NDB No. 12060
Nuts, acorn flour, full fat

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	6.00		1		1		1.70		
Energy	kcal	501		0	NC	4		142		
Energy	kj	2096				4		594		
Protein (N x 5.3)	g	7.49		1		1		2.12		
Total lipid (fat)	g	30.17		1		1		8.55		
Ash	g	1.69		1		1		0.48		
Carbohydrate, by difference	g	54.65		0	NC	4		15.49		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	43		1		1		12		
Iron, Fe	mg	1.21		1		1		0.34		
Magnesium, Mg	mg	110		1		1		31		
Phosphorus, P	mg	103		1		1		29		
Potassium, K	mg	712		1		1		202		
Sodium, Na	mg	0		0		4		0		
Zinc, Zn	mg	0.64		1		1		0.18		
Copper, Cu	mg	0.611		1		1		0.173		
Manganese, Mn	mg	1.743		0		4		0.494		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.146		0		4		0.041		
Riboflavin	mg	0.154		0		4		0.044		
Niacin	mg	2.382		0		4		0.675		
Pantothenic acid	mg	0.931		0		4		0.264		
Vitamin B-6	mg	0.688		0		4		0.195		
Folate, total	mcg	114		0		4		32		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	114		0		4		32		
Folate, DFE	mcg_DFE	114		0	NC	4		32		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	51		0		4		14		
Vitamin A, RAE	mcg_RAE	3		0		4		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.923		0		1		1.112		
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	3.605		0		1		1.022		
17:0	g									
18:0	g	0.319		0		1		0.090		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	19.110		0		1		5.418		
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 12060
Nuts, acorn flour, full fat

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	19.110		0		1		5.418		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	5.813		0		1		1.648		
18:2 undifferentiated ... g	5.813		0		1		1.648		
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	z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.090		0		1		0.026		
Threonine ... g	0.288		0		1		0.082		
Isoleucine ... g	0.348		0		1		0.099		
Leucine ... g	0.596		0		1		0.169		
Lysine ... g	0.468		0		1		0.133		
Methionine ... g	0.126		0		1		0.036		
Cystine ... g	0.133		0		1		0.038		
Phenylalanine ... g	0.328		0		1		0.093		
Tyrosine ... g	0.227		0		1		0.064		
Valine ... g	0.421		0		1		0.119		
Arginine ... g	0.577		0		1		0.164		
Histidine ... g	0.208		0		1		0.059		
Alanine ... g	0.427		0		1		0.121		
Aspartic acid ... g	0.774		0		1		0.219		
Glutamic acid ... g	1.202		0		1		0.341		
Glycine ... g	0.348		0		1		0.099		
Proline ... g	0.300		0		1		0.085		
Serine ... g	0.318		0		1		0.090		
Hydroxyproline ... g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12059
Nuts, acorns, dried

Refuse: 38% Shells

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	5.06		2		1		1.43		
Energy	kcal	509		0	NC	4		144		
Energy	kj	2130				4		604		
Protein (N x 5.3)	g	8.10		2		1		2.30		
Total lipid (fat)	g	31.41		2		1		8.90		
Ash	g	1.78		2		1		0.50		
Carbohydrate, by difference	g	53.66		0	NC	4		15.21		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	54		1		1		15		
Iron, Fe	mg	1.04		1		1		0.29		
Magnesium, Mg	mg	82		1		1		23		
Phosphorus, P	mg	103		0		1		29		
Potassium, K	mg	709		1		1		201		
Sodium, Na	mg	0		1		1		0		
Zinc, Zn	mg	0.67		1		1		0.19		
Copper, Cu	mg	0.818		1		1		0.232		
Manganese, Mn	mg	1.363		0		4		0.386		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.149		0		1		0.042		
Riboflavin	mg	0.154		0		1		0.044		
Niacin	mg	2.406		0		1		0.682		
Pantothenic acid	mg	0.940		0		4		0.266		
Vitamin B-6	mg	0.695		0		4		0.197		
Folate, total	mcg	115		0		4		32		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	115		0		4		32		
Folate, DFE	mcg_DFE	115		0	NC	4		32		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.084		0		1		1.158		
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	3.753		0		1		1.064		
17:0	g									
18:0	g	0.332		0		1		0.094		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	19.896		0		1		5.641		
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 12059
Nuts, acorns, dried

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	19.896		0		1		5.641		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	6.052		0		1		1.716		
18:2 undifferentiated ... g	6.052		0		1		1.716		
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	z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.098		0		1		0.028		
Threonine ... g	0.312		0		1		0.088		
Isoleucine ... g	0.376		0		1		0.107		
Leucine ... g	0.644		0		1		0.183		
Lysine ... g	0.505		0		1		0.143		
Methionine ... g	0.136		0		1		0.039		
Cystine ... g	0.144		0		1		0.041		
Phenylalanine ... g	0.354		0		1		0.100		
Tyrosine ... g	0.246		0		1		0.070		
Valine ... g	0.455		0		1		0.129		
Arginine ... g	0.623		0		1		0.177		
Histidine ... g	0.224		0		1		0.064		
Alanine ... g	0.461		0		1		0.131		
Aspartic acid ... g	0.837		0		1		0.237		
Glutamic acid ... g	1.299		0		1		0.368		
Glycine ... g	0.376		0		1		0.107		
Proline ... g	0.324		0		1		0.092		
Serine ... g	0.344		0		1		0.098		
Hydroxyproline ... g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12058
Nuts, acorns, raw
Quercus spp.

Refuse: 38% Shells

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	27.90		0		1		7.91		
Energy	kcal	387		0	NC	4		110		
Energy	kj	1619				4		459		
Protein (N x 5.3)	g	6.15		0		1		1.74		
Total lipid (fat)	g	23.86		0		1		6.76		
Ash	g	1.35		0		1		0.38		
Carbohydrate, by difference	g	40.75		0	NC	4		11.55		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	41		0		1		12		
Iron, Fe	mg	0.79		0		1		0.22		
Magnesium, Mg	mg	62		0		1		18		
Phosphorus, P	mg	79		0		1		22		
Potassium, K	mg	539		0		1		153		
Sodium, Na	mg	0		0		1		0		
Zinc, Zn	mg	0.51		0		1		0.14		
Copper, Cu	mg	0.621		0		1		0.176		
Manganese, Mn	mg	1.337		0		4		0.379		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.112		0		1		0.032		
Riboflavin	mg	0.118		0		1		0.033		
Niacin	mg	1.827		0		1		0.518		
Pantothenic acid	mg	0.715		0		4		0.203		
Vitamin B-6	mg	0.528		0		4		0.150		
Folate, total	mcg	87		0		4		25		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	87		0		4		25		
Folate, DFE	mcg_DFE	87		0	NC	4		25		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	39		0		4		11		
Vitamin A, RAE	mcg_RAE	2		0		4		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.102		0		1		0.879		
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	2.850		2		1		0.808		
17:0	g									
18:0	g	0.252		2		1		0.071		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	15.109		0		1		4.283		
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 12058
Nuts, acorns, raw

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	15.109		2		1		4.283		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	4.596		0		1		1.303		
18:2 undifferentiated ... g	4.596		2		1		1.303		
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	z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.074		1		1		0.021		
Threonine ... g	0.236		1		1		0.067		
Isoleucine ... g	0.285		1		1		0.081		
Leucine ... g	0.489		1		1		0.139		
Lysine ... g	0.384		1		1		0.109		
Methionine ... g	0.103		1		1		0.029		
Cystine ... g	0.109		1		1		0.031		
Phenylalanine ... g	0.269		1		1		0.076		
Tyrosine ... g	0.187		1		1		0.053		
Valine ... g	0.345		1		1		0.098		
Arginine ... g	0.473		1		1		0.134		
Histidine ... g	0.170		1		1		0.048		
Alanine ... g	0.350		1		1		0.099		
Aspartic acid ... g	0.635		1		1		0.180		
Glutamic acid ... g	0.986		1		1		0.280		
Glycine ... g	0.285		1		1		0.081		
Proline ... g	0.246		1		1		0.070		
Serine ... g	0.261		1		1		0.074		
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12695
Nuts, almond butter, plain, 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	1.00		1		1		2.50	0.16	
Energy	kcal	633		0	NC	4		1583	101	
Energy	kj	2648				4		6621	424	
Protein (N x 5.18)	g	15.08		1		1		37.70	2.41	
Total lipid (fat)	g	59.10		1		1		147.75	9.46	
Ash	g	3.60		1		1		9.00	0.58	
Carbohydrate, by difference	g	21.22		0	NC	4		53.05	3.40	
Fiber, total dietary	g	3.7		0		4		9.3	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	270		0		1		675	43	
Iron, Fe	mg	3.70		0		1		9.25	0.59	
Magnesium, Mg	mg	303		0		1		758	48	
Phosphorus, P	mg	523		0		1		1308	84	
Potassium, K	mg	758		0		1		1895	121	
Sodium, Na	mg	450		1		1		1125	72	
Zinc, Zn	mg	3.05		1		1		7.63	0.49	
Copper, Cu	mg	0.900		1		1		2.250	0.144	
Manganese, Mn	mg	2.354		0		1		5.885	0.377	
Selenium, Se	mcg	4.9		0	BFSN	4		12.3	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		1.8	0.1	
Thiamin	mg	0.133		0		1		0.333	0.021	
Riboflavin	mg	0.611		0		1		1.528	0.098	
Niacin	mg	2.875		0		1		7.188	0.460	
Pantothenic acid	mg	0.259		0		1		0.648	0.041	
Vitamin B-6	mg	0.076		0		1		0.190	0.012	
Folate, total	mcg	65		0		1		163	10	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	65		0		1		163	10	
Folate, DFE	mcg_DFE	65		0	NC	4		163	10	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	20.260		0		4		50.650	3.242	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	5.602		0		1		14.005	0.896	
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	0.005		0		1		0.013	0.001	
13:0	g									
14:0	g	0.337		0		1		0.843	0.054	
15:0	g									
16:0	g	3.911		0		1		9.778	0.626	
17:0	g									
18:0	g	1.156		0		1		2.890	0.185	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	38.374		0		1		95.935	6.140	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.344		0		1		0.860	0.055	

NDB No. 12695
Nuts, almond butter, plain, with salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	37.665		0		1		94.163	6.026	
20:1 ... g	0.056		0		1		0.140	0.009	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	12.402		0		1		31.005	1.984	
18:2 undifferentiated ... g	11.879		0		1		29.698	1.901	
18:3 undifferentiated ... g	0.423		0		1		1.058	0.068	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.271		0		1		0.678	0.043	
Threonine ... g	0.559		0		1		1.398	0.089	
Isoleucine ... g	0.655		0		1		1.638	0.105	
Leucine ... g	1.174		0		1		2.935	0.188	
Lysine ... g	0.504		0		1		1.260	0.081	
Methionine ... g	0.172		0		1		0.430	0.028	
Cystine ... g	0.271		0		1		0.678	0.043	
Phenylalanine ... g	0.842		0		1		2.105	0.135	
Tyrosine ... g	0.533		0		1		1.333	0.085	
Valine ... g	0.778		0		1		1.945	0.124	
Arginine ... g	1.887		0		1		4.718	0.302	
Histidine ... g	0.422		0		1		1.055	0.068	
Alanine ... g	0.713		0		1		1.783	0.114	
Aspartic acid ... g	1.776		0		1		4.440	0.284	
Glutamic acid ... g	4.487		0		1		11.218	0.718	
Glycine ... g	0.935		0		1		2.338	0.150	
Proline ... g	0.949		0		1		2.373	0.152	
Serine ... g	0.681		0		1		1.703	0.109	
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** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12195
Nuts, almond butter, plain, without 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	1.00		1		1		2.50	0.16	
Energy	kcal	633		0	NC	4		1583	101	
Energy	kj	2648				4		6621	424	
Protein (N x 5.18)	g	15.08		1		1		37.70	2.41	
Total lipid (fat)	g	59.10		1		1		147.75	9.46	
Ash	g	3.60		1		1		9.00	0.58	
Carbohydrate, by difference	g	21.22		0	NC	4		53.05	3.40	
Fiber, total dietary	g	3.7		0		4		9.3	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	270		0		1		675	43	
Iron, Fe	mg	3.70		0		1		9.25	0.59	
Magnesium, Mg	mg	303		0		1		758	48	
Phosphorus, P	mg	523		0		1		1308	84	
Potassium, K	mg	758		0		1		1895	121	
Sodium, Na	mg	11		0		1		28	2	
Zinc, Zn	mg	3.05		1		1		7.63	0.49	
Copper, Cu	mg	0.900		1		1		2.250	0.144	
Manganese, Mn	mg	2.354		0		1		5.885	0.377	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		1.8	0.1	
Thiamin	mg	0.133		0		1		0.333	0.021	
Riboflavin	mg	0.611		0		1		1.528	0.098	
Niacin	mg	2.875		0		1		7.188	0.460	
Pantothenic acid	mg	0.259		0		1		0.648	0.041	
Vitamin B-6	mg	0.076		0		1		0.190	0.012	
Folate, total	mcg	65		0		1		163	10	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	65		0		1		163	10	
Folate, DFE	mcg_DFE	65		0	NC	4		163	10	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	20.300		0		4		50.750	3.248	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	5.602		0		1		14.005	0.896	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.005		0		1		0.013	0.001	
13:0	g									
14:0	g	0.337		0		1		0.843	0.054	
15:0	g									
16:0	g	3.911		0		1		9.778	0.626	
17:0	g									
18:0	g	1.156		0		1		2.890	0.185	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	38.374		0		1		95.935	6.140	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.344		0		1		0.860	0.055	

NDB No. 12195
Nuts, almond butter, plain, without salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	37.665		0		1		94.163	6.026	
20:1 ... g	0.056		0		1		0.140	0.009	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	12.402		0		1		31.005	1.984	
18:2 undifferentiated ... g	11.879		0		1		29.698	1.901	
18:3 undifferentiated ... g	0.423		0		1		1.058	0.068	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.271		0		1		0.678	0.043	
Threonine ... g	0.559		0		1		1.398	0.089	
Isoleucine ... g	0.655		0		1		1.638	0.105	
Leucine ... g	1.174		0		1		2.935	0.188	
Lysine ... g	0.504		0		1		1.260	0.081	
Methionine ... g	0.172		0		1		0.430	0.028	
Cystine ... g	0.271		0		1		0.678	0.043	
Phenylalanine ... g	0.842		0		1		2.105	0.135	
Tyrosine ... g	0.533		0		1		1.333	0.085	
Valine ... g	0.778		0		1		1.945	0.124	
Arginine ... g	1.887		0		1		4.718	0.302	
Histidine ... g	0.422		0		1		1.055	0.068	
Alanine ... g	0.713		0		1		1.783	0.114	
Aspartic acid ... g	1.776		0		1		4.440	0.284	
Glutamic acid ... g	4.487		0		1		11.218	0.718	
Glycine ... g	0.935		0		1		2.338	0.150	
Proline ... g	0.949		0		1		2.373	0.152	
Serine ... g	0.681		0		1		1.703	0.109	
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 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12071
Nuts, almond paste

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	14.08		2	A	1		31.96	3.99	
Energy	kcal	458		0	NC	4		1040	130	
Energy	kj	1916				4		4350	543	
Protein (N x 5.18)	g	9.00		2	A	1		20.43	2.55	
Total lipid (fat)	g	27.74		2	A	1		62.97	7.86	
Ash	g	1.37		2	A	1		3.11	0.39	
Carbohydrate, by difference	g	47.81		0	NC	4		108.53	13.55	
Fiber, total dietary	g	4.8		2	A	1		10.9	1.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	172		2	A	1		390	49	
Iron, Fe	mg	1.60		2	A	1		3.63	0.45	
Magnesium, Mg	mg	130		2	A	1		295	37	
Phosphorus, P	mg	258		2	A	1		586	73	
Potassium, K	mg	314		2	A	1		713	89	
Sodium, Na	mg	9		2	A	1		20	3	
Zinc, Zn	mg	1.48		2	A	1		3.36	0.42	
Copper, Cu	mg	0.454		2	A	1		1.031	0.129	
Manganese, Mn	mg	0.856		2	A	1		1.943	0.243	
Selenium, Se	mcg	4.2		0	BFSN	4		9.5	1.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		1	A	1		0.2	0.0	
Thiamin	mg	0.082		2	A	1		0.186	0.023	
Riboflavin	mg	0.414		2	A	1		0.940	0.117	
Niacin	mg	1.422		2	A	1		3.228	0.403	
Pantothenic acid	mg	0.113		2	A	1		0.257	0.032	
Vitamin B-6	mg	0.036		2	A	1		0.082	0.010	
Folate, total	mcg	73		2	A	1		166	21	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	73		2	A	1		166	21	
Folate, DFE	mcg_DFE	73		0	NC	4		166	21	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	2		2	A	1		5	1	
Vitamin A, RAE	mcg_RAE	0		2	A	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	20.260		0	BFZN	4		45.990	5.744	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.629		0	BFFN	4		5.968	0.745	
4:0	g	0.000		0	BFFN	4		0.000	0.000	
6:0	g	0.000		0	BFFN	4		0.000	0.000	
8:0	g	0.000		0	BFFN	4		0.000	0.000	
10:0	g	0.000		0	BFFN	4		0.000	0.000	
12:0	g	0.003		0	BFFN	4		0.007	0.001	
13:0	g									
14:0	g	0.158		0	BFFN	4		0.359	0.045	
15:0	g									
16:0	g	1.836		0	BFFN	4		4.168	0.521	
17:0	g									
18:0	g	0.542		0	BFFN	4		1.230	0.154	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	18.012		0	BFFN	4		40.887	5.106	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.162		0	BFFN	4		0.368	0.046	

NDB No. 12071
Nuts, almond paste

Nutrients and 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	17.680		0	BFFN	4		40.134	5.012	
20:1 ... g	0.027		0	BFFN	4		0.061	0.008	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	5.821		0	BFFN	4		13.214	1.650	
18:2 undifferentiated ... g	5.576		0	BFFN	4		12.658	1.581	
18:3 undifferentiated ... g	0.199		0	BFFN	4		0.452	0.056	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg									
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 = 227g: 1 cup, firmly packed

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12061
Nuts, almonds (1)
Prunus dulcis

Refuse: 60% Shells

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	5.25	0.124	4	A	1		4.99	4.99	5.67
Energy	kcal	578		0	NC	4		549	549	624
Energy	kj	2418		0	NC	4		2297	2297	2611
Protein (N x 5.18)	g	21.26	0.717	4	A	1		20.19	20.19	22.96
Total lipid (fat)	g	50.64	0.681	4	A	1		48.10	48.10	54.69
Ash	g	3.11	0.019	4	A	1		2.96	2.96	3.36
Carbohydrate, by difference	g	19.74		0	NC	4		18.76	18.76	21.32
Fiber, total dietary	g	11.8	0.556	4	A	1		11.2	11.2	12.7
Sugars, total	g	4.80	0.236	4	A	1		4.56	4.56	5.18
Sucrose	g	4.54	0.222	4	A	1		4.31	4.31	4.90
Glucose (dextrose)	g	0.12	0.023	4	A	1		0.11	0.11	0.13
Fructose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose	g	0.14	0.000	4	A	1		0.13	0.13	0.15
Galactose	g									
Starch	g	0.73	0.085	4	A	1		0.69	0.69	0.79
Minerals:										
Calcium, Ca	mg	248	18.884	4	A	1		235	235	268
Iron, Fe	mg	4.30	0.206	4	A	1		4.08	4.08	4.64
Magnesium, Mg	mg	275	6.035	4	A	1		261	261	297
Phosphorus, P	mg	474	25.377	4	A	1		450	450	512
Potassium, K	mg	728	14.848	4	A	1		692	692	787
Sodium, Na	mg	1	0.083	4	A	1		1	1	1
Zinc, Zn	mg	3.36	0.209	4	A	1		3.19	3.19	3.62
Copper, Cu	mg	1.110	0.076	4	A	1		1.055	1.055	1.199
Manganese, Mn	mg	2.535	0.034	4	A	1		2.408	2.408	2.738
Selenium, Se	mcg	4.4	3.549	4	A	1		4.1	4.1	4.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin	mg	0.241	0.016	4	A	1		0.229	0.229	0.260
Riboflavin	mg	0.811	0.051	4	A	1		0.770	0.770	0.876
Niacin	mg	3.925	0.083	4	A	1		3.729	3.729	4.239
Pantothenic acid	mg	0.349	0.013	4	A	1		0.331	0.331	0.376
Vitamin B-6	mg	0.131	0.018	4	A	1		0.124	0.124	0.141
Folate, total	mcg	29	1.095	4	A	1		27	27	31
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	29	1.095	4	A	1		27	27	31
Folate, DFE	mcg_DFE	29		0	NC	4		27	27	31
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	10		1	AS	1		9	9	10
Vitamin A, RAE	mcg_RAE	1		1	AS	1		0	0	1
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	26.179	1.337	4	A	1		24.870	24.870	28.273
Tocopherol, alpha	mg	25.87	1.345	4	A	1		24.58	24.58	27.94
Tocopherol, beta	mg	0.43	0.029	4	A	1		0.40	0.40	0.46
Tocopherol, gamma	mg	0.89	0.076	4	A	1		0.85	0.85	0.96
Tocopherol, delta	mg	0.25	0.046	4	A	1		0.23	0.23	0.27
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.881		0	NC	4		3.687	3.687	4.191
4:0	g	0.000		0	Z	7		0.000	0.000	0.000
6:0	g	0.000		0	Z	7		0.000	0.000	0.000
8:0	g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0	g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0	g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0	g	0.000	0.000	4	A	1		0.000	0.000	0.000
14:0	g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0	g	0.000	0.000	4	A	1				0.000

NDB No. 12061
Nuts, almonds (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
15:0	g	0.000	0.000		A	1		0.000	0.000	
16:0	g	3.198	0.094	4	A	1		3.038	3.038	3.453
17:0	g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0	g	0.683	0.065	4	A	1		0.649	0.649	0.738
20:0	g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:0	g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:0	g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated	g	32.155		0	NC	4		30.548	30.548	34.728
14:1	g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1	g									
16:1 undifferentiated	g	0.234	0.014	4	A	1		0.222	0.222	0.253
17:1	g									
18:1 undifferentiated	g	31.921	0.656	4	A	1		30.325	30.325	34.475
20:1	g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 undifferentiated	g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c	g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	12.214		0	NC	4		11.603	11.603	13.191
18:2 undifferentiated	g	12.214	0.633	4	A	1		11.603	11.603	13.191
18:3 undifferentiated	g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:4	g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c	g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated	g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated	g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3	g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3	g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3	g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	0
Phytosterols	mg	120		1	A	1		114	114	130
Stigmasterol	mg	4		1	A	1		4	4	5
Campesterol	mg	5		1	A	1		4	4	5
Beta-sitosterol	mg	111		1	A	1		105	105	120
Amino Acids:										
Tryptophan	g	0.192		0	A	1		0.182	0.182	0.207
Threonine	g	0.678		0	A	1		0.644	0.644	0.732
Isoleucine	g	0.691		0	A	1		0.657	0.657	0.747
Leucine	g	1.469		0	A	1		1.396	1.396	1.587
Lysine	g	0.601		0	A	1		0.571	0.571	0.649
Methionine	g	0.188		0	A	1		0.179	0.179	0.203
Cystine	g	0.282		0	A	1		0.268	0.268	0.304
Phenylalanine	g	1.148		0	A	1		1.090	1.090	1.240
Tyrosine	g	0.530		0	A	1		0.503	0.503	0.572
Valine	g	0.799		0	A	1		0.759	0.759	0.863
Arginine	g	2.466		0	A	1		2.343	2.343	2.663
Histidine	g	0.592		0	A	1		0.563	0.563	0.640
Alanine	g	1.000		0	A	1		0.950	0.950	1.081
Aspartic acid	g	2.733		0	A	1		2.596	2.596	2.951
Glutamic acid	g	5.171		0	A	1		4.912	4.912	5.584
Glycine	g	1.468		0	A	1		1.395	1.395	1.586
Proline	g	0.968		0	A	1		0.920	0.920	1.046
Serine	g	1.005		0	A	1		0.955	0.955	1.085
Hydroxyproline	g									
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.

NDB No. 12061
Nuts, almonds (1)

Common Measures:

Measure 1 = 95g: 1 cup, ground

Measure 2 = 95g: 1 cup, sliced

Measure 3 = 108g: 1 cup, slivered

Footnotes

1 Unroasted

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12062
Nuts, almonds, blanched (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	4.47	0.319	3	A	1		6.49	0.41	1.27
Energy	kcal	581		0	NC	4		842	53	165
Energy	kj	2431		0	NC	4		3525	221	689
Protein (N x 5.18)	g	21.94	0.338	3	A	1		31.81	2.00	6.22
Total lipid (fat)	g	50.62	1.696	3	A	1		73.40	4.61	14.35
Ash	g	3.02	0.016	3	A	1		4.38	0.28	0.86
Carbohydrate, by difference	g	19.94		0	NC	4		28.92	1.81	5.65
Fiber, total dietary	g	10.4	0.802	3	A	1		15.0	0.9	2.9
Sugars, total	g	4.96	0.094	3	A	1		7.19	0.45	1.41
Sucrose	g	4.78	0.094	3	A	1		6.93	0.43	1.36
Glucose (dextrose)	g	0.04	0.000	3	A	1		0.05	0.00	0.01
Fructose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose	g	0.14	0.000	3	A	1		0.21	0.01	0.04
Galactose	g									
Starch	g	1.03	0.037	3	A	1		1.49	0.09	0.29
Minerals:										
Calcium, Ca	mg	216	4.942	3	A	1		313	20	61
Iron, Fe	mg	3.72	0.204	3	A	1		5.39	0.34	1.05
Magnesium, Mg	mg	275	3.283	3	A	1		398	25	78
Phosphorus, P	mg	480	8.124	3	A	1		696	44	136
Potassium, K	mg	687	20.638	3	A	1		996	62	195
Sodium, Na	mg	28	3.624	3	A	1		41	3	8
Zinc, Zn	mg	3.12	0.248	3	A	1		4.52	0.28	0.88
Copper, Cu	mg	1.170	0.081	3	A	1		1.697	0.106	0.332
Manganese, Mn	mg	2.240	0.141	3	A	1		3.248	0.204	0.635
Selenium, Se	mcg	4.4	3.549	4	A	1		6.3	0.4	1.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin	mg	0.200	0.008	3	A	1		0.290	0.018	0.057
Riboflavin	mg	0.560	0.081	3	A	1		0.812	0.051	0.159
Niacin	mg	3.660	0.124	3	A	1		5.307	0.333	1.038
Pantothenic acid	mg	0.311	0.024	3	A	1		0.451	0.028	0.088
Vitamin B-6	mg	0.120	0.000	3	A	1		0.174	0.011	0.034
Folate, total	mcg	30	1.706	3	A	1		44	3	9
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	30	1.706	3	A	1		44	3	9
Folate, DFE	mcg_DFE	30		0	NC	4		44	3	9
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	7		1	AS	1		9	1	2
Vitamin A, RAE	mcg_RAE	0		1	AS	1		1	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	25.003	0.271	3	A	1		36.255	2.275	7.088
Tocopherol, alpha	mg	24.71	0.293	3	A	1		35.83	2.25	7.01
Tocopherol, beta	mg	0.41	0.047	3	A	1		0.59	0.04	0.12
Tocopherol, gamma	mg	0.80	0.000	3	A	1		1.16	0.07	0.23
Tocopherol, delta	mg	0.27	0.065	3	A	1		0.40	0.02	0.08
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.890		0	NC	4		5.640	0.354	1.103
4:0	g	0.000		0	Z	7		0.000	0.000	0.000
6:0	g	0.000		0	Z	7		0.000	0.000	0.000
8:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
14:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:0	g	0.000	0.000	3	A	1				0.000

NDB No. 12062
Nuts, almonds, blanched (1)

Nutrients and 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
15:0 g	0.000	0.000		A	1		0.000	0.000	
16:0 g	3.255	0.058	3	A	1		4.719	0.296	0.923
17:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0 g	0.635	0.038	3	A	1		0.921	0.058	0.180
20:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	32.287		0	NC	4		46.817	2.938	9.153
14:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1 g									
16:1 undifferentiated g	0.241	0.008	3	A	1		0.350	0.022	0.068
17:1 g									
18:1 undifferentiated g	32.046	1.176	3	A	1		46.467	2.916	9.085
20:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	12.054		0	NC	4		17.478	1.097	3.417
18:2 undifferentiated g	12.054	0.616	3	A	1		17.478	1.097	3.417
18:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3 g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg	115		1	A	1		167	10	33
Stigmasterol mg	1		1	A	1		1	0	0
Campesterol mg	6		1	A	1		8	1	2
Beta-sitosterol mg	109		1	A	1		158	10	31
Amino Acids:									
Tryptophan g	0.198		0	A	1		0.287	0.018	0.056
Threonine g	0.700		0	A	1		1.014	0.064	0.198
Isoleucine g	0.714		0	A	1		1.035	0.065	0.202
Leucine g	1.517		0	A	1		2.199	0.138	0.430
Lysine g	0.620		0	A	1		0.899	0.056	0.176
Methionine g	0.194		0	A	1		0.282	0.018	0.055
Cystine g	0.291		0	A	1		0.422	0.026	0.082
Phenylalanine g	1.185		0	A	1		1.718	0.108	0.336
Tyrosine g	0.547		0	A	1		0.793	0.050	0.155
Valine g	0.825		0	A	1		1.196	0.075	0.234
Arginine g	2.546		0	A	1		3.691	0.232	0.722
Histidine g	0.611		0	A	1		0.886	0.056	0.173
Alanine g	1.033		0	A	1		1.497	0.094	0.293
Aspartic acid g	2.821		0	A	1		4.090	0.257	0.800
Glutamic acid g	5.337		0	A	1		7.739	0.486	1.513
Glycine g	1.515		0	A	1		2.197	0.138	0.430
Proline g	1.000		0	A	1		1.450	0.091	0.283
Serine g	1.037		0	A	1		1.504	0.094	0.294
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	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.

NDB No. 12062
Nuts, almonds, blanched (1)

Common Measures:

Measure 1 = 145g: 1 cup whole kernels

Measure 2 = 9.1g: 1 tbsp

Measure 3 = 28.35g: 1 oz

Footnotes

1 Unroasted

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12563
Nuts, almonds, dry roasted, 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	2.60	0.127	3	A	1		3.58	0.74	
Energy	kcal	597		0	NC	4		824	169	
Energy	kj	2499		0	NC	4		3449	709	
Protein (N x 5.18)	g	22.09	0.867	3	A	1		30.48	6.26	
Total lipid (fat)	g	52.83	1.022	3	A	1		72.91	14.98	
Ash	g	3.20	0.019	3	A	1		4.42	0.91	
Carbohydrate, by difference	g	19.29		0	NC	4		26.62	5.47	
Fiber, total dietary	g	11.8	0.517	3	A	1		16.3	3.3	
Sugars, total	g	4.90	0.158	3	A	1		6.76	1.39	
Sucrose	g	4.72	0.158	3	A	1		6.51	1.34	
Glucose (dextrose)	g	0.04	0.000	3	A	1		0.05	0.01	
Fructose	g	0.00	0.000	3	A	1		0.00	0.00	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.14	0.000	3	A	1		0.20	0.04	
Galactose	g									
Starch	g	0.71	0.043	3	A	1		0.99	0.20	
Minerals:										
Calcium, Ca	mg	266	20.200	3	A	1		367	75	
Iron, Fe	mg	4.51	0.262	3	A	1		6.22	1.28	
Magnesium, Mg	mg	286	1.582	3	A	1		394	81	
Phosphorus, P	mg	489	13.083	3	A	1		675	139	
Potassium, K	mg	746	26.608	3	A	1		1029	211	
Sodium, Na	mg	339		528	A	1		468	96	
Zinc, Zn	mg	3.54	0.145	3	A	1		4.89	1.00	
Copper, Cu	mg	1.170	0.073	3	A	1		1.615	0.332	
Manganese, Mn	mg	2.620	0.063	3	A	1		3.616	0.743	
Selenium, Se	mcg	4.4	3.549	4	A	1		6.0	1.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin	mg	0.074	0.002	3	A	1		0.102	0.021	
Riboflavin	mg	0.859	0.010	3	A	1		1.185	0.243	
Niacin	mg	3.850	0.036	3	A	1		5.313	1.091	
Pantothenic acid	mg	0.229	0.017	3	A	1		0.315	0.065	
Vitamin B-6	mg	0.126	0.013	3	A	1		0.173	0.036	
Folate, total	mcg	33	2.732	3	A	1		45	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	33	2.732	3	A	1		45	9	
Folate, DFE	mcg_DFE	33		0	NC	4		45	9	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	1		1	AS	1		2	0	
Vitamin A, RAE	mcg_RAE	0		1	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	26.303	0.745	3	A	1		36.298	7.457	
Tocopherol, alpha	mg	26.00	0.741	3	A	1		35.87	7.37	
Tocopherol, beta	mg	0.44	0.036	3	A	1		0.60	0.12	
Tocopherol, gamma	mg	0.87	0.096	3	A	1		1.19	0.25	
Tocopherol, delta	mg	0.14	0.000	3	A	1		0.20	0.04	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.047		0	NC	4		5.585	1.147	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000	0.000	3	A	1		0.000	0.000	
10:0	g	0.000	0.000	3	A	1		0.000	0.000	
12:0	g	0.000	0.000	3	A	1		0.000	0.000	
13:0	g	0.000	0.000	3	A	1		0.000	0.000	
14:0	g	0.000	0.000	3	A	1		0.000	0.000	
15:0	g	0.000	0.000	3	A	1				

NDB No. 12563
Nuts, almonds, dry roasted, 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
15:0 g	0.000	0.000		A	1		0.000	0.000	
16:0 g	3.333	0.090	3	A	1		4.600	0.945	
17:0 g	0.000	0.000	3	A	1		0.000	0.000	
18:0 g	0.714	0.096	3	A	1		0.985	0.202	
20:0 g	0.000	0.000	3	A	1		0.000	0.000	
22:0 g	0.000	0.000	3	A	1		0.000	0.000	
24:0 g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	33.658		0	NC	4		46.448	9.542	
14:1 g	0.000	0.000	3	A	1		0.000	0.000	
15:1 g									
16:1 undifferentiated g	0.252	0.005	3	A	1		0.347	0.071	
17:1 g									
18:1 undifferentiated g	33.406	0.530	3	A	1		46.101	9.471	
20:1 g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	12.649		0	NC	4		17.456	3.586	
18:2 undifferentiated g	12.649	0.323	3	A	1		17.456	3.586	
18:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg	118		1	A	1		163	33	
Stigmasterol mg	4		1	A	1		6	1	
Campesterol mg	3		1	A	1		4	1	
Beta-sitosterol mg	110		1	A	1		152	31	
Amino Acids:									
Tryptophan g	0.199		0	A	1		0.275	0.057	
Threonine g	0.704		0	A	1		0.972	0.200	
Isoleucine g	0.718		0	A	1		0.991	0.204	
Leucine g	1.527		0	A	1		2.107	0.433	
Lysine g	0.624		0	A	1		0.861	0.177	
Methionine g	0.196		0	A	1		0.270	0.055	
Cystine g	0.293		0	A	1		0.404	0.083	
Phenylalanine g	1.193		0	A	1		1.646	0.338	
Tyrosine g	0.551		0	A	1		0.760	0.156	
Valine g	0.831		0	A	1		1.146	0.235	
Arginine g	2.562		0	A	1		3.536	0.726	
Histidine g	0.615		0	A	1		0.849	0.174	
Alanine g	1.040		0	A	1		1.435	0.295	
Aspartic acid g	2.839		0	A	1		3.918	0.805	
Glutamic acid g	5.373		0	A	1		7.414	1.523	
Glycine g	1.525		0	A	1		2.105	0.432	
Proline g	1.006		0	A	1		1.389	0.285	
Serine g	1.044		0	A	1		1.441	0.296	
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.

NDB No. 12563
Nuts, almonds, dry roasted, with salt added

Common Measures:

Measure 1 = 138g: 1 cup whole kernels

Measure 2 = 28.35g: 1 oz (22 whole kernels)

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12063
Nuts, almonds, dry roasted, without 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	2.60	0.127	3	A	1		3.58	0.74	
Energy	kcal	597		0	NC	4		824	169	
Energy	kj	2499		0	NC	4		3449	709	
Protein (N x 5.18)	g	22.09	0.867	3	A	1		30.48	6.26	
Total lipid (fat)	g	52.83	1.022	3	A	1		72.91	14.98	
Ash	g	3.20	0.019	3	A	1		4.42	0.91	
Carbohydrate, by difference	g	19.29		0	NC	4		26.62	5.47	
Fiber, total dietary	g	11.8	0.517	3	A	1		16.3	3.3	
Sugars, total	g	4.90	0.158	3	A	1		6.76	1.39	
Sucrose	g	4.72	0.158	3	A	1		6.51	1.34	
Glucose (dextrose)	g	0.04	0.000	3	A	1		0.05	0.01	
Fructose	g	0.00	0.000	3	A	1		0.00	0.00	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.14	0.000	3	A	1		0.20	0.04	
Galactose	g									
Starch	g	0.71	0.043	3	A	1		0.99	0.20	
Minerals:										
Calcium, Ca	mg	266	20.200	3	A	1		367	75	
Iron, Fe	mg	4.51	0.262	3	A	1		6.22	1.28	
Magnesium, Mg	mg	286	1.582	3	A	1		394	81	
Phosphorus, P	mg	489	13.083	3	A	1		675	139	
Potassium, K	mg	746	26.608	3	A	1		1029	211	
Sodium, Na	mg	1	0.036	3	A	1		1	0	
Zinc, Zn	mg	3.54	0.145	3	A	1		4.89	1.00	
Copper, Cu	mg	1.170	0.073	3	A	1		1.615	0.332	
Manganese, Mn	mg	2.620	0.063	3	A	1		3.616	0.743	
Selenium, Se	mcg	4.4	3.549	4	A	1		6.0	1.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin	mg	0.074	0.002	3	A	1		0.102	0.021	
Riboflavin	mg	0.859	0.010	3	A	1		1.185	0.243	
Niacin	mg	3.850	0.036	3	A	1		5.313	1.091	
Pantothenic acid	mg	0.229	0.017	3	A	1		0.315	0.065	
Vitamin B-6	mg	0.126	0.013	3	A	1		0.173	0.036	
Folate, total	mcg	33	2.732	3	A	1		45	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	33	2.732	3	A	1		45	9	
Folate, DFE	mcg_DFE	33		0	NC	4		45	9	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	1		1	AS	1		2	0	
Vitamin A, RAE	mcg_RAE	0		1	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	26.303	0.745	3	A	1		36.298	7.457	
Tocopherol, alpha	mg	26.00	0.741	3	A	1		35.87	7.37	
Tocopherol, beta	mg	0.44	0.036	3	A	1		0.60	0.12	
Tocopherol, gamma	mg	0.87	0.096	3	A	1		1.19	0.25	
Tocopherol, delta	mg	0.14	0.000	3	A	1		0.20	0.04	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.047		0	NC	4		5.585	1.147	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000	0.000	3	A	1		0.000	0.000	
10:0	g	0.000	0.000	3	A	1		0.000	0.000	
12:0	g	0.000	0.000	3	A	1		0.000	0.000	
13:0	g	0.000	0.000	3	A	1		0.000	0.000	
14:0	g	0.000	0.000	3	A	1		0.000	0.000	
15:0	g	0.000	0.000	3	A	1				

NDB No. 12063
Nuts, almonds, dry roasted, without salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0 g	0.000	0.000		A	1		0.000	0.000	
16:0 g	3.333	0.090	3	A	1		4.600	0.945	
17:0 g	0.000	0.000	3	A	1		0.000	0.000	
18:0 g	0.714	0.096	3	A	1		0.985	0.202	
20:0 g	0.000	0.000	3	A	1		0.000	0.000	
22:0 g	0.000	0.000	3	A	1		0.000	0.000	
24:0 g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	33.658		0	NC	4		46.448	9.542	
14:1 g	0.000	0.000	3	A	1		0.000	0.000	
15:1 g									
16:1 undifferentiated g	0.252	0.005	3	A	1		0.347	0.071	
17:1 g									
18:1 undifferentiated g	33.406	0.530	3	A	1		46.101	9.471	
20:1 g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	12.649		0	NC	4		17.456	3.586	
18:2 undifferentiated g	12.649	0.323	3	A	1		17.456	3.586	
18:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg	118		1	A	1		163	33	
Stigmasterol mg	4		1	A	1		6	1	
Campesterol mg	3		1	A	1		4	1	
Beta-sitosterol mg	110		1	A	1		152	31	
Amino Acids:									
Tryptophan g	0.199		0	A	1		0.275	0.057	
Threonine g	0.704		0	A	1		0.972	0.200	
Isoleucine g	0.718		0	A	1		0.991	0.204	
Leucine g	1.527		0	A	1		2.107	0.433	
Lysine g	0.624		0	A	1		0.861	0.177	
Methionine g	0.196		0	A	1		0.270	0.055	
Cystine g	0.293		0	A	1		0.404	0.083	
Phenylalanine g	1.193		0	A	1		1.646	0.338	
Tyrosine g	0.551		0	A	1		0.760	0.156	
Valine g	0.831		0	A	1		1.146	0.235	
Arginine g	2.562		0	A	1		3.536	0.726	
Histidine g	0.615		0	A	1		0.849	0.174	
Alanine g	1.040		0	A	1		1.435	0.295	
Aspartic acid g	2.839		0	A	1		3.918	0.805	
Glutamic acid g	5.373		0	A	1		7.414	1.523	
Glycine g	1.525		0	A	1		2.105	0.432	
Proline g	1.006		0	A	1		1.389	0.285	
Serine g	1.044		0	A	1		1.441	0.296	
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.

NDB No. 12063
Nuts, almonds, dry roasted, without salt added

Common Measures:

Measure 1 = 138g: 1 cup whole kernels

Measure 2 = 28.35g: 1 oz (22 whole kernels)

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12206
Nuts, almonds, honey roasted, unblanched

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	1.70	0.001	3		1		2.45	0.48	
Energy	kcal	594		0	NC	4		855	168	
Energy	kj	2485				4		3579	705	
Protein (N x 5.18)	g	18.17	0.240	3		1		26.16	5.15	
Total lipid (fat)	g	49.90	0.503	3		1		71.86	14.15	
Ash	g	2.33	0.291	3		1		3.36	0.66	
Carbohydrate, by difference	g	27.90		0	NC	4		40.18	7.91	
Fiber, total dietary	g	13.7		0		4		19.7	3.9	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	263	3.331	3		1		379	75	
Iron, Fe	mg	2.83	0.088	3		1		4.08	0.80	
Magnesium, Mg	mg	240	0.000	3		1		346	68	
Phosphorus, P	mg	400	5.774	3		1		576	113	
Potassium, K	mg	560	0.000	3		1		806	159	
Sodium, Na	mg	130	8.451	7		1		187	37	
Zinc, Zn	mg	2.60	0.000	3		1		3.74	0.74	
Copper, Cu	mg	0.970	0.085	3		1		1.397	0.275	
Manganese, Mn	mg	2.003		0		1		2.884	0.568	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		1.0	0.2	
Thiamin	mg	0.114	0.007	3		1		0.164	0.032	
Riboflavin	mg	0.953	0.034	3		1		1.372	0.270	
Niacin	mg	2.819	0.134	3		1		4.059	0.799	
Pantothenic acid	mg	0.258		0		1		0.372	0.073	
Vitamin B-6	mg	0.085		0		1		0.122	0.024	
Folate, total	mcg	32		2		1		46	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	32		2		1		46	9	
Folate, DFE	mcg_DFE	32		0	NC	4		46	9	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.730		0		1		6.811	1.341	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.005		0		1		0.007	0.001	
13:0	g									
14:0	g	0.287		0		1		0.413	0.081	
15:0	g									
16:0	g	3.329		0		1		4.794	0.944	
17:0	g									
18:0	g	0.984		0		1		1.417	0.279	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	32.402		0		1		46.659	9.186	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.293		0		1		0.422	0.083	

NDB No. 12206
Nuts, almonds, honey roasted, unblanched

Nutrients and 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	32.061		0		1		46.168	9.089	
20:1 g	0.048		0		1		0.069	0.014	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	10.472		0		1		15.080	2.969	
18:2 undifferentiated g	10.112		0		1		14.561	2.867	
18:3 undifferentiated g	0.360		0		1		0.518	0.102	
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	z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.281		0		1		0.405	0.080	
Threonine g	0.575		0		1		0.828	0.163	
Isoleucine g	0.677		0		1		0.975	0.192	
Leucine g	1.210		0		1		1.742	0.343	
Lysine g	0.519		0		1		0.747	0.147	
Methionine g	0.179		0		1		0.258	0.051	
Cystine g	0.281		0		1		0.405	0.080	
Phenylalanine g	0.870		0		1		1.253	0.247	
Tyrosine g	0.551		0		1		0.793	0.156	
Valine g	0.803		0		1		1.156	0.228	
Arginine g	1.946		0		1		2.802	0.552	
Histidine g	0.435		0		1		0.626	0.123	
Alanine g	0.736		0		1		1.060	0.209	
Aspartic acid g	1.831		0		1		2.637	0.519	
Glutamic acid g	4.629		0		1		6.666	1.312	
Glycine g	0.964		0		1		1.388	0.273	
Proline g	0.978		0		1		1.408	0.277	
Serine g	0.701		0		1		1.009	0.199	
Hydroxyproline g									

Blanks in the 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 = 144g: 1 cup whole kernels

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12565
Nuts, almonds, oil roasted, with salt added (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	2.80	0.156	3	A	1		4.39	0.79	
Energy	kcal	607		0	NC	4		954	172	
Energy	kj	2541		0	NC	4		3990	720	
Protein (N x 5.18)	g	21.23	1.142	3	A	1		33.33	6.02	
Total lipid (fat)	g	55.17	1.198	3	A	1		86.62	15.64	
Ash	g	3.13	0.036	3	A	1		4.91	0.89	
Carbohydrate, by difference	g	17.68		0	NC	4		27.75	5.01	
Fiber, total dietary	g	10.5	0.614	3	A	1		16.5	3.0	
Sugars, total	g	4.55	0.248	3	A	1		7.14	1.29	
Sucrose	g	4.38	0.248	3	A	1		6.87	1.24	
Glucose (dextrose)	g	0.04	0.000	3	A	1		0.06	0.01	
Fructose	g	0.00	0.000	3	A	1		0.00	0.00	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.14	0.000	3	A	1		0.22	0.04	
Galactose	g									
Starch	g	0.56	0.324	3	A	1		0.87	0.16	
Minerals:										
Calcium, Ca	mg	291	21.223	3	A	1		457	82	
Iron, Fe	mg	3.68	0.292	3	A	1		5.78	1.04	
Magnesium, Mg	mg	274	7.803	3	A	1		431	78	
Phosphorus, P	mg	466	11.783	3	A	1		731	132	
Potassium, K	mg	699	14.581	3	A	1		1097	198	
Sodium, Na	mg	339		528	A	1		532	96	
Zinc, Zn	mg	3.07	0.248	3	A	1		4.81	0.87	
Copper, Cu	mg	0.955	0.118	3	A	1		1.499	0.271	
Manganese, Mn	mg	2.460	0.118	3	A	1		3.862	0.697	
Selenium, Se	mcg	4.4	3.549	4	A	1		6.8	1.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin	mg	0.092	0.009	3	A	1		0.145	0.026	
Riboflavin	mg	0.781	0.061	3	A	1		1.225	0.221	
Niacin	mg	3.665	0.118	3	A	1		5.754	1.039	
Pantothenic acid	mg	0.229	0.004	3	A	1		0.360	0.065	
Vitamin B-6	mg	0.118	0.013	3	A	1		0.184	0.033	
Folate, total	mcg	27	2.535	3	A	1		43	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	27	2.535	3	A	1		43	8	
Folate, DFE	mcg_DFE	27		0	NC	4		43	8	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	1		1	AS	1		2	0	
Vitamin A, RAE	mcg_RAE	0		1	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	26.269	1.025	3	A	1		41.243	7.447	
Tocopherol, alpha	mg	25.97	1.043	3	A	1		40.77	7.36	
Tocopherol, beta	mg	0.42	0.045	3	A	1		0.65	0.12	
Tocopherol, gamma	mg	0.88	0.045	3	A	1		1.37	0.25	
Tocopherol, delta	mg	0.14	0.000	3	A	1		0.22	0.04	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.208		0	NC	4		6.606	1.193	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000	0.000	3	A	1		0.000	0.000	
10:0	g	0.000	0.000	3	A	1		0.000	0.000	
12:0	g	0.000	0.000	3	A	1		0.000	0.000	
13:0	g	0.000	0.000	3	A	1		0.000	0.000	
14:0	g	0.000	0.000	3	A	1		0.000	0.000	
15:0	g	0.000	0.000	3	A	1				

NDB No. 12565
Nuts, almonds, oil roasted, with salt added (1)

Nutrients and 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
15:0 g	0.000	0.000		A	1		0.000	0.000	
16:0 g	3.303	0.079	3	A	1		5.186	0.936	
17:0 g	0.000	0.000	3	A	1		0.000	0.000	
18:0 g	0.905	0.100	3	A	1		1.420	0.256	
20:0 g	0.000	0.000	3	A	1		0.000	0.000	
22:0 g	0.000	0.000	3	A	1		0.000	0.000	
24:0 g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	34.793		0	NC	4		54.625	9.864	
14:1 g	0.000	0.000	3	A	1		0.000	0.000	
15:1 g									
16:1 undifferentiated g	0.215	0.025	3	A	1		0.338	0.061	
17:1 g									
18:1 undifferentiated g	34.578	0.892	3	A	1		54.287	9.803	
20:1 g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	13.519		0	NC	4		21.225	3.833	
18:2 undifferentiated g	13.519	1.034	3	A	1		21.225	3.833	
18:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg	130		1	A	1		204	37	
Stigmasterol mg	3		1	A	1		4	1	
Campesterol mg	9		1	A	1		13	2	
Beta-sitosterol mg	118		1	A	1		186	34	
Amino Acids:									
Tryptophan g	0.192		0	A	1		0.301	0.054	
Threonine g	0.677		0	A	1		1.063	0.192	
Isoleucine g	0.691		0	A	1		1.084	0.196	
Leucine g	1.467		0	A	1		2.304	0.416	
Lysine g	0.600		0	A	1		0.942	0.170	
Methionine g	0.188		0	A	1		0.295	0.053	
Cystine g	0.282		0	A	1		0.442	0.080	
Phenylalanine g	1.146		0	A	1		1.800	0.325	
Tyrosine g	0.529		0	A	1		0.831	0.150	
Valine g	0.798		0	A	1		1.253	0.226	
Arginine g	2.463		0	A	1		3.867	0.698	
Histidine g	0.592		0	A	1		0.929	0.168	
Alanine g	0.999		0	A	1		1.569	0.283	
Aspartic acid g	2.729		0	A	1		4.285	0.774	
Glutamic acid g	5.165		0	A	1		8.108	1.464	
Glycine g	1.466		0	A	1		2.302	0.416	
Proline g	0.967		0	A	1		1.519	0.274	
Serine g	1.004		0	A	1		1.576	0.285	
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.

NDB No. 12565
Nuts, almonds, oil roasted, with salt added (1)

Common Measures:

Measure 1 = 157g: 1 cup whole kernels

Measure 2 = 28.35g: 1 oz (22 whole kernels)

Footnotes

1 Roasted in high oleic safflower oil

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12065
Nuts, almonds, oil roasted, without salt added (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	2.80	0.156	3	A	1		4.39	0.79	
Energy	kcal	607		0	NC	4		954	172	
Energy	kj	2541		0	NC	4		3990	720	
Protein (N x 5.18)	g	21.23	1.142	3	A	1		33.33	6.02	
Total lipid (fat)	g	55.17	1.198	3	A	1		86.62	15.64	
Ash	g	3.13	0.036	3	A	1		4.91	0.89	
Carbohydrate, by difference	g	17.68		0	NC	4		27.75	5.01	
Fiber, total dietary	g	10.5	0.614	3	A	1		16.5	3.0	
Sugars, total	g	4.55	0.248	3	A	1		7.14	1.29	
Sucrose	g	4.38	0.248	3	A	1		6.87	1.24	
Glucose (dextrose)	g	0.04	0.000	3	A	1		0.06	0.01	
Fructose	g	0.00	0.000	3	A	1		0.00	0.00	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.14	0.000	3	A	1		0.22	0.04	
Galactose	g									
Starch	g	0.56	0.324	3	A	1		0.87	0.16	
Minerals:										
Calcium, Ca	mg	291	21.223	3	A	1		457	82	
Iron, Fe	mg	3.68	0.292	3	A	1		5.78	1.04	
Magnesium, Mg	mg	274	7.803	3	A	1		431	78	
Phosphorus, P	mg	466	11.783	3	A	1		731	132	
Potassium, K	mg	699	14.581	3	A	1		1097	198	
Sodium, Na	mg	1	0.204	3	A	1		1	0	
Zinc, Zn	mg	3.07	0.248	3	A	1		4.81	0.87	
Copper, Cu	mg	0.955	0.118	3	A	1		1.499	0.271	
Manganese, Mn	mg	2.460	0.118	3	A	1		3.862	0.697	
Selenium, Se	mcg	4.4	3.549	4	A	1		6.8	1.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin	mg	0.092	0.009	3	A	1		0.145	0.026	
Riboflavin	mg	0.781	0.061	3	A	1		1.225	0.221	
Niacin	mg	3.665	0.118	3	A	1		5.754	1.039	
Pantothenic acid	mg	0.229	0.005	3	A	1		0.360	0.065	
Vitamin B-6	mg	0.118	0.013	3	A	1		0.184	0.033	
Folate, total	mcg	27	2.535	3	A	1		43	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	27	2.535	3	A	1		43	8	
Folate, DFE	mcg_DFE	27		0	NC	4		43	8	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	1		1	AS	1		2	0	
Vitamin A, RAE	mcg_RAE	0		1	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	26.269	1.025	3	A	1		41.243	7.447	
Tocopherol, alpha	mg	25.97	1.044	3	A	1		40.77	7.36	
Tocopherol, beta	mg	0.42	0.045	3	A	1		0.65	0.12	
Tocopherol, gamma	mg	0.88	0.045	3	A	1		1.37	0.25	
Tocopherol, delta	mg	0.14	0.000	3	A	1		0.22	0.04	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.208		0	NC	4		6.606	1.193	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000	0.000	3	A	1		0.000	0.000	
10:0	g	0.000	0.000	3	A	1		0.000	0.000	
12:0	g	0.000	0.000	3	A	1		0.000	0.000	
13:0	g	0.000	0.000	3	A	1		0.000	0.000	
14:0	g	0.000	0.000	3	A	1		0.000	0.000	
15:0	g	0.000	0.000	3	A	1				

NDB No. 12065
Nuts, almonds, oil roasted, without salt added (1)

Nutrients and 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
15:0 g	0.000	0.000		A	1		0.000	0.000	
16:0 g	3.303	0.079	3	A	1		5.186	0.936	
17:0 g	0.000	0.000	3	A	1		0.000	0.000	
18:0 g	0.905	0.100	3	A	1		1.420	0.256	
20:0 g	0.000	0.000	3	A	1		0.000	0.000	
22:0 g	0.000	0.000	3	A	1		0.000	0.000	
24:0 g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	34.793		0	NC	4		54.625	9.864	
14:1 g	0.000	0.000	3	A	1		0.000	0.000	
15:1 g									
16:1 undifferentiated g	0.215	0.025	3	A	1		0.338	0.061	
17:1 g									
18:1 undifferentiated g	34.578	0.892	3	A	1		54.287	9.803	
20:1 g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	13.519		0	NC	4		21.225	3.833	
18:2 undifferentiated g	13.519	1.034	3	A	1		21.225	3.833	
18:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg	130		1	A	1		204	37	
Stigmasterol mg	3		1	A	1		4	1	
Campesterol mg	9		1	A	1		13	2	
Beta-sitosterol mg	118		1	A	1		186	34	
Amino Acids:									
Tryptophan g	0.192		0	A	1		0.301	0.054	
Threonine g	0.677		0	A	1		1.063	0.192	
Isoleucine g	0.691		0	A	1		1.084	0.196	
Leucine g	1.467		0	A	1		2.304	0.416	
Lysine g	0.600		0	A	1		0.942	0.170	
Methionine g	0.188		0	A	1		0.295	0.053	
Cystine g	0.282		0	A	1		0.442	0.080	
Phenylalanine g	1.146		0	A	1		1.800	0.325	
Tyrosine g	0.529		0	A	1		0.831	0.150	
Valine g	0.798		0	A	1		1.253	0.226	
Arginine g	2.463		0	A	1		3.867	0.698	
Histidine g	0.592		0	A	1		0.929	0.168	
Alanine g	0.999		0	A	1		1.569	0.283	
Aspartic acid g	2.729		0	A	1		4.285	0.774	
Glutamic acid g	5.165		0	A	1		8.108	1.464	
Glycine g	1.466		0	A	1		2.302	0.416	
Proline g	0.967		0	A	1		1.519	0.274	
Serine g	1.004		0	A	1		1.576	0.285	
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.

NDB No. 12065
Nuts, almonds, oil roasted, without salt added (1)

Common Measures:

Measure 1 = 157g: 1 cup whole kernels

Measure 2 = 28.35g: 1 oz (22 whole kernels)

Footnotes

1 Roasted in high oleic safflower oil

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12077
Nuts, beechnuts, dried
Fagus spp.

