NDB No. 19146

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

M&M/Mars Inc.

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	2.42		0	MC	9		274.43	0.34	
Energy	kcal	498		0	MC	9		56473	71	
Energy	kj	2084				9		236284	296	
Protein	g	4.78		0	MC	9		542.05	0.68	
Total lipid (fat)	g	23.34		0	MC	9		2646.76	3.31	
Ash	g	2.16		0	MC	9		244.94	0.31	
Carbohydrate, by difference	g	67.30		0	MC	9		7631.82	9.56	
Fiber, total dietary	g	2.7		0	MC	9		306.2	0.4	
Sugars, total	g	61.58		0	MC	9		6983.17	8.74	
Starch	g									
Minerals:										
Calcium, Ca	mg	116		0	MC	9		13154	16	
Iron, Fe	mg	1.23		0	MC	9		139.48	0.17	
Magnesium, Mg	mg	46		0	FLM	4		5216	7	
Phosphorus, P	mg	166		0	FLM	4		18824	24	
Potassium, K	mg	293		0	FLM	4		33226	42	
Sodium, Na	mg	68		0	MC	9		7711	10	
Zinc, Zn	mg	1.06		0	FLM	4		120.20	0.15	
Copper, Cu	mg	0.304		0	FLM	4		34.474	0.043	
Manganese, Mn	mg	0.234		0	FLM	4		26.536	0.033	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0	MC	9		68.0	0.1	
Thiamin	mg	0.060		0	FLM	4		6.804	0.009	
Riboflavin	mg	0.231		0	FLM	4		26.195	0.033	
Niacin	mg	0.246		0	FLM	4		27.896	0.035	
Pantothenic acid	mg	0.322		0	FLM	4		36.515	0.046	
Vitamin B-6	mg	0.032		0	FLM	4		3.629	0.005	
Folate, total	mcg	5		0	FLM	4		567	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0	FLM	4		567	1	
Folate, DFE	mcg_DFE	5		0	NC	4		567	1	
Vitamin B-12	mcg	0.30		0	FLM	4		34.02	0.04	
Vitamin A, IU	IU	224		0	MC	9		25402	32	
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.946		0	FLM	4		107.276	0.134	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	14.452		0	MC	9		1638.857	2.052	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0	g	0.000		0	FLM	4		0.000	0.000	
8:0	g	0.000		0	FLM	4		0.000	0.000	
10:0	g	0.000		0	FLM	4		0.000	0.000	
12:0	g	0.000		0	FLM	4		0.000	0.000	
13:0	g									
14:0	g	0.644		0	FLM	4		73.030	0.091	
15:0	g									
16:0	g	7.011		0	FLM	4		795.047	0.996	
17:0	g									
18:0	g	6.711		0	FLM	4		761.027	0.953	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	7.604		0	FLM	4		862.294	1.080	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	FLM	4		0.000	0.000	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	7.604		0	FLM	4		862.294	1.080	
20:1 g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLM	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.697		0	FLM	4		79.040	0.099	
18:2 undifferentiated g	0.697		0	FLM	4		79.040	0.099	
18:3 undifferentiated g	0.000		0	FLM	4		0.000	0.000	
18:4 g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	15		0	MC	9		1701	2	
Phytosterols mg									
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 = 11340g: 1 package

Measure 2 = 14.2g: 1 serving

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

Food Group: 19 Sweets

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

NDB No. 19139

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

M&M/Mars Inc.

