	g	2.20	0.083	10		1		5.10	0.11	
Carbohydrate, by difference	g	0.40		0	NC	4		0.93	0.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		41	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		4	0	
Phosphorus, P	mg	14		0		1		32	1	
Potassium, K	mg	25		0		1		59	1	
Sodium, Na	mg	960	5.715	107		1		2226	46	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.2	0.0	
Thiamin	mg	0.006		0		1		0.014	0.000	
Riboflavin	mg	0.022		0		1		0.051	0.001	
Niacin	mg	0.013		0		1		0.030	0.001	
Pantothenic acid	mg	0.051		0		1		0.118	0.002	
Vitamin B-6	mg	0.005		0		1		0.012	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.06		0		1		0.13	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8285	171	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1695	35	
Retinol	mcg	662		0	NC	4		1536	32	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	4.00		0		4		9.28	0.19	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.400		0		1		14.848	0.307	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.100	0.010	131		1		0.232	0.005	
13:0	g									
14:0	g	0.100	0.008	131		1		0.232	0.005	
15:0	g									
16:0	g	4.300	0.036	135		1		9.976	0.206	
17:0	g									
18:0	g	1.900	0.017	135		1		4.408	0.091	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04107

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

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

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

Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.10	0.543	16		1		134.79	2.79	
Energy	kcal	345		0	NC	4		801	17	
Energy	kj	1444				4		3351	69	
Protein (N x 6.38)	g	0.50	0.070	11		1		1.16	0.02	
Total lipid (fat)	g	38.80	0.063	183		1		90.02	1.86	
Ash	g	2.20	0.083	10		1		5.10	0.11	
Carbohydrate, by difference	g	0.40		0	NC	4		0.93	0.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		41	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		4	0	
Phosphorus, P	mg	14		0		1		32	1	
Potassium, K	mg	25		0		1		59	1	
Sodium, Na	mg	960	5.715	107		1		2226	46	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.2	0.0	
Thiamin	mg	0.006		0		1		0.014	0.000	
Riboflavin	mg	0.022		0		1		0.051	0.001	
Niacin	mg	0.013		0		1		0.030	0.001	
Pantothenic acid	mg	0.051		0		1		0.118	0.002	
Vitamin B-6	mg	0.005		0		1		0.012	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.06		0		1		0.13	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8285	171	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1695	35	
Retinol	mcg	662		0	NC	4		1536	32	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	0.80		1		1		1.86	0.04	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.500		0		1		15.080	0.312	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	4.300		2		1		9.976	0.206	
17:0	g									
18:0	g	2.200		2		1		5.104	0.106	
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04112

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.10	0.543	16		1		134.79	2.79	
Energy	kcal	345		0	NC	4		801	17	
Energy	kj	1444				4		3351	69	
Protein (N x 6.38)	g	0.50	0.070	11		1		1.16	0.02	
Total lipid (fat)	g	38.80	0.063	183		1		90.02	1.86	
Ash	g	2.20	0.083	10		1		5.10	0.11	
Carbohydrate, by difference	g	0.40		0	NC	4		0.93	0.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		41	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		4	0	
Phosphorus, P	mg	14		0		1		32	1	
Potassium, K	mg	25		0		1		59	1	
Sodium, Na	mg	960	5.715	107		1		2226	46	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.2	0.0	
Thiamin	mg	0.006		0		1		0.014	0.000	
Riboflavin	mg	0.022		0		1		0.051	0.001	
Niacin	mg	0.013		0		1		0.030	0.001	
Pantothenic acid	mg	0.051		0		1		0.118	0.002	
Vitamin B-6	mg	0.005		0		1		0.012	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.06		0		1		0.13	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8285	171	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1695	35	
Retinol	mcg	662		0	NC	4		1536	32	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	2.70		1		1		6.26	0.13	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	8.300		0		1		19.256	0.398	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.100		1		1		0.232	0.005	
15:0	g									
16:0	g	6.100		1		1		14.152	0.293	
17:0	g									
18:0	g	2.200		1		1		5.104	0.106	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04112

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

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

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

Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04110

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.10	0.543	16		1		134.79	2.79	
Energy	kcal	345		0	NC	4		801	17	
Energy	kj	1444				4		3351	69	
Protein (N x 6.38)	g	0.50	0.070	11		1		1.16	0.02	
Total lipid (fat)	g	38.80	0.063	183		1		90.02	1.86	
Ash	g	2.20	0.083	10		1		5.10	0.11	
Carbohydrate, by difference	g	0.40		0	NC	4		0.93	0.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		41	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		4	0	
Phosphorus, P	mg	14		0		1		32	1	
Potassium, K	mg	25		0		1		59	1	
Sodium, Na	mg	960	5.715	107		1		2226	46	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.2	0.0	
Thiamin	mg	0.006		0		1		0.014	0.000	
Riboflavin	mg	0.022		0		1		0.051	0.001	
Niacin	mg	0.013		0		1		0.030	0.001	
Pantothenic acid	mg	0.051		0		1		0.118	0.002	
Vitamin B-6	mg	0.005		0		1		0.012	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.06		0		1		0.13	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8285	171	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1695	35	
Retinol	mcg	662		0	NC	4		1536	32	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	8.60		1		1		19.95	0.41	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.200		0		1		16.704	0.346	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		1		1		0.000	0.000	
15:0	g									
16:0	g	4.400	0.075	3		1		10.208	0.211	
17:0	g									
18:0	g	2.800	0.139	3		1		6.496	0.134	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04110

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

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

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

Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04108

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.10	0.543	16		1		134.79	2.79	
Energy	kcal	345		0	NC	4		801	17	
Energy	kj	1444				4		3351	69	
Protein (N x 6.38)	g	0.50	0.070	11		1		1.16	0.02	
Total lipid (fat)	g	38.80	0.063	183		1		90.02	1.86	
Ash	g	2.20	0.083	10		1		5.10	0.11	
Carbohydrate, by difference	g	0.40		0	NC	4		0.93	0.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		41	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		4	0	
Phosphorus, P	mg	14		0		1		32	1	
Potassium, K	mg	25		0		1		59	1	
Sodium, Na	mg	960	5.715	107		1		2226	46	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.2	0.0	
Thiamin	mg	0.006		0		1		0.014	0.000	
Riboflavin	mg	0.022		0		1		0.051	0.001	
Niacin	mg	0.013		0		1		0.030	0.001	
Pantothenic acid	mg	0.051		0		1		0.118	0.002	
Vitamin B-6	mg	0.005		0		1		0.012	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.06		0		1		0.13	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8285	171	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1695	35	
Retinol	mcg	662		0	NC	4		1536	32	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	4.00		0		4		9.28	0.19	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	10.100		0		1		23.432	0.485	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		1		1		0.000	0.000	
13:0	g									
14:0	g	0.100	0.001	3		1		0.232	0.005	
15:0	g									
16:0	g	7.700	0.454	3		1		17.864	0.370	
17:0	g									
18:0	g	1.600	0.055	3		1		3.712	0.077	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04108

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

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

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

Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.10	0.543	16		1		134.79	2.79	
Energy	kcal	345		0	NC	4		801	17	
Energy	kj	1444				4		3351	69	
Protein (N x 6.38)	g	0.50	0.070	11		1		1.16	0.02	
Total lipid (fat)	g	38.80	0.063	183		1		90.02	1.86	
Ash	g	2.20	0.083	10		1		5.10	0.11	
Carbohydrate, by difference	g	0.40		0	NC	4		0.93	0.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		41	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		4	0	
Phosphorus, P	mg	14		0		1		32	1	
Potassium, K	mg	25		0		1		59	1	
Sodium, Na	mg	960	5.715	107		1		2226	46	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.2	0.0	
Thiamin	mg	0.006		0		1		0.014	0.000	
Riboflavin	mg	0.022		0		1		0.051	0.001	
Niacin	mg	0.013		0		1		0.030	0.001	
Pantothenic acid	mg	0.051		0		1		0.118	0.002	
Vitamin B-6	mg	0.005		0		1		0.012	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.06		0		1		0.13	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8285	171	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1695	35	
Retinol	mcg	662		0	NC	4		1536	32	
Vitamin E	mg_ATE	2.325		0		1		5.394	0.112	
Tocopherol, alpha	mg	4.00		0		4		9.28	0.19	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.700		0		1		17.864	0.370	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.100		2		1		0.232	0.005	
13:0	g									
14:0	g	0.100	0.025	4		1		0.232	0.005	
15:0	g									
16:0	g	5.400	0.709	5		1		12.528	0.259	
17:0	g									
18:0	g	2.100	0.195	5		1		4.872	0.101	
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04526

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	37.00		2		1		84.73	1.78	
Energy	kcal	540		0	NC	4		1236	26	
Energy	kj	2258				4		5170	108	
Protein (N x 6.38)	g	0.60		2		1		1.37	0.03	
Total lipid (fat)	g	60.80		2		1		139.23	2.92	
Ash	g	1.70		2		1		3.89	0.08	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0		1		48	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		4	0	
Phosphorus, P	mg	16		0		1		37	1	
Potassium, K	mg	30		0		1		68	1	
Sodium, Na	mg	994		0		4		2276	48	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	0.0	
Thiamin	mg	0.007		0		1		0.016	0.000	
Riboflavin	mg	0.026		0		1		0.060	0.001	
Niacin	mg	0.016		0		1		0.037	0.001	
Pantothenic acid	mg	0.059		0		1		0.135	0.003	
Vitamin B-6	mg	0.006		0		1		0.014	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.07		0		1		0.15	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8178	171	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1673	35	
Retinol	mcg	662		0	NC	4		1516	32	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	5.00		0		4		11.45	0.24	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	14.100		0		1		32.289	0.677	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.100		1		1		0.229	0.005	
13:0	g									
14:0	g	0.200		1		1		0.458	0.010	
15:0	g									
16:0	g	10.600		1		1		24.274	0.509	
17:0	g									
18:0	g	3.200		1		1		7.328	0.154	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04526

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

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

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

Common Measures:

Measure 1 = 229g: 1 cup

Measure 2 = 4.8g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04106

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	37.00		2		1		84.73	1.78	
Energy	kcal	540		0	NC	4		1236	26	
Energy	kj	2258				4		5170	108	
Protein (N x 6.38)	g	0.60		2		1		1.37	0.03	
Total lipid (fat)	g	60.80		2		1		139.23	2.92	
Ash	g	1.70		2		1		3.89	0.08	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0		1		48	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		4	0	
Phosphorus, P	mg	16		0		1		37	1	
Potassium, K	mg	30		0		1		68	1	
Sodium, Na	mg	994		0		4		2276	48	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	0.0	
Thiamin	mg	0.007		0		1		0.016	0.000	
Riboflavin	mg	0.026		0		1		0.060	0.001	
Niacin	mg	0.016		0		1		0.037	0.001	
Pantothenic acid	mg	0.059		0		1		0.135	0.003	
Vitamin B-6	mg	0.006		0		1		0.014	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.07		0		1		0.15	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8178	171	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1673	35	
Retinol	mcg	662		0	NC	4		1516	32	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	5.00		0		4		11.45	0.24	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	12.000		0		1		27.480	0.576	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.100		2		1		0.229	0.005	
13:0	g									
14:0	g	0.400		2		1		0.916	0.019	
15:0	g									
16:0	g	7.700		2		1		17.633	0.370	
17:0	g									
18:0	g	3.800		2		1		8.702	0.182	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04106

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

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

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

Common Measures:

Measure 1 = 229g: 1 cup

Measure 2 = 4.8g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04527

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	37.00		2		1		84.73	1.78	
Energy	kcal	540		0	NC	4		1236	26	
Energy	kj	2258				4		5170	108	
Protein (N x 6.38)	g	0.60		2		1		1.37	0.03	
Total lipid (fat)	g	60.80		2		1		139.23	2.92	
Ash	g	1.70		2		1		3.89	0.08	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0		1		48	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		4	0	
Phosphorus, P	mg	16		0		1		37	1	
Potassium, K	mg	30		0		1		68	1	
Sodium, Na	mg	994		0		4		2276	48	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	0.0	
Thiamin	mg	0.007		0		1		0.016	0.000	
Riboflavin	mg	0.026		0		1		0.060	0.001	
Niacin	mg	0.016		0		1		0.037	0.001	
Pantothenic acid	mg	0.059		0		1		0.135	0.003	
Vitamin B-6	mg	0.006		0		1		0.014	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.07		0		1		0.15	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8178	171	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1673	35	
Retinol	mcg	662		0	NC	4		1516	32	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	5.00		0		4		11.45	0.24	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	13.500		0		1		30.915	0.648	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.100		1		1		0.229	0.005	
15:0	g									
16:0	g	10.100		1		1		23.129	0.485	
17:0	g									
18:0	g	3.400		1		1		7.786	0.163	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04527

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

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

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

Common Measures:

Measure 1 = 229g: 1 cup

Measure 2 = 4.8g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04561
Margarine-like spread, approximately 60% fat, tub, unspecified oils

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	37.00		2		1		84.73	1.78	
Energy	kcal	540		0	NC	4		1236	26	
Energy	kj	2258				4		5170	108	
Protein (N x 6.38)	g	0.60		2		1		1.37	0.03	
Total lipid (fat)	g	60.80		2		1		139.23	2.92	
Ash	g	1.70		2		1		3.89	0.08	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0		1		48	1	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		4	0	
Phosphorus, P	mg	16		0		1		37	1	
Potassium, K	mg	30		0		1		68	1	
Sodium, Na	mg	994		0		4		2276	48	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	0.0	
Thiamin	mg	0.007		0		1		0.016	0.000	
Riboflavin	mg	0.026		0		1		0.060	0.001	
Niacin	mg	0.016		0		1		0.037	0.001	
Pantothenic acid	mg	0.059		0		1		0.135	0.003	
Vitamin B-6	mg	0.006		0		1		0.014	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.07		0		1		0.15	0.00	
Vitamin A, IU	IU	3571		0	ML	5		8178	171	
Vitamin A, RAE	mcg_RAE	731		0	NC	4		1673	35	
Retinol	mcg	662		0	NC	4		1516	32	
Vitamin E	mg_ATE	9.010		0	BFZN	4		20.633	0.432	
Tocopherol, alpha	mg	5.00		0		4		11.45	0.24	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	12.800		0		1		29.312	0.614	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.100		1		1		0.229	0.005	
13:0	g									
14:0	g	0.300		2		1		0.687	0.014	
15:0	g									
16:0	g	8.900		2		1		20.381	0.427	
17:0	g									
18:0	g	3.600		2		1		8.244	0.173	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04561
Margarine-like spread, approximately 60% fat, tub, unspecified oils