Refuse: 39% Shells

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	6.60		0		1		1.87		
Energy	kcal	576		0	NC	4		163		
Energy	kj	2410				4		683		
Protein (N x 5.3)	g	6.20		1		1		1.76		
Total lipid (fat)	g	50.00		0		1		14.18		
Ash	g	3.70		0		1		1.05		
Carbohydrate, by difference	g	33.50		0	NC	4		9.50		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		1		1		0		
Iron, Fe	mg	2.46		0		4		0.70		
Magnesium, Mg	mg	0		1		1		0		
Phosphorus, P	mg	0		1		1		0		
Potassium, K	mg	1017		0		4		288		
Sodium, Na	mg	38		0		4		11		
Zinc, Zn	mg	0.36		0		4		0.10		
Copper, Cu	mg	0.670		0		4		0.190		
Manganese, Mn	mg	1.341		0		4		0.380		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	15.5		0		4		4.4		
Thiamin	mg	0.304		0		4		0.086		
Riboflavin	mg	0.371		0		4		0.105		
Niacin	mg	0.877		0		4		0.249		
Pantothenic acid	mg	0.925		0		4		0.262		
Vitamin B-6	mg	0.684		0		4		0.194		
Folate, total	mcg	113		0		4		32		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	113		0		4		32		
Folate, DFE	mcg_DFE	113		0	NC	4		32		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	5.719		0		1		1.621		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.063		2		1		0.018		
15:0	g									
16:0	g	3.569		4		1		1.012		
17:0	g									
18:0	g	1.183		4		1		0.335		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	21.892		0		1		6.206		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.287		3		1		0.081		

NDB No. 12077
Nuts, beechnuts, dried

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	18.849		4		1		5.344		
20:1	g	2.757		3		1		0.782		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	20.089		0		1		5.695		
18:2 undifferentiated	g	18.390		4		1		5.214		
18:3 undifferentiated	g	1.700		3		1		0.482		
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	z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.069		0		1		0.020		
Threonine	g	0.221		0		1		0.063		
Isoleucine	g	0.245		0		1		0.069		
Leucine	g	0.367		0		1		0.104		
Lysine	g	0.367		0		1		0.104		
Methionine	g	0.146		0		1		0.041		
Cystine	g	0.197		0		1		0.056		
Phenylalanine	g	0.262		0		1		0.074		
Tyrosine	g	0.172		0		1		0.049		
Valine	g	0.346		0		1		0.098		
Arginine	g	0.443		0		1		0.126		
Histidine	g	0.172		0		1		0.049		
Alanine	g	0.414		0		1		0.117		
Aspartic acid	g	1.071		0		1		0.304		
Glutamic acid	g	0.800		0		1		0.227		
Glycine	g	0.319		0		1		0.090		
Proline	g	0.326		0		1		0.092		
Serine	g	0.310		0		1		0.088		
Hydroxyproline	g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12078
Nuts, brazilnuts, dried, unblanched
Bertholletia excelsa

Refuse: 52% Shells

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	3.34	0.537	6		1		4.68	0.95	
Energy	kcal	656		0	NC	4		918	186	
Energy	kj	2745				4		3843	778	
Protein (N x 5.46)	g	14.34	0.458	6		1		20.08	4.07	
Total lipid (fat)	g	66.22	1.301	6		1		92.71	18.77	
Ash	g	3.30	0.116	5		1		4.62	0.94	
Carbohydrate, by difference	g	12.80		0	NC	4		17.92	3.63	
Fiber, total dietary	g	5.4		0		4		7.6	1.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	176		1		1		246	50	
Iron, Fe	mg	3.40		1		1		4.76	0.96	
Magnesium, Mg	mg	225		1		1		315	64	
Phosphorus, P	mg	600		1		1		840	170	
Potassium, K	mg	600		1		1		840	170	
Sodium, Na	mg	2		1		1		3	1	
Zinc, Zn	mg	4.59		2		1		6.43	1.30	
Copper, Cu	mg	1.770		1		1		2.478	0.502	
Manganese, Mn	mg	0.774		0		1		1.084	0.219	
Selenium, Se	mcg	2960.0	40.043	529	A	1		4144.0	839.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		1.0	0.2	
Thiamin	mg	1.000		1		1		1.400	0.284	
Riboflavin	mg	0.122		0		1		0.171	0.035	
Niacin	mg	1.622		0		1		2.271	0.460	
Pantothenic acid	mg	0.236		0		1		0.330	0.067	
Vitamin B-6	mg	0.251		2		1		0.351	0.071	
Folate, total	mcg	4		1		1		6	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		1		1		6	1	
Folate, DFE	mcg_DFE	4		0	NC	4		6	1	
Vitamin B-12	mcg	0.00		0	Z	7		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	7.600		0		1		10.640	2.155	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	16.154		0		1		22.616	4.580	
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	0.620		2		1		0.868	0.176	
15:0	g									
16:0	g	9.519		8		1		13.327	2.699	
17:0	g									
18:0	g	5.679		7		1		7.951	1.610	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	23.016		0		1		32.222	6.525	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.324		6		1		0.454	0.092	

NDB No. 12078
Nuts, brazilnuts, dried, unblanched

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	22.382		9		1		31.335	6.345	
20:1 ... g	0.062		1		1		0.087	0.018	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	24.129		0		1		33.781	6.841	
18:2 undifferentiated ... g	23.807		9		1		33.330	6.749	
18:3 undifferentiated ... g	0.062		1		1		0.087	0.018	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.260		1		1		0.364	0.074	
Threonine ... g	0.460		1		1		0.644	0.130	
Isoleucine ... g	0.601		1		1		0.841	0.170	
Leucine ... g	1.187		1		1		1.662	0.337	
Lysine ... g	0.541		1		1		0.757	0.153	
Methionine ... g	1.014		1		1		1.420	0.287	
Cystine ... g	0.349		1		1		0.489	0.099	
Phenylalanine ... g	0.746		1		1		1.044	0.211	
Tyrosine ... g	0.457		1		1		0.640	0.130	
Valine ... g	0.911		1		1		1.275	0.258	
Arginine ... g	2.390		1		1		3.346	0.678	
Histidine ... g	0.402		1		1		0.563	0.114	
Alanine ... g	0.570		1		1		0.798	0.162	
Aspartic acid ... g	1.355		1		1		1.897	0.384	
Glutamic acid ... g	3.151		1		1		4.411	0.893	
Glycine ... g	0.657		1		1		0.920	0.186	
Proline ... g	0.762		1		1		1.067	0.216	
Serine ... g	0.746		1		1		1.044	0.211	
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 = 140g: 1 cup shelled (32 kernels)

Measure 2 = 28.35g: 1 oz (6-8 kernels)

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12084
Nuts, butternuts, dried
Juglans cinerea

Refuse: 73% Shells

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	3.34	0.330	4		1		4.01	0.95	0.10
Energy	kcal	612		0	NC	4		734	174	18
Energy	kj	2561				4		3073	726	77
Protein (N x 5.3)	g	24.90	1.353	6		1		29.88	7.06	0.75
Total lipid (fat)	g	56.98	0.540	12		1		68.38	16.15	1.71
Ash	g	2.73	0.215	4		1		3.28	0.77	0.08
Carbohydrate, by difference	g	12.05		0	NC	4		14.46	3.42	0.36
Fiber, total dietary	g	4.7		0		4		5.6	1.3	0.1
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	53	1.808	4		1		64	15	2
Iron, Fe	mg	4.02	0.197	4		1		4.82	1.14	0.12
Magnesium, Mg	mg	237	15.785	4		1		284	67	7
Phosphorus, P	mg	446	37.420	4		1		535	126	13
Potassium, K	mg	421	16.561	4		1		505	119	13
Sodium, Na	mg	1	0.136	4		1		1	0	0
Zinc, Zn	mg	3.13	0.454	4		1		3.76	0.89	0.09
Copper, Cu	mg	0.450	0.061	4		1		0.540	0.128	0.014
Manganese, Mn	mg	6.560	0.437	4		1		7.872	1.860	0.197
Selenium, Se	mcg	17.2		0	BFSN	4		20.6	4.9	0.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.2		0		4		3.8	0.9	0.1
Thiamin	mg	0.383		0		4		0.460	0.109	0.011
Riboflavin	mg	0.148		0		4		0.178	0.042	0.004
Niacin	mg	1.045		0		4		1.254	0.296	0.031
Pantothenic acid	mg	0.633		0		4		0.760	0.179	0.019
Vitamin B-6	mg	0.560		0		4		0.672	0.159	0.017
Folate, total	mcg	66		0		4		79	19	2
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	66		0		4		79	19	2
Folate, DFE	mcg_DFE	66		0	NC	4		79	19	2
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	124		0		4		149	35	4
Vitamin A, RAE	mcg_RAE	6		0		4		7	2	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	3.500		0		4		4.200	0.992	0.105
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.306		0		1		1.567	0.370	0.039
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	0.872		1		1		1.046	0.247	0.026
17:0	g									
18:0	g	0.425		1		1		0.510	0.120	0.013
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	10.425		0		1		12.510	2.955	0.313
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 12084
Nuts, butternuts, dried

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	10.352		2		1		12.422	2.935	0.311
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	42.741		0		1		51.289	12.117	1.282
18:2 undifferentiated ... g	33.727		2		1		40.472	9.562	1.012
18:3 undifferentiated ... g	8.718		2		1		10.462	2.472	0.262
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	z	7		0	0	0
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.366		4		1		0.439	0.104	0.011
Threonine ... g	0.940		2		1		1.128	0.266	0.028
Isoleucine ... g	1.179		2		1		1.415	0.334	0.035
Leucine ... g	2.199		2		1		2.639	0.623	0.066
Lysine ... g	0.770		2		1		0.924	0.218	0.023
Methionine ... g	0.611		6		1		0.733	0.173	0.018
Cystine ... g	0.484		6		1		0.581	0.137	0.015
Phenylalanine ... g	1.442		2		1		1.730	0.409	0.043
Tyrosine ... g	0.977		2		1		1.172	0.277	0.029
Valine ... g	1.541		2		1		1.849	0.437	0.046
Arginine ... g	4.862		2		1		5.834	1.378	0.146
Histidine ... g	0.808		2		1		0.970	0.229	0.024
Alanine ... g	1.372		2		1		1.646	0.389	0.041
Aspartic acid ... g	3.096		2		1		3.715	0.878	0.093
Glutamic acid ... g	6.084		2		1		7.301	1.725	0.183
Glycine ... g	1.508		2		1		1.810	0.428	0.045
Proline ... g	1.236		2		1		1.483	0.350	0.037
Serine ... g	1.640		2		1		1.968	0.465	0.049
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. 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 = 120g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 3.0g: 1 nutmeat

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12588
Nuts, cashew butter, plain, 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	2.96	0.889	3		1		0.47	0.84	
Energy	kcal	587		0	NC	4		94	166	
Energy	kj	2456				4		393	696	
Protein (N x 5.3)	g	17.56	0.592	3		1		2.81	4.98	
Total lipid (fat)	g	49.41	0.376	3		1		7.91	14.01	
Ash	g	2.50	0.105	3		1		0.40	0.71	
Carbohydrate, by difference	g	27.57		0	NC	4		4.41	7.82	
Fiber, total dietary	g	2.0		0		4		0.3	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	43		0		1		7	12	
Iron, Fe	mg	5.03		0		1		0.80	1.43	
Magnesium, Mg	mg	258		0		1		41	73	
Phosphorus, P	mg	457		0		1		73	130	
Potassium, K	mg	546		0		1		87	155	
Sodium, Na	mg	614		0		1		98	174	
Zinc, Zn	mg	5.16		0		1		0.83	1.46	
Copper, Cu	mg	2.190		0		1		0.350	0.621	
Manganese, Mn	mg	0.815		0		4		0.130	0.231	
Selenium, Se	mcg	11.5		0	BFSN	4		1.8	3.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.312		0		1		0.050	0.088	
Riboflavin	mg	0.187		0		1		0.030	0.053	
Niacin	mg	1.599		0		1		0.256	0.453	
Pantothenic acid	mg	1.201		0		1		0.192	0.340	
Vitamin B-6	mg	0.252		0		1		0.040	0.071	
Folate, total	mcg	68		0		1		11	19	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	68		0		1		11	19	
Folate, DFE	mcg_DFE	68		0	NC	4		11	19	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	1.560		0		4		0.250	0.442	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.763		0		1		1.562	2.768	
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	0.140		0		1		0.022	0.040	
10:0	g	0.140		0		1		0.022	0.040	
12:0	g	0.836		0		1		0.134	0.237	
13:0	g									
14:0	g	0.370		0		1		0.059	0.105	
15:0	g									
16:0	g	4.639		0		1		0.742	1.315	
17:0	g									
18:0	g	3.168		0		1		0.507	0.898	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	29.122		0		1		4.660	8.256	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.339		0		1		0.054	0.096	

NDB No. 12588
Nuts, cashew butter, plain, with salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	28.579		0		1		4.573	8.102	
20:1 g	0.148		0		1		0.024	0.042	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	8.354		0		1		1.337	2.368	
18:2 undifferentiated g	8.166		0		1		1.307	2.315	
18:3 undifferentiated g	0.171		0		1		0.027	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	0		0	z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.272		0		1		0.044	0.077	
Threonine g	0.679		0		1		0.109	0.192	
Isoleucine g	0.838		0		1		0.134	0.238	
Leucine g	1.475		0		1		0.236	0.418	
Lysine g	0.938		0		1		0.150	0.266	
Methionine g	0.315		0		1		0.050	0.089	
Cystine g	0.325		0		1		0.052	0.092	
Phenylalanine g	0.908		0		1		0.145	0.257	
Tyrosine g	0.563		0		1		0.090	0.160	
Valine g	1.193		0		1		0.191	0.338	
Arginine g	1.998		0		1		0.320	0.566	
Histidine g	0.457		0		1		0.073	0.130	
Alanine g	0.805		0		1		0.129	0.228	
Aspartic acid g	1.727		0		1		0.276	0.490	
Glutamic acid g	4.159		0		1		0.665	1.179	
Glycine g	0.921		0		1		0.147	0.261	
Proline g	0.792		0		1		0.127	0.225	
Serine g	0.974		0		1		0.156	0.276	
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 = 16g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12088
Nuts, cashew butter, plain, without 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	2.96	0.889	3		1		0.47	0.84	
Energy	kcal	587		0	NC	4		94	166	
Energy	kj	2456				4		393	696	
Protein (N x 5.3)	g	17.56	0.592	3		1		2.81	4.98	
Total lipid (fat)	g	49.41	0.376	3		1		7.91	14.01	
Ash	g	2.50	0.105	3		1		0.40	0.71	
Carbohydrate, by difference	g	27.57		0	NC	4		4.41	7.82	
Fiber, total dietary	g	2.0		0		4		0.3	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	43		0		1		7	12	
Iron, Fe	mg	5.03		0		1		0.80	1.43	
Magnesium, Mg	mg	258		0		1		41	73	
Phosphorus, P	mg	457		0		1		73	130	
Potassium, K	mg	546		0		1		87	155	
Sodium, Na	mg	15		0		1		2	4	
Zinc, Zn	mg	5.16		0		1		0.83	1.46	
Copper, Cu	mg	2.190		0		1		0.350	0.621	
Manganese, Mn	mg	0.815		0		4		0.130	0.231	
Selenium, Se	mcg	11.5		0	BFSN	4		1.8	3.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.312		0		1		0.050	0.088	
Riboflavin	mg	0.187		0		1		0.030	0.053	
Niacin	mg	1.599		0		1		0.256	0.453	
Pantothenic acid	mg	1.201		0		1		0.192	0.340	
Vitamin B-6	mg	0.252		0		1		0.040	0.071	
Folate, total	mcg	68		0		1		11	19	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	68		0		1		11	19	
Folate, DFE	mcg_DFE	68		0	NC	4		11	19	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	1.560		0		4		0.250	0.442	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.763		0		1		1.562	2.768	
4:0	g									
6:0	g									
8:0	g	0.140		0		1		0.022	0.040	
10:0	g	0.140		0		1		0.022	0.040	
12:0	g	0.836		0		1		0.134	0.237	
13:0	g									
14:0	g	0.370		0		1		0.059	0.105	
15:0	g									
16:0	g	4.639		0		1		0.742	1.315	
17:0	g									
18:0	g	3.168		0		1		0.507	0.898	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	29.122		0		1		4.660	8.256	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.339		0		1		0.054	0.096	

NDB No. 12088
Nuts, cashew butter, plain, without salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	28.579		0		1		4.573	8.102	
20:1 ... g	0.148		0		1		0.024	0.042	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	8.354		0		1		1.337	2.368	
18:2 undifferentiated ... g	8.166		0		1		1.307	2.315	
18:3 undifferentiated ... g	0.171		0		1		0.027	0.048	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.272		0		1		0.044	0.077	
Threonine ... g	0.679		0		1		0.109	0.192	
Isoleucine ... g	0.838		0		1		0.134	0.238	
Leucine ... g	1.475		0		1		0.236	0.418	
Lysine ... g	0.938		0		1		0.150	0.266	
Methionine ... g	0.315		0		1		0.050	0.089	
Cystine ... g	0.325		0		1		0.052	0.092	
Phenylalanine ... g	0.908		0		1		0.145	0.257	
Tyrosine ... g	0.563		0		1		0.090	0.160	
Valine ... g	1.193		0		1		0.191	0.338	
Arginine ... g	1.998		0		1		0.320	0.566	
Histidine ... g	0.457		0		1		0.073	0.130	
Alanine ... g	0.805		0		1		0.129	0.228	
Aspartic acid ... g	1.727		0		1		0.276	0.490	
Glutamic acid ... g	4.159		0		1		0.665	1.179	
Glycine ... g	0.921		0		1		0.147	0.261	
Proline ... g	0.792		0		1		0.127	0.225	
Serine ... g	0.974		0		1		0.156	0.276	
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 = 16g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12585
Nuts, cashew nuts, dry roasted, 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	1.70		2		1		2.33	0.48	
Energy	kcal	574		0	NC	4		786	163	
Energy	kj	2402				4		3290	681	
Protein (N x 5.3)	g	15.31		2		1		20.97	4.34	
Total lipid (fat)	g	46.35		2		1		63.50	13.14	
Ash	g	3.95		2		1		5.41	1.12	
Carbohydrate, by difference	g	32.69		0	NC	4		44.79	9.27	
Fiber, total dietary	g	3.0		0		4		4.1	0.9	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	45		1		1		62	13	
Iron, Fe	mg	6.00		1		1		8.22	1.70	
Magnesium, Mg	mg	260		1		1		356	74	
Phosphorus, P	mg	490		1		1		671	139	
Potassium, K	mg	565		2		1		774	160	
Sodium, Na	mg	640		2		1		877	181	
Zinc, Zn	mg	5.60		1		1		7.67	1.59	
Copper, Cu	mg	2.220		0		1		3.041	0.629	
Manganese, Mn	mg	0.826		0		4		1.132	0.234	
Selenium, Se	mcg	11.7		0	BFSN	4		16.0	3.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.200		1		1		0.274	0.057	
Riboflavin	mg	0.200		1		1		0.274	0.057	
Niacin	mg	1.400		1		1		1.918	0.397	
Pantothenic acid	mg	1.217		0		1		1.667	0.345	
Vitamin B-6	mg	0.256		0		1		0.351	0.073	
Folate, total	mcg	69		0		1		95	20	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	69		0		1		95	20	
Folate, DFE	mcg_DFE	69		0	NC	4		95	20	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.570		0		1		0.781	0.162	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.157		0		1		12.545	2.596	
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	0.132		1		1		0.181	0.037	
10:0	g	0.132		1		1		0.181	0.037	
12:0	g	0.784		2		1		1.074	0.222	
13:0	g									
14:0	g	0.347		3		1		0.475	0.098	
15:0	g									
16:0	g	4.351		20		1		5.961	1.234	
17:0	g									
18:0	g	2.972		20		1		4.072	0.843	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	27.317		0		1		37.424	7.744	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.318		13		1		0.436	0.090	

NDB No. 12585
Nuts, cashew nuts, dry roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	26.808		21		1		36.727	7.600	
20:1 ... g	0.139		4		1		0.190	0.039	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	7.836		0		1		10.735	2.222	
18:2 undifferentiated ... g	7.660		22		1		10.494	2.172	
18:3 undifferentiated ... g	0.161		8		1		0.221	0.046	
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	z	7		0	0	
Phytosterols ... mg	158		0		1		216	45	
Amino Acids:									
Tryptophan ... g	0.237		5		1		0.325	0.067	
Threonine ... g	0.592		10		1		0.811	0.168	
Isoleucine ... g	0.731		9		1		1.001	0.207	
Leucine ... g	1.285		10		1		1.760	0.364	
Lysine ... g	0.817		10		1		1.119	0.232	
Methionine ... g	0.274		10		1		0.375	0.078	
Cystine ... g	0.283		10		1		0.388	0.080	
Phenylalanine ... g	0.791		10		1		1.084	0.224	
Tyrosine ... g	0.491		10		1		0.673	0.139	
Valine ... g	1.040		10		1		1.425	0.295	
Arginine ... g	1.741		10		1		2.385	0.494	
Histidine ... g	0.399		10		1		0.547	0.113	
Alanine ... g	0.702		10		1		0.962	0.199	
Aspartic acid ... g	1.505		10		1		2.062	0.427	
Glutamic acid ... g	3.624		10		1		4.965	1.027	
Glycine ... g	0.803		10		1		1.100	0.228	
Proline ... g	0.690		10		1		0.945	0.196	
Serine ... g	0.849		10		1		1.163	0.241	
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 = 137g: 1 cup, halves and whole

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12085

Nuts, cashew nuts, dry roasted, without salt added

Anacardium occidentale

Refuse: 0%

Nutrients and 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	1.70		2		1		2.33	0.15	0.48
Energy	kcal	574		0	NC	4		786	49	163
Energy	kj	2402				4		3290	207	681
Protein (N x 5.3)	g	15.31		2		1		20.97	1.32	4.34
Total lipid (fat)	g	46.35		2		1		63.50	3.99	13.14
Ash	g	3.95		2		1		5.41	0.34	1.12
Carbohydrate, by difference	g	32.69		0	NC	4		44.79	2.81	9.27
Fiber, total dietary	g	3.0		0		4		4.1	0.3	0.9
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	45		1		1		62	4	13
Iron, Fe	mg	6.00		1		1		8.22	0.52	1.70
Magnesium, Mg	mg	260		1		1		356	22	74
Phosphorus, P	mg	490		1		1		671	42	139
Potassium, K	mg	565		2		1		774	49	160
Sodium, Na	mg	16		0		1		22	1	5
Zinc, Zn	mg	5.60		1		1		7.67	0.48	1.59
Copper, Cu	mg	2.220		0		1		3.041	0.191	0.629
Manganese, Mn	mg	0.826		0		4		1.132	0.071	0.234
Selenium, Se	mcg	11.7		0	BFSN	4		16.0	1.0	3.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.200		1		1		0.274	0.017	0.057
Riboflavin	mg	0.200		1		1		0.274	0.017	0.057
Niacin	mg	1.400		1		1		1.918	0.120	0.397
Pantothenic acid	mg	1.217		0		1		1.667	0.105	0.345
Vitamin B-6	mg	0.256		0		1		0.351	0.022	0.073
Folate, total	mcg	69		0		1		95	6	20
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	69		0		1		95	6	20
Folate, DFE	mcg_DFE	69		0	NC	4		95	6	20
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.570		0		1		0.781	0.049	0.162
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.157		0		1		12.545	0.788	2.596
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	0.132		1		1		0.181	0.011	0.037
10:0	g	0.132		1		1		0.181	0.011	0.037
12:0	g	0.784		2		1		1.074	0.067	0.222
13:0	g									
14:0	g	0.347		3		1		0.475	0.030	0.098
15:0	g									
16:0	g	4.351		20		1		5.961	0.374	1.234
17:0	g									
18:0	g	2.972		20		1		4.072	0.256	0.843
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	27.317		0		1		37.424	2.349	7.744
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.318		13		1		0.436	0.027	0.090

NDB No. 12085
Nuts, cashew nuts, dry roasted, without salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	26.808		21		1		36.727	2.305	7.600
20:1 g	0.139		4		1		0.190	0.012	0.039
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	7.836		0		1		10.735	0.674	2.222
18:2 undifferentiated g	7.660		22		1		10.494	0.659	2.172
18:3 undifferentiated g	0.161		8		1		0.221	0.014	0.046
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	z	7		0	0	0
Phytosterols mg	158		0		1		216	14	45
Amino Acids:									
Tryptophan g	0.237		5		1		0.325	0.020	0.067
Threonine g	0.592		10		1		0.811	0.051	0.168
Isoleucine g	0.731		9		1		1.001	0.063	0.207
Leucine g	1.285		10		1		1.760	0.111	0.364
Lysine g	0.817		10		1		1.119	0.070	0.232
Methionine g	0.274		10		1		0.375	0.024	0.078
Cystine g	0.283		10		1		0.388	0.024	0.080
Phenylalanine g	0.791		10		1		1.084	0.068	0.224
Tyrosine g	0.491		10		1		0.673	0.042	0.139
Valine g	1.040		10		1		1.425	0.089	0.295
Arginine g	1.741		10		1		2.385	0.150	0.494
Histidine g	0.399		10		1		0.547	0.034	0.113
Alanine g	0.702		10		1		0.962	0.060	0.199
Aspartic acid g	1.505		10		1		2.062	0.129	0.427
Glutamic acid g	3.624		10		1		4.965	0.312	1.027
Glycine g	0.803		10		1		1.100	0.069	0.228
Proline g	0.690		10		1		0.945	0.059	0.196
Serine g	0.849		10		1		1.163	0.073	0.241
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 = 137g: 1 cup, halves and whole

Measure 2 = 8.6g: 1 tbsp

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12586
Nuts, cashew nuts, oil roasted, 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	2.34	0.206	7	A	1		3.01	3.01	0.66
Energy	kcal	581		0	NC	4		749	749	165
Energy	kj	2431		0	NC	4		3136	3136	689
Protein (N x 5.3)	g	16.84	0.353	8	A	1		21.73	21.73	4.77
Total lipid (fat)	g	47.77	1.866	3	A	1		61.62	61.62	13.54
Ash	g	2.89	0.078	6	A	1		3.73	3.73	0.82
Carbohydrate, by difference	g	30.16		0	NC	4		38.91	38.91	8.55
Fiber, total dietary	g	3.3		2	A	1		4.3	4.3	0.9
Sugars, total	g	5.01	0.549	8	A	1		6.46	6.46	1.42
Sucrose	g	4.84	0.608	8	A	1		6.25	6.25	1.37
Glucose (dextrose)	g	0.08	0.033	8	A	1		0.11	0.11	0.02
Fructose	g	0.08	0.033	8	A	1		0.11	0.11	0.02
Lactose	g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose	g	0.00		2	A	1		0.00	0.00	0.00
Starch	g	10.93	1.551	7	A	1		14.10	14.10	3.10
Minerals:										
Calcium, Ca	mg	43	0.639	8	A	1		56	56	12
Iron, Fe	mg	6.05	0.387	9	A	1		7.80	7.80	1.71
Magnesium, Mg	mg	273	16.425	8	A	1		352	352	77
Phosphorus, P	mg	531	37.185	8	A	1		686	686	151
Potassium, K	mg	632	20.071	8	A	1		815	815	179
Sodium, Na	mg	308	30.570	6	A	1		398	398	87
Zinc, Zn	mg	5.35	0.242	8	A	1		6.91	6.91	1.52
Copper, Cu	mg	2.043	0.098	8	A	1		2.635	2.635	0.579
Manganese, Mn	mg	1.668	0.097	8	A	1		2.152	2.152	0.473
Selenium, Se	mcg	20.3	6.297	7	A	1		26.2	26.2	5.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3	0.288	8	A	1		0.4	0.4	0.1
Thiamin	mg	0.363	0.043	8	A	1		0.469	0.469	0.103
Riboflavin	mg	0.218	0.014	8	A	1		0.281	0.281	0.062
Niacin	mg	1.736	0.429	8	A	1		2.239	2.239	0.492
Pantothenic acid	mg	0.880		2	A	1		1.135	1.135	0.249
Vitamin B-6	mg	0.323	0.091	8	A	1		0.417	0.417	0.092
Folate, total	mcg	25		2	A	1		33	33	7
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	25		2	A	1		33	33	7
Folate, DFE	mcg_DFE	25		0	NC	4		33	33	7
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	0	0.000	8	A	1		0	0	0
Vitamin A, RAE	mcg_RAE	0	0.000	8	A	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	1.484	0.291	5	A	1		1.915	1.915	0.421
Tocopherol, alpha	mg	0.92	0.244	5	A	1		1.18	1.18	0.26
Tocopherol, beta	mg	0.03	0.018	5	A	1		0.04	0.04	0.01
Tocopherol, gamma	mg	5.40	0.369	5	A	1		6.97	6.97	1.53
Tocopherol, delta	mg	0.37	0.040	5	A	1		0.48	0.48	0.10
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	8.478		0	NC	4		10.937	10.937	2.404
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	0.016		2	A	1		0.021	0.021	0.005
10:0	g	0.016		2	A	1		0.021	0.021	0.005
12:0	g	0.016		2	A	1		0.021	0.021	0.005
13:0	g									
14:0	g	0.016		2	A	1		0.021	0.021	0.005
15:0	g	0.000		2	A	1		0.000	0.000	0.000

NDB No. 12586
Nuts, cashew nuts, oil roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0 g	4.265		2	A	1		5.502	5.502	1.209
17:0 g	0.051		2	A	1		0.065	0.065	0.014
18:0 g	3.511		2	A	1		4.529	4.529	0.995
20:0 g	0.290		2	A	1		0.374	0.374	0.082
22:0 g	0.188		2	A	1		0.243	0.243	0.053
24:0 g	0.110		1	A	1		0.142	0.142	0.031
Fatty acids, total monounsaturated g	25.923		0	NC	4		33.441	33.441	7.349
14:1 g	0.000		2	A	1		0.000	0.000	0.000
15:1 g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.149		2	A	1		0.192	0.192	0.042
17:1 g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated g	25.624		2	A	1		33.056	33.056	7.265
20:1 g	0.150		2	A	1		0.194	0.194	0.043
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	8.546		0	NC	4		11.024	11.024	2.423
18:2 undifferentiated g	8.478		2	A	1		10.936	10.936	2.403
18:3 undifferentiated g	0.068		2	A	1		0.088	0.088	0.019
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3 g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3 g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.265		0	A	1		0.342	0.342	0.075
Threonine g	0.636		0	A	1		0.820	0.820	0.180
Isoleucine g	0.729		0	A	1		0.941	0.941	0.207
Leucine g	1.361		0	A	1		1.756	1.756	0.386
Lysine g	0.858		0	A	1		1.106	1.106	0.243
Methionine g	0.334		0	A	1		0.431	0.431	0.095
Cystine g	0.364		0	A	1		0.469	0.469	0.103
Phenylalanine g	0.879		0	A	1		1.134	1.134	0.249
Tyrosine g	0.469		0	A	1		0.606	0.606	0.133
Valine g	1.011		0	A	1		1.305	1.305	0.287
Arginine g	1.963		0	A	1		2.532	2.532	0.556
Histidine g	0.421		0	A	1		0.544	0.544	0.119
Alanine g	0.774		0	A	1		0.999	0.999	0.219
Aspartic acid g	1.659		0	A	1		2.140	2.140	0.470
Glutamic acid g	4.165		0	A	1		5.373	5.373	1.181
Glycine g	0.866		0	A	1		1.117	1.117	0.245
Proline g	0.751		0	A	1		0.968	0.968	0.213
Serine g	0.997		0	A	1		1.286	1.286	0.283
Hydroxyproline g									
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 = 129g: 1 cup, whole

Measure 2 = 129g: 1 cup, halves and pieces

NDB No. 12586
Nuts, cashew nuts, oil roasted, with salt added

Measure 3 = 28.35g: 1 oz (18 kernels)

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12086
Nuts, cashew nuts, oil roasted, without 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	3.48	0.165	3	A	1		4.50	4.50	0.99
Energy	kcal	580		0	NC	4		748	748	164
Energy	kj	2426		0	NC	4		3130	3130	688
Protein (N x 5.3)	g	16.84	0.353	8	A	1		21.73	21.73	4.77
Total lipid (fat)	g	47.77	1.866	3	A	1		61.62	61.62	13.54
Ash	g	2.03	0.429	3	A	1		2.62	2.62	0.58
Carbohydrate, by difference	g	29.87		0	NC	4		38.54	38.54	8.47
Fiber, total dietary	g	3.3		2	A	1		4.3	4.3	0.9
Sugars, total	g	5.01	0.549	8	A	1		6.46	6.46	1.42
Sucrose	g	4.84	0.608	8	A	1		6.25	6.25	1.37
Glucose (dextrose)	g	0.08	0.033	8	A	1		0.11	0.11	0.02
Fructose	g	0.08	0.033	8	A	1		0.11	0.11	0.02
Lactose	g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose	g	0.00		2	A	1		0.00	0.00	0.00
Starch	g	10.93	1.551	7	A	1		14.10	14.10	3.10
Minerals:										
Calcium, Ca	mg	43	0.639	8	A	1		56	56	12
Iron, Fe	mg	6.05	0.387	9	A	1		7.80	7.80	1.71
Magnesium, Mg	mg	273	16.425	8	A	1		352	352	77
Phosphorus, P	mg	531	37.185	8	A	1		686	686	151
Potassium, K	mg	632	20.071	8	A	1		815	815	179
Sodium, Na	mg	13	2.326	3	A	1		17	17	4
Zinc, Zn	mg	5.35	0.242	8	A	1		6.91	6.91	1.52
Copper, Cu	mg	2.043	0.098	8	A	1		2.635	2.635	0.579
Manganese, Mn	mg	1.668	0.097	8	A	1		2.152	2.152	0.473
Selenium, Se	mcg	20.3	6.297	7	A	1		26.2	26.2	5.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3	0.288	8	A	1		0.4	0.4	0.1
Thiamin	mg	0.363	0.043	8	A	1		0.469	0.469	0.103
Riboflavin	mg	0.218	0.014	8	A	1		0.281	0.281	0.062
Niacin	mg	1.736	0.429	8	A	1		2.239	2.239	0.492
Pantothenic acid	mg	0.880		2	A	1		1.135	1.135	0.249
Vitamin B-6	mg	0.323	0.091	8	A	1		0.417	0.417	0.092
Folate, total	mcg	25		2	A	1		33	33	7
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	25		2	A	1		33	33	7
Folate, DFE	mcg_DFE	25		0	NC	4		33	33	7
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	0	0.000	8	A	1		0	0	0
Vitamin A, RAE	mcg_RAE	0	0.000	8	A	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	1.484	0.291	5	A	1		1.915	1.915	0.421
Tocopherol, alpha	mg	0.92	0.244	5	A	1		1.18	1.18	0.26
Tocopherol, beta	mg	0.03	0.018	5	A	1		0.04	0.04	0.01
Tocopherol, gamma	mg	5.40	0.369	5	A	1		6.97	6.97	1.53
Tocopherol, delta	mg	0.37	0.040	5	A	1		0.48	0.48	0.10
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	8.478		0	NC	4		10.937	10.937	2.404
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	0.016		2	A	1		0.021	0.021	0.005
10:0	g	0.016		2	A	1		0.021	0.021	0.005
12:0	g	0.016		2	A	1		0.021	0.021	0.005
13:0	g									
14:0	g	0.016		2	A	1		0.021	0.021	0.005
15:0	g	0.000		2	A	1		0.000	0.000	0.000

NDB No. 12086
Nuts, cashew nuts, oil roasted, without salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0 g	4.265		2	A	1		5.502	5.502	1.209
17:0 g	0.051		2	A	1		0.065	0.065	0.014
18:0 g	3.511		2	A	1		4.529	4.529	0.995
20:0 g	0.290		2	A	1		0.374	0.374	0.082
22:0 g	0.188		2	A	1		0.243	0.243	0.053
24:0 g	0.110		1	A	1		0.142	0.142	0.031
Fatty acids, total monounsaturated g	25.923		0	NC	4		33.441	33.441	7.349
14:1 g	0.000		2	A	1		0.000	0.000	0.000
15:1 g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.149		2	A	1		0.192	0.192	0.042
17:1 g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated g	25.624		2	A	1		33.056	33.056	7.265
20:1 g	0.150		2	A	1		0.194	0.194	0.043
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	8.546		0	NC	4		11.024	11.024	2.423
18:2 undifferentiated g	8.478		2	A	1		10.936	10.936	2.403
18:3 undifferentiated g	0.068		2	A	1		0.088	0.088	0.019
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3 g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3 g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.265		0	A	1		0.342	0.342	0.075
Threonine g	0.636		0	A	1		0.820	0.820	0.180
Isoleucine g	0.729		0	A	1		0.941	0.941	0.207
Leucine g	1.361		0	A	1		1.756	1.756	0.386
Lysine g	0.858		0	A	1		1.106	1.106	0.243
Methionine g	0.334		0	A	1		0.431	0.431	0.095
Cystine g	0.364		0	A	1		0.469	0.469	0.103
Phenylalanine g	0.879		0	A	1		1.134	1.134	0.249
Tyrosine g	0.469		0	A	1		0.606	0.606	0.133
Valine g	1.011		0	A	1		1.305	1.305	0.287
Arginine g	1.963		0	A	1		2.532	2.532	0.556
Histidine g	0.421		0	A	1		0.544	0.544	0.119
Alanine g	0.774		0	A	1		0.999	0.999	0.219
Aspartic acid g	1.659		0	A	1		2.140	2.140	0.470
Glutamic acid g	4.165		0	A	1		5.373	5.373	1.181
Glycine g	0.866		0	A	1		1.117	1.117	0.245
Proline g	0.751		0	A	1		0.968	0.968	0.213
Serine g	0.997		0	A	1		1.286	1.286	0.283
Hydroxyproline g									
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 = 129g: 1 cup, whole

Measure 2 = 129g: 1 cup, halves and pieces

NDB No. 12086
Nuts, cashew nuts, oil roasted, without salt added

Measure 3 = 28.35g: 1 oz (18 kernels)

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12087
Nuts, cashew nuts, raw (1)
Anacardium occidentale

Refuse:

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	5.20		2	A	1		1.47		
Energy	kcal	566		0	NC	4		161		
Energy	kj	2369		0	NC	4		672		
Protein (N x 5.3)	g	18.22		2	A	1		5.17		
Total lipid (fat)	g	46.92		0	BFSN	4		13.30		
Ash	g	2.54		2	A	1		0.72		
Carbohydrate, by difference	g	27.13		0	NC	4		7.69		
Fiber, total dietary	g	3.3		0	BFSN	4		0.9		
Sugars, total	g	5.91		2	A	1		1.68		
Sucrose	g	5.81		2	A	1		1.65		
Glucose (dextrose)	g	0.05		2	A	1		0.01		
Fructose	g	0.05		2	A	1		0.01		
Lactose	g	0.00		2	A	1		0.00		
Maltose	g	0.00		2	A	1		0.00		
Galactose	g	0.00		0	BFSN	4		0.00		
Starch	g	23.49		2	A	1		6.66		
Minerals:										
Calcium, Ca	mg	37		2	A	1		11		
Iron, Fe	mg	6.68		2	A	1		1.89		
Magnesium, Mg	mg	292		2	A	1		83		
Phosphorus, P	mg	593		2	A	1		168		
Potassium, K	mg	660		2	A	1		187		
Sodium, Na	mg	12		2	A	1		3		
Zinc, Zn	mg	5.78		2	A	1		1.64		
Copper, Cu	mg	2.195		2	A	1		0.622		
Manganese, Mn	mg	1.655		2	A	1		0.469		
Selenium, Se	mcg	19.9		0	BFSN	4		5.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		2	A	1		0.1		
Thiamin	mg	0.423		2	A	1		0.120		
Riboflavin	mg	0.058		2	A	1		0.016		
Niacin	mg	1.062		2	A	1		0.301		
Pantothenic acid	mg	0.864		0	BFSN	4		0.245		
Vitamin B-6	mg	0.417		2	A	1		0.118		
Folate, total	mcg	25		0	BFSN	4		7		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	25		0	BFSN	4		7		
Folate, DFE	mcg_DFE	25		0	NC	4		7		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	0		0	BFSN	4		0		
Vitamin A, RAE	mcg_RAE	0		0	BFSN	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	1.458		0	BFSN	4		0.413		
Tocopherol, alpha	mg	0.90		0	BFSN	4		0.26		
Tocopherol, beta	mg	0.03		0	BFSN	4		0.01		
Tocopherol, gamma	mg	5.31		0	BFSN	4		1.50		
Tocopherol, delta	mg	0.36		0	BFSN	4		0.10		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	8.328		0	NC	4		2.361		
4:0	g	0.000		0	BFFN	4		0.000		
6:0	g	0.000		0	BFFN	4		0.000		
8:0	g	0.016		0	BFFN	4		0.004		
10:0	g	0.016		0	BFFN	4		0.004		
12:0	g	0.016		0	BFFN	4		0.004		
13:0	g									
14:0	g	0.016		0	BFFN	4		0.004		
15:0	g	0.000		0	BFFN	4		0.000		

NDB No. 12087
Nuts, cashew nuts, raw (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
16:0	g	4.190		0	BFFN	4		1.188		
17:0	g	0.050		0	BFFN	4		0.014		
18:0	g	3.448		0	BFFN	4		0.978		
20:0	g	0.285		0	BFFN	4		0.081		
22:0	g	0.185		0	BFFN	4		0.052		
24:0	g	0.108		0	BFFN	4		0.031		
Fatty acids, total monounsaturated	g	25.462		0	NC	4		7.218		
14:1	g	0.000		0	BFFN	4		0.000		
15:1	g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated	g	0.146		0	BFFN	4		0.041		
17:1	g	0.000		0	BFFN	4		0.000		
18:1 undifferentiated	g	25.168		0	BFFN	4		7.135		
20:1	g	0.147		0	BFFN	4		0.042		
22:1 undifferentiated	g	0.000		0	BFFN	4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	8.393		0	NC	4		2.380		
18:2 undifferentiated	g	8.327		0	BFFN	4		2.361		
18:3 undifferentiated	g	0.067		0	BFFN	4		0.019		
18:4	g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c	g	0.000		0	BFFN	4		0.000		
20:3 undifferentiated	g	0.000		0	BFFN	4		0.000		
20:4 undifferentiated	g	0.000		0	BFFN	4		0.000		
20:5 n-3	g	0.000		0	BFFN	4		0.000		
22:5 n-3	g	0.000		0	BFFN	4		0.000		
22:6 n-3	g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.287		0	A	1		0.081		
Threonine	g	0.688		0	A	1		0.195		
Isoleucine	g	0.789		0	A	1		0.224		
Leucine	g	1.472		0	A	1		0.417		
Lysine	g	0.928		0	A	1		0.263		
Methionine	g	0.362		0	A	1		0.102		
Cystine	g	0.393		0	A	1		0.112		
Phenylalanine	g	0.951		0	A	1		0.270		
Tyrosine	g	0.508		0	A	1		0.144		
Valine	g	1.094		0	A	1		0.310		
Arginine	g	2.123		0	A	1		0.602		
Histidine	g	0.456		0	A	1		0.129		
Alanine	g	0.837		0	A	1		0.237		
Aspartic acid	g	1.795		0	A	1		0.509		
Glutamic acid	g	4.506		0	A	1		1.277		
Glycine	g	0.937		0	A	1		0.266		
Proline	g	0.812		0	A	1		0.230		
Serine	g	1.079		0	A	1		0.306		
Hydroxyproline	g									

Blanks in the 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 = 28.35g: 1 oz

Footnotes

1 Raw cashews have been heat-treated to safely remove kernel from shell, but not further roasted.

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

NDB No. 12087
Nuts, cashew nuts, raw (1)

Food Group: 12 Nut and Seed Products

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

NDB No. 12095
Nuts, chestnuts, chinese, boiled and steamed

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	61.57		0		1		17.46		
Energy	kcal	153		0	NC	4		43		
Energy	kj	640				4		181		
Protein (N x 5.3)	g	2.88		0		1		0.82		
Total lipid (fat)	g	0.76		0		1		0.22		
Ash	g	1.14		0		1		0.32		
Carbohydrate, by difference	g	33.64		0	NC	4		9.54		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		1		3		
Iron, Fe	mg	0.97		0		1		0.27		
Magnesium, Mg	mg	58		0		1		16		
Phosphorus, P	mg	66		0		1		19		
Potassium, K	mg	306		0		1		87		
Sodium, Na	mg	2		0		1		1		
Zinc, Zn	mg	0.60		0		1		0.17		
Copper, Cu	mg	0.249		0		1		0.071		
Manganese, Mn	mg	1.097		0		1		0.311		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	24.7		0		4		7.0		
Thiamin	mg	0.110		0		4		0.031		
Riboflavin	mg	0.123		0		4		0.035		
Niacin	mg	0.548		0		4		0.155		
Pantothenic acid	mg	0.381		0		4		0.108		
Vitamin B-6	mg	0.281		0		4		0.080		
Folate, total	mcg	46		0		4		13		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	46		0		4		13		
Folate, DFE	mcg_DFE	46		0	NC	4		13		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	138		0		4		39		
Vitamin A, RAE	mcg_RAE	7		0		4		2		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.112		0		1		0.032		
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	0.104		0		1		0.029		
17:0	g									
18:0	g	0.008		0		1		0.002		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.399		0		1		0.113		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.005		0		1		0.001		

NDB No. 12095
Nuts, chestnuts, chinese, boiled and steamed

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	0.383		0		1		0.109		
20:1	g	0.007		0		1		0.002		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.197		0		1		0.056		
18:2 undifferentiated	g	0.177		0		1		0.050		
18:3 undifferentiated	g	0.019		0		1		0.005		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.034		0		1		0.010		
Threonine	g	0.115		0		1		0.033		
Isoleucine	g	0.108		0		1		0.031		
Leucine	g	0.178		0		1		0.050		
Lysine	g	0.156		0		1		0.044		
Methionine	g	0.070		0		1		0.020		
Cystine	g	0.075		0		1		0.021		
Phenylalanine	g	0.130		0		1		0.037		
Tyrosine	g	0.086		0		1		0.024		
Valine	g	0.151		0		1		0.043		
Arginine	g	0.295		0		1		0.084		
Histidine	g	0.083		0		1		0.024		
Alanine	g	0.137		0		1		0.039		
Aspartic acid	g	0.584		0		1		0.166		
Glutamic acid	g	0.368		0		1		0.104		
Glycine	g	0.126		0		1		0.036		
Proline	g	0.111		0		1		0.031		
Serine	g	0.126		0		1		0.036		
Hydroxyproline	g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12094
Nuts, chestnuts, chinese, dried

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	8.90		0		1		2.52		
Energy	kcal	363		0	NC	4		103		
Energy	kj	1519				4		431		
Protein (N x 5.3)	g	6.82		0		1		1.93		
Total lipid (fat)	g	1.81		0		1		0.51		
Ash	g	2.71		0		1		0.77		
Carbohydrate, by difference	g	79.76		0	NC	4		22.61		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	29		0		1		8		
Iron, Fe	mg	2.29		0		1		0.65		
Magnesium, Mg	mg	137		0		1		39		
Phosphorus, P	mg	155		0		1		44		
Potassium, K	mg	726		0		1		206		
Sodium, Na	mg	5		0		1		1		
Zinc, Zn	mg	1.41		0		1		0.40		
Copper, Cu	mg	0.590		0		1		0.167		
Manganese, Mn	mg	2.601		0		1		0.737		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	58.5		0		4		16.6		
Thiamin	mg	0.260		0		4		0.074		
Riboflavin	mg	0.293		0		4		0.083		
Niacin	mg	1.300		0		4		0.369		
Pantothenic acid	mg	0.902		0		4		0.256		
Vitamin B-6	mg	0.666		0		4		0.189		
Folate, total	mcg	110		0		4		31		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	110		0		4		31		
Folate, DFE	mcg_DFE	110		0	NC	4		31		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	328		0		4		93		
Vitamin A, RAE	mcg_RAE	16		0		4		5		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.266		0		1		0.075		
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	0.246		0		1		0.070		
17:0	g									
18:0	g	0.019		0		1		0.005		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.945		0		1		0.268		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.012		0		1		0.003		

NDB No. 12094
Nuts, chestnuts, chinese, dried

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	0.909		0		1		0.258		
20:1	g	0.017		0		1		0.005		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.468		0		1		0.133		
18:2 undifferentiated	g	0.419		0		1		0.119		
18:3 undifferentiated	g	0.045		0		1		0.013		
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	z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.080		0		1		0.023		
Threonine	g	0.272		0		1		0.077		
Isoleucine	g	0.255		0		1		0.072		
Leucine	g	0.421		0		1		0.119		
Lysine	g	0.371		0		1		0.105		
Methionine	g	0.165		0		1		0.047		
Cystine	g	0.179		0		1		0.051		
Phenylalanine	g	0.309		0		1		0.088		
Tyrosine	g	0.203		0		1		0.058		
Valine	g	0.358		0		1		0.101		
Arginine	g	0.699		0		1		0.198		
Histidine	g	0.197		0		1		0.056		
Alanine	g	0.324		0		1		0.092		
Aspartic acid	g	1.385		0		1		0.393		
Glutamic acid	g	0.873		0		1		0.247		
Glycine	g	0.299		0		1		0.085		
Proline	g	0.263		0		1		0.075		
Serine	g	0.299		0		1		0.085		
Hydroxyproline	g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12093
Nuts, chestnuts, chinese, raw
Castanea mollissima

Refuse: 16% Shells

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	43.95		1		1		12.46		
Energy	kcal	224		0	NC	4		64		
Energy	kj	937				4		266		
Protein (N x 5.3)	g	4.20		2		1		1.19		
Total lipid (fat)	g	1.11		2		1		0.31		
Ash	g	1.67		2		1		0.47		
Carbohydrate, by difference	g	49.07		0	NC	4		13.91		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		2		1		5		
Iron, Fe	mg	1.41		2		1		0.40		
Magnesium, Mg	mg	84		2		1		24		
Phosphorus, P	mg	96		2		1		27		
Potassium, K	mg	447		2		1		127		
Sodium, Na	mg	3		2		1		1		
Zinc, Zn	mg	0.87		2		1		0.25		
Copper, Cu	mg	0.363		2		1		0.103		
Manganese, Mn	mg	1.601		2		1		0.454		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	36.0		0		1		10.2		
Thiamin	mg	0.160		0		1		0.045		
Riboflavin	mg	0.180		0		1		0.051		
Niacin	mg	0.800		0		1		0.227		
Pantothenic acid	mg	0.555		0		4		0.157		
Vitamin B-6	mg	0.410		0		4		0.116		
Folate, total	mcg	68		0		4		19		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	68		0		4		19		
Folate, DFE	mcg_DFE	68		0	NC	4		19		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	202		0		1		57		
Vitamin A, RAE	mcg_RAE	10		0		1		3		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.164		0		1		0.046		
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	0.151		1		1		0.043		
17:0	g									
18:0	g	0.011		1		1		0.003		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.581		0		1		0.165		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.008		2		1		0.002		

NDB No. 12093
Nuts, chestnuts, chinese, raw

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	0.559		2		1		0.158		
20:1	g	0.010		1		1		0.003		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.288		0		1		0.082		
18:2 undifferentiated	g	0.258		2		1		0.073		
18:3 undifferentiated	g	0.028		2		1		0.008		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.049		2		1		0.014		
Threonine	g	0.167		2		1		0.047		
Isoleucine	g	0.157		2		1		0.045		
Leucine	g	0.259		2		1		0.073		
Lysine	g	0.228		2		1		0.065		
Methionine	g	0.101		2		1		0.029		
Cystine	g	0.110		2		1		0.031		
Phenylalanine	g	0.190		2		1		0.054		
Tyrosine	g	0.125		2		1		0.035		
Valine	g	0.220		2		1		0.062		
Arginine	g	0.430		2		1		0.122		
Histidine	g	0.121		2		1		0.034		
Alanine	g	0.200		2		1		0.057		
Aspartic acid	g	0.852		2		1		0.242		
Glutamic acid	g	0.537		2		1		0.152		
Glycine	g	0.184		2		1		0.052		
Proline	g	0.162		2		1		0.046		
Serine	g	0.184		2		1		0.052		
Hydroxyproline	g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12096
Nuts, chestnuts, chinese, roasted

Refuse: 25% Shells

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	40.20		0		1		11.40		
Energy	kcal	239		0	NC	4		68		
Energy	kj	1000				4		283		
Protein (N x 5.3)	g	4.48		0		1		1.27		
Total lipid (fat)	g	1.19		0		1		0.34		
Ash	g	1.78		0		1		0.50		
Carbohydrate, by difference	g	52.36		0	NC	4		14.84		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19		0		1		5		
Iron, Fe	mg	1.50		0		1		0.43		
Magnesium, Mg	mg	90		0		1		26		
Phosphorus, P	mg	102		0		1		29		
Potassium, K	mg	477		0		1		135		
Sodium, Na	mg	4		0		1		1		
Zinc, Zn	mg	0.93		0		1		0.26		
Copper, Cu	mg	0.387		0		1		0.110		
Manganese, Mn	mg	1.708		0		4		0.484		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	38.4		0		4		10.9		
Thiamin	mg	0.150		0		1		0.043		
Riboflavin	mg	0.090		0		1		0.026		
Niacin	mg	1.500		0		1		0.425		
Pantothenic acid	mg	0.592		0		4		0.168		
Vitamin B-6	mg	0.437		0		4		0.124		
Folate, total	mcg	72		0		4		20		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	72		0		4		20		
Folate, DFE	mcg_DFE	72		0	NC	4		20		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	5		0		1		1		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.175		0		1		0.050		
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	0.161		0		1		0.046		
17:0	g									
18:0	g	0.012		0		1		0.003		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.620		0		1		0.176		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.008		0		1		0.002		

NDB No. 12096
Nuts, chestnuts, chinese, roasted

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	0.596		0		1		0.169		
20:1	g	0.011		0		1		0.003		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.307		0		1		0.087		
18:2 undifferentiated	g	0.275		0		1		0.078		
18:3 undifferentiated	g	0.030		0		1		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	z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.052		0		1		0.015		
Threonine	g	0.178		0		1		0.050		
Isoleucine	g	0.167		0		1		0.047		
Leucine	g	0.276		0		1		0.078		
Lysine	g	0.243		0		1		0.069		
Methionine	g	0.108		0		1		0.031		
Cystine	g	0.117		0		1		0.033		
Phenylalanine	g	0.203		0		1		0.058		
Tyrosine	g	0.134		0		1		0.038		
Valine	g	0.235		0		1		0.067		
Arginine	g	0.459		0		1		0.130		
Histidine	g	0.129		0		1		0.037		
Alanine	g	0.213		0		1		0.060		
Aspartic acid	g	0.909		0		1		0.258		
Glutamic acid	g	0.573		0		1		0.162		
Glycine	g	0.196		0		1		0.056		
Proline	g	0.172		0		1		0.049		
Serine	g	0.196		0		1		0.056		
Hydroxyproline	g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12101
Nuts, chestnuts, european, boiled and steamed

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	68.15		0		1		19.32		
Energy	kcal	131		0	NC	4		37		
Energy	kj	548				4		155		
Protein (N x 5.3)	g	2.00		1		1		0.57		
Total lipid (fat)	g	1.38		1		1		0.39		
Ash	g	0.71		0		1		0.20		
Carbohydrate, by difference	g	27.76		0	NC	4		7.87		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	46		0		1		13		
Iron, Fe	mg	1.73		0		1		0.49		
Magnesium, Mg	mg	54		0		1		15		
Phosphorus, P	mg	99		0		1		28		
Potassium, K	mg	715		0		1		203		
Sodium, Na	mg	27		0		1		8		
Zinc, Zn	mg	0.25		0		1		0.07		
Copper, Cu	mg	0.472		0		1		0.134		
Manganese, Mn	mg	0.854		0		1		0.242		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	26.7		0		4		7.6		
Thiamin	mg	0.148		0		4		0.042		
Riboflavin	mg	0.104		0		4		0.029		
Niacin	mg	0.731		0		4		0.207		
Pantothenic acid	mg	0.316		0		4		0.090		
Vitamin B-6	mg	0.233		0		4		0.066		
Folate, total	mcg	38		0		4		11		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	38		0		4		11		
Folate, DFE	mcg_DFE	38		0	NC	4		11		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	17		0		4		5		
Vitamin A, RAE	mcg_RAE	1		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.260		0		1		0.074		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.006		0		1		0.002		
15:0	g									
16:0	g	0.234		0		1		0.066		
17:0	g									
18:0	g	0.013		0		1		0.004		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.476		0		1		0.135		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.013		0		1		0.004		

NDB No. 12101
Nuts, chestnuts, european, boiled and steamed

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	0.457		0		1		0.130		
20:1	g	0.006		0		1		0.002		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.545		0		1		0.155		
18:2 undifferentiated	g	0.487		0		1		0.138		
18:3 undifferentiated	g	0.058		0		1		0.016		
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	z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.022		0		1		0.006		
Threonine	g	0.071		0		1		0.020		
Isoleucine	g	0.079		0		1		0.022		
Leucine	g	0.118		0		1		0.033		
Lysine	g	0.118		0		1		0.033		
Methionine	g	0.047		0		1		0.013		
Cystine	g	0.063		0		1		0.018		
Phenylalanine	g	0.084		0		1		0.024		
Tyrosine	g	0.055		0		1		0.016		
Valine	g	0.112		0		1		0.032		
Arginine	g	0.143		0		1		0.041		
Histidine	g	0.055		0		1		0.016		
Alanine	g	0.133		0		1		0.038		
Aspartic acid	g	0.345		0		1		0.098		
Glutamic acid	g	0.258		0		1		0.073		
Glycine	g	0.103		0		1		0.029		
Proline	g	0.105		0		1		0.030		
Serine	g	0.100		0		1		0.028		
Hydroxyproline	g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12100
Nuts, chestnuts, european, dried, peeled

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	9.00		1		1		2.55		
Energy	kcal	369		0	NC	4		105		
Energy	kj	1544				4		438		
Protein (N x 5.3)	g	5.01		1		1		1.42		
Total lipid (fat)	g	3.91		1		1		1.11		
Ash	g	3.64		1		1		1.03		
Carbohydrate, by difference	g	78.43		0	NC	4		22.23		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	64		1		1		18		
Iron, Fe	mg	2.39		0		1		0.68		
Magnesium, Mg	mg	74		0		1		21		
Phosphorus, P	mg	137		1		1		39		
Potassium, K	mg	991		0		1		281		
Sodium, Na	mg	37		0		1		10		
Zinc, Zn	mg	0.35		0		1		0.10		
Copper, Cu	mg	0.653		0		1		0.185		
Manganese, Mn	mg	1.183		1		1		0.335		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	15.1		0		4		4.3		
Thiamin	mg	0.354		1		1		0.100		
Riboflavin	mg	0.054		1		1		0.015		
Niacin	mg	0.854		0		4		0.242		
Pantothenic acid	mg	0.901		0		4		0.255		
Vitamin B-6	mg	0.666		0		4		0.189		
Folate, total	mcg	110		0		4		31		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	110		0		4		31		
Folate, DFE	mcg_DFE	110		0	NC	4		31		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.736		0		1		0.209		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.017		0		1		0.005		
15:0	g									
16:0	g	0.664		0		1		0.188		
17:0	g									
18:0	g	0.037		0		1		0.010		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.349		0		1		0.382		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.037		0		1		0.010		

NDB No. 12100
Nuts, chestnuts, european, dried, peeled

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	1.296		0		1		0.367		
20:1	g	0.017		0		1		0.005		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.546		0		1		0.438		
18:2 undifferentiated	g	1.381		0		1		0.392		
18:3 undifferentiated	g	0.165		0		1		0.047		
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	z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.056		0		1		0.016		
Threonine	g	0.179		0		1		0.051		
Isoleucine	g	0.198		0		1		0.056		
Leucine	g	0.297		0		1		0.084		
Lysine	g	0.297		0		1		0.084		
Methionine	g	0.118		0		1		0.033		
Cystine	g	0.159		0		1		0.045		
Phenylalanine	g	0.212		0		1		0.060		
Tyrosine	g	0.139		0		1		0.039		
Valine	g	0.280		0		1		0.079		
Arginine	g	0.359		0		1		0.102		
Histidine	g	0.139		0		1		0.039		
Alanine	g	0.335		0		1		0.095		
Aspartic acid	g	0.866		0		1		0.246		
Glutamic acid	g	0.647		0		1		0.183		
Glycine	g	0.258		0		1		0.073		
Proline	g	0.264		0		1		0.075		
Serine	g	0.251		0		1		0.071		
Hydroxyproline	g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12099
Nuts, chestnuts, european, dried, unpeeled

Refuse: 20% Shells

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	9.45		2		1		2.68		
Energy	kcal	374		0	NC	4		106		
Energy	kj	1565				4		444		
Protein (N x 5.3)	g	6.39		2		1		1.81		
Total lipid (fat)	g	4.45		2		1		1.26		
Ash	g	2.40		1		1		0.68		
Carbohydrate, by difference	g	77.31		0	NC	4		21.92		
Fiber, total dietary	g	11.7		0		4		3.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	67		2		1		19		
Iron, Fe	mg	2.38		2		1		0.67		
Magnesium, Mg	mg	74		1		1		21		
Phosphorus, P	mg	175		2		1		50		
Potassium, K	mg	986		1		1		280		
Sodium, Na	mg	37		1		1		10		
Zinc, Zn	mg	0.35		1		1		0.10		
Copper, Cu	mg	0.650		1		1		0.184		
Manganese, Mn	mg	1.300		1		1		0.369		
Selenium, Se	mcg	1.8	0.358	5	A	1		0.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	15.0		1		1		4.3		
Thiamin	mg	0.295		2		1		0.084		
Riboflavin	mg	0.360		2		1		0.102		
Niacin	mg	0.850		2		1		0.241		
Pantothenic acid	mg	0.897		0		1		0.254		
Vitamin B-6	mg	0.663		0		1		0.188		
Folate, total	mcg	109		0		1		31		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	109		0		1		31		
Folate, DFE	mcg_DFE	109		0	NC	4		31		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	0		1		1		0		
Vitamin A, RAE	mcg_RAE	0		1		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	1.200		0		1		0.340		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.837		0		1		0.237		
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	0.019		0		1		0.005		
15:0	g									
16:0	g	0.755		0		1		0.214		
17:0	g									
18:0	g	0.042		0		1		0.012		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.535		0		1		0.435		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.042		0		1		0.012		

NDB No. 12099
Nuts, chestnuts, european, dried, unpeeled

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	1.473		0		1		0.418		
20:1 ... g	0.019		0		1		0.005		
22:1 undifferentiated ... g	0.000		0		1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.758		0		1		0.498		
18:2 undifferentiated ... g	1.570		0		1		0.445		
18:3 undifferentiated ... g	0.188		0		1		0.053		
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	z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.071		0		1		0.020		
Threonine ... g	0.228		0		1		0.065		
Isoleucine ... g	0.252		0		1		0.071		
Leucine ... g	0.378		0		1		0.107		
Lysine ... g	0.378		0		1		0.107		
Methionine ... g	0.151		0		1		0.043		
Cystine ... g	0.202		0		1		0.057		
Phenylalanine ... g	0.270		0		1		0.077		
Tyrosine ... g	0.177		0		1		0.050		
Valine ... g	0.357		0		1		0.101		
Arginine ... g	0.457		0		1		0.130		
Histidine ... g	0.177		0		1		0.050		
Alanine ... g	0.427		0		1		0.121		
Aspartic acid ... g	1.103		0		1		0.313		
Glutamic acid ... g	0.824		0		1		0.234		
Glycine ... g	0.329		0		1		0.093		
Proline ... g	0.336		0		1		0.095		
Serine ... g	0.319		0		1		0.090		
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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12098
Nuts, chestnuts, european, raw, peeled

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	52.00		1		1		14.74		
Energy	kcal	196		0	NC	4		56		
Energy	kj	820				4		232		
Protein (N x 5.3)	g	1.63		1		1		0.46		
Total lipid (fat)	g	1.25		1		1		0.35		
Ash	g	0.96		1		1		0.27		
Carbohydrate, by difference	g	44.17		0	NC	4		12.52		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19		1		1		5		
Iron, Fe	mg	0.94		0		1		0.27		
Magnesium, Mg	mg	30		0		1		9		
Phosphorus, P	mg	38		1		1		11		
Potassium, K	mg	484		0		1		137		
Sodium, Na	mg	2		0		1		1		
Zinc, Zn	mg	0.49		0		1		0.14		
Copper, Cu	mg	0.418		0		1		0.119		
Manganese, Mn	mg	0.336		1		1		0.095		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	40.2		0		4		11.4		
Thiamin	mg	0.144		1		1		0.041		
Riboflavin	mg	0.016		1		1		0.005		
Niacin	mg	1.102		0		4		0.312		
Pantothenic acid	mg	0.476		0		4		0.135		
Vitamin B-6	mg	0.352		0		4		0.100		
Folate, total	mcg	58		0		4		16		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	58		0		4		16		
Folate, DFE	mcg_DFE	58		0	NC	4		16		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	26		0		4		7		
Vitamin A, RAE	mcg_RAE	1		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.235		0		1		0.067		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.005		0		1		0.001		
15:0	g									
16:0	g	0.212		0		1		0.060		
17:0	g									
18:0	g	0.012		0		1		0.003		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.430		0		1		0.122		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.012		0		1		0.003		

NDB No. 12098
Nuts, chestnuts, european, raw, peeled

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	0.413		0		1		0.117		
20:1	g	0.005		0		1		0.001		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.493		0		1		0.140		
18:2 undifferentiated	g	0.440		0		1		0.125		
18:3 undifferentiated	g	0.053		0		1		0.015		
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	z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.018		0		1		0.005		
Threonine	g	0.058		0		1		0.016		
Isoleucine	g	0.064		0		1		0.018		
Leucine	g	0.096		0		1		0.027		
Lysine	g	0.096		0		1		0.027		
Methionine	g	0.038		0		1		0.011		
Cystine	g	0.052		0		1		0.015		
Phenylalanine	g	0.069		0		1		0.020		
Tyrosine	g	0.045		0		1		0.013		
Valine	g	0.091		0		1		0.026		
Arginine	g	0.116		0		1		0.033		
Histidine	g	0.045		0		1		0.013		
Alanine	g	0.109		0		1		0.031		
Aspartic acid	g	0.281		0		1		0.080		
Glutamic acid	g	0.210		0		1		0.060		
Glycine	g	0.084		0		1		0.024		
Proline	g	0.086		0		1		0.024		
Serine	g	0.081		0		1		0.023		
Hydroxyproline	g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12097
Nuts, chestnuts, european, raw, unpeeled
Castanea sativa