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	1.27		0	MC	9		0.18	144.02	0.18
Energy	kcal	518		0	MC	9		73	58741	74
Energy	kj	2167				9		303	245773	308
Protein	g	4.42		0	MC	9		0.62	501.23	0.63
Total lipid (fat)	g	26.29		0	MC	9		3.68	2981.29	3.73
Ash	g	2.07		0	MC	9		0.29	234.74	0.29
Carbohydrate, by difference	g	65.96		0	MC	9		9.23	7479.86	9.37
Fiber, total dietary	g	6.7		0	MC	9		0.9	759.8	1.0
Sugars, total	g	53.19		0	MC	9		7.45	6031.75	7.55
Starch	g									
Minerals:										
Calcium, Ca	mg	34		0	MC	9		5	3856	5
Iron, Fe	mg	2.95		0	MC	9		0.41	334.53	0.42
Magnesium, Mg	mg	106		0	FLM	4		15	12020	15
Phosphorus, P	mg	122		0	FLM	4		17	13835	17
Potassium, K	mg	336		0	FLM	4		47	38102	48
Sodium, Na	mg	3		0	MC	9		0	340	0
Zinc, Zn	mg	1.49		0	FLM	4		0.21	168.97	0.21
Copper, Cu	mg	0.646		0	FLM	4		0.090	73.256	0.092
Manganese, Mn	mg	0.736		0	FLM	4		0.103	83.462	0.105
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0	0.0	0.0
Thiamin	mg	0.051		0	FLM	4		0.007	5.783	0.007
Riboflavin	mg	0.084		0	FLM	4		0.012	9.526	0.012
Niacin	mg	0.393		0	FLM	4		0.055	44.566	0.056
Pantothenic acid	mg	0.097		0	FLM	4		0.014	11.000	0.014
Vitamin B-6	mg	0.046		0	FLM	4		0.006	5.216	0.007
Folate, total	mcg	28		0	FLM	4		4	3175	4
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	28		0	FLM	4		4	3175	4
Folate, DFE	mcg_DFE	28		0	NC	4		4	3175	4
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, IU	IU	73		0	MC	9		10	8278	10
Vitamin A, RAE	mcg_RAE	4		0	NC	4		1	414	1
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	1.054		0	FLM	4		0.148	119.524	0.150
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	15.655		0	MC	9		2.192	1775.277	2.223
4:0	g	0.000		0	FLM	4		0.000	0.000	0.000
6:0	g	0.000		0	FLM	4		0.000	0.000	0.000
8:0	g	0.000		0	FLM	4		0.000	0.000	0.000
10:0	g	0.000		0	FLM	4		0.000	0.000	0.000
12:0	g	0.000		0	FLM	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.044		0	FLM	4		0.006	4.990	0.006
15:0	g									
16:0	g	7.171		0	FLM	4		1.004	813.191	1.018
17:0	g									
18:0	g	8.243		0	FLM	4		1.154	934.756	1.171
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	8.789		0	FLM	4		1.230	996.673	1.248
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	FLM	4		0.000	0.000	0.000

NDB No. 19139

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	8.789		0	FLM	4		1.230	996.673	1.248
20:1 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.842		0	FLM	4		0.118	95.483	0.120
18:2 undifferentiated ... g	0.842		0	FLM	4		0.118	95.483	0.120
18:3 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
18:4 ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	3		0	MC	9		0	340	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 11340g: 1 package

Measure 3 = 14.2g: 1 serving

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

Food Group: 19 Sweets

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

NDB No. 19124
Baking chocolate, mexican, squares

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	1.59		2	A	1		0.32		
Energy	kcal	426		0	NC	4		85		
Energy	kj	1782				4		356		
Protein (N x 6.25)	g	3.64		2	A	1		0.73		
Total lipid (fat)	g	15.59		2	A	1		3.12		
Ash	g	1.34		2	A	1		0.27		
Carbohydrate, by difference	g	77.41		0	NC	4		15.48		
Fiber, total dietary	g	3.9		2	A	1		0.8		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	34		2	A	1		7		
Iron, Fe	mg	2.18		2	A	1		0.44		
Magnesium, Mg	mg	95		2	A	1		19		
Phosphorus, P	mg	142		2	A	1		28		
Potassium, K	mg	397		2	A	1		79		
Sodium, Na	mg	3		2	A	1		1		
Zinc, Zn	mg	1.26		2	A	1		0.25		
Copper, Cu	mg	0.670		2	A	1		0.134		
Manganese, Mn	mg	0.449		2	A	1		0.090		
Selenium, Se	mcg	1.8		0	FLA	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		2	A	1		0.0		
Thiamin	mg	0.057		2	A	1		0.011		
Riboflavin	mg	0.105		2	A	1		0.021		
Niacin	mg	1.829		2	A	1		0.366		
Pantothenic acid	mg	0.180		2	A	1		0.036		
Vitamin B-6	mg	0.034		2	A	1		0.007		
Folate, total	mcg	2		0	FLA	4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	2		0	FLA	4		0		
Folate, DFE	mcg_DFE	2		0	NC	4		0		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	18		0	FLA	4		4		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	0.475		0	FLA	4		0.095		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	8.606		2	A	1		1.721		
4:0	g	0.000		2	A	1		0.000		
6:0	g	0.000		2	A	1		0.000		
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									
14:0	g	0.010		2	A	1		0.002		
15:0	g									
16:0	g	3.628		2	A	1		0.726		
17:0	g									
18:0	g	4.705		2	A	1		0.941		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.044		2	A	1		1.009		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.037		2	A	1		0.007		