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	31.500		0		1		72.135	1.512	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	31.500		2		1		72.135	1.512	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.800		0		1		31.602	0.662	
18:2 undifferentiated.....g	12.900		2		1		29.541	0.619	
18:3 undifferentiated.....g	0.900		2		1		2.061	0.043	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	159		0		4		364	8	
Amino Acids:									
Tryptophan.....g	0.008		0		1		0.018	0.000	
Threonine.....g	0.027		0		1		0.062	0.001	
Isoleucine.....g	0.036		0		1		0.082	0.002	
Leucine.....g	0.059		0		1		0.135	0.003	
Lysine.....g	0.048		0		1		0.110	0.002	
Methionine.....g	0.015		0		1		0.034	0.001	
Cystine.....g	0.006		0		1		0.014	0.000	
Phenylalanine.....g	0.029		0		1		0.066	0.001	
Tyrosine.....g	0.029		0		1		0.066	0.001	
Valine.....g	0.040		0		1		0.092	0.002	
Arginine.....g	0.022		0		1		0.050	0.001	
Histidine.....g	0.016		0		1		0.037	0.001	
Alanine.....g	0.021		0		1		0.048	0.001	
Aspartic acid.....g	0.045		0		1		0.103	0.002	
Glutamic acid.....g	0.126		0		1		0.289	0.006	
Glycine.....g	0.013		0		1		0.030	0.001	
Proline.....g	0.058		0		1		0.133	0.003	
Serine.....g	0.033		0		1		0.076	0.002	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 229g: 1 cup

Measure 2 = 4.8g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04053
Oil, olive, salad or cooking

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1909	119	40
Energy	kj	3699				4		7989	499	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		216.00	13.50	4.50
Ash	g	0.00		44		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0	0.110	5		1		0	0	0
Iron, Fe	mg	0.38	0.070	71		1		0.82	0.05	0.02
Magnesium, Mg	mg	0	0.003	5		1		0	0	0
Phosphorus, P	mg	1	0.513	46		1		3	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0	0.002	76		1		0	0	0
Zinc, Zn	mg	0.06	0.025	27		1		0.13	0.01	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	12.400		0		1		26.784	1.674	0.558
Tocopherol, alpha	mg	11.90	2.227	13		1		25.70	1.61	0.54
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	13.500		0		1		29.160	1.823	0.608
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		16		1		0.000	0.000	0.000
15:0	g									
16:0	g	11.000	0.118	213		1		23.760	1.485	0.495
17:0	g									
18:0	g	2.200	0.030	213		1		4.752	0.297	0.099
20:0	g									
22:0	g									
24:0	g									

NDB No. 04053
Oil, olive, salad or cooking

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

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

Common Measures:

Measure 1 = 216g: 1 cup

Measure 2 = 13.5g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

NDB No. 04053
Oil, olive, salad or cooking

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04042
Oil, peanut, salad or cooking

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1909	119	40
Energy	kj	3699				4		7989	499	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		216.00	13.50	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0	0.024	9		1		0	0	0
Iron, Fe	mg	0.03	0.004	9		1		0.06	0.00	0.00
Magnesium, Mg	mg	0	0.017	8		1		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0	0.004	6		1		0	0	0
Sodium, Na	mg	0	0.037	11		1		0	0	0
Zinc, Zn	mg	0.01		1		1		0.02	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	12.920		0		1		27.907	1.744	0.581
Tocopherol, alpha	mg	11.60	0.994	28		1		25.06	1.57	0.52
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	16.900		0		1		36.504	2.282	0.761
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.100	0.092	4		1		0.216	0.014	0.005
15:0	g									
16:0	g	9.500	0.233	15		1		20.520	1.283	0.428
17:0	g									
18:0	g	2.200	0.165	15		1		4.752	0.297	0.099
20:0	g	1.400		0		1		3.024	0.189	0.063
22:0	g	2.800		0		1		6.048	0.378	0.126
24:0	g	0.900		0		1		1.944	0.122	0.041

NDB No. 04042
Oil, peanut, salad or cooking

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

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

Common Measures:

Measure 1 = 216g: 1 cup

Measure 2 = 13.5g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

NDB No. 04042
Oil, peanut, salad or cooking

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04058
Oil, sesame, salad or cooking

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	4.090		0		1		8.916	0.556	0.184
Tocopherol, alpha	mg	1.40	0.097	5		1		3.05	0.19	0.06
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	14.200		0		1		30.956	1.931	0.639
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	8.900	0.378	37		1		19.402	1.210	0.401
17:0	g									
18:0	g	4.800	0.220	37		1		10.464	0.653	0.216
20:0	g									
22:0	g									
24:0	g									

NDB No. 04058
Oil, sesame, salad or cooking

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

NDB No. 04058
Oil, sesame, salad or cooking

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04044
Oil, soybean, salad or cooking

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0	0.021	3		1		0	0	0
Iron, Fe	mg	0.02	0.007	12		1		0.04	0.00	0.00
Magnesium, Mg	mg	0	0.023	3		1		0	0	0
Phosphorus, P	mg	0	0.055	10		1		1	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		1		1		0	0	0
Zinc, Zn	mg	0.00		1		1		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	18.190		0	A	1		39.654	2.474	0.819
Tocopherol, alpha	mg	11.00	0.543	74		1		23.98	1.50	0.50
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	14.400		0		1		31.392	1.958	0.648
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000	0.038	11		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.100	0.017	27		1		0.218	0.014	0.005
15:0	g									
16:0	g	10.300	0.139	68		1		22.454	1.401	0.464
17:0	g									
18:0	g	3.800	0.063	68		1		8.284	0.517	0.171
20:0	g									
22:0	g									
24:0	g									

NDB No. 04044
Oil, soybean, salad or cooking

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

NDB No. 04044
Oil, soybean, salad or cooking

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	18.190		0	A	1		39.654	2.474	0.819
Tocopherol, alpha	mg	8.10		0		1		17.66	1.10	0.36
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	14.900		0		1		32.482	2.026	0.671
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.100	0.030	13		1		0.218	0.014	0.005
15:0	g									
16:0	g	9.800	0.171	40		1		21.364	1.333	0.441
17:0	g									
18:0	g	5.000	0.352	40		1		10.900	0.680	0.225
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	28.230		0	RA	4		61.541	3.839	1.270
Tocopherol, alpha	mg	12.10		0		4		26.38	1.65	0.54
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	18.000		0		1		39.240	2.448	0.810
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.300	0.059	8		1		0.654	0.041	0.014
15:0	g									
16:0	g	14.000	0.644	11		1		30.520	1.904	0.630
17:0	g									
18:0	g	3.700	0.262	11		1		8.066	0.503	0.167
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	21.110		0		1		46.020	2.871	0.950
Tocopherol, alpha	mg	14.30	1.040	46		1		31.17	1.94	0.64
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	12.700		0		1		27.686	1.727	0.572
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000	0.002	232		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000	0.002	235		1		0.000	0.000	0.000
15:0	g									
16:0	g	10.900	0.022	298		1		23.762	1.482	0.491
17:0	g									
18:0	g	1.800	0.038	298		1		3.924	0.245	0.081
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	43.060		0	A	1		93.871	5.856	1.938
Tocopherol, alpha	mg	34.10	6.300	3		1		74.34	4.64	1.53
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.203		0	MA	12		13.523	0.844	0.279
4:0	g	0.000		0	MA	12		0.000	0.000	0.000
6:0	g	0.000		0	MA	12		0.000	0.000	0.000
8:0	g	0.000		0	MA	12		0.000	0.000	0.000
10:0	g	0.000		0	MA	12		0.000	0.000	0.000
12:0	g	0.000		0	MA	12		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0	MA	12		0.000	0.000	0.000
15:0	g									
16:0	g	4.288		0	MA	12		9.348	0.583	0.193
17:0	g									
18:0	g	1.915		0	MA	12		4.175	0.260	0.086
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04511

Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)

Refuse: 0%

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

NDB No. 04511

Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	1.915		0	MA	12		4.175	0.260	0.086
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	74.646		0	MA	12		162.728	10.152	3.359
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	MA	12		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	74.646		0	MA	12		162.728	10.152	3.359
20:1 g	0.000		0	MA	12		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	MA	12		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	14.350		0	MA	12		31.283	1.952	0.646
18:2 undifferentiated g	14.350		0	MA	12		31.283	1.952	0.646
18:3 undifferentiated g	0.000		0	MA	12		0.000	0.000	0.000
18:4 g	0.000		0	MA	12		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	MA	12		0.000	0.000	0.000
20:5 n-3 g	0.000		0	MA	12		0.000	0.000	0.000
22:5 n-3 g	0.000		0	MA	12		0.000	0.000	0.000
22:6 n-3 g	0.000		0	MA	12		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	444		0		4		968	60	20
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 218g: 1 cup

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

Measure 2 = 13.6g: 1 tbsp
Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04529
Oil, vegetable, almond

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	39.260		0		1		85.587	5.339	1.767
Tocopherol, alpha	mg	39.20		0		1		85.46	5.33	1.76
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	8.200		0		1		17.876	1.115	0.369
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000	0.006	23		1		0.000	0.000	0.000
15:0	g									
16:0	g	6.500	0.074	91		1		14.170	0.884	0.293
17:0	g									
18:0	g	1.700	0.077	90		1		3.706	0.231	0.077
20:0	g									
22:0	g									
24:0	g									

NDB No. 04529
Oil, vegetable, almond

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

NDB No. 04529
Oil, vegetable, almond

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04530
Oil, vegetable, apricot kernel

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	8.660		0		1		18.879	1.178	0.390
Tocopherol, alpha	mg	4.00		0		1		8.72	0.54	0.18
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.300		0		1		13.734	0.857	0.284
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g									
15:0	g									
16:0	g	5.800	0.117	54		1		12.644	0.789	0.261
17:0	g									
18:0	g	0.500	0.057	53		1		1.090	0.068	0.023
20:0	g									
22:0	g									
24:0	g									

NDB No. 04530
Oil, vegetable, apricot kernel

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04534
Oil, vegetable, babassu

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	19.10		0		4		41.64	2.60	0.86
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	81.200		0		1		177.016	11.043	3.654
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.200	0.130	3		1		0.436	0.027	0.009
8:0	g	6.000	0.282	6		1		13.080	0.816	0.270
10:0	g	5.500	0.380	6		1		11.990	0.748	0.248
12:0	g	43.500	0.730	6		1		94.830	5.916	1.958
13:0	g									
14:0	g	15.000	0.368	6		1		32.700	2.040	0.675
15:0	g									
16:0	g	8.200	0.183	6		1		17.876	1.115	0.369
17:0	g									
18:0	g	2.800	0.197	6		1		6.104	0.381	0.126
20:0	g									
22:0	g									
24:0	g									

NDB No. 04534
Oil, vegetable, babassu

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04501
Oil, vegetable, cocoa butter

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0		4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		7		0	0	0
Vitamin A, RAE	mcg_RAE	0		0		7		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	1.80	0.316	6		1		3.92	0.24	0.08
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	59.700		0		1		130.146	8.119	2.687
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000	0.003	49		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.100	0.007	141		1		0.218	0.014	0.005
15:0	g									
16:0	g	25.400	0.120	154		1		55.372	3.454	1.143
17:0	g									
18:0	g	33.200	0.101	154		1		72.376	4.515	1.494
20:0	g									
22:0	g									
24:0	g									

NDB No. 04501
Oil, vegetable, cocoa butter

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

NDB No. 04501
Oil, vegetable, cocoa butter

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	38.260		0		1		83.407	5.203	1.722
Tocopherol, alpha	mg	35.30	3.370	25		1		76.95	4.80	1.59
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	25.900		0		1		56.462	3.522	1.166
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.800	0.016	115		1		1.744	0.109	0.036
15:0	g									
16:0	g	22.700	0.198	121		1		49.486	3.087	1.022
17:0	g									
18:0	g	2.300	0.044	121		1		5.014	0.313	0.104
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04541
Oil, vegetable, cupu assu

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg									
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	0.60		0		4		1.31	0.08	0.03
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	53.200		0		1		115.976	7.235	2.394
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.900		1		1		1.962	0.122	0.041
15:0	g									
16:0	g	9.600		1		1		20.928	1.306	0.432
17:0	g									
18:0	g	32.700		1		1		71.286	4.447	1.472
20:0	g									
22:0	g									
24:0	g									

NDB No. 04541
Oil, vegetable, cupu assu

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04517
Oil, vegetable, grapeseed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	28.80		0		4		62.78	3.92	1.30
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.600		0		1		20.928	1.306	0.432
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.100	0.016	10		1		0.218	0.014	0.005
15:0	g									
16:0	g	6.700	0.140	19		1		14.606	0.911	0.302
17:0	g									
18:0	g	2.700	0.191	19		1		5.886	0.367	0.122
20:0	g									
22:0	g									
24:0	g									

NDB No. 04517
Oil, vegetable, grapeseed

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04532
Oil, vegetable, hazelnut

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	47.20		0		4		102.90	6.42	2.12
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.400		0		1		16.132	1.006	0.333
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		7		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.100	0.042	12		1		0.218	0.014	0.005
15:0	g									
16:0	g	5.200	0.055	111		1		11.336	0.707	0.234
17:0	g									
18:0	g	2.000	0.054	110		1		4.360	0.272	0.090
20:0	g									
22:0	g									
24:0	g									

NDB No. 04532
Oil, vegetable, hazelnut

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04572
Oil, vegetable, nutmeg butter

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	0.20		0		4		0.44	0.03	0.01
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	90.000		0		1		196.200	12.240	4.050
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	3.100		1		1		6.758	0.422	0.140
13:0	g									
14:0	g	82.600		1		1		180.068	11.234	3.717
15:0	g									
16:0	g	4.300		1		1		9.374	0.585	0.194
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									

NDB No. 04572
Oil, vegetable, nutmeg butter

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.800		0		1		10.464	0.653	0.216
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	4.800		1		1		10.464	0.653	0.216
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	0		0		4		0	0	0
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04055
Oil, vegetable, palm

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1909	120	40
Energy	kj	3699				4		7989	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		216.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.01		1		1		0.02	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		1		1		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		7		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	21.760		0		4		47.002	2.959	0.979
Tocopherol, alpha	mg	19.10	2.751	5		1		41.26	2.60	0.86
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	49.300		0		1		106.488	6.705	2.219
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.100	0.038	12		1		0.216	0.014	0.005
13:0	g									
14:0	g	1.000	0.090	15		1		2.160	0.136	0.045
15:0	g									
16:0	g	43.500	0.464	15		1		93.960	5.916	1.958
17:0	g									
18:0	g	4.300	0.352	15		1		9.288	0.585	0.194
20:0	g									
22:0	g									
24:0	g									

NDB No. 04055
Oil, vegetable, palm

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

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

Common Measures:

Measure 1 = 216g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

NDB No. 04055
Oil, vegetable, palm

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04514
Oil, vegetable, poppyseed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	11.40		0		4		24.85	1.55	0.51
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	13.500		0		1		29.430	1.836	0.608
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	10.600		1		1		23.108	1.442	0.477
17:0	g									
18:0	g	2.900		1		1		6.322	0.394	0.131
20:0	g									
22:0	g									
24:0	g									

NDB No. 04514
Oil, vegetable, poppyseed

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04037
Oil, vegetable, rice bran

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.07	0.015	3		1		0.15	0.01	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	32.30		1		1		70.41	4.39	1.45
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	19.700		0		1		42.946	2.679	0.887
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.700	0.131	28		1		1.526	0.095	0.032
15:0	g									
16:0	g	16.900	0.368	31		1		36.842	2.298	0.761
17:0	g									
18:0	g	1.600	0.087	29		1		3.488	0.218	0.072
20:0	g									
22:0	g									
24:0	g									