Refuse: 26% Shells

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	48.65	1.636	4		1		70.54	13.79	
Energy	kcal	213		0	NC	4		309	60	
Energy	kj	891				4		1292	253	
Protein (N x 5.3)	g	2.42	0.028	4		1		3.51	0.69	
Total lipid (fat)	g	2.26	0.132	4		1		3.28	0.64	
Ash	g	1.13	0.037	4		1		1.64	0.32	
Carbohydrate, by difference	g	45.54		0	NC	4		66.03	12.91	
Fiber, total dietary	g	8.1		0		4		11.7	2.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27	0.664	4		1		39	8	
Iron, Fe	mg	1.01	0.210	4		1		1.46	0.29	
Magnesium, Mg	mg	32	0.968	4		1		46	9	
Phosphorus, P	mg	93	7.461	4		1		135	26	
Potassium, K	mg	518	29.790	4		1		751	147	
Sodium, Na	mg	3	0.603	4		1		4	1	
Zinc, Zn	mg	0.52	0.028	4		1		0.75	0.15	
Copper, Cu	mg	0.447	0.038	4		1		0.648	0.127	
Manganese, Mn	mg	0.952	0.190	4		1		1.380	0.270	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	43.0	6.880	4		1		62.4	12.2	
Thiamin	mg	0.238	0.010	4		1		0.345	0.067	
Riboflavin	mg	0.168	0.021	4		1		0.244	0.048	
Niacin	mg	1.179	0.141	4		1		1.710	0.334	
Pantothenic acid	mg	0.509	0.017	3		1		0.738	0.144	
Vitamin B-6	mg	0.376	0.036	5		1		0.545	0.107	
Folate, total	mcg	62	4.334	3		1		90	18	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	62	4.334	3		1		90	18	
Folate, DFE	mcg_DFE	62		0	NC	4		90	18	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	28	7.000	3		1		41	8	
Vitamin A, RAE	mcg_RAE	1	0.350	3		1		2	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.425		0		1		0.616	0.120	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.010		17		1		0.015	0.003	
15:0	g									
16:0	g	0.384		22		1		0.557	0.109	
17:0	g									
18:0	g	0.021		22		1		0.030	0.006	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.780		0		1		1.131	0.221	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.021		22		1		0.030	0.006	

NDB No. 12097
Nuts, chestnuts, european, raw, unpeeled

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	0.749		22		1		1.086	0.212	
20:1 ... g	0.010		1		1		0.015	0.003	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.894		0		1		1.296	0.253	
18:2 undifferentiated ... g	0.798		22		1		1.157	0.226	
18:3 undifferentiated ... g	0.095		22		1		0.138	0.027	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	z	7		0	0	
Phytosterols ... mg	22		0		1		32	6	
Amino Acids:									
Tryptophan ... g	0.027		2		1		0.039	0.008	
Threonine ... g	0.086		2		1		0.125	0.024	
Isoleucine ... g	0.095		2		1		0.138	0.027	
Leucine ... g	0.143		2		1		0.207	0.041	
Lysine ... g	0.143		2		1		0.207	0.041	
Methionine ... g	0.057		2		1		0.083	0.016	
Cystine ... g	0.077		2		1		0.112	0.022	
Phenylalanine ... g	0.102		2		1		0.148	0.029	
Tyrosine ... g	0.067		2		1		0.097	0.019	
Valine ... g	0.135		2		1		0.196	0.038	
Arginine ... g	0.173		2		1		0.251	0.049	
Histidine ... g	0.067		2		1		0.097	0.019	
Alanine ... g	0.161		2		1		0.233	0.046	
Aspartic acid ... g	0.417		2		1		0.605	0.118	
Glutamic acid ... g	0.312		2		1		0.452	0.088	
Glycine ... g	0.124		2		1		0.180	0.035	
Proline ... g	0.127		2		1		0.184	0.036	
Serine ... g	0.121		2		1		0.175	0.034	
Hydroxyproline ... g									

Blanks in the 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 = 145g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12167
Nuts, chestnuts, european, roasted

Refuse: 37% Shells and skins

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	40.48	1.716	4		1		57.89	11.48	34.00
Energy	kcal	245		0	NC	4		350	69	206
Energy	kj	1025				4		1466	291	861
Protein (N x 5.3)	g	3.17	0.461	4		1		4.53	0.90	2.66
Total lipid (fat)	g	2.20	0.132	4		1		3.15	0.62	1.85
Ash	g	1.20	0.050	4		1		1.72	0.34	1.01
Carbohydrate, by difference	g	52.96		0	NC	4		75.73	15.01	44.49
Fiber, total dietary	g	5.1		0		4		7.3	1.4	4.3
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	29	0.837	4		1		41	8	24
Iron, Fe	mg	0.91	0.132	4		1		1.30	0.26	0.76
Magnesium, Mg	mg	33	0.651	3		1		47	9	28
Phosphorus, P	mg	107	13.425	4		1		153	30	90
Potassium, K	mg	592	15.409	3		1		847	168	497
Sodium, Na	mg	2	0.000	3		1		3	1	2
Zinc, Zn	mg	0.57	0.012	3		1		0.82	0.16	0.48
Copper, Cu	mg	0.507	0.003	3		1		0.725	0.144	0.426
Manganese, Mn	mg	1.180	0.222	3		1		1.687	0.335	0.991
Selenium, Se	mcg	1.2		0	BFSN	4		1.7	0.3	1.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	26.0	6.028	3		1		37.2	7.4	21.8
Thiamin	mg	0.243	0.028	4		1		0.347	0.069	0.204
Riboflavin	mg	0.175	0.008	4		1		0.250	0.050	0.147
Niacin	mg	1.342	0.162	4		1		1.919	0.380	1.127
Pantothenic acid	mg	0.554	0.020	3		1		0.792	0.157	0.465
Vitamin B-6	mg	0.497	0.057	3		1		0.711	0.141	0.417
Folate, total	mcg	70		2		1		100	20	59
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	70		2		1		100	20	59
Folate, DFE	mcg_DFE	70		0	NC	4		100	20	59
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	24	9.597	3		1		34	7	20
Vitamin A, RAE	mcg_RAE	1	0.480	3		1		2	0	1
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	1.200		0		1		1.716	0.340	1.008
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.414		0		1		0.592	0.117	0.348
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	0.010		0		1		0.014	0.003	0.008
15:0	g									
16:0	g	0.373		0		1		0.533	0.106	0.313
17:0	g									
18:0	g	0.021		0		1		0.030	0.006	0.018
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.759		0		1		1.085	0.215	0.638
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.021		0		1		0.030	0.006	0.018

NDB No. 12167
Nuts, chestnuts, european, roasted

Nutrients and 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	0.728		0		1		1.041	0.206	0.612
20:1 ... g	0.010		0		1		0.014	0.003	0.008
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.869		0		1		1.243	0.246	0.730
18:2 undifferentiated ... g	0.776		0		1		1.110	0.220	0.652
18:3 undifferentiated ... g	0.093		0		1		0.133	0.026	0.078
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	z	7		0	0	0
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.035		0		1		0.050	0.010	0.029
Threonine ... g	0.113		0		1		0.162	0.032	0.095
Isoleucine ... g	0.125		0		1		0.179	0.035	0.105
Leucine ... g	0.188		0		1		0.269	0.053	0.158
Lysine ... g	0.188		0		1		0.269	0.053	0.158
Methionine ... g	0.075		0		1		0.107	0.021	0.063
Cystine ... g	0.101		0		1		0.144	0.029	0.085
Phenylalanine ... g	0.134		0		1		0.192	0.038	0.113
Tyrosine ... g	0.088		0		1		0.126	0.025	0.074
Valine ... g	0.178		0		1		0.255	0.050	0.150
Arginine ... g	0.227		0		1		0.325	0.064	0.191
Histidine ... g	0.088		0		1		0.126	0.025	0.074
Alanine ... g	0.212		0		1		0.303	0.060	0.178
Aspartic acid ... g	0.549		0		1		0.785	0.156	0.461
Glutamic acid ... g	0.410		0		1		0.586	0.116	0.344
Glycine ... g	0.164		0		1		0.235	0.046	0.138
Proline ... g	0.167		0		1		0.239	0.047	0.140
Serine ... g	0.159		0		1		0.227	0.045	0.134
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 = 143g: 1 cup

Measure 2 = 28.35g: 1 oz (3 kernels)

Measure 3 = 84g: 10 kernels

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12203
Nuts, chestnuts, japanese, boiled and steamed

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	86.03		0		1		24.39		
Energy	kcal	56		0	NC	4		16		
Energy	kj	234				4		66		
Protein (N x 5.3)	g	0.82		0		1		0.23		
Total lipid (fat)	g	0.19		0		1		0.05		
Ash	g	0.33		0		1		0.09		
Carbohydrate, by difference	g	12.64		0	NC	4		3.58		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		3		
Iron, Fe	mg	0.53		0		1		0.15		
Magnesium, Mg	mg	18		0		1		5		
Phosphorus, P	mg	26		0		1		7		
Potassium, K	mg	119		0		1		34		
Sodium, Na	mg	5		0		1		1		
Zinc, Zn	mg	0.40		0		1		0.11		
Copper, Cu	mg	0.204		0		1		0.058		
Manganese, Mn	mg	0.576		0		1		0.163		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	9.5		0		1		2.7		
Thiamin	mg	0.125		0		1		0.035		
Riboflavin	mg	0.059		0		1		0.017		
Niacin	mg	0.543		0		1		0.154		
Pantothenic acid	mg	0.075		0		1		0.021		
Vitamin B-6	mg	0.102		0		4		0.029		
Folate, total	mcg	17		0		4		5		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	17		0		4		5		
Folate, DFE	mcg_DFE	17		0	NC	4		5		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	13		0		1		4		
Vitamin A, RAE	mcg_RAE	1		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.028		0		1		0.008		
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	0.026		0		1		0.007		
17:0	g									
18:0	g	0.002		0		1		0.001		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.101		0		1		0.029		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0		1		0.000		

NDB No. 12203
Nuts, chestnuts, japanese, boiled and steamed

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	0.097		0		1		0.027		
20:1	g	0.002		0		1		0.001		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.050		0		1		0.014		
18:2 undifferentiated	g	0.045		0		1		0.013		
18:3 undifferentiated	g	0.005		0		1		0.001		
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	z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.012		0		1		0.003		
Threonine	g	0.033		0		1		0.009		
Isoleucine	g	0.040		0		1		0.011		
Leucine	g	0.051		0		1		0.014		
Lysine	g	0.053		0		1		0.015		
Methionine	g	0.020		0		1		0.006		
Cystine	g	0.024		0		1		0.007		
Phenylalanine	g	0.032		0		1		0.009		
Tyrosine	g	0.023		0		1		0.007		
Valine	g	0.049		0		1		0.014		
Arginine	g	0.054		0		1		0.015		
Histidine	g	0.020		0		1		0.006		
Alanine	g	0.073		0		1		0.021		
Aspartic acid	g	0.172		0		1		0.049		
Glutamic acid	g	0.156		0		1		0.044		
Glycine	g	0.041		0		1		0.012		
Proline	g	0.051		0		1		0.014		
Serine	g	0.040		0		1		0.011		
Hydroxyproline	g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12175
Nuts, chestnuts, japanese, dried

Refuse: 34% Shells

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	9.96		0		1		15.44	2.82	
Energy	kcal	360		0	NC	4		558	102	
Energy	kj	1506				4		2335	427	
Protein (N x 5.3)	g	5.25		0		1		8.14	1.49	
Total lipid (fat)	g	1.24		0		1		1.92	0.35	
Ash	g	2.11		0		1		3.27	0.60	
Carbohydrate, by difference	g	81.43		0	NC	4		126.22	23.09	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	72		0		1		112	20	
Iron, Fe	mg	3.38		0		1		5.24	0.96	
Magnesium, Mg	mg	115		0		1		178	33	
Phosphorus, P	mg	169		0		1		262	48	
Potassium, K	mg	768		0		1		1190	218	
Sodium, Na	mg	34		0		1		53	10	
Zinc, Zn	mg	2.57		0		1		3.98	0.73	
Copper, Cu	mg	1.312		0		1		2.034	0.372	
Manganese, Mn	mg	3.711		0		1		5.752	1.052	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	61.3		0		1		95.0	17.4	
Thiamin	mg	0.802		0		1		1.243	0.227	
Riboflavin	mg	0.380		0		1		0.589	0.108	
Niacin	mg	3.500		0		1		5.425	0.992	
Pantothenic acid	mg	0.481		0		1		0.746	0.136	
Vitamin B-6	mg	0.659		0		4		1.021	0.187	
Folate, total	mcg	109		0		4		168	31	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	109		0		4		168	31	
Folate, DFE	mcg_DFE	109		0	NC	4		168	31	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	86		0		1		133	24	
Vitamin A, RAE	mcg_RAE	4		0		1		7	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.183		0		1		0.284	0.052	
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	0.169		0		1		0.262	0.048	
17:0	g									
18:0	g	0.013		0		1		0.020	0.004	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.650		0		1		1.008	0.184	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.008		0		1		0.012	0.002	

NDB No. 12175
Nuts, chestnuts, japanese, dried

Nutrients and 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	0.624		0		1		0.967	0.177	
20:1 ... g	0.012		0		1		0.019	0.003	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.322		0		1		0.499	0.091	
18:2 undifferentiated ... g	0.288		0		1		0.446	0.082	
18:3 undifferentiated ... g	0.031		0		1		0.048	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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.075		0		1		0.116	0.021	
Threonine ... g	0.210		0		1		0.326	0.060	
Isoleucine ... g	0.258		0		1		0.400	0.073	
Leucine ... g	0.325		0		1		0.504	0.092	
Lysine ... g	0.342		0		1		0.530	0.097	
Methionine ... g	0.126		0		1		0.195	0.036	
Cystine ... g	0.153		0		1		0.237	0.043	
Phenylalanine ... g	0.205		0		1		0.318	0.058	
Tyrosine ... g	0.150		0		1		0.233	0.043	
Valine ... g	0.312		0		1		0.484	0.088	
Arginine ... g	0.345		0		1		0.535	0.098	
Histidine ... g	0.131		0		1		0.203	0.037	
Alanine ... g	0.473		0		1		0.733	0.134	
Aspartic acid ... g	1.106		0		1		1.714	0.314	
Glutamic acid ... g	1.001		0		1		1.552	0.284	
Glycine ... g	0.267		0		1		0.414	0.076	
Proline ... g	0.328		0		1		0.508	0.093	
Serine ... g	0.257		0		1		0.398	0.073	
Hydroxyproline ... g									

Blanks in the 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 = 155g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12202
Nuts, chestnuts, japanese, raw
Castanea crenata

Refuse: 34% Shells

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	61.41		0		1		17.41		
Energy	kcal	154		0	NC	4		44		
Energy	kj	644				4		183		
Protein (N x 5.3)	g	2.25		0		1		0.64		
Total lipid (fat)	g	0.53		0		1		0.15		
Ash	g	0.91		0		1		0.26		
Carbohydrate, by difference	g	34.91		0	NC	4		9.90		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	31		0		1		9		
Iron, Fe	mg	1.45		0		1		0.41		
Magnesium, Mg	mg	49		0		1		14		
Phosphorus, P	mg	72		0		1		20		
Potassium, K	mg	329		0		1		93		
Sodium, Na	mg	14		0		1		4		
Zinc, Zn	mg	1.10		0		1		0.31		
Copper, Cu	mg	0.562		0		1		0.159		
Manganese, Mn	mg	1.591		0		1		0.451		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	26.3		0		1		7.5		
Thiamin	mg	0.344		0		1		0.098		
Riboflavin	mg	0.163		0		1		0.046		
Niacin	mg	1.500		0		1		0.425		
Pantothenic acid	mg	0.206		0		1		0.058		
Vitamin B-6	mg	0.283		0		4		0.080		
Folate, total	mcg	47		0		4		13		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	47		0		4		13		
Folate, DFE	mcg_DFE	47		0	NC	4		13		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	37		0		1		10		
Vitamin A, RAE	mcg_RAE	2		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.078		0		1		0.022		
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	0.072		1		1		0.020		
17:0	g									
18:0	g	0.005		1		1		0.001		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.278		0		1		0.079		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.004		2		1		0.001		

NDB No. 12202
Nuts, chestnuts, japanese, raw

Nutrients and 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	0.268		2		1		0.076		
20:1 ... g	0.005		1		1		0.001		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.138		0		1		0.039		
18:2 undifferentiated ... g	0.123		2		1		0.035		
18:3 undifferentiated ... g	0.013		2		1		0.004		
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	z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.032		4		1		0.009		
Threonine ... g	0.090		4		1		0.026		
Isoleucine ... g	0.111		4		1		0.031		
Leucine ... g	0.139		4		1		0.039		
Lysine ... g	0.147		4		1		0.042		
Methionine ... g	0.054		0		1		0.015		
Cystine ... g	0.065		0		1		0.018		
Phenylalanine ... g	0.088		4		1		0.025		
Tyrosine ... g	0.064		0		1		0.018		
Valine ... g	0.134		4		1		0.038		
Arginine ... g	0.148		4		1		0.042		
Histidine ... g	0.056		4		1		0.016		
Alanine ... g	0.203		4		1		0.058		
Aspartic acid ... g	0.474		4		1		0.134		
Glutamic acid ... g	0.429		4		1		0.122		
Glycine ... g	0.114		4		1		0.032		
Proline ... g	0.141		4		1		0.040		
Serine ... g	0.110		4		1		0.031		
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12204
Nuts, chestnuts, japanese, roasted

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	49.90		2		1		14.15		
Energy	kcal	201		0	NC	4		57		
Energy	kj	841				4		238		
Protein (N x 5.3)	g	2.97		0		1		0.84		
Total lipid (fat)	g	0.80		0		1		0.23		
Ash	g	1.20		0		1		0.34		
Carbohydrate, by difference	g	45.13		0	NC	4		12.79		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	35		0		1		10		
Iron, Fe	mg	2.10		0		1		0.60		
Magnesium, Mg	mg	64		0		1		18		
Phosphorus, P	mg	93		0		1		26		
Potassium, K	mg	427		0		4		121		
Sodium, Na	mg	19		0		4		5		
Zinc, Zn	mg	1.43		0		1		0.41		
Copper, Cu	mg	0.730		0		1		0.207		
Manganese, Mn	mg	2.065		0		1		0.585		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	28.0		0		1		7.9		
Thiamin	mg	0.450		0		1		0.128		
Riboflavin	mg									
Niacin	mg	0.700		0		1		0.198		
Pantothenic acid	mg	0.466		0		4		0.132		
Vitamin B-6	mg	0.418		0		4		0.119		
Folate, total	mcg	59		0		4		17		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	59		0		4		17		
Folate, DFE	mcg_DFE	59		0	NC	4		17		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	74		0		1		21		
Vitamin A, RAE	mcg_RAE	4		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.118		0		1		0.033		
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	0.109		0		1		0.031		
17:0	g									
18:0	g	0.008		0		1		0.002		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.419		0		1		0.119		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.005		0		1		0.001		

NDB No. 12204
Nuts, chestnuts, japanese, roasted

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	0.402		0		1		0.114		
20:1	g	0.007		0		1		0.002		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.207		0		1		0.059		
18:2 undifferentiated	g	0.186		0		1		0.053		
18:3 undifferentiated	g	0.020		0		1		0.006		
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	z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.043		0		1		0.012		
Threonine	g	0.119		0		1		0.034		
Isoleucine	g	0.146		0		1		0.041		
Leucine	g	0.184		0		1		0.052		
Lysine	g	0.193		0		1		0.055		
Methionine	g	0.071		0		1		0.020		
Cystine	g	0.086		0		1		0.024		
Phenylalanine	g	0.116		0		1		0.033		
Tyrosine	g	0.085		0		1		0.024		
Valine	g	0.176		0		1		0.050		
Arginine	g	0.195		0		1		0.055		
Histidine	g	0.074		0		1		0.021		
Alanine	g	0.267		0		1		0.076		
Aspartic acid	g	0.625		0		1		0.177		
Glutamic acid	g	0.566		0		1		0.160		
Glycine	g	0.151		0		1		0.043		
Proline	g	0.185		0		1		0.052		
Serine	g	0.145		0		1		0.041		
Hydroxyproline	g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12116
Nuts, coconut cream, canned (liquid expressed from grated meat)

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	71.20		0		1		210.75	13.53	
Energy	kcal	192		0	NC	4		568	36	
Energy	kj	803				4		2378	153	
Protein (N x 5.3)	g	2.69		1		1		7.96	0.51	
Total lipid (fat)	g	17.72		1		1		52.45	3.37	
Ash	g	0.04		1		1		0.12	0.01	
Carbohydrate, by difference	g	8.35		0	NC	4		24.72	1.59	
Fiber, total dietary	g	2.2		0		4		6.5	0.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		1		1		3	0	
Iron, Fe	mg	0.51		1		1		1.51	0.10	
Magnesium, Mg	mg	17		0		4		50	3	
Phosphorus, P	mg	22		1		1		65	4	
Potassium, K	mg	101		1		1		299	19	
Sodium, Na	mg	50		1		1		148	10	
Zinc, Zn	mg	0.60		0		1		1.78	0.11	
Copper, Cu	mg	0.236		0		1		0.699	0.045	
Manganese, Mn	mg	0.815		0		1		2.412	0.155	
Selenium, Se	mcg	5.5		0	BFSN	4		16.3	1.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0		4		5.3	0.3	
Thiamin	mg	0.022		1		1		0.065	0.004	
Riboflavin	mg	0.040		1		1		0.118	0.008	
Niacin	mg	0.038		1		1		0.112	0.007	
Pantothenic acid	mg	0.163		0		4		0.482	0.031	
Vitamin B-6	mg	0.029		0		4		0.086	0.006	
Folate, total	mcg	14		0		4		42	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	14		0		4		42	3	
Folate, DFE	mcg_DFE	14		0	NC	4		42	3	
Vitamin B-12	mcg	0.00		0	Z	7		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	0.730		0		4		2.161	0.139	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	15.713		0		1		46.510	2.985	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.101		0		1		0.299	0.019	
8:0	g	1.241		0		1		3.673	0.236	
10:0	g	0.986		0		1		2.919	0.187	
12:0	g	7.861		0		1		23.269	1.494	
13:0	g									
14:0	g	3.104		0		1		9.188	0.590	
15:0	g									
16:0	g	1.502		0		1		4.446	0.285	
17:0	g									
18:0	g	0.918		0		1		2.717	0.174	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.754		0		1		2.232	0.143	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 12116
Nuts, coconut cream, canned (liquid expressed from grated meat)

Nutrients and 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	0.754		0		1		2.232	0.143	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.194		0		1		0.574	0.037	
18:2 undifferentiated ... g	0.194		0		1		0.574	0.037	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.031		0		1		0.092	0.006	
Threonine ... g	0.098		0		1		0.290	0.019	
Isoleucine ... g	0.106		0		1		0.314	0.020	
Leucine ... g	0.200		0		1		0.592	0.038	
Lysine ... g	0.119		0		1		0.352	0.023	
Methionine ... g	0.050		0		1		0.148	0.010	
Cystine ... g	0.053		0		1		0.157	0.010	
Phenylalanine ... g	0.137		0		1		0.406	0.026	
Tyrosine ... g	0.083		0		1		0.246	0.016	
Valine ... g	0.163		0		1		0.482	0.031	
Arginine ... g	0.442		0		1		1.308	0.084	
Histidine ... g	0.062		0		1		0.184	0.012	
Alanine ... g	0.138		0		1		0.408	0.026	
Aspartic acid ... g	0.263		0		1		0.778	0.050	
Glutamic acid ... g	0.616		0		1		1.823	0.117	
Glycine ... g	0.128		0		1		0.379	0.024	
Proline ... g	0.111		0		1		0.329	0.021	
Serine ... g	0.139		0		1		0.411	0.026	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. 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 = 296g: 1 cup

Measure 2 = 19g: 1 tbsp

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12115
Nuts, coconut cream, raw (liquid expressed from grated meat)

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	53.90		1		1		129.36	8.09	
Energy	kcal	330		0	NC	4		792	50	
Energy	kj	1381				4		3314	207	
Protein (N x 5.3)	g	3.63		1		1		8.71	0.54	
Total lipid (fat)	g	34.68		1		1		83.23	5.20	
Ash	g	1.15		1		1		2.76	0.17	
Carbohydrate, by difference	g	6.65		0	NC	4		15.96	1.00	
Fiber, total dietary	g	2.2		0		4		5.3	0.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		1		1		26	2	
Iron, Fe	mg	2.28		1		1		5.47	0.34	
Magnesium, Mg	mg	28		0		4		67	4	
Phosphorus, P	mg	122		1		1		293	18	
Potassium, K	mg	325		0		1		780	49	
Sodium, Na	mg	4		0		1		10	1	
Zinc, Zn	mg	0.96		0		1		2.30	0.14	
Copper, Cu	mg	0.378		0		1		0.907	0.057	
Manganese, Mn	mg	1.304		0		1		3.130	0.196	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.8		1		1		6.7	0.4	
Thiamin	mg	0.030		1		1		0.072	0.005	
Riboflavin	mg	0.000		1		1		0.000	0.000	
Niacin	mg	0.890		1		1		2.136	0.134	
Pantothenic acid	mg	0.261		0		4		0.626	0.039	
Vitamin B-6	mg	0.047		0		4		0.113	0.007	
Folate, total	mcg	23		0		4		55	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	23		0		4		55	3	
Folate, DFE	mcg_DFE	23		0	NC	4		55	3	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	0		1		1		0	0	
Vitamin A, RAE	mcg_RAE	0		1		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.730		0		4		1.752	0.110	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	30.753		0		1		73.807	4.613	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.197		0		1		0.473	0.030	
8:0	g	2.430		0		1		5.832	0.365	
10:0	g	1.931		0		1		4.634	0.290	
12:0	g	15.385		0		1		36.924	2.308	
13:0	g									
14:0	g	6.075		0		1		14.580	0.911	
15:0	g									
16:0	g	2.940		0		1		7.056	0.441	
17:0	g									
18:0	g	1.796		0		1		4.310	0.269	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.475		0		1		3.540	0.221	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 12115
Nuts, coconut cream, raw (liquid expressed from grated meat)

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	1.475		0		1		3.540	0.221	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.379		0		1		0.910	0.057	
18:2 undifferentiated ... g	0.379		0		1		0.910	0.057	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.042		0		1		0.101	0.006	
Threonine ... g	0.132		0		1		0.317	0.020	
Isoleucine ... g	0.142		0		1		0.341	0.021	
Leucine ... g	0.269		0		1		0.646	0.040	
Lysine ... g	0.160		0		1		0.384	0.024	
Methionine ... g	0.068		0		1		0.163	0.010	
Cystine ... g	0.072		0		1		0.173	0.011	
Phenylalanine ... g	0.184		0		1		0.442	0.028	
Tyrosine ... g	0.112		0		1		0.269	0.017	
Valine ... g	0.220		0		1		0.528	0.033	
Arginine ... g	0.595		0		1		1.428	0.089	
Histidine ... g	0.083		0		1		0.199	0.012	
Alanine ... g	0.185		0		1		0.444	0.028	
Aspartic acid ... g	0.354		0		1		0.850	0.053	
Glutamic acid ... g	0.829		0		1		1.990	0.124	
Glycine ... g	0.172		0		1		0.413	0.026	
Proline ... g	0.150		0		1		0.360	0.023	
Serine ... g	0.187		0		1		0.449	0.028	
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** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12177
Nuts, coconut meat, dried (desiccated), creamed

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	1.67		0		1		0.47		
Energy	kcal	684		0	NC	4		194		
Energy	kj	2862				4		811		
Protein (N x 5.3)	g	5.30		0		1		1.50		
Total lipid (fat)	g	69.08		0		1		19.58		
Ash	g	2.44		0		1		0.69		
Carbohydrate, by difference	g	21.52		0	NC	4		6.10		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		0		1		7		
Iron, Fe	mg	3.36		0		1		0.95		
Magnesium, Mg	mg	92		0		1		26		
Phosphorus, P	mg	209		0		1		59		
Potassium, K	mg	551		0		1		156		
Sodium, Na	mg	37		0		1		10		
Zinc, Zn	mg	2.04		0		1		0.58		
Copper, Cu	mg	0.807		0		1		0.229		
Manganese, Mn	mg	2.783		0		1		0.789		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		0		4		0.4		
Thiamin	mg	0.061		0		4		0.017		
Riboflavin	mg	0.101		0		4		0.029		
Niacin	mg	0.611		0		4		0.173		
Pantothenic acid	mg	0.811		0		4		0.230		
Vitamin B-6	mg	0.304		0		4		0.086		
Folate, total	mcg	9		0		4		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	9		0		4		3		
Folate, DFE	mcg_DFE	9		0	NC	4		3		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	61.257		0		1		17.366		
4:0	g									
6:0	g	0.393		0		1		0.111		
8:0	g	4.840		0		1		1.372		
10:0	g	3.846		0		1		1.090		
12:0	g	30.646		0		1		8.688		
13:0	g									
14:0	g	12.100		0		1		3.430		
15:0	g									
16:0	g	5.856		0		1		1.660		
17:0	g									
18:0	g	3.577		0		1		1.014		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.939		0		1		0.833		
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 12177
Nuts, coconut meat, dried (desiccated), creamed

Nutrients and 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	2.939		0		1		0.833		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.756		0		1		0.214		
18:2 undifferentiated ... g	0.756		0		1		0.214		
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	z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.062		0		1		0.018		
Threonine ... g	0.193		0		1		0.055		
Isoleucine ... g	0.208		0		1		0.059		
Leucine ... g	0.393		0		1		0.111		
Lysine ... g	0.234		0		1		0.066		
Methionine ... g	0.099		0		1		0.028		
Cystine ... g	0.105		0		1		0.030		
Phenylalanine ... g	0.269		0		1		0.076		
Tyrosine ... g	0.164		0		1		0.046		
Valine ... g	0.321		0		1		0.091		
Arginine ... g	0.870		0		1		0.247		
Histidine ... g	0.122		0		1		0.035		
Alanine ... g	0.271		0		1		0.077		
Aspartic acid ... g	0.518		0		1		0.147		
Glutamic acid ... g	1.212		0		1		0.344		
Glycine ... g	0.251		0		1		0.071		
Proline ... g	0.219		0		1		0.062		
Serine ... g	0.274		0		1		0.078		
Hydroxyproline ... g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12108
Nuts, coconut meat, dried (desiccated), not sweetened

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	3.00		0		1		0.85		
Energy	kcal	660		0	NC	4		187		
Energy	kj	2761				4		783		
Protein (N x 5.3)	g	6.88		0		1		1.95		
Total lipid (fat)	g	64.53		0		1		18.29		
Ash	g	1.94		0		1		0.55		
Carbohydrate, by difference	g	24.41		0	NC	4		6.92		
Fiber, total dietary	g	16.3		0		4		4.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		0		1		7		
Iron, Fe	mg	3.32		0		1		0.94		
Magnesium, Mg	mg	90		0		1		26		
Phosphorus, P	mg	206		0		1		58		
Potassium, K	mg	543		0		1		154		
Sodium, Na	mg	37		0		1		10		
Zinc, Zn	mg	2.01		0		1		0.57		
Copper, Cu	mg	0.796		0		1		0.226		
Manganese, Mn	mg	2.745		0		1		0.778		
Selenium, Se	mcg	18.5		0	BFSN	4		5.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		0		1		0.4		
Thiamin	mg	0.060		0		1		0.017		
Riboflavin	mg	0.100		0		1		0.028		
Niacin	mg	0.603		0		1		0.171		
Pantothenic acid	mg	0.800		0		1		0.227		
Vitamin B-6	mg	0.300		0		1		0.085		
Folate, total	mcg	9		0		1		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	9		0		1		3		
Folate, DFE	mcg_DFE	9		0	NC	4		3		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	1.350		0		4		0.383		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	57.218		0		1		16.221		
4:0	g	0.000		0		1		0.000		
6:0	g	0.367		0		1		0.104		
8:0	g	4.520		0		1		1.281		
10:0	g	3.592		0		1		1.018		
12:0	g	28.625		0		1		8.115		
13:0	g									
14:0	g	11.302		0		1		3.204		
15:0	g									
16:0	g	5.469		0		1		1.550		
17:0	g									
18:0	g	3.341		0		1		0.947		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.745		0		1		0.778		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000		

NDB No. 12108
Nuts, coconut meat, dried (desiccated), not sweetened

Nutrients and 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	2.745		0		1		0.778		
20:1 g	0.000		0		1		0.000		
22:1 undifferentiated g	0.000		0		1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.706		0		1		0.200		
18:2 undifferentiated g	0.706		0		1		0.200		
18:3 undifferentiated g	0.000		0		1		0.000		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 g	0.000		0		1		0.000		
22:5 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	z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.081		0		1		0.023		
Threonine g	0.251		0		1		0.071		
Isoleucine g	0.270		0		1		0.077		
Leucine g	0.511		0		1		0.145		
Lysine g	0.304		0		1		0.086		
Methionine g	0.129		0		1		0.037		
Cystine g	0.136		0		1		0.039		
Phenylalanine g	0.349		0		1		0.099		
Tyrosine g	0.213		0		1		0.060		
Valine g	0.417		0		1		0.118		
Arginine g	1.130		0		1		0.320		
Histidine g	0.158		0		1		0.045		
Alanine g	0.352		0		1		0.100		
Aspartic acid g	0.673		0		1		0.191		
Glutamic acid g	1.574		0		1		0.446		
Glycine g	0.326		0		1		0.092		
Proline g	0.284		0		1		0.081		
Serine g	0.356		0		1		0.101		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12110
Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned

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	23.27		0		1		17.92	26.53	
Energy	kcal	443		0	NC	4		341	505	
Energy	kj	1854				4		1427	2113	
Protein (N x 5.3)	g	3.35		0		1		2.58	3.82	
Total lipid (fat)	g	31.69		0		1		24.40	36.13	
Ash	g	0.78		0		1		0.60	0.89	
Carbohydrate, by difference	g	40.91		0	NC	4		31.50	46.64	
Fiber, total dietary	g	4.5		0		4		3.5	5.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		1		11	16	
Iron, Fe	mg	1.84		0		1		1.42	2.10	
Magnesium, Mg	mg	49		0		1		38	56	
Phosphorus, P	mg	103		0		1		79	117	
Potassium, K	mg	324		0		1		249	369	
Sodium, Na	mg	20		0		1		15	23	
Zinc, Zn	mg	1.59		0		1		1.22	1.81	
Copper, Cu	mg	0.308		0		1		0.237	0.351	
Manganese, Mn	mg	2.171		0		1		1.672	2.475	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.030		0		1		0.023	0.034	
Riboflavin	mg	0.020		0		1		0.015	0.023	
Niacin	mg	0.305		0		1		0.235	0.348	
Pantothenic acid	mg	0.633		0		4		0.487	0.722	
Vitamin B-6	mg	0.237		0		4		0.182	0.270	
Folate, total	mcg	7		0		4		5	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		4		5	8	
Folate, DFE	mcg_DFE	7		0	NC	4		5	8	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.730		0	BFZN	4		0.562	0.832	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	28.101		0		1		21.638	32.035	
4:0	g									
6:0	g	0.180		0		1		0.139	0.205	
8:0	g	2.220		0		1		1.709	2.531	
10:0	g	1.764		0		1		1.358	2.011	
12:0	g	14.058		0		1		10.825	16.026	
13:0	g									
14:0	g	5.551		0		1		4.274	6.328	
15:0	g									
16:0	g	2.686		0		1		2.068	3.062	
17:0	g									
18:0	g	1.641		0		1		1.264	1.871	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.348		0		1		1.038	1.537	
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 12110
Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.348		0		1		1.038	1.537	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.347		0		1		0.267	0.396	
18:2 undifferentiated ... g	0.347		0		1		0.267	0.396	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.039		0		1		0.030	0.044	
Threonine ... g	0.122		0		1		0.094	0.139	
Isoleucine ... g	0.132		0		1		0.102	0.150	
Leucine ... g	0.249		0		1		0.192	0.284	
Lysine ... g	0.148		0		1		0.114	0.169	
Methionine ... g	0.063		0		1		0.049	0.072	
Cystine ... g	0.066		0		1		0.051	0.075	
Phenylalanine ... g	0.170		0		1		0.131	0.194	
Tyrosine ... g	0.104		0		1		0.080	0.119	
Valine ... g	0.203		0		1		0.156	0.231	
Arginine ... g	0.551		0		1		0.424	0.628	
Histidine ... g	0.077		0		1		0.059	0.088	
Alanine ... g	0.172		0		1		0.132	0.196	
Aspartic acid ... g	0.328		0		1		0.253	0.374	
Glutamic acid ... g	0.767		0		1		0.591	0.874	
Glycine ... g	0.159		0		1		0.122	0.181	
Proline ... g	0.139		0		1		0.107	0.158	
Serine ... g	0.173		0		1		0.133	0.197	
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 = 77g: 1 cup

Measure 2 = 114g: 4 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12109
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged

Refuse: 0%

Nutrients and 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	15.61		0		1		11.55	4.43	
Energy	kcal	474		0	NC	4		351	134	
Energy	kj	1983				4		1468	562	
Protein (N x 5.3)	g	3.28		0		1		2.43	0.93	
Total lipid (fat)	g	32.15		0		1		23.79	9.11	
Ash	g	1.37		0		1		1.01	0.39	
Carbohydrate, by difference	g	47.59		0	NC	4		35.22	13.49	
Fiber, total dietary	g	4.3		0		1		3.2	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		1		10	4	
Iron, Fe	mg	1.80		0		1		1.33	0.51	
Magnesium, Mg	mg	48		0		1		36	14	
Phosphorus, P	mg	100		0		1		74	28	
Potassium, K	mg	316		0		1		234	90	
Sodium, Na	mg	256		0		1		189	73	
Zinc, Zn	mg	1.75		0		1		1.30	0.50	
Copper, Cu	mg	0.301		0		1		0.223	0.085	
Manganese, Mn	mg	2.388		0		1		1.767	0.677	
Selenium, Se	mcg	16.1	1.068	3	A	1		11.9	4.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.030		0		1		0.022	0.009	
Riboflavin	mg	0.020		0		1		0.015	0.006	
Niacin	mg	0.300		0		1		0.222	0.085	
Pantothenic acid	mg	0.696		0		4		0.515	0.197	
Vitamin B-6	mg	0.261		0		4		0.193	0.074	
Folate, total	mcg	8		0		4		6	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		4		6	2	
Folate, DFE	mcg_DFE	8		0	NC	4		6	2	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.730		0		1		0.540	0.207	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	28.509		0		1		21.097	8.082	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.183		0		1		0.135	0.052	
8:0	g	2.252		0		1		1.666	0.638	
10:0	g	1.790		0		1		1.325	0.507	
12:0	g	14.263		0		1		10.555	4.044	
13:0	g									
14:0	g	5.631		0		1		4.167	1.596	
15:0	g									
16:0	g	2.725		0		1		2.017	0.773	
17:0	g									
18:0	g	1.665		0		1		1.232	0.472	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.368		0		1		1.012	0.388	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 12109
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged

Nutrients and 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	1.368		0		1		1.012	0.388	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.352		0		1		0.260	0.100	
18:2 undifferentiated ... g	0.352		0		1		0.260	0.100	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.038		0		1		0.028	0.011	
Threonine ... g	0.119		0		1		0.088	0.034	
Isoleucine ... g	0.129		0		1		0.095	0.037	
Leucine ... g	0.243		0		1		0.180	0.069	
Lysine ... g	0.145		0		1		0.107	0.041	
Methionine ... g	0.061		0		1		0.045	0.017	
Cystine ... g	0.065		0		1		0.048	0.018	
Phenylalanine ... g	0.166		0		1		0.123	0.047	
Tyrosine ... g	0.101		0		1		0.075	0.029	
Valine ... g	0.198		0		1		0.147	0.056	
Arginine ... g	0.538		0		1		0.398	0.153	
Histidine ... g	0.075		0		1		0.056	0.021	
Alanine ... g	0.167		0		1		0.124	0.047	
Aspartic acid ... g	0.320		0		1		0.237	0.091	
Glutamic acid ... g	0.749		0		1		0.554	0.212	
Glycine ... g	0.155		0		1		0.115	0.044	
Proline ... g	0.135		0		1		0.100	0.038	
Serine ... g	0.169		0		1		0.125	0.048	
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 = 74g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12179
Nuts, coconut meat, dried (desiccated), sweetened, shredded

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	12.55		0		1		11.67	24.97	
Energy	kcal	501		0	NC	4		466	997	
Energy	kj	2096				4		1949	4171	
Protein (N x 5.3)	g	2.88		0		1		2.68	5.73	
Total lipid (fat)	g	35.49		0		1		33.01	70.63	
Ash	g	1.42		0		1		1.32	2.83	
Carbohydrate, by difference	g	47.67		0	NC	4		44.33	94.86	
Fiber, total dietary	g	4.5		0		4		4.2	9.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		1		14	30	
Iron, Fe	mg	1.92		0		1		1.79	3.82	
Magnesium, Mg	mg	50		0		1		47	100	
Phosphorus, P	mg	107		0		1		100	213	
Potassium, K	mg	337		0		1		313	671	
Sodium, Na	mg	262		0		1		244	521	
Zinc, Zn	mg	1.82		0		1		1.69	3.62	
Copper, Cu	mg	0.313		0		1		0.291	0.623	
Manganese, Mn	mg	2.475		0		1		2.302	4.925	
Selenium, Se	mcg	16.7		0	BFSN	4		15.5	33.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		0.7	1.4	
Thiamin	mg	0.031		0		1		0.029	0.062	
Riboflavin	mg	0.020		0		1		0.019	0.040	
Niacin	mg	0.474		0		1		0.441	0.943	
Pantothenic acid	mg	0.722		0		4		0.671	1.437	
Vitamin B-6	mg	0.271		0		4		0.252	0.539	
Folate, total	mcg	8		0		4		8	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		4		8	16	
Folate, DFE	mcg_DFE	8		0	NC	4		8	16	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	1.350		0		4		1.256	2.687	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	31.468		0		1		29.265	62.621	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.202		0		1		0.188	0.402	
8:0	g	2.486		0		1		2.312	4.947	
10:0	g	1.976		0		1		1.838	3.932	
12:0	g	15.743		0		1		14.641	31.329	
13:0	g									
14:0	g	6.216		0		1		5.781	12.370	
15:0	g									
16:0	g	3.008		0		1		2.797	5.986	
17:0	g									
18:0	g	1.838		0		1		1.709	3.658	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.510		0		1		1.404	3.005	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 12179
Nuts, coconut meat, dried (desiccated), sweetened, shredded

Nutrients and 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	1.510		0		1		1.404	3.005	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.388		0		1		0.361	0.772	
18:2 undifferentiated ... g	0.388		0		1		0.361	0.772	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.034		0		1		0.032	0.068	
Threonine ... g	0.105		0		1		0.098	0.209	
Isoleucine ... g	0.113		0		1		0.105	0.225	
Leucine ... g	0.214		0		1		0.199	0.426	
Lysine ... g	0.127		0		1		0.118	0.253	
Methionine ... g	0.054		0		1		0.050	0.107	
Cystine ... g	0.057		0		1		0.053	0.113	
Phenylalanine ... g	0.146		0		1		0.136	0.291	
Tyrosine ... g	0.089		0		1		0.083	0.177	
Valine ... g	0.175		0		1		0.163	0.348	
Arginine ... g	0.473		0		1		0.440	0.941	
Histidine ... g	0.066		0		1		0.061	0.131	
Alanine ... g	0.147		0		1		0.137	0.293	
Aspartic acid ... g	0.282		0		1		0.262	0.561	
Glutamic acid ... g	0.659		0		1		0.613	1.311	
Glycine ... g	0.137		0		1		0.127	0.273	
Proline ... g	0.119		0		1		0.111	0.237	
Serine ... g	0.149		0		1		0.139	0.297	
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 = 93g: 1 cup, shredded

Measure 2 = 199g: 1 package (7 oz)

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12114
Nuts, coconut meat, dried (desiccated), toasted

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	1.00		0		1		0.28		
Energy	kcal	592		0	NC	4		168		
Energy	kj	2477				4		702		
Protein (N x 5.3)	g	5.30		0		1		1.50		
Total lipid (fat)	g	47.00		0		1		13.32		
Ash	g	2.30		0		1		0.65		
Carbohydrate, by difference	g	44.40		0	NC	4		12.59		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		1		8		
Iron, Fe	mg	3.39		0		1		0.96		
Magnesium, Mg	mg	92		0		1		26		
Phosphorus, P	mg	211		0		1		60		
Potassium, K	mg	554		0		1		157		
Sodium, Na	mg	37		0		1		10		
Zinc, Zn	mg	2.05		0		1		0.58		
Copper, Cu	mg	0.812		0		1		0.230		
Manganese, Mn	mg	2.801		0		1		0.794		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		0		4		0.4		
Thiamin	mg	0.061		0		4		0.017		
Riboflavin	mg	0.102		0		4		0.029		
Niacin	mg	0.616		0		4		0.175		
Pantothenic acid	mg	0.817		0		4		0.232		
Vitamin B-6	mg	0.306		0		4		0.087		
Folate, total	mcg	9		0		4		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	9		0		4		3		
Folate, DFE	mcg_DFE	9		0	NC	4		3		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	41.678		0		1		11.816		
4:0	g									
6:0	g	0.267		0		1		0.076		
8:0	g	3.293		0		1		0.934		
10:0	g	2.616		0		1		0.742		
12:0	g	20.851		0		1		5.911		
13:0	g									
14:0	g	8.233		0		1		2.334		
15:0	g									
16:0	g	3.984		0		1		1.129		
17:0	g									
18:0	g	2.434		0		1		0.690		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.999		0		1		0.567		
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 12114
Nuts, coconut meat, dried (desiccated), toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	1.999		0		1		0.567		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.514		0		1		0.146		
18:2 undifferentiated g	0.514		0		1		0.146		
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	z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.062		0		1		0.018		
Threonine g	0.193		0		1		0.055		
Isoleucine g	0.208		0		1		0.059		
Leucine g	0.393		0		1		0.111		
Lysine g	0.234		0		1		0.066		
Methionine g	0.099		0		1		0.028		
Cystine g	0.105		0		1		0.030		
Phenylalanine g	0.269		0		1		0.076		
Tyrosine g	0.164		0		1		0.046		
Valine g	0.321		0		1		0.091		
Arginine g	0.870		0		1		0.247		
Histidine g	0.122		0		1		0.035		
Alanine g	0.271		0		1		0.077		
Aspartic acid g	0.518		0		1		0.147		
Glutamic acid g	1.212		0		1		0.344		
Glycine g	0.251		0		1		0.071		
Proline g	0.219		0		1		0.062		
Serine g	0.274		0		1		0.078		
Hydroxyproline g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12104
Nuts, coconut meat, raw
Cocos nucifera

Refuse: 48% Shells(brown), skin, water

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	46.99	1.067	15		1		37.59	186.55	21.15
Energy	kcal	354		0	NC	4		283	1405	159
Energy	kj	1481				4		1185	5880	667
Protein (N x 5.3)	g	3.33	0.217	12		1		2.66	13.22	1.50
Total lipid (fat)	g	33.49	1.409	12		1		26.79	132.96	15.07
Ash	g	0.97	0.083	10		1		0.78	3.85	0.44
Carbohydrate, by difference	g	15.23		0	NC	4		12.18	60.46	6.85
Fiber, total dietary	g	9.0		0		1		7.2	35.7	4.1
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14	2.600	5		1		11	56	6
Iron, Fe	mg	2.43	0.253	4		1		1.94	9.65	1.09
Magnesium, Mg	mg	32		2		1		26	127	14
Phosphorus, P	mg	113	13.483	5		1		90	449	51
Potassium, K	mg	356		2		1		285	1413	160
Sodium, Na	mg	20		2		1		16	79	9
Zinc, Zn	mg	1.10	0.264	3		1		0.88	4.37	0.50
Copper, Cu	mg	0.435		2		1		0.348	1.727	0.196
Manganese, Mn	mg	1.500		1		1		1.200	5.955	0.675
Selenium, Se	mcg	10.1		0	BFSN	4		8.1	40.1	4.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.3	1.267	3		1		2.6	13.1	1.5
Thiamin	mg	0.066	0.016	4		1		0.053	0.262	0.030
Riboflavin	mg	0.020	0.006	3		1		0.016	0.079	0.009
Niacin	mg	0.540		0		1		0.432	2.144	0.243
Pantothenic acid	mg	0.300		1		1		0.240	1.191	0.135
Vitamin B-6	mg	0.054	0.016	3		1		0.043	0.214	0.024
Folate, total	mcg	26	4.300	4		1		21	105	12
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	26	4.300	4		1		21	105	12
Folate, DFE	mcg_DFE	26		0	NC	4		21	105	12
Vitamin B-12	mcg	0.00		0	Z	7		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	0.730		0		1		0.584	2.898	0.329
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	29.698		0		1		23.758	117.901	13.364
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.191		26		1		0.153	0.758	0.086
8:0	g	2.346		126		1		1.877	9.314	1.056
10:0	g	1.864		129		1		1.491	7.400	0.839
12:0	g	14.858		130		1		11.886	58.986	6.686
13:0	g									
14:0	g	5.866		132		1		4.693	23.288	2.640
15:0	g									
16:0	g	2.839		132		1		2.271	11.271	1.278
17:0	g									
18:0	g	1.734		132		1		1.387	6.884	0.780
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.425		0		1		1.140	5.657	0.641
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 12104
Nuts, coconut meat, raw

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	1.425		132		1		1.140	5.657	0.641
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.366		0		1		0.293	1.453	0.165
18:2 undifferentiated ... g	0.366		130		1		0.293	1.453	0.165
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	z	7		0	0	0
Phytosterols ... mg	47		0		1		38	187	21
Amino Acids:									
Tryptophan ... g	0.039		7		1		0.031	0.155	0.018
Threonine ... g	0.121		26		1		0.097	0.480	0.054
Isoleucine ... g	0.131		26		1		0.105	0.520	0.059
Leucine ... g	0.247		26		1		0.198	0.981	0.111
Lysine ... g	0.147		26		1		0.118	0.584	0.066
Methionine ... g	0.062		25		1		0.050	0.246	0.028
Cystine ... g	0.066		7		1		0.053	0.262	0.030
Phenylalanine ... g	0.169		26		1		0.135	0.671	0.076
Tyrosine ... g	0.103		23		1		0.082	0.409	0.046
Valine ... g	0.202		26		1		0.162	0.802	0.091
Arginine ... g	0.546		26		1		0.437	2.168	0.246
Histidine ... g	0.077		24		1		0.062	0.306	0.035
Alanine ... g	0.170		23		1		0.136	0.675	0.077
Aspartic acid ... g	0.325		23		1		0.260	1.290	0.146
Glutamic acid ... g	0.761		23		1		0.609	3.021	0.342
Glycine ... g	0.158		23		1		0.126	0.627	0.071
Proline ... g	0.138		23		1		0.110	0.548	0.062
Serine ... g	0.172		23		1		0.138	0.683	0.077
Hydroxyproline ... g									
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 = 80g: 1 cup, shredded

Measure 2 = 397g: 1 medium

Measure 3 = 45g: 1 piece (2" x 2" x 1/2")

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12118
Nuts, coconut milk, canned (liquid expressed from grated meat and water)

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	72.88	8.667	3		1		164.71	10.93	
Energy	kcal	197		0	NC	4		445	30	
Energy	kj	824				4		1863	124	
Protein (N x 5.3)	g	2.02	0.785	3		1		4.57	0.30	
Total lipid (fat)	g	21.33	8.350	3		1		48.21	3.20	
Ash	g	0.97		1		1		2.19	0.15	
Carbohydrate, by difference	g	2.81		0	NC	4		6.35	0.42	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		1		1		41	3	
Iron, Fe	mg	3.30		1		1		7.46	0.50	
Magnesium, Mg	mg	46		1		1		104	7	
Phosphorus, P	mg	96		1		1		217	14	
Potassium, K	mg	220		0		1		497	33	
Sodium, Na	mg	13		0		1		29	2	
Zinc, Zn	mg	0.56		0		1		1.27	0.08	
Copper, Cu	mg	0.223		0		1		0.504	0.033	
Manganese, Mn	mg	0.768		0		1		1.736	0.115	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		1		1		2.3	0.2	
Thiamin	mg	0.022		0		4		0.050	0.003	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.637		0		4		1.440	0.096	
Pantothenic acid	mg	0.153		0		4		0.346	0.023	
Vitamin B-6	mg	0.028		0		4		0.063	0.004	
Folate, total	mcg	14		0		4		31	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	14		0		4		31	2	
Folate, DFE	mcg_DFE	14		0	NC	4		31	2	
Vitamin B-12	mcg	0.00		0	Z	7		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	18.915		0		1		42.748	2.837	
4:0	g									
6:0	g	0.121		0		1		0.273	0.018	
8:0	g	1.494		0		1		3.376	0.224	
10:0	g	1.187		0		1		2.683	0.178	
12:0	g	9.463		0		1		21.386	1.419	
13:0	g									
14:0	g	3.736		0		1		8.443	0.560	
15:0	g									
16:0	g	1.808		0		1		4.086	0.271	
17:0	g									
18:0	g	1.104		0		1		2.495	0.166	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.907		0		1		2.050	0.136	
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 12118
Nuts, coconut milk, canned (liquid expressed from grated meat and water)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.907		0		1		2.050	0.136	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.233		0		1		0.527	0.035	
18:2 undifferentiated ... g	0.233		0		1		0.527	0.035	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.024		0		1		0.054	0.004	
Threonine ... g	0.074		0		1		0.167	0.011	
Isoleucine ... g	0.079		0		1		0.179	0.012	
Leucine ... g	0.150		0		1		0.339	0.023	
Lysine ... g	0.089		0		1		0.201	0.013	
Methionine ... g	0.038		0		1		0.086	0.006	
Cystine ... g	0.040		0		1		0.090	0.006	
Phenylalanine ... g	0.102		0		1		0.231	0.015	
Tyrosine ... g	0.062		0		1		0.140	0.009	
Valine ... g	0.122		0		1		0.276	0.018	
Arginine ... g	0.331		0		1		0.748	0.050	
Histidine ... g	0.046		0		1		0.104	0.007	
Alanine ... g	0.103		0		1		0.233	0.015	
Aspartic acid ... g	0.197		0		1		0.445	0.030	
Glutamic acid ... g	0.462		0		1		1.044	0.069	
Glycine ... g	0.096		0		1		0.217	0.014	
Proline ... g	0.083		0		1		0.188	0.012	
Serine ... g	0.104		0		1		0.235	0.016	
Hydroxyproline ... g									

Blanks in the 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 = 226g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12176
Nuts, coconut milk, frozen (liquid expressed from grated meat and water)

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	71.42		1		1		171.41	10.71	
Energy	kcal	202		0	NC	4		485	30	
Energy	kj	845				4		2028	127	
Protein (N x 5.3)	g	1.61		1		1		3.86	0.24	
Total lipid (fat)	g	20.80		1		1		49.92	3.12	
Ash	g	0.59		1		1		1.42	0.09	
Carbohydrate, by difference	g	5.58		0	NC	4		13.39	0.84	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		1		1		10	1	
Iron, Fe	mg	0.81		1		1		1.94	0.12	
Magnesium, Mg	mg	32		1		1		77	5	
Phosphorus, P	mg	59		1		1		142	9	
Potassium, K	mg	232		1		1		557	35	
Sodium, Na	mg	12		1		1		29	2	
Zinc, Zn	mg	0.59		0		1		1.42	0.09	
Copper, Cu	mg	0.235		0		1		0.564	0.035	
Manganese, Mn	mg	0.809		0		1		1.942	0.121	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0		4		2.6	0.2	
Thiamin	mg	0.023		0		4		0.055	0.003	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.671		0		4		1.610	0.101	
Pantothenic acid	mg	0.161		0		4		0.386	0.024	
Vitamin B-6	mg	0.030		0		4		0.072	0.005	
Folate, total	mcg	14		0		4		34	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	14		0		4		34	2	
Folate, DFE	mcg_DFE	14		0	NC	4		34	2	
Vitamin B-12	mcg	0.00		0	Z	7		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	18.445		0		1		44.268	2.767	
4:0	g									
6:0	g	0.118		0		1		0.283	0.018	
8:0	g	1.457		0		1		3.497	0.219	
10:0	g	1.158		0		1		2.779	0.174	
12:0	g	9.228		0		1		22.147	1.384	
13:0	g									
14:0	g	3.643		0		1		8.743	0.546	
15:0	g									
16:0	g	1.763		0		1		4.231	0.264	
17:0	g									
18:0	g	1.077		0		1		2.585	0.162	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.885		0		1		2.124	0.133	
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 12176
Nuts, coconut milk, frozen (liquid expressed from grated meat and water)

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	0.885		0		1		2.124	0.133	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.228		0		1		0.547	0.034	
18:2 undifferentiated ... g	0.228		0		1		0.547	0.034	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.019		0		1		0.046	0.003	
Threonine ... g	0.059		0		1		0.142	0.009	
Isoleucine ... g	0.063		0		1		0.151	0.009	
Leucine ... g	0.119		0		1		0.286	0.018	
Lysine ... g	0.071		0		1		0.170	0.011	
Methionine ... g	0.030		0		1		0.072	0.005	
Cystine ... g	0.032		0		1		0.077	0.005	
Phenylalanine ... g	0.082		0		1		0.197	0.012	
Tyrosine ... g	0.050		0		1		0.120	0.008	
Valine ... g	0.098		0		1		0.235	0.015	
Arginine ... g	0.264		0		1		0.634	0.040	
Histidine ... g	0.037		0		1		0.089	0.006	
Alanine ... g	0.082		0		1		0.197	0.012	
Aspartic acid ... g	0.157		0		1		0.377	0.024	
Glutamic acid ... g	0.368		0		1		0.883	0.055	
Glycine ... g	0.076		0		1		0.182	0.011	
Proline ... g	0.067		0		1		0.161	0.010	
Serine ... g	0.083		0		1		0.199	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 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12117
Nuts, coconut milk, raw (liquid expressed from grated meat and water)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.62	3.495	3		1		162.29	10.14	
Energy	kcal	230		0	NC	4		552	35	
Energy	kj	962				4		2310	144	
Protein (N x 5.3)	g	2.29		2		1		5.50	0.34	
Total lipid (fat)	g	23.84		2		1		57.22	3.58	
Ash	g	0.72		2		1		1.73	0.11	
Carbohydrate, by difference	g	5.54		0	NC	4		13.30	0.83	
Fiber, total dietary	g	2.2		0		4		5.3	0.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	16		1		1		38	2	
Iron, Fe	mg	1.64		1		1		3.94	0.25	
Magnesium, Mg	mg	37		1		1		89	6	
Phosphorus, P	mg	100		1		1		240	15	
Potassium, K	mg	263		0		1		631	39	
Sodium, Na	mg	15		1		1		36	2	
Zinc, Zn	mg	0.67		0		1		1.61	0.10	
Copper, Cu	mg	0.266		0		1		0.638	0.040	
Manganese, Mn	mg	0.916		0		1		2.198	0.137	
Selenium, Se	mcg	6.2		0	BFSN	4		14.9	0.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.8		1		1		6.7	0.4	
Thiamin	mg	0.026		1		1		0.062	0.004	
Riboflavin	mg	0.000		1		1		0.000	0.000	
Niacin	mg	0.760		1		1		1.824	0.114	
Pantothenic acid	mg	0.183		0		4		0.439	0.027	
Vitamin B-6	mg	0.033		0		4		0.079	0.005	
Folate, total	mcg	16		0		4		39	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	16		0		4		39	2	
Folate, DFE	mcg_DFE	16		0	NC	4		39	2	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	0		1		1		0	0	
Vitamin A, RAE	mcg_RAE	0		1		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.730		0		4		1.752	0.110	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	21.140		0		1		50.736	3.171	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.136		0		1		0.326	0.020	
8:0	g	1.670		0		1		4.008	0.251	
10:0	g	1.327		0		1		3.185	0.199	
12:0	g	10.576		0		1		25.382	1.586	
13:0	g									
14:0	g	4.176		0		1		10.022	0.626	
15:0	g									
16:0	g	2.021		0		1		4.850	0.303	
17:0	g									
18:0	g	1.234		0		1		2.962	0.185	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.014		0		1		2.434	0.152	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 12117
Nuts, coconut milk, raw (liquid expressed from grated meat and water)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.014		0		1		2.434	0.152	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.261		0		1		0.626	0.039	
18:2 undifferentiated ... g	0.261		0		1		0.626	0.039	
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	z	7		0	0	
Phytosterols ... mg	1		0		1		2	0	
Amino Acids:									
Tryptophan ... g	0.027		0		1		0.065	0.004	
Threonine ... g	0.083		0		1		0.199	0.012	
Isoleucine ... g	0.090		0		1		0.216	0.014	
Leucine ... g	0.170		0		1		0.408	0.026	
Lysine ... g	0.101		0		1		0.242	0.015	
Methionine ... g	0.043		0		1		0.103	0.006	
Cystine ... g	0.045		0		1		0.108	0.007	
Phenylalanine ... g	0.116		0		1		0.278	0.017	
Tyrosine ... g	0.071		0		1		0.170	0.011	
Valine ... g	0.139		0		1		0.334	0.021	
Arginine ... g	0.376		0		1		0.902	0.056	
Histidine ... g	0.053		0		1		0.127	0.008	
Alanine ... g	0.117		0		1		0.281	0.018	
Aspartic acid ... g	0.224		0		1		0.538	0.034	
Glutamic acid ... g	0.524		0		1		1.258	0.079	
Glycine ... g	0.108		0		1		0.259	0.016	
Proline ... g	0.095		0		1		0.228	0.014	
Serine ... g	0.118		0		1		0.283	0.018	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. 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** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12119
Nuts, coconut water (liquid from coconuts)

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	94.99	0.270	7		1		227.98	14.25	195.68
Energy	kcal	19		0	NC	4		46	3	39
Energy	kj	79				4		191	12	164
Protein (N x 5.3)	g	0.72	0.417	4		1		1.73	0.11	1.48
Total lipid (fat)	g	0.20	0.085	6		1		0.48	0.03	0.41
Ash	g	0.39	0.082	5		1		0.94	0.06	0.80
Carbohydrate, by difference	g	3.71		0	NC	4		8.90	0.56	7.64
Fiber, total dietary	g	1.1		0		4		2.6	0.2	2.3
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	24	3.347	4		1		58	4	49
Iron, Fe	mg	0.29	0.094	3		1		0.70	0.04	0.60
Magnesium, Mg	mg	25		1		1		60	4	52
Phosphorus, P	mg	20	4.800	3		1		48	3	41
Potassium, K	mg	250		1		1		600	38	515
Sodium, Na	mg	105		1		1		252	16	216
Zinc, Zn	mg	0.10		0		1		0.24	0.02	0.21
Copper, Cu	mg	0.040		1		1		0.096	0.006	0.082
Manganese, Mn	mg	0.142		0		4		0.341	0.021	0.293
Selenium, Se	mcg	1.0		0	BFSN	4		2.4	0.2	2.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.4	0.879	4		1		5.8	0.4	4.9
Thiamin	mg	0.030	0.022	5		1		0.072	0.005	0.062
Riboflavin	mg	0.057	0.044	4		1		0.137	0.009	0.117
Niacin	mg	0.080	0.060	3		1		0.192	0.012	0.165
Pantothenic acid	mg	0.043		0		1		0.103	0.006	0.089
Vitamin B-6	mg	0.032		2		1		0.077	0.005	0.066
Folate, total	mcg	3		0		4		6	0	5
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	3		0		4		6	0	5
Folate, DFE	mcg_DFE	3		0	NC	4		6	0	5
Vitamin B-12	mcg	0.00		0	Z	7		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	0.000		0		4		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.176		0		1		0.422	0.026	0.363
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.001		0		1		0.002	0.000	0.002
8:0	g	0.014		0		1		0.034	0.002	0.029
10:0	g	0.011		0		1		0.026	0.002	0.023
12:0	g	0.088		0		1		0.211	0.013	0.181
13:0	g									
14:0	g	0.035		0		1		0.084	0.005	0.072
15:0	g									
16:0	g	0.017		0		1		0.041	0.003	0.035
17:0	g									
18:0	g	0.010		0		1		0.024	0.002	0.021
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.008		0		1		0.019	0.001	0.016
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 12119
Nuts, coconut water (liquid from coconuts)