NDB No. 04037
Oil, vegetable, rice bran

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04536
Oil, vegetable, sheanut

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	0.00		0		4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	46.600		0		1		101.588	6.338	2.097
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.200		1		1		0.436	0.027	0.009
10:0	g	0.200		1		1		0.436	0.027	0.009
12:0	g	1.300		1		1		2.834	0.177	0.059
13:0	g									
14:0	g	0.100		2		1		0.218	0.014	0.005
15:0	g									
16:0	g	4.400	0.456	4		1		9.592	0.598	0.198
17:0	g									
18:0	g	38.800	1.591	4		1		84.584	5.277	1.746
20:0	g									
22:0	g									
24:0	g									

NDB No. 04536
Oil, vegetable, sheanut

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1		1		0	0	0
Iron, Fe	mg	0.03		1		1		0.07	0.00	0.00
Magnesium, Mg	mg	0		1		1		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		1		1		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	59.50		0		4		129.71	8.09	2.68
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	10.100		0		1		22.018	1.374	0.455
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	5.400	0.082	45		1		11.772	0.734	0.243
17:0	g									
18:0	g	3.500	0.093	45		1		7.630	0.476	0.158
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	50.585		0	A	1		110.275	6.880	2.276
Tocopherol, alpha	mg	44.90	3.300	6		1		97.88	6.11	2.02
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	10.300		0		1		22.454	1.401	0.464
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	5.900	0.049	177		1		12.862	0.802	0.266
17:0	g									
18:0	g	4.500	0.102	177		1		9.810	0.612	0.203
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	51.000		0	BFZN	4		111.180	6.936	2.295
Tocopherol, alpha	mg	59.50		0		4		129.71	8.09	2.68
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	13.000		0		1		28.340	1.768	0.585
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	7.100	0.189	4		1		15.478	0.966	0.320
17:0	g									
18:0	g	5.500	0.321	4		1		11.990	0.748	0.248
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	46.200		0		1		100.716	6.283	2.079
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	46.000	0.115	4		1		100.280	6.256	2.070
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	36.400		0		1		79.352	4.950	1.638
18:2 undifferentiated.....g	35.300	0.366	4		1		76.954	4.801	1.589
18:3 undifferentiated.....g	0.900	0.102	3		1		1.962	0.122	0.041
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	10		0		4		22	1	0
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04516
Oil, vegetable, teaseed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	0.00		0		4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	21.100		0		1		45.998	2.870	0.950
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.100		1		1		0.218	0.014	0.005
13:0	g									
14:0	g	0.100	0.033	3		1		0.218	0.014	0.005
15:0	g									
16:0	g	17.500	0.794	3		1		38.150	2.380	0.788
17:0	g									
18:0	g	3.100	0.197	3		1		6.758	0.422	0.140
20:0	g									
22:0	g									
24:0	g									

NDB No. 04516
Oil, vegetable, teaseed

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04515
Oil, vegetable, tomatoseed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	3.80		0		1		8.28	0.52	0.17
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	19.700		0		1		42.946	2.679	0.887
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.200	0.039	4		1		0.436	0.027	0.009
15:0	g									
16:0	g	15.000	1.325	5		1		32.700	2.040	0.675
17:0	g									
18:0	g	4.400	0.393	5		1		9.592	0.598	0.198
20:0	g									
22:0	g									
24:0	g									

NDB No. 04515
Oil, vegetable, tomatoseed

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04573
Oil, vegetable, ucuhuba butter

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	0.60		0		4		1.31	0.08	0.03
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	85.200		0		1		185.736	11.587	3.834
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	12.200		1		1		26.596	1.659	0.549
13:0	g									
14:0	g	63.400		1		1		138.212	8.622	2.853
15:0	g									
16:0	g	8.600		1		1		18.748	1.170	0.387
17:0	g									
18:0	g	1.000		1		1		2.180	0.136	0.045
20:0	g									
22:0	g									
24:0	g									

NDB No. 04573
Oil, vegetable, ucuhuba butter

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.700		0		1		14.606	0.911	0.302
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	6.700		1		1		14.606	0.911	0.302
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.900		0		1		6.322	0.394	0.131
18:2 undifferentiated.....g	2.900		1		1		6.322	0.394	0.131
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	95		0		4		207	13	4
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04528
Oil, vegetable, walnut

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	3.220		0		1		7.020	0.438	0.145
Tocopherol, alpha	mg	0.40		0		1		0.87	0.05	0.02
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.100		0		1		19.838	1.238	0.410
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	7.000	0.286	33		1		15.260	0.952	0.315
17:0	g									
18:0	g	2.000	0.136	34		1		4.360	0.272	0.090
20:0	g									
22:0	g									
24:0	g									

NDB No. 04528
Oil, vegetable, walnut

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

NDB No. 04528
Oil, vegetable, walnut

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04038
Oil, wheat germ

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		1		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	192.440		0		1		419.519	26.172	8.660
Tocopherol, alpha	mg	149.40		0		1		325.69	20.32	6.72
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	18.800		0		1		40.984	2.557	0.846
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.100	0.041	7		1		0.218	0.014	0.005
15:0	g									
16:0	g	16.600	0.307	13		1		36.188	2.258	0.747
17:0	g									
18:0	g	0.500	0.047	12		1		1.090	0.068	0.023
20:0	g									
22:0	g									
24:0	g									

NDB No. 04038
Oil, wheat germ

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

NDB No. 04038
Oil, wheat germ

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

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

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

Common Measures:

Measure 1 = 33g: 2 tbsp

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

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

Common Measures:

Measure 1 = 35g: 2 tbsp

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

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

Common Measures:

Measure 1 = 31g: 2 tbsp

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

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

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

Common Measures:

Measure 1 = 30g: 2 tbsp

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

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

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

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

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04011
Salad dressing, KRAFT Mayo Light Mayonnaise

Refuse: 0%

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

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

NDB No. 04011
Salad dressing, KRAFT Mayo Light Mayonnaise

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04115
Salad dressing, KRAFT Ranch Dressing

Refuse: 0%

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

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

Common Measures:

Measure 1 = 29g: 2 tbsp

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

NDB No. 04115
Salad dressing, KRAFT Ranch Dressing

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04116
Salad dressing, KRAFT Zesty Italian Dressing

Refuse: 0%

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

Common Measures:

Measure 1 = 31g: 2 tbsp

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

NDB No. 04116
Salad dressing, KRAFT Zesty Italian Dressing

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	32.30		0		1		79.14	4.85	
Energy	kcal	504		0	NC	4		1235	76	
Energy	kj	2109				4		5166	316	
Protein (N x 6.25)	g	4.80		0		1		11.76	0.72	
Total lipid (fat)	g	52.30		0		1		128.14	7.85	
Ash	g	0.50		0		1		1.23	0.08	
Carbohydrate, by difference	g	7.40		0	NC	4		18.13	1.11	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	81		0		1		198	12	
Iron, Fe	mg	0.20		0		1		0.49	0.03	
Magnesium, Mg	mg									
Phosphorus, P	mg	74		0		1		181	11	
Potassium, K	mg	37		0		1		91	6	
Sodium, Na	mg	30		0		1		74	5	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		3.9	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		1		4.9	0.3	
Thiamin	mg	0.010		0		1		0.025	0.002	
Riboflavin	mg	0.100		0		1		0.245	0.015	
Niacin	mg	0.100		0		1		0.245	0.015	
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	210		0		1		515	32	
Vitamin A, RAE	mcg_RAE	63		0	BFZY	4		154	9	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.900		0		1		24.255	1.485	
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	11.800		0		1		28.910	1.770	
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g									
18:2 undifferentiated	g	23.500		0		1		57.575	3.525	
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									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	17		0		1		42	3	

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

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

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

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04539

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	32.30		1		1		79.14	4.85	
Energy	kcal	504		0	NC	4		1235	76	
Energy	kj	2109				4		5166	316	
Protein (N x 6.25)	g	4.80		1		1		11.76	0.72	
Total lipid (fat)	g	52.30		0		1		128.14	7.85	
Ash	g	3.20		1		1		7.84	0.48	
Carbohydrate, by difference	g	7.40		0	NC	4		18.13	1.11	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	81		0		1		198	12	
Iron, Fe	mg	0.20		0		1		0.49	0.03	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	74		0		1		181	11	
Potassium, K	mg	37		0		4		91	6	
Sodium, Na	mg	1094		0		4		2680	164	
Zinc, Zn	mg	0.27		0		4		0.65	0.04	
Copper, Cu	mg	0.016		0		1		0.039	0.002	
Manganese, Mn	mg									
Selenium, Se	mcg	1.0		2	A	1		2.5	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		1		4.9	0.3	
Thiamin	mg	0.010		0		1		0.025	0.002	
Riboflavin	mg	0.100		0		1		0.245	0.015	
Niacin	mg	0.100		0		1		0.245	0.015	
Pantothenic acid	mg	0.388		0		4		0.951	0.058	
Vitamin B-6	mg	0.037		0		4		0.091	0.006	
Folate, total	mcg	8		0		4		20	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		4		20	1	
Folate, DFE	mcg_DFE	8		0	NC	4		20	1	
Vitamin B-12	mcg	0.27		0		4		0.67	0.04	
Vitamin A, IU	IU	210		0		1		515	32	
Vitamin A, RAE	mcg_RAE	63		0		1		155	9	
Retinol	mcg	63		0	NC	4		155	9	
Vitamin E	mg_ATE	9.300		0		1		22.785	1.395	
Tocopherol, alpha	mg	6.00		0		4		14.70	0.90	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.900		0		1		24.255	1.485	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.100		0		1		0.245	0.015	
13:0	g									
14:0	g	0.600		0		1		1.470	0.090	
15:0	g									
16:0	g	6.500		0		1		15.925	0.975	
17:0	g									
18:0	g	2.400		0		1		5.880	0.360	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04539

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.300		0		1		30.135	1.845	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300		0		1		0.735	0.045	
17:1.....g									
18:1 undifferentiated.....g	11.800		0		1		28.910	1.770	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	27.800		0		1		68.110	4.170	
18:2 undifferentiated.....g	23.500		0		1		57.575	3.525	
18:3 undifferentiated.....g	3.700		0		1		9.065	0.555	
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	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	17		0		4		42	3	
Phytosterols.....mg	130		0		4		319	20	
Amino Acids:									
Tryptophan.....g	0.070		0		4		0.172	0.011	
Threonine.....g	0.176		0		4		0.431	0.026	
Isoleucine.....g	0.253		0		4		0.620	0.038	
Leucine.....g	0.431		0		4		1.056	0.065	
Lysine.....g	0.416		0		4		1.019	0.062	
Methionine.....g	0.131		0		4		0.321	0.020	
Cystine.....g	0.024		0		4		0.059	0.004	
Phenylalanine.....g	0.244		0		4		0.598	0.037	
Tyrosine.....g	0.290		0		4		0.711	0.044	
Valine.....g	0.349		0		4		0.855	0.052	
Arginine.....g	0.159		0		4		0.390	0.024	
Histidine.....g	0.170		0		4		0.417	0.026	
Alanine.....g	0.144		0		4		0.353	0.022	
Aspartic acid.....g	0.322		0		4		0.789	0.048	
Glutamic acid.....g	1.164		0		4		2.852	0.175	
Glycine.....g	0.091		0		4		0.223	0.014	
Proline.....g	0.472		0		4		1.156	0.071	
Serine.....g	0.256		0		4		0.627	0.038	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	38.10		2		1		95.25	6.10	4.69
Energy	kcal	430		0	NC	4		1074	69	53
Energy	kj	1798				4		4495	288	221
Protein (N x 6.25)	g	0.60		2		1		1.50	0.10	0.07
Total lipid (fat)	g	41.00		2		1		102.50	6.56	5.04
Ash	g	3.00		2		1		7.50	0.48	0.37
Carbohydrate, by difference	g	17.50		0	NC	4		43.75	2.80	2.15
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		28	2	1
Iron, Fe	mg	0.40		0		1		1.00	0.06	0.05
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	14		0		1		35	2	2
Potassium, K	mg	79		0		1		198	13	10
Sodium, Na	mg	1370		0		1		3425	219	169
Zinc, Zn	mg	0.08		1		1		0.20	0.01	0.01
Copper, Cu	mg	0.010		0		4		0.025	0.002	0.001
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		4.0	0.3	0.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.008		0		4		0.020	0.001	0.001
Riboflavin	mg	0.016		0		4		0.040	0.003	0.002
Niacin	mg	0.003		0		4		0.008	0.000	0.000
Pantothenic acid	mg	0.162		0		4		0.405	0.026	0.020
Vitamin B-6	mg	0.011		0		4		0.028	0.002	0.001
Folate, total	mcg	4		0		4		10	1	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	4		0		4		10	1	1
Folate, DFE	mcg_DFE	4		0	NC	4		10	1	0
Vitamin B-12	mcg	0.14		0		4		0.35	0.02	0.02
Vitamin A, IU	IU	1300		0		4		3250	208	160
Vitamin A, RAE	mcg_RAE	65		0		4		163	10	8
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	8.420		0		4		21.050	1.347	1.036
Tocopherol, alpha	mg	5.00		0		4		12.50	0.80	0.62
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.500		0		1		23.750	1.520	1.169
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.300		1		1		0.750	0.048	0.037
15:0	g									
16:0	g	7.700		1		1		19.250	1.232	0.947
17:0	g									
18:0	g	0.800		1		1		2.000	0.128	0.098
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.000		0		1		20.000	1.280	0.984
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		1		1		1.000	0.064	0.049
17:1.....g									
18:1 undifferentiated.....g	7.100		1		1		17.750	1.136	0.873
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.700		0		1		54.250	3.472	2.669
18:2 undifferentiated.....g	20.300		1		1		50.750	3.248	2.497
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	102		0		4		255	16	13
Amino Acids:									
Tryptophan.....g	0.009		0		4		0.023	0.001	0.001
Threonine.....g	0.032		0		4		0.080	0.005	0.004
Isoleucine.....g	0.034		0		4		0.085	0.005	0.004
Leucine.....g	0.051		0		4		0.128	0.008	0.006
Lysine.....g	0.040		0		4		0.100	0.006	0.005
Methionine.....g	0.015		0		4		0.038	0.002	0.002
Cystine.....g	0.011		0		4		0.028	0.002	0.001
Phenylalanine.....g	0.026		0		4		0.065	0.004	0.003
Tyrosine.....g	0.026		0		4		0.065	0.004	0.003
Valine.....g	0.037		0		4		0.093	0.006	0.005
Arginine.....g	0.042		0		4		0.105	0.007	0.005
Histidine.....g	0.014		0		4		0.035	0.002	0.002
Alanine.....g	0.030		0		4		0.075	0.005	0.004
Aspartic acid.....g	0.050		0		4		0.125	0.008	0.006
Glutamic acid.....g	0.073		0		4		0.183	0.012	0.009
Glycine.....g	0.018		0		4		0.045	0.003	0.002
Proline.....g	0.025		0		4		0.063	0.004	0.003
Serine.....g	0.050		0		4		0.125	0.008	0.006
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

Measure 3 = 12.3g: 1 individual packet

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

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	38.10		0		1				
Energy	kcal	430		0	NC	4				
Energy	kj	1798				4				
Protein (N x 6.25)	g	0.60		0		1				
Total lipid (fat)	g	41.00		0		1				
Ash	g	0.50		0		1				
Carbohydrate, by difference	g	17.50		0	NC	4				
Fiber, total dietary	g	0.0		0		4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1				
Iron, Fe	mg	0.40		0		1				
Magnesium, Mg	mg									
Phosphorus, P	mg	14		0		1				
Potassium, K	mg	79		0		1				
Sodium, Na	mg	0		0		1				
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1				
Thiamin	mg	0.008		0		1				
Riboflavin	mg	0.016		0		1				
Niacin	mg	0.003		0		1				
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	1300		0	BFZY	4				
Vitamin A, RAE	mcg_RAE	65		0	BFZY	4				
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.500		0		1				
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	7.100		0		1				
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g									
18:2 undifferentiated	g	20.300		0		1				
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0		1				

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

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

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

Common Measures:

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	24.20		0		1		53.24	3.39	
Energy	kcal	631		0	NC	4		1388	88	
Energy	kj	2640				4		5807	370	
Protein (N x 6.25)	g	0.10		0		1		0.22	0.01	
Total lipid (fat)	g	70.20		0		1		154.44	9.83	
Ash	g	1.80		0		1		3.96	0.25	
Carbohydrate, by difference	g	3.40		0	NC	4		7.48	0.48	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		1		13	1	
Iron, Fe	mg	0.20		0		1		0.44	0.03	
Magnesium, Mg	mg									
Phosphorus, P	mg	3		0		1		6	0	
Potassium, K	mg	24		0		1		52	3	
Sodium, Na	mg	658		0		1		1448	92	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		3.5	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.010		0		1		0.022	0.001	
Riboflavin	mg	0.020		0		1		0.044	0.003	
Niacin	mg	0.130		0		1		0.286	0.018	
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	18.200		0		1		40.040	2.548	
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	11.900		0		1		26.180	1.666	
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g									
18:2 undifferentiated	g	36.200		0		1		79.640	5.068	
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0		1		0	0	

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

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

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

Common Measures:

Measure 1 = 220g: 1 cup

Measure 2 = 14.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.40	1.170	3		1		180.44	11.10	
Energy	kcal	134		0	NC	4		349	21	
Energy	kj	561				4		1460	90	
Protein (N x 6.25)	g	0.20	0.113	3		1		0.52	0.03	
Total lipid (fat)	g	5.80	0.592	3		1		15.08	0.93	
Ash	g	2.90	0.049	3		1		7.54	0.46	
Carbohydrate, by difference	g	21.70		0	NC	4		56.42	3.47	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		29	2	
Iron, Fe	mg	0.40		0		1		1.04	0.06	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	14		0		1		36	2	
Potassium, K	mg	79		0		1		205	13	
Sodium, Na	mg	787		0		1		2046	126	
Zinc, Zn	mg	0.18		1		1		0.47	0.03	
Copper, Cu	mg	0.010		0		4		0.026	0.002	
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		4.2	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	1300		0		4		3380	208	
Vitamin A, RAE	mcg_RAE	65		0		4		169	10	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	1.190		0	BFFN	4		3.094	0.190	
Tocopherol, alpha	mg	1.00		0		4		2.60	0.16	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.800		0		1		2.080	0.128	
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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.600		0		1		1.560	0.096	
17:0	g									
18:0	g	0.200		0		1		0.520	0.032	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04020

Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.400		0		1		3.640	0.224	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.300		0		1		3.380	0.208	
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	3.400		0		1		8.840	0.544	
18:2 undifferentiated.....g	3.000		0		1		7.800	0.480	
18:3 undifferentiated.....g	0.400		0		1		1.040	0.064	
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	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	15		0		4		39	2	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 260g: 1 cup

Measure 2 = 16g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04142
Salad dressing, french, diet, low fat, 5 calories per teaspoon, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.30		0		4		185.38	11.41	
Energy	kcal	134		0	NC	4		349	21	
Energy	kj	561				4		1460	90	
Protein (N x 6.25)	g	0.20		0		1		0.52	0.03	
Total lipid (fat)	g	5.80		0		1		15.08	0.93	
Ash	g	1.00		0		4		2.60	0.16	
Carbohydrate, by difference	g	21.70		0	NC	4		56.42	3.47	
Fiber, total dietary	g	0.3		0		4		0.8	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		29	2	
Iron, Fe	mg	0.40		0		1		1.04	0.06	
Magnesium, Mg	mg									
Phosphorus, P	mg	14		0		1		36	2	
Potassium, K	mg	79		0		1		205	13	
Sodium, Na	mg	30		0		1		78	5	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		4.2	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.000		0		1		0.000	0.000	
Riboflavin	mg	0.000		0		1		0.000	0.000	
Niacin	mg	0.000		0		1		0.000	0.000	
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	20		0		1		52	3	
Vitamin A, RAE	mcg_RAE	1		0		1		3	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.800		0		1		2.080	0.128	
Fatty acids, total monounsaturated	g	1.400		0		1		3.640	0.224	
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	1.300		0		1		3.380	0.208	
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	3.400		0		1		8.840	0.544	
18:2 undifferentiated	g	3.000		0		1		7.800	0.480	
18:3 undifferentiated	g	0.400		0		1		1.040	0.064	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0		1		0	0	

NDB No. 04142

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

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

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

Common Measures:

Measure 1 = 260g: 1 cup

Measure 2 = 16g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04133
Salad dressing, french, home recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	24.20		0		1		53.24	3.39	
Energy	kcal	631		0	NC	4		1388	88	
Energy	kj	2640				4		5807	370	
Protein (N x 6.25)	g	0.10		0		1		0.22	0.01	
Total lipid (fat)	g	70.20		0		1		154.44	9.83	
Ash	g	1.80		0		1		3.96	0.25	
Carbohydrate, by difference	g	3.40		0	NC	4		7.48	0.48	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		1		13	1	
Iron, Fe	mg	0.20		0		1		0.44	0.03	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	3		0		1		6	0	
Potassium, K	mg	24		0		1		52	3	
Sodium, Na	mg	658		0		1		1448	92	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		3.5	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		1		1.3	0.1	
Thiamin	mg	0.010		0		1		0.022	0.001	
Riboflavin	mg	0.020		0		1		0.044	0.003	
Niacin	mg	0.130		0		1		0.286	0.018	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	514		0		1		1131	72	
Vitamin A, RAE	mcg_RAE	26		0		1		57	4	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	8.000		0	NC	4		17.600	1.120	
Tocopherol, alpha	mg	8.00		0		4		17.60	1.12	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	12.600		0		1		27.720	1.764	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.200		0		1		0.440	0.028	
15:0	g									
16:0	g	9.800		0		1		21.560	1.372	
17:0	g									
18:0	g	2.600		0		1		5.720	0.364	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04133
Salad dressing, french, home recipe

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

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

Common Measures:

Measure 1 = 220g: 1 cup

Measure 2 = 14.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04134
Salad dressing, home recipe, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.20		0		1		176.46	11.07	
Energy	kcal	157		0	NC	4		400	25	
Energy	kj	656				4		1673	105	
Protein (N x 6.25)	g	4.20		0		1		10.71	0.67	
Total lipid (fat)	g	9.50		0		1		24.23	1.52	
Ash	g	2.40		0		1		6.12	0.38	
Carbohydrate, by difference	g	14.90		0	NC	4		38.00	2.38	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	84		0		1		214	13	
Iron, Fe	mg	0.50		0		1		1.28	0.08	
Magnesium, Mg	mg	8		0		4		20	1	
Phosphorus, P	mg	87		0		1		222	14	
Potassium, K	mg	121		0		1		309	19	
Sodium, Na	mg	734		0		1		1872	117	
Zinc, Zn	mg	0.35		0		4		0.89	0.06	
Copper, Cu	mg	0.010		0		4		0.026	0.002	
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		4.1	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		1		1.5	0.1	
Thiamin	mg	0.060		0		1		0.153	0.010	
Riboflavin	mg	0.150		0		1		0.383	0.024	
Niacin	mg	0.250		0		1		0.638	0.040	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.030		0		4		0.077	0.005	
Folate, total	mcg	9		0		4		23	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		4		23	1	
Folate, DFE	mcg_DFE	9		0	NC	4		23	1	
Vitamin B-12	mcg	0.35		0		4		0.89	0.06	
Vitamin A, IU	IU	175		0	RA	4		446	28	
Vitamin A, RAE	mcg_RAE	50		0	RA	4		127	8	
Retinol	mcg	49		0	RA	4		125	8	
Vitamin E	mg_ATE	1.000		0	NC	4		2.550	0.160	
Tocopherol, alpha	mg	1.00		0		4		2.55	0.16	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.900		0		1		7.395	0.464	
4:0	g	0.100		0		1		0.255	0.016	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.100		0		1		0.255	0.016	
12:0	g	0.100		0		1		0.255	0.016	
13:0	g									
14:0	g	0.200		0		1		0.510	0.032	
15:0	g									
16:0	g	1.600		0		1		4.080	0.256	
17:0	g									
18:0	g	0.800		0		1		2.040	0.128	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04134
Salad dressing, home recipe, cooked

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

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

Common Measures:

Measure 1 = 255g: 1 cup

Measure 2 = 16g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	47.40		0		1		118.50	7.58	
Energy	kcal	449		0	NC	4		1122	72	
Energy	kj	1878				4		4694	300	
Protein (N x 6.25)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	50.10		0		1		125.25	8.02	
Ash	g	0.00		0		4		0.00	0.00	
Carbohydrate, by difference	g	2.50		0	NC	4		6.25	0.40	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	8		0		1		19	1	
Sodium, Na	mg	1		0		1		1	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		4.0	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	8.800		0		1		22.000	1.408	
Tocopherol, alpha	mg	4.00		0		4		10.00	0.64	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.100		0		1		22.750	1.456	
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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.200		0		1		0.500	0.032	
15:0	g									
16:0	g	7.000		0		1		17.500	1.120	
17:0	g									
18:0	g	1.900		0		1		4.750	0.304	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.800		0		1		37.000	2.368	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0		1		0.250	0.016	
17:1.....g									
18:1 undifferentiated.....g	14.700		0		1		36.750	2.352	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	24.100		0		1		60.250	3.856	
18:2 undifferentiated.....g	22.700		0		1		56.750	3.632	
18:3 undifferentiated.....g	1.400		0		1		3.500	0.224	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	66		0		4		165	11	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.90	0.666	3		1		196.56	12.29	
Energy	kcal	105		0	NC	4		253	16	
Energy	kj	441				4		1058	66	
Protein (N x 6.25)	g	0.10	0.088	3		1		0.24	0.02	
Total lipid (fat)	g	9.80	0.722	3		1		23.52	1.47	
Ash	g	3.30	0.092	3		1		7.92	0.50	
Carbohydrate, by difference	g	4.90		0	NC	4		11.76	0.74	
Fiber, total dietary	g	0.1		0		4		0.2	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0		1		5	0	
Iron, Fe	mg	0.20		0		1		0.48	0.03	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	5		0		1		12	1	
Potassium, K	mg	15		0		1		36	2	
Sodium, Na	mg	787		0		1		1889	118	
Zinc, Zn	mg	0.11		0		4		0.26	0.02	
Copper, Cu	mg	0.008		0		1		0.019	0.001	
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		3.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	1.500		0		4		3.600	0.225	
Tocopherol, alpha	mg	1.00		0		4		2.40	0.15	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.300		0		1		3.120	0.195	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	1.000		2		1		2.400	0.150	
17:0	g									
18:0	g	0.400		2		1		0.960	0.060	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04021

Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt

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

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04144

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.80		0		4		201.12	12.57	
Energy	kcal	105		0	NC	4		253	16	
Energy	kj	441				4		1058	66	
Protein (N x 6.25)	g	0.10		0		1		0.24	0.02	
Total lipid (fat)	g	9.80		0		1		23.52	1.47	
Ash	g	1.40		0		4		3.36	0.21	
Carbohydrate, by difference	g	4.90		0	NC	4		11.76	0.74	
Fiber, total dietary	g	0.1		0		4		0.2	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0		1		5	0	
Iron, Fe	mg	0.20		0		1		0.48	0.03	
Magnesium, Mg	mg									
Phosphorus, P	mg	5		0		1		12	1	
Potassium, K	mg	15		0		1		36	2	
Sodium, Na	mg	30		0		1		72	5	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		3.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.000		0		1		0.000	0.000	
Riboflavin	mg	0.000		0		1		0.000	0.000	
Niacin	mg	0.000		0		1		0.000	0.000	
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.300		0		1		3.120	0.195	
Fatty acids, total monounsaturated	g	2.000		0		1		4.800	0.300	
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	2.000		0		1		4.800	0.300	
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	6.000		0		1		14.400	0.900	
18:2 undifferentiated	g	5.200		0		1		12.480	0.780	
18:3 undifferentiated	g	0.800		0		1		1.920	0.120	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	6		0		1		14	1	

NDB No. 04144

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

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	38.40		2		1		90.24	5.64	
Energy	kcal	467		0	NC	4		1098	69	
Energy	kj	1955				4		4595	287	
Protein (N x 6.25)	g	0.70		2		1		1.65	0.10	
Total lipid (fat)	g	48.30		2		1		113.51	7.10	
Ash	g	2.50		2		1		5.88	0.37	
Carbohydrate, by difference	g	10.20		0	NC	4		23.97	1.50	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		24	1	
Iron, Fe	mg	0.20		0		1		0.47	0.03	
Magnesium, Mg	mg	1		0		4		2	0	
Phosphorus, P	mg	5		0		1		12	1	
Potassium, K	mg	15		0		1		35	2	
Sodium, Na	mg	787		0		1		1849	116	
Zinc, Zn	mg	0.11		1		1		0.26	0.02	
Copper, Cu	mg	0.010		0		4		0.024	0.001	
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		3.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.010		0		4		0.024	0.001	
Riboflavin	mg	0.019		0		4		0.045	0.003	
Niacin	mg	0.003		0		4		0.007	0.000	
Pantothenic acid	mg	0.189		0		4		0.444	0.028	
Vitamin B-6	mg	0.013		0		4		0.031	0.002	
Folate, total	mcg	5		0		4		11	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		11	1	
Folate, DFE	mcg_DFE	5		0	NC	4		11	1	
Vitamin B-12	mcg	0.16		0		4		0.38	0.02	
Vitamin A, IU	IU	78		0		4		183	11	
Vitamin A, RAE	mcg_RAE	4		0	NC	4		9	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	10.365		0		1		24.358	1.524	
Tocopherol, alpha	mg	5.00		0		4		11.75	0.74	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.000		0		1		16.450	1.029	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	5.000		0		1		11.750	0.735	
17:0	g									
18:0	g	1.800		0		1		4.230	0.265	
20:0	g									
22:0	g									
24:0	g									

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

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

Common Measures:

Measure 1 = 235g: 1 cup

Measure 2 = 14.7g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	40.20		0		4		94.47	5.91	
Energy	kcal	467		0	NC	4		1098	69	
Energy	kj	1955				4		4595	287	
Protein (N x 6.25)	g	0.70		0		1		1.65	0.10	
Total lipid (fat)	g	48.30		0		1		113.51	7.10	
Ash	g	0.60		0		4		1.41	0.09	
Carbohydrate, by difference	g	10.20		0	NC	4		23.97	1.50	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		24	1	
Iron, Fe	mg	0.20		0		1		0.47	0.03	
Magnesium, Mg	mg									
Phosphorus, P	mg	5		0		1		12	1	
Potassium, K	mg	15		0		1		35	2	
Sodium, Na	mg	30		0		1		71	4	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		3.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.019		0		1		0.045	0.003	
Riboflavin	mg	0.003		0		1		0.007	0.000	
Niacin	mg	0.189		0		1		0.444	0.028	
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	78		0		1		183	11	
Vitamin A, RAE	mcg_RAE	4		0		1		9	1	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.000		0		1		16.450	1.029	
Fatty acids, total monounsaturated	g	11.200		0		1		26.320	1.646	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.100		0		1		0.235	0.015	
17:1	g									
18:1 undifferentiated	g	11.000		0		1		25.850	1.617	
20:1	g	0.100		0		1		0.235	0.015	
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	28.000		0		1		65.800	4.116	
18:2 undifferentiated	g	24.600		0		1		57.810	3.616	
18:3 undifferentiated	g	3.300		0		1		7.755	0.485	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	67		0		1		157	10	

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

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

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

Common Measures:

Measure 1 = 235g: 1 cup

Measure 2 = 14.7g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	39.90	2.403	11		1		93.77	5.87	
Energy	kcal	390		0	NC	4		916	57	
Energy	kj	1631				4		3832	240	
Protein (N x 6.25)	g	0.90	0.050	11		1		2.12	0.13	
Total lipid (fat)	g	33.40	0.412	124		1		78.49	4.91	
Ash	g	1.90	0.156	11		1		4.47	0.28	
Carbohydrate, by difference	g	23.90		0	NC	4		56.17	3.51	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		1		33	2	
Iron, Fe	mg	0.20		0		1		0.47	0.03	
Magnesium, Mg	mg	2		1		1		5	0	
Phosphorus, P	mg	26		0		1		61	4	
Potassium, K	mg	9		0		1		21	1	
Sodium, Na	mg	711	10.546	76		1		1670	104	
Zinc, Zn	mg	0.18		0		4		0.42	0.03	
Copper, Cu	mg	0.010		0		4		0.024	0.001	
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		3.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.013		0		4		0.031	0.002	
Riboflavin	mg	0.024		0		4		0.056	0.004	
Niacin	mg	0.004		0		4		0.009	0.001	
Pantothenic acid	mg	0.243		0		4		0.571	0.036	
Vitamin B-6	mg	0.017		0		4		0.040	0.002	
Folate, total	mcg	6		0		4		15	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		15	1	
Folate, DFE	mcg_DFE	6		0	NC	4		15	1	
Vitamin B-12	mcg	0.21		0		4		0.49	0.03	
Vitamin A, IU	IU	220		0		1		517	32	
Vitamin A, RAE	mcg_RAE	66		0		1		155	10	
Retinol	mcg	66		0	NC	4		155	10	
Vitamin E	mg_ATE	4.000		0	NC	4		9.400	0.588	
Tocopherol, alpha	mg	4.00		0		4		9.40	0.59	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.900		0		1		11.515	0.720	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.100	0.009	117		1		0.235	0.015	
13:0	g									
14:0	g	0.000	0.005	120		1		0.000	0.000	
15:0	g									
16:0	g	3.500	0.053	127		1		8.225	0.515	
17:0	g									
18:0	g	1.400	0.024	127		1		3.290	0.206	
20:0	g									
22:0	g									
24:0	g									

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

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

Common Measures:

Measure 1 = 235g: 1 cup

Measure 2 = 14.7g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.60		1		1		191.04	11.94	
Energy	kcal	97		0	NC	4		232	14	
Energy	kj	404				4		970	61	
Protein (N x 6.25)	g	2.10		1		1		5.04	0.32	
Total lipid (fat)	g	5.10		1		1		12.24	0.77	
Ash	g	2.10		1		1		5.04	0.32	
Carbohydrate, by difference	g	11.10		0	NC	4		26.64	1.67	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	72		0		4		173	11	
Iron, Fe	mg	0.50		0		4		1.20	0.08	
Magnesium, Mg	mg	7		0		4		17	1	
Phosphorus, P	mg	57		0		4		137	9	
Potassium, K	mg	97		0		4		233	15	
Sodium, Na	mg	504		1		1		1210	76	
Zinc, Zn	mg	0.25		0		4		0.60	0.04	
Copper, Cu	mg	0.010		0	A	1		0.024	0.002	
Manganese, Mn	mg	0.001		0	RA	4		0.002	0.000	
Selenium, Se	mcg	1.6		0	CAZN	4		3.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		4		0.8	0.1	
Thiamin	mg	0.024		0		4		0.058	0.004	
Riboflavin	mg	0.097		0		4		0.233	0.015	
Niacin	mg	0.054		0		4		0.130	0.008	
Pantothenic acid	mg	0.194		0		4		0.466	0.029	
Vitamin B-6	mg	0.021		0		4		0.050	0.003	
Folate, total	mcg	3		0		4		7	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		4		7	0	
Folate, DFE	mcg_DFE	3		0	NC	4		7	0	
Vitamin B-12	mcg	0.23		0		4		0.56	0.04	
Vitamin A, IU	IU	13		0		4		31	2	
Vitamin A, RAE	mcg_RAE	4		0	NC	4		9	1	
Retinol	mcg	4		0	NC	4		9	1	
Vitamin E	mg_ATE	0.860		0	RA	4		2.064	0.129	
Tocopherol, alpha	mg	0.40		0		4		0.96	0.06	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.800		0		1		6.720	0.420	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.100		2		1		0.240	0.015	
13:0	g									
14:0	g	0.400		2		1		0.960	0.060	
15:0	g									
16:0	g	1.200		2		1		2.880	0.180	
17:0	g									
18:0	g	1.000		2		1		2.400	0.150	
20:0	g									
22:0	g									
24:0	g									

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

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.70	0.617	3		1		150.48	9.41	
Energy	kcal	232		0	NC	4		556	35	
Energy	kj	969				4		2326	145	
Protein (N x 6.25)	g	0.30	0.250	3		1		0.72	0.05	
Total lipid (fat)	g	19.20	4.909	3		1		46.08	2.88	
Ash	g	1.80	0.367	3		1		4.32	0.27	
Carbohydrate, by difference	g	16.00		0	NC	4		38.40	2.40	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	10		0		4		24	2	
Sodium, Na	mg	497		1		1		1193	75	
Zinc, Zn	mg	0.11		1		1		0.26	0.02	
Copper, Cu	mg	0.010		0		4		0.024	0.002	
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		3.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	6.430		0		4		15.432	0.965	
Tocopherol, alpha	mg	2.00		0		4		4.80	0.30	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.300		0		1		7.920	0.495	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		1		1		0.000	0.000	
15:0	g									
16:0	g	2.400	0.651	3		1		5.760	0.360	
17:0	g									
18:0	g	0.900	0.252	3		1		2.160	0.135	
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	34.60	3.851	3		1		77.85	4.88	
Energy	kcal	482		0	NC	4		1084	68	
Energy	kj	2016				4		4537	284	
Protein (N x 6.25)	g	0.10	0.106	3		1		0.23	0.01	
Total lipid (fat)	g	47.70	2.691	3		1		107.33	6.73	
Ash	g	1.80	0.380	3		1		4.05	0.25	
Carbohydrate, by difference	g	15.80		0	NC	4		35.55	2.23	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.01		0		4		0.02	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	10		0		4		23	1	
Sodium, Na	mg	353		1		1		794	50	
Zinc, Zn	mg	0.11		0		4		0.25	0.02	
Copper, Cu	mg	0.001		0		4		0.002	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		3.6	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	9.400		0		1		21.150	1.325	
Tocopherol, alpha	mg	5.00		0		4		11.25	0.71	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.500		0		1		16.875	1.058	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		1		1		0.000	0.000	
13:0	g									
14:0	g	0.000		1		1		0.000	0.000	
15:0	g									
16:0	g	5.500	0.533	3		1		12.375	0.776	
17:0	g									
18:0	g	2.000	0.191	3		1		4.500	0.282	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04029

Salad dressing, mayonnaise, imitation, soybean without cholesterol

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

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

Common Measures:

Measure 1 = 225g: 1 cup

Measure 2 = 14.1g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.30	0.400	25		1		33.66	2.11	
Energy	kcal	717		0	NC	4		1577	99	
Energy	kj	2999				4		6598	414	
Protein (N x 6.25)	g	1.10	0.000	25		1		2.42	0.15	
Total lipid (fat)	g	79.40	0.000	678		1		174.68	10.96	
Ash	g	1.50	0.100	25		1		3.30	0.21	
Carbohydrate, by difference	g	2.70		0	NC	4		5.94	0.37	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		40	2	
Iron, Fe	mg	0.50		0		1		1.10	0.07	
Magnesium, Mg	mg	1		0		4		2	0	
Phosphorus, P	mg	28		0		1		62	4	
Potassium, K	mg	34		0		1		75	5	
Sodium, Na	mg	568	2.420	408		1		1250	78	
Zinc, Zn	mg	0.12		1		4		0.26	0.02	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		3.5	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		1		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.005		0		4		0.011	0.001	
Pantothenic acid	mg	0.297		0		4		0.653	0.041	
Vitamin B-6	mg	0.577		0		4		1.269	0.080	
Folate, total	mcg	8		0		4		17	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		4		17	1	
Folate, DFE	mcg_DFE	8		0	NC	4		17	1	
Vitamin B-12	mcg	0.26		0		4		0.56	0.04	
Vitamin A, IU	IU	280		0		1		616	39	
Vitamin A, RAE	mcg_RAE	84		0		1		185	12	
Retinol	mcg	84		0	NC	4		185	12	
Vitamin E	mg_ATE	22.000		0	NC	4		48.400	3.036	
Tocopherol, alpha	mg	22.00		0		4		48.40	3.04	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	8.600		0		1		18.920	1.187	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		2		1		0.000	0.000	
13:0	g									
14:0	g	0.100		2		1		0.220	0.014	
15:0	g									
16:0	g	6.100		2		1		13.420	0.842	
17:0	g									
18:0	g	2.400		2		1		5.280	0.331	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04026

Salad dressing, mayonnaise, soybean and safflower oil, with salt

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

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

Common Measures:

Measure 1 = 220g: 1 cup

Measure 2 = 13.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.30	0.395	25		1		33.66	2.11	
Energy	kcal	717		0	NC	4		1577	99	
Energy	kj	2999				4		6598	414	
Protein (N x 6.25)	g	1.10	0.000	25		1		2.42	0.15	
Total lipid (fat)	g	79.40	0.039	678		1		174.68	10.96	
Ash	g	1.50	0.053	25		1		3.30	0.21	
Carbohydrate, by difference	g	2.70		0	NC	4		5.94	0.37	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		40	2	
Iron, Fe	mg	0.50		0		1		1.10	0.07	
Magnesium, Mg	mg	1		0		4		2	0	
Phosphorus, P	mg	28		0		1		62	4	
Potassium, K	mg	34		0		1		75	5	
Sodium, Na	mg	568	2.424	408		1		1250	78	
Zinc, Zn	mg	0.16		1		4		0.35	0.02	
Copper, Cu	mg	0.010		0		4		0.022	0.001	
Manganese, Mn	mg									
Selenium, Se	mcg	1.7	0.431	15	A	1		3.7	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		1		0.000	0.000	
Riboflavin	mg	0.000		0		1		0.000	0.000	
Niacin	mg	0.005		0		4		0.011	0.001	
Pantothenic acid	mg	0.217		0		4		0.477	0.030	
Vitamin B-6	mg	0.577		0		4		1.269	0.080	
Folate, total	mcg	8		0		4		17	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		4		17	1	
Folate, DFE	mcg_DFE	8		0	NC	4		17	1	
Vitamin B-12	mcg	0.26		0		4		0.56	0.04	
Vitamin A, IU	IU	280		0		1		616	39	
Vitamin A, RAE	mcg_RAE	84		0		1		185	12	
Retinol	mcg	84		0	NC	4		185	12	
Vitamin E	mg_ATE	2.283		2	NC	4		5.022	0.315	
Tocopherol, alpha	mg	1.42		2	A	1		3.12	0.20	
Tocopherol, beta	mg									
Tocopherol, gamma	mg	8.20		2	A	1		18.04	1.13	
Tocopherol, delta	mg	1.43		2	A	1		3.14	0.20	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	11.800		0		1		25.960	1.628	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.100	0.006	575		1		0.220	0.014	
13:0	g									
14:0	g	0.100	0.005	575		1		0.220	0.014	
15:0	g									
16:0	g	8.500	0.063	594		1		18.700	1.173	
17:0	g									
18:0	g	3.100	0.014	594		1		6.820	0.428	
20:0	g									
22:0	g									
24:0	g									

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

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

Common Measures:

Measure 1 = 220g: 1 cup

Measure 2 = 13.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	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		36.74	2.30	
Energy	kcal	717		0	NC	4		1577	99	
Energy	kj	2999				4		6598	414	
Protein (N x 6.25)	g	1.10		0		1		2.42	0.15	
Total lipid (fat)	g	79.40		0		1		174.68	10.96	
Ash	g	0.10		0		4		0.22	0.01	
Carbohydrate, by difference	g	2.70		0	NC	4		5.94	0.37	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		40	2	
Iron, Fe	mg	0.50		0		1		1.10	0.07	
Magnesium, Mg	mg									
Phosphorus, P	mg	28		0		1		62	4	
Potassium, K	mg	34		0		1		75	5	
Sodium, Na	mg	30		0		1		66	4	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		3.5	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.000		0		1		0.000	0.000	
Riboflavin	mg	0.000		0		1		0.000	0.000	
Niacin	mg	0.000		0		1		0.000	0.000	
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	280		0		1		616	39	
Vitamin A, RAE	mcg_RAE	84		0		1		185	12	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	11.800		0		1		25.960	1.628	
Fatty acids, total monounsaturated	g	22.700		0		1		49.940	3.133	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.100		0		1		0.220	0.014	
17:1	g									
18:1 undifferentiated	g	22.500		0		1		49.500	3.105	
20:1	g	0.100		0		1		0.220	0.014	
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	37.100		0		1		81.620	5.120	
18:2 undifferentiated	g	37.100		0		1		81.620	5.120	
18:3 undifferentiated	g	4.200		0		1		9.240	0.580	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	59		0		1		130	8	

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

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

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

Common Measures:

Measure 1 = 220g: 1 cup

Measure 2 = 13.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.00	0.143	3		1		169.00	10.40	
Energy	kcal	141		0	NC	4		368	23	
Energy	kj	592				4		1538	95	
Protein (N x 6.25)	g	0.50	0.069	3		1		1.30	0.08	
Total lipid (fat)	g	4.00	0.265	3		1		10.40	0.64	
Ash	g	2.90	0.099	3		1		7.54	0.46	
Carbohydrate, by difference	g	27.60		0	NC	4		71.76	4.42	
Fiber, total dietary	g	0.3		0		4		0.8	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19		0		1		49	3	
Iron, Fe	mg	0.60		0		1		1.56	0.10	
Magnesium, Mg	mg	0		0		4		1	0	
Phosphorus, P	mg	37		0		1		96	6	
Potassium, K	mg	157		0		1		408	25	
Sodium, Na	mg	868		0		1		2257	139	
Zinc, Zn	mg	0.10		0		4		0.26	0.02	
Copper, Cu	mg	0.010		0		4		0.026	0.002	
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		4.2	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.0		0		4		15.6	1.0	
Thiamin	mg	0.007		0		4		0.018	0.001	
Riboflavin	mg	0.013		0		4		0.034	0.002	
Niacin	mg	0.002		0		4		0.005	0.000	
Pantothenic acid	mg	0.135		0		4		0.351	0.022	
Vitamin B-6	mg	0.009		0		4		0.023	0.001	
Folate, total	mcg	3		0		4		9	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		4		9	1	
Folate, DFE	mcg_DFE	3		0	NC	4		9	1	
Vitamin B-12	mcg	0.12		0		4		0.30	0.02	
Vitamin A, IU	IU	56		0		4		146	9	
Vitamin A, RAE	mcg_RAE	3		0	NC	4		7	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.760		0		4		1.976	0.122	
Tocopherol, alpha	mg	0.40		0		4		1.04	0.06	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.600		0		1		1.560	0.096	
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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.400		0		1		1.040	0.064	
17:0	g									
18:0	g	0.200		0		1		0.520	0.032	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.900		0		1		2.340	0.144	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.900		0		1		2.340	0.144	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.300		0		1		5.980	0.368	
18:2 undifferentiated.....g	2.000		0		1		5.200	0.320	
18:3 undifferentiated.....g	0.300		0		1		0.780	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	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6	0.324	3		1		16	1	
Phytosterols.....mg	10		0		4		26	2	
Amino Acids:									
Tryptophan.....g	0.007		0		4		0.018	0.001	
Threonine.....g	0.027		0		4		0.070	0.004	
Isoleucine.....g	0.029		0		4		0.075	0.005	
Leucine.....g	0.043		0		4		0.112	0.007	
Lysine.....g	0.034		0		4		0.088	0.005	
Methionine.....g	0.013		0		4		0.034	0.002	
Cystine.....g	0.009		0		4		0.023	0.001	
Phenylalanine.....g	0.022		0		4		0.057	0.004	
Tyrosine.....g	0.022		0		4		0.057	0.004	
Valine.....g	0.030		0		4		0.078	0.005	
Arginine.....g	0.035		0		4		0.091	0.006	
Histidine.....g	0.012		0		4		0.031	0.002	
Alanine.....g	0.025		0		4		0.065	0.004	
Aspartic acid.....g	0.042		0		4		0.109	0.007	
Glutamic acid.....g	0.061		0		4		0.159	0.010	
Glycine.....g	0.015		0		4		0.039	0.002	
Proline.....g	0.021		0		4		0.055	0.003	
Serine.....g	0.041		0		4		0.107	0.007	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 260g: 1 cup

Measure 2 = 16g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04015
Salad dressing, russian, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	34.50		1		1		84.53	5.18	
Energy	kcal	494		0	NC	4		1210	74	
Energy	kj	2067				4		5064	310	
Protein (N x 6.25)	g	1.60		1		1		3.92	0.24	
Total lipid (fat)	g	50.80		1		1		124.46	7.62	
Ash	g	2.70		1		1		6.62	0.41	
Carbohydrate, by difference	g	10.40		0	NC	4		25.48	1.56	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19		0		1		47	3	
Iron, Fe	mg	0.60		0		1		1.47	0.09	
Magnesium, Mg	mg	2		0		4		4	0	
Phosphorus, P	mg	37		0		1		91	6	
Potassium, K	mg	157		0		1		385	24	
Sodium, Na	mg	868		0		1		2127	130	
Zinc, Zn	mg	0.43		1		1		1.05	0.06	
Copper, Cu	mg	0.010		0		1		0.025	0.002	
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		3.9	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.0		0		1		14.7	0.9	
Thiamin	mg	0.050		0		1		0.123	0.008	
Riboflavin	mg	0.050		0		1		0.123	0.008	
Niacin	mg	0.600		0		1		1.470	0.090	
Pantothenic acid	mg	0.400		0		4		0.980	0.060	
Vitamin B-6	mg	0.030		0		4		0.074	0.005	
Folate, total	mcg	10		0		4		25	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		4		25	2	
Folate, DFE	mcg_DFE	10		0	NC	4		25	2	
Vitamin B-12	mcg	0.30		0		4		0.74	0.05	
Vitamin A, IU	IU	690		0		4		1691	104	
Vitamin A, RAE	mcg_RAE	35		0	NC	4		85	5	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	10.200		0		4		24.990	1.530	
Tocopherol, alpha	mg	6.00		0		4		14.70	0.90	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.300		0		1		17.885	1.095	
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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	5.200		0		1		12.740	0.780	
17:0	g									
18:0	g	1.900		0		1		4.655	0.285	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04015
Salad dressing, russian, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.800		0		1		28.910	1.770	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0		1		0.245	0.015	
17:1.....g									
18:1 undifferentiated.....g	11.600		0		1		28.420	1.740	
20:1.....g	0.100		0		1		0.245	0.015	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	29.400		0		1		72.030	4.410	
18:2 undifferentiated.....g	25.900		0		1		63.455	3.885	
18:3 undifferentiated.....g	3.500		0		1		8.575	0.525	
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	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	18		0		4		44	3	
Phytosterols.....mg	127		0		4		311	19	
Amino Acids:									
Tryptophan.....g	0.024		0		4		0.059	0.004	
Threonine.....g	0.087		0		4		0.213	0.013	
Isoleucine.....g	0.092		0		4		0.225	0.014	
Leucine.....g	0.136		0		4		0.333	0.020	
Lysine.....g	0.108		0		4		0.265	0.016	
Methionine.....g	0.041		0		4		0.100	0.006	
Cystine.....g	0.028		0		4		0.069	0.004	
Phenylalanine.....g	0.070		0		4		0.172	0.011	
Tyrosine.....g	0.070		0		4		0.172	0.011	
Valine.....g	0.098		0		4		0.240	0.015	
Arginine.....g	0.111		0		4		0.272	0.017	
Histidine.....g	0.038		0		4		0.093	0.006	
Alanine.....g	0.080		0		4		0.196	0.012	
Aspartic acid.....g	0.134		0		4		0.328	0.020	
Glutamic acid.....g	0.196		0		4		0.480	0.029	
Glycine.....g	0.048		0		4		0.118	0.007	
Proline.....g	0.067		0		4		0.164	0.010	
Serine.....g	0.133		0		4		0.326	0.020	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04016
Salad dressing, sesame seed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	39.20	3.740	6		1		96.04	5.88	
Energy	kcal	443		0	NC	4		1086	66	
Energy	kj	1854				4		4542	278	
Protein (N x 6.25)	g	3.10	1.288	6		1		7.60	0.47	
Total lipid (fat)	g	45.20	4.899	6		1		110.74	6.78	
Ash	g	3.90	0.223	6		1		9.56	0.59	
Carbohydrate, by difference	g	8.60		0	NC	4		21.07	1.29	
Fiber, total dietary	g	1.0		0		4		2.5	0.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19		0		4		47	3	
Iron, Fe	mg	0.60		0		4		1.47	0.09	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	37		0		4		91	6	
Potassium, K	mg	157		0		4		385	24	
Sodium, Na	mg	1000		0		1		2450	150	
Zinc, Zn	mg	0.10		0		4		0.25	0.02	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		3.9	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	690		0		4		1691	104	
Vitamin A, RAE	mcg_RAE	35		0	NC	4		85	5	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	5.000		0	NC	4		12.250	0.750	
Tocopherol, alpha	mg	5.00		0		4		12.25	0.75	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.200		0		1		15.190	0.930	
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	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	4.200	0.466	6		1		10.290	0.630	
17:0	g									
18:0	g	1.900	0.230	6		1		4.655	0.285	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04016
Salad dressing, sesame seed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.900		0		1		29.155	1.785	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	11.900	1.343	6		1		29.155	1.785	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.100		0		1		61.495	3.765	
18:2 undifferentiated.....g	23.200	2.518	6		1		56.840	3.480	
18:3 undifferentiated.....g	2.000	0.312	6		1		4.900	0.300	
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	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	6		1		0	0	
Phytosterols.....mg	113		0		4		277	17	
Amino Acids:									
Tryptophan.....g	0.047		0		4		0.115	0.007	
Threonine.....g	0.049		0		4		0.120	0.007	
Isoleucine.....g	0.047		0		4		0.115	0.007	
Leucine.....g	0.082		0		4		0.201	0.012	
Lysine.....g	0.142		0		4		0.348	0.021	
Methionine.....g	0.029		0		4		0.071	0.004	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.086		0		4		0.211	0.013	
Tyrosine.....g	0.102		0		4		0.250	0.015	
Valine.....g	0.068		0		4		0.167	0.010	
Arginine.....g	0.399		0		4		0.978	0.060	
Histidine.....g	0.031		0		4		0.076	0.005	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.461		0		4		1.129	0.069	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.10		1		1		115.25	7.38	
Energy	kcal	377		0	NC	4		943	60	
Energy	kj	1579				4		3947	253	
Protein (N x 6.25)	g	0.90		1		1		2.25	0.14	
Total lipid (fat)	g	35.70		1		1		89.25	5.71	
Ash	g	2.10		1		1		5.25	0.34	
Carbohydrate, by difference	g	15.20		0	NC	4		38.00	2.43	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		28	2	
Iron, Fe	mg	0.60		0		1		1.50	0.10	
Magnesium, Mg	mg	2		0		4		5	0	
Phosphorus, P	mg	17		0		1		43	3	
Potassium, K	mg	113		0		1		283	18	
Sodium, Na	mg	700		0		1		1750	112	
Zinc, Zn	mg	0.14		1		1		0.35	0.02	
Copper, Cu	mg	0.010		0		4		0.025	0.002	
Manganese, Mn	mg									
Selenium, Se	mcg	2.1	0.831	3	A	1		5.3	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.013		0		4		0.033	0.002	
Riboflavin	mg	0.024		0		4		0.060	0.004	
Niacin	mg	0.004		0		4		0.010	0.001	
Pantothenic acid	mg	0.243		0		4		0.608	0.039	
Vitamin B-6	mg	0.017		0		4		0.043	0.003	
Folate, total	mcg	6		0		4		16	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		16	1	
Folate, DFE	mcg_DFE	6		0	NC	4		16	1	
Vitamin B-12	mcg	0.21		0		4		0.52	0.03	
Vitamin A, IU	IU	320		0		1		800	51	
Vitamin A, RAE	mcg_RAE	16		0		1		40	3	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	1.140		0		4		2.850	0.182	
Tocopherol, alpha	mg	4.00		0		4		10.00	0.64	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.000		0		1		15.000	0.960	
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	
12:0	g	0.100		1		1		0.250	0.016	
13:0	g									
14:0	g	0.100		1		1		0.250	0.016	
15:0	g									
16:0	g	4.300		1		1		10.750	0.688	
17:0	g									
18:0	g	1.300		1		1		3.250	0.208	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.300		0		1		20.750	1.328	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		1		1		0.500	0.032	
17:1.....g									
18:1 undifferentiated.....g	7.700		1		1		19.250	1.232	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	19.800		0		1		49.500	3.168	
18:2 undifferentiated.....g	16.500		1		1		41.250	2.640	
18:3 undifferentiated.....g	2.500		1		1		6.250	0.400	
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	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	26		0		4		65	4	
Phytosterols.....mg	97		0		4		243	16	
Amino Acids:									
Tryptophan.....g	0.013		0		4		0.033	0.002	
Threonine.....g	0.049		0		4		0.123	0.008	
Isoleucine.....g	0.052		0		4		0.130	0.008	
Leucine.....g	0.077		0		4		0.193	0.012	
Lysine.....g	0.061		0		4		0.153	0.010	
Methionine.....g	0.023		0		4		0.058	0.004	
Cystine.....g	0.016		0		4		0.040	0.003	
Phenylalanine.....g	0.039		0		4		0.098	0.006	
Tyrosine.....g	0.039		0		4		0.098	0.006	
Valine.....g	0.055		0		4		0.138	0.009	
Arginine.....g	0.062		0		4		0.155	0.010	
Histidine.....g	0.022		0		4		0.055	0.004	
Alanine.....g	0.045		0		4		0.113	0.007	
Aspartic acid.....g	0.075		0		4		0.188	0.012	
Glutamic acid.....g	0.110		0		4		0.275	0.018	
Glycine.....g	0.027		0		4		0.068	0.004	
Proline.....g	0.037		0		4		0.093	0.006	
Serine.....g	0.075		0		4		0.188	0.012	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04023

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.30	0.163	3		1		169.79	10.40	
Energy	kcal	159		0	NC	4		389	24	
Energy	kj	664				4		1626	100	
Protein (N x 6.25)	g	0.80	0.000	3		1		1.96	0.12	
Total lipid (fat)	g	10.70	0.584	3		1		26.22	1.61	
Ash	g	3.10	0.014	3		1		7.60	0.47	
Carbohydrate, by difference	g	16.20		0	NC	4		39.69	2.43	
Fiber, total dietary	g	1.2		0		4		2.9	0.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		27	2	
Iron, Fe	mg	0.60		0		1		1.47	0.09	
Magnesium, Mg	mg	1		0		4		2	0	
Phosphorus, P	mg	17		0		1		42	3	
Potassium, K	mg	113		0		1		277	17	
Sodium, Na	mg	1000		0		1		2450	150	
Zinc, Zn	mg	0.16		0		4		0.39	0.02	
Copper, Cu	mg	0.010		0		4		0.025	0.002	
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		3.9	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.011		0		4		0.027	0.002	
Riboflavin	mg	0.021		0		4		0.051	0.003	
Niacin	mg	0.003		0		4		0.007	0.000	
Pantothenic acid	mg	0.216		0		4		0.529	0.032	
Vitamin B-6	mg	0.015		0		4		0.037	0.002	
Folate, total	mcg	6		0		4		14	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		14	1	
Folate, DFE	mcg_DFE	6		0	NC	4		14	1	
Vitamin B-12	mcg	0.19		0		4		0.45	0.03	
Vitamin A, IU	IU	320		0		1		784	48	
Vitamin A, RAE	mcg_RAE	16		0		1		39	2	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	1.190		0	BFZN	4		2.916	0.179	
Tocopherol, alpha	mg	1.00		0		4		2.45	0.15	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.600		0		1		3.920	0.240	
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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	1.100		3		1		2.695	0.165	
17:0	g									
18:0	g	0.400	0.028	3		1		0.980	0.060	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04023