Nutrients and 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	0.008		0		1		0.019	0.001	0.016
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.002		0		1		0.005	0.000	0.004
18:2 undifferentiated ... g	0.002		0		1		0.005	0.000	0.004
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	z	7		0	0	0
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.008		0		1		0.019	0.001	0.016
Threonine ... g	0.026		0		1		0.062	0.004	0.054
Isoleucine ... g	0.028		0		1		0.067	0.004	0.058
Leucine ... g	0.053		0		1		0.127	0.008	0.109
Lysine ... g	0.032		0		1		0.077	0.005	0.066
Methionine ... g	0.013		0		1		0.031	0.002	0.027
Cystine ... g	0.014		0		1		0.034	0.002	0.029
Phenylalanine ... g	0.037		0		1		0.089	0.006	0.076
Tyrosine ... g	0.022		0		1		0.053	0.003	0.045
Valine ... g	0.044		0		1		0.106	0.007	0.091
Arginine ... g	0.118		0		1		0.283	0.018	0.243
Histidine ... g	0.017		0		1		0.041	0.003	0.035
Alanine ... g	0.037		0		1		0.089	0.006	0.076
Aspartic acid ... g	0.070		0		1		0.168	0.011	0.144
Glutamic acid ... g	0.165		0		1		0.396	0.025	0.340
Glycine ... g	0.034		0		1		0.082	0.005	0.070
Proline ... g	0.030		0		1		0.072	0.005	0.062
Serine ... g	0.037		0		1		0.089	0.006	0.076
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 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 206g: 1 coconut yields

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12200
Nuts, formulated, wheat-based, all flavors except macadamia, 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	2.00		1		1		0.57		
Energy	kcal	647		0	NC	4		183		
Energy	kj	2707				4		767		
Protein (N x 5.8)	g	13.11		1		1		3.72		
Total lipid (fat)	g	62.30		1		1		17.66		
Ash	g	1.80		1		1		0.51		
Carbohydrate, by difference	g	20.79		0	NC	4		5.89		
Fiber, total dietary	g	5.2		0		4		1.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	22		1		1		6		
Iron, Fe	mg	2.60		1		1		0.74		
Magnesium, Mg	mg	59		0		4		17		
Phosphorus, P	mg	366		1		1		104		
Potassium, K	mg	320		1		1		91		
Sodium, Na	mg	91		1		1		26		
Zinc, Zn	mg	2.96		0		4		0.84		
Copper, Cu	mg	0.181		0		4		0.051		
Manganese, Mn	mg	6.949		0		4		1.970		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		4		0.0		
Thiamin	mg	0.400		1		1		0.113		
Riboflavin	mg	0.300		1		1		0.085		
Niacin	mg	1.500		1		1		0.425		
Pantothenic acid	mg	0.312		0		4		0.088		
Vitamin B-6	mg	0.348		0		4		0.099		
Folate, total	mcg	125		0		4		35		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	125		0		4		35		
Folate, DFE	mcg_DFE	125		0	NC	4		35		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	1		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.370		0		1		2.656		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.093		0		1		0.026		
15:0	g									
16:0	g	6.360		0		1		1.803		
17:0	g									
18:0	g	2.948		0		1		0.836		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	25.722		0		1		7.292		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.248		0		1		0.070		

NDB No. 12200
Nuts, formulated, wheat-based, all flavors except macadamia, 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
17:1 g									
18:1 undifferentiated g	25.416		0		1		7.205		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	24.284		0		1		6.885		
18:2 undifferentiated g	22.448		0		1		6.364		
18:3 undifferentiated g	1.777		0		1		0.504		
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	z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.172		0		1		0.049		
Threonine g	0.552		0		1		0.156		
Isoleucine g	0.552		0		1		0.156		
Leucine g	0.972		0		1		0.276		
Lysine g	0.886		0		1		0.251		
Methionine g	0.274		0		1		0.078		
Cystine g	0.226		0		1		0.064		
Phenylalanine g	0.586		0		1		0.166		
Tyrosine g	0.486		0		1		0.138		
Valine g	0.712		0		1		0.202		
Arginine g	0.981		0		1		0.278		
Histidine g	0.380		0		1		0.108		
Alanine g	0.753		0		1		0.213		
Aspartic acid g	1.194		0		1		0.338		
Glutamic acid g	2.433		0		1		0.690		
Glycine g	0.699		0		1		0.198		
Proline g	0.857		0		1		0.243		
Serine g	0.674		0		1		0.191		
Hydroxyproline g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 12 Nut and Seed Products

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

NDB No. 12199
Nuts, formulated, wheat-based, flavored, macadamia flavored, 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	3.10		1		1		0.88		
Energy	kcal	619		0	NC	4		175		
Energy	kj	2590				4		734		
Protein (N x 5.8)	g	11.19		1		1		3.17		
Total lipid (fat)	g	56.50		1		1		16.02		
Ash	g	1.30		1		1		0.37		
Carbohydrate, by difference	g	27.91		0	NC	4		7.91		
Fiber, total dietary	g	5.2		0		4		1.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	20		1		1		6		
Iron, Fe	mg	2.00		1		1		0.57		
Magnesium, Mg	mg	58		0		4		16		
Phosphorus, P	mg	301		1		1		85		
Potassium, K	mg	261		1		1		74		
Sodium, Na	mg	47		1		1		13		
Zinc, Zn	mg	2.92		0		4		0.83		
Copper, Cu	mg	0.179		0		4		0.051		
Manganese, Mn	mg	5.155		0		4		1.461		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		4		0.0		
Thiamin	mg	0.200		1		1		0.057		
Riboflavin	mg	0.200		1		1		0.057		
Niacin	mg	1.000		1		1		0.284		
Pantothenic acid	mg	0.308		0		4		0.087		
Vitamin B-6	mg	0.261		0		4		0.074		
Folate, total	mcg	94		0		4		27		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	94		0		4		27		
Folate, DFE	mcg_DFE	94		0	NC	4		27		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	1		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	8.482		0		1		2.405		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.079		0		1		0.022		
15:0	g									
16:0	g	5.722		0		1		1.622		
17:0	g									
18:0	g	2.704		0		1		0.767		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	23.521		0		1		6.668		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.225		0		1		0.064		

NDB No. 12199
Nuts, formulated, wheat-based, flavored, macadamia flavored, 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
17:1 g									
18:1 undifferentiated g	23.242		0		1		6.589		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	21.867		0		1		6.199		
18:2 undifferentiated g	20.230		0		1		5.735		
18:3 undifferentiated g	1.583		0		1		0.449		
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	z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.139		0		1		0.039		
Threonine g	0.475		0		1		0.135		
Isoleucine g	0.486		0		1		0.138		
Leucine g	0.853		0		1		0.242		
Lysine g	0.766		0		1		0.217		
Methionine g	0.239		0		1		0.068		
Cystine g	0.185		0		1		0.052		
Phenylalanine g	0.511		0		1		0.145		
Tyrosine g	0.428		0		1		0.121		
Valine g	0.621		0		1		0.176		
Arginine g	0.816		0		1		0.231		
Histidine g	0.324		0		1		0.092		
Alanine g	0.623		0		1		0.177		
Aspartic acid g	1.021		0		1		0.289		
Glutamic acid g	2.115		0		1		0.600		
Glycine g	0.575		0		1		0.163		
Proline g	0.766		0		1		0.217		
Serine g	0.587		0		1		0.166		
Hydroxyproline g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: **Protein** 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 12 Nut and Seed Products

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

NDB No. 12140
Nuts, formulated, wheat-based, unflavored, 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	2.50		1		1		0.71		
Energy	kcal	622		0	NC	4		176		
Energy	kj	2602				4		738		
Protein (N x 5.8)	g	13.82		1		1		3.92		
Total lipid (fat)	g	57.70		1		1		16.36		
Ash	g	2.30		1		1		0.65		
Carbohydrate, by difference	g	23.68		0	NC	4		6.71		
Fiber, total dietary	g	5.2		0		4		1.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		1		1		7		
Iron, Fe	mg	2.40		1		1		0.68		
Magnesium, Mg	mg	58		0		4		16		
Phosphorus, P	mg	371		1		1		105		
Potassium, K	mg	318		1		1		90		
Sodium, Na	mg	505		1		1		143		
Zinc, Zn	mg	2.94		0		4		0.83		
Copper, Cu	mg	0.180		0		4		0.051		
Manganese, Mn	mg	7.919		0		4		2.245		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		4		0.0		
Thiamin	mg	0.300		1		1		0.085		
Riboflavin	mg	0.300		1		1		0.085		
Niacin	mg	1.500		1		1		0.425		
Pantothenic acid	mg	0.310		0		4		0.088		
Vitamin B-6	mg	0.394		0		4		0.112		
Folate, total	mcg	142		0		4		40		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	142		0		4		40		
Folate, DFE	mcg_DFE	142		0	NC	4		40		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	1		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	8.701		0		1		2.467		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.094		0		1		0.027		
15:0	g									
16:0	g	5.957		0		1		1.689		
17:0	g									
18:0	g	2.687		0		1		0.762		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	23.545		0		1		6.675		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.230		0		1		0.065		

NDB No. 12140
Nuts, formulated, wheat-based, unflavored, 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
17:1 ... g									
18:1 undifferentiated ... g	23.263		0		1		6.595		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	22.714		0		1		6.439		
18:2 undifferentiated ... g	20.974		0		1		5.946		
18:3 undifferentiated ... g	1.687		0		1		0.478		
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	z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.164		0		1		0.046		
Threonine ... g	0.579		0		1		0.164		
Isoleucine ... g	0.555		0		1		0.157		
Leucine ... g	0.991		0		1		0.281		
Lysine ... g	0.910		0		1		0.258		
Methionine ... g	0.279		0		1		0.079		
Cystine ... g	0.252		0		1		0.071		
Phenylalanine ... g	0.603		0		1		0.171		
Tyrosine ... g	0.484		0		1		0.137		
Valine ... g	0.729		0		1		0.207		
Arginine ... g	1.065		0		1		0.302		
Histidine ... g	0.393		0		1		0.111		
Alanine ... g	0.817		0		1		0.232		
Aspartic acid ... g	1.267		0		1		0.359		
Glutamic acid ... g	2.499		0		1		0.708		
Glycine ... g	0.772		0		1		0.219		
Proline ... g	0.846		0		1		0.240		
Serine ... g	0.696		0		1		0.197		
Hydroxyproline ... g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: **Protein** 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 12 Nut and Seed Products

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

NDB No. 12129
Nuts, ginkgo nuts, canned

Refuse: 41% Liquid

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	72.95		1		1		113.07	20.68	
Energy	kcal	111		0	NC	4		172	31	
Energy	kj	464				4		720	132	
Protein (N x 5.3)	g	2.29		1		1		3.55	0.65	
Total lipid (fat)	g	1.62		1		1		2.51	0.46	
Ash	g	1.04		1		1		1.61	0.29	
Carbohydrate, by difference	g	22.10		0	NC	4		34.26	6.27	
Fiber, total dietary	g	9.3		0		4		14.4	2.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		1		1		6	1	
Iron, Fe	mg	0.29		1		1		0.45	0.08	
Magnesium, Mg	mg	16		1		1		25	5	
Phosphorus, P	mg	54		1		1		84	15	
Potassium, K	mg	180		1		1		279	51	
Sodium, Na	mg	307		1		1		476	87	
Zinc, Zn	mg	0.21		0		1		0.33	0.06	
Copper, Cu	mg	0.166		0		1		0.257	0.047	
Manganese, Mn	mg	0.068		0		1		0.105	0.019	
Selenium, Se	mcg	0.5		0	BFZN	4		0.8	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	9.1		0		4		14.1	2.6	
Thiamin	mg	0.133		0		4		0.206	0.038	
Riboflavin	mg	0.054		0		4		0.084	0.015	
Niacin	mg	3.623		0		4		5.616	1.027	
Pantothenic acid	mg	0.097		0		4		0.150	0.027	
Vitamin B-6	mg	0.198		0		4		0.307	0.056	
Folate, total	mcg	33		0		4		51	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	33		0		4		51	9	
Folate, DFE	mcg_DFE	33		0	NC	4		51	9	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	337		0		4		522	96	
Vitamin A, RAE	mcg_RAE	17		0		4		26	5	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	3.500		0		4		5.425	0.992	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.309		0		1		0.479	0.088	
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	0.006		0		1		0.009	0.002	
15:0	g									
16:0	g	0.278		0		1		0.431	0.079	
17:0	g									
18:0	g	0.015		0		1		0.023	0.004	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.599		0		1		0.928	0.170	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.077		0		1		0.119	0.022	

NDB No. 12129
Nuts, ginkgo nuts, canned

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	0.495		0		1		0.767	0.140	
20:1 ... g	0.009		0		1		0.014	0.003	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.597		0		1		0.925	0.169	
18:2 undifferentiated ... g	0.559		0		1		0.866	0.158	
18:3 undifferentiated ... g	0.021		0		1		0.033	0.006	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.038		0		1		0.059	0.011	
Threonine ... g	0.142		0		1		0.220	0.040	
Isoleucine ... g	0.111		0		1		0.172	0.031	
Leucine ... g	0.168		0		1		0.260	0.048	
Lysine ... g	0.110		0		1		0.171	0.031	
Methionine ... g	0.029		0		1		0.045	0.008	
Cystine ... g	0.012		0		1		0.019	0.003	
Phenylalanine ... g	0.090		0		1		0.140	0.026	
Tyrosine ... g	0.032		0		1		0.050	0.009	
Valine ... g	0.150		0		1		0.233	0.043	
Arginine ... g	0.223		0		1		0.346	0.063	
Histidine ... g	0.054		0		1		0.084	0.015	
Alanine ... g	0.131		0		1		0.203	0.037	
Aspartic acid ... g	0.288		0		1		0.446	0.082	
Glutamic acid ... g	0.444		0		1		0.688	0.126	
Glycine ... g	0.123		0		1		0.191	0.035	
Proline ... g	0.184		0		1		0.285	0.052	
Serine ... g	0.154		0		1		0.239	0.044	
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	

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Common Measures:

Measure 1 = 155g: 1 cup (78 kernels)

Measure 2 = 28.35g: 1 oz (14 kernels)

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12128
Nuts, ginkgo nuts, dried

Refuse: 24% Shells

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	12.40		0		1		3.52		
Energy	kcal	348		0	NC	4		99		
Energy	kj	1456				4		413		
Protein (N x 5.3)	g	10.35		0		1		2.93		
Total lipid (fat)	g	2.00		1		1		0.57		
Ash	g	2.80		0		1		0.79		
Carbohydrate, by difference	g	72.45		0	NC	4		20.54		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	20		0		1		6		
Iron, Fe	mg	1.60		0		1		0.45		
Magnesium, Mg	mg	53		0		1		15		
Phosphorus, P	mg	269		0		1		76		
Potassium, K	mg	998		0		1		283		
Sodium, Na	mg	13		0		1		4		
Zinc, Zn	mg	0.67	0.055	3		1		0.19		
Copper, Cu	mg	0.536	0.073	3		1		0.152		
Manganese, Mn	mg	0.220	0.020	3		1		0.062		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	29.3		0		1		8.3		
Thiamin	mg	0.430		0		1		0.122		
Riboflavin	mg	0.176		0		1		0.050		
Niacin	mg	11.732		0		1		3.326		
Pantothenic acid	mg	1.345		1		1		0.381		
Vitamin B-6	mg	0.641		0		4		0.182		
Folate, total	mcg	106		0		4		30		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	106		0		4		30		
Folate, DFE	mcg_DFE	106		0	NC	4		30		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	1091		0		1		309		
Vitamin A, RAE	mcg_RAE	55		0		1		15		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.381		0		1		0.108		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.008		0		1		0.002		
15:0	g									
16:0	g	0.343		0		1		0.097		
17:0	g									
18:0	g	0.019		0		1		0.005		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.739		0		1		0.210		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.095		0		1		0.027		

NDB No. 12128
Nuts, ginkgo nuts, dried

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	0.611		0		1		0.173		
20:1	g	0.011		0		1		0.003		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.737		0		1		0.209		
18:2 undifferentiated	g	0.690		0		1		0.196		
18:3 undifferentiated	g	0.025		0		1		0.007		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.170		0		1		0.048		
Threonine	g	0.640		0		1		0.181		
Isoleucine	g	0.500		0		1		0.142		
Leucine	g	0.755		0		1		0.214		
Lysine	g	0.494		0		1		0.140		
Methionine	g	0.133		0		1		0.038		
Cystine	g	0.055		0		1		0.016		
Phenylalanine	g	0.408		0		1		0.116		
Tyrosine	g	0.146		0		1		0.041		
Valine	g	0.677		0		1		0.192		
Arginine	g	1.005		0		1		0.285		
Histidine	g	0.244		0		1		0.069		
Alanine	g	0.591		0		1		0.168		
Aspartic acid	g	1.298		0		1		0.368		
Glutamic acid	g	2.001		0		1		0.567		
Glycine	g	0.554		0		1		0.157		
Proline	g	0.830		0		1		0.235		
Serine	g	0.695		0		1		0.197		
Hydroxyproline	g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12127
Nuts, ginkgo nuts, raw
Ginkgo biloba

Refuse: 24% Shells

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	55.20		1		1		15.65		
Energy	kcal	182		0	NC	4		52		
Energy	kj	761				4		216		
Protein (N x 5.3)	g	4.32		1		1		1.22		
Total lipid (fat)	g	1.68		2		1		0.48		
Ash	g	1.20		1		1		0.34		
Carbohydrate, by difference	g	37.60		0	NC	4		10.66		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		1		1		1		
Iron, Fe	mg	1.00		1		1		0.28		
Magnesium, Mg	mg	27		0		1		8		
Phosphorus, P	mg	124		1		1		35		
Potassium, K	mg	510		0		1		145		
Sodium, Na	mg	7		0		1		2		
Zinc, Zn	mg	0.34		0		1		0.10		
Copper, Cu	mg	0.274		0		1		0.078		
Manganese, Mn	mg	0.113		0		1		0.032		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	15.0		1		1		4.3		
Thiamin	mg	0.220		1		1		0.062		
Riboflavin	mg	0.090		1		1		0.026		
Niacin	mg	6.000		1		1		1.701		
Pantothenic acid	mg	0.160		1		1		0.045		
Vitamin B-6	mg	0.328		0		4		0.093		
Folate, total	mcg	54		0		4		15		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	54		0		4		15		
Folate, DFE	mcg_DFE	54		0	NC	4		15		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	558		1		1		158		
Vitamin A, RAE	mcg_RAE	28		1		1		8		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.319		0		1		0.090		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.006		1		1		0.002		
15:0	g									
16:0	g	0.288		2		1		0.082		
17:0	g									
18:0	g	0.016		2		1		0.005		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.619		0		1		0.175		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.079		2		1		0.022		

NDB No. 12127
Nuts, ginkgo nuts, raw

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	0.512		2		1		0.145		
20:1	g	0.010		1		1		0.003		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.618		0		1		0.175		
18:2 undifferentiated	g	0.578		2		1		0.164		
18:3 undifferentiated	g	0.021		2		1		0.006		
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	z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.071		2		1		0.020		
Threonine	g	0.268		2		1		0.076		
Isoleucine	g	0.209		2		1		0.059		
Leucine	g	0.316		2		1		0.090		
Lysine	g	0.206		2		1		0.058		
Methionine	g	0.055		2		1		0.016		
Cystine	g	0.023		2		1		0.007		
Phenylalanine	g	0.171		2		1		0.048		
Tyrosine	g	0.061		2		1		0.017		
Valine	g	0.283		2		1		0.080		
Arginine	g	0.420		2		1		0.119		
Histidine	g	0.102		2		1		0.029		
Alanine	g	0.247		2		1		0.070		
Aspartic acid	g	0.543		2		1		0.154		
Glutamic acid	g	0.836		2		1		0.237		
Glycine	g	0.232		2		1		0.066		
Proline	g	0.347		2		1		0.098		
Serine	g	0.290		2		1		0.082		
Hydroxyproline	g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12120
Nuts, hazelnuts or filberts (1)
Corylus spp.

Refuse: 54% Shells

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	5.31	0.196	4	A	1		6.11	3.98	7.17
Energy	kcal	628		0	NC	4		723	471	848
Energy	kj	2629		0	NC	4		3023	1972	3549
Protein (N x 5.3)	g	14.95	0.156	4	A	1		17.19	11.21	20.18
Total lipid (fat)	g	60.75	0.386	4	A	1		69.86	45.56	82.01
Ash	g	2.29	0.017	4	A	1		2.63	1.72	3.09
Carbohydrate, by difference	g	16.70		0	NC	4		19.21	12.53	22.55
Fiber, total dietary	g	9.7	0.374	4	A	1		11.1	7.3	13.1
Sugars, total	g	4.34	0.071	4	A	1		4.99	3.26	5.86
Sucrose	g	4.20	0.071	4	A	1		4.83	3.15	5.67
Glucose (dextrose)	g	0.07	0.000	4	A	1		0.08	0.05	0.10
Fructose	g	0.07	0.000	4	A	1		0.08	0.05	0.10
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose	g									
Starch	g	0.48	0.068	4	A	1		0.55	0.36	0.64
Minerals:										
Calcium, Ca	mg	114	1.031	4	A	1		131	86	154
Iron, Fe	mg	4.70	0.071	4	A	1		5.41	3.53	6.35
Magnesium, Mg	mg	163	2.496	4	A	1		188	122	220
Phosphorus, P	mg	290	5.774	4	A	1		334	218	392
Potassium, K	mg	680	7.920	4	A	1		782	510	918
Sodium, Na	mg	0	0.048	4	A	1		1	0	1
Zinc, Zn	mg	2.45	0.029	4	A	1		2.82	1.84	3.31
Copper, Cu	mg	1.725	0.025	4	A	1		1.984	1.294	2.329
Manganese, Mn	mg	6.175	0.165	4	A	1		7.101	4.631	8.336
Selenium, Se	mcg	4.0	0.801	5	A	1		4.6	3.0	5.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.3	0.479	4	A	1		7.2	4.7	8.4
Thiamin	mg	0.643	0.011	4	A	1		0.739	0.482	0.867
Riboflavin	mg	0.113	0.003	4	A	1		0.129	0.084	0.152
Niacin	mg	1.800	0.071	4	A	1		2.070	1.350	2.430
Pantothenic acid	mg	0.918	0.006	4	A	1		1.055	0.688	1.239
Vitamin B-6	mg	0.563	0.008	4	A	1		0.647	0.422	0.759
Folate, total	mcg	113	1.810	4	A	1		129	84	152
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	113	1.810	4	A	1		129	84	152
Folate, DFE	mcg_DFE	113		0	NC	4		129	84	152
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	40		1	AS	1		46	30	54
Vitamin A, RAE	mcg_RAE	2		1	AS	1		2	2	3
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	15.188	0.404	4	A	1		17.466	11.391	20.503
Tocopherol, alpha	mg	15.03	0.395	4	A	1		17.28	11.27	20.28
Tocopherol, beta	mg	0.33	0.025	4	A	1		0.37	0.24	0.44
Tocopherol, gamma	mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, delta	mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.464		0	NC	4		5.134	3.348	6.027
4:0	g	0.000		0	Z	7		0.000	0.000	0.000
6:0	g	0.000		0	Z	7		0.000	0.000	0.000
8:0	g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0	g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0	g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0	g	0.000	0.000	4	A	1		0.000	0.000	0.000
14:0	g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0	g	0.000	0.000	4	A	1				0.000

NDB No. 12120
Nuts, hazelnuts or filberts (1)

Nutrients and 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
15:0 g	0.000	0.000		A	1		0.000	0.000	
16:0 g	3.097	0.023	4	A	1		3.562	2.323	4.181
17:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0 g	1.265	0.041	4	A	1		1.455	0.949	1.708
20:0 g	0.102	0.028	4	A	1		0.117	0.077	0.138
22:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	45.652		0	NC	4		52.499	34.239	61.630
14:1 g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1 g									
16:1 undifferentiated g	0.116	0.001	4	A	1		0.133	0.087	0.156
17:1 g									
18:1 undifferentiated g	45.405	0.249	4	A	1		52.215	34.053	61.296
20:1 g	0.131	0.014	4	A	1		0.151	0.098	0.177
22:1 undifferentiated g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	7.920		0	NC	4		9.108	5.940	10.692
18:2 undifferentiated g	7.833	0.116	4	A	1		9.008	5.875	10.574
18:3 undifferentiated g	0.087	0.029	4	A	1		0.100	0.065	0.117
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3 g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg	96		1	A	1		110	72	130
Stigmasterol mg	1		1	A	1		1	1	1
Campesterol mg	6		1	A	1		6	4	8
Beta-sitosterol mg	89		1	A	1		102	67	120
Amino Acids:									
Tryptophan g	0.193		0	A	1		0.222	0.145	0.260
Threonine g	0.497		0	A	1		0.571	0.373	0.671
Isoleucine g	0.545		0	A	1		0.627	0.409	0.736
Leucine g	1.063		0	A	1		1.223	0.798	1.436
Lysine g	0.420		0	A	1		0.483	0.315	0.567
Methionine g	0.221		0	A	1		0.254	0.166	0.299
Cystine g	0.277		0	A	1		0.318	0.208	0.374
Phenylalanine g	0.663		0	A	1		0.763	0.497	0.895
Tyrosine g	0.362		0	A	1		0.416	0.271	0.489
Valine g	0.701		0	A	1		0.807	0.526	0.947
Arginine g	2.211		0	A	1		2.543	1.659	2.985
Histidine g	0.432		0	A	1		0.497	0.324	0.583
Alanine g	0.730		0	A	1		0.839	0.547	0.985
Aspartic acid g	1.679		0	A	1		1.931	1.259	2.267
Glutamic acid g	3.710		0	A	1		4.266	2.782	5.008
Glycine g	0.724		0	A	1		0.832	0.543	0.977
Proline g	0.561		0	A	1		0.645	0.420	0.757
Serine g	0.735		0	A	1		0.846	0.552	0.993
Hydroxyproline g									
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.

NDB No. 12120
Nuts, hazelnuts or filberts (1)

Common Measures:

Measure 1 = 115g: 1 cup, chopped

Measure 2 = 75g: 1 cup, ground

Measure 3 = 135g: 1 cup, whole

Footnotes

1 Unroasted

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12121
Nuts, hazelnuts or filberts, blanched (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	5.79		2	A	1		1.64		
Energy	kcal	629		0	NC	4		178		
Energy	kj	2630		0	NC	4		746		
Protein (N x 5.3)	g	13.70		2	A	1		3.88		
Total lipid (fat)	g	61.15		2	A	1		17.34		
Ash	g	2.36		2	A	1		0.67		
Carbohydrate, by difference	g	17.00		0	NC	4		4.82		
Fiber, total dietary	g	11.0		2	A	1		3.1		
Sugars, total	g	3.49		2	A	1		0.99		
Sucrose	g	3.35		2	A	1		0.95		
Glucose (dextrose)	g	0.07		2	A	1		0.02		
Fructose	g	0.07		2	A	1		0.02		
Lactose	g	0.00		2	A	1		0.00		
Maltose	g	0.00		2	A	1		0.00		
Galactose	g									
Starch	g	0.93		2	A	1		0.26		
Minerals:										
Calcium, Ca	mg	149		2	A	1		42		
Iron, Fe	mg	3.30		2	A	1		0.94		
Magnesium, Mg	mg	160		2	A	1		45		
Phosphorus, P	mg	310		2	A	1		88		
Potassium, K	mg	658		2	A	1		187		
Sodium, Na	mg	0		2	A	1		0		
Zinc, Zn	mg	2.20		2	A	1		0.62		
Copper, Cu	mg	1.600		2	A	1		0.454		
Manganese, Mn	mg	12.650		2	A	1		3.586		
Selenium, Se	mcg	4.1		0	BFSN	4		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		2	A	1		0.6		
Thiamin	mg	0.475		2	A	1		0.135		
Riboflavin	mg	0.110		2	A	1		0.031		
Niacin	mg	1.550		2	A	1		0.439		
Pantothenic acid	mg	0.815		2	A	1		0.231		
Vitamin B-6	mg	0.585		2	A	1		0.166		
Folate, total	mcg	78		2	A	1		22		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	78		2	A	1		22		
Folate, DFE	mcg_DFE	78		0	NC	4		22		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	40		1	AS	1		11		
Vitamin A, RAE	mcg_RAE	2		1	AS	1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	17.894		2	A	1		5.073		
Tocopherol, alpha	mg	17.50		2	A	1		4.96		
Tocopherol, beta	mg	0.35		2	A	1		0.10		
Tocopherol, gamma	mg	2.15		2	A	1		0.61		
Tocopherol, delta	mg	0.14		2	A	1		0.04		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.669		0	NC	4		1.324		
4:0	g									
6:0	g									
8:0	g	0.000		2	A	1		0.000		
10:0	g	0.000		2	A	1		0.000		
12:0	g	0.000		2	A	1		0.000		
13:0	g	0.000		2	A	1		0.000		
14:0	g	0.000		2	A	1		0.000		
15:0	g	0.000		2	A	1		0.000		

NDB No. 12121
Nuts, hazelnuts or filberts, blanched (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
16:0 g	3.176		2	A	1		0.900		
17:0 g	0.000		2	A	1		0.000		
18:0 g	1.434		2	A	1		0.407		
20:0 g	0.059		2	A	1		0.017		
22:0 g	0.000		2	A	1		0.000		
24:0 g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated g	48.192		0	NC	4		13.662		
14:1 g	0.000		2	A	1		0.000		
15:1 g									
16:1 undifferentiated g	0.116		2	A	1		0.033		
17:1 g									
18:1 undifferentiated g	47.958		2	A	1		13.596		
20:1 g	0.118		2	A	1		0.033		
22:1 undifferentiated g	0.000		2	A	1		0.000		
24:1 c g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated g	5.558		0	NC	4		1.576		
18:2 undifferentiated g	5.499		2	A	1		1.559		
18:3 undifferentiated g	0.058		2	A	1		0.017		
18:4 g									
20:2 n-6 c,c g	0.000		2	A	1		0.000		
20:3 undifferentiated g	0.000		2	A	1		0.000		
20:4 undifferentiated g	0.000		2	A	1		0.000		
20:5 n-3 g	0.000		2	A	1		0.000		
22:5 n-3 g	0.000		2	A	1		0.000		
22:6 n-3 g	0.000		2	A	1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg	116		2	A	1		33		
Stigmasterol mg	1		1	A	1		0		
Campesterol mg	7		1	A	1		2		
Beta-sitosterol mg	108		1	A	1		31		
Amino Acids:									
Tryptophan g	0.177		0	A	1		0.050		
Threonine g	0.455		0	A	1		0.129		
Isoleucine g	0.499		0	A	1		0.142		
Leucine g	0.974		0	A	1		0.276		
Lysine g	0.385		0	A	1		0.109		
Methionine g	0.203		0	A	1		0.057		
Cystine g	0.254		0	A	1		0.072		
Phenylalanine g	0.608		0	A	1		0.172		
Tyrosine g	0.332		0	A	1		0.094		
Valine g	0.643		0	A	1		0.182		
Arginine g	2.026		0	A	1		0.574		
Histidine g	0.396		0	A	1		0.112		
Alanine g	0.669		0	A	1		0.190		
Aspartic acid g	1.539		0	A	1		0.436		
Glutamic acid g	3.399		0	A	1		0.964		
Glycine g	0.663		0	A	1		0.188		
Proline g	0.514		0	A	1		0.146		
Serine g	0.674		0	A	1		0.191		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	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:

NDB No. 12121
Nuts, hazelnuts or filberts, blanched (1)

Measure 1 = 28.35g: 1 oz

Footnotes
1 Unroasted

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12122
Nuts, hazelnuts or filberts, dry roasted, without 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	2.52	0.335	4	A	1		0.71		
Energy	kcal	646		0	NC	4		183		
Energy	kj	2703		0	NC	4		766		
Protein (N x 5.3)	g	15.03	0.421	4	A	1		4.26		
Total lipid (fat)	g	62.40	0.916	4	A	1		17.69		
Ash	g	2.45	0.019	4	A	1		0.70		
Carbohydrate, by difference	g	17.60		0	NC	4		4.99		
Fiber, total dietary	g	9.4	0.617	4	A	1		2.7		
Sugars, total	g	4.89	0.307	4	A	1		1.39		
Sucrose	g	4.75	0.307	4	A	1		1.35		
Glucose (dextrose)	g	0.07	0.000	4	A	1		0.02		
Fructose	g	0.07	0.000	4	A	1		0.02		
Lactose	g	0.00	0.000	4	A	1		0.00		
Maltose	g	0.00	0.000	4	A	1		0.00		
Galactose	g									
Starch	g	1.10	0.034	4	A	1		0.31		
Minerals:										
Calcium, Ca	mg	123	3.663	4	A	1		35		
Iron, Fe	mg	4.38	0.138	4	A	1		1.24		
Magnesium, Mg	mg	173	6.033	4	A	1		49		
Phosphorus, P	mg	310	8.165	4	A	1		88		
Potassium, K	mg	755	13.934	4	A	1		214		
Sodium, Na	mg	0	0.065	4	A	1		0		
Zinc, Zn	mg	2.50	0.000	4	A	1		0.71		
Copper, Cu	mg	1.750	0.087	4	A	1		0.496		
Manganese, Mn	mg	5.550	0.417	4	A	1		1.573		
Selenium, Se	mcg	4.1		0	BFSN	4		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.8	0.629	4	A	1		1.1		
Thiamin	mg	0.338	0.036	4	A	1		0.096		
Riboflavin	mg	0.123	0.005	4	A	1		0.035		
Niacin	mg	2.050	0.065	4	A	1		0.581		
Pantothenic acid	mg	0.923	0.031	4	A	1		0.262		
Vitamin B-6	mg	0.620	0.017	4	A	1		0.176		
Folate, total	mcg	88	5.375	4	A	1		25		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	88	5.375	4	A	1		25		
Folate, DFE	mcg_DFE	88		0	NC	4		25		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	61		1	A	1		17		
Vitamin A, RAE	mcg_RAE	3		1	A	1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	15.438	0.727	4	A	1		4.377		
Tocopherol, alpha	mg	15.28	0.704	4	A	1		4.33		
Tocopherol, beta	mg	0.33	0.048	4	A	1		0.09		
Tocopherol, gamma	mg	0.00	0.000	4	A	1		0.00		
Tocopherol, delta	mg	0.00	0.000	4	A	1		0.00		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.511		0	NC	4		1.279		
4:0	g									
6:0	g									
8:0	g	0.000	0.000	4	A	1		0.000		
10:0	g	0.000	0.000	4	A	1		0.000		
12:0	g	0.000	0.000	4	A	1		0.000		
13:0	g	0.000	0.000	4	A	1		0.000		
14:0	g	0.000	0.000	4	A	1		0.000		
15:0	g	0.000	0.000	4	A	1		0.000		

NDB No. 12122
Nuts, hazelnuts or filberts, dry roasted, without 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
16:0 g	3.181	0.038	4	A	1		0.902		
17:0 g	0.000	0.000	4	A	1		0.000		
18:0 g	1.271	0.072	4	A	1		0.360		
20:0 g	0.060	0.001	4	A	1		0.017		
22:0 g	0.000	0.000	4	A	1		0.000		
24:0 g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated g	46.608		0	NC	4		13.213		
14:1 g	0.000	0.000	4	A	1		0.000		
15:1 g									
16:1 undifferentiated g	0.119	0.002	4	A	1		0.034		
17:1 g									
18:1 undifferentiated g	46.354	1.012	4	A	1		13.141		
20:1 g	0.134	0.013	4	A	1		0.038		
22:1 undifferentiated g	0.000	0.000	4	A	1		0.000		
24:1 c g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated g	8.463		0	NC	4		2.399		
18:2 undifferentiated g	8.403	0.272	4	A	1		2.382		
18:3 undifferentiated g	0.060	0.001	4	A	1		0.017		
18:4 g									
20:2 n-6 c,c g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated g	0.000	0.000	4	A	1		0.000		
20:5 n-3 g	0.000	0.000	4	A	1		0.000		
22:5 n-3 g	0.000	0.000	4	A	1		0.000		
22:6 n-3 g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg	110		1	A	1		31		
Stigmasterol mg	1		1	A	1		0		
Campesterol mg	6		1	A	1		2		
Beta-sitosterol mg	103		1	A	1		29		
Amino Acids:									
Tryptophan g	0.194		0	A	1		0.055		
Threonine g	0.499		0	A	1		0.142		
Isoleucine g	0.548		0	A	1		0.155		
Leucine g	1.069		0	A	1		0.303		
Lysine g	0.422		0	A	1		0.120		
Methionine g	0.222		0	A	1		0.063		
Cystine g	0.278		0	A	1		0.079		
Phenylalanine g	0.667		0	A	1		0.189		
Tyrosine g	0.364		0	A	1		0.103		
Valine g	0.705		0	A	1		0.200		
Arginine g	2.222		0	A	1		0.630		
Histidine g	0.434		0	A	1		0.123		
Alanine g	0.733		0	A	1		0.208		
Aspartic acid g	1.687		0	A	1		0.478		
Glutamic acid g	3.728		0	A	1		1.057		
Glycine g	0.727		0	A	1		0.206		
Proline g	0.563		0	A	1		0.160		
Serine g	0.739		0	A	1		0.210		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	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:

NDB No. 12122
Nuts, hazelnuts or filberts, dry roasted, without salt added

Measure 1 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12130
Nuts, hickorynuts, dried
Carya spp.

Refuse: 68% Shells

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	2.65	0.136	4		1		3.18	0.75	0.08
Energy	kcal	657		0	NC	4		788	186	20
Energy	kj	2749				4		3299	779	82
Protein (N x 5.3)	g	12.72	0.869	8		1		15.26	3.61	0.38
Total lipid (fat)	g	64.37	1.540	18		1		77.24	18.25	1.93
Ash	g	2.00	0.134	6		1		2.40	0.57	0.06
Carbohydrate, by difference	g	18.25		0	NC	4		21.90	5.17	0.55
Fiber, total dietary	g	6.4		0		4		7.7	1.8	0.2
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	61	4.371	8		1		73	17	2
Iron, Fe	mg	2.12	0.036	8		1		2.54	0.60	0.06
Magnesium, Mg	mg	173	7.756	8		1		208	49	5
Phosphorus, P	mg	336	18.968	8		1		403	95	10
Potassium, K	mg	436	26.350	8		1		523	124	13
Sodium, Na	mg	1	0.046	8		1		1	0	0
Zinc, Zn	mg	4.31	0.111	8		1		5.17	1.22	0.13
Copper, Cu	mg	0.738	0.017	8		1		0.886	0.209	0.022
Manganese, Mn	mg	4.610		0		4		5.532	1.307	0.138
Selenium, Se	mcg	8.1		1	A	1		9.7	2.3	0.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		4		2.4	0.6	0.1
Thiamin	mg	0.867		0		4		1.040	0.246	0.026
Riboflavin	mg	0.131		0		4		0.157	0.037	0.004
Niacin	mg	0.907		0		4		1.088	0.257	0.027
Pantothenic acid	mg	1.746		0		4		2.095	0.495	0.052
Vitamin B-6	mg	0.192		0		4		0.230	0.054	0.006
Folate, total	mcg	40		0		4		48	11	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	40		0		4		48	11	1
Folate, DFE	mcg_DFE	40		0	NC	4		48	11	1
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	131		0		4		157	37	4
Vitamin A, RAE	mcg_RAE	7		0		4		8	2	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	5.210		0		4		6.252	1.477	0.156
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.038		0		1		8.446	1.995	0.211
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
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	5.417		1		1		6.500	1.536	0.163
17:0	g									
18:0	g	1.416		1		1		1.699	0.401	0.042
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	32.611		0		1		39.133	9.245	0.978
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.277		2		1		0.332	0.079	0.008

NDB No. 12130
Nuts, hickorynuts, dried

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	32.011		2		1		38.413	9.075	0.960
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	21.886		0		1		26.263	6.205	0.657
18:2 undifferentiated ... g	20.623		2		1		24.748	5.847	0.619
18:3 undifferentiated ... g	1.047		2		1		1.256	0.297	0.031
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	z	7		0	0	0
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.139		8		1		0.167	0.039	0.004
Threonine ... g	0.422		4		1		0.506	0.120	0.013
Isoleucine ... g	0.576		4		1		0.691	0.163	0.017
Leucine ... g	1.027		4		1		1.232	0.291	0.031
Lysine ... g	0.497		4		1		0.596	0.141	0.015
Methionine ... g	0.300		12		1		0.360	0.085	0.009
Cystine ... g	0.271		12		1		0.325	0.077	0.008
Phenylalanine ... g	0.713		4		1		0.856	0.202	0.021
Tyrosine ... g	0.454		4		1		0.545	0.129	0.014
Valine ... g	0.730		4		1		0.876	0.207	0.022
Arginine ... g	2.086		4		1		2.503	0.591	0.063
Histidine ... g	0.389		4		1		0.467	0.110	0.012
Alanine ... g	0.662		4		1		0.794	0.188	0.020
Aspartic acid ... g	1.368		4		1		1.642	0.388	0.041
Glutamic acid ... g	2.885		4		1		3.462	0.818	0.087
Glycine ... g	0.708		4		1		0.850	0.201	0.021
Proline ... g	0.571		4		1		0.685	0.162	0.017
Serine ... g	0.806		4		1		0.967	0.229	0.024
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. 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 = 120g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 3.0g: 1 nut

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12632
Nuts, macadamia nuts, dry roasted, 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	1.61	0.126	4	A	1		2.15	0.46	
Energy	kcal	716		0	NC	4		959	203	
Energy	kj	2996		0	NC	4		4014	849	
Protein (N x 5.3)	g	7.79	0.286	4	A	1		10.44	2.21	
Total lipid (fat)	g	76.08	1.039	4	A	1		101.95	21.57	
Ash	g	1.70	0.120	4	A	1		2.27	0.48	
Carbohydrate, by difference	g	12.83		0	NC	4		17.19	3.64	
Fiber, total dietary	g	8.0	0.709	4	A	1		10.7	2.3	
Sugars, total	g	4.14	0.187	4	A	1		5.55	1.17	
Sucrose	g	4.00	0.187	4	A	1		5.36	1.13	
Glucose (dextrose)	g	0.07	0.000	4	A	1		0.10	0.02	
Fructose	g	0.07	0.000	4	A	1		0.10	0.02	
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	
Maltose	g	0.00	0.000	4	A	1		0.00	0.00	
Galactose	g									
Starch	g	1.05	0.026	4	A	1		1.41	0.30	
Minerals:										
Calcium, Ca	mg	70	14.558	4	A	1		93	20	
Iron, Fe	mg	2.65	0.536	4	A	1		3.55	0.75	
Magnesium, Mg	mg	118	2.182	4	A	1		158	34	
Phosphorus, P	mg	198	6.281	4	A	1		265	56	
Potassium, K	mg	363	14.047	4	A	1		486	103	
Sodium, Na	mg	265	52.815	4	A	1		354	75	
Zinc, Zn	mg	1.29	0.055	4	A	1		1.72	0.36	
Copper, Cu	mg	0.570	0.226	4	A	1		0.764	0.162	
Manganese, Mn	mg	3.036	1.563	4	A	1		4.068	0.861	
Selenium, Se	mcg	3.6		1	A	1		4.8	1.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.000	4	A	1		1.0	0.2	
Thiamin	mg	0.710	0.000	4	A	1		0.951	0.201	
Riboflavin	mg	0.087	0.003	4	A	1		0.116	0.025	
Niacin	mg	2.274	0.151	4	A	1		3.048	0.645	
Pantothenic acid	mg	0.603	0.018	4	A	1		0.807	0.171	
Vitamin B-6	mg	0.359	0.025	4	A	1		0.481	0.102	
Folate, total	mcg	10	0.943	4	A	1		13	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10	0.943	4	A	1		13	3	
Folate, DFE	mcg_DFE	10		0	NC	4		13	3	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	0		1	A	1		0	0	
Vitamin A, RAE	mcg_RAE	0		1	A	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.569	0.110	4	A	1		0.762	0.161	
Tocopherol, alpha	mg	0.57	0.110	4	A	1		0.76	0.16	
Tocopherol, beta	mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta	mg	0.00		1	A	1		0.00	0.00	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	11.947		0	NC	4		16.010	3.387	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000	0.000	4	A	1		0.000	0.000	
10:0	g	0.000	0.000	4	A	1		0.000	0.000	
12:0	g	0.075	0.008	4	A	1		0.100	0.021	
13:0	g	0.000	0.000	4	A	1		0.000	0.000	
14:0	g	0.668	0.067	4	A	1		0.895	0.189	
15:0	g	0.000	0.000	4	A	1				

NDB No. 12632
Nuts, macadamia nuts, dry roasted, 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
15:0....g	0.000	0.000		A	1		0.000	0.000	
16:0....g	5.932	0.070	4	A	1		7.949	1.682	
17:0....g	0.156	0.041	4	A	1		0.209	0.044	
18:0....g	2.280	0.178	4	A	1		3.055	0.646	
20:0....g	1.944	0.063	4	A	1		2.605	0.551	
22:0....g	0.621	0.011	4	A	1		0.832	0.176	
24:0....g	0.272	0.013	4	A	1		0.365	0.077	
Fatty acids, total monounsaturated....g	59.275		0	NC	4		79.429	16.805	
14:1....g	0.000	0.000	4	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	12.725	0.493	4	A	1		17.051	3.607	
17:1....g									
18:1 undifferentiated....g	44.377	0.935	4	A	1		59.466	12.581	
20:1....g	1.925	0.076	4	A	1		2.579	0.546	
22:1 undifferentiated....g	0.237	0.016	4	A	1		0.318	0.067	
24:1 c....g	0.011	0.010	4	A	1		0.015	0.003	
Fatty acids, total polyunsaturated....g	1.498		0	NC	4		2.008	0.425	
18:2 undifferentiated....g	1.303	0.108	4	A	1		1.746	0.369	
18:3 undifferentiated....g	0.196	0.021	4	A	1		0.262	0.056	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:5 n-3....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	114		1	A	1		153	32	
Stigmasterol....mg	0		1	A	1		0	0	
Campesterol....mg	7		1	A	1		10	2	
Beta-sitosterol....mg	107		1	A	1		143	30	
Amino Acids:									
Tryptophan....g	0.066		0	A	1		0.088	0.019	
Threonine....g	0.364		0	A	1		0.488	0.103	
Isoleucine....g	0.309		0	A	1		0.414	0.088	
Leucine....g	0.592		0	A	1		0.794	0.168	
Lysine....g	0.018		0	A	1		0.024	0.005	
Methionine....g	0.023		0	A	1		0.031	0.007	
Cystine....g	0.005		0	A	1		0.007	0.002	
Phenylalanine....g	0.654		0	A	1		0.876	0.185	
Tyrosine....g	0.503		0	A	1		0.674	0.143	
Valine....g	0.357		0	A	1		0.479	0.101	
Arginine....g	1.380		0	A	1		1.849	0.391	
Histidine....g	0.192		0	A	1		0.257	0.054	
Alanine....g	0.382		0	A	1		0.511	0.108	
Aspartic acid....g	1.082		0	A	1		1.450	0.307	
Glutamic acid....g	2.231		0	A	1		2.990	0.633	
Glycine....g	0.447		0	A	1		0.599	0.127	
Proline....g	0.460		0	A	1		0.617	0.131	
Serine....g	0.413		0	A	1		0.553	0.117	
Hydroxyproline....g									

Blanks in the 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 = 134g: 1 cup, whole or halves

Measure 2 = 28.35g: 1 oz (10-12 kernels)

NDB No. 12632
Nuts, macadamia nuts, dry roasted, with salt added

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

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NDB No. 12132
Nuts, macadamia nuts, dry roasted, without 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	1.61	0.126	4	A	1		2.15	0.46	
Energy	kcal	718		0	NC	4		962	204	
Energy	kj	3005		0	NC	4		4027	852	
Protein (N x 5.3)	g	7.79	0.286	4	A	1		10.44	2.21	
Total lipid (fat)	g	76.08	1.039	4	A	1		101.95	21.57	
Ash	g	1.14	0.022	4	A	1		1.53	0.32	
Carbohydrate, by difference	g	13.38		0	NC	4		17.93	3.79	
Fiber, total dietary	g	8.0	0.709	4	A	1		10.7	2.3	
Sugars, total	g	4.14	0.187	4	A	1		5.55	1.17	
Sucrose	g	4.00	0.187	4	A	1		5.36	1.13	
Glucose (dextrose)	g	0.07	0.000	4	A	1		0.10	0.02	
Fructose	g	0.07	0.000	4	A	1		0.10	0.02	
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	
Maltose	g	0.00	0.000	4	A	1		0.00	0.00	
Galactose	g									
Starch	g	1.05	0.026	4	A	1		1.41	0.30	
Minerals:										
Calcium, Ca	mg	70	14.558	4	A	1		93	20	
Iron, Fe	mg	2.65	0.536	4	A	1		3.55	0.75	
Magnesium, Mg	mg	118	2.182	4	A	1		158	34	
Phosphorus, P	mg	198	6.281	4	A	1		265	56	
Potassium, K	mg	363	14.047	4	A	1		486	103	
Sodium, Na	mg	4	0.693	4	A	1		6	1	
Zinc, Zn	mg	1.29	0.055	4	A	1		1.72	0.36	
Copper, Cu	mg	0.570	0.226	4	A	1		0.764	0.162	
Manganese, Mn	mg	3.036	1.563	4	A	1		4.068	0.861	
Selenium, Se	mcg	3.6		1	A	1		4.8	1.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.000	4	A	1		1.0	0.2	
Thiamin	mg	0.710	0.000	4	A	1		0.951	0.201	
Riboflavin	mg	0.087	0.003	4	A	1		0.116	0.025	
Niacin	mg	2.274	0.151	4	A	1		3.048	0.645	
Pantothenic acid	mg	0.603	0.018	4	A	1		0.807	0.171	
Vitamin B-6	mg	0.359	0.025	4	A	1		0.481	0.102	
Folate, total	mcg	10	0.943	4	A	1		13	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10	0.943	4	A	1		13	3	
Folate, DFE	mcg_DFE	10		0	NC	4		13	3	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	0		1	A	1		0	0	
Vitamin A, RAE	mcg_RAE	0		1	A	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.569	0.110	4	A	1		0.762	0.161	
Tocopherol, alpha	mg	0.57	0.110	4	A	1		0.76	0.16	
Tocopherol, beta	mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta	mg	0.00		1	A	1		0.00	0.00	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	11.947		0	NC	4		16.010	3.387	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000	0.000	4	A	1		0.000	0.000	
10:0	g	0.000	0.000	4	A	1		0.000	0.000	
12:0	g	0.075	0.008	4	A	1		0.100	0.021	
13:0	g	0.000	0.000	4	A	1		0.000	0.000	
14:0	g	0.668	0.067	4	A	1		0.895	0.189	
15:0	g	0.000	0.000	4	A	1				

NDB No. 12132
Nuts, macadamia nuts, dry roasted, without 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
15:0 ... g	0.000	0.000		A	1		0.000	0.000	
16:0 ... g	5.932	0.070	4	A	1		7.949	1.682	
17:0 ... g	0.156	0.041	4	A	1		0.209	0.044	
18:0 ... g	2.280	0.178	4	A	1		3.055	0.646	
20:0 ... g	1.944	0.063	4	A	1		2.605	0.551	
22:0 ... g	0.621	0.011	4	A	1		0.832	0.176	
24:0 ... g	0.272	0.013	4	A	1		0.365	0.077	
Fatty acids, total monounsaturated ... g	59.275		0	NC	4		79.429	16.805	
14:1 ... g	0.000	0.000	4	A	1		0.000	0.000	
15:1 ... g									
16:1 undifferentiated ... g	12.725	0.493	4	A	1		17.051	3.607	
17:1 ... g									
18:1 undifferentiated ... g	44.377	0.935	4	A	1		59.466	12.581	
20:1 ... g	1.925	0.076	4	A	1		2.579	0.546	
22:1 undifferentiated ... g	0.237	0.016	4	A	1		0.318	0.067	
24:1 c ... g	0.011	0.010	4	A	1		0.015	0.003	
Fatty acids, total polyunsaturated ... g	1.498		0	NC	4		2.008	0.425	
18:2 undifferentiated ... g	1.303	0.108	4	A	1		1.746	0.369	
18:3 undifferentiated ... g	0.196	0.021	4	A	1		0.262	0.056	
18:4 ... g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c ... g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated ... g	0.000	0.000	4	A	1		0.000	0.000	
20:4 undifferentiated ... g	0.000	0.000	4	A	1		0.000	0.000	
20:5 n-3 ... g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3 ... g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3 ... g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg	114		1	A	1		153	32	
Stigmasterol ... mg	0		1	A	1		0	0	
Campesterol ... mg	7		1	A	1		10	2	
Beta-sitosterol ... mg	107		1	A	1		143	30	
Amino Acids:									
Tryptophan ... g	0.066		0	A	1		0.088	0.019	
Threonine ... g	0.364		0	A	1		0.488	0.103	
Isoleucine ... g	0.309		0	A	1		0.414	0.088	
Leucine ... g	0.592		0	A	1		0.794	0.168	
Lysine ... g	0.018		0	A	1		0.024	0.005	
Methionine ... g	0.023		0	A	1		0.031	0.007	
Cystine ... g	0.005		0	A	1		0.007	0.002	
Phenylalanine ... g	0.654		0	A	1		0.876	0.185	
Tyrosine ... g	0.503		0	A	1		0.674	0.143	
Valine ... g	0.357		0	A	1		0.479	0.101	
Arginine ... g	1.380		0	A	1		1.849	0.391	
Histidine ... g	0.192		0	A	1		0.257	0.054	
Alanine ... g	0.382		0	A	1		0.511	0.108	
Aspartic acid ... g	1.082		0	A	1		1.450	0.307	
Glutamic acid ... g	2.231		0	A	1		2.990	0.633	
Glycine ... g	0.447		0	A	1		0.599	0.127	
Proline ... g	0.460		0	A	1		0.617	0.131	
Serine ... g	0.413		0	A	1		0.553	0.117	
Hydroxyproline ... g									

Blanks in the 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 = 134g: 1 cup, whole or halves

Measure 2 = 28.35g: 1 oz (10-12 kernels)

NDB No. 12132
Nuts, macadamia nuts, dry roasted, without salt added

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12131
Nuts, macadamia nuts, raw (1)
Macadamia integrifolia, M. tetraphylla

Refuse: 69% Shells

Nutrients and 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	1.36	0.068	3	A	1		1.83	0.39	
Energy	kcal	718		0	NC	4		962	204	
Energy	kj	3004		0	NC	4		4025	852	
Protein (N x 5.3)	g	7.91	0.351	3	A	1		10.60	2.24	
Total lipid (fat)	g	75.77	1.147	3	A	1		101.53	21.48	
Ash	g	1.14	0.034	3	A	1		1.52	0.32	
Carbohydrate, by difference	g	13.82		0	NC	4		18.52	3.92	
Fiber, total dietary	g	8.6	0.911	3	A	1		11.5	2.4	
Sugars, total	g	4.57	0.180	3	A	1		6.12	1.30	
Sucrose	g	4.43	0.180	3	A	1		5.93	1.25	
Glucose (dextrose)	g	0.07	0.000	3	A	1		0.10	0.02	
Fructose	g	0.07	0.000	3	A	1		0.10	0.02	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.00	0.000	3	A	1		0.00	0.00	
Galactose	g									
Starch	g	1.05	0.024	3	A	1		1.40	0.30	
Minerals:										
Calcium, Ca	mg	85	11.267	3	A	1		113	24	
Iron, Fe	mg	3.69	0.728	3	A	1		4.94	1.04	
Magnesium, Mg	mg	130	50.738	3	A	1		174	37	
Phosphorus, P	mg	188	11.570	3	A	1		252	53	
Potassium, K	mg	368	10.067	3	A	1		493	104	
Sodium, Na	mg	5	1.066	3	A	1		6	1	
Zinc, Zn	mg	1.30	0.093	3	A	1		1.74	0.37	
Copper, Cu	mg	0.756	0.228	3	A	1		1.013	0.214	
Manganese, Mn	mg	4.131	4.216	3	A	1		5.536	1.171	
Selenium, Se	mcg	3.6		1	A	1		4.8	1.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2	0.255	3	A	1		1.6	0.3	
Thiamin	mg	1.195	0.255	3	A	1		1.601	0.339	
Riboflavin	mg	0.162	0.322	3	A	1		0.217	0.046	
Niacin	mg	2.473	0.337	3	A	1		3.313	0.701	
Pantothenic acid	mg	0.758	0.078	3	A	1		1.016	0.215	
Vitamin B-6	mg	0.275	0.032	3	A	1		0.368	0.078	
Folate, total	mcg	11	1.433	3	A	1		15	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	11	1.433	3	A	1		15	3	
Folate, DFE	mcg_DFE	11		0	NC	4		15	3	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	0			BFZN	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.537	0.090	3	A	1		0.719	0.152	
Tocopherol, alpha	mg	0.54	0.090	3	A	1		0.72	0.15	
Tocopherol, beta	mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, delta	mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	12.061		0	NC	4		16.162	3.419	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000	0.000	3	A	1		0.000	0.000	
10:0	g	0.000	0.000	3	A	1		0.000	0.000	
12:0	g	0.076	0.013	3	A	1		0.101	0.021	
13:0	g	0.000	0.000	3	A	1		0.000	0.000	
14:0	g	0.659	0.100	3	A	1		0.883	0.187	
15:0	g	0.000	0.000	3	A	1				

NDB No. 12131
Nuts, macadamia nuts, raw (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
15:0 g	0.000	0.000		A	1		0.000	0.000	
16:0 g	6.036	0.035	3	A	1		8.088	1.711	
17:0 g	0.124	0.056	3	A	1		0.166	0.035	
18:0 g	2.329	0.238	3	A	1		3.121	0.660	
20:0 g	1.940	0.094	3	A	1		2.600	0.550	
22:0 g	0.616	0.002	3	A	1		0.826	0.175	
24:0 g	0.281	0.013	3	A	1		0.377	0.080	
Fatty acids, total monounsaturated g	58.877		0	NC	4		78.895	16.691	
14:1 g	0.000	0.000	3	A	1		0.000	0.000	
15:1 g									
16:1 undifferentiated g	12.981	0.682	3	A	1		17.395	3.680	
17:1 g									
18:1 undifferentiated g	43.755	1.251	3	A	1		58.631	12.404	
20:1 g	1.890	0.047	3	A	1		2.533	0.536	
22:1 undifferentiated g	0.233	0.020	3	A	1		0.312	0.066	
24:1 c g	0.018	0.012	3	A	1		0.024	0.005	
Fatty acids, total polyunsaturated g	1.502		0	NC	4		2.013	0.426	
18:2 undifferentiated g	1.296	0.090	3	A	1		1.737	0.368	
18:3 undifferentiated g	0.206	0.018	3	A	1		0.276	0.058	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg	116		1	A	1		155	33	
Stigmasterol mg	0		1	A	1		0	0	
Campesterol mg	8		1	A	1		10	2	
Beta-sitosterol mg	108		1	A	1		145	31	
Amino Acids:									
Tryptophan g	0.067		0	A	1		0.089	0.019	
Threonine g	0.370		0	A	1		0.495	0.105	
Isoleucine g	0.314		0	A	1		0.420	0.089	
Leucine g	0.602		0	A	1		0.807	0.171	
Lysine g	0.018		0	A	1		0.024	0.005	
Methionine g	0.023		0	A	1		0.031	0.007	
Cystine g	0.006		0	A	1		0.007	0.002	
Phenylalanine g	0.665		0	A	1		0.891	0.188	
Tyrosine g	0.511		0	A	1		0.685	0.145	
Valine g	0.363		0	A	1		0.486	0.103	
Arginine g	1.402		0	A	1		1.879	0.398	
Histidine g	0.195		0	A	1		0.261	0.055	
Alanine g	0.388		0	A	1		0.520	0.110	
Aspartic acid g	1.099		0	A	1		1.473	0.312	
Glutamic acid g	2.267		0	A	1		3.038	0.643	
Glycine g	0.454		0	A	1		0.608	0.129	
Proline g	0.468		0	A	1		0.627	0.133	
Serine g	0.419		0	A	1		0.562	0.119	
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.