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.400		0		1		5.880	0.360	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	2.400	0.141	3		1		5.880	0.360	
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	6.200		0		1		15.190	0.930	
18:2 undifferentiated.....g	5.300	0.304	3		1		12.985	0.795	
18:3 undifferentiated.....g	0.900	0.089	3		1		2.205	0.135	
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	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	15	0.223	3		1		37	2	
Phytosterols.....mg	27		0		4		66	4	
Amino Acids:									
Tryptophan.....g	0.012		0		4		0.029	0.002	
Threonine.....g	0.043		0		4		0.105	0.006	
Isoleucine.....g	0.046		0		4		0.113	0.007	
Leucine.....g	0.068		0		4		0.167	0.010	
Lysine.....g	0.054		0		4		0.132	0.008	
Methionine.....g	0.020		0		4		0.049	0.003	
Cystine.....g	0.014		0		4		0.034	0.002	
Phenylalanine.....g	0.034		0		4		0.083	0.005	
Tyrosine.....g	0.034		0		4		0.083	0.005	
Valine.....g	0.049		0		4		0.120	0.007	
Arginine.....g	0.055		0		4		0.135	0.008	
Histidine.....g	0.019		0		4		0.047	0.003	
Alanine.....g	0.040		0		4		0.098	0.006	
Aspartic acid.....g	0.067		0		4		0.164	0.010	
Glutamic acid.....g	0.097		0		4		0.238	0.015	
Glycine.....g	0.024		0		4		0.059	0.004	
Proline.....g	0.033		0		4		0.081	0.005	
Serine.....g	0.066		0		4		0.162	0.010	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	40.80	1.148	6		1		99.96	6.12	
Energy	kcal	389		0	NC	4		953	58	
Energy	kj	1628				4		3988	244	
Protein (N x 6.25)	g	0.90	0.106	7		1		2.21	0.14	
Total lipid (fat)	g	34.00	1.570	7		1		83.30	5.10	
Ash	g	2.00	0.140	7		1		4.90	0.30	
Carbohydrate, by difference	g	22.40		0	NC	4		54.88	3.36	
Fiber, total dietary	g	0.4		0		4		1.0	0.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		4		34	2	
Iron, Fe	mg	0.20		0		4		0.49	0.03	
Magnesium, Mg	mg	2		0		4		5	0	
Phosphorus, P	mg	26		0		4		64	4	
Potassium, K	mg	35		0		4		86	5	
Sodium, Na	mg	1000		0		4		2450	150	
Zinc, Zn	mg	0.81		0		4		1.98	0.12	
Copper, Cu	mg	0.010		0		4		0.025	0.002	
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		3.9	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.010		0		4		0.025	0.002	
Riboflavin	mg	0.020		0		4		0.049	0.003	
Niacin	mg	0.010		0		4		0.025	0.002	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.020		0		4		0.049	0.003	
Folate, total	mcg	6		0		4		15	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		15	1	
Folate, DFE	mcg_DFE	6		0	NC	4		15	1	
Vitamin B-12	mcg	0.21		0		4		0.51	0.03	
Vitamin A, IU	IU	220		0		4		539	33	
Vitamin A, RAE	mcg_RAE	66		0	NC	4		162	10	
Retinol	mcg	66		0	NC	4		162	10	
Vitamin E	mg_ATE	6.980		0	BFFN	4		17.101	1.047	
Tocopherol, alpha	mg	4.00		0		4		9.80	0.60	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	5.100		0		1		12.495	0.765	
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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	3.900	0.202	8		1		9.555	0.585	
17:0	g									
18:0	g	1.200	0.080	8		1		2.940	0.180	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.400		0		1		18.130	1.110	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	7.400	0.364	8		1		18.130	1.110	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	20.000		0		1		49.000	3.000	
18:2 undifferentiated.....g	18.100	0.848	8		1		44.345	2.715	
18:3 undifferentiated.....g	1.900	0.188	8		1		4.655	0.285	
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	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	76	5.857	7		1		186	11	
Phytosterols.....mg	75		0		4		184	11	
Amino Acids:									
Tryptophan.....g	0.013		0		4		0.032	0.002	
Threonine.....g	0.049		0		4		0.120	0.007	
Isoleucine.....g	0.052		0		4		0.127	0.008	
Leucine.....g	0.077		0		4		0.189	0.012	
Lysine.....g	0.061		0		4		0.149	0.009	
Methionine.....g	0.023		0		4		0.056	0.003	
Cystine.....g	0.016		0		4		0.039	0.002	
Phenylalanine.....g	0.039		0		4		0.096	0.006	
Tyrosine.....g	0.039		0		4		0.096	0.006	
Valine.....g	0.055		0		4		0.135	0.008	
Arginine.....g	0.062		0		4		0.152	0.009	
Histidine.....g	0.022		0		4		0.054	0.003	
Alanine.....g	0.045		0		4		0.110	0.007	
Aspartic acid.....g	0.075		0		4		0.184	0.011	
Glutamic acid.....g	0.110		0		4		0.270	0.017	
Glycine.....g	0.027		0		4		0.066	0.004	
Proline.....g	0.037		0		4		0.091	0.006	
Serine.....g	0.075		0		4		0.184	0.011	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	884		0	NC	4		1812	113	
Energy	kj	3699				4		7582	473	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		205.00	12.80	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn	mg	0.000		0	BFZN	4		0.000	0.000	
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	8.120		0	BFZN	4		16.646	1.039	
Tocopherol, alpha	mg	8.00		0		4		16.40	1.02	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	22.000		0		1		45.100	2.816	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	10.400	0.386	7		1		21.320	1.331	
17:0	g									
18:0	g	11.600	1.595	7		1		23.780	1.485	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	33.000		0		1		67.650	4.224	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	33.000	3.373	7		1		67.650	4.224	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	40.600		0		1		83.230	5.197	
18:2 undifferentiated.....g	36.700	2.189	7		1		75.235	4.698	
18:3 undifferentiated.....g	4.000	0.641	7		1		8.200	0.512	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	200		0		4		410	26	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04548
Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	884		0	NC	4		1812	113	
Energy	kj	3699				4		7582	473	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		205.00	12.80	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	13.700		0		4		28.085	1.754	
Tocopherol, alpha	mg	8.00		0		4		16.40	1.02	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	27.200		0		1		55.760	3.482	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.100		1		1		0.205	0.013	
13:0	g									
14:0	g	0.400		1		1		0.820	0.051	
15:0	g									
16:0	g	18.000	1.629	3		1		36.900	2.304	
17:0	g									
18:0	g	8.800	2.903	3		1		18.040	1.126	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04548

Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	54.200		0		1		111.110	6.938	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	54.200	1.609	3		1		111.110	6.938	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.100		0		1		28.905	1.805	
18:2 undifferentiated.....g	13.100	1.124	3		1		26.855	1.677	
18:3 undifferentiated.....g	1.100		1		1		2.255	0.141	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	200		0		4		410	26	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04551
Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	884		0	NC	4		1812	113	
Energy	kj	3699				4		7582	473	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		205.00	12.80	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	2.280		0	RA	4		4.674	0.292	
Tocopherol, alpha	mg	0.40		0		4		0.82	0.05	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	91.300		0		1		187.165	11.686	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	4.300	0.625	3		1		8.815	0.550	
10:0	g	4.300	0.634	3		1		8.815	0.550	
12:0	g	35.800	3.295	3		1		73.390	4.582	
13:0	g									
14:0	g	14.400	1.421	3		1		29.520	1.843	
15:0	g									
16:0	g	10.700	0.599	3		1		21.935	1.370	
17:0	g									
18:0	g	21.900	5.376	3		1		44.895	2.803	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04551

Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.200		0		1		4.510	0.282	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	2.200	0.316	3		1		4.510	0.282	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0		1		2.050	0.128	
18:2 undifferentiated.....g	1.000		1		1		2.050	0.128	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	86		0		4		176	11	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04550
Shortening frying (heavy duty), beef tallow and cottonseed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	900		0	NC	4		1845	115	
Energy	kj	3766				4		7719	482	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		205.00	12.80	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	4.00		0		4		8.20	0.51	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	44.900		0		1		92.045	5.747	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	3.400		1		1		6.970	0.435	
15:0	g									
16:0	g	24.500		1		1		50.225	3.136	
17:0	g									
18:0	g	17.000		1		1		34.850	2.176	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04550
Shortening frying (heavy duty), beef tallow and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	38.500		0		1		78.925	4.928	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	4.300		1		1		8.815	0.550	
17:1.....g									
18:1 undifferentiated.....g	34.200		1		1		70.110	4.378	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.800		0		1		18.040	1.126	
18:2 undifferentiated.....g	8.300		1		1		17.015	1.062	
18:3 undifferentiated.....g	0.500		1		1		1.025	0.064	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	100		0		4		205	13	
Phytosterols.....mg	32		0		4		66	4	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04556
Shortening frying (heavy duty), palm (hydrogenated)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	884		0	NC	4		1812	113	
Energy	kj	3699				4		7582	473	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		205.00	12.80	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	19.00		0		4		38.95	2.43	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	47.500		0		1		97.375	6.080	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	40.600	1.813	4		1		83.230	5.197	
17:0	g									
18:0	g	6.900	0.767	4		1		14.145	0.883	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04556
Shortening frying (heavy duty), palm (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	40.600		0		1		83.230	5.197	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	40.600	1.714	4		1		83.230	5.197	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.500		0		1		15.375	0.960	
18:2 undifferentiated.....g	7.500	2.186	4		1		15.375	0.960	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	49		0		4		100	6	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04552

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (30%) stabilizers with silicon

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	884		0	NC	4		1812	113	
Energy	kj	3699				4		7582	473	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		205.00	12.80	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	8.10		0		4		16.61	1.04	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	18.400		0		1		37.720	2.355	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	10.200	0.331	8		1		20.910	1.306	
17:0	g									
18:0	g	8.300	0.226	8		1		17.015	1.062	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04552

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (30%) stabilizers with silicon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	43.700		0		1		89.585	5.594	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	43.700	0.519	8		1		89.585	5.594	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	33.500		0		1		68.675	4.288	
18:2 undifferentiated.....g	31.100	0.453	8		1		63.755	3.981	
18:3 undifferentiated.....g	2.400	0.213	8		1		4.920	0.307	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	132		0		4		271	17	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04560
Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	884		0	NC	4		1812	113	
Energy	kj	3699				4		7582	473	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		205.00	12.80	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	4.00		0		4		8.20	0.51	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	21.100		0		1		43.255	2.701	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	10.900		1		1		22.345	1.395	
17:0	g									
18:0	g	10.200		1		1		20.910	1.306	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04560

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	73.700		0		1		151.085	9.434	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	73.700		1		1		151.085	9.434	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.400		0		1		0.820	0.051	
18:2 undifferentiated.....g	0.300		1		1		0.615	0.038	
18:3 undifferentiated.....g	0.100		1		1		0.205	0.013	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	181		0		4		371	23	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04547

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	884		0	NC	4		1812	113	
Energy	kj	3699				4		7582	473	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		205.00	12.80	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	8.00		0		4		16.40	1.02	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	15.400		0		1		31.570	1.971	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	9.600	0.604	5		1		19.680	1.229	
17:0	g									
18:0	g	5.800	0.981	5		1		11.890	0.742	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04547

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

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04559
Shortening household soybean (hydrogenated) and palm

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1		1		0.00	0.00	
Energy	kcal	884		0	NC	4		1812	113	
Energy	kj	3699				4		7582	473	
Protein (N x 0)	g	0.00		1		1		0.00	0.00	
Total lipid (fat)	g	100.00		1		1		205.00	12.80	
Ash	g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg	0.000		0		4		0.000	0.000	
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	8.300		0		1		17.015	1.062	
Tocopherol, alpha	mg	12.00		0		4		24.60	1.54	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	25.020		0		1		51.291	3.203	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.100		1		1		0.205	0.013	
10:0	g	0.100		1		1		0.205	0.013	
12:0	g	0.400	0.262	3		1		0.820	0.051	
13:0	g									
14:0	g	0.240		2		1		0.492	0.031	
15:0	g									
16:0	g	14.040		2		1		28.782	1.797	
17:0	g									
18:0	g	10.740		2		1		22.017	1.375	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04559
Shortening household soybean (hydrogenated) and palm

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	42.510		0		1		87.146	5.441	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		2		1		0.205	0.013	
17:1.....g									
18:1 undifferentiated.....g	42.220		2		1		86.551	5.404	
20:1.....g	0.190		2		1		0.390	0.024	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	26.640		0		1		54.612	3.410	
18:2 undifferentiated.....g	25.160		2		1		51.578	3.220	
18:3 undifferentiated.....g	1.480		2		1		3.034	0.189	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	148		1		1		303	19	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04549
Shortening industrial, lard and vegetable oil

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	900		0	NC	4		1845	115	
Energy	kj	3766				4		7719	482	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		205.00	12.80	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	1.00		0		4		2.05	0.13	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	35.700		0		1		73.185	4.570	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.200		2		1		0.410	0.026	
13:0	g									
14:0	g	1.200		2		1		2.460	0.154	
15:0	g									
16:0	g	19.200	1.198	3		1		39.360	2.458	
17:0	g									
18:0	g	14.600	0.240	3		1		29.930	1.869	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04549
Shortening industrial, lard and vegetable oil

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	40.700		0		1		83.435	5.210	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.400		2		1		2.870	0.179	
17:1.....g									
18:1 undifferentiated.....g	38.000	1.934	3		1		77.900	4.864	
20:1.....g	0.600		2		1		1.230	0.077	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	19.200		0		1		39.360	2.458	
18:2 undifferentiated.....g	18.100	0.683	3		1		37.105	2.317	
18:3 undifferentiated.....g	1.000		2		1		2.050	0.128	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	56		0		4		115	7	
Phytosterols.....mg	13		0		4		27	2	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04554
Shortening industrial, soybean (hydrogenated) and cottonseed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	884		0	NC	4		1812	113	
Energy	kj	3699				4		7582	473	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		205.00	12.80	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	13.700		0		4		28.085	1.754	
Tocopherol, alpha	mg	8.00		0		4		16.40	1.02	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	25.600		0		1		52.480	3.277	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.500	0.158	6		1		1.025	0.064	
15:0	g									
16:0	g	13.000	0.401	22		1		26.650	1.664	
17:0	g									
18:0	g	12.100	0.445	22		1		24.805	1.549	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04554
Shortening industrial, soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	58.000		0		1		118.900	7.424	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	58.000	1.046	22		1		118.900	7.424	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.000		0		1		24.600	1.536	
18:2 undifferentiated.....g	11.400	1.028	22		1		23.370	1.459	
18:3 undifferentiated.....g	0.600	0.171	10		1		1.230	0.077	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	200		0		4		410	26	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04570
Shortening, confectionery, fractionated palm

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	884		0	NC	4		1927	120	
Energy	kj	3699				4		8063	503	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		218.00	13.60	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	19.00		0		4		41.42	2.58	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	65.500		0		1		142.790	8.908	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	1.100		1		1		2.398	0.150	
13:0	g									
14:0	g	0.900		1		1		1.962	0.122	
15:0	g									
16:0	g	36.000		1		1		78.480	4.896	
17:0	g									
18:0	g	26.200		1		1		57.116	3.563	
20:0	g									
22:0	g									
24:0	g									