NDB No. 12131
Nuts, macadamia nuts, raw (1)

Common Measures:

Measure 1 = 134g: 1 cup, whole or halves

Measure 2 = 28.35g: 1 oz (10-12 kernels)

Footnotes

1 Unroasted

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12635
Nuts, mixed nuts, dry roasted, with peanuts, 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	1.75		0		1		2.40	0.50	
Energy	kcal	594		0	NC	4		814	168	
Energy	kj	2485				4		3405	705	
Protein (N x 5.3)	g	17.30		0		1		23.70	4.90	
Total lipid (fat)	g	51.45		0		1		70.49	14.59	
Ash	g	4.15		0		1		5.69	1.18	
Carbohydrate, by difference	g	25.35		0	NC	4		34.73	7.19	
Fiber, total dietary	g	9.0		0		4		12.3	2.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	70		0		1		96	20	
Iron, Fe	mg	3.70		0		1		5.07	1.05	
Magnesium, Mg	mg	225		0		1		308	64	
Phosphorus, P	mg	435		0		1		596	123	
Potassium, K	mg	597		0		1		818	169	
Sodium, Na	mg	669		0		1		917	190	
Zinc, Zn	mg	3.80		0		1		5.21	1.08	
Copper, Cu	mg	1.279		0		1		1.752	0.363	
Manganese, Mn	mg	1.937		0		1		2.654	0.549	
Selenium, Se	mcg	7.5		0	RF	4		10.3	2.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		0.5	0.1	
Thiamin	mg	0.200		0		1		0.274	0.057	
Riboflavin	mg	0.200		0		1		0.274	0.057	
Niacin	mg	4.700		0		1		6.439	1.332	
Pantothenic acid	mg	1.205		0		1		1.651	0.342	
Vitamin B-6	mg	0.296		0		1		0.406	0.084	
Folate, total	mcg	50		0		1		69	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	50		0		1		69	14	
Folate, DFE	mcg_DFE	50		0	NC	4		69	14	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	15		0		1		21	4	
Vitamin A, RAE	mcg_RAE	1		0		1		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	6.000		0		4		8.220	1.701	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.899		0		1		9.452	1.956	
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	0.045		0		1		0.062	0.013	
10:0	g	0.045		0		1		0.062	0.013	
12:0	g	0.271		0		1		0.371	0.077	
13:0	g									
14:0	g	0.216		0		1		0.296	0.061	
15:0	g									
16:0	g	4.213		0		1		5.772	1.194	
17:0	g									
18:0	g	1.749		0		1		2.396	0.496	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	31.395		0		1		43.011	8.900	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.223		0		1		0.306	0.063	

NDB No. 12635
Nuts, mixed nuts, dry roasted, with peanuts, 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
17:1 ... g									
18:1 undifferentiated ... g	30.802		0		1		42.199	8.732	
20:1 ... g	0.259		0		1		0.355	0.073	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	10.768		0		1		14.752	3.053	
18:2 undifferentiated ... g	10.535		0		1		14.433	2.987	
18:3 undifferentiated ... g	0.190		0		1		0.260	0.054	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.264		0		1		0.362	0.075	
Threonine ... g	0.597		0		1		0.818	0.169	
Isoleucine ... g	0.744		0		1		1.019	0.211	
Leucine ... g	1.371		0		1		1.878	0.389	
Lysine ... g	0.712		0		1		0.975	0.202	
Methionine ... g	0.228		0		1		0.312	0.065	
Cystine ... g	0.287		0		1		0.393	0.081	
Phenylalanine ... g	0.953		0		1		1.306	0.270	
Tyrosine ... g	0.676		0		1		0.926	0.192	
Valine ... g	0.934		0		1		1.280	0.265	
Arginine ... g	2.242		0		1		3.072	0.636	
Histidine ... g	0.480		0		1		0.658	0.136	
Alanine ... g	0.806		0		1		1.104	0.229	
Aspartic acid ... g	2.056		0		1		2.817	0.583	
Glutamic acid ... g	4.423		0		1		6.060	1.254	
Glycine ... g	1.064		0		1		1.458	0.302	
Proline ... g	0.875		0		1		1.199	0.248	
Serine ... g	0.917		0		1		1.256	0.260	
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 = 137g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12135
Nuts, mixed nuts, dry roasted, with peanuts, without 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	1.75		0		1		2.40	0.50	
Energy	kcal	594		0	NC	4		814	168	
Energy	kj	2485				4		3405	705	
Protein (N x 5.3)	g	17.30		0		1		23.70	4.90	
Total lipid (fat)	g	51.45		0		1		70.49	14.59	
Ash	g	4.15		0		1		5.69	1.18	
Carbohydrate, by difference	g	25.35		0	NC	4		34.73	7.19	
Fiber, total dietary	g	9.0		0		4		12.3	2.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	70		0		1		96	20	
Iron, Fe	mg	3.70		0		1		5.07	1.05	
Magnesium, Mg	mg	225		0		1		308	64	
Phosphorus, P	mg	435		0		1		596	123	
Potassium, K	mg	597		0		1		818	169	
Sodium, Na	mg	12		0		1		16	3	
Zinc, Zn	mg	3.80		0		1		5.21	1.08	
Copper, Cu	mg	1.279		0		1		1.752	0.363	
Manganese, Mn	mg	1.937		0		1		2.654	0.549	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		0.5	0.1	
Thiamin	mg	0.200		0		1		0.274	0.057	
Riboflavin	mg	0.200		0		1		0.274	0.057	
Niacin	mg	4.700		0		1		6.439	1.332	
Pantothenic acid	mg	1.205		0		1		1.651	0.342	
Vitamin B-6	mg	0.296		0		1		0.406	0.084	
Folate, total	mcg	50		0		1		69	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	50		0		1		69	14	
Folate, DFE	mcg_DFE	50		0	NC	4		69	14	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	15		0		1		21	4	
Vitamin A, RAE	mcg_RAE	1		0		1		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	6.000		0		4		8.220	1.701	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.899		0		1		9.452	1.956	
4:0	g									
6:0	g									
8:0	g	0.045		0		1		0.062	0.013	
10:0	g	0.045		0		1		0.062	0.013	
12:0	g	0.271		0		1		0.371	0.077	
13:0	g									
14:0	g	0.216		0		1		0.296	0.061	
15:0	g									
16:0	g	4.213		0		1		5.772	1.194	
17:0	g									
18:0	g	1.749		0		1		2.396	0.496	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	31.395		0		1		43.011	8.900	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.223		0		1		0.306	0.063	

NDB No. 12135
Nuts, mixed nuts, dry roasted, with peanuts, without 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
17:1 ... g									
18:1 undifferentiated ... g	30.802		0		1		42.199	8.732	
20:1 ... g	0.259		0		1		0.355	0.073	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	10.768		0		1		14.752	3.053	
18:2 undifferentiated ... g	10.535		0		1		14.433	2.987	
18:3 undifferentiated ... g	0.190		0		1		0.260	0.054	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.264		0		1		0.362	0.075	
Threonine ... g	0.597		0		1		0.818	0.169	
Isoleucine ... g	0.744		0		1		1.019	0.211	
Leucine ... g	1.371		0		1		1.878	0.389	
Lysine ... g	0.712		0		1		0.975	0.202	
Methionine ... g	0.228		0		1		0.312	0.065	
Cystine ... g	0.287		0		1		0.393	0.081	
Phenylalanine ... g	0.953		0		1		1.306	0.270	
Tyrosine ... g	0.676		0		1		0.926	0.192	
Valine ... g	0.934		0		1		1.280	0.265	
Arginine ... g	2.242		0		1		3.072	0.636	
Histidine ... g	0.480		0		1		0.658	0.136	
Alanine ... g	0.806		0		1		1.104	0.229	
Aspartic acid ... g	2.056		0		1		2.817	0.583	
Glutamic acid ... g	4.423		0		1		6.060	1.254	
Glycine ... g	1.064		0		1		1.458	0.302	
Proline ... g	0.875		0		1		1.199	0.248	
Serine ... g	0.917		0		1		1.256	0.260	
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 = 137g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12637
Nuts, mixed nuts, oil roasted, with peanuts, 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	2.03		0		1		2.88	0.58	0.28
Energy	kcal	617		0	NC	4		876	175	86
Energy	kj	2582				4		3666	732	361
Protein (N x 5.3)	g	16.76		0		1		23.80	4.75	2.35
Total lipid (fat)	g	56.33		0		1		79.99	15.97	7.89
Ash	g	3.47		0		1		4.93	0.98	0.49
Carbohydrate, by difference	g	21.41		0	NC	4		30.40	6.07	3.00
Fiber, total dietary	g	9.0		0		4		12.8	2.6	1.3
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	108		0		1		153	31	15
Iron, Fe	mg	3.21		0		1		4.56	0.91	0.45
Magnesium, Mg	mg	235		0		1		334	67	33
Phosphorus, P	mg	464		0		1		659	132	65
Potassium, K	mg	581		0		1		825	165	81
Sodium, Na	mg	652		0		1		926	185	91
Zinc, Zn	mg	5.08		0		1		7.21	1.44	0.71
Copper, Cu	mg	1.661		0		1		2.359	0.471	0.233
Manganese, Mn	mg	1.892		0		1		2.687	0.536	0.265
Selenium, Se	mcg	421.2		0	RF	4		598.1	119.4	59.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		0.7	0.1	0.1
Thiamin	mg	0.498		0		1		0.707	0.141	0.070
Riboflavin	mg	0.222		0		1		0.315	0.063	0.031
Niacin	mg	5.061		0		1		7.187	1.435	0.709
Pantothenic acid	mg	1.248		0		1		1.772	0.354	0.175
Vitamin B-6	mg	0.240		0		1		0.341	0.068	0.034
Folate, total	mcg	83		0		1		118	24	12
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	83		0		1		118	24	12
Folate, DFE	mcg_DFE	83		0	NC	4		118	24	12
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	19		0		1		27	5	3
Vitamin A, RAE	mcg_RAE	1		0		1		1	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	6.000		0		4		8.520	1.701	0.840
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	8.725		0		1		12.390	2.474	1.222
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	0.050		0		1		0.071	0.014	0.007
10:0	g	0.050		0		1		0.071	0.014	0.007
12:0	g	0.296		0		1		0.420	0.084	0.041
13:0	g									
14:0	g	0.255		0		1		0.362	0.072	0.036
15:0	g									
16:0	g	5.238		0		1		7.438	1.485	0.733
17:0	g									
18:0	g	2.423		0		1		3.441	0.687	0.339
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	31.695		0		1		45.007	8.986	4.437
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.238		0		1		0.338	0.067	0.033

NDB No. 12637
Nuts, mixed nuts, oil roasted, with peanuts, with salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	31.048		0		1		44.088	8.802	4.347
20:1 ... g	0.299		0		1		0.425	0.085	0.042
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	13.299		0		1		18.885	3.770	1.862
18:2 undifferentiated ... g	13.067		0		1		18.555	3.704	1.829
18:3 undifferentiated ... g	0.176		0		1		0.250	0.050	0.025
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	z	7		0	0	0
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.247		0		1		0.351	0.070	0.035
Threonine ... g	0.569		0		1		0.808	0.161	0.080
Isoleucine ... g	0.724		0		1		1.028	0.205	0.101
Leucine ... g	1.344		0		1		1.908	0.381	0.188
Lysine ... g	0.658		0		1		0.934	0.187	0.092
Methionine ... g	0.338		0		1		0.480	0.096	0.047
Cystine ... g	0.294		0		1		0.417	0.083	0.041
Phenylalanine ... g	0.920		0		1		1.306	0.261	0.129
Tyrosine ... g	0.655		0		1		0.930	0.186	0.092
Valine ... g	0.936		0		1		1.329	0.265	0.131
Arginine ... g	2.024		0		1		2.874	0.574	0.283
Histidine ... g	0.471		0		1		0.669	0.134	0.066
Alanine ... g	0.772		0		1		1.096	0.219	0.108
Aspartic acid ... g	1.958		0		1		2.780	0.555	0.274
Glutamic acid ... g	4.128		0		1		5.862	1.170	0.578
Glycine ... g	1.006		0		1		1.429	0.285	0.141
Proline ... g	0.822		0		1		1.167	0.233	0.115
Serine ... g	0.911		0		1		1.294	0.258	0.128
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. 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 = 142g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 14.0g: 10 nuts, assorted

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12137
Nuts, mixed nuts, oil roasted, with peanuts, without 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	2.03		0		1		2.88	0.18	0.58
Energy	kcal	617		0	NC	4		876	55	175
Energy	kj	2582				4		3666	230	732
Protein (N x 5.3)	g	16.76		0		1		23.80	1.49	4.75
Total lipid (fat)	g	56.33		0		1		79.99	5.01	15.97
Ash	g	3.47		0		1		4.93	0.31	0.98
Carbohydrate, by difference	g	21.41		0	NC	4		30.40	1.91	6.07
Fiber, total dietary	g	9.9		0		1		14.1	0.9	2.8
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	108		0		1		153	10	31
Iron, Fe	mg	3.21		0		1		4.56	0.29	0.91
Magnesium, Mg	mg	235		0		1		334	21	67
Phosphorus, P	mg	464		0		1		659	41	132
Potassium, K	mg	581		0		1		825	52	165
Sodium, Na	mg	11		0		1		16	1	3
Zinc, Zn	mg	5.08		0		1		7.21	0.45	1.44
Copper, Cu	mg	1.661		0		1		2.359	0.148	0.471
Manganese, Mn	mg	1.892		0		1		2.687	0.168	0.536
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		0.7	0.0	0.1
Thiamin	mg	0.498		0		1		0.707	0.044	0.141
Riboflavin	mg	0.222		0		1		0.315	0.020	0.063
Niacin	mg	5.061		0		1		7.187	0.450	1.435
Pantothenic acid	mg	1.248		0		1		1.772	0.111	0.354
Vitamin B-6	mg	0.240		0		1		0.341	0.021	0.068
Folate, total	mcg	83		0		1		118	7	24
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	83		0		1		118	7	24
Folate, DFE	mcg_DFE	83		0	NC	4		118	7	24
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	19		0		1		27	2	5
Vitamin A, RAE	mcg_RAE	1		0		1		1	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	6.000		0		4		8.520	0.534	1.701
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	8.725		0		1		12.390	0.777	2.474
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	0.050		0		1		0.071	0.004	0.014
10:0	g	0.050		0		1		0.071	0.004	0.014
12:0	g	0.296		0		1		0.420	0.026	0.084
13:0	g									
14:0	g	0.255		0		1		0.362	0.023	0.072
15:0	g									
16:0	g	5.238		0		1		7.438	0.466	1.485
17:0	g									
18:0	g	2.423		0		1		3.441	0.216	0.687
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	31.695		0		1		45.007	2.821	8.986
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.238		0		1		0.338	0.021	0.067

NDB No. 12137
Nuts, mixed nuts, oil roasted, with peanuts, without 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
17:1 ... g									
18:1 undifferentiated ... g	31.048		0		1		44.088	2.763	8.802
20:1 ... g	0.299		0		1		0.425	0.027	0.085
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	13.299		0		1		18.885	1.184	3.770
18:2 undifferentiated ... g	13.067		0		1		18.555	1.163	3.704
18:3 undifferentiated ... g	0.176		0		1		0.250	0.016	0.050
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	z	7		0	0	0
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.247		0		1		0.351	0.022	0.070
Threonine ... g	0.569		0		1		0.808	0.051	0.161
Isoleucine ... g	0.724		0		1		1.028	0.064	0.205
Leucine ... g	1.344		0		1		1.908	0.120	0.381
Lysine ... g	0.658		0		1		0.934	0.059	0.187
Methionine ... g	0.338		0		1		0.480	0.030	0.096
Cystine ... g	0.294		0		1		0.417	0.026	0.083
Phenylalanine ... g	0.920		0		1		1.306	0.082	0.261
Tyrosine ... g	0.655		0		1		0.930	0.058	0.186
Valine ... g	0.936		0		1		1.329	0.083	0.265
Arginine ... g	2.024		0		1		2.874	0.180	0.574
Histidine ... g	0.471		0		1		0.669	0.042	0.134
Alanine ... g	0.772		0		1		1.096	0.069	0.219
Aspartic acid ... g	1.958		0		1		2.780	0.174	0.555
Glutamic acid ... g	4.128		0		1		5.862	0.367	1.170
Glycine ... g	1.006		0		1		1.429	0.090	0.285
Proline ... g	0.822		0		1		1.167	0.073	0.233
Serine ... g	0.911		0		1		1.294	0.081	0.258
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 = 142g: 1 cup

Measure 2 = 8.9g: 1 tbsp

Measure 3 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12138
Nuts, mixed nuts, oil roasted, without peanuts, without 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	3.15		0		1		4.54	0.89	
Energy	kcal	615		0	NC	4		886	174	
Energy	kj	2573				4		3705	729	
Protein (N x 5.3)	g	15.52		0		1		22.35	4.40	
Total lipid (fat)	g	56.17		0		1		80.88	15.92	
Ash	g	2.89		0		1		4.16	0.82	
Carbohydrate, by difference	g	22.27		0	NC	4		32.07	6.31	
Fiber, total dietary	g	5.5		0		1		7.9	1.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	106		0		1		153	30	
Iron, Fe	mg	2.57		0		1		3.70	0.73	
Magnesium, Mg	mg	251		0		1		361	71	
Phosphorus, P	mg	449		0		1		647	127	
Potassium, K	mg	544		0		1		783	154	
Sodium, Na	mg	11		0		1		16	3	
Zinc, Zn	mg	4.66		0		1		6.71	1.32	
Copper, Cu	mg	1.795		0		1		2.585	0.509	
Manganese, Mn	mg	1.547		0		1		2.228	0.439	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		0.7	0.1	
Thiamin	mg	0.504		0		1		0.726	0.143	
Riboflavin	mg	0.486		0		1		0.700	0.138	
Niacin	mg	1.964		0		1		2.828	0.557	
Pantothenic acid	mg	0.962		0		1		1.385	0.273	
Vitamin B-6	mg	0.180		0		1		0.259	0.051	
Folate, total	mcg	56		0		1		81	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	56		0		1		81	16	
Folate, DFE	mcg_DFE	56		0	NC	4		81	16	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	20		0		1		29	6	
Vitamin A, RAE	mcg_RAE	1		0		1		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	6.000		0		1		8.640	1.701	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.087		0		1		13.085	2.576	
4:0	g									
6:0	g									
8:0	g	0.078		0		1		0.112	0.022	
10:0	g	0.078		0		1		0.112	0.022	
12:0	g	0.467		0		1		0.672	0.132	
13:0	g									
14:0	g	0.342		0		1		0.492	0.097	
15:0	g									
16:0	g	4.932		0		1		7.102	1.398	
17:0	g									
18:0	g	2.783		0		1		4.008	0.789	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	33.137		0		1		47.717	9.394	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.329		0		1		0.474	0.093	

NDB No. 12138
Nuts, mixed nuts, oil roasted, without peanuts, without 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
17:1 ... g									
18:1 undifferentiated ... g	32.517		0		1		46.824	9.219	
20:1 ... g	0.149		0		1		0.215	0.042	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	11.449		0		1		16.487	3.246	
18:2 undifferentiated ... g	11.137		0		1		16.037	3.157	
18:3 undifferentiated ... g	0.249		0		1		0.359	0.071	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.252		0		1		0.363	0.071	
Threonine ... g	0.568		0		1		0.818	0.161	
Isoleucine ... g	0.703		0		1		1.012	0.199	
Leucine ... g	1.265		0		1		1.822	0.359	
Lysine ... g	0.682		0		1		0.982	0.193	
Methionine ... g	0.346		0		1		0.498	0.098	
Cystine ... g	0.302		0		1		0.435	0.086	
Phenylalanine ... g	0.820		0		1		1.181	0.232	
Tyrosine ... g	0.510		0		1		0.734	0.145	
Valine ... g	0.952		0		1		1.371	0.270	
Arginine ... g	1.989		0		1		2.864	0.564	
Histidine ... g	0.416		0		1		0.599	0.118	
Alanine ... g	0.715		0		1		1.030	0.203	
Aspartic acid ... g	1.617		0		1		2.328	0.458	
Glutamic acid ... g	3.872		0		1		5.576	1.098	
Glycine ... g	0.844		0		1		1.215	0.239	
Proline ... g	0.773		0		1		1.113	0.219	
Serine ... g	1.620		0		1		2.333	0.459	
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 = 144g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12638
Nuts, mixed nuts, without peanuts, oil roasted, 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	3.15		0		1		4.54	0.89	
Energy	kcal	615		0	NC	4		886	174	
Energy	kj	2573				4		3705	729	
Protein (N x 5.3)	g	15.52		0		1		22.35	4.40	
Total lipid (fat)	g	56.17		0		1		80.88	15.92	
Ash	g	2.89		0		1		4.16	0.82	
Carbohydrate, by difference	g	22.27		0	NC	4		32.07	6.31	
Fiber, total dietary	g	5.5		0		4		7.9	1.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	106		0		1		153	30	
Iron, Fe	mg	2.57		0		1		3.70	0.73	
Magnesium, Mg	mg	251		0		1		361	71	
Phosphorus, P	mg	449		0		1		647	127	
Potassium, K	mg	544		0		1		783	154	
Sodium, Na	mg	700		1		1		1008	198	
Zinc, Zn	mg	4.66		0		1		6.71	1.32	
Copper, Cu	mg	1.795		0		1		2.585	0.509	
Manganese, Mn	mg	1.547		0		1		2.228	0.439	
Selenium, Se	mcg	421.5		0	RF	4		607.0	119.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		0.7	0.1	
Thiamin	mg	0.504		0		1		0.726	0.143	
Riboflavin	mg	0.486		0		1		0.700	0.138	
Niacin	mg	1.964		0		1		2.828	0.557	
Pantothenic acid	mg	0.962		0		1		1.385	0.273	
Vitamin B-6	mg	0.180		0		1		0.259	0.051	
Folate, total	mcg	56		0		1		81	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	56		0		1		81	16	
Folate, DFE	mcg_DFE	56		0	NC	4		81	16	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	20		0		1		29	6	
Vitamin A, RAE	mcg_RAE	1		0		1		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	6.000		0		1		8.640	1.701	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.087		0		1		13.085	2.576	
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	0.078		0		1		0.112	0.022	
10:0	g	0.078		0		1		0.112	0.022	
12:0	g	0.467		0		1		0.672	0.132	
13:0	g									
14:0	g	0.342		0		1		0.492	0.097	
15:0	g									
16:0	g	4.932		0		1		7.102	1.398	
17:0	g									
18:0	g	2.783		0		1		4.008	0.789	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	33.137		0		1		47.717	9.394	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.329		0		1		0.474	0.093	

NDB No. 12638
Nuts, mixed nuts, without peanuts, oil roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	32.517		0		1		46.824	9.219	
20:1 g	0.149		0		1		0.215	0.042	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	11.449		0		1		16.487	3.246	
18:2 undifferentiated g	11.137		0		1		16.037	3.157	
18:3 undifferentiated g	0.249		0		1		0.359	0.071	
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	z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.252		0		1		0.363	0.071	
Threonine g	0.568		0		1		0.818	0.161	
Isoleucine g	0.703		0		1		1.012	0.199	
Leucine g	1.265		0		1		1.822	0.359	
Lysine g	0.682		0		1		0.982	0.193	
Methionine g	0.346		0		1		0.498	0.098	
Cystine g	0.302		0		1		0.435	0.086	
Phenylalanine g	0.820		0		1		1.181	0.232	
Tyrosine g	0.510		0		1		0.734	0.145	
Valine g	0.952		0		1		1.371	0.270	
Arginine g	1.989		0		1		2.864	0.564	
Histidine g	0.416		0		1		0.599	0.118	
Alanine g	0.715		0		1		1.030	0.203	
Aspartic acid g	1.617		0		1		2.328	0.458	
Glutamic acid g	3.872		0		1		5.576	1.098	
Glycine g	0.844		0		1		1.215	0.239	
Proline g	0.773		0		1		1.113	0.219	
Serine g	1.620		0		1		2.333	0.459	
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 = 144g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12142
Nuts, pecans (1)
Carya illinoensis

Refuse: 47% Shells

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	3.52	0.114	3	A	1		4.19	3.81	1.00
Energy	kcal	691		0	NC	4		822	746	196
Energy	kj	2889		0	NC	4		3438	3120	819
Protein (N x 5.3)	g	9.17	0.088	3	A	1		10.91	9.90	2.60
Total lipid (fat)	g	71.97	0.120	3	A	1		85.64	77.72	20.40
Ash	g	1.49	0.055	3	A	1		1.77	1.61	0.42
Carbohydrate, by difference	g	13.86		0	NC	4		16.49	14.97	3.93
Fiber, total dietary	g	9.6	0.406	3	A	1		11.4	10.4	2.7
Sugars, total	g	3.97	0.153	3	A	1		4.72	4.29	1.13
Sucrose	g	3.90	0.153	3	A	1		4.64	4.21	1.11
Glucose (dextrose)	g	0.04	0.000	3	A	1		0.04	0.04	0.01
Fructose	g	0.04	0.000	3	A	1		0.04	0.04	0.01
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose	g									
Starch	g	0.46	0.049	3	A	1		0.55	0.50	0.13
Minerals:										
Calcium, Ca	mg	70	4.767	3	A	1		83	76	20
Iron, Fe	mg	2.53	0.260	3	A	1		3.01	2.74	0.72
Magnesium, Mg	mg	121	4.096	3	A	1		144	130	34
Phosphorus, P	mg	277	17.638	3	A	1		329	299	78
Potassium, K	mg	410	17.247	3	A	1		488	443	116
Sodium, Na	mg	0	0.000	3	A	1		0	0	0
Zinc, Zn	mg	4.53	0.133	3	A	1		5.39	4.90	1.29
Copper, Cu	mg	1.200	0.058	3	A	1		1.428	1.296	0.340
Manganese, Mn	mg	4.500	1.050	3	A	1		5.355	4.860	1.276
Selenium, Se	mcg	6.0		1	A	1		7.1	6.5	1.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1	0.430	3	A	1		1.4	1.2	0.3
Thiamin	mg	0.660	0.021	3	A	1		0.785	0.713	0.187
Riboflavin	mg	0.130	0.030	3	A	1		0.155	0.140	0.037
Niacin	mg	1.167	0.033	3	A	1		1.388	1.260	0.331
Pantothenic acid	mg	0.863	0.078	3	A	1		1.027	0.932	0.245
Vitamin B-6	mg	0.210	0.021	3	A	1		0.250	0.227	0.060
Folate, total	mcg	22	3.808	3	A	1		26	23	6
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	22	3.808	3	A	1		26	23	6
Folate, DFE	mcg_DFE	22		0	NC	4		26	23	6
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	77		1	AS	1		92	83	22
Vitamin A, RAE	mcg_RAE	4		1	AS	1		5	4	1
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	4.050	0.190	9	A	1		4.820	4.374	1.148
Tocopherol, alpha	mg	1.40	0.076	9	A	1		1.66	1.51	0.40
Tocopherol, beta	mg	0.39	0.113	9	A	1		0.47	0.43	0.11
Tocopherol, gamma	mg	24.44	1.498	9	A	1		29.08	26.39	6.93
Tocopherol, delta	mg	0.47	0.085	9	A	1		0.56	0.50	0.13
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.180		0	NC	4		7.354	6.674	1.752
4:0	g	0.000		0	Z	7		0.000	0.000	0.000
6:0	g	0.000		0	Z	7		0.000	0.000	0.000
8:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
14:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:0	g	0.000	0.000	3	A	1				0.000

NDB No. 12142
Nuts, pecans (1)

Nutrients and 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
15:0 g	0.000	0.000		A	1		0.000	0.000	
16:0 g	4.366	0.213	3	A	1		5.195	4.715	1.238
17:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0 g	1.745	0.022	3	A	1		2.077	1.885	0.495
20:0 g	0.069	0.000	3	A	1		0.082	0.075	0.020
22:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	40.801		0	NC	4		48.554	44.065	11.567
14:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1 g									
16:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	40.594	2.143	3	A	1		48.307	43.841	11.508
20:1 g	0.207	0.000	3	A	1		0.247	0.224	0.059
22:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	21.614		0	NC	4		25.721	23.343	6.128
18:2 undifferentiated g	20.628	1.806	3	A	1		24.547	22.278	5.848
18:3 undifferentiated g	0.986	0.044	3	A	1		1.174	1.065	0.280
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3 g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg	102		1	A	1		121	110	29
Stigmasterol mg	3	0.827	3	A	1		4	4	1
Campesterol mg	5	0.845	3	A	1		6	6	2
Beta-sitosterol mg	89	5.494	3	A	1		106	96	25
Amino Acids:									
Tryptophan g	0.093		0	A	1		0.110	0.100	0.026
Threonine g	0.306		0	A	1		0.364	0.330	0.087
Isoleucine g	0.336		0	A	1		0.400	0.363	0.095
Leucine g	0.598		0	A	1		0.711	0.645	0.169
Lysine g	0.287		0	A	1		0.341	0.310	0.081
Methionine g	0.183		0	A	1		0.217	0.197	0.052
Cystine g	0.152		0	A	1		0.181	0.165	0.043
Phenylalanine g	0.426		0	A	1		0.507	0.460	0.121
Tyrosine g	0.215		0	A	1		0.256	0.232	0.061
Valine g	0.411		0	A	1		0.489	0.444	0.117
Arginine g	1.177		0	A	1		1.401	1.271	0.334
Histidine g	0.262		0	A	1		0.311	0.282	0.074
Alanine g	0.397		0	A	1		0.472	0.428	0.112
Aspartic acid g	0.929		0	A	1		1.106	1.003	0.263
Glutamic acid g	1.829		0	A	1		2.176	1.975	0.518
Glycine g	0.453		0	A	1		0.539	0.489	0.128
Proline g	0.363		0	A	1		0.431	0.392	0.103
Serine g	0.474		0	A	1		0.564	0.512	0.134
Hydroxyproline g									
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.

NDB No. 12142
Nuts, pecans (1)

Common Measures:

Measure 1 = 119g: 1 cup, chopped

Measure 2 = 108g: 1 cup, halves

Measure 3 = 28.35g: 1 oz (20 halves)

Footnotes

1 Unroasted

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12643
Nuts, pecans, dry roasted, 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	1.12	0.090	3	A	1		0.32		
Energy	kcal	710		0	NC	4		201		
Energy	kj	2969		0	NC	4		842		
Protein (N x 5.3)	g	9.50	0.100	3	A	1		2.69		
Total lipid (fat)	g	74.27	0.376	3	A	1		21.05		
Ash	g	1.56	0.077	3	A	1		0.44		
Carbohydrate, by difference	g	13.55		0	NC	4		3.84		
Fiber, total dietary	g	9.4	0.697	3	A	1		2.7		
Sugars, total	g	4.06	0.247	3	A	1		1.15		
Sucrose	g	4.00	0.252	3	A	1		1.13		
Glucose (dextrose)	g	0.04	0.000	3	A	1		0.01		
Fructose	g	0.04	0.000	3	A	1		0.01		
Lactose	g	0.00	0.000	3	A	1		0.00		
Maltose	g	0.00	0.000	3	A	1		0.00		
Galactose	g									
Starch	g	0.24	0.078	3	A	1		0.07		
Minerals:										
Calcium, Ca	mg	72	10.367	3	A	1		21		
Iron, Fe	mg	2.80	0.153	3	A	1		0.79		
Magnesium, Mg	mg	132	6.119	3	A	1		38		
Phosphorus, P	mg	293	20.276	3	A	1		83		
Potassium, K	mg	424	32.512	3	A	1		120		
Sodium, Na	mg	383		0	S	4		109		
Zinc, Zn	mg	5.07	0.437	3	A	1		1.44		
Copper, Cu	mg	1.167	0.176	3	A	1		0.331		
Manganese, Mn	mg	3.933	0.935	3	A	1		1.115		
Selenium, Se	mcg	4.0		1	A	1		1.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.000	3	A	1		0.2		
Thiamin	mg	0.450	0.025	3	A	1		0.128		
Riboflavin	mg	0.107	0.007	3	A	1		0.030		
Niacin	mg	1.167	0.067	3	A	1		0.331		
Pantothenic acid	mg	0.703	0.108	3	A	1		0.199		
Vitamin B-6	mg	0.187	0.023	3	A	1		0.053		
Folate, total	mcg	16	4.661	3	A	1		4		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	16	4.661	3	A	1		4		
Folate, DFE	mcg_DFE	16		0	NC	4		4		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	140		1	AS	1		40		
Vitamin A, RAE	mcg_RAE	7		1	AS	1		2		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	3.751	0.253	3	A	1		1.063		
Tocopherol, alpha	mg	1.30	0.058	3	A	1		0.37		
Tocopherol, beta	mg	0.14	0.000	3	A	1		0.04		
Tocopherol, gamma	mg	23.57	2.022	3	A	1		6.68		
Tocopherol, delta	mg	0.77	0.120	3	A	1		0.22		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.283		0	NC	4		1.781		
4:0	g	0.000		0	Z	7		0.000		
6:0	g	0.000		0	Z	7		0.000		
8:0	g	0.000	0.000	3	A	1		0.000		
10:0	g	0.000	0.000	3	A	1		0.000		
12:0	g	0.000	0.000	3	A	1		0.000		
13:0	g	0.000	0.000	3	A	1		0.000		
14:0	g	0.000	0.000	3	A	1		0.000		
15:0	g	0.000	0.000	3	A	1				

NDB No. 12643
Nuts, pecans, dry roasted, 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
15:0 ... g	0.000	0.000		A	1		0.000		
16:0 ... g	4.387	0.222	3	A	1		1.244		
17:0 ... g	0.000	0.000	3	A	1		0.000		
18:0 ... g	1.825	0.025	3	A	1		0.517		
20:0 ... g	0.071	0.000	3	A	1		0.020		
22:0 ... g	0.000	0.000	3	A	1		0.000		
24:0 ... g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated ... g	43.957		0	NC	4		12.462		
14:1 ... g	0.000	0.000	3	A	1		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.000	0.000	3	A	1		0.000		
17:1 ... g									
18:1 undifferentiated ... g	43.743	2.616	3	A	1		12.401		
20:1 ... g	0.214	0.001	3	A	1		0.061		
22:1 undifferentiated ... g	0.000	0.000	3	A	1		0.000		
24:1 c ... g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated ... g	20.572		0	NC	4		5.832		
18:2 undifferentiated ... g	19.578	2.218	3	A	1		5.550		
18:3 undifferentiated ... g	0.994	0.039	3	A	1		0.282		
18:4 ... g	0.000		0	Z	7		0.000		
20:2 n-6 c,c ... g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated ... g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated ... g	0.000	0.000	3	A	1		0.000		
20:5 n-3 ... g	0.000	0.000	3	A	1		0.000		
22:5 n-3 ... g	0.000	0.000	3	A	1		0.000		
22:6 n-3 ... g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg	85		3		1		24		
Stigmasterol ... mg	2		1	A	1		1		
Campesterol ... mg	4		1	A	1		1		
Beta-sitosterol ... mg	78		1	A	1		22		
Amino Acids:									
Tryptophan ... g	0.096		0	A	1		0.027		
Threonine ... g	0.317		0	A	1		0.090		
Isoleucine ... g	0.348		0	A	1		0.099		
Leucine ... g	0.619		0	A	1		0.176		
Lysine ... g	0.297		0	A	1		0.084		
Methionine ... g	0.189		0	A	1		0.054		
Cystine ... g	0.158		0	A	1		0.045		
Phenylalanine ... g	0.441		0	A	1		0.125		
Tyrosine ... g	0.223		0	A	1		0.063		
Valine ... g	0.426		0	A	1		0.121		
Arginine ... g	1.220		0	A	1		0.346		
Histidine ... g	0.271		0	A	1		0.077		
Alanine ... g	0.411		0	A	1		0.117		
Aspartic acid ... g	0.963		0	A	1		0.273		
Glutamic acid ... g	1.895		0	A	1		0.537		
Glycine ... g	0.469		0	A	1		0.133		
Proline ... g	0.376		0	A	1		0.107		
Serine ... g	0.491		0	A	1		0.139		
Hydroxyproline ... g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

NDB No. 12643
Nuts, pecans, dry roasted, with salt added

Food Group: 12 Nut and Seed Products

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

NDB No. 12143
Nuts, pecans, dry roasted, without 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	1.12	0.090	3	A	1		0.32		
Energy	kcal	710		0	NC	4		201		
Energy	kj	2969		0	NC	4		842		
Protein (N x 5.3)	g	9.50	0.100	3	A	1		2.69		
Total lipid (fat)	g	74.27	0.376	3	A	1		21.05		
Ash	g	1.56	0.077	3	A	1		0.44		
Carbohydrate, by difference	g	13.55		0	NC	4		3.84		
Fiber, total dietary	g	9.4	0.697	3	A	1		2.7		
Sugars, total	g	4.06	0.247	3	A	1		1.15		
Sucrose	g	4.00	0.252	3	A	1		1.13		
Glucose (dextrose)	g	0.04	0.000	3	A	1		0.01		
Fructose	g	0.04	0.000	3	A	1		0.01		
Lactose	g	0.00	0.000	3	A	1		0.00		
Maltose	g	0.00	0.000	3	A	1		0.00		
Galactose	g									
Starch	g	0.24	0.078	3	A	1		0.07		
Minerals:										
Calcium, Ca	mg	72	10.367	3	A	1		21		
Iron, Fe	mg	2.80	0.153	3	A	1		0.79		
Magnesium, Mg	mg	132	6.119	3	A	1		38		
Phosphorus, P	mg	293	20.276	3	A	1		83		
Potassium, K	mg	424	32.512	3	A	1		120		
Sodium, Na	mg	1	0.088	3	A	1		0		
Zinc, Zn	mg	5.07	0.437	3	A	1		1.44		
Copper, Cu	mg	1.167	0.176	3	A	1		0.331		
Manganese, Mn	mg	3.933	0.935	3	A	1		1.115		
Selenium, Se	mcg	4.0		1	A	1		1.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.000	3	A	1		0.2		
Thiamin	mg	0.450	0.025	3	A	1		0.128		
Riboflavin	mg	0.107	0.007	3	A	1		0.030		
Niacin	mg	1.167	0.067	3	A	1		0.331		
Pantothenic acid	mg	0.703	0.108	3	A	1		0.199		
Vitamin B-6	mg	0.187	0.023	3	A	1		0.053		
Folate, total	mcg	16	4.661	3	A	1		4		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	16	4.661	3	A	1		4		
Folate, DFE	mcg_DFE	16		0	NC	4		4		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	140		1	AS	1		40		
Vitamin A, RAE	mcg_RAE	7		1	AS	1		2		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	3.751	0.253	3	A	1		1.063		
Tocopherol, alpha	mg	1.30	0.058	3	A	1		0.37		
Tocopherol, beta	mg	0.14	0.000	3	A	1		0.04		
Tocopherol, gamma	mg	23.57	2.022	3	A	1		6.68		
Tocopherol, delta	mg	0.77	0.120	3	A	1		0.22		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.283		0	NC	4		1.781		
4:0	g	0.000		0	Z	7		0.000		
6:0	g	0.000		0	Z	7		0.000		
8:0	g	0.000	0.000	3	A	1		0.000		
10:0	g	0.000	0.000	3	A	1		0.000		
12:0	g	0.000	0.000	3	A	1		0.000		
13:0	g	0.000	0.000	3	A	1		0.000		
14:0	g	0.000	0.000	3	A	1		0.000		
15:0	g	0.000	0.000	3	A	1				

NDB No. 12143
Nuts, pecans, dry roasted, without 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
15:0	g	0.000	0.000		A	1		0.000		
16:0	g	4.387	0.222	3	A	1		1.244		
17:0	g	0.000	0.000	3	A	1		0.000		
18:0	g	1.825	0.025	3	A	1		0.517		
20:0	g	0.071	0.000	3	A	1		0.020		
22:0	g	0.000	0.000	3	A	1		0.000		
24:0	g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated	g	43.957		0	NC	4		12.462		
14:1	g	0.000	0.000	3	A	1		0.000		
15:1	g									
16:1 undifferentiated	g	0.000	0.000	3	A	1		0.000		
17:1	g									
18:1 undifferentiated	g	43.743	2.616	3	A	1		12.401		
20:1	g	0.214	0.001	3	A	1		0.061		
22:1 undifferentiated	g	0.000	0.000	3	A	1		0.000		
24:1 c	g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated	g	20.572		0	NC	4		5.832		
18:2 undifferentiated	g	19.578	2.218	3	A	1		5.550		
18:3 undifferentiated	g	0.994	0.039	3	A	1		0.282		
18:4	g	0.000		0	Z	7		0.000		
20:2 n-6 c,c	g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated	g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated	g	0.000	0.000	3	A	1		0.000		
20:5 n-3	g	0.000	0.000	3	A	1		0.000		
22:5 n-3	g	0.000	0.000	3	A	1		0.000		
22:6 n-3	g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg	85		1	A	1		24		
Stigmasterol	mg	2		1	A	1		1		
Campesterol	mg	4		1	A	1		1		
Beta-sitosterol	mg	78		1	A	1		22		
Amino Acids:										
Tryptophan	g	0.096		0	A	1		0.027		
Threonine	g	0.317		0	A	1		0.090		
Isoleucine	g	0.348		0	A	1		0.099		
Leucine	g	0.619		0	A	1		0.176		
Lysine	g	0.297		0	A	1		0.084		
Methionine	g	0.189		0	A	1		0.054		
Cystine	g	0.158		0	A	1		0.045		
Phenylalanine	g	0.441		0	A	1		0.125		
Tyrosine	g	0.223		0	A	1		0.063		
Valine	g	0.426		0	A	1		0.121		
Arginine	g	1.220		0	A	1		0.346		
Histidine	g	0.271		0	A	1		0.077		
Alanine	g	0.411		0	A	1		0.117		
Aspartic acid	g	0.963		0	A	1		0.273		
Glutamic acid	g	1.895		0	A	1		0.537		
Glycine	g	0.469		0	A	1		0.133		
Proline	g	0.376		0	A	1		0.107		
Serine	g	0.491		0	A	1		0.139		
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.

NDB No. 12143
Nuts, pecans, dry roasted, without salt added

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12644
Nuts, pecans, oil roasted, with salt added (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	1.13	0.035	3	A	1		1.24	0.32	
Energy	kcal	715		0	NC	4		786	203	
Energy	kj	2990		0	NC	4		3289	848	
Protein (N x 5.3)	g	9.20	0.058	3	A	1		10.12	2.61	
Total lipid (fat)	g	75.23	0.521	3	A	1		82.76	21.33	
Ash	g	1.42	0.064	3	A	1		1.57	0.40	
Carbohydrate, by difference	g	13.01		0	NC	4		14.31	3.69	
Fiber, total dietary	g	9.5	0.394	3	A	1		10.4	2.7	
Sugars, total	g	3.97	0.265	3	A	1		4.37	1.13	
Sucrose	g	3.90	0.265	3	A	1		4.29	1.11	
Glucose (dextrose)	g	0.04	0.000	3	A	1		0.04	0.01	
Fructose	g	0.04	0.000	3	A	1		0.04	0.01	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.00	0.000	3	A	1		0.00	0.00	
Galactose	g									
Starch	g	0.28	0.023	3	A	1		0.31	0.08	
Minerals:										
Calcium, Ca	mg	67	6.278	3	A	1		74	19	
Iron, Fe	mg	2.47	0.203	3	A	1		2.71	0.70	
Magnesium, Mg	mg	121	4.333	3	A	1		133	34	
Phosphorus, P	mg	263	18.559	3	A	1		290	75	
Potassium, K	mg	392	6.489	3	A	1		432	111	
Sodium, Na	mg	393		0	S	4		432	111	
Zinc, Zn	mg	4.47	0.033	3	A	1		4.91	1.27	
Copper, Cu	mg	1.200	0.058	3	A	1		1.320	0.340	
Manganese, Mn	mg	3.700	1.114	3	A	1		4.070	1.049	
Selenium, Se	mcg	6.0		1	A	1		6.6	1.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.000	3	A	1		0.8	0.2	
Thiamin	mg	0.473	0.018	3	A	1		0.521	0.134	
Riboflavin	mg	0.110	0.006	3	A	1		0.121	0.031	
Niacin	mg	1.200	0.000	3	A	1		1.320	0.340	
Pantothenic acid	mg	0.737	0.081	3	A	1		0.810	0.209	
Vitamin B-6	mg	0.187	0.015	3	A	1		0.205	0.053	
Folate, total	mcg	15	1.444	3	A	1		16	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15	1.444	3	A	1		16	4	
Folate, DFE	mcg_DFE	15		0	NC	4		16	4	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	104		1	AS	1		114	29	
Vitamin A, RAE	mcg_RAE	5		1	AS	1		6	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	5.159	0.380	3	A	1		5.675	1.463	
Tocopherol, alpha	mg	2.53	0.145	3	A	1		2.79	0.72	
Tocopherol, beta	mg	0.35	0.107	3	A	1		0.38	0.10	
Tocopherol, gamma	mg	24.20	2.470	3	A	1		26.62	6.86	
Tocopherol, delta	mg	1.07	0.260	3	A	1		1.17	0.30	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.238		0	NC	4		7.962	2.052	
4:0	g									
6:0	g									
8:0	g	0.000	0.000	3	A	1		0.000	0.000	
10:0	g	0.000	0.000	3	A	1		0.000	0.000	
12:0	g	0.000	0.000	3	A	1		0.000	0.000	
13:0	g	0.000	0.000	3	A	1		0.000	0.000	
14:0	g	0.000	0.000	3	A	1		0.000	0.000	
15:0	g	0.000	0.000	3	A	1		0.000	0.000	

NDB No. 12644
Nuts, pecans, oil roasted, with salt added (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
16:0 g	4.969	0.055	3	A	1		5.466	1.409	
17:0 g	0.000	0.000	3	A	1		0.000	0.000	
18:0 g	1.849	0.036	3	A	1		2.034	0.524	
20:0 g	0.145	0.001	3	A	1		0.159	0.041	
22:0 g	0.162	0.055	3	A	1		0.178	0.046	
24:0 g	0.114	0.031	3	A	1		0.125	0.032	
Fatty acids, total monounsaturated g	40.970		0	NC	4		45.067	11.615	
14:1 g	0.000	0.000	3	A	1		0.000	0.000	
15:1 g									
16:1 undifferentiated g	0.024	0.024	3	A	1		0.027	0.007	
17:1 g									
18:1 undifferentiated g	40.681	2.216	3	A	1		44.749	11.533	
20:1 g	0.265	0.023	3	A	1		0.291	0.075	
22:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	23.584		0	NC	4		25.942	6.686	
18:2 undifferentiated g	22.552	1.604	3	A	1		24.808	6.394	
18:3 undifferentiated g	1.031	0.025	3	A	1		1.134	0.292	
18:4 g									
20:2 n-6 c,c g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg	108		1		1		119	31	
Stigmasterol mg	5		1	A	1		5	1	
Campesterol mg	7		1	A	1		8	2	
Beta-sitosterol mg	96		1	A	1		106	27	
Amino Acids:									
Tryptophan g	0.093		0	A	1		0.102	0.026	
Threonine g	0.307		0	A	1		0.337	0.087	
Isoleucine g	0.337		0	A	1		0.371	0.096	
Leucine g	0.600		0	A	1		0.660	0.170	
Lysine g	0.288		0	A	1		0.317	0.082	
Methionine g	0.183		0	A	1		0.202	0.052	
Cystine g	0.153		0	A	1		0.168	0.043	
Phenylalanine g	0.428		0	A	1		0.470	0.121	
Tyrosine g	0.216		0	A	1		0.237	0.061	
Valine g	0.413		0	A	1		0.454	0.117	
Arginine g	1.181		0	A	1		1.300	0.335	
Histidine g	0.262		0	A	1		0.289	0.074	
Alanine g	0.398		0	A	1		0.438	0.113	
Aspartic acid g	0.933		0	A	1		1.026	0.264	
Glutamic acid g	1.835		0	A	1		2.019	0.520	
Glycine g	0.454		0	A	1		0.500	0.129	
Proline g	0.364		0	A	1		0.400	0.103	
Serine g	0.476		0	A	1		0.523	0.135	
Hydroxyproline g									

Blanks in the 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 = 110g: 1 cup

Measure 2 = 28.35g: 1 oz (15 halves)

Footnotes

1 Roasted in cottonseed, peanut, soybean, or sunflower oil.

NDB No. 12644
Nuts, pecans, oil roasted, with salt added (1)

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12144
Nuts, pecans, oil roasted, without salt added (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	1.13	0.035	3	A	1		1.24	0.32	
Energy	kcal	715		0	NC	4		786	203	
Energy	kj	2990		0	NC	4		3289	848	
Protein (N x 5.3)	g	9.20	0.058	3	A	1		10.12	2.61	
Total lipid (fat)	g	75.23	0.521	3	A	1		82.76	21.33	
Ash	g	1.42	0.064	3	A	1		1.57	0.40	
Carbohydrate, by difference	g	13.01		0	NC	4		14.31	3.69	
Fiber, total dietary	g	9.5	0.394	3	A	1		10.4	2.7	
Sugars, total	g	3.97	0.265	3	A	1		4.37	1.13	
Sucrose	g	3.90	0.265	3	A	1		4.29	1.11	
Glucose (dextrose)	g	0.04	0.000	3	A	1		0.04	0.01	
Fructose	g	0.04	0.000	3	A	1		0.04	0.01	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.00	0.000	3	A	1		0.00	0.00	
Galactose	g									
Starch	g	0.28	0.023	3	A	1		0.31	0.08	
Minerals:										
Calcium, Ca	mg	67	6.278	3	A	1		74	19	
Iron, Fe	mg	2.47	0.203	3	A	1		2.71	0.70	
Magnesium, Mg	mg	121	4.333	3	A	1		133	34	
Phosphorus, P	mg	263	18.559	3	A	1		290	75	
Potassium, K	mg	392	6.489	3	A	1		432	111	
Sodium, Na	mg	1	0.684	3	A	1		1	0	
Zinc, Zn	mg	4.47	0.033	3	A	1		4.91	1.27	
Copper, Cu	mg	1.200	0.058	3	A	1		1.320	0.340	
Manganese, Mn	mg	3.700	1.114	3	A	1		4.070	1.049	
Selenium, Se	mcg	6.0		1	A	1		6.6	1.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.000	3	A	1		0.8	0.2	
Thiamin	mg	0.473	0.018	3	A	1		0.521	0.134	
Riboflavin	mg	0.110	0.006	3	A	1		0.121	0.031	
Niacin	mg	1.200	0.000	3	A	1		1.320	0.340	
Pantothenic acid	mg	0.737	0.081	3	A	1		0.810	0.209	
Vitamin B-6	mg	0.187	0.015	3	A	1		0.205	0.053	
Folate, total	mcg	15	1.444	3	A	1		16	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15	1.444	3	A	1		16	4	
Folate, DFE	mcg_DFE	15		0	NC	4		16	4	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	104		1	AS	1		114	29	
Vitamin A, RAE	mcg_RAE	5		1	AS	1		6	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	5.159	0.380	3	A	1		5.675	1.463	
Tocopherol, alpha	mg	2.53	0.145	3	A	1		2.79	0.72	
Tocopherol, beta	mg	0.35	0.107	3	A	1		0.38	0.10	
Tocopherol, gamma	mg	24.20	2.470	3	A	1		26.62	6.86	
Tocopherol, delta	mg	1.07	0.260	3	A	1		1.17	0.30	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.238		0	NC	4		7.962	2.052	
4:0	g									
6:0	g									
8:0	g	0.000	0.000	3	A	1		0.000	0.000	
10:0	g	0.000	0.000	3	A	1		0.000	0.000	
12:0	g	0.000	0.000	3	A	1		0.000	0.000	
13:0	g	0.000	0.000	3	A	1		0.000	0.000	
14:0	g	0.000	0.000	3	A	1		0.000	0.000	
15:0	g	0.000	0.000	3	A	1		0.000	0.000	

NDB No. 12144
Nuts, pecans, oil roasted, without salt added (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
16:0 ... g	4.969	0.055	3	A	1		5.466	1.409	
17:0 ... g	0.000	0.000	3	A	1		0.000	0.000	
18:0 ... g	1.849	0.036	3	A	1		2.034	0.524	
20:0 ... g	0.145	0.001	3	A	1		0.159	0.041	
22:0 ... g	0.162	0.055	3	A	1		0.178	0.046	
24:0 ... g	0.114	0.031	3	A	1		0.125	0.032	
Fatty acids, total monounsaturated ... g	40.970		0	NC	4		45.067	11.615	
14:1 ... g	0.000	0.000	3	A	1		0.000	0.000	
15:1 ... g									
16:1 undifferentiated ... g	0.024	0.024	3	A	1		0.027	0.007	
17:1 ... g									
18:1 undifferentiated ... g	40.681	2.216	3	A	1		44.749	11.533	
20:1 ... g	0.265	0.023	3	A	1		0.291	0.075	
22:1 undifferentiated ... g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c ... g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated ... g	23.584		0	NC	4		25.942	6.686	
18:2 undifferentiated ... g	22.552	1.604	3	A	1		24.808	6.394	
18:3 undifferentiated ... g	1.031	0.025	3	A	1		1.134	0.292	
18:4 ... g									
20:2 n-6 c,c ... g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated ... g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated ... g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 ... g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 ... g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 ... g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg	108		1	A	1		119	31	
Stigmasterol ... mg	5		1	A	1		5	1	
Campesterol ... mg	7		1	A	1		8	2	
Beta-sitosterol ... mg	96		1	A	1		106	27	
Amino Acids:									
Tryptophan ... g	0.093		0	A	1		0.102	0.026	
Threonine ... g	0.307		0	A	1		0.337	0.087	
Isoleucine ... g	0.337		0	A	1		0.371	0.096	
Leucine ... g	0.600		0	A	1		0.660	0.170	
Lysine ... g	0.288		0	A	1		0.317	0.082	
Methionine ... g	0.183		0	A	1		0.202	0.052	
Cystine ... g	0.153		0	A	1		0.168	0.043	
Phenylalanine ... g	0.428		0	A	1		0.470	0.121	
Tyrosine ... g	0.216		0	A	1		0.237	0.061	
Valine ... g	0.413		0	A	1		0.454	0.117	
Arginine ... g	1.181		0	A	1		1.300	0.335	
Histidine ... g	0.262		0	A	1		0.289	0.074	
Alanine ... g	0.398		0	A	1		0.438	0.113	
Aspartic acid ... g	0.933		0	A	1		1.026	0.264	
Glutamic acid ... g	1.835		0	A	1		2.019	0.520	
Glycine ... g	0.454		0	A	1		0.500	0.129	
Proline ... g	0.364		0	A	1		0.400	0.103	
Serine ... g	0.476		0	A	1		0.523	0.135	
Hydroxyproline ... g									

Blanks in the 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 = 110g: 1 cup

Measure 2 = 28.35g: 1 oz (15 halves)

Footnotes

1 Roasted in cottonseed, peanut, soybean, or sunflower oil.

NDB No. 12144
Nuts, pecans, oil roasted, without salt added (1)

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12145
Nuts, pilinuts-canarytree, dried
Canarium ovatum

Refuse: 81% Shells

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	2.77		1		1		3.32	0.79	
Energy	kcal	719		0	NC	4		863	204	
Energy	kj	3008				4		3610	853	
Protein (N x 5.3)	g	10.80		1		1		12.96	3.06	
Total lipid (fat)	g	79.55		1		1		95.46	22.55	
Ash	g	2.91		0		1		3.49	0.82	
Carbohydrate, by difference	g	3.98		0	NC	4		4.78	1.13	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	145		0		1		174	41	
Iron, Fe	mg	3.53		0		1		4.24	1.00	
Magnesium, Mg	mg	302		0		4		362	86	
Phosphorus, P	mg	575		0		1		690	163	
Potassium, K	mg	507		0		1		608	144	
Sodium, Na	mg	3		0		1		4	1	
Zinc, Zn	mg	2.97		0		4		3.56	0.84	
Copper, Cu	mg	0.958		0		4		1.150	0.272	
Manganese, Mn	mg	2.313		0		4		2.776	0.656	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		4		0.7	0.2	
Thiamin	mg	0.913		0		1		1.096	0.259	
Riboflavin	mg	0.093		0		1		0.112	0.026	
Niacin	mg	0.519		0		1		0.623	0.147	
Pantothenic acid	mg	0.479		0		4		0.575	0.136	
Vitamin B-6	mg	0.115		0		4		0.138	0.033	
Folate, total	mcg	60		0		4		72	17	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	60		0		4		72	17	
Folate, DFE	mcg_DFE	60		0	NC	4		72	17	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	41		0		1		49	12	
Vitamin A, RAE	mcg_RAE	2		0		1		2	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	31.184		0		1		37.421	8.841	
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	22.035		1		1		26.442	6.247	
17:0	g									
18:0	g	9.148		1		1		10.978	2.593	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	37.229		0		1		44.675	10.554	
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 12145
Nuts, pilinuts-canarytree, dried

Nutrients and 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	37.229		1		1		44.675	10.554	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	7.605		0		1		9.126	2.156	
18:2 undifferentiated g	7.605		1		1		9.126	2.156	
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	z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.189		0		1		0.227	0.054	
Threonine g	0.407		1		1		0.488	0.115	
Isoleucine g	0.483		1		1		0.580	0.137	
Leucine g	0.890		1		1		1.068	0.252	
Lysine g	0.369		1		1		0.443	0.105	
Methionine g	0.395		1		1		0.474	0.112	
Cystine g	0.189		0		1		0.227	0.054	
Phenylalanine g	0.497		1		1		0.596	0.141	
Tyrosine g	0.381		1		1		0.457	0.108	
Valine g	0.701		1		1		0.841	0.199	
Arginine g	1.516		1		1		1.819	0.430	
Histidine g	0.255		1		1		0.306	0.072	
Alanine g	0.509		1		1		0.611	0.144	
Aspartic acid g	1.222		1		1		1.466	0.346	
Glutamic acid g	2.393		1		1		2.872	0.678	
Glycine g	0.650		1		1		0.780	0.184	
Proline g	0.471		1		1		0.565	0.134	
Serine g	0.599		1		1		0.719	0.170	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. 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 = 120g: 1 cup

Measure 2 = 28.35g: 1 oz (15 kernels)

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12147
Nuts, pine nuts, pignolia, dried
Pinus pinea

Refuse: 23% Shells

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	6.69		2		1		9.10	0.58	1.90
Energy	kcal	566		0	NC	4		770	49	160
Energy	kj	2368				4		3221	204	671
Protein (N x 5.3)	g	24.00		1		1		32.64	2.06	6.80
Total lipid (fat)	g	50.70		2		1		68.95	4.36	14.37
Ash	g	4.40		1		1		5.98	0.38	1.25
Carbohydrate, by difference	g	14.22		0	NC	4		19.34	1.22	4.03
Fiber, total dietary	g	4.5		0		4		6.1	0.4	1.3
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		1		1		35	2	7
Iron, Fe	mg	9.20		1		1		12.51	0.79	2.61
Magnesium, Mg	mg	233		0		4		317	20	66
Phosphorus, P	mg	508		1		1		691	44	144
Potassium, K	mg	599		0		1		815	52	170
Sodium, Na	mg	4		0		1		5	0	1
Zinc, Zn	mg	4.25		0		1		5.78	0.37	1.20
Copper, Cu	mg	1.026		0		1		1.395	0.088	0.291
Manganese, Mn	mg	4.298		0		4		5.845	0.370	1.218
Selenium, Se	mcg	16.6		0	BFZN	4		22.6	1.4	4.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9		0		4		2.6	0.2	0.5
Thiamin	mg	0.810		1		1		1.102	0.070	0.230
Riboflavin	mg	0.190		1		1		0.258	0.016	0.054
Niacin	mg	3.570		1		1		4.855	0.307	1.012
Pantothenic acid	mg	0.208		0		4		0.283	0.018	0.059
Vitamin B-6	mg	0.110		0		4		0.150	0.009	0.031
Folate, total	mcg	57		0		4		78	5	16
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	57		0		4		78	5	16
Folate, DFE	mcg_DFE	57		0	NC	4		78	5	16
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	29		0		4		39	2	8
Vitamin A, RAE	mcg_RAE	1		0		4		2	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	3.500		0		1		4.760	0.301	0.992
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.797		0		1		10.604	0.671	2.210
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	3.672		4		1		4.994	0.316	1.041
17:0	g									
18:0	g	1.672		4		1		2.274	0.144	0.474
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	19.076		0		1		25.943	1.641	5.408
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.208		1		1		0.283	0.018	0.059

NDB No. 12147
Nuts, pine nuts, pignolia, dried

Nutrients and 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	17.900		4		1		24.344	1.539	5.075
20:1 ... g	0.968		1		1		1.316	0.083	0.274
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	21.343		0		1		29.026	1.835	6.051
18:2 undifferentiated ... g	20.689		4		1		28.137	1.779	5.865
18:3 undifferentiated ... g	0.654		4		1		0.889	0.056	0.185
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	z	7		0	0	0
Phytosterols ... mg	141		0		1		192	12	40
Amino Acids:									
Tryptophan ... g	0.303		2		1		0.412	0.026	0.086
Threonine ... g	0.761		4		1		1.035	0.065	0.216
Isoleucine ... g	0.933		4		1		1.269	0.080	0.265
Leucine ... g	1.730		4		1		2.353	0.149	0.490
Lysine ... g	0.901		4		1		1.225	0.077	0.255
Methionine ... g	0.430		4		1		0.585	0.037	0.122
Cystine ... g	0.435		3		1		0.592	0.037	0.123
Phenylalanine ... g	0.919		4		1		1.250	0.079	0.261
Tyrosine ... g	0.878		4		1		1.194	0.076	0.249
Valine ... g	1.241		4		1		1.688	0.107	0.352
Arginine ... g	4.668		4		1		6.348	0.401	1.323
Histidine ... g	0.575		4		1		0.782	0.049	0.163
Alanine ... g	1.254		4		1		1.705	0.108	0.356
Aspartic acid ... g	2.187		4		1		2.974	0.188	0.620
Glutamic acid ... g	4.084		4		1		5.554	0.351	1.158
Glycine ... g	1.223		4		1		1.663	0.105	0.347
Proline ... g	1.290		4		1		1.754	0.111	0.366
Serine ... g	1.019		4		1		1.386	0.088	0.289
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 = 136g: 1 cup

Measure 2 = 8.6g: 1 tbsp

Measure 3 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12149
Nuts, pine nuts, pinyon, dried
Pinus edulis

Refuse: 43% Shells

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	5.90		1		1		1.67	0.06	
Energy	kcal	629		0	NC	4		178	6	
Energy	kj	2632				4		746	26	
Protein (N x 5.3)	g	11.57		1		1		3.28	0.12	
Total lipid (fat)	g	60.98		1		1		17.29	0.61	
Ash	g	2.26		1		1		0.64	0.02	
Carbohydrate, by difference	g	19.30		0	NC	4		5.47	0.19	
Fiber, total dietary	g	10.7		0		4		3.0	0.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		2		1		2	0	
Iron, Fe	mg	3.06		2		1		0.87	0.03	
Magnesium, Mg	mg	234		2		1		66	2	
Phosphorus, P	mg	35		2		1		10	0	
Potassium, K	mg	628		2		1		178	6	
Sodium, Na	mg	72		2		1		20	1	
Zinc, Zn	mg	4.28		2		1		1.21	0.04	
Copper, Cu	mg	1.035		2		1		0.293	0.010	
Manganese, Mn	mg	4.333		0		4		1.228	0.043	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		1		0.6	0.0	
Thiamin	mg	1.243		0		1		0.352	0.012	
Riboflavin	mg	0.223		0		1		0.063	0.002	
Niacin	mg	4.370		0		1		1.239	0.044	
Pantothenic acid	mg	0.210		0		4		0.060	0.002	
Vitamin B-6	mg	0.111		0		4		0.031	0.001	
Folate, total	mcg	58		0		4		16	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	58		0		4		16	1	
Folate, DFE	mcg_DFE	58		0	NC	4		16	1	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	29		0		1		8	0	
Vitamin A, RAE	mcg_RAE	1		0		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.377		0		1		2.658	0.094	
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	4.416		0		1		1.252	0.044	
17:0	g									
18:0	g	2.011		0		1		0.570	0.020	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	22.942		0		1		6.504	0.229	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.250		0		1		0.071	0.003	

NDB No. 12149
Nuts, pine nuts, pinyon, dried

Nutrients and 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	21.528		0		1		6.103	0.215	
20:1 g	1.164		0		1		0.330	0.012	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	25.668		0		1		7.277	0.257	
18:2 undifferentiated g	24.882		0		1		7.054	0.249	
18:3 undifferentiated g	0.787		0		1		0.223	0.008	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	0		0	z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.146		0		1		0.041	0.001	
Threonine g	0.367		0		1		0.104	0.004	
Isoleucine g	0.450		0		1		0.128	0.005	
Leucine g	0.834		0		1		0.236	0.008	
Lysine g	0.434		0		1		0.123	0.004	
Methionine g	0.207		0		1		0.059	0.002	
Cystine g	0.210		0		1		0.060	0.002	
Phenylalanine g	0.443		0		1		0.126	0.004	
Tyrosine g	0.424		0		1		0.120	0.004	
Valine g	0.598		0		1		0.170	0.006	
Arginine g	2.251		0		1		0.638	0.023	
Histidine g	0.277		0		1		0.079	0.003	
Alanine g	0.605		0		1		0.172	0.006	
Aspartic acid g	1.054		0		1		0.299	0.011	
Glutamic acid g	1.969		0		1		0.558	0.020	
Glycine g	0.589		0		1		0.167	0.006	
Proline g	0.622		0		1		0.176	0.006	
Serine g	0.491		0		1		0.139	0.005	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. 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 = 28.35g: 1 oz

Measure 2 = 1.0g: 10 nuts

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12652
Nuts, pistachio nuts, dry roasted, with salt added

Refuse: 50% Shells

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	2.03	0.244	4	A	1		2.60	0.58	
Energy	kcal	568		0	NC	4		727	161	
Energy	kj	2376		0	NC	4		3041	674	
Protein (N x 5.3)	g	21.35	0.423	11	A	1		27.33	6.05	
Total lipid (fat)	g	45.97	0.882	11	A	1		58.84	13.03	
Ash	g	3.87	0.097	4	A	1		4.96	1.10	
Carbohydrate, by difference	g	26.78		0	NC	4		34.27	7.59	
Fiber, total dietary	g	10.3	0.023	11	A	1		13.2	2.9	
Sugars, total	g	7.81	0.611	11	A	1		10.00	2.22	
Sucrose	g	7.26	0.430	11	A	1		9.29	2.06	
Glucose (dextrose)	g	0.23	0.123	11	A	1		0.30	0.07	
Fructose	g	0.13	0.009	11	A	1		0.17	0.04	
Lactose	g	0.00	0.000	11	A	1		0.00	0.00	
Maltose	g	0.19	0.048	11	A	1		0.24	0.05	
Galactose	g									
Starch	g	1.38	0.113	4	A	1		1.76	0.39	
Minerals:										
Calcium, Ca	mg	110	8.282	11	A	1		141	31	
Iron, Fe	mg	4.20	0.074	11	A	1		5.38	1.19	
Magnesium, Mg	mg	120	1.250	4	A	1		154	34	
Phosphorus, P	mg	485	6.455	4	A	1		621	137	
Potassium, K	mg	1042	32.857	11	A	1		1334	295	
Sodium, Na	mg	405	42.708	16	A	1		518	115	
Zinc, Zn	mg	2.30	0.041	4	A	1		2.94	0.65	
Copper, Cu	mg	1.325	0.025	4	A	1		1.696	0.376	
Manganese, Mn	mg	1.275	0.075	4	A	1		1.632	0.361	
Selenium, Se	mcg	8.0		1	A	1		10.2	2.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3	0.250	4	A	1		2.9	0.6	
Thiamin	mg	0.840	0.013	4	A	1		1.075	0.238	
Riboflavin	mg	0.158	0.017	4	A	1		0.202	0.045	
Niacin	mg	1.425	0.048	4	A	1		1.824	0.404	
Pantothenic acid	mg	0.513	0.012	4	A	1		0.656	0.145	
Vitamin B-6	mg	1.700	0.041	4	A	1		2.176	0.482	
Folate, total	mcg	50	1.402	4	A	1		64	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	50	1.402	4	A	1		64	14	
Folate, DFE	mcg_DFE	50		0	NC	4		64	14	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	533	13.203	4	A	1		682	151	
Vitamin A, RAE	mcg_RAE	27	0.660	4	A	1		34	8	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	4.263	0.105	4	A	1		5.456	1.208	
Tocopherol, alpha	mg	1.93	0.103	4	A	1		2.46	0.55	
Tocopherol, beta	mg	0.14	0.000	4	A	1		0.18	0.04	
Tocopherol, gamma	mg	22.45	0.278	4	A	1		28.74	6.36	
Tocopherol, delta	mg	0.73	0.025	4	A	1		0.93	0.21	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	5.555		0	NC	4		7.110	1.575	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		4	A	1		0.000	0.000	
10:0	g	0.000		4	A	1		0.000	0.000	
12:0	g	0.000		4	A	1		0.000	0.000	
13:0	g	0.000		4	A	1		0.000	0.000	
14:0	g	0.000		4	A	1		0.000	0.000	
15:0	g	0.000		4	A	1				

NDB No. 12652
Nuts, pistachio nuts, dry roasted, 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
15:0 g	0.000			A	1		0.000	0.000	
16:0 g	4.945		4	A	1		6.329	1.402	
17:0 g	0.000		4	A	1		0.000	0.000	
18:0 g	0.514		4	A	1		0.658	0.146	
20:0 g	0.055		4	A	1		0.070	0.016	
22:0 g	0.041		4	A	1		0.052	0.012	
24:0 g	0.000		4	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	24.216		0	NC	4		30.997	6.865	
14:1 g	0.000		4	A	1		0.000	0.000	
15:1 g									
16:1 undifferentiated g	0.457		4	A	1		0.585	0.130	
17:1 g									
18:1 undifferentiated g	23.583		4	A	1		30.186	6.686	
20:1 g	0.176		4	A	1		0.225	0.050	
22:1 undifferentiated g	0.000		4	A	1		0.000	0.000	
24:1 c g	0.000		4	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	13.899		0	NC	4		17.790	3.940	
18:2 undifferentiated g	13.636		4	A	1		17.454	3.866	
18:3 undifferentiated g	0.262		4	A	1		0.336	0.074	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		4	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		4	A	1		0.000	0.000	
20:4 undifferentiated g	0.000		4	A	1		0.000	0.000	
20:5 n-3 g	0.000		4	A	1		0.000	0.000	
22:5 n-3 g	0.000		4	A	1		0.000	0.000	
22:6 n-3 g	0.000		4	A	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg	214		1	A	1		273	61	
Stigmasterol mg	4		1	A	1		6	1	
Campesterol mg	10		1	A	1		13	3	
Beta-sitosterol mg	199		1	A	1		254	56	
Amino Acids:									
Tryptophan g	0.284		0	A	1		0.363	0.080	
Threonine g	0.699		0	A	1		0.895	0.198	
Isoleucine g	0.935		0	A	1		1.197	0.265	
Leucine g	1.616		0	A	1		2.068	0.458	
Lysine g	1.196		0	A	1		1.531	0.339	
Methionine g	0.351		0	A	1		0.450	0.100	
Cystine g	0.371		0	A	1		0.476	0.105	
Phenylalanine g	1.104		0	A	1		1.413	0.313	
Tyrosine g	0.432		0	A	1		0.553	0.122	
Valine g	1.288		0	A	1		1.649	0.365	
Arginine g	2.108		0	A	1		2.698	0.598	
Histidine g	0.527		0	A	1		0.674	0.149	
Alanine g	0.957		0	A	1		1.225	0.271	
Aspartic acid g	1.888		0	A	1		2.417	0.535	
Glutamic acid g	3.970		0	A	1		5.082	1.126	
Glycine g	0.991		0	A	1		1.268	0.281	
Proline g	0.844		0	A	1		1.080	0.239	
Serine g	1.274		0	A	1		1.630	0.361	
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.