NDB No. 04570
Shortening, confectionery, fractionated palm

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	29.600		0		1		64.528	4.026	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	29.300		1		1		63.874	3.985	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.500		0		1		1.090	0.068	
18:2 undifferentiated.....g	0.500		1		1		1.090	0.068	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	49		0		4		107	7	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	900		0	NC	4		1845	115	
Energy	kj	3766				4		7719	482	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		205.00	12.80	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		7		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	1.210		0		1		2.481	0.155	
Tocopherol, alpha	mg	1.00		0		4		2.05	0.13	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	40.300		0		1		82.615	5.158	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.100		7		1		0.205	0.013	
12:0	g	0.100		10		1		0.205	0.013	
13:0	g									
14:0	g	1.600	0.132	13		1		3.280	0.205	
15:0	g									
16:0	g	23.000	0.247	20		1		47.150	2.944	
17:0	g									
18:0	g	15.200	0.746	20		1		31.160	1.946	
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	884		0	NC	4		1812	113	
Energy	kj	3699				4		7582	473	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		205.00	12.80	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	8.280		0	A	1		16.974	1.060	
Tocopherol, alpha	mg	8.00		0		4		16.40	1.02	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	25.000		0		1		51.250	3.200	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.400		11		1		0.820	0.051	
15:0	g									
16:0	g	14.100	0.470	19		1		28.905	1.805	
17:0	g									
18:0	g	10.600	0.359	19		1		21.730	1.357	
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04595
Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1		1		0.00	0.00	
Energy	kcal	884		0	NC	4		1812	113	
Energy	kj	3699				4		7582	473	
Protein (N x 0)	g	0.00		1		1		0.00	0.00	
Total lipid (fat)	g	100.00		1		1		205.00	12.80	
Ash	g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg	0.000		0		4		0.000	0.000	
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	30.423		0		1		62.367	3.894	
4:0	g									
6:0	g									
8:0	g	0.101		1		1		0.207	0.013	
10:0	g	0.101		1		1		0.207	0.013	
12:0	g	0.403		1		1		0.826	0.052	
13:0	g									
14:0	g	0.403		1		1		0.826	0.052	
15:0	g									
16:0	g	19.442		1		1		39.856	2.489	
17:0	g									
18:0	g	9.973		1		1		20.445	1.277	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	50.973		0		1		104.495	6.525	
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 04595
Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	50.973		1		1		104.495	6.525	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	14.204		0		1		29.118	1.818	
18:2 undifferentiated ....g	13.600		1		1		27.880	1.741	
18:3 undifferentiated ....g	0.604		1		1		1.238	0.077	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04587

Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1		1		0.00	0.00	
Energy	kcal	884		0	NC	4		1812	113	
Energy	kj	3699				4		7582	473	
Protein (N x 0)	g	0.00		1		1		0.00	0.00	
Total lipid (fat)	g	100.00		1		1		205.00	12.80	
Ash	g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg	0.000		0		4		0.000	0.000	
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	28.843		0		1		59.128	3.692	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.450		1		1		0.923	0.058	
15:0	g									
16:0	g	23.392		1		1		47.954	2.994	
17:0	g									
18:0	g	5.001		1		1		10.252	0.640	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	29.583		0		1		60.645	3.787	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.230		1		1		0.472	0.029	

NDB No. 04587

Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	29.353		1		1		60.174	3.757	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	37.174		0		1		76.207	4.758	
18:2 undifferentiated ....g	33.984		1		1		69.667	4.350	
18:3 undifferentiated ....g	3.190		1		1		6.540	0.408	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04586
Shortening, special purpose for cakes and frostings, soybean (hydrogenated)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1		1		0.00	0.00	
Energy	kcal	884		0	NC	4		1812	113	
Energy	kj	3699				4		7582	473	
Protein (N x 0)	g	0.00		1		1		0.00	0.00	
Total lipid (fat)	g	100.00		1		1		205.00	12.80	
Ash	g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg	0.000		0		4		0.000	0.000	
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	20.001		0		1		41.002	2.560	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	9.666		1		1		19.815	1.237	
17:0	g									
18:0	g	10.335		1		1		21.187	1.323	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	36.555		0		1		74.938	4.679	
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 04586

Shortening, special purpose for cakes and frostings, soybean (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	36.555		1		1		74.938	4.679	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	37.991		0		1		77.882	4.863	
18:2 undifferentiated ....g	35.790		1		1		73.370	4.581	
18:3 undifferentiated ....g	2.201		1		1		4.512	0.282	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04581
Vegetable oil, avocado

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	124	40
Energy	kj	3699				4		8063	518	166
Protein (N x 0)	g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1		1		218.00	14.00	4.50
Ash	g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	11.560		0		1		25.201	1.618	0.520
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	10.900		2		1		23.762	1.526	0.491
17:0	g									
18:0	g	0.660		2		1		1.439	0.092	0.030
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	70.554		0		1		153.808	9.878	3.175
14:1	g									
15:1	g									
16:1 undifferentiated	g	2.665		2		1		5.810	0.373	0.120

NDB No. 04581
Vegetable oil, avocado

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	67.889		2		1		147.998	9.504	3.055
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	13.486		0		1		29.399	1.888	0.607
18:2 undifferentiated ... g	12.530		2		1		27.315	1.754	0.564
18:3 undifferentiated ... g	0.957		2		1		2.086	0.134	0.043
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg									
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04582
Vegetable oil, canola

low erucic acid rapeseed oil
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	124	40
Energy	kj	3699				4		8063	518	166
Protein (N x 0)	g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1		1		218.00	14.00	4.50
Ash	g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	20.950		0		1		45.671	2.933	0.943
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.100		0		1		15.478	0.994	0.320
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	4.000		45		1		8.720	0.560	0.180
17:0	g									
18:0	g	1.800		45		1		3.924	0.252	0.081
20:0	g	0.700		1		1		1.526	0.098	0.032
22:0	g	0.400		1		1		0.872	0.056	0.018
24:0	g	0.200		1		1		0.436	0.028	0.009
Fatty acids, total monounsaturated	g	58.900		0		1		128.402	8.246	2.651
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.200		22		1		0.436	0.028	0.009

NDB No. 04582
Vegetable oil, canola

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	56.100		45		1		122.298	7.854	2.525
20:1 ... g	1.700		22		1		3.706	0.238	0.077
22:1 undifferentiated ... g	0.600		45		1		1.308	0.084	0.027
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	29.600		0		1		64.528	4.144	1.332
18:2 undifferentiated ... g	20.300		45		1		44.254	2.842	0.914
18:3 undifferentiated ... g	9.300		45		1		20.274	1.302	0.419
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		4		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		0	z	7		0	0	0
Theobromine ... mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04047
Vegetable oil, coconut

Refuse: 0%

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

NDB No. 04047
Vegetable oil, coconut

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04583
Vegetable oil, mustard

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	124	40
Energy	kj	3699				4		8063	518	166
Protein (N x 0)	g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1		1		218.00	14.00	4.50
Ash	g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	11.582		0		1		25.249	1.621	0.521
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	1.388		2		1		3.026	0.194	0.062
15:0	g									
16:0	g	3.750		2		1		8.175	0.525	0.169
17:0	g									
18:0	g	1.119		2		1		2.439	0.157	0.050
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	59.187		0		1		129.028	8.286	2.663
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.216		2		1		0.471	0.030	0.010

NDB No. 04583
Vegetable oil, mustard

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	11.607		2		1		25.303	1.625	0.522
20:1 ... g	6.190		2		1		13.494	0.867	0.279
22:1 undifferentiated ... g	41.175		2		1		89.762	5.765	1.853
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	21.230		0		1		46.281	2.972	0.955
18:2 undifferentiated ... g	15.332		2		1		33.424	2.146	0.690
18:3 undifferentiated ... g	5.899		2		1		12.860	0.826	0.265
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg									
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04588
Vegetable oil, oat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kj	3699				4		8063	503	166
Protein (N x 0)	g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1		1		218.00	13.60	4.50
Ash	g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	14.400		0		1		31.392	1.958	0.648
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	19.620		0		1		42.772	2.668	0.883
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.390		238		1		0.850	0.053	0.018
13:0	g									
14:0	g	0.240		238		1		0.523	0.033	0.011
15:0	g									
16:0	g	16.670		238		1		36.341	2.267	0.750
17:0	g									
18:0	g	1.050		238		1		2.289	0.143	0.047
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	35.110		0		1		76.540	4.775	1.580
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.200		238		1		0.436	0.027	0.009

NDB No. 04588
Vegetable oil, oat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	34.900		238		1		76.082	4.746	1.571
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	40.870		0		1		89.097	5.558	1.839
18:2 undifferentiated ....g	39.080		238		1		85.194	5.315	1.759
18:3 undifferentiated ....g	1.790		238		1		3.902	0.243	0.081
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0		4		0	0	0
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04513
Vegetable oil, palm kernel

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1		1		0.00	0.00	0.00
Energy	kcal	862		0	NC	4		1879	117	233
Energy	kj	3607				4		7862	490	974
Protein (N x 0)	g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1		1		218.00	13.60	27.00
Ash	g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1		1		0	0	0
Iron, Fe	mg	0.00		1		1		0.00	0.00	0.00
Magnesium, Mg	mg	0		1		1		0	0	0
Phosphorus, P	mg	0		1		1		0	0	0
Potassium, K	mg	0		1		1		0	0	0
Sodium, Na	mg	0		1		1		0	0	0
Zinc, Zn	mg	0.00		1		1		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	0.0
Thiamin	mg	0.000		1		1		0.000	0.000	0.000
Riboflavin	mg	0.000		1		1		0.000	0.000	0.000
Niacin	mg	0.000		1		1		0.000	0.000	0.000
Pantothenic acid	mg	0.000		1		1		0.000	0.000	0.000
Vitamin B-6	mg	0.000		1		1		0.000	0.000	0.000
Folate, total	mcg	0		1		1		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		1		1		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	0.00
Vitamin A, IU	IU	0		1		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		1		1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	3.810		0		1		8.306	0.518	1.029
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	81.500		0		1		177.670	11.084	22.005
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.200		14		1		0.436	0.027	0.054
8:0	g	3.300		14		1		7.194	0.449	0.891
10:0	g	3.700		14		1		8.066	0.503	0.999
12:0	g	47.000		14		1		102.460	6.392	12.690
13:0	g									
14:0	g	16.400		14		1		35.752	2.230	4.428
15:0	g									
16:0	g	8.100		14		1		17.658	1.102	2.187
17:0	g									
18:0	g	2.800		14		1		6.104	0.381	0.756
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	11.400		0		1		24.852	1.550	3.078
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 04513
Vegetable oil, palm kernel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	11.400		14		1		24.852	1.550	3.078
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.600		0		1		3.488	0.218	0.432
18:2 undifferentiated g	1.600		14		1		3.488	0.218	0.432
18:3 undifferentiated g	0.000		0		1		0.000	0.000	0.000
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	0
Phytosterols mg	95	0.000	14		1		207	13	26
Amino Acids:									
Tryptophan g	0.000		0		1		0.000	0.000	0.000
Threonine g	0.000		0		1		0.000	0.000	0.000
Isoleucine g	0.000		0		1		0.000	0.000	0.000
Leucine g	0.000		0		1		0.000	0.000	0.000
Lysine g	0.000		0		1		0.000	0.000	0.000
Methionine g	0.000		0		1		0.000	0.000	0.000
Cystine g	0.000		0		1		0.000	0.000	0.000
Phenylalanine g	0.000		0		1		0.000	0.000	0.000
Tyrosine g	0.000		0		1		0.000	0.000	0.000
Valine g	0.000		0		1		0.000	0.000	0.000
Arginine g	0.000		0		1		0.000	0.000	0.000
Histidine g	0.000		0		1		0.000	0.000	0.000
Alanine g	0.000		0		1		0.000	0.000	0.000
Aspartic acid g	0.000		0		1		0.000	0.000	0.000
Glutamic acid g	0.000		0		1		0.000	0.000	0.000
Glycine g	0.000		0		1		0.000	0.000	0.000
Proline g	0.000		0		1		0.000	0.000	0.000
Serine g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 27g: 2 tbsp (1/8 cup)

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04531
Vegetable oil, soybean lecithin

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1		1		0.00	0.00	0.00
Energy	kcal	763		0	NC	4		1663	104	34
Energy	kj	3192				4		6959	434	144
Protein (N x 0)	g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1		1		218.00	13.60	4.50
Ash	g	0.00		0		4		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1		1		0	0	0
Iron, Fe	mg	0.00		1		1		0.00	0.00	0.00
Magnesium, Mg	mg	0		1		1		0	0	0
Phosphorus, P	mg	0		1		1		0	0	0
Potassium, K	mg	0		1		1		0	0	0
Sodium, Na	mg	0		1		1		0	0	0
Zinc, Zn	mg	0.00		1		1		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	0.0
Thiamin	mg	0.000		1		1		0.000	0.000	0.000
Riboflavin	mg	0.000		1		1		0.000	0.000	0.000
Niacin	mg	0.000		1		1		0.000	0.000	0.000
Pantothenic acid	mg	0.000		1		1		0.000	0.000	0.000
Vitamin B-6	mg	0.000		1		1		0.000	0.000	0.000
Folate, total	mcg	0		1		1		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		1		1		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	0.00
Vitamin A, IU	IU	0		1		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		1		1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	5.170		0		4		11.271	0.703	0.233
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	15.005		0		1		32.711	2.041	0.675
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.101		4		1		0.220	0.014	0.005
15:0	g									
16:0	g	11.984		4		1		26.125	1.630	0.539
17:0	g									
18:0	g	2.920		4		1		6.366	0.397	0.131
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	10.977		0		1		23.930	1.493	0.494
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.403		4		1		0.879	0.055	0.018

NDB No. 04531
Vegetable oil, soybean lecithin

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 04584
Vegetable oil, sunflower, oleic (70% and over)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	124	40
Energy	kj	3699				4		8063	518	166
Protein (N x 0)	g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1		1		218.00	14.00	4.50
Ash	g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.748		0		1		21.251	1.365	0.439
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g	0.800		1		1		1.744	0.112	0.036
16:0	g	3.682		7		1		8.027	0.515	0.166
17:0	g									
18:0	g	4.320		7		1		9.418	0.605	0.194
20:0	g									
22:0	g	1.000		1		1		2.180	0.140	0.045
24:0	g									
Fatty acids, total monounsaturated	g	83.594		0		1		182.235	11.703	3.762
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 04584
Vegetable oil, sunflower, oleic (70% and over)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	82.630		7		1		180.133	11.568	3.718
20:1 ... g	0.964		6		1		2.102	0.135	0.043
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.798		0		1		8.280	0.532	0.171
18:2 undifferentiated ... g	3.606		7		1		7.861	0.505	0.162
18:3 undifferentiated ... g	0.192		6		1		0.419	0.027	0.009
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		4		0	0	0
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

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

Food Group: 04 Fats and Oils

USDA Nutrient Database for Standard Reference, Release 15 (2002)