NDB No. 12652
Nuts, pistachio nuts, dry roasted, with salt added

Common Measures:

Measure 1 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz (47 kernels)

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12152
Nuts, pistachio nuts, dry roasted, without salt added

Refuse: 50% Shells

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	1.99	0.115	11	A	1		2.54	0.56	
Energy	kcal	571		0	NC	4		731	162	
Energy	kj	2391		0	NC	4		3060	678	
Protein (N x 5.3)	g	21.35	0.423	11	A	1		27.33	6.05	
Total lipid (fat)	g	45.97	0.882	11	A	1		58.84	13.03	
Ash	g	3.05	0.078	11	A	1		3.90	0.86	
Carbohydrate, by difference	g	27.65		0	NC	4		35.39	7.84	
Fiber, total dietary	g	10.3	0.023	11	A	1		13.2	2.9	
Sugars, total	g	7.81	0.611	11	A	1		10.00	2.22	
Sucrose	g	7.26	0.430	11	A	1		9.29	2.06	
Glucose (dextrose)	g	0.23	0.123	11	A	1		0.30	0.07	
Fructose	g	0.13	0.009	11	A	1		0.17	0.04	
Lactose	g	0.00	0.000	11	A	1		0.00	0.00	
Maltose	g	0.19	0.048	11	A	1		0.24	0.05	
Galactose	g									
Starch	g	1.38	0.113	4	A	1		1.76	0.39	
Minerals:										
Calcium, Ca	mg	110	8.282	11	A	1		141	31	
Iron, Fe	mg	4.20	0.074	11	A	1		5.38	1.19	
Magnesium, Mg	mg	120	1.250	4	A	1		154	34	
Phosphorus, P	mg	485	6.455	4	A	1		621	137	
Potassium, K	mg	1042	32.857	11	A	1		1334	295	
Sodium, Na	mg	10	3.860	4	A	1		13	3	
Zinc, Zn	mg	2.30	0.041	4	A	1		2.94	0.65	
Copper, Cu	mg	1.325	0.025	4	A	1		1.696	0.376	
Manganese, Mn	mg	1.275	0.075	4	A	1		1.632	0.361	
Selenium, Se	mcg	8.0		1	A	1		10.2	2.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3	0.250	4	A	1		2.9	0.6	
Thiamin	mg	0.840	0.013	4	A	1		1.075	0.238	
Riboflavin	mg	0.158	0.017	4	A	1		0.202	0.045	
Niacin	mg	1.425	0.048	4	A	1		1.824	0.404	
Pantothenic acid	mg	0.513	0.012	4	A	1		0.656	0.145	
Vitamin B-6	mg	1.700	0.041	4	A	1		2.176	0.482	
Folate, total	mcg	50	1.402	4	A	1		64	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	50	1.402	4	A	1		64	14	
Folate, DFE	mcg_DFE	50		0	NC	4		64	14	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	533	13.203	4	A	1		682	151	
Vitamin A, RAE	mcg_RAE	27	0.660	4	A	1		34	8	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	4.263	0.105	4	A	1		5.456	1.208	
Tocopherol, alpha	mg	1.93	0.103	4	A	1		2.46	0.55	
Tocopherol, beta	mg	0.14	0.000	4	A	1		0.18	0.04	
Tocopherol, gamma	mg	22.45	0.278	4	A	1		28.74	6.36	
Tocopherol, delta	mg	0.73	0.025	4	A	1		0.93	0.21	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	5.555		0	NC	4		7.110	1.575	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		4	A	1		0.000	0.000	
10:0	g	0.000		4	A	1		0.000	0.000	
12:0	g	0.000		4	A	1		0.000	0.000	
13:0	g	0.000		4	A	1		0.000	0.000	
14:0	g	0.000		4	A	1		0.000	0.000	
15:0	g	0.000		4	A	1				

NDB No. 12152
Nuts, pistachio nuts, dry roasted, without 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
15:0 g	0.000			A	1		0.000	0.000	
16:0 g	4.945		4	A	1		6.329	1.402	
17:0 g	0.000		4	A	1		0.000	0.000	
18:0 g	0.514		4	A	1		0.658	0.146	
20:0 g	0.055		4	A	1		0.070	0.016	
22:0 g	0.041		4	A	1		0.052	0.012	
24:0 g	0.000		4	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	24.216		0	NC	4		30.997	6.865	
14:1 g	0.000		4	A	1		0.000	0.000	
15:1 g									
16:1 undifferentiated g	0.457		4	A	1		0.585	0.130	
17:1 g									
18:1 undifferentiated g	23.583		4	A	1		30.186	6.686	
20:1 g	0.176		4	A	1		0.225	0.050	
22:1 undifferentiated g	0.000		4	A	1		0.000	0.000	
24:1 c g	0.000		4	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	13.899		0	NC	4		17.790	3.940	
18:2 undifferentiated g	13.636		4	A	1		17.454	3.866	
18:3 undifferentiated g	0.262		4	A	1		0.336	0.074	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		4	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		4	A	1		0.000	0.000	
20:4 undifferentiated g	0.000		4	A	1		0.000	0.000	
20:5 n-3 g	0.000		4	A	1		0.000	0.000	
22:5 n-3 g	0.000		4	A	1		0.000	0.000	
22:6 n-3 g	0.000		4	A	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg	214		0	A	1		274	61	
Stigmasterol mg	4		1	A	1		6	1	
Campesterol mg	10		1	A	1		13	3	
Beta-sitosterol mg	199		1	A	1		254	56	
Amino Acids:									
Tryptophan g	0.284		0	A	1		0.363	0.080	
Threonine g	0.699		0	A	1		0.895	0.198	
Isoleucine g	0.935		0	A	1		1.197	0.265	
Leucine g	1.616		0	A	1		2.068	0.458	
Lysine g	1.196		0	A	1		1.531	0.339	
Methionine g	0.351		0	A	1		0.450	0.100	
Cystine g	0.371		0	A	1		0.476	0.105	
Phenylalanine g	1.104		0	A	1		1.413	0.313	
Tyrosine g	0.432		0	A	1		0.553	0.122	
Valine g	1.288		0	A	1		1.649	0.365	
Arginine g	2.108		0	A	1		2.698	0.598	
Histidine g	0.527		0	A	1		0.674	0.149	
Alanine g	0.957		0	A	1		1.225	0.271	
Aspartic acid g	1.888		0	A	1		2.417	0.535	
Glutamic acid g	3.970		0	A	1		5.082	1.126	
Glycine g	0.991		0	A	1		1.268	0.281	
Proline g	0.844		0	A	1		1.080	0.239	
Serine g	1.274		0	A	1		1.630	0.361	
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.

NDB No. 12152
Nuts, pistachio nuts, dry roasted, without salt added

Common Measures:

Measure 1 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz (47 kernels)

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12151
Nuts, pistachio nuts, raw (1)
Pistacia vera

Refuse: 50% Shells

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	3.97	0.276	8	A	1		5.08	1.12	
Energy	kcal	557		0	NC	4		713	158	
Energy	kj	2332		0	NC	4		2985	661	
Protein (N x 5.3)	g	20.61	0.186	8	A	1		26.39	5.84	
Total lipid (fat)	g	44.44	1.664	8	A	1		56.88	12.60	
Ash	g	3.02	0.061	8	A	1		3.86	0.86	
Carbohydrate, by difference	g	27.97		0	NC	4		35.80	7.93	
Fiber, total dietary	g	10.3	0.353	8	A	1		13.1	2.9	
Sugars, total	g	7.64	0.305	8	A	1		9.78	2.17	
Sucrose	g	7.00	0.100	8	A	1		8.96	1.98	
Glucose (dextrose)	g	0.27	0.113	8	A	1		0.35	0.08	
Fructose	g	0.17	0.035	8	A	1		0.21	0.05	
Lactose	g	0.00	0.000	8	A	1		0.00	0.00	
Maltose	g	0.20	0.058	8	A	1		0.26	0.06	
Galactose	g									
Starch	g	1.67		1	A	1		2.14	0.47	
Minerals:										
Calcium, Ca	mg	107	0.214	8	A	1		137	30	
Iron, Fe	mg	4.15	0.151	8	A	1		5.31	1.18	
Magnesium, Mg	mg	121		1	A	1		155	34	
Phosphorus, P	mg	490		1	A	1		627	139	
Potassium, K	mg	1025	64.643	8	A	1		1312	291	
Sodium, Na	mg	1		1	A	1		2	0	
Zinc, Zn	mg	2.20		1	A	1		2.82	0.62	
Copper, Cu	mg	1.300		1	A	1		1.664	0.369	
Manganese, Mn	mg	1.200		1	A	1		1.536	0.340	
Selenium, Se	mcg	7.0		1	A	1		9.0	2.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.0		1	A	1		6.4	1.4	
Thiamin	mg	0.870		1	A	1		1.114	0.247	
Riboflavin	mg	0.160		1	A	1		0.205	0.045	
Niacin	mg	1.300		1	A	1		1.664	0.369	
Pantothenic acid	mg	0.520		1	A	1		0.666	0.147	
Vitamin B-6	mg	1.700		1	A	1		2.176	0.482	
Folate, total	mcg	51		1	A	1		65	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	51		1	A	1		65	14	
Folate, DFE	mcg_DFE	51		0	NC	4		65	14	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	553		1	AS	1		707	157	
Vitamin A, RAE	mcg_RAE	28		1	AS	1		35	8	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	4.584		1	A	1		5.868	1.300	
Tocopherol, alpha	mg	2.30		1	A	1		2.94	0.65	
Tocopherol, beta	mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma	mg	22.60		1	A	1		28.93	6.41	
Tocopherol, delta	mg	0.80		1	A	1		1.02	0.23	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	5.440		0	NC	4		6.963	1.542	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		1	A	1		0.000	0.000	
10:0	g	0.000		1	A	1		0.000	0.000	
12:0	g	0.000		1	A	1		0.000	0.000	
13:0	g	0.000		1	A	1		0.000	0.000	
14:0	g	0.000		1	A	1		0.000	0.000	
15:0	g	0.000		1	A	1				

NDB No. 12151
Nuts, pistachio nuts, raw (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
15:0 g	0.000			A	1		0.000	0.000	
16:0 g	4.889		1	A	1		6.257	1.386	
17:0 g	0.000		1	A	1		0.000	0.000	
18:0 g	0.466		1	A	1		0.596	0.132	
20:0 g	0.043		1	A	1		0.054	0.012	
22:0 g	0.043		1	A	1		0.055	0.012	
24:0 g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	23.319		0	NC	4		29.849	6.611	
14:1 g	0.000		1	A	1		0.000	0.000	
15:1 g									
16:1 undifferentiated g	0.463		1	A	1		0.593	0.131	
17:1 g									
18:1 undifferentiated g	22.686		1	A	1		29.038	6.432	
20:1 g	0.170		1	A	1		0.218	0.048	
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	
24:1 c g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	13.455		0	NC	4		17.222	3.814	
18:2 undifferentiated g	13.201		1	A	1		16.898	3.743	
18:3 undifferentiated g	0.254		1	A	1		0.325	0.072	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:5 n-3 g	0.000		1	A	1		0.000	0.000	
22:5 n-3 g	0.000		1	A	1		0.000	0.000	
22:6 n-3 g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg	214		1		1		274	61	
Stigmasterol mg	5		1	A	1		7	2	
Campesterol mg	10		1	A	1		13	3	
Beta-sitosterol mg	198		1	A	1		253	56	
Amino Acids:									
Tryptophan g	0.273		0	A	1		0.349	0.077	
Threonine g	0.673		0	A	1		0.861	0.191	
Isoleucine g	0.900		0	A	1		1.152	0.255	
Leucine g	1.554		0	A	1		1.990	0.441	
Lysine g	1.151		0	A	1		1.473	0.326	
Methionine g	0.338		0	A	1		0.432	0.096	
Cystine g	0.357		0	A	1		0.457	0.101	
Phenylalanine g	1.062		0	A	1		1.359	0.301	
Tyrosine g	0.415		0	A	1		0.532	0.118	
Valine g	1.239		0	A	1		1.586	0.351	
Arginine g	2.028		0	A	1		2.596	0.575	
Histidine g	0.507		0	A	1		0.649	0.144	
Alanine g	0.921		0	A	1		1.179	0.261	
Aspartic acid g	1.817		0	A	1		2.325	0.515	
Glutamic acid g	3.819		0	A	1		4.888	1.083	
Glycine g	0.953		0	A	1		1.220	0.270	
Proline g	0.812		0	A	1		1.039	0.230	
Serine g	1.225		0	A	1		1.568	0.347	
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.

NDB No. 12151
Nuts, pistachio nuts, raw (1)

Common Measures:

Measure 1 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz (47 kernels)

Footnotes

1 Unroasted

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12154
Nuts, walnuts, black, dried
Juglans nigra

Refuse: 76% Shells

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	4.56	0.199	11	A	1		5.70	0.36	1.29
Energy	kcal	618		0	NC	4		772	48	175
Energy	kj	2584		0	NC	4		3230	202	733
Protein (N x 5.3)	g	24.06	0.287	11	A	1		30.08	1.88	6.82
Total lipid (fat)	g	59.00	2.419	31	A	1		73.75	4.60	16.73
Ash	g	2.47	0.142	11	A	1		3.09	0.19	0.70
Carbohydrate, by difference	g	9.91		0	NC	4		12.39	0.77	2.81
Fiber, total dietary	g	6.8		2	A	1		8.5	0.5	1.9
Sugars, total	g	1.10		1	A	1		1.38	0.09	0.31
Sucrose	g	1.00		1	A	1		1.25	0.08	0.28
Glucose (dextrose)	g	0.05		1	A	1		0.06	0.00	0.01
Fructose	g	0.05		1	A	1		0.06	0.00	0.01
Lactose	g	0.00		1	A	1		0.00	0.00	0.00
Maltose	g	0.00		1	A	1		0.00	0.00	0.00
Galactose	g									
Starch	g	0.24		1	A	1		0.30	0.02	0.07
Minerals:										
Calcium, Ca	mg	61	2.800	16	A	1		76	5	17
Iron, Fe	mg	3.12	0.045	16	A	1		3.89	0.24	0.88
Magnesium, Mg	mg	201	1.000	16	A	1		251	16	57
Phosphorus, P	mg	513	49.000	16	A	1		641	40	145
Potassium, K	mg	523	1.000	16	A	1		654	41	148
Sodium, Na	mg	2	1.040	13	A	1		3	0	1
Zinc, Zn	mg	3.37	0.050	16	A	1		4.21	0.26	0.96
Copper, Cu	mg	1.360	0.340	16	A	1		1.700	0.106	0.386
Manganese, Mn	mg	3.896	0.376	16	A	1		4.869	0.304	1.104
Selenium, Se	mcg	17.0		1	A	1		21.3	1.3	4.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		1	A	1		2.1	0.1	0.5
Thiamin	mg	0.057		1	A	1		0.071	0.004	0.016
Riboflavin	mg	0.130		1	A	1		0.163	0.010	0.037
Niacin	mg	0.470		1	A	1		0.588	0.037	0.133
Pantothenic acid	mg	1.660		1	A	1		2.075	0.129	0.471
Vitamin B-6	mg	0.583		1	A	1		0.729	0.045	0.165
Folate, total	mcg	31		1	A	1		39	2	9
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	31		1	A	1		39	2	9
Folate, DFE	mcg_DFE	31		0	NC	4		39	2	9
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	40		1	A	1		50	3	11
Vitamin A, RAE	mcg_RAE	2		1	A	1		3	0	1
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	4.691		1	A	1		5.864	0.366	1.330
Tocopherol, alpha	mg	1.80		1	A	1		2.25	0.14	0.51
Tocopherol, beta	mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	28.48		1	A	1		35.60	2.22	8.07
Tocopherol, delta	mg	1.44		1	A	1		1.80	0.11	0.41
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.368		0	NC	4		4.210	0.263	0.955
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		1	A	1		0.000	0.000	0.000
10:0	g	0.000		1	A	1		0.000	0.000	0.000
12:0	g	0.000		1	A	1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		1	A	1		0.000	0.000	0.000
15:0	g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 12154
Nuts, walnuts, black, dried

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
16:0 g	1.923	0.203	6	A	1		2.404	0.150	0.545
17:0 g	0.000		1	A	1		0.000	0.000	0.000
18:0 g	1.445	0.051	6	A	1		1.806	0.113	0.410
20:0 g	0.000		1	A	1		0.000	0.000	0.000
22:0 g	0.000		1	A	1		0.000	0.000	0.000
24:0 g									
Fatty acids, total monounsaturated g	15.004		0	NC	4		18.755	1.170	4.254
14:1 g	0.000		1	A	1		0.000	0.000	0.000
15:1 g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.063	0.014	3	A	1		0.079	0.005	0.018
17:1 g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated g	14.533	2.677	7	A	1		18.166	1.134	4.120
20:1 g	0.408	0.140	3	A	1		0.510	0.032	0.116
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	35.077		0	NC	4		43.847	2.736	9.944
18:2 undifferentiated g	33.072	0.387	7	A	1		41.340	2.580	9.376
18:3 undifferentiated g	2.006		0	AS	1		2.507	0.156	0.569
18:3 n-6 c,c,c g	0.000		1	A	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	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
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	A	1		0	0	0
Phytosterols mg									
Stigmasterol mg	0		1	A	1		0	0	0
Campesterol mg	5		1	A	1		6	0	1
Beta-sitosterol mg	103		1	A	1		129	8	29
Amino Acids:									
Tryptophan g	0.318		0	A	1		0.398	0.025	0.090
Threonine g	0.721		0	A	1		0.902	0.056	0.205
Isoleucine g	0.966		0	A	1		1.208	0.075	0.274
Leucine g	1.684		0	A	1		2.105	0.131	0.477
Lysine g	0.713		0	A	1		0.891	0.056	0.202
Methionine g	0.467		0	A	1		0.584	0.036	0.133
Cystine g	0.462		0	A	1		0.578	0.036	0.131
Phenylalanine g	1.094		0	A	1		1.367	0.085	0.310
Tyrosine g	0.740		0	A	1		0.925	0.058	0.210
Valine g	1.271		0	A	1		1.589	0.099	0.360
Arginine g	3.618		0	A	1		4.522	0.282	1.026
Histidine g	0.672		0	A	1		0.840	0.052	0.191
Alanine g	1.048		0	A	1		1.311	0.082	0.297
Aspartic acid g	2.433		0	A	1		3.041	0.190	0.690
Glutamic acid g	5.152		0	A	1		6.439	0.402	1.460
Glycine g	1.189		0	A	1		1.486	0.093	0.337
Proline g	0.926		0	A	1		1.157	0.072	0.263
Serine g	1.225		0	A	1		1.532	0.096	0.347
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	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.

NDB No. 12154
Nuts, walnuts, black, dried

Nutrients and 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

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 = 125g: 1 cup, chopped

Measure 2 = 7.8g: 1 tbsp

Measure 3 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12155
Nuts, walnuts, english (1)
Juglans regia

Refuse: 55% Shells

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	4.07	0.155	7	A	1		4.88	3.26	1.14
Energy	kcal	654		0	NC	4		785	524	183
Energy	kj	2738		0	NC	4		3286	2191	767
Protein (N x 5.3)	g	15.23	0.238	7	A	1		18.27	12.18	4.26
Total lipid (fat)	g	65.21	0.494	7	A	1		78.26	52.17	18.26
Ash	g	1.78	0.019	7	A	1		2.14	1.43	0.50
Carbohydrate, by difference	g	13.71		0	NC	4		16.45	10.96	3.84
Fiber, total dietary	g	6.7	0.549	7	A	1		8.0	5.4	1.9
Sugars, total	g	2.61	0.094	7	A	1		3.14	2.09	0.73
Sucrose	g	2.43	0.087	7	A	1		2.91	1.94	0.68
Glucose (dextrose)	g	0.08	0.014	7	A	1		0.09	0.06	0.02
Fructose	g	0.09	0.011	7	A	1		0.10	0.07	0.02
Lactose	g	0.00	0.000	7	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	7	A	1		0.00	0.00	0.00
Galactose	g									
Starch	g	0.06	0.011	7	A	1		0.07	0.04	0.02
Minerals:										
Calcium, Ca	mg	98	3.009	7	A	1		117	78	27
Iron, Fe	mg	2.91	0.086	7	A	1		3.50	2.33	0.82
Magnesium, Mg	mg	158	1.204	7	A	1		189	126	44
Phosphorus, P	mg	346	3.689	7	A	1		415	277	97
Potassium, K	mg	441	6.471	7	A	1		529	353	124
Sodium, Na	mg	2	0.837	7	A	1		2	2	1
Zinc, Zn	mg	3.09	0.083	7	A	1		3.70	2.47	0.86
Copper, Cu	mg	1.586	0.026	7	A	1		1.903	1.269	0.444
Manganese, Mn	mg	3.414	0.122	7	A	1		4.097	2.731	0.956
Selenium, Se	mcg	4.6	1.315	6	A	1		5.5	3.7	1.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3	0.184	7	A	1		1.5	1.0	0.4
Thiamin	mg	0.341	0.010	7	A	1		0.410	0.273	0.096
Riboflavin	mg	0.150	0.003	7	A	1		0.180	0.120	0.042
Niacin	mg	1.987	1.170	15	A	1		2.384	1.589	0.556
Pantothenic acid	mg	0.570	0.011	7	A	1		0.684	0.456	0.160
Vitamin B-6	mg	0.537	0.026	7	A	1		0.645	0.430	0.150
Folate, total	mcg	98	3.889	7	A	1		118	78	27
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	98	3.889	7	A	1		118	78	27
Folate, DFE	mcg_DFE	98		0	NC	4		118	78	27
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	41	18.224	3	A	1		49	33	11
Vitamin A, RAE	mcg_RAE	2	0.911	3	A	1		2	2	1
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	2.916	0.027	13	NC	4		3.499	2.333	0.816
Tocopherol, alpha	mg	0.70	0.321	13	A	1		0.84	0.56	0.20
Tocopherol, beta	mg	0.15	0.146	13	A	1		0.19	0.12	0.04
Tocopherol, gamma	mg	20.83	2.609	13	A	1		25.00	16.67	5.83
Tocopherol, delta	mg	1.89	0.466	13	A	1		2.27	1.51	0.53
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.126		0	NC	4		7.351	4.901	1.715
4:0	g	0.000		0	Z	7		0.000	0.000	0.000
6:0	g	0.000		0	Z	7		0.000	0.000	0.000
8:0	g	0.000	0.000	7	A	1		0.000	0.000	0.000
10:0	g	0.000	0.000	7	A	1		0.000	0.000	0.000
12:0	g	0.000	0.000	7	A	1		0.000	0.000	0.000
13:0	g	0.000	0.000	7	A	1		0.000	0.000	0.000
14:0	g	0.000	0.000	7	A	1		0.000	0.000	0.000
15:0	g	0.000	0.000	7	A	1				0.000

NDB No. 12155
Nuts, walnuts, english (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
15:0 g	0.000	0.000		A	1		0.000	0.000	
16:0 g	4.404	0.095	7	A	1		5.285	3.523	1.233
17:0 g	0.000	0.000	7	A	1		0.000	0.000	0.000
18:0 g	1.659	0.035	7	A	1		1.991	1.327	0.465
20:0 g	0.063	0.000	7	A	1		0.075	0.050	0.018
22:0 g	0.000	0.000	7	A	1		0.000	0.000	0.000
24:0 g	0.000	0.000	7	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	8.933		0	NC	4		10.719	7.146	2.501
14:1 g	0.000	0.000	7	A	1		0.000	0.000	0.000
15:1 g									
16:1 undifferentiated g	0.000	0.000	7	A	1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	8.799	0.138	7	A	1		10.558	7.039	2.464
20:1 g	0.134	0.008	7	A	1		0.161	0.107	0.038
22:1 undifferentiated g	0.000	0.000	7	A	1		0.000	0.000	0.000
24:1 c g	0.000	0.000	7	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	47.174		0	NC	4		56.609	37.739	13.209
18:2 undifferentiated g	38.093	0.304	7	A	1		45.712	30.475	10.666
18:3 undifferentiated g	9.080	0.179	7	A	1		10.897	7.264	2.543
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.000	0.000	7	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000	0.000	7	A	1		0.000	0.000	0.000
20:4 undifferentiated g	0.000	0.000	7	A	1		0.000	0.000	0.000
20:5 n-3 g	0.000	0.000	7	A	1		0.000	0.000	0.000
22:5 n-3 g	0.000	0.000	7	A	1		0.000	0.000	0.000
22:6 n-3 g	0.000	0.000	7	A	1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg	72	0.647	3	A	1		86	58	20
Stigmasterol mg	1	0.187	3	A	1		1	1	0
Campesterol mg	7	0.369	3	A	1		8	6	2
Beta-sitosterol mg	64	1.374	3	A	1		77	51	18
Amino Acids:									
Tryptophan g	0.170			A	1		0.204	0.136	0.048
Threonine g	0.596			A	1		0.715	0.477	0.167
Isoleucine g	0.625			A	1		0.750	0.500	0.175
Leucine g	1.170			A	1		1.405	0.936	0.328
Lysine g	0.424			A	1		0.509	0.339	0.119
Methionine g	0.236			A	1		0.283	0.189	0.066
Cystine g	0.208			A	1		0.250	0.167	0.058
Phenylalanine g	0.711			A	1		0.854	0.569	0.199
Tyrosine g	0.406			A	1		0.487	0.325	0.114
Valine g	0.753			A	1		0.903	0.602	0.211
Arginine g	2.278			A	1		2.733	1.822	0.638
Histidine g	0.391			A	1		0.469	0.313	0.109
Alanine g	0.696			A	1		0.835	0.557	0.195
Aspartic acid g	1.829			A	1		2.195	1.464	0.512
Glutamic acid g	2.816			A	1		3.379	2.252	0.788
Glycine g	0.816			A	1		0.979	0.653	0.228
Proline g	0.706			A	1		0.848	0.565	0.198
Serine g	0.934			A	1		1.121	0.747	0.261
Hydroxyproline g									
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.

NDB No. 12155
Nuts, walnuts, english (1)

Common Measures:

Measure 1 = 120g: 1 cup, chopped

Measure 2 = 80g: 1 cup, ground

Measure 3 = 28g: 1 cup, in shell, edible yield (7 nuts)

Footnotes

1 Unroasted

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12003
Seeds, breadfruit seeds, boiled

Refuse: 64% Soft shells

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	59.30		1		1		16.81		
Energy	kcal	168		0	NC	4		48		
Energy	kj	703				4		199		
Protein (N x 5.3)	g	5.30		1		1		1.50		
Total lipid (fat)	g	2.30		1		1		0.65		
Ash	g	1.10		1		1		0.31		
Carbohydrate, by difference	g	32.00		0	NC	4		9.07		
Fiber, total dietary	g	4.8		0	BFSN	4		1.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	61		0		1		17		
Iron, Fe	mg	0.60		0		1		0.17		
Magnesium, Mg	mg	50		0		4		14		
Phosphorus, P	mg	124		0		1		35		
Potassium, K	mg	875		0		4		248		
Sodium, Na	mg	23		0		4		7		
Zinc, Zn	mg	0.83		0		4		0.24		
Copper, Cu	mg	1.069		0		4		0.303		
Manganese, Mn	mg	0.132		0		4		0.037		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.1		0		4		1.7		
Thiamin	mg	0.290		0		1		0.082		
Riboflavin	mg	0.170		0		1		0.048		
Niacin	mg	5.300		0		1		1.503		
Pantothenic acid	mg	0.816		0		4		0.231		
Vitamin B-6	mg	0.298		0		4		0.084		
Folate, total	mcg	49		0		4		14		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	49		0		4		14		
Folate, DFE	mcg_DFE	49		0	NC	4		14		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	238		0		4		67		
Vitamin A, RAE	mcg_RAE	12		0		4		3		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.621		0		1		0.176		
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	0.411		0		1		0.117		
17:0	g									
18:0	g	0.210		0		1		0.060		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.293		0		1		0.083		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.012		0		1		0.003		

NDB No. 12003
Seeds, breadfruit seeds, boiled

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	0.281		0		1		0.080		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.225		0		1		0.347		
18:2 undifferentiated ... g	0.942		0		1		0.267		
18:3 undifferentiated ... g	0.283		0		1		0.080		
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	z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.088		0		1		0.025		
Threonine ... g	0.276		0		1		0.078		
Isoleucine ... g	0.317		0		1		0.090		
Leucine ... g	0.403		0		1		0.114		
Lysine ... g	0.408		0		1		0.116		
Methionine ... g	0.069		0		1		0.020		
Cystine ... g	0.083		0		1		0.024		
Phenylalanine ... g	0.571		0		1		0.162		
Tyrosine ... g	0.390		0		1		0.111		
Valine ... g	0.383		0		1		0.109		
Arginine ... g	0.354		0		1		0.100		
Histidine ... g	0.148		0		1		0.042		
Alanine ... g	0.241		0		1		0.068		
Aspartic acid ... g	0.585		0		1		0.166		
Glutamic acid ... g	0.742		0		1		0.210		
Glycine ... g	0.333		0		1		0.094		
Proline ... g	0.264		0		1		0.075		
Serine ... g	0.355		0		1		0.101		
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12001
Seeds, breadfruit seeds, raw
Artocarpus altilis

Refuse: 32% Shells

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	56.27		1		1		15.95		
Energy	kcal	191		0	NC	4		54		
Energy	kj	799				4		227		
Protein (N x 5.3)	g	7.40		1		1		2.10		
Total lipid (fat)	g	5.59		1		1		1.58		
Ash	g	1.50		1		1		0.43		
Carbohydrate, by difference	g	29.24		0	NC	4		8.29		
Fiber, total dietary	g	5.2		0	BFCN	4		1.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	36		0		1		10		
Iron, Fe	mg	3.67		0		1		1.04		
Magnesium, Mg	mg	54		0		4		15		
Phosphorus, P	mg	175		0		1		50		
Potassium, K	mg	941		0		4		267		
Sodium, Na	mg	25		0		4		7		
Zinc, Zn	mg	0.90		0		4		0.26		
Copper, Cu	mg	1.148		0		4		0.325		
Manganese, Mn	mg	0.142		0		4		0.040		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.6		0		1		1.9		
Thiamin	mg	0.482		0		1		0.137		
Riboflavin	mg	0.301		0		1		0.085		
Niacin	mg	0.438		0		1		0.124		
Pantothenic acid	mg	0.877		0		1		0.249		
Vitamin B-6	mg	0.320		0		4		0.091		
Folate, total	mcg	53		0		4		15		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	53		0		4		15		
Folate, DFE	mcg_DFE	53		0	NC	4		15		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	256		0		1		73		
Vitamin A, RAE	mcg_RAE	13		0		1		4		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.509		0		1		0.428		
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	0.999		1		1		0.283		
17:0	g									
18:0	g	0.510		1		1		0.145		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.712		0		1		0.202		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.030		1		1		0.009		

NDB No. 12001
Seeds, breadfruit seeds, raw

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	0.682		1		1		0.193		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.977		0		1		0.844		
18:2 undifferentiated ... g	2.290		1		1		0.649		
18:3 undifferentiated ... g	0.687		1		1		0.195		
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	z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.123		2		1		0.035		
Threonine ... g	0.385		1		1		0.109		
Isoleucine ... g	0.443		1		1		0.126		
Leucine ... g	0.563		1		1		0.160		
Lysine ... g	0.570		1		1		0.162		
Methionine ... g	0.096		1		1		0.027		
Cystine ... g	0.116		1		1		0.033		
Phenylalanine ... g	0.797		1		1		0.226		
Tyrosine ... g	0.544		1		1		0.154		
Valine ... g	0.535		1		1		0.152		
Arginine ... g	0.494		1		1		0.140		
Histidine ... g	0.207		1		1		0.059		
Alanine ... g	0.336		1		1		0.095		
Aspartic acid ... g	0.817		1		1		0.232		
Glutamic acid ... g	1.036		1		1		0.294		
Glycine ... g	0.465		1		1		0.132		
Proline ... g	0.369		1		1		0.105		
Serine ... g	0.496		1		1		0.141		
Hydroxyproline ... g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12158
Seeds, breadfruit seeds, roasted

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	49.70		1		1		14.09		
Energy	kcal	207		0	NC	4		59		
Energy	kj	866				4		246		
Protein (N x 5.3)	g	6.20		1		1		1.76		
Total lipid (fat)	g	2.70		1		1		0.77		
Ash	g	1.30		1		1		0.37		
Carbohydrate, by difference	g	40.10		0	NC	4		11.37		
Fiber, total dietary	g	6.0		0	BFSN	4		1.7		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	86		0		1		24		
Iron, Fe	mg	0.90		0		1		0.26		
Magnesium, Mg	mg	62		0		4		18		
Phosphorus, P	mg	175		0		1		50		
Potassium, K	mg	1082		0		4		307		
Sodium, Na	mg	28		0		4		8		
Zinc, Zn	mg	1.03		0		4		0.29		
Copper, Cu	mg	1.321		0		4		0.375		
Manganese, Mn	mg	0.163		0		4		0.046		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.6		0		4		2.2		
Thiamin	mg	0.410		0		1		0.116		
Riboflavin	mg	0.240		0		1		0.068		
Niacin	mg	7.400		0		1		2.098		
Pantothenic acid	mg	1.009		0		4		0.286		
Vitamin B-6	mg	0.420		0		4		0.119		
Folate, total	mcg	59		0		4		17		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	59		0		4		17		
Folate, DFE	mcg_DFE	59		0	NC	4		17		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	294		0		4		83		
Vitamin A, RAE	mcg_RAE	15		0		4		4		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.729		0		1		0.207		
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	0.483		0		1		0.137		
17:0	g									
18:0	g	0.246		0		1		0.070		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.344		0		1		0.098		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.015		0		1		0.004		

NDB No. 12158
Seeds, breadfruit seeds, roasted

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	0.329		0		1		0.093		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.438		0		1		0.408		
18:2 undifferentiated ... g	1.106		0		1		0.314		
18:3 undifferentiated ... g	0.332		0		1		0.094		
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	z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.103		0		1		0.029		
Threonine ... g	0.323		0		1		0.092		
Isoleucine ... g	0.371		0		1		0.105		
Leucine ... g	0.472		0		1		0.134		
Lysine ... g	0.477		0		1		0.135		
Methionine ... g	0.081		0		1		0.023		
Cystine ... g	0.097		0		1		0.027		
Phenylalanine ... g	0.668		0		1		0.189		
Tyrosine ... g	0.456		0		1		0.129		
Valine ... g	0.448		0		1		0.127		
Arginine ... g	0.414		0		1		0.117		
Histidine ... g	0.173		0		1		0.049		
Alanine ... g	0.282		0		1		0.080		
Aspartic acid ... g	0.684		0		1		0.194		
Glutamic acid ... g	0.868		0		1		0.246		
Glycine ... g	0.390		0		1		0.111		
Proline ... g	0.309		0		1		0.088		
Serine ... g	0.415		0		1		0.118		
Hydroxyproline ... g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12005
Seeds, breadnuttree seeds, dried

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	6.50		0		1		10.40	1.84	
Energy	kcal	367		0	NC	4		587	104	
Energy	kj	1536				4		2457	435	
Protein (N x 5.3)	g	8.62		0		1		13.79	2.44	
Total lipid (fat)	g	1.68		0		1		2.69	0.48	
Ash	g	3.81		0		1		6.10	1.08	
Carbohydrate, by difference	g	79.39		0	NC	4		127.02	22.51	
Fiber, total dietary	g	14.9		0		4		23.8	4.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	94		0		1		150	27	
Iron, Fe	mg	4.60		0		1		7.36	1.30	
Magnesium, Mg	mg	115		0		4		184	33	
Phosphorus, P	mg	178		0		1		285	50	
Potassium, K	mg	2011		0		4		3218	570	
Sodium, Na	mg	53		0		4		85	15	
Zinc, Zn	mg	1.91		0		4		3.06	0.54	
Copper, Cu	mg	2.455		0		4		3.928	0.696	
Manganese, Mn	mg	0.303		0		4		0.485	0.086	
Selenium, Se	mcg	1.9		0	BFSN	4		3.0	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	46.6		0		1		74.6	13.2	
Thiamin	mg	0.030		0		1		0.048	0.009	
Riboflavin	mg	0.140		0		1		0.224	0.040	
Niacin	mg	2.100		0		1		3.360	0.595	
Pantothenic acid	mg	1.875		0		4		3.000	0.532	
Vitamin B-6	mg	0.685		0		4		1.096	0.194	
Folate, total	mcg	113		0		4		181	32	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	113		0		4		181	32	
Folate, DFE	mcg_DFE	113		0	NC	4		181	32	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	216		0		1		346	61	
Vitamin A, RAE	mcg_RAE	11		0		1		17	3	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	3.500		0		4		5.600	0.992	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.454		0		1		0.726	0.129	
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	0.301		0		1		0.482	0.085	
17:0	g									
18:0	g	0.154		0		1		0.246	0.044	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.214		0		1		0.342	0.061	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.009		0		1		0.014	0.003	

NDB No. 12005
Seeds, breadnuttree seeds, dried

Nutrients and 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	0.205		0		1		0.328	0.058	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.896		0		1		1.434	0.254	
18:2 undifferentiated ... g	0.690		0		1		1.104	0.196	
18:3 undifferentiated ... g	0.207		0		1		0.331	0.059	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.234		0		1		0.374	0.066	
Threonine ... g	0.335		0		1		0.536	0.095	
Isoleucine ... g	0.488		0		1		0.781	0.138	
Leucine ... g	0.935		0		1		1.496	0.265	
Lysine ... g	0.376		0		1		0.602	0.107	
Methionine ... g	0.050		0		1		0.080	0.014	
Cystine ... g	0.135		0		1		0.216	0.038	
Phenylalanine ... g	0.407		0		1		0.651	0.115	
Tyrosine ... g	0.634		0		1		1.014	0.180	
Valine ... g	0.834		0		1		1.334	0.236	
Arginine ... g	0.793		0		1		1.269	0.225	
Histidine ... g	0.132		0		1		0.211	0.037	
Alanine ... g	0.392		0		1		0.627	0.111	
Aspartic acid ... g	0.951		0		1		1.522	0.270	
Glutamic acid ... g	5.206		0		1		8.330	1.476	
Glycine ... g	0.541		0		1		0.866	0.153	
Proline ... g	0.429		0		1		0.686	0.122	
Serine ... g	0.577		0		1		0.923	0.164	
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 = 160g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12004
Seeds, breadnuttree seeds, raw
Brosimum alicastrum

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	45.00		2		1		12.76		
Energy	kcal	217		0	NC	4		62		
Energy	kj	908				4		257		
Protein (N x 5.3)	g	5.97		1		1		1.69		
Total lipid (fat)	g	0.99		0		1		0.28		
Ash	g	1.76		1		1		0.50		
Carbohydrate, by difference	g	46.28		0	NC	4		13.12		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	98		1		1		28		
Iron, Fe	mg	2.09		1		1		0.59		
Magnesium, Mg	mg	68		0		4		19		
Phosphorus, P	mg	67		1		1		19		
Potassium, K	mg	1183		0		4		335		
Sodium, Na	mg	31		0		4		9		
Zinc, Zn	mg	1.13		0		4		0.32		
Copper, Cu	mg	1.444		0		4		0.409		
Manganese, Mn	mg	0.178		0		4		0.050		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	27.4		1		1		7.8		
Thiamin	mg	0.055		1		1		0.016		
Riboflavin	mg	0.055		1		1		0.016		
Niacin	mg	0.880		1		1		0.249		
Pantothenic acid	mg	1.103		0		4		0.313		
Vitamin B-6	mg	0.403		0		4		0.114		
Folate, total	mcg	66		0		4		19		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	66		0		4		19		
Folate, DFE	mcg_DFE	66		0	NC	4		19		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	248		1		1		70		
Vitamin A, RAE	mcg_RAE	12		1		1		4		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.267		0		1		0.076		
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	0.177		0		1		0.050		
17:0	g									
18:0	g	0.090		0		1		0.026		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.126		0		1		0.036		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.005		0		1		0.001		

NDB No. 12004
Seeds, breadnuttree seeds, raw

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	0.121		0		1		0.034		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.527		0		1		0.149		
18:2 undifferentiated ... g	0.406		0		1		0.115		
18:3 undifferentiated ... g	0.122		0		1		0.035		
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	z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.162		1		1		0.046		
Threonine ... g	0.232		1		1		0.066		
Isoleucine ... g	0.338		1		1		0.096		
Leucine ... g	0.647		1		1		0.183		
Lysine ... g	0.260		1		1		0.074		
Methionine ... g	0.035		1		1		0.010		
Cystine ... g	0.093		0		1		0.026		
Phenylalanine ... g	0.282		1		1		0.080		
Tyrosine ... g	0.439		0		1		0.124		
Valine ... g	0.578		1		1		0.164		
Arginine ... g	0.549		1		1		0.156		
Histidine ... g	0.091		1		1		0.026		
Alanine ... g	0.271		0		1		0.077		
Aspartic acid ... g	0.659		0		1		0.187		
Glutamic acid ... g	0.835		0		1		0.237		
Glycine ... g	0.375		0		1		0.106		
Proline ... g	0.297		0		1		0.084		
Serine ... g	0.400		0		1		0.113		
Hydroxyproline ... g									

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Common Measures:

Measure 1 = 28.35g: 1 oz (8-14 seeds)

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12006
Seeds, chia seeds, dried
Salvia spp.

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	5.30	0.806	3		1		1.50		
Energy	kcal	472		0	NC	4		134		
Energy	kj	1975				4		560		
Protein (N x 5.3)	g	16.62		2		1		4.71		
Total lipid (fat)	g	26.25		2		1		7.44		
Ash	g	3.96		2		1		1.12		
Carbohydrate, by difference	g	47.87		0	NC	4		13.57		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	529		2		1		150		
Iron, Fe	mg	10.00		1		1		2.84		
Magnesium, Mg	mg	77		0		4		22		
Phosphorus, P	mg	604		2		1		171		
Potassium, K	mg	1031		0		4		292		
Sodium, Na	mg	39		0		4		11		
Zinc, Zn	mg	5.32		1		1		1.51		
Copper, Cu	mg	1.660		1		1		0.471		
Manganese, Mn	mg	1.360		0		4		0.386		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	15.7		0		4		4.5		
Thiamin	mg	0.869		2		1		0.246		
Riboflavin	mg	0.166		2		1		0.047		
Niacin	mg	5.817		2		1		1.649		
Pantothenic acid	mg	0.938		0		4		0.266		
Vitamin B-6	mg	0.693		0		4		0.196		
Folate, total	mcg	114		0		4		32		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	114		0		4		32		
Folate, DFE	mcg_DFE	114		0	NC	4		32		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	36		2		1		10		
Vitamin A, RAE	mcg_RAE	2		2		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	10.536		0		1		2.987		
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	6.876		1		1		1.949		
17:0	g									
18:0	g	3.087		1		1		0.875		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	7.256		0		1		2.057		
14:1	g									
15:1	g									
16:1 undifferentiated	g	1.731		1		1		0.491		

NDB No. 12006
Seeds, chia seeds, dried

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	5.320		1		1		1.508		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	7.282		0		1		2.064		
18:2 undifferentiated ... g	3.212		1		1		0.911		
18:3 undifferentiated ... g	3.865		1		1		1.096		
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	z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.235		1		1		0.067		
Threonine ... g	0.746		1		1		0.211		
Isoleucine ... g	0.822		1		1		0.233		
Leucine ... g	1.374		1		1		0.390		
Lysine ... g	0.862		1		1		0.244		
Methionine ... g	0.392		1		1		0.111		
Cystine ... g	0.157		1		1		0.045		
Phenylalanine ... g	0.922		1		1		0.261		
Tyrosine ... g	0.724		1		1		0.205		
Valine ... g	0.960		1		1		0.272		
Arginine ... g	1.628		1		1		0.462		
Histidine ... g	0.489		1		1		0.139		
Alanine ... g	0.922		1		1		0.261		
Aspartic acid ... g	1.762		1		1		0.500		
Glutamic acid ... g	3.371		1		1		0.956		
Glycine ... g	0.978		1		1		0.277		
Proline ... g	0.665		1		1		0.189		
Serine ... g	1.157		1		1		0.328		
Hydroxyproline ... g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12008
Seeds, cottonseed flour, low fat (glandless)

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	6.90	0.246	7		1		1.96		
Energy	kcal	332		0	NC	4		94		
Energy	kj	1389				4		394		
Protein (N x 5.3)	g	49.83	0.663	6		1		14.13		
Total lipid (fat)	g	1.41	0.449	6		1		0.40		
Ash	g	5.76	0.735	5		1		1.63		
Carbohydrate, by difference	g	36.10		0	NC	4		10.23		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	474		2		1		134		
Iron, Fe	mg	12.58		2		1		3.57		
Magnesium, Mg	mg	716		2		1		203		
Phosphorus, P	mg	1587		2		1		450		
Potassium, K	mg	1761		2		1		499		
Sodium, Na	mg	35		2		1		10		
Zinc, Zn	mg	11.61		2		1		3.29		
Copper, Cu	mg	1.172		0		1		0.332		
Manganese, Mn	mg	2.129		0		4		0.604		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.4		2		1		0.7		
Thiamin	mg	2.089		2		1		0.592		
Riboflavin	mg	0.396		2		1		0.112		
Niacin	mg	4.039		1		1		1.145		
Pantothenic acid	mg	0.445		2		1		0.126		
Vitamin B-6	mg	0.764		2		1		0.217		
Folate, total	mcg	228		0		4		65		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	228		0		4		65		
Folate, DFE	mcg_DFE	228		0	NC	4		65		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	432		2		1		122		
Vitamin A, RAE	mcg_RAE	22		2		1		6		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.310		0		1		0.088		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.011		0		1		0.003		
15:0	g									
16:0	g	0.269		0		1		0.076		
17:0	g									
18:0	g	0.027		0		1		0.008		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.221		0		1		0.063		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.008		0		1		0.002		

NDB No. 12008
Seeds, cottonseed flour, low fat (glandless)

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	0.211		0		1		0.060		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.577		0		1		0.164		
18:2 undifferentiated ... g	0.570		0		1		0.162		
18:3 undifferentiated ... g	0.002		0		1		0.001		
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	z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.752		0		1		0.213		
Threonine ... g	1.843		0		1		0.522		
Isoleucine ... g	1.796		0		1		0.509		
Leucine ... g	3.404		0		1		0.965		
Lysine ... g	2.529		0		1		0.717		
Methionine ... g	0.809		0		1		0.229		
Cystine ... g	1.307		0		1		0.371		
Phenylalanine ... g	3.103		0		1		0.880		
Tyrosine ... g	1.796		0		1		0.509		
Valine ... g	2.557		0		1		0.725		
Arginine ... g	6.732		0		1		1.909		
Histidine ... g	1.570		0		1		0.445		
Alanine ... g	2.313		0		1		0.656		
Aspartic acid ... g	5.425		0		1		1.538		
Glutamic acid ... g	12.476		0		1		3.537		
Glycine ... g	2.416		0		1		0.685		
Proline ... g	2.125		0		1		0.602		
Serine ... g	2.492		0		1		0.706		
Hydroxyproline ... g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12007
Seeds, cottonseed flour, partially defatted (glandless)

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	6.30		1		1		5.92	0.32	
Energy	kcal	359		0	NC	4		337	18	
Energy	kj	1502				4		1412	75	
Protein (N x 5.3)	g	40.96		1		1		38.50	2.05	
Total lipid (fat)	g	6.20		1		1		5.83	0.31	
Ash	g	6.00		1		1		5.64	0.30	
Carbohydrate, by difference	g	40.54		0	NC	4		38.11	2.03	
Fiber, total dietary	g	3.0		0		4		2.8	0.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	478		0		1		449	24	
Iron, Fe	mg	12.66		0		1		11.90	0.63	
Magnesium, Mg	mg	721		0		1		678	36	
Phosphorus, P	mg	1597		0		1		1501	80	
Potassium, K	mg	1772		0		1		1666	89	
Sodium, Na	mg	35		0		1		33	2	
Zinc, Zn	mg	11.69		0		1		10.99	0.58	
Copper, Cu	mg	1.180		0		1		1.109	0.059	
Manganese, Mn	mg	2.143		0		4		2.014	0.107	
Selenium, Se	mcg	5.6		0	BFZN	4		5.3	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.4		0		4		2.3	0.1	
Thiamin	mg	2.102		0		4		1.976	0.105	
Riboflavin	mg	0.399		0		4		0.375	0.020	
Niacin	mg	4.065		0		4		3.821	0.203	
Pantothenic acid	mg	0.448		0		4		0.421	0.022	
Vitamin B-6	mg	0.769		0		4		0.723	0.038	
Folate, total	mcg	229		0		4		216	11	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	229		0		4		216	11	
Folate, DFE	mcg_DFE	229		0	NC	4		216	11	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	434		0		4		408	22	
Vitamin A, RAE	mcg_RAE	22		0		4		20	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.300		0		4		0.282	0.015	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.588		0		1		1.493	0.079	
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	0.056		0		1		0.053	0.003	
15:0	g									
16:0	g	1.381		0		1		1.298	0.069	
17:0	g									
18:0	g	0.140		0		1		0.132	0.007	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.133		0		1		1.065	0.057	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.042		0		1		0.039	0.002	

NDB No. 12007
Seeds, cottonseed flour, partially defatted (glandless)

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	1.082		0		1		1.017	0.054	
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	2.958		0		1		2.781	0.148	
18:2 undifferentiated ... g	2.925		0		1		2.750	0.146	
18:3 undifferentiated ... g	0.011		0		1		0.010	0.001	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.618		0		1		0.581	0.031	
Threonine ... g	1.515		0		1		1.424	0.076	
Isoleucine ... g	1.476		0		1		1.387	0.074	
Leucine ... g	2.798		0		1		2.630	0.140	
Lysine ... g	2.079		0		1		1.954	0.104	
Methionine ... g	0.665		0		1		0.625	0.033	
Cystine ... g	1.074		0		1		1.010	0.054	
Phenylalanine ... g	2.550		0		1		2.397	0.128	
Tyrosine ... g	1.476		0		1		1.387	0.074	
Valine ... g	2.102		0		1		1.976	0.105	
Arginine ... g	5.533		0		1		5.201	0.277	
Histidine ... g	1.291		0		1		1.214	0.065	
Alanine ... g	1.901		0		1		1.787	0.095	
Aspartic acid ... g	4.459		0		1		4.191	0.223	
Glutamic acid ... g	10.255		0		1		9.640	0.513	
Glycine ... g	1.986		0		1		1.867	0.099	
Proline ... g	1.747		0		1		1.642	0.087	
Serine ... g	2.048		0		1		1.925	0.102	
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 = 94g: 1 cup

Measure 2 = 5.0g: 1 tbsp

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12160

Seeds, cottonseed kernels, roasted (glandless)

Gossypium spp.

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	4.65		1		1		6.93	0.47	
Energy	kcal	506		0	NC	4		754	51	
Energy	kj	2117				4		3154	212	
Protein (N x 5.3)	g	32.59		2		1		48.56	3.26	
Total lipid (fat)	g	36.29		2		1		54.07	3.63	
Ash	g	4.58		1		1		6.82	0.46	
Carbohydrate, by difference	g	21.90		0	NC	4		32.63	2.19	
Fiber, total dietary	g	5.5		0		4		8.2	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	100		0		1		149	10	
Iron, Fe	mg	5.40		0		1		8.05	0.54	
Magnesium, Mg	mg	440		0		1		656	44	
Phosphorus, P	mg	800		0		1		1192	80	
Potassium, K	mg	1350		1		1		2012	135	
Sodium, Na	mg	25		1		1		37	3	
Zinc, Zn	mg	6.00		0		1		8.94	0.60	
Copper, Cu	mg	1.200		0		1		1.788	0.120	
Manganese, Mn	mg	2.181		0		4		3.250	0.218	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	9.0		0		1		13.4	0.9	
Thiamin	mg	0.750		0		1		1.118	0.075	
Riboflavin	mg	0.255		0		1		0.380	0.026	
Niacin	mg	3.000		0		1		4.470	0.300	
Pantothenic acid	mg	0.456		0		4		0.679	0.046	
Vitamin B-6	mg	0.782		0		4		1.165	0.078	
Folate, total	mcg	233		0		4		348	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	233		0		4		348	23	
Folate, DFE	mcg_DFE	233		0	NC	4		348	23	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	442		0		4		659	44	
Vitamin A, RAE	mcg_RAE	22		0		4		33	2	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.300		0		1		0.447	0.030	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.699		0		1		14.452	0.970	
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	0.341		0		1		0.508	0.034	
15:0	g									
16:0	g	8.433		0		1		12.565	0.843	
17:0	g									
18:0	g	0.853		0		1		1.271	0.085	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	6.919		0		1		10.309	0.692	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.256		0		1		0.381	0.026	

NDB No. 12160
Seeds, cottonseed kernels, roasted (glandless)

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	6.612		0		1		9.852	0.661	
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	18.068		0		1		26.921	1.807	
18:2 undifferentiated ... g	17.865		0		1		26.619	1.787	
18:3 undifferentiated ... g	0.069		0		1		0.103	0.007	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.492		27		1		0.733	0.049	
Threonine ... g	1.205		41		1		1.795	0.121	
Isoleucine ... g	1.174		37		1		1.749	0.117	
Leucine ... g	2.226		41		1		3.317	0.223	
Lysine ... g	1.654		43		1		2.464	0.165	
Methionine ... g	0.529		37		1		0.788	0.053	
Cystine ... g	0.855		28		1		1.274	0.086	
Phenylalanine ... g	2.029		37		1		3.023	0.203	
Tyrosine ... g	1.174		31		1		1.749	0.117	
Valine ... g	1.672		37		1		2.491	0.167	
Arginine ... g	4.402		37		1		6.559	0.440	
Histidine ... g	1.027		35		1		1.530	0.103	
Alanine ... g	1.512		35		1		2.253	0.151	
Aspartic acid ... g	3.547		35		1		5.285	0.355	
Glutamic acid ... g	8.158		35		1		12.155	0.816	
Glycine ... g	1.580		35		1		2.354	0.158	
Proline ... g	1.389		31		1		2.070	0.139	
Serine ... g	1.629		31		1		2.427	0.163	
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 = 149g: 1 cup

Measure 2 = 10.0g: 1 tbsp

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12011
Seeds, cottonseed meal, partially defatted (glandless)

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	1.20		1		1		0.34		
Energy	kcal	367		0	NC	4		104		
Energy	kj	1536				4		435		
Protein (N x 5.3)	g	49.10		1		1		13.92		
Total lipid (fat)	g	4.77		1		1		1.35		
Ash	g	6.50		1		1		1.84		
Carbohydrate, by difference	g	38.43		0	NC	4		10.89		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	504		0		1		143		
Iron, Fe	mg	13.35		0		1		3.78		
Magnesium, Mg	mg	760		0		1		215		
Phosphorus, P	mg	1684		0		1		477		
Potassium, K	mg	1869		0		1		530		
Sodium, Na	mg	37		0		1		10		
Zinc, Zn	mg	12.32		0		1		3.49		
Copper, Cu	mg	0.001		0		1		0.000		
Manganese, Mn	mg	2.260		0		4		0.641		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.5		0		4		0.7		
Thiamin	mg	2.217		0		4		0.629		
Riboflavin	mg	0.420		0		4		0.119		
Niacin	mg	4.286		0		4		1.215		
Pantothenic acid	mg	0.472		0		4		0.134		
Vitamin B-6	mg	0.811		0		4		0.230		
Folate, total	mcg	242		0		4		69		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	242		0		4		69		
Folate, DFE	mcg_DFE	242		0	NC	4		69		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	458		0		4		130		
Vitamin A, RAE	mcg_RAE	23		0		4		6		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.207		0		1		0.342		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.042		0		1		0.012		
15:0	g									
16:0	g	1.049		0		1		0.297		
17:0	g									
18:0	g	0.106		0		1		0.030		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.861		0		1		0.244		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.032		0		1		0.009		

NDB No. 12011
Seeds, cottonseed meal, partially defatted (glandless)

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	0.823		0		1		0.233		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.248		0		1		0.637		
18:2 undifferentiated ... g	2.223		0		1		0.630		
18:3 undifferentiated ... g	0.009		0		1		0.003		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.741		0		1		0.210		
Threonine ... g	1.816		0		1		0.515		
Isoleucine ... g	1.769		0		1		0.502		
Leucine ... g	3.354		0		1		0.951		
Lysine ... g	2.492		0		1		0.706		
Methionine ... g	0.797		0		1		0.226		
Cystine ... g	1.288		0		1		0.365		
Phenylalanine ... g	3.057		0		1		0.867		
Tyrosine ... g	1.769		0		1		0.502		
Valine ... g	2.520		0		1		0.714		
Arginine ... g	6.633		0		1		1.880		
Histidine ... g	1.547		0		1		0.439		
Alanine ... g	2.279		0		1		0.646		
Aspartic acid ... g	5.345		0		1		1.515		
Glutamic acid ... g	12.293		0		1		3.485		
Glycine ... g	2.381		0		1		0.675		
Proline ... g	2.094		0		1		0.594		
Serine ... g	2.455		0		1		0.696		
Hydroxyproline ... g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12220
Seeds, flaxseed (1)
Linum usitatissimum

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	8.75		2	A	1		13.56	1.05	
Energy	kcal	492		0	NC	4		763	59	
Energy	kj	2059				4		3191	247	
Protein (N x 5.3)	g	19.50		2	A	1		30.23	2.34	
Total lipid (fat)	g	34.00		2	A	1		52.70	4.08	
Ash	g	3.50		2	A	1		5.43	0.42	
Carbohydrate, by difference	g	34.25		0	NC	4		53.09	4.11	
Fiber, total dietary	g	27.9		2	A	1		43.2	3.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	199		5	A	1		308	24	
Iron, Fe	mg	6.22		5	A	1		9.64	0.75	
Magnesium, Mg	mg	362		5	A	1		561	43	
Phosphorus, P	mg	498		5	A	1		772	60	
Potassium, K	mg	681		5	A	1		1056	82	
Sodium, Na	mg	34		5	A	1		53	4	
Zinc, Zn	mg	4.17		5	A	1		6.46	0.50	
Copper, Cu	mg	1.041		5	A	1		1.614	0.125	
Manganese, Mn	mg	3.281		5	A	1		5.086	0.394	
Selenium, Se	mcg	5.5		0	BFZN	4		8.5	0.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3		0	BFSY	4		2.0	0.2	
Thiamin	mg	0.170		0	T	4		0.264	0.020	
Riboflavin	mg	0.160		0	T	4		0.248	0.019	
Niacin	mg	1.400		0	T	4		2.170	0.168	
Pantothenic acid	mg	1.530		0	T	4		2.372	0.184	
Vitamin B-6	mg	0.927		0	T	4		1.437	0.111	
Folate, total	mcg	278		0	T	4		431	33	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	278		0	T	4		431	33	
Folate, DFE	mcg_DFE	278		0	NC	4		431	33	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	0		0	T	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	T	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	5.000		0	BFZN	4		7.750	0.600	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.196		0	BFFN	4		4.954	0.384	
4:0	g	0.000		0	BFFN	4		0.000	0.000	
6:0	g	0.000		0	BFFN	4		0.000	0.000	
8:0	g	0.000		0	BFFN	4		0.000	0.000	
10:0	g	0.000		0	BFFN	4		0.000	0.000	
12:0	g	0.000		0	BFFN	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	BFFN	4		0.000	0.000	
15:0	g									
16:0	g	1.802		0	BFFN	4		2.793	0.216	
17:0	g									
18:0	g	1.394		0	BFFN	4		2.161	0.167	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	6.868		0	BFFN	4		10.645	0.824	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 12220
Seeds, flaxseed (1)

Nutrients and 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	6.868		0	BFFN	4		10.645	0.824	
20:1 ... g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	22.440		0	BFFN	4		34.782	2.693	
18:2 undifferentiated ... g	4.318		0	BFFN	4		6.693	0.518	
18:3 undifferentiated ... g	18.122		0	BFFN	4		28.089	2.175	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg									
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 = 155g: 1 cup

Measure 2 = 12.0g: 1 tbsp

Footnotes

1 Up to 12 percent flax seed can safely be used as an ingredient in food.

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12013
Seeds, lotus seeds, dried

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	14.16		2		1		4.53	4.01	
Energy	kcal	332		0	NC	4		106	94	
Energy	kj	1389				4		445	394	
Protein (N x 5.3)	g	15.41		2		1		4.93	4.37	
Total lipid (fat)	g	1.97		2		1		0.63	0.56	
Ash	g	3.99		2		1		1.28	1.13	
Carbohydrate, by difference	g	64.47		0	NC	4		20.63	18.28	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	163		2		1		52	46	
Iron, Fe	mg	3.53		2		1		1.13	1.00	
Magnesium, Mg	mg	210		1		1		67	60	
Phosphorus, P	mg	626		2		1		200	177	
Potassium, K	mg	1368		1		1		438	388	
Sodium, Na	mg	5		1		1		2	1	
Zinc, Zn	mg	1.05		0		4		0.34	0.30	
Copper, Cu	mg	0.350		0		4		0.112	0.099	
Manganese, Mn	mg	2.318		0		4		0.742	0.657	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.640		1		1		0.205	0.181	
Riboflavin	mg	0.150		1		1		0.048	0.043	
Niacin	mg	1.600		1		1		0.512	0.454	
Pantothenic acid	mg	0.851		0		4		0.272	0.241	
Vitamin B-6	mg	0.629		0		4		0.201	0.178	
Folate, total	mcg	104		0		4		33	29	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	104		0		4		33	29	
Folate, DFE	mcg_DFE	104		0	NC	4		33	29	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	50		1		1		16	14	
Vitamin A, RAE	mcg_RAE	3		1		1		1	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.330		0		1		0.106	0.094	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.004		0		1		0.001	0.001	
15:0	g									
16:0	g	0.288		0		1		0.092	0.082	
17:0	g									
18:0	g									
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.388		0		1		0.124	0.110	
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 12013
Seeds, lotus seeds, dried

Nutrients and 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	0.230		0		1		0.074	0.065	
20:1 ....g	0.043		0		1		0.014	0.012	
22:1 undifferentiated ....g	0.115		0		1		0.037	0.033	
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	1.166		0		1		0.373	0.331	
18:2 undifferentiated ....g	1.064		0		1		0.340	0.302	
18:3 undifferentiated ....g	0.102		0		1		0.033	0.029	
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	z	7		0	0	
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.221		0		1		0.071	0.063	
Threonine ....g	0.747		0		1		0.239	0.212	
Isoleucine ....g	0.765		0		1		0.245	0.217	
Leucine ....g	1.215		0		1		0.389	0.344	
Lysine ....g	0.985		0		1		0.315	0.279	
Methionine ....g	0.267		0		1		0.085	0.076	
Cystine ....g	0.201		0		1		0.064	0.057	
Phenylalanine ....g	0.767		0		1		0.245	0.217	
Tyrosine ....g	0.375		0		1		0.120	0.106	
Valine ....g	0.991		0		1		0.317	0.281	
Arginine ....g	1.262		0		1		0.404	0.358	
Histidine ....g	0.430		0		1		0.138	0.122	
Alanine ....g	0.892		0		1		0.285	0.253	
Aspartic acid ....g	1.884		0		1		0.603	0.534	
Glutamic acid ....g	3.570		0		1		1.142	1.012	
Glycine ....g	0.826		0		1		0.264	0.234	
Proline ....g	1.285		0		1		0.411	0.364	
Serine ....g	0.939		0		1		0.300	0.266	
Hydroxyproline ....g									

Blanks in the 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 = 32g: 1 cup

Measure 2 = 28.35g: 1 oz (42 medium seeds)

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12205
Seeds, lotus seeds, raw
Nelumbo spp.

Refuse: 47% Shells

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	77.00		0		1		21.83		
Energy	kcal	89		0	NC	4		25		
Energy	kj	372				4		106		
Protein (N x 5.3)	g	4.13		0		1		1.17		
Total lipid (fat)	g	0.53		0		1		0.15		
Ash	g	1.07		0		1		0.30		
Carbohydrate, by difference	g	17.28		0	NC	4		4.90		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	44		0		1		12		
Iron, Fe	mg	0.95		0		1		0.27		
Magnesium, Mg	mg	56		0		1		16		
Phosphorus, P	mg	168		0		1		48		
Potassium, K	mg	367		0		1		104		
Sodium, Na	mg	1		0		1		0		
Zinc, Zn	mg	0.28		0		4		0.08		
Copper, Cu	mg	0.094		0		4		0.027		
Manganese, Mn	mg	0.621		0		4		0.176		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.171		0		1		0.048		
Riboflavin	mg	0.040		0		1		0.011		
Niacin	mg	0.429		0		1		0.122		
Pantothenic acid	mg	0.228		0		4		0.065		
Vitamin B-6	mg	0.168		0		4		0.048		
Folate, total	mcg	28		0		4		8		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	28		0		4		8		
Folate, DFE	mcg_DFE	28		0	NC	4		8		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	13		0		1		4		
Vitamin A, RAE	mcg_RAE	1		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.088		0		1		0.025		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.001		1		1		0.000		
15:0	g									
16:0	g	0.077		1		1		0.022		
17:0	g									
18:0	g									
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.104		0		1		0.029		
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 12205
Seeds, lotus seeds, raw

Nutrients and 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	0.062		1		1		0.018		
20:1 g	0.012		1		1		0.003		
22:1 undifferentiated g	0.031		1		1		0.009		
24:1 c g									
Fatty acids, total polyunsaturated g	0.312		0		1		0.088		
18:2 undifferentiated g	0.285		1		1		0.081		
18:3 undifferentiated g	0.027		1		1		0.008		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	0		0	z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.059		6		1		0.017		
Threonine g	0.200		6		1		0.057		
Isoleucine g	0.205		6		1		0.058		
Leucine g	0.326		6		1		0.092		
Lysine g	0.264		6		1		0.075		
Methionine g	0.072		6		1		0.020		
Cystine g	0.054		6		1		0.015		
Phenylalanine g	0.206		6		1		0.058		
Tyrosine g	0.100		6		1		0.028		
Valine g	0.266		6		1		0.075		
Arginine g	0.338		6		1		0.096		
Histidine g	0.115		6		1		0.033		
Alanine g	0.239		6		1		0.068		
Aspartic acid g	0.505		6		1		0.143		
Glutamic acid g	0.957		6		1		0.271		
Glycine g	0.221		6		1		0.063		
Proline g	0.344		6		1		0.098		
Serine g	0.252		6		1		0.071		
Hydroxyproline g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12014
Seeds, pumpkin and squash seed kernels, dried

Refuse: 26% Hulls

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	6.92	0.391	17		1		9.55	1.96	
Energy	kcal	541		0	NC	4		747	153	
Energy	kj	2264				4		3124	642	
Protein (N x 5.3)	g	24.54	0.767	17		1		33.87	6.96	
Total lipid (fat)	g	45.85	0.877	17		1		63.27	13.00	
Ash	g	4.88	0.127	15		1		6.73	1.38	
Carbohydrate, by difference	g	17.81		0	NC	4		24.58	5.05	
Fiber, total dietary	g	3.9		0		4		5.4	1.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	43	1.184	13		1		59	12	
Iron, Fe	mg	14.97	1.018	11		1		20.66	4.24	
Magnesium, Mg	mg	535		1		1		738	152	
Phosphorus, P	mg	1174	34.726	12		1		1620	333	
Potassium, K	mg	807		1		1		1114	229	
Sodium, Na	mg	18		1		1		25	5	
Zinc, Zn	mg	7.46		0		1		10.29	2.11	
Copper, Cu	mg	1.387		0		1		1.914	0.393	
Manganese, Mn	mg	3.021		0		4		4.169	0.856	
Selenium, Se	mcg	5.6		0	BFSN	4		7.7	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9		0		4		2.6	0.5	
Thiamin	mg	0.210		2		1		0.290	0.060	
Riboflavin	mg	0.320		2		1		0.442	0.091	
Niacin	mg	1.745		2		1		2.408	0.495	
Pantothenic acid	mg	0.339		0		4		0.468	0.096	
Vitamin B-6	mg	0.224		0		4		0.309	0.064	
Folate, total	mcg	58		0		4		79	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	58		0		4		79	16	
Folate, DFE	mcg_DFE	58		0	NC	4		79	16	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	380		0		1		524	108	
Vitamin A, RAE	mcg_RAE	19		0		1		26	5	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	1.000		0		4		1.380	0.284	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	8.674		0		1		11.970	2.459	
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	0.044		1		1		0.061	0.012	
13:0	g									
14:0	g	0.052		5		1		0.072	0.015	
15:0	g									
16:0	g	5.612		12		1		7.745	1.591	
17:0	g									
18:0	g	2.811		12		1		3.879	0.797	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	14.258		0		1		19.676	4.042	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.099		4		1		0.137	0.028	

NDB No. 12014
Seeds, pumpkin and squash seed kernels, dried

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	14.146		12		1		19.521	4.010	
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	20.904		0		1		28.848	5.926	
18:2 undifferentiated ... g	20.702		12		1		28.569	5.869	
18:3 undifferentiated ... g	0.181		6		1		0.250	0.051	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.431		0		1		0.595	0.122	
Threonine ... g	0.903		0		1		1.246	0.256	
Isoleucine ... g	1.264		0		1		1.744	0.358	
Leucine ... g	2.079		0		1		2.869	0.589	
Lysine ... g	1.833		0		1		2.530	0.520	
Methionine ... g	0.551		0		1		0.760	0.156	
Cystine ... g	0.301		0		1		0.415	0.085	
Phenylalanine ... g	1.222		0		1		1.686	0.346	
Tyrosine ... g	1.019		0		1		1.406	0.289	
Valine ... g	1.972		0		1		2.721	0.559	
Arginine ... g	4.033		0		1		5.566	1.143	
Histidine ... g	0.681		0		1		0.940	0.193	
Alanine ... g	1.158		0		1		1.598	0.328	
Aspartic acid ... g	2.477		0		1		3.418	0.702	
Glutamic acid ... g	4.315		0		1		5.955	1.223	
Glycine ... g	1.796		0		1		2.478	0.509	
Proline ... g	1.000		0		1		1.380	0.284	
Serine ... g	1.148		0		1		1.584	0.325	
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 = 138g: 1 cup

Measure 2 = 28.35g: 1 oz hulled (142 seeds)

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12516

Seeds, pumpkin and squash seed kernels, roasted, 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	7.10		1		1		16.12	2.01	
Energy	kcal	522		0	NC	4		1185	148	
Energy	kj	2184				4		4958	619	
Protein (N x 5.3)	g	32.97		1		1		74.84	9.35	
Total lipid (fat)	g	42.13		1		1		95.64	11.94	
Ash	g	4.37		1		1		9.92	1.24	
Carbohydrate, by difference	g	13.43		0	NC	4		30.49	3.81	
Fiber, total dietary	g	3.9		0		4		8.9	1.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	43		0		1		98	12	
Iron, Fe	mg	14.94		0		1		33.91	4.24	
Magnesium, Mg	mg	534		0		1		1212	151	
Phosphorus, P	mg	1172		0		1		2660	332	
Potassium, K	mg	806		0		1		1830	229	
Sodium, Na	mg	575		0		1		1305	163	
Zinc, Zn	mg	7.44		0		1		16.89	2.11	
Copper, Cu	mg	1.384		0		1		3.142	0.392	
Manganese, Mn	mg	3.016		0		4		6.846	0.855	
Selenium, Se	mcg	5.6	0.550	4	A	1		12.7	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0		4		4.1	0.5	
Thiamin	mg	0.210		0		4		0.477	0.060	
Riboflavin	mg	0.319		0		4		0.724	0.090	
Niacin	mg	1.742		0		4		3.954	0.494	
Pantothenic acid	mg	0.339		0		4		0.770	0.096	
Vitamin B-6	mg	0.090		0		1		0.204	0.026	
Folate, total	mcg	57		0		4		130	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	57		0		4		130	16	
Folate, DFE	mcg_DFE	57		0	NC	4		130	16	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	380		0		4		863	108	
Vitamin A, RAE	mcg_RAE	19		0		4		43	5	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	1.000		0		4		2.270	0.284	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.970		0		1		18.092	2.259	
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	0.040		0		1		0.091	0.011	
13:0	g									
14:0	g	0.048		0		1		0.109	0.014	
15:0	g									
16:0	g	5.156		0		1		11.704	1.462	
17:0	g									
18:0	g	2.583		0		1		5.863	0.732	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	13.100		0		1		29.737	3.714	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.091		0		1		0.207	0.026	

NDB No. 12516
Seeds, pumpkin and squash seed kernels, roasted, 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
17:1 ... g									
18:1 undifferentiated ... g	12.997		0		1		29.503	3.685	
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	19.206		0		1		43.598	5.445	
18:2 undifferentiated ... g	19.020		0		1		43.175	5.392	
18:3 undifferentiated ... g	0.166		0		1		0.377	0.047	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.578		0		1		1.312	0.164	
Threonine ... g	1.213		0		1		2.754	0.344	
Isoleucine ... g	1.698		0		1		3.854	0.481	
Leucine ... g	2.793		0		1		6.340	0.792	
Lysine ... g	2.463		0		1		5.591	0.698	
Methionine ... g	0.740		0		1		1.680	0.210	
Cystine ... g	0.404		0		1		0.917	0.115	
Phenylalanine ... g	1.642		0		1		3.727	0.466	
Tyrosine ... g	1.368		0		1		3.105	0.388	
Valine ... g	2.650		0		1		6.016	0.751	
Arginine ... g	5.418		0		1		12.299	1.536	
Histidine ... g	0.914		0		1		2.075	0.259	
Alanine ... g	1.555		0		1		3.530	0.441	
Aspartic acid ... g	3.328		0		1		7.555	0.943	
Glutamic acid ... g	5.797		0		1		13.159	1.643	
Glycine ... g	2.413		0		1		5.478	0.684	
Proline ... g	1.344		0		1		3.051	0.381	
Serine ... g	1.543		0		1		3.503	0.437	
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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12016
Seeds, pumpkin and squash seed kernels, roasted, 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	7.10		1		1		16.12	2.01	
Energy	kcal	522		0	NC	4		1185	148	
Energy	kj	2184				4		4958	619	
Protein (N x 5.3)	g	32.97		1		1		74.84	9.35	
Total lipid (fat)	g	42.13		1		1		95.64	11.94	
Ash	g	4.37		1		1		9.92	1.24	
Carbohydrate, by difference	g	13.43		0	NC	4		30.49	3.81	
Fiber, total dietary	g	3.9		0		4		8.9	1.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	43		0		1		98	12	
Iron, Fe	mg	14.94		0		1		33.91	4.24	
Magnesium, Mg	mg	534		0		1		1212	151	
Phosphorus, P	mg	1172		0		1		2660	332	
Potassium, K	mg	806		0		1		1830	229	
Sodium, Na	mg	18		0		1		41	5	
Zinc, Zn	mg	7.44		0		1		16.89	2.11	
Copper, Cu	mg	1.384		0		1		3.142	0.392	
Manganese, Mn	mg	3.016		0		4		6.846	0.855	
Selenium, Se	mcg	5.6	0.550	4	A	1		12.7	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0		4		4.1	0.5	
Thiamin	mg	0.210		0		4		0.477	0.060	
Riboflavin	mg	0.319		0		4		0.724	0.090	
Niacin	mg	1.742		0		4		3.954	0.494	
Pantothenic acid	mg	0.339		0		4		0.770	0.096	
Vitamin B-6	mg	0.090		0		1		0.204	0.026	
Folate, total	mcg	57		0		4		130	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	57		0		4		130	16	
Folate, DFE	mcg_DFE	57		0	NC	4		130	16	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	380		0		4		863	108	
Vitamin A, RAE	mcg_RAE	19		0		4		43	5	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	1.000		0		4		2.270	0.284	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.970		0		1		18.092	2.259	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0	Z	7		0.000	0.000	
12:0	g	0.040		0		1		0.091	0.011	
13:0	g									
14:0	g	0.048		0		1		0.109	0.014	
15:0	g									
16:0	g	5.156		0		1		11.704	1.462	
17:0	g									
18:0	g	2.583		0		1		5.863	0.732	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	13.100		0		1		29.737	3.714	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.091		0		1		0.207	0.026	

NDB No. 12016
Seeds, pumpkin and squash seed kernels, roasted, 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
17:1 ... g									
18:1 undifferentiated ... g	12.997		0		1		29.503	3.685	
20:1 ... g	0.000		0	z	7		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	z	7		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	19.206		0		1		43.598	5.445	
18:2 undifferentiated ... g	19.020		0		1		43.175	5.392	
18:3 undifferentiated ... g	0.166		0		1		0.377	0.047	
18:4 ... g	0.000		0	z	7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	z	7		0.000	0.000	
20:5 n-3 ... g	0.000		0	z	7		0.000	0.000	
22:5 n-3 ... g	0.000		0	z	7		0.000	0.000	
22:6 n-3 ... g	0.000		0	z	7		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.578		0		1		1.312	0.164	
Threonine ... g	1.213		0		1		2.754	0.344	
Isoleucine ... g	1.698		0		1		3.854	0.481	
Leucine ... g	2.793		0		1		6.340	0.792	
Lysine ... g	2.463		0		1		5.591	0.698	
Methionine ... g	0.740		0		1		1.680	0.210	
Cystine ... g	0.404		0		1		0.917	0.115	
Phenylalanine ... g	1.642		0		1		3.727	0.466	
Tyrosine ... g	1.368		0		1		3.105	0.388	
Valine ... g	2.650		0		1		6.016	0.751	
Arginine ... g	5.418		0		1		12.299	1.536	
Histidine ... g	0.914		0		1		2.075	0.259	
Alanine ... g	1.555		0		1		3.530	0.441	
Aspartic acid ... g	3.328		0		1		7.555	0.943	
Glutamic acid ... g	5.797		0		1		13.159	1.643	
Glycine ... g	2.413		0		1		5.478	0.684	
Proline ... g	1.344		0		1		3.051	0.381	
Serine ... g	1.543		0		1		3.503	0.437	
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 = 227g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12663
Seeds, pumpkin and squash seeds, whole, roasted, 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	4.50		1		1		2.88	1.28	
Energy	kcal	446		0	NC	4		285	126	
Energy	kj	1866				4		1194	529	
Protein (N x 5.3)	g	18.55		1		1		11.87	5.26	
Total lipid (fat)	g	19.40		1		1		12.42	5.50	
Ash	g	3.80		1		1		2.43	1.08	
Carbohydrate, by difference	g	53.75		0	NC	4		34.40	15.24	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	55		1		1		35	16	
Iron, Fe	mg	3.31		1		1		2.12	0.94	
Magnesium, Mg	mg	262		1		1		168	74	
Phosphorus, P	mg	92		1		1		59	26	
Potassium, K	mg	919		1		1		588	261	
Sodium, Na	mg	575		1		1		368	163	
Zinc, Zn	mg	10.30		1		1		6.59	2.92	
Copper, Cu	mg	0.690		1		1		0.442	0.196	
Manganese, Mn	mg	0.496		0		4		0.317	0.141	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		4		0.2	0.1	
Thiamin	mg	0.034		0		4		0.022	0.010	
Riboflavin	mg	0.052		0		4		0.033	0.015	
Niacin	mg	0.286		0		4		0.183	0.081	
Pantothenic acid	mg	0.056		0		4		0.036	0.016	
Vitamin B-6	mg	0.037		0		4		0.024	0.010	
Folate, total	mcg	9		0		4		6	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		4		6	3	
Folate, DFE	mcg_DFE	9		0	NC	4		6	3	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	62		0		4		40	18	
Vitamin A, RAE	mcg_RAE	3		0		4		2	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.670		0		1		2.349	1.040	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.019		0		1		0.012	0.005	
13:0	g									
14:0	g	0.022		0		1		0.014	0.006	
15:0	g									
16:0	g	2.374		0		1		1.519	0.673	
17:0	g									
18:0	g	1.189		0		1		0.761	0.337	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	6.032		0		1		3.860	1.710	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.042		0		1		0.027	0.012	

NDB No. 12663
Seeds, pumpkin and squash seeds, whole, roasted, 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
17:1 ... g									
18:1 undifferentiated ... g	5.985		0		1		3.830	1.697	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	8.844		0		1		5.660	2.507	
18:2 undifferentiated ... g	8.759		0		1		5.606	2.483	
18:3 undifferentiated ... g	0.077		0		1		0.049	0.022	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.326		12		1		0.209	0.092	
Threonine ... g	0.683		15		1		0.437	0.194	
Isoleucine ... g	0.956		15		1		0.612	0.271	
Leucine ... g	1.572		15		1		1.006	0.446	
Lysine ... g	1.386		15		1		0.887	0.393	
Methionine ... g	0.417		14		1		0.267	0.118	
Cystine ... g	0.228		3		1		0.146	0.065	
Phenylalanine ... g	0.924		14		1		0.591	0.262	
Tyrosine ... g	0.770		15		1		0.493	0.218	
Valine ... g	1.491		14		1		0.954	0.423	
Arginine ... g	3.049		14		1		1.951	0.864	
Histidine ... g	0.515		14		1		0.330	0.146	
Alanine ... g	0.875		5		1		0.560	0.248	
Aspartic acid ... g	1.873		5		1		1.199	0.531	
Glutamic acid ... g	3.262		5		1		2.088	0.925	
Glycine ... g	1.358		6		1		0.869	0.385	
Proline ... g	0.756		5		1		0.484	0.214	
Serine ... g	0.868		5		1		0.556	0.246	
Hydroxyproline ... g									

Blanks in the 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 = 64g: 1 cup

Measure 2 = 28.35g: 1 oz (85 seeds)

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12163

Seeds, pumpkin and squash seeds, whole, roasted, without salt

Cucurbita spp.

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	4.50		1		1		2.88	1.28	
Energy	kcal	446		0	NC	4		285	126	
Energy	kj	1866				4		1194	529	
Protein (N x 5.3)	g	18.55		1		1		11.87	5.26	
Total lipid (fat)	g	19.40		1		1		12.42	5.50	
Ash	g	3.80		1		1		2.43	1.08	
Carbohydrate, by difference	g	53.75		0	NC	4		34.40	15.24	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	55		1		1		35	16	
Iron, Fe	mg	3.31		1		1		2.12	0.94	
Magnesium, Mg	mg	262		1		1		168	74	
Phosphorus, P	mg	92		1		1		59	26	
Potassium, K	mg	919		1		1		588	261	
Sodium, Na	mg	18		0		1		12	5	
Zinc, Zn	mg	10.30		1		1		6.59	2.92	
Copper, Cu	mg	0.690		1		1		0.442	0.196	
Manganese, Mn	mg	0.496		0		4		0.317	0.141	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		4		0.2	0.1	
Thiamin	mg	0.034		0		4		0.022	0.010	
Riboflavin	mg	0.052		0		4		0.033	0.015	
Niacin	mg	0.286		0		4		0.183	0.081	
Pantothenic acid	mg	0.056		0		4		0.036	0.016	
Vitamin B-6	mg	0.037		0		4		0.024	0.010	
Folate, total	mcg	9		0		4		6	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		4		6	3	
Folate, DFE	mcg_DFE	9		0	NC	4		6	3	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	62		0		4		40	18	
Vitamin A, RAE	mcg_RAE	3		0		4		2	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.670		0		1		2.349	1.040	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.019		0		1		0.012	0.005	
13:0	g									
14:0	g	0.022		0		1		0.014	0.006	
15:0	g									
16:0	g	2.374		0		1		1.519	0.673	
17:0	g									
18:0	g	1.189		0		1		0.761	0.337	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	6.032		0		1		3.860	1.710	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.042		0		1		0.027	0.012	

NDB No. 12163
Seeds, pumpkin and squash seeds, whole, roasted, 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
17:1 ... g									
18:1 undifferentiated ... g	5.985		0		1		3.830	1.697	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	8.844		0		1		5.660	2.507	
18:2 undifferentiated ... g	8.759		0		1		5.606	2.483	
18:3 undifferentiated ... g	0.077		0		1		0.049	0.022	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.326		12		1		0.209	0.092	
Threonine ... g	0.683		15		1		0.437	0.194	
Isoleucine ... g	0.956		15		1		0.612	0.271	
Leucine ... g	1.572		15		1		1.006	0.446	
Lysine ... g	1.386		15		1		0.887	0.393	
Methionine ... g	0.417		14		1		0.267	0.118	
Cystine ... g	0.228		3		1		0.146	0.065	
Phenylalanine ... g	0.924		14		1		0.591	0.262	
Tyrosine ... g	0.770		15		1		0.493	0.218	
Valine ... g	1.491		14		1		0.954	0.423	
Arginine ... g	3.049		14		1		1.951	0.864	
Histidine ... g	0.515		14		1		0.330	0.146	
Alanine ... g	0.875		5		1		0.560	0.248	
Aspartic acid ... g	1.873		5		1		1.199	0.531	
Glutamic acid ... g	3.262		5		1		2.088	0.925	
Glycine ... g	1.358		6		1		0.869	0.385	
Proline ... g	0.756		5		1		0.484	0.214	
Serine ... g	0.868		5		1		0.556	0.246	
Hydroxyproline ... g									

Blanks in the 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 = 64g: 1 cup

Measure 2 = 28.35g: 1 oz (85 seeds)

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12021
Seeds, safflower seed kernels, dried
Carthamus tinctorius

Refuse: 49% Hulls

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	5.62	0.145	34		1		1.59		
Energy	kcal	517		0	NC	4		147		
Energy	kj	2163				4		613		
Protein (N x 5.3)	g	16.18		2		1		4.59		
Total lipid (fat)	g	38.45	0.798	34		1		10.90		
Ash	g	5.47		2		1		1.55		
Carbohydrate, by difference	g	34.29		0	NC	4		9.72		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	78		0		1		22		
Iron, Fe	mg	4.90		0		4		1.39		
Magnesium, Mg	mg	353		0		4		100		
Phosphorus, P	mg	644		0		1		183		
Potassium, K	mg	687		0		4		195		
Sodium, Na	mg	3		0		4		1		
Zinc, Zn	mg	5.05		0		4		1.43		
Copper, Cu	mg	1.747		0		4		0.495		
Manganese, Mn	mg	2.014		0		4		0.571		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	1.163		0		1		0.330		
Riboflavin	mg	0.415		0		1		0.118		
Niacin	mg	2.284		0		1		0.648		
Pantothenic acid	mg	4.030		0		4		1.143		
Vitamin B-6	mg	1.170		0		4		0.332		
Folate, total	mcg	160		0		4		45		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	160		0		4		45		
Folate, DFE	mcg_DFE	160		0	NC	4		45		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	50		0		4		14		
Vitamin A, RAE	mcg_RAE	3		0		4		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.682		0		1		1.044		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.035		41		1		0.010		
15:0	g									
16:0	g	2.574		44		1		0.730		
17:0	g									
18:0	g	0.921		44		1		0.261		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.848		0		1		1.374		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.037		32		1		0.010		

NDB No. 12021
Seeds, safflower seed kernels, dried

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	4.806		44		1		1.363		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	28.223		0		1		8.001		
18:2 undifferentiated ... g	28.084		44		1		7.962		
18:3 undifferentiated ... g	0.111		32		1		0.031		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.183		4		1		0.052		
Threonine ... g	0.586		9		1		0.166		
Isoleucine ... g	0.717		9		1		0.203		
Leucine ... g	1.154		9		1		0.327		
Lysine ... g	0.534		55		1		0.151		
Methionine ... g	0.284		7		1		0.081		
Cystine ... g	0.311		7		1		0.088		
Phenylalanine ... g	0.806		8		1		0.229		
Tyrosine ... g	0.531		8		1		0.151		
Valine ... g	1.025		9		1		0.291		
Arginine ... g	1.749		8		1		0.496		
Histidine ... g	0.452		8		1		0.128		
Alanine ... g	0.772		8		1		0.219		
Aspartic acid ... g	1.807		8		1		0.512		
Glutamic acid ... g	3.699		8		1		1.049		
Glycine ... g	1.010		8		1		0.286		
Proline ... g	0.726		8		1		0.206		
Serine ... g	0.812		8		1		0.230		
Hydroxyproline ... g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12022
Seeds, safflower seed meal, partially defatted

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	6.41		1		1		1.82		
Energy	kcal	342		0	NC	4		97		
Energy	kj	1431				4		406		
Protein (N x 5.3)	g	35.62		1		1		10.10		
Total lipid (fat)	g	2.39		1		1		0.68		
Ash	g	6.85		1		1		1.94		
Carbohydrate, by difference	g	48.73		0	NC	4		13.81		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	77		0		1		22		
Iron, Fe	mg	4.86		0		4		1.38		
Magnesium, Mg	mg	350		0		4		99		
Phosphorus, P	mg	638		0		1		181		
Potassium, K	mg	68		0		4		19		
Sodium, Na	mg	3		0		4		1		
Zinc, Zn	mg	5.01		0		4		1.42		
Copper, Cu	mg	1.733		0		4		0.491		
Manganese, Mn	mg	1.998		0		4		0.566		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	1.153		0		1		0.327		
Riboflavin	mg	0.412		0		1		0.117		
Niacin	mg	2.265		0		1		0.642		
Pantothenic acid	mg	3.996		0		4		1.133		
Vitamin B-6	mg	1.161		0		4		0.329		
Folate, total	mcg	159		0		4		45		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	159		0		4		45		
Folate, DFE	mcg_DFE	159		0	NC	4		45		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	49		0		4		14		
Vitamin A, RAE	mcg_RAE	2		0		4		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.207		0		1		0.059		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.002		0		1		0.001		
15:0	g									
16:0	g	0.144		0		1		0.041		
17:0	g									
18:0	g	0.052		0		1		0.015		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.272		0		1		0.077		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.002		0		1		0.001		

NDB No. 12022
Seeds, safflower seed meal, partially defatted

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	0.270		0		1		0.077		
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	1.584		0		1		0.449		
18:2 undifferentiated ....g	1.576		0		1		0.447		
18:3 undifferentiated ....g	0.006		0		1		0.002		
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0	z	7		0		
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.403		0		1		0.114		
Threonine ....g	1.290		0		1		0.366		
Isoleucine ....g	1.579		0		1		0.448		
Leucine ....g	2.540		0		1		0.720		
Lysine ....g	1.176		0		1		0.333		
Methionine ....g	0.625		0		1		0.177		
Cystine ....g	0.685		0		1		0.194		
Phenylalanine ....g	1.774		0		1		0.503		
Tyrosine ....g	1.169		0		1		0.331		
Valine ....g	2.258		0		1		0.640		
Arginine ....g	3.851		0		1		1.092		
Histidine ....g	0.995		0		1		0.282		
Alanine ....g	1.700		0		1		0.482		
Aspartic acid ....g	3.978		0		1		1.128		
Glutamic acid ....g	8.145		0		1		2.309		
Glycine ....g	2.224		0		1		0.631		
Proline ....g	1.599		0		1		0.453		
Serine ....g	1.788		0		1		0.507		
Hydroxyproline ....g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12169
Seeds, sesame butter, paste

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	1.60		2		1		0.26		
Energy	kcal	595		0	NC	4		95		
Energy	kj	2489				4		398		
Protein (N x 5.3)	g	18.08		2		1		2.89		
Total lipid (fat)	g	50.87	1.737	3		1		8.14		
Ash	g	5.40		2		1		0.86		
Carbohydrate, by difference	g	25.45		0	NC	4		4.07		
Fiber, total dietary	g	5.5		0		4		0.9		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	960		0		1		154		
Iron, Fe	mg	19.20		0		1		3.07		
Magnesium, Mg	mg	362		0		1		58		
Phosphorus, P	mg	659		0		1		105		
Potassium, K	mg	582		0		1		93		
Sodium, Na	mg	12		0		1		2		
Zinc, Zn	mg	7.29		0		1		1.17		
Copper, Cu	mg	4.214		0		1		0.674		
Manganese, Mn	mg	2.540		0		1		0.406		
Selenium, Se	mcg	5.9		0	BFZN	4		0.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.240		0		1		0.038		
Riboflavin	mg	0.200		0		1		0.032		
Niacin	mg	6.700		0		1		1.072		
Pantothenic acid	mg	0.052		0		4		0.008		
Vitamin B-6	mg	0.816		0		4		0.131		
Folate, total	mcg	100		0		4		16		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	100		0		4		16		
Folate, DFE	mcg_DFE	100		0	NC	4		16		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	50		0		1		8		
Vitamin A, RAE	mcg_RAE	3		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	2.270		0		4		0.363		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.124		0		1		1.140		
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	0.127		0		1		0.020		
15:0	g									
16:0	g	4.548		0		1		0.728		
17:0	g									
18:0	g	2.140		0		1		0.342		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	19.209		0		1		3.073		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.153		0		1		0.024		

NDB No. 12169
Seeds, sesame butter, paste

Nutrients and 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	18.966		0		1		3.035		
20:1 g	0.071		0		1		0.011		
22:1 undifferentiated g	0.000		0		1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	22.296		0		1		3.567		
18:2 undifferentiated g	21.888		0		1		3.502		
18:3 undifferentiated g	0.385		0		1		0.062		
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	z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.396		0		1		0.063		
Threonine g	0.751		0		1		0.120		
Isoleucine g	0.778		0		1		0.124		
Leucine g	1.385		0		1		0.222		
Lysine g	0.580		0		1		0.093		
Methionine g	0.597		0		1		0.096		
Cystine g	0.365		0		1		0.058		
Phenylalanine g	0.959		0		1		0.153		
Tyrosine g	0.757		0		1		0.121		
Valine g	1.010		0		1		0.162		
Arginine g	2.682		0		1		0.429		
Histidine g	0.532		0		1		0.085		
Alanine g	0.945		0		1		0.151		
Aspartic acid g	1.679		0		1		0.269		
Glutamic acid g	4.033		0		1		0.645		
Glycine g	1.239		0		1		0.198		
Proline g	0.826		0		1		0.132		
Serine g	0.986		0		1		0.158		
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 = 16g: 1 tbsp

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12198
Seeds, sesame butter, tahini, from raw and stone ground kernels

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	3.00		1		1		0.45	0.85	
Energy	kcal	570		0	NC	4		86	162	
Energy	kj	2385				4		358	676	
Protein (N x 5.3)	g	17.81		1		1		2.67	5.05	
Total lipid (fat)	g	48.00		1		1		7.20	13.61	
Ash	g	5.00		1		1		0.75	1.42	
Carbohydrate, by difference	g	26.19		0	NC	4		3.93	7.42	
Fiber, total dietary	g	9.3		0		4		1.4	2.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	420		0		1		63	119	
Iron, Fe	mg	2.51		0		1		0.38	0.71	
Magnesium, Mg	mg	96		0		1		14	27	
Phosphorus, P	mg	752		0		1		113	213	
Potassium, K	mg	414		0		1		62	117	
Sodium, Na	mg	74		0		1		11	21	
Zinc, Zn	mg	4.64		0		1		0.70	1.32	
Copper, Cu	mg	1.618		0		1		0.243	0.459	
Manganese, Mn	mg	1.457		0		4		0.219	0.413	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	1.283		0		1		0.192	0.364	
Riboflavin	mg	0.510		0		1		0.077	0.145	
Niacin	mg	5.925		0		1		0.889	1.680	
Pantothenic acid	mg	0.694		0		4		0.104	0.197	
Vitamin B-6	mg	0.149		0		4		0.022	0.042	
Folate, total	mcg	98		0		4		15	28	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	98		0		4		15	28	
Folate, DFE	mcg_DFE	98		0	NC	4		15	28	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	67		0		4		10	19	
Vitamin A, RAE	mcg_RAE	3		0		4		1	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.722		0		1		1.008	1.906	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.120		0		1		0.018	0.034	
15:0	g									
16:0	g	4.292		0		1		0.644	1.217	
17:0	g									
18:0	g	2.019		0		1		0.303	0.572	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	18.127		0		1		2.719	5.139	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.144		0		1		0.022	0.041	

NDB No. 12198

Seeds, sesame butter, tahini, from raw and stone ground kernels

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	17.897		0		1		2.685	5.074	
20:1 ... g	0.067		0		1		0.010	0.019	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	21.039		0		1		3.156	5.965	
18:2 undifferentiated ... g	20.654		0		1		3.098	5.855	
18:3 undifferentiated ... g	0.363		0		1		0.054	0.103	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.390		0		1		0.059	0.111	
Threonine ... g	0.739		0		1		0.111	0.210	
Isoleucine ... g	0.766		0		1		0.115	0.217	
Leucine ... g	1.364		0		1		0.205	0.387	
Lysine ... g	0.571		0		1		0.086	0.162	
Methionine ... g	0.588		0		1		0.088	0.167	
Cystine ... g	0.360		0		1		0.054	0.102	
Phenylalanine ... g	0.944		0		1		0.142	0.268	
Tyrosine ... g	0.746		0		1		0.112	0.211	
Valine ... g	0.995		0		1		0.149	0.282	
Arginine ... g	2.641		0		1		0.396	0.749	
Histidine ... g	0.524		0		1		0.079	0.149	
Alanine ... g	0.931		0		1		0.140	0.264	
Aspartic acid ... g	1.653		0		1		0.248	0.469	
Glutamic acid ... g	3.972		0		1		0.596	1.126	
Glycine ... g	1.220		0		1		0.183	0.346	
Proline ... g	0.813		0		1		0.122	0.230	
Serine ... g	0.971		0		1		0.146	0.275	
Hydroxyproline ... g									

Blanks in the 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

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12166

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	3.05		2		1		0.46	0.86	
Energy	kcal	595		0	NC	4		89	169	
Energy	kj	2489				4		373	706	
Protein (N x 5.3)	g	17.00		2		1		2.55	4.82	
Total lipid (fat)	g	53.76		2		1		8.06	15.24	
Ash	g	5.00		1		1		0.75	1.42	
Carbohydrate, by difference	g	21.19		0	NC	4		3.18	6.01	
Fiber, total dietary	g	9.3		0		4		1.4	2.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	426		0		1		64	121	
Iron, Fe	mg	8.95		0		1		1.34	2.54	
Magnesium, Mg	mg	95		1		1		14	27	
Phosphorus, P	mg	732		0		1		110	208	
Potassium, K	mg	414		0		1		62	117	
Sodium, Na	mg	115		2		1		17	33	
Zinc, Zn	mg	4.62		1		1		0.69	1.31	
Copper, Cu	mg	1.610		1		1		0.242	0.456	
Manganese, Mn	mg	1.456		0		4		0.218	0.413	
Selenium, Se	mcg	1.7		0	BFSN	4		0.3	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	1.220		0		1		0.183	0.346	
Riboflavin	mg	0.473		0		1		0.071	0.134	
Niacin	mg	5.450		0		1		0.818	1.545	
Pantothenic acid	mg	0.693		0		4		0.104	0.196	
Vitamin B-6	mg	0.149		0		4		0.022	0.042	
Folate, total	mcg	98		0		4		15	28	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	98		0		4		15	28	
Folate, DFE	mcg_DFE	98		0	NC	4		15	28	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	67		0		4		10	19	
Vitamin A, RAE	mcg_RAE	3		0		4		1	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	2.270		0	BFZN	4		0.341	0.644	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.529		0		1		1.129	2.134	
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	0.134		0		1		0.020	0.038	
15:0	g									
16:0	g	4.807		0		1		0.721	1.363	
17:0	g									
18:0	g	2.262		0		1		0.339	0.641	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	20.302		0		1		3.045	5.756	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.161		0		1		0.024	0.046	

NDB No. 12166

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	20.045		0		1		3.007	5.683	
20:1 ... g	0.075		0		1		0.011	0.021	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	23.564		0		1		3.535	6.680	
18:2 undifferentiated ... g	23.133		0		1		3.470	6.558	
18:3 undifferentiated ... g	0.407		0		1		0.061	0.115	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.372		0		1		0.056	0.105	
Threonine ... g	0.706		0		1		0.106	0.200	
Isoleucine ... g	0.731		0		1		0.110	0.207	
Leucine ... g	1.302		0		1		0.195	0.369	
Lysine ... g	0.545		0		1		0.082	0.155	
Methionine ... g	0.561		0		1		0.084	0.159	
Cystine ... g	0.343		0		1		0.051	0.097	
Phenylalanine ... g	0.901		0		1		0.135	0.255	
Tyrosine ... g	0.712		0		1		0.107	0.202	
Valine ... g	0.950		0		1		0.143	0.269	
Arginine ... g	2.521		0		1		0.378	0.715	
Histidine ... g	0.500		0		1		0.075	0.142	
Alanine ... g	0.889		0		1		0.133	0.252	
Aspartic acid ... g	1.578		0		1		0.237	0.447	
Glutamic acid ... g	3.792		0		1		0.569	1.075	
Glycine ... g	1.165		0		1		0.175	0.330	
Proline ... g	0.776		0		1		0.116	0.220	
Serine ... g	0.927		0		1		0.139	0.263	
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 = 15.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12171

Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)

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	3.00		0		1		0.42	0.85	
Energy	kcal	607		0	NC	4		85	172	
Energy	kj	2540				4		356	720	
Protein (N x 5.3)	g	17.95		1		1		2.51	5.09	
Total lipid (fat)	g	56.44		1		1		7.90	16.00	
Ash	g	4.73		0		1		0.66	1.34	
Carbohydrate, by difference	g	17.89		0	NC	4		2.50	5.07	
Fiber, total dietary	g	9.3		0		4		1.3	2.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	141		1		1		20	40	
Iron, Fe	mg	6.35		1		1		0.89	1.80	
Magnesium, Mg	mg	353		0		1		49	100	
Phosphorus, P	mg	790		0		1		111	224	
Potassium, K	mg	459		1		1		64	130	
Sodium, Na	mg	1		1		1		0	0	
Zinc, Zn	mg	10.45		0		1		1.46	2.96	
Copper, Cu	mg	1.488		0		4		0.208	0.422	
Manganese, Mn	mg	1.457		0		4		0.204	0.413	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	1.587		1		1		0.222	0.450	
Riboflavin	mg	0.120		1		1		0.017	0.034	
Niacin	mg	5.644		1		1		0.790	1.600	
Pantothenic acid	mg	0.694		0		4		0.097	0.197	
Vitamin B-6	mg	0.149		0		4		0.021	0.042	
Folate, total	mcg	98		0		4		14	28	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	98		0		4		14	28	
Folate, DFE	mcg_DFE	98		0	NC	4		14	28	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	67		0		4		9	19	
Vitamin A, RAE	mcg_RAE	3		0		4		0	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.904		0		1		1.107	2.241	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.141		0		1		0.020	0.040	
15:0	g									
16:0	g	5.046		0		1		0.706	1.431	
17:0	g									
18:0	g	2.374		0		1		0.332	0.673	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	21.313		0		1		2.984	6.042	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.169		0		1		0.024	0.048	

NDB No. 12171

Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)

Nutrients and 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	21.043		0		1		2.946	5.966	
20:1 ... g	0.079		0		1		0.011	0.022	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	24.737		0		1		3.463	7.013	
18:2 undifferentiated ... g	24.285		0		1		3.400	6.885	
18:3 undifferentiated ... g	0.427		0		1		0.060	0.121	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.393		0		1		0.055	0.111	
Threonine ... g	0.745		0		1		0.104	0.211	
Isoleucine ... g	0.772		0		1		0.108	0.219	
Leucine ... g	1.375		0		1		0.193	0.390	
Lysine ... g	0.576		0		1		0.081	0.163	
Methionine ... g	0.593		0		1		0.083	0.168	
Cystine ... g	0.362		0		1		0.051	0.103	
Phenylalanine ... g	0.951		0		1		0.133	0.270	
Tyrosine ... g	0.752		0		1		0.105	0.213	
Valine ... g	1.002		0		1		0.140	0.284	
Arginine ... g	2.661		0		1		0.373	0.754	
Histidine ... g	0.528		0		1		0.074	0.150	
Alanine ... g	0.938		0		1		0.131	0.266	
Aspartic acid ... g	1.666		0		1		0.233	0.472	
Glutamic acid ... g	4.002		0		1		0.560	1.135	
Glycine ... g	1.229		0		1		0.172	0.348	
Proline ... g	0.819		0		1		0.115	0.232	
Serine ... g	0.979		0		1		0.137	0.278	
Hydroxyproline ... g									

Blanks in the 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

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12698
Seeds, sesame butter, tahini, type of kernels unspecified

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	3.00		0		4		0.45		
Energy	kcal	592		0	NC	4		89		
Energy	kj	2477		0		4		372		
Protein (N x 5.3)	g	17.40		0		4		2.61		
Total lipid (fat)	g	53.01		0		4		7.95		
Ash	g	5.09		0	NC	4		0.76		
Carbohydrate, by difference	g	21.50		0	NC	4		3.23		
Fiber, total dietary	g	4.7		0		4		0.7		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	141		0		4		21		
Iron, Fe	mg	4.42		0		4		0.66		
Magnesium, Mg	mg	95		0		4		14		
Phosphorus, P	mg	790		0		4		119		
Potassium, K	mg	459		0		4		69		
Sodium, Na	mg	35		0		4		5		
Zinc, Zn	mg	4.62		0		4		0.69		
Copper, Cu	mg	1.610		0		4		0.242		
Manganese, Mn	mg									
Selenium, Se	mcg	1.7		0	BFSN	4		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.2		0		4		0.6		
Thiamin	mg	1.590		0		4		0.239		
Riboflavin	mg	0.120		0		4		0.018		
Niacin	mg	5.640		0		4		0.846		
Pantothenic acid	mg									
Vitamin B-6	mg	0.150		0		4		0.023		
Folate, total	mcg	98		0		4		15		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	98		0		4		15		
Folate, DFE	mcg_DFE	98		0	NC	4		15		
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, IU	IU	67		0		4		10		
Vitamin A, RAE	mcg_RAE	3		0		4		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	2.270		0		4		0.341		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.423		0		4		1.113		
4:0	g	0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	g	0.000		0		4		0.000		
10:0	g	0.000		0		4		0.000		
12:0	g	0.000		0		4		0.000		
13:0	g									
14:0	g	0.132		0		4		0.020		
15:0	g									
16:0	g	4.739		0		4		0.711		
17:0	g									
18:0	g	2.230		0		4		0.335		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	20.016		0		4		3.002		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.159		0		4		0.024		

NDB No. 12698
Seeds, sesame butter, tahini, type of kernels unspecified

Nutrients and 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	19.763		0		4		2.964		
20:1 ... g	0.074		0		4		0.011		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	23.232		0		4		3.485		
18:2 undifferentiated ... g	22.807		0		4		3.421		
18:3 undifferentiated ... g	0.401		0		4		0.060		
18:4 ... g	0.000		0		4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000		
20:5 n-3 ... g	0.000		0		4		0.000		
22:5 n-3 ... g	0.000		0		4		0.000		
22:6 n-3 ... g	0.000		0		4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	z	7		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	z	7		0.0		
Caffeine ... mg	0		0	z	7		0		
Theobromine ... mg	0		0	z	7		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 = 15.0g: 1 tbsp

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12170
Seeds, sesame flour, high-fat

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	0.90		1		1		0.26		
Energy	kcal	526		0	NC	4		149		
Energy	kj	2201				4		624		
Protein (N x 5.3)	g	30.78		1		1		8.73		
Total lipid (fat)	g	37.10		1		1		10.52		
Ash	g	4.60		1		1		1.30		
Carbohydrate, by difference	g	26.62		0	NC	4		7.55		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	159		0		1		45		
Iron, Fe	mg	15.17		0		1		4.30		
Magnesium, Mg	mg	361		0		1		102		
Phosphorus, P	mg	807		0		1		229		
Potassium, K	mg	423		0		1		120		
Sodium, Na	mg	41		0		1		12		
Zinc, Zn	mg	10.67		0		1		3.02		
Copper, Cu	mg	1.520		0		4		0.431		
Manganese, Mn	mg	1.489		0		4		0.422		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	2.684		0		1		0.761		
Riboflavin	mg	0.286		0		1		0.081		
Niacin	mg	13.369		0		1		3.790		
Pantothenic acid	mg	2.928		0		1		0.830		
Vitamin B-6	mg	0.152		0		1		0.043		
Folate, total	mcg	31		0		1		9		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	31		0		1		9		
Folate, DFE	mcg_DFE	31		0	NC	4		9		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	69		0		1		20		
Vitamin A, RAE	mcg_RAE	3		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	5.196		0		1		1.473		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.092		0		1		0.026		
15:0	g									
16:0	g	3.317		0		1		0.940		
17:0	g									
18:0	g	1.561		0		1		0.443		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	14.010		0		1		3.972		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.111		0		1		0.031		

NDB No. 12170
Seeds, sesame flour, high-fat

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	13.833		0		1		3.922		
20:1 ... g	0.052		0		1		0.015		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	16.261		0		1		4.610		
18:2 undifferentiated ... g	15.964		0		1		4.526		
18:3 undifferentiated ... g	0.281		0		1		0.080		
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	z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.674		0		1		0.191		
Threonine ... g	1.278		0		1		0.362		
Isoleucine ... g	1.324		0		1		0.375		
Leucine ... g	2.358		0		1		0.668		
Lysine ... g	0.987		0		1		0.280		
Methionine ... g	1.016		0		1		0.288		
Cystine ... g	0.621		0		1		0.176		
Phenylalanine ... g	1.632		0		1		0.463		
Tyrosine ... g	1.289		0		1		0.365		
Valine ... g	1.719		0		1		0.487		
Arginine ... g	4.565		0		1		1.294		
Histidine ... g	0.906		0		1		0.257		
Alanine ... g	1.609		0		1		0.456		
Aspartic acid ... g	2.858		0		1		0.810		
Glutamic acid ... g	6.865		0		1		1.946		
Glycine ... g	2.108		0		1		0.598		
Proline ... g	1.406		0		1		0.399		
Serine ... g	1.679		0		1		0.476		
Hydroxyproline ... g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12033
Seeds, sesame flour, low-fat

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	7.10		2		1		2.01		
Energy	kcal	333		0	NC	4		94		
Energy	kj	1393				4		395		
Protein (N x 5.3)	g	50.14		2		1		14.21		
Total lipid (fat)	g	1.75		2		1		0.50		
Ash	g	5.50		2		1		1.56		
Carbohydrate, by difference	g	35.51		0	NC	4		10.07		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	149		0		1		42		
Iron, Fe	mg	14.22		0		1		4.03		
Magnesium, Mg	mg	338		0		1		96		
Phosphorus, P	mg	757		0		1		215		
Potassium, K	mg	397		0		1		113		
Sodium, Na	mg	39		0		1		11		
Zinc, Zn	mg	10.00		0		1		2.84		
Copper, Cu	mg	1.425		0		4		0.404		
Manganese, Mn	mg	1.396		0		4		0.396		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	2.516		0		1		0.713		
Riboflavin	mg	0.269		0		1		0.076		
Niacin	mg	12.533		0		1		3.553		
Pantothenic acid	mg	2.745		0		1		0.778		
Vitamin B-6	mg	0.142		0		1		0.040		
Folate, total	mcg	29		0		1		8		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	29		0		1		8		
Folate, DFE	mcg_DFE	29		0	NC	4		8		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	64		0		1		18		
Vitamin A, RAE	mcg_RAE	3		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.201		0		1		0.057		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.004		0		1		0.001		
15:0	g									
16:0	g	0.128		0		1		0.036		
17:0	g									
18:0	g	0.060		0		1		0.017		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.543		0		1		0.154		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.004		0		1		0.001		

NDB No. 12033
Seeds, sesame flour, low-fat

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	0.536		0		1		0.152		
20:1	g	0.002		0		1		0.001		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.630		0		1		0.179		
18:2 undifferentiated	g	0.618		0		1		0.175		
18:3 undifferentiated	g	0.011		0		1		0.003		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	1.097		0		1		0.311		
Threonine	g	2.081		0		1		0.590		
Isoleucine	g	2.157		0		1		0.612		
Leucine	g	3.841		0		1		1.089		
Lysine	g	1.608		0		1		0.456		
Methionine	g	1.656		0		1		0.469		
Cystine	g	1.012		0		1		0.287		
Phenylalanine	g	2.658		0		1		0.754		
Tyrosine	g	2.100		0		1		0.595		
Valine	g	2.800		0		1		0.794		
Arginine	g	7.436		0		1		2.108		
Histidine	g	1.476		0		1		0.418		
Alanine	g	2.620		0		1		0.743		
Aspartic acid	g	4.654		0		1		1.319		
Glutamic acid	g	11.182		0		1		3.170		
Glycine	g	3.434		0		1		0.974		
Proline	g	2.289		0		1		0.649		
Serine	g	2.734		0		1		0.775		
Hydroxyproline	g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12032
Seeds, sesame flour, partially defatted

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	6.61	0.784	5		1		1.87		
Energy	kcal	382		0	NC	4		108		
Energy	kj	1598				4		453		
Protein (N x 5.3)	g	40.32	3.275	5		1		11.43		
Total lipid (fat)	g	11.89	1.731	5		1		3.37		
Ash	g	6.05	0.554	5		1		1.72		
Carbohydrate, by difference	g	35.14		0	NC	4		9.96		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	150	6.279	6		1		43		
Iron, Fe	mg	14.30	0.318	6		1		4.05		
Magnesium, Mg	mg	362		0		1		103		
Phosphorus, P	mg	810		0		1		230		
Potassium, K	mg	425		0		1		120		
Sodium, Na	mg	41		0		1		12		
Zinc, Zn	mg	10.70		0		1		3.03		
Copper, Cu	mg	1.432		0		4		0.406		
Manganese, Mn	mg	1.403		0		4		0.398		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	2.530	0.024	6		1		0.717		
Riboflavin	mg	0.270	0.008	6		1		0.077		
Niacin	mg	12.600	0.482	6		1		3.572		
Pantothenic acid	mg	2.760	0.016	6		1		0.782		
Vitamin B-6	mg	0.152		0		1		0.043		
Folate, total	mcg	29	0.318	6		1		8		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	29	0.318	6		1		8		
Folate, DFE	mcg_DFE	29		0	NC	4		8		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	69		0		1		20		
Vitamin A, RAE	mcg_RAE	3		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.634		0		1		0.463		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.029		0		1		0.008		
15:0	g									
16:0	g	1.043		0		1		0.296		
17:0	g									
18:0	g	0.491		0		1		0.139		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.405		0		1		1.249		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.035		0		1		0.010		

NDB No. 12032
Seeds, sesame flour, partially defatted

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	4.349		0		1		1.233		
20:1 ... g	0.016		0		1		0.005		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	5.113		0		1		1.450		
18:2 undifferentiated ... g	5.019		0		1		1.423		
18:3 undifferentiated ... g	0.088		0		1		0.025		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.882		0		1		0.250		
Threonine ... g	1.674		0		1		0.475		
Isoleucine ... g	1.734		0		1		0.492		
Leucine ... g	3.088		0		1		0.875		
Lysine ... g	1.293		0		1		0.367		
Methionine ... g	1.331		0		1		0.377		
Cystine ... g	0.814		0		1		0.231		
Phenylalanine ... g	2.138		0		1		0.606		
Tyrosine ... g	1.689		0		1		0.479		
Valine ... g	2.252		0		1		0.638		
Arginine ... g	5.979		0		1		1.695		
Histidine ... g	1.187		0		1		0.337		
Alanine ... g	2.107		0		1		0.597		
Aspartic acid ... g	3.743		0		1		1.061		
Glutamic acid ... g	8.991		0		1		2.549		
Glycine ... g	2.761		0		1		0.783		
Proline ... g	1.841		0		1		0.522		
Serine ... g	2.198		0		1		0.623		
Hydroxyproline ... g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12034
Seeds, sesame meal, partially defatted

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	5.00		1		1		1.42		
Energy	kcal	567		0	NC	4		161		
Energy	kj	2372				4		673		
Protein (N x 5.3)	g	16.96		1		1		4.81		
Total lipid (fat)	g	48.00		1		1		13.61		
Ash	g	4.00		1		1		1.13		
Carbohydrate, by difference	g	26.04		0	NC	4		7.38		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	153		0		1		43		
Iron, Fe	mg	14.55		0		1		4.12		
Magnesium, Mg	mg	346		0		1		98		
Phosphorus, P	mg	774		0		1		219		
Potassium, K	mg	406		0		1		115		
Sodium, Na	mg	39		0		1		11		
Zinc, Zn	mg	10.23		0		1		2.90		
Copper, Cu	mg	1.457		0		4		0.413		
Manganese, Mn	mg	1.427		0		4		0.405		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	2.573		0		1		0.729		
Riboflavin	mg	0.275		0		1		0.078		
Niacin	mg	12.816		0		1		3.633		
Pantothenic acid	mg	2.807		0		1		0.796		
Vitamin B-6	mg	0.146		0		1		0.041		
Folate, total	mcg	30		0		1		8		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	30		0		1		8		
Folate, DFE	mcg_DFE	30		0	NC	4		8		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	66		0		1		19		
Vitamin A, RAE	mcg_RAE	3		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.722		0		1		1.906		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.120		0		1		0.034		
15:0	g									
16:0	g	4.292		0		1		1.217		
17:0	g									
18:0	g	2.019		0		1		0.572		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	18.127		0		1		5.139		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.144		0		1		0.041		

NDB No. 12034
Seeds, sesame meal, partially defatted

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	17.897		0		1		5.074		
20:1	g	0.067		0		1		0.019		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	21.039		0		1		5.965		
18:2 undifferentiated	g	20.654		0		1		5.855		
18:3 undifferentiated	g	0.363		0		1		0.103		
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	z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.371		0		1		0.105		
Threonine	g	0.704		0		1		0.200		
Isoleucine	g	0.730		0		1		0.207		
Leucine	g	1.299		0		1		0.368		
Lysine	g	0.544		0		1		0.154		
Methionine	g	0.560		0		1		0.159		
Cystine	g	0.342		0		1		0.097		
Phenylalanine	g	0.899		0		1		0.255		
Tyrosine	g	0.710		0		1		0.201		
Valine	g	0.947		0		1		0.268		
Arginine	g	2.515		0		1		0.713		
Histidine	g	0.499		0		1		0.141		
Alanine	g	0.886		0		1		0.251		
Aspartic acid	g	1.574		0		1		0.446		
Glutamic acid	g	3.782		0		1		1.072		
Glycine	g	1.162		0		1		0.329		
Proline	g	0.774		0		1		0.219		
Serine	g	0.925		0		1		0.262		
Hydroxyproline	g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12201
Seeds, sesame seed kernels, dried (decorticated)

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	4.81	0.272	29		1		7.22	0.38	0.13
Energy	kcal	588		0	NC	4		882	47	16
Energy	kj	2460				4		3690	197	66
Protein (N x 5.3)	g	26.38	0.100	613		1		39.57	2.11	0.71
Total lipid (fat)	g	54.78	0.108	614		1		82.17	4.38	1.48
Ash	g	4.64	0.413	26		1		6.96	0.37	0.13
Carbohydrate, by difference	g	9.39		0	NC	4		14.09	0.75	0.25
Fiber, total dietary	g	11.6		0		4		17.4	0.9	0.3
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	131	50.769	19		1		197	10	4
Iron, Fe	mg	7.80	0.783	6		1		11.70	0.62	0.21
Magnesium, Mg	mg	347	41.767	3		1		521	28	9
Phosphorus, P	mg	776	71.400	9		1		1164	62	21
Potassium, K	mg	407	58.119	3		1		611	33	11
Sodium, Na	mg	40	8.005	4		1		60	3	1
Zinc, Zn	mg	10.25		2		1		15.38	0.82	0.28
Copper, Cu	mg	1.460		0		4		2.190	0.117	0.039
Manganese, Mn	mg	1.430		0		4		2.145	0.114	0.039
Selenium, Se	mcg	1.7		0	BFSN	4		2.6	0.1	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.722	0.246	5		1		1.083	0.058	0.019
Riboflavin	mg	0.085	0.022	16		1		0.128	0.007	0.002
Niacin	mg	4.682	0.152	15		1		7.023	0.375	0.126
Pantothenic acid	mg	0.681		2		1		1.022	0.054	0.018
Vitamin B-6	mg	0.146		0		4		0.219	0.012	0.004
Folate, total	mcg	96		0		4		144	8	3
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	96		0		4		144	8	3
Folate, DFE	mcg_DFE	96		0	NC	4		144	8	3
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	66		1		1		99	5	2
Vitamin A, RAE	mcg_RAE	3		1		1		5	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	2.270		0		1		3.405	0.182	0.061
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.672		0		1		11.508	0.614	0.207
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	0.136		0		1		0.204	0.011	0.004
15:0	g									
16:0	g	4.898		0		1		7.347	0.392	0.132
17:0	g									
18:0	g	2.305		0		1		3.458	0.184	0.062
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	20.687		0		1		31.031	1.655	0.559
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.164		0		1		0.246	0.013	0.004

NDB No. 12201
Seeds, sesame seed kernels, dried (decorticated)

Nutrients and 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	20.425		0		1		30.638	1.634	0.551
20:1 ... g	0.077		0		1		0.116	0.006	0.002
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	24.011		0		1		36.017	1.921	0.648
18:2 undifferentiated ... g	23.572		0		1		35.358	1.886	0.636
18:3 undifferentiated ... g	0.415		0		1		0.623	0.033	0.011
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	z	7		0	0	0
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.473		0		1		0.710	0.038	0.013
Threonine ... g	1.180		0		1		1.770	0.094	0.032
Isoleucine ... g	1.289		0		1		1.934	0.103	0.035
Leucine ... g	2.150		0		1		3.225	0.172	0.058
Lysine ... g	0.831		0		1		1.247	0.066	0.022
Methionine ... g	0.896		0		1		1.344	0.072	0.024
Cystine ... g	0.523		0		1		0.785	0.042	0.014
Phenylalanine ... g	1.528		0		1		2.292	0.122	0.041
Tyrosine ... g	1.125		0		1		1.688	0.090	0.030
Valine ... g	1.478		0		1		2.217	0.118	0.040
Arginine ... g	3.325		0		1		4.988	0.266	0.090
Histidine ... g	0.677		0		1		1.016	0.054	0.018
Alanine ... g	1.409		0		1		2.114	0.113	0.038
Aspartic acid ... g	2.265		0		1		3.398	0.181	0.061
Glutamic acid ... g	4.943		0		1		7.415	0.395	0.133
Glycine ... g	1.896		0		1		2.844	0.152	0.051
Proline ... g	1.359		0		1		2.039	0.109	0.037
Serine ... g	1.309		0		1		1.964	0.105	0.035
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 = 150g: 1 cup

Measure 2 = 8.0g: 1 tbsp

Measure 3 = 2.7g: 1 tsp

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12529
Seeds, sesame seed kernels, toasted, with salt added (decorticated)

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	5.00	0.000	3		1		6.40	1.42	
Energy	kcal	567		0	NC	4		726	161	
Energy	kj	2372				4		3037	673	
Protein (N x 5.3)	g	16.96	0.000	3		1		21.71	4.81	
Total lipid (fat)	g	48.00	0.000	3		1		61.44	13.61	
Ash	g	4.00	0.000	3		1		5.12	1.13	
Carbohydrate, by difference	g	26.04		0	NC	4		33.33	7.38	
Fiber, total dietary	g	16.9		0		4		21.6	4.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	131		0		1		168	37	
Iron, Fe	mg	7.78		0		1		9.96	2.21	
Magnesium, Mg	mg	346		0		1		443	98	
Phosphorus, P	mg	774		0		1		991	219	
Potassium, K	mg	406		0		1		520	115	
Sodium, Na	mg	588		0		1		753	167	
Zinc, Zn	mg	10.23		0		1		13.09	2.90	
Copper, Cu	mg	1.457		0		4		1.865	0.413	
Manganese, Mn	mg	1.427		0		4		1.827	0.405	
Selenium, Se	mcg	1.7		0	BFSN	4		2.2	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	1.205		0		1		1.542	0.342	
Riboflavin	mg	0.466		0		1		0.596	0.132	
Niacin	mg	5.438		0		1		6.961	1.542	
Pantothenic acid	mg	0.680		0		1		0.870	0.193	
Vitamin B-6	mg	0.146		0		4		0.187	0.041	
Folate, total	mcg	96		0		4		123	27	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	96		0		4		123	27	
Folate, DFE	mcg_DFE	96		0	NC	4		123	27	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	66		0		4		84	19	
Vitamin A, RAE	mcg_RAE	3		0		4		4	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	2.270		0		1		2.906	0.644	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.722		0		1		8.604	1.906	
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	0.120		0		1		0.154	0.034	
15:0	g									
16:0	g	4.292		0		1		5.494	1.217	
17:0	g									
18:0	g	2.019		0		1		2.584	0.572	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	18.127		0		1		23.203	5.139	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.144		0		1		0.184	0.041	

NDB No. 12529
Seeds, sesame seed kernels, toasted, with salt added (decorticated)

Nutrients and 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	17.897		0		1		22.908	5.074	
20:1 ... g	0.067		0		1		0.086	0.019	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	21.039		0		1		26.930	5.965	
18:2 undifferentiated ... g	20.654		0		1		26.437	5.855	
18:3 undifferentiated ... g	0.363		0		1		0.465	0.103	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.371		0		1		0.475	0.105	
Threonine ... g	0.704		0		1		0.901	0.200	
Isoleucine ... g	0.730		0		1		0.934	0.207	
Leucine ... g	1.299		0		1		1.663	0.368	
Lysine ... g	0.544		0		1		0.696	0.154	
Methionine ... g	0.560		0		1		0.717	0.159	
Cystine ... g	0.342		0		1		0.438	0.097	
Phenylalanine ... g	0.899		0		1		1.151	0.255	
Tyrosine ... g	0.710		0		1		0.909	0.201	
Valine ... g	0.947		0		1		1.212	0.268	
Arginine ... g	2.515		0		1		3.219	0.713	
Histidine ... g	0.499		0		1		0.639	0.141	
Alanine ... g	0.886		0		1		1.134	0.251	
Aspartic acid ... g	1.574		0		1		2.015	0.446	
Glutamic acid ... g	3.782		0		1		4.841	1.072	
Glycine ... g	1.162		0		1		1.487	0.329	
Proline ... g	0.774		0		1		0.991	0.219	
Serine ... g	0.925		0		1		1.184	0.262	
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 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12029
Seeds, sesame seed kernels, toasted, without salt added (decorticated)

Refuse: 0%

Nutrients and 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	5.00	0.000	3		1		6.40	1.42	
Energy	kcal	567		0	NC	4		726	161	
Energy	kj	2372				4		3037	673	
Protein (N x 5.3)	g	16.96	0.000	3		1		21.71	4.81	
Total lipid (fat)	g	48.00	0.000	3		1		61.44	13.61	
Ash	g	4.00	0.000	3		1		5.12	1.13	
Carbohydrate, by difference	g	26.04		0	NC	4		33.33	7.38	
Fiber, total dietary	g	16.9		0		4		21.6	4.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	131		0		1		168	37	
Iron, Fe	mg	7.78		0		1		9.96	2.21	
Magnesium, Mg	mg	346		0		1		443	98	
Phosphorus, P	mg	774		0		1		991	219	
Potassium, K	mg	406		0		1		520	115	
Sodium, Na	mg	39		0		1		50	11	
Zinc, Zn	mg	10.23		0		1		13.09	2.90	
Copper, Cu	mg	1.457		0		4		1.865	0.413	
Manganese, Mn	mg	1.427		0		4		1.827	0.405	
Selenium, Se	mcg	1.7		0	BFSN	4		2.2	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	1.205		0		1		1.542	0.342	
Riboflavin	mg	0.466		0		1		0.596	0.132	
Niacin	mg	5.438		0		1		6.961	1.542	
Pantothenic acid	mg	0.680		0		1		0.870	0.193	
Vitamin B-6	mg	0.146		0		4		0.187	0.041	
Folate, total	mcg	96		0		4		123	27	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	96		0		4		123	27	
Folate, DFE	mcg_DFE	96		0	NC	4		123	27	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	66		0		4		84	19	
Vitamin A, RAE	mcg_RAE	3		0		4		4	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	2.270		0		1		2.906	0.644	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.722		0		1		8.604	1.906	
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	0.120		0		1		0.154	0.034	
15:0	g									
16:0	g	4.292		0		1		5.494	1.217	
17:0	g									
18:0	g	2.019		0		1		2.584	0.572	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	18.127		0		1		23.203	5.139	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.144		0		1		0.184	0.041	

NDB No. 12029
Seeds, sesame seed kernels, toasted, without salt added (decorticated)

Nutrients and 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	17.897		0		1		22.908	5.074	
20:1 g	0.067		0		1		0.086	0.019	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	21.039		0		1		26.930	5.965	
18:2 undifferentiated g	20.654		0		1		26.437	5.855	
18:3 undifferentiated g	0.363		0		1		0.465	0.103	
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	z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.371		0		1		0.475	0.105	
Threonine g	0.704		0		1		0.901	0.200	
Isoleucine g	0.730		0		1		0.934	0.207	
Leucine g	1.299		0		1		1.663	0.368	
Lysine g	0.544		0		1		0.696	0.154	
Methionine g	0.560		0		1		0.717	0.159	
Cystine g	0.342		0		1		0.438	0.097	
Phenylalanine g	0.899		0		1		1.151	0.255	
Tyrosine g	0.710		0		1		0.909	0.201	
Valine g	0.947		0		1		1.212	0.268	
Arginine g	2.515		0		1		3.219	0.713	
Histidine g	0.499		0		1		0.639	0.141	
Alanine g	0.886		0		1		1.134	0.251	
Aspartic acid g	1.574		0		1		2.015	0.446	
Glutamic acid g	3.782		0		1		4.841	1.072	
Glycine g	1.162		0		1		1.487	0.329	
Proline g	0.774		0		1		0.991	0.219	
Serine g	0.925		0		1		1.184	0.262	
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 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12023

Seeds, sesame seeds, whole, dried

Sesamum indicum

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	4.69	0.180	65		1		6.75	0.42	
Energy	kcal	573		0	NC	4		825	52	
Energy	kj	2397				4		3452	216	
Protein (N x 5.3)	g	17.73	0.256	61		1		25.53	1.60	
Total lipid (fat)	g	49.67	0.501	58		1		71.52	4.47	
Ash	g	4.45	0.152	59		1		6.41	0.40	
Carbohydrate, by difference	g	23.45		0	NC	4		33.77	2.11	
Fiber, total dietary	g	11.8		0		1		17.0	1.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	975	102.528	21		1		1404	88	
Iron, Fe	mg	14.55	1.587	16		1		20.95	1.31	
Magnesium, Mg	mg	351	23.961	3		1		505	32	
Phosphorus, P	mg	629	23.830	20		1		906	57	
Potassium, K	mg	468	34.612	4		1		674	42	
Sodium, Na	mg	11	6.384	3		1		16	1	
Zinc, Zn	mg	7.75	0.536	4		1		11.16	0.70	
Copper, Cu	mg	4.082	1.277	4		1		5.878	0.367	
Manganese, Mn	mg	2.460	0.723	3		1		3.542	0.221	
Selenium, Se	mcg	5.7		0	BFZN	4		8.2	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	4		1		0.0	0.0	
Thiamin	mg	0.791	0.084	8		1		1.139	0.071	
Riboflavin	mg	0.247	0.034	10		1		0.356	0.022	
Niacin	mg	4.515	0.227	10		1		6.502	0.406	
Pantothenic acid	mg	0.050		1		1		0.072	0.005	
Vitamin B-6	mg	0.790		1		1		1.138	0.071	
Folate, total	mcg	97		0		1		139	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	97		0		1		139	9	
Folate, DFE	mcg_DFE	97		0	NC	4		139	9	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	9	6.094	8		1		13	1	
Vitamin A, RAE	mcg_RAE	0	0.305	8		1		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	2.270		0		1		3.269	0.204	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.957		0		1		10.018	0.626	
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	0.124		1		1		0.179	0.011	
15:0	g									
16:0	g	4.441		761		1		6.395	0.400	
17:0	g									
18:0	g	2.090		761		1		3.010	0.188	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	18.759		0		1		27.013	1.688	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.149		17		1		0.215	0.013	

NDB No. 12023
Seeds, sesame seeds, whole, dried

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	18.521		761		1		26.670	1.667	
20:1 ... g	0.070		9		1		0.101	0.006	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	21.773		0		1		31.353	1.960	
18:2 undifferentiated ... g	21.375		761		1		30.780	1.924	
18:3 undifferentiated ... g	0.376		25		1		0.541	0.034	
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	z	7		0	0	
Phytosterols ... mg	714		0		1		1028	64	
Amino Acids:									
Tryptophan ... g	0.388		13		1		0.559	0.035	
Threonine ... g	0.736		19		1		1.060	0.066	
Isoleucine ... g	0.763		19		1		1.099	0.069	
Leucine ... g	1.358		19		1		1.956	0.122	
Lysine ... g	0.569		19		1		0.819	0.051	
Methionine ... g	0.586		19		1		0.844	0.053	
Cystine ... g	0.358		10		1		0.516	0.032	
Phenylalanine ... g	0.940		19		1		1.354	0.085	
Tyrosine ... g	0.743		14		1		1.070	0.067	
Valine ... g	0.990		19		1		1.426	0.089	
Arginine ... g	2.630		18		1		3.787	0.237	
Histidine ... g	0.522		18		1		0.752	0.047	
Alanine ... g	0.927		13		1		1.335	0.083	
Aspartic acid ... g	1.646		13		1		2.370	0.148	
Glutamic acid ... g	3.955		13		1		5.695	0.356	
Glycine ... g	1.215		13		1		1.750	0.109	
Proline ... g	0.810		13		1		1.166	0.073	
Serine ... g	0.967		13		1		1.392	0.087	
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 = 144g: 1 cup

Measure 2 = 9.0g: 1 tbsp

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12024
Seeds, sesame seeds, whole, roasted and toasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.30		2		1		0.94		
Energy	kcal	565		0	NC	4		160		
Energy	kj	2364				4		670		
Protein (N x 5.3)	g	16.96		1		1		4.81		
Total lipid (fat)	g	48.00		1		1		13.61		
Ash	g	6.00		1		1		1.70		
Carbohydrate, by difference	g	25.74		0	NC	4		7.30		
Fiber, total dietary	g	14.0		0		1		4.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	989		0		1		280		
Iron, Fe	mg	14.76		0		1		4.18		
Magnesium, Mg	mg	356		0		1		101		
Phosphorus, P	mg	638		0		1		181		
Potassium, K	mg	475		0		1		135		
Sodium, Na	mg	11		0		1		3		
Zinc, Zn	mg	7.16		1		1		2.03		
Copper, Cu	mg	2.470		1		1		0.700		
Manganese, Mn	mg	2.496		0		1		0.708		
Selenium, Se	mcg	5.8		0	BFZN	4		1.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.803		0		4		0.228		
Riboflavin	mg	0.251		0		4		0.071		
Niacin	mg	4.581		0		4		1.299		
Pantothenic acid	mg	0.051		0		4		0.014		
Vitamin B-6	mg	0.802		0		4		0.227		
Folate, total	mcg	98		0		4		28		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	98		0		4		28		
Folate, DFE	mcg_DFE	98		0	NC	4		28		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	9		0		4		3		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.722		0		1		1.906		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.120		0		1		0.034		
15:0	g									
16:0	g	4.292		0		1		1.217		
17:0	g									
18:0	g	2.019		0		1		0.572		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	18.127		0		1		5.139		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.144		0		1		0.041		

NDB No. 12024
Seeds, sesame seeds, whole, roasted and toasted

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	17.897		0		1		5.074		
20:1	g	0.067		0		1		0.019		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	21.039		0		1		5.965		
18:2 undifferentiated	g	20.654		0		1		5.855		
18:3 undifferentiated	g	0.363		0		1		0.103		
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	z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.371		0		1		0.105		
Threonine	g	0.704		0		1		0.200		
Isoleucine	g	0.730		0		1		0.207		
Leucine	g	1.299		0		1		0.368		
Lysine	g	0.544		0		1		0.154		
Methionine	g	0.560		0		1		0.159		
Cystine	g	0.342		0		1		0.097		
Phenylalanine	g	0.899		0		1		0.255		
Tyrosine	g	0.710		0		1		0.201		
Valine	g	0.947		0		1		0.268		
Arginine	g	2.515		0		1		0.713		
Histidine	g	0.499		0		1		0.141		
Alanine	g	0.886		0		1		0.251		
Aspartic acid	g	1.574		0		1		0.446		
Glutamic acid	g	3.782		0		1		1.072		
Glycine	g	1.162		0		1		0.329		
Proline	g	0.774		0		1		0.219		
Serine	g	0.925		0		1		0.262		
Hydroxyproline	g									

Blanks in the 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 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12193

Seeds, sisymbrium sp. seeds, whole, dried

Sisymbrium spp.

Refuse: 0%

Nutrients and 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	6.10		1		1		4.51	1.73	
Energy	kcal	318		0	NC	4		235	90	
Energy	kj	1331				4		985	377	
Protein (N x 5.3)	g	12.14		0		1		8.98	3.44	
Total lipid (fat)	g	4.60		1		1		3.40	1.30	
Ash	g	18.90		1		1		13.99	5.36	
Carbohydrate, by difference	g	58.26		0	NC	4		43.11	16.52	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1633		1		1		1208	463	
Iron, Fe	mg	0.11		1		1		0.08	0.03	
Magnesium, Mg	mg	314		1		1		232	89	
Phosphorus, P	mg	6		1		1		4	2	
Potassium, K	mg	2130		1		1		1576	604	
Sodium, Na	mg	92		1		1		68	26	
Zinc, Zn	mg	0.30		1		1		0.22	0.09	
Copper, Cu	mg	0.110		1		1		0.081	0.031	
Manganese, Mn	mg	1.512		0		4		1.119	0.429	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	30.7		0		4		22.7	8.7	
Thiamin	mg	0.191		0		4		0.141	0.054	
Riboflavin	mg	0.423		0		4		0.313	0.120	
Niacin	mg	16.825		0		4		12.451	4.770	
Pantothenic acid	mg	0.997		0		4		0.738	0.283	
Vitamin B-6	mg	0.778		0		4		0.576	0.221	
Folate, total	mcg	95		0		4		71	27	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	95		0		4		71	27	
Folate, DFE	mcg_DFE	95		0	NC	4		71	27	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	63		0		4		47	18	
Vitamin A, RAE	mcg_RAE	3		0		4		2	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.902		0		1		0.667	0.256	
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	0.616		1		1		0.456	0.175	
17:0	g									
18:0	g	0.132		1		1		0.098	0.037	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.486		0		1		1.100	0.421	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.035		1		1		0.026	0.010	

NDB No. 12193
Seeds, sisymbrium sp. seeds, whole, dried

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	0.836		1		1		0.619	0.237	
20:1	g	0.352		1		1		0.260	0.100	
22:1 undifferentiated	g	0.264		1		1		0.195	0.075	
24:1 c	g									
Fatty acids, total polyunsaturated	g	2.023		0		1		1.497	0.574	
18:2 undifferentiated	g	0.572		1		1		0.423	0.162	
18:3 undifferentiated	g	1.451		1		1		1.074	0.411	
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	z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.266		0		1		0.197	0.075	
Threonine	g	0.689		1		1		0.510	0.195	
Isoleucine	g	0.650		1		1		0.481	0.184	
Leucine	g	1.234		1		1		0.913	0.350	
Lysine	g	0.806		1		1		0.596	0.229	
Methionine	g	0.311		1		1		0.230	0.088	
Cystine	g	0.245		0		1		0.181	0.069	
Phenylalanine	g	0.584		1		1		0.432	0.166	
Tyrosine	g	0.419		1		1		0.310	0.119	
Valine	g	0.705		1		1		0.522	0.200	
Arginine	g	0.799		1		1		0.591	0.227	
Histidine	g	0.325		1		1		0.241	0.092	
Alanine	g	0.685		1		1		0.507	0.194	
Aspartic acid	g	1.484		1		1		1.098	0.421	
Glutamic acid	g	1.770		1		1		1.310	0.502	
Glycine	g	0.698		1		1		0.517	0.198	
Proline	g	0.673		1		1		0.498	0.191	
Serine	g	0.483		1		1		0.357	0.137	
Hydroxyproline	g									

Blanks in the 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 = 74g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12540
Seeds, sunflower seed butter, 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	1.23	0.227	6		1		0.20	0.35	
Energy	kcal	579		0	NC	4		93	164	
Energy	kj	2423				4		388	687	
Protein (N x 5.3)	g	19.66	0.404	6		1		3.15	5.57	
Total lipid (fat)	g	47.73	1.726	6		1		7.64	13.53	
Ash	g	3.95	0.148	6		1		0.63	1.12	
Carbohydrate, by difference	g	27.42		0	NC	4		4.39	7.77	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	122		0		1		20	35	
Iron, Fe	mg	4.75		1		1		0.76	1.35	
Magnesium, Mg	mg	369		0		1		59	105	
Phosphorus, P	mg	736		0		1		118	209	
Potassium, K	mg	72		0		1		12	20	
Sodium, Na	mg	520		1		1		83	147	
Zinc, Zn	mg	5.29		0		1		0.85	1.50	
Copper, Cu	mg	1.830		0		1		0.293	0.519	
Manganese, Mn	mg	2.110		0		1		0.338	0.598	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.7		1		1		0.4	0.8	
Thiamin	mg	0.324		0		4		0.052	0.092	
Riboflavin	mg	0.284		0		4		0.045	0.081	
Niacin	mg	5.320		1		1		0.851	1.508	
Pantothenic acid	mg	7.039		0		4		1.126	1.996	
Vitamin B-6	mg	0.803		0		4		0.128	0.228	
Folate, total	mcg	237		0		4		38	67	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	237		0		4		38	67	
Folate, DFE	mcg_DFE	237		0	NC	4		38	67	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	52		0		4		8	15	
Vitamin A, RAE	mcg_RAE	3		0		4		0	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	5.002		0		1		0.800	1.418	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.049		0		1		0.008	0.014	
15:0	g									
16:0	g	2.691		0		1		0.431	0.763	
17:0	g									
18:0	g	2.120		0		1		0.339	0.601	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	9.111		0		1		1.458	2.583	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.047		0		1		0.008	0.013	

NDB No. 12540
Seeds, sunflower seed butter, 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
17:1 ... g									
18:1 undifferentiated ... g	9.009		0		1		1.441	2.554	
20:1 ... g	0.046		0		1		0.007	0.013	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	31.520		0		1		5.043	8.936	
18:2 undifferentiated ... g	31.421		0		1		5.027	8.908	
18:3 undifferentiated ... g	0.066		0		1		0.011	0.019	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.301		0		1		0.048	0.085	
Threonine ... g	0.801		0		1		0.128	0.227	
Isoleucine ... g	0.983		0		1		0.157	0.279	
Leucine ... g	1.432		0		1		0.229	0.406	
Lysine ... g	0.809		0		1		0.129	0.229	
Methionine ... g	0.427		0		1		0.068	0.121	
Cystine ... g	0.390		0		1		0.062	0.111	
Phenylalanine ... g	1.009		0		1		0.161	0.286	
Tyrosine ... g	0.575		0		1		0.092	0.163	
Valine ... g	1.135		0		1		0.182	0.322	
Arginine ... g	2.074		0		1		0.332	0.588	
Histidine ... g	0.545		0		1		0.087	0.155	
Alanine ... g	0.965		0		1		0.154	0.274	
Aspartic acid ... g	2.111		0		1		0.338	0.598	
Glutamic acid ... g	4.816		0		1		0.771	1.365	
Glycine ... g	1.261		0		1		0.202	0.357	
Proline ... g	1.020		0		1		0.163	0.289	
Serine ... g	0.928		0		1		0.148	0.263	
Hydroxyproline ... g									

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

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12040
Seeds, sunflower seed butter, 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	1.23	0.227	6		1		0.20	0.35	
Energy	kcal	579		0	NC	4		93	164	
Energy	kj	2423				4		388	687	
Protein (N x 5.3)	g	19.66	0.404	6		1		3.15	5.57	
Total lipid (fat)	g	47.73	1.726	6		1		7.64	13.53	
Ash	g	3.95	0.148	6		1		0.63	1.12	
Carbohydrate, by difference	g	27.42		0	NC	4		4.39	7.77	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	122		0		1		20	35	
Iron, Fe	mg	4.75		1		1		0.76	1.35	
Magnesium, Mg	mg	369		0		1		59	105	
Phosphorus, P	mg	736		0		1		118	209	
Potassium, K	mg	72		0		1		12	20	
Sodium, Na	mg	3		0		1		0	1	
Zinc, Zn	mg	5.29		0		1		0.85	1.50	
Copper, Cu	mg	1.830		0		1		0.293	0.519	
Manganese, Mn	mg	2.110		0		1		0.338	0.598	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.7		1		1		0.4	0.8	
Thiamin	mg	0.324		0		4		0.052	0.092	
Riboflavin	mg	0.284		0		4		0.045	0.081	
Niacin	mg	5.320		1		1		0.851	1.508	
Pantothenic acid	mg	7.039		0		4		1.126	1.996	
Vitamin B-6	mg	0.803		0		4		0.128	0.228	
Folate, total	mcg	237		0		4		38	67	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	237		0		4		38	67	
Folate, DFE	mcg_DFE	237		0	NC	4		38	67	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	52		0		4		8	15	
Vitamin A, RAE	mcg_RAE	3		0		4		0	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	5.002		0		1		0.800	1.418	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.049		0		1		0.008	0.014	
15:0	g									
16:0	g	2.691		0		1		0.431	0.763	
17:0	g									
18:0	g	2.120		0		1		0.339	0.601	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	9.111		0		1		1.458	2.583	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.047		0		1		0.008	0.013	

NDB No. 12040
Seeds, sunflower seed butter, 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
17:1 ... g									
18:1 undifferentiated ... g	9.009		0		1		1.441	2.554	
20:1 ... g	0.046		0		1		0.007	0.013	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	31.520		0		1		5.043	8.936	
18:2 undifferentiated ... g	31.421		0		1		5.027	8.908	
18:3 undifferentiated ... g	0.066		0		1		0.011	0.019	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.301		0		1		0.048	0.085	
Threonine ... g	0.801		0		1		0.128	0.227	
Isoleucine ... g	0.983		0		1		0.157	0.279	
Leucine ... g	1.432		0		1		0.229	0.406	
Lysine ... g	0.809		0		1		0.129	0.229	
Methionine ... g	0.427		0		1		0.068	0.121	
Cystine ... g	0.390		0		1		0.062	0.111	
Phenylalanine ... g	1.009		0		1		0.161	0.286	
Tyrosine ... g	0.575		0		1		0.092	0.163	
Valine ... g	1.135		0		1		0.182	0.322	
Arginine ... g	2.074		0		1		0.332	0.588	
Histidine ... g	0.545		0		1		0.087	0.155	
Alanine ... g	0.965		0		1		0.154	0.274	
Aspartic acid ... g	2.111		0		1		0.338	0.598	
Glutamic acid ... g	4.816		0		1		0.771	1.365	
Glycine ... g	1.261		0		1		0.202	0.357	
Proline ... g	1.020		0		1		0.163	0.289	
Serine ... g	0.928		0		1		0.148	0.263	
Hydroxyproline ... g									

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

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12041
Seeds, sunflower seed flour, partially defatted

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	7.47	0.717	11		1		4.78	0.30	
Energy	kcal	326		0	NC	4		209	13	
Energy	kj	1364				4		873	55	
Protein (N x 5.3)	g	48.06	1.439	11		1		30.76	1.92	
Total lipid (fat)	g	1.61	0.188	11		1		1.03	0.06	
Ash	g	7.04	0.213	8		1		4.51	0.28	
Carbohydrate, by difference	g	35.83		0	NC	4		22.93	1.43	
Fiber, total dietary	g	5.2		0		4		3.3	0.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	114		0		1		73	5	
Iron, Fe	mg	6.62		0		1		4.24	0.26	
Magnesium, Mg	mg	346		0		1		221	14	
Phosphorus, P	mg	689		0		1		441	28	
Potassium, K	mg	67		0		1		43	3	
Sodium, Na	mg	3		0		1		2	0	
Zinc, Zn	mg	4.95		0		1		3.17	0.20	
Copper, Cu	mg	1.713		0		1		1.096	0.069	
Manganese, Mn	mg	1.975		0		1		1.264	0.079	
Selenium, Se	mcg	58.2		0	BFSN	4		37.2	2.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3		0		4		0.8	0.1	
Thiamin	mg	3.187	0.121	3		1		2.040	0.127	
Riboflavin	mg	0.266		0		4		0.170	0.011	
Niacin	mg	7.313	0.293	3		1		4.680	0.293	
Pantothenic acid	mg	6.595	0.320	3		1		4.221	0.264	
Vitamin B-6	mg	0.753		0		4		0.482	0.030	
Folate, total	mcg	222		0		4		142	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	222		0		4		142	9	
Folate, DFE	mcg_DFE	222		0	NC	4		142	9	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	49		0		4		31	2	
Vitamin A, RAE	mcg_RAE	2		0		4		2	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	1.630		0		4		1.043	0.065	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.138		0		1		0.088	0.006	
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	0.001		0		1		0.001	0.000	
15:0	g									
16:0	g	0.074		0		1		0.047	0.003	
17:0	g									
18:0	g	0.059		0		1		0.038	0.002	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.252		0		1		0.161	0.010	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0		1		0.001	0.000	

NDB No. 12041
Seeds, sunflower seed flour, partially defatted

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	0.249		0		1		0.159	0.010	
20:1 g	0.001		0		1		0.001	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.870		0		1		0.557	0.035	
18:2 undifferentiated g	0.868		0		1		0.556	0.035	
18:3 undifferentiated g	0.002		0		1		0.001	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	z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.735		0		1		0.470	0.029	
Threonine g	1.959		0		1		1.254	0.078	
Isoleucine g	2.403		0		1		1.538	0.096	
Leucine g	3.500		0		1		2.240	0.140	
Lysine g	1.977		0		1		1.265	0.079	
Methionine g	1.043		0		1		0.668	0.042	
Cystine g	0.952		0		1		0.609	0.038	
Phenylalanine g	2.466		0		1		1.578	0.099	
Tyrosine g	1.406		0		1		0.900	0.056	
Valine g	2.775		0		1		1.776	0.111	
Arginine g	5.069		0		1		3.244	0.203	
Histidine g	1.333		0		1		0.853	0.053	
Alanine g	2.358		0		1		1.509	0.094	
Aspartic acid g	5.160		0		1		3.302	0.206	
Glutamic acid g	11.770		0		1		7.533	0.471	
Glycine g	3.083		0		1		1.973	0.123	
Proline g	2.494		0		1		1.596	0.100	
Serine g	2.267		0		1		1.451	0.091	
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 = 64g: 1 cup

Measure 2 = 4.0g: 1 tbsp

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12036
Seeds, sunflower seed kernels, dried
Helianthus annuus

Refuse: 46% Hulls

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	5.36	0.341	21		1		2.47	7.72	
Energy	kcal	570		0	NC	4		262	821	
Energy	kj	2385				4		1097	3434	
Protein (N x 5.3)	g	22.78	0.749	21		1		10.48	32.80	
Total lipid (fat)	g	49.57	0.788	21		1		22.80	71.38	
Ash	g	3.53	0.212	9		1		1.62	5.08	
Carbohydrate, by difference	g	18.76		0	NC	4		8.63	27.01	
Fiber, total dietary	g	10.5		0		1		4.8	15.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	116		2		1		53	167	
Iron, Fe	mg	6.77		2		1		3.11	9.75	
Magnesium, Mg	mg	354		1		1		163	510	
Phosphorus, P	mg	705		2		1		324	1015	
Potassium, K	mg	689		0		1		317	992	
Sodium, Na	mg	3		1		1		1	4	
Zinc, Zn	mg	5.06		2		1		2.33	7.29	
Copper, Cu	mg	1.752		2		1		0.806	2.523	
Manganese, Mn	mg	2.020		1		1		0.929	2.909	
Selenium, Se	mcg	59.5	1.489	10	A	1		27.4	85.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4		0		4		0.6	2.0	
Thiamin	mg	2.290		1		1		1.053	3.298	
Riboflavin	mg	0.250		1		1		0.115	0.360	
Niacin	mg	4.500		1		1		2.070	6.480	
Pantothenic acid	mg	6.745		0		4		3.103	9.713	
Vitamin B-6	mg	0.770		0		4		0.354	1.109	
Folate, total	mcg	227		0		4		105	327	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	227		0		4		105	327	
Folate, DFE	mcg_DFE	227		0	NC	4		105	327	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	50		0		1		23	72	
Vitamin A, RAE	mcg_RAE	3		0		1		1	4	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	50.270		0		1		23.124	72.389	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	5.195		0		1		2.390	7.481	
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	0.051		14		1		0.023	0.073	
15:0	g									
16:0	g	2.795		169		1		1.286	4.025	
17:0	g									
18:0	g	2.202		169		1		1.013	3.171	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	9.462		0		1		4.353	13.625	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.049		15		1		0.023	0.071	

NDB No. 12036
Seeds, sunflower seed kernels, dried

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	9.356		169		1		4.304	13.473	
20:1 ... g	0.048		10		1		0.022	0.069	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	32.735		0		1		15.058	47.138	
18:2 undifferentiated ... g	32.632		169		1		15.011	46.990	
18:3 undifferentiated ... g	0.069		12		1		0.032	0.099	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 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	z	7		0	0	
Phytosterols ... mg	534		0		1		246	769	
Amino Acids:									
Tryptophan ... g	0.348		25		1		0.160	0.501	
Threonine ... g	0.928		41		1		0.427	1.336	
Isoleucine ... g	1.139		41		1		0.524	1.640	
Leucine ... g	1.659		41		1		0.763	2.389	
Lysine ... g	0.937		44		1		0.431	1.349	
Methionine ... g	0.494		40		1		0.227	0.711	
Cystine ... g	0.451		26		1		0.207	0.649	
Phenylalanine ... g	1.169		40		1		0.538	1.683	
Tyrosine ... g	0.666		31		1		0.306	0.959	
Valine ... g	1.315		41		1		0.605	1.894	
Arginine ... g	2.403		35		1		1.105	3.460	
Histidine ... g	0.632		35		1		0.291	0.910	
Alanine ... g	1.117		26		1		0.514	1.608	
Aspartic acid ... g	2.446		26		1		1.125	3.522	
Glutamic acid ... g	5.579		26		1		2.566	8.034	
Glycine ... g	1.461		26		1		0.672	2.104	
Proline ... g	1.182		25		1		0.544	1.702	
Serine ... g	1.075		26		1		0.495	1.548	
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 = 46g: 1 cup, with hulls, edible yield

Measure 2 = 144g: 1 cup

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12537
Seeds, sunflower seed kernels, dry roasted, 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	1.20		1		1		1.54	0.34	
Energy	kcal	582		0	NC	4		745	165	
Energy	kj	2435				4		3117	690	
Protein (N x 5.3)	g	19.33		1		1		24.74	5.48	
Total lipid (fat)	g	49.80		1		1		63.74	14.12	
Ash	g	5.60		1		1		7.17	1.59	
Carbohydrate, by difference	g	24.07		0	NC	4		30.81	6.82	
Fiber, total dietary	g	9.0		0		4		11.5	2.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	70		1		1		90	20	
Iron, Fe	mg	3.80		1		1		4.86	1.08	
Magnesium, Mg	mg	129		0		1		165	37	
Phosphorus, P	mg	1155		0		1		1478	327	
Potassium, K	mg	850		1		1		1088	241	
Sodium, Na	mg	780		1		1		998	221	
Zinc, Zn	mg	5.29		0		1		6.77	1.50	
Copper, Cu	mg	1.830		0		1		2.342	0.519	
Manganese, Mn	mg	2.110		0		1		2.701	0.598	
Selenium, Se	mcg	79.3		0	BFSN	4		101.5	22.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4		0		4		1.8	0.4	
Thiamin	mg	0.106		1		1		0.136	0.030	
Riboflavin	mg	0.246		1		1		0.315	0.070	
Niacin	mg	7.042		1		1		9.014	1.996	
Pantothenic acid	mg	7.042		0		4		9.014	1.996	
Vitamin B-6	mg	0.804		0		4		1.029	0.228	
Folate, total	mcg	237		0		4		304	67	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	237		0		4		304	67	
Folate, DFE	mcg_DFE	237		0	NC	4		304	67	
Vitamin B-12	mcg	0.00		0	Z	7		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	50.270		0		1		64.346	14.252	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	5.219		0		1		6.680	1.480	
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	0.051		0		1		0.065	0.014	
15:0	g									
16:0	g	2.808		0		1		3.594	0.796	
17:0	g									
18:0	g	2.212		0		1		2.831	0.627	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	9.505		0		1		12.166	2.695	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.049		0		1		0.063	0.014	

NDB No. 12537
Seeds, sunflower seed kernels, dry roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	9.399		0		1		12.031	2.665	
20:1 g	0.048		0		1		0.061	0.014	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	32.884		0		1		42.092	9.323	
18:2 undifferentiated g	32.782		0		1		41.961	9.294	
18:3 undifferentiated g	0.069		0		1		0.088	0.020	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 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	z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.295		0		1		0.378	0.084	
Threonine g	0.788		0		1		1.009	0.223	
Isoleucine g	0.967		0		1		1.238	0.274	
Leucine g	1.408		0		1		1.802	0.399	
Lysine g	0.795		0		1		1.018	0.225	
Methionine g	0.420		0		1		0.538	0.119	
Cystine g	0.383		0		1		0.490	0.109	
Phenylalanine g	0.992		0		1		1.270	0.281	
Tyrosine g	0.565		0		1		0.723	0.160	
Valine g	1.116		0		1		1.428	0.316	
Arginine g	2.039		0		1		2.610	0.578	
Histidine g	0.536		0		1		0.686	0.152	
Alanine g	0.948		0		1		1.213	0.269	
Aspartic acid g	2.076		0		1		2.657	0.589	
Glutamic acid g	4.735		0		1		6.061	1.342	
Glycine g	1.240		0		1		1.587	0.352	
Proline g	1.003		0		1		1.284	0.284	
Serine g	0.912		0		1		1.167	0.259	
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 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12037
Seeds, sunflower seed kernels, dry roasted, 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	1.20		1		1		1.54	0.34	
Energy	kcal	582		0	NC	4		745	165	
Energy	kj	2435				4		3117	690	
Protein (N x 5.3)	g	19.33		1		1		24.74	5.48	
Total lipid (fat)	g	49.80		1		1		63.74	14.12	
Ash	g	5.60		1		1		7.17	1.59	
Carbohydrate, by difference	g	24.07		0	NC	4		30.81	6.82	
Fiber, total dietary	g	11.1		0		4		14.2	3.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	70		1		1		90	20	
Iron, Fe	mg	3.80		1		1		4.86	1.08	
Magnesium, Mg	mg	129		0		1		165	37	
Phosphorus, P	mg	1155		0		1		1478	327	
Potassium, K	mg	850		1		1		1088	241	
Sodium, Na	mg	3		0		1		4	1	
Zinc, Zn	mg	5.29		0		1		6.77	1.50	
Copper, Cu	mg	1.830		0		1		2.342	0.519	
Manganese, Mn	mg	2.110		0		1		2.701	0.598	
Selenium, Se	mcg	79.3		0	BFSN	4		101.5	22.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4		0		4		1.8	0.4	
Thiamin	mg	0.106		1		1		0.136	0.030	
Riboflavin	mg	0.246		1		1		0.315	0.070	
Niacin	mg	7.042		1		1		9.014	1.996	
Pantothenic acid	mg	7.042		0		4		9.014	1.996	
Vitamin B-6	mg	0.804		0		4		1.029	0.228	
Folate, total	mcg	237		0		4		304	67	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	237		0		4		304	67	
Folate, DFE	mcg_DFE	237		0	NC	4		304	67	
Vitamin B-12	mcg	0.00		0	Z	7		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	50.270		0		1		64.346	14.252	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	5.219		0		1		6.680	1.480	
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	0.051		0		1		0.065	0.014	
15:0	g									
16:0	g	2.808		0		1		3.594	0.796	
17:0	g									
18:0	g	2.212		0		1		2.831	0.627	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	9.505		0		1		12.166	2.695	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.049		0		1		0.063	0.014	

NDB No. 12037
Seeds, sunflower seed kernels, dry roasted, 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
17:1 ... g									
18:1 undifferentiated ... g	9.399		0		1		12.031	2.665	
20:1 ... g	0.048		0		1		0.061	0.014	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	32.884		0		1		42.092	9.323	
18:2 undifferentiated ... g	32.782		0		1		41.961	9.294	
18:3 undifferentiated ... g	0.069		0		1		0.088	0.020	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.295		0		1		0.378	0.084	
Threonine ... g	0.788		0		1		1.009	0.223	
Isoleucine ... g	0.967		0		1		1.238	0.274	
Leucine ... g	1.408		0		1		1.802	0.399	
Lysine ... g	0.795		0		1		1.018	0.225	
Methionine ... g	0.420		0		1		0.538	0.119	
Cystine ... g	0.383		0		1		0.490	0.109	
Phenylalanine ... g	0.992		0		1		1.270	0.281	
Tyrosine ... g	0.565		0		1		0.723	0.160	
Valine ... g	1.116		0		1		1.428	0.316	
Arginine ... g	2.039		0		1		2.610	0.578	
Histidine ... g	0.536		0		1		0.686	0.152	
Alanine ... g	0.948		0		1		1.213	0.269	
Aspartic acid ... g	2.076		0		1		2.657	0.589	
Glutamic acid ... g	4.735		0		1		6.061	1.342	
Glycine ... g	1.240		0		1		1.587	0.352	
Proline ... g	1.003		0		1		1.284	0.284	
Serine ... g	0.912		0		1		1.167	0.259	
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 = 128g: 1 cup, hulled

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12538
Seeds, sunflower seed kernels, oil roasted, 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	2.60		1		1		3.51	0.74	
Energy	kcal	615		0	NC	4		830	174	
Energy	kj	2573				4		3474	729	
Protein (N x 5.3)	g	21.36		2		1		28.84	6.06	
Total lipid (fat)	g	57.45		2		1		77.56	16.29	
Ash	g	3.87		2		1		5.22	1.10	
Carbohydrate, by difference	g	14.73		0	NC	4		19.89	4.18	
Fiber, total dietary	g	6.8		0		4		9.2	1.9	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	56		1		1		76	16	
Iron, Fe	mg	6.70		1		1		9.05	1.90	
Magnesium, Mg	mg	127		1		1		171	36	
Phosphorus, P	mg	1139		1		1		1538	323	
Potassium, K	mg	483		1		1		652	137	
Sodium, Na	mg	603		1		1		814	171	
Zinc, Zn	mg	5.21		0		1		7.03	1.48	
Copper, Cu	mg	1.804		0		1		2.435	0.511	
Manganese, Mn	mg	2.080		0		1		2.808	0.590	
Selenium, Se	mcg	78.2	6.320	5	A	1		105.6	22.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4		1		1		1.9	0.4	
Thiamin	mg	0.320		1		1		0.432	0.091	
Riboflavin	mg	0.280		1		1		0.378	0.079	
Niacin	mg	4.130		1		1		5.576	1.171	
Pantothenic acid	mg	6.942		0		4		9.372	1.968	
Vitamin B-6	mg	0.792		0		4		1.069	0.225	
Folate, total	mcg	234		1		1		316	66	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	234		1		1		316	66	
Folate, DFE	mcg_DFE	234		0	NC	4		316	66	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	51		0		4		69	14	
Vitamin A, RAE	mcg_RAE	3		0		4		3	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	40.000		0		4		54.000	11.340	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.021		0		1		8.128	1.707	
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	0.059		0		1		0.080	0.017	
15:0	g									
16:0	g	3.239		0		1		4.373	0.918	
17:0	g									
18:0	g	2.551		0		1		3.444	0.723	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	10.965		0		1		14.803	3.109	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.057		0		1		0.077	0.016	

NDB No. 12538
Seeds, sunflower seed kernels, oil roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	10.843		0		1		14.638	3.074	
20:1 g	0.055		0		1		0.074	0.016	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	37.936		0		1		51.214	10.755	
18:2 undifferentiated g	37.818		0		1		51.054	10.721	
18:3 undifferentiated g	0.080		0		1		0.108	0.023	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		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	z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.326		0		1		0.440	0.092	
Threonine g	0.870		0		1		1.175	0.247	
Isoleucine g	1.068		0		1		1.442	0.303	
Leucine g	1.556		0		1		2.101	0.441	
Lysine g	0.879		0		1		1.187	0.249	
Methionine g	0.463		0		1		0.625	0.131	
Cystine g	0.423		0		1		0.571	0.120	
Phenylalanine g	1.096		0		1		1.480	0.311	
Tyrosine g	0.625		0		1		0.844	0.177	
Valine g	1.233		0		1		1.665	0.350	
Arginine g	2.253		0		1		3.042	0.639	
Histidine g	0.592		0		1		0.799	0.168	
Alanine g	1.048		0		1		1.415	0.297	
Aspartic acid g	2.293		0		1		3.096	0.650	
Glutamic acid g	5.231		0		1		7.062	1.483	
Glycine g	1.370		0		1		1.850	0.388	
Proline g	1.108		0		1		1.496	0.314	
Serine g	1.008		0		1		1.361	0.286	
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 = 135g: 1 cup, hulled

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12038
Seeds, sunflower seed kernels, oil roasted, 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	2.60		1		1		3.51	0.74	
Energy	kcal	615		0	NC	4		830	174	
Energy	kj	2573				4		3474	729	
Protein (N x 5.3)	g	21.36		2		1		28.84	6.06	
Total lipid (fat)	g	57.45		2		1		77.56	16.29	
Ash	g	3.87		2		1		5.22	1.10	
Carbohydrate, by difference	g	14.73		0	NC	4		19.89	4.18	
Fiber, total dietary	g	6.8		0		1		9.2	1.9	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	56		1		1		76	16	
Iron, Fe	mg	6.70		1		1		9.05	1.90	
Magnesium, Mg	mg	127		1		1		171	36	
Phosphorus, P	mg	1139		1		1		1538	323	
Potassium, K	mg	483		1		1		652	137	
Sodium, Na	mg	3		0		1		4	1	
Zinc, Zn	mg	5.21		0		1		7.03	1.48	
Copper, Cu	mg	1.804		0		1		2.435	0.511	
Manganese, Mn	mg	2.080		0		1		2.808	0.590	
Selenium, Se	mcg	78.2	6.324	5	A	1		105.6	22.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4		1		1		1.9	0.4	
Thiamin	mg	0.320		1		1		0.432	0.091	
Riboflavin	mg	0.280		1		1		0.378	0.079	
Niacin	mg	4.130		1		1		5.576	1.171	
Pantothenic acid	mg	6.942		0		4		9.372	1.968	
Vitamin B-6	mg	0.792		0		4		1.069	0.225	
Folate, total	mcg	234		1		1		316	66	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	234		1		1		316	66	
Folate, DFE	mcg_DFE	234		0	NC	4		316	66	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	51		0		4		69	14	
Vitamin A, RAE	mcg_RAE	3		0		4		3	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	50.270		0		1		67.865	14.252	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.021		0		1		8.128	1.707	
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	0.059		0		1		0.080	0.017	
15:0	g									
16:0	g	3.239		0		1		4.373	0.918	
17:0	g									
18:0	g	2.551		0		1		3.444	0.723	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	10.965		0		1		14.803	3.109	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.057		0		1		0.077	0.016	

NDB No. 12038
Seeds, sunflower seed kernels, oil roasted, 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
17:1 ... g									
18:1 undifferentiated ... g	10.843		0		1		14.638	3.074	
20:1 ... g	0.055		0		1		0.074	0.016	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	37.936		0		1		51.214	10.755	
18:2 undifferentiated ... g	37.818		0		1		51.054	10.721	
18:3 undifferentiated ... g	0.080		0		1		0.108	0.023	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.326		0		1		0.440	0.092	
Threonine ... g	0.870		0		1		1.175	0.247	
Isoleucine ... g	1.068		0		1		1.442	0.303	
Leucine ... g	1.556		0		1		2.101	0.441	
Lysine ... g	0.879		0		1		1.187	0.249	
Methionine ... g	0.463		0		1		0.625	0.131	
Cystine ... g	0.423		0		1		0.571	0.120	
Phenylalanine ... g	1.096		0		1		1.480	0.311	
Tyrosine ... g	0.625		0		1		0.844	0.177	
Valine ... g	1.233		0		1		1.665	0.350	
Arginine ... g	2.253		0		1		3.042	0.639	
Histidine ... g	0.592		0		1		0.799	0.168	
Alanine ... g	1.048		0		1		1.415	0.297	
Aspartic acid ... g	2.293		0		1		3.096	0.650	
Glutamic acid ... g	5.231		0		1		7.062	1.483	
Glycine ... g	1.370		0		1		1.850	0.388	
Proline ... g	1.108		0		1		1.496	0.314	
Serine ... g	1.008		0		1		1.361	0.286	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. 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 = 135g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12539
Seeds, sunflower seed kernels, toasted, 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	1.00		1		1		1.34	0.28	
Energy	kcal	619		0	NC	4		829	175	
Energy	kj	2590				4		3470	734	
Protein (N x 5.3)	g	17.21		1		1		23.06	4.88	
Total lipid (fat)	g	56.80		1		1		76.11	16.10	
Ash	g	4.40		1		1		5.90	1.25	
Carbohydrate, by difference	g	20.59		0	NC	4		27.59	5.84	
Fiber, total dietary	g	11.5		0		4		15.4	3.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	57		0		1		76	16	
Iron, Fe	mg	6.81		0		1		9.13	1.93	
Magnesium, Mg	mg	129		0		1		173	37	
Phosphorus, P	mg	1158		0		1		1552	328	
Potassium, K	mg	491		0		1		658	139	
Sodium, Na	mg	613		1		1		821	174	
Zinc, Zn	mg	5.30		0		1		7.10	1.50	
Copper, Cu	mg	1.834		0		1		2.458	0.520	
Manganese, Mn	mg	2.114		0		1		2.833	0.599	
Selenium, Se	mcg	62.2		0	BFSN	4		83.3	17.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4		0		4		1.9	0.4	
Thiamin	mg	0.325		0		4		0.436	0.092	
Riboflavin	mg	0.285		0		4		0.382	0.081	
Niacin	mg	4.198		0		4		5.625	1.190	
Pantothenic acid	mg	7.056		0		4		9.455	2.000	
Vitamin B-6	mg	0.805		0		4		1.079	0.228	
Folate, total	mcg	238		0		4		319	67	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	238		0		4		319	67	
Folate, DFE	mcg_DFE	238		0	NC	4		319	67	
Vitamin B-12	mcg	0.00		0	Z	7		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	5.953		0		1		7.977	1.688	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.058		0		1		0.078	0.016	
15:0	g									
16:0	g	3.202		0		1		4.291	0.908	
17:0	g									
18:0	g	2.522		0		1		3.379	0.715	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	10.841		0		1		14.527	3.073	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.056		0		1		0.075	0.016	

NDB No. 12539
Seeds, sunflower seed kernels, toasted, 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
17:1 ... g									
18:1 undifferentiated ... g	10.720		0		1		14.365	3.039	
20:1 ... g	0.055		0		1		0.074	0.016	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	37.507		0		1		50.259	10.633	
18:2 undifferentiated ... g	37.390		0		1		50.103	10.600	
18:3 undifferentiated ... g	0.079		0		1		0.106	0.022	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.263		0		1		0.352	0.075	
Threonine ... g	0.702		0		1		0.941	0.199	
Isoleucine ... g	0.861		0		1		1.154	0.244	
Leucine ... g	1.254		0		1		1.680	0.356	
Lysine ... g	0.708		0		1		0.949	0.201	
Methionine ... g	0.374		0		1		0.501	0.106	
Cystine ... g	0.341		0		1		0.457	0.097	
Phenylalanine ... g	0.883		0		1		1.183	0.250	
Tyrosine ... g	0.503		0		1		0.674	0.143	
Valine ... g	0.994		0		1		1.332	0.282	
Arginine ... g	1.816		0		1		2.433	0.515	
Histidine ... g	0.477		0		1		0.639	0.135	
Alanine ... g	0.844		0		1		1.131	0.239	
Aspartic acid ... g	1.848		0		1		2.476	0.524	
Glutamic acid ... g	4.216		0		1		5.649	1.195	
Glycine ... g	1.104		0		1		1.479	0.313	
Proline ... g	0.893		0		1		1.197	0.253	
Serine ... g	0.812		0		1		1.088	0.230	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. 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 = 134g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12039
Seeds, sunflower seed kernels, toasted, 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	1.00		1		1		1.34	0.28	
Energy	kcal	619		0	NC	4		829	175	
Energy	kj	2590				4		3470	734	
Protein (N x 5.3)	g	17.21		1		1		23.06	4.88	
Total lipid (fat)	g	56.80		1		1		76.11	16.10	
Ash	g	4.40		1		1		5.90	1.25	
Carbohydrate, by difference	g	20.59		0	NC	4		27.59	5.84	
Fiber, total dietary	g	11.5		0		4		15.4	3.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	57		0		1		76	16	
Iron, Fe	mg	6.81		0		1		9.13	1.93	
Magnesium, Mg	mg	129		0		1		173	37	
Phosphorus, P	mg	1158		0		1		1552	328	
Potassium, K	mg	491		0		1		658	139	
Sodium, Na	mg	3		0		1		4	1	
Zinc, Zn	mg	5.30		0		1		7.10	1.50	
Copper, Cu	mg	1.834		0		1		2.458	0.520	
Manganese, Mn	mg	2.114		0		1		2.833	0.599	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4		0		4		1.9	0.4	
Thiamin	mg	0.325		0		4		0.436	0.092	
Riboflavin	mg	0.285		0		4		0.382	0.081	
Niacin	mg	4.198		0		4		5.625	1.190	
Pantothenic acid	mg	7.056		0		4		9.455	2.000	
Vitamin B-6	mg	0.805		0		4		1.079	0.228	
Folate, total	mcg	238		0		4		319	67	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	238		0		4		319	67	
Folate, DFE	mcg_DFE	238		0	NC	4		319	67	
Vitamin B-12	mcg	0.00		0	Z	7		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	5.953		0		1		7.977	1.688	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.058		0		1		0.078	0.016	
15:0	g									
16:0	g	3.202		0		1		4.291	0.908	
17:0	g									
18:0	g	2.522		0		1		3.379	0.715	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	10.841		0		1		14.527	3.073	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.056		0		1		0.075	0.016	

NDB No. 12039
Seeds, sunflower seed kernels, toasted, 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
17:1 ... g									
18:1 undifferentiated ... g	10.720		0		1		14.365	3.039	
20:1 ... g	0.055		0		1		0.074	0.016	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	37.507		0		1		50.259	10.633	
18:2 undifferentiated ... g	37.390		0		1		50.103	10.600	
18:3 undifferentiated ... g	0.079		0		1		0.106	0.022	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.263		0		1		0.352	0.075	
Threonine ... g	0.702		0		1		0.941	0.199	
Isoleucine ... g	0.861		0		1		1.154	0.244	
Leucine ... g	1.254		0		1		1.680	0.356	
Lysine ... g	0.708		0		1		0.949	0.201	
Methionine ... g	0.374		0		1		0.501	0.106	
Cystine ... g	0.341		0		1		0.457	0.097	
Phenylalanine ... g	0.883		0		1		1.183	0.250	
Tyrosine ... g	0.503		0		1		0.674	0.143	
Valine ... g	0.994		0		1		1.332	0.282	
Arginine ... g	1.816		0		1		2.433	0.515	
Histidine ... g	0.477		0		1		0.639	0.135	
Alanine ... g	0.844		0		1		1.131	0.239	
Aspartic acid ... g	1.848		0		1		2.476	0.524	
Glutamic acid ... g	4.216		0		1		5.649	1.195	
Glycine ... g	1.104		0		1		1.479	0.313	
Proline ... g	0.893		0		1		1.197	0.253	
Serine ... g	0.812		0		1		1.088	0.230	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. 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 = 134g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12174

Seeds, watermelon seed kernels, dried

Citrullus lanatus

Refuse: 63% Hard seed coat

Nutrients and 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	5.05	0.390	18		1		5.45	1.43	
Energy	kcal	557		0	NC	4		602	158	
Energy	kj	2330				4		2517	661	
Protein (N x 5.3)	g	28.33	0.558	15		1		30.60	8.03	
Total lipid (fat)	g	47.37	1.481	15		1		51.16	13.43	
Ash	g	3.94	0.149	10		1		4.26	1.12	
Carbohydrate, by difference	g	15.31		0	NC	4		16.53	4.34	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	54	7.659	10		1		58	15	
Iron, Fe	mg	7.28	0.532	9		1		7.86	2.06	
Magnesium, Mg	mg	515	24.437	6		1		556	146	
Phosphorus, P	mg	755	37.018	10		1		815	214	
Potassium, K	mg	648	15.448	6		1		700	184	
Sodium, Na	mg	99	88.049	6		1		107	28	
Zinc, Zn	mg	10.24		0		4		11.06	2.90	
Copper, Cu	mg	0.686		0		4		0.741	0.194	
Manganese, Mn	mg	1.614		0		4		1.743	0.458	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.190	0.045	3		1		0.205	0.054	
Riboflavin	mg	0.145		2		1		0.157	0.041	
Niacin	mg	3.550		2		1		3.834	1.006	
Pantothenic acid	mg	0.346		0		4		0.374	0.098	
Vitamin B-6	mg	0.089		0		4		0.096	0.025	
Folate, total	mcg	58	0.548	3		1		63	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	58	0.548	3		1		63	16	
Folate, DFE	mcg_DFE	58		0	NC	4		63	16	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	0		1		1		0	0	
Vitamin A, RAE	mcg_RAE	0		1		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.779		0		1		10.561	2.772	
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	5.413		3		1		5.846	1.535	
17:0	g									
18:0	g	4.299		3		1		4.643	1.219	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	7.407		0		1		8.000	2.100	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.090		1		1		0.097	0.026	

NDB No. 12174
Seeds, watermelon seed kernels, dried

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	7.317		3		1		7.902	2.074	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	28.094		0		1		30.342	7.965	
18:2 undifferentiated ... g	28.094		3		1		30.342	7.965	
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	z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.390		1		1		0.421	0.111	
Threonine ... g	1.112		3		1		1.201	0.315	
Isoleucine ... g	1.342		3		1		1.449	0.380	
Leucine ... g	2.149		3		1		2.321	0.609	
Lysine ... g	0.887		3		1		0.958	0.251	
Methionine ... g	0.834		3		1		0.901	0.236	
Cystine ... g	0.438		2		1		0.473	0.124	
Phenylalanine ... g	2.031		3		1		2.193	0.576	
Tyrosine ... g	1.016		3		1		1.097	0.288	
Valine ... g	1.556		3		1		1.680	0.441	
Arginine ... g	4.897		3		1		5.289	1.388	
Histidine ... g	0.775		3		1		0.837	0.220	
Alanine ... g	1.492		3		1		1.611	0.423	
Aspartic acid ... g	2.764		3		1		2.985	0.784	
Glutamic acid ... g	5.699		3		1		6.155	1.616	
Glycine ... g	1.663		3		1		1.796	0.471	
Proline ... g	1.251		3		1		1.351	0.355	
Serine ... g	1.508		3		1		1.629	0.428	
Hydroxyproline ... g									

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