NDB No. 19124
Baking chocolate, mexican, squares

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	5.007		2	A	1		1.001		
20:1 ... g	0.000		2	A	1		0.000		
22:1 undifferentiated ... g	0.000		2	A	1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.162		2	A	1		0.232		
18:2 undifferentiated ... g	0.942		2	A	1		0.188		
18:3 undifferentiated ... g	0.072		2	A	1		0.014		
18:4 ... g	0.000		2	A	1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.148		2	A	1		0.030		
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		2	A	1		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	35		0	FLA	4		7		
Theobromine ... mg	210		0	FLA	4		42		

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

Common Measures:

Measure 1 = 20g: 1 tablet

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

Food Group: 19 Sweets

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

NDB No. 19077
Baking chocolate, unsweetened, liquid

Refuse: 0%

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

NDB No. 19077
Baking chocolate, unsweetened, 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
17:1 ... g									
18:1 undifferentiated ... g	9.180		1		1		2.603		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	10.700		0		1		3.033		
18:2 undifferentiated ... g	10.100		1		1		2.863		
18:3 undifferentiated ... g	0.600		1		1		0.170		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLA	4		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.182		0		1		0.052		
Threonine ... g	0.481		0		1		0.136		
Isoleucine ... g	0.471		0		1		0.134		
Leucine ... g	0.737		0		1		0.209		
Lysine ... g	0.609		0		1		0.173		
Methionine ... g	0.125		0		1		0.035		
Cystine ... g	0.148		0		1		0.042		
Phenylalanine ... g	0.584		0		1		0.166		
Tyrosine ... g	0.456		0		1		0.129		
Valine ... g	0.730		0		1		0.207		
Arginine ... g	0.689		0		1		0.195		
Histidine ... g	0.210		0		1		0.060		
Alanine ... g	0.561		0		1		0.159		
Aspartic acid ... g	1.211		0		1		0.343		
Glutamic acid ... g	1.828		0		1		0.518		
Glycine ... g	0.545		0		1		0.155		
Proline ... g	0.520		0		1		0.147		
Serine ... g	0.525		0		1		0.149		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
Caffeine ... mg	47		0	FLA	4		13		
Theobromine ... mg	1597		0	FLA	4		453		

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

Food Group: 19 Sweets

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

NDB No. 19078
Baking chocolate, unsweetened, squares

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	1.30	0.109	9		1		1.72	0.36	
Energy	kcal	522		0		4		689	146	
Energy	kj	2184				4		2883	612	
Protein (N x 5.63)	g	10.30	0.352	9		1		13.60	2.88	
Total lipid (fat)	g	55.30	0.567	9		1		73.00	15.48	
Ash	g	3.00	0.224	8		1		3.96	0.84	
Carbohydrate, by difference	g	28.30		0	NC	4		37.36	7.92	
Fiber, total dietary	g	15.4		0		1		20.3	4.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	74	5.790	9		1		98	21	
Iron, Fe	mg	6.32	0.644	9		1		8.34	1.77	
Magnesium, Mg	mg	310	15.713	9		1		409	87	
Phosphorus, P	mg	417	14.389	6		1		550	117	
Potassium, K	mg	833	58.299	8		1		1100	233	
Sodium, Na	mg	14	2.523	6		1		18	4	
Zinc, Zn	mg	4.01	0.191	8		1		5.29	1.12	
Copper, Cu	mg	2.168	0.064	9		1		2.862	0.607	
Manganese, Mn	mg	1.918	0.116	9		1		2.532	0.537	
Selenium, Se	mcg	7.5		0	BFPN	4		9.9	2.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.080	0.014	7		1		0.106	0.022	
Riboflavin	mg	0.167	0.050	7		1		0.220	0.047	
Niacin	mg	1.114	0.191	7		1		1.470	0.312	
Pantothenic acid	mg	0.198	0.026	4		1		0.261	0.055	
Vitamin B-6	mg	0.095	0.029	6		1		0.125	0.027	
Folate, total	mcg	7	1.493	6		1		9	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7	1.493	6		1		9	2	
Folate, DFE	mcg_DFE	7		0	NC	4		9	2	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	98	23.075	9		1		129	27	
Vitamin A, RAE	mcg_RAE	5		0	NC	4		6	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	1.230		0		1		1.624	0.344	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	32.600		0		1		43.032	9.128	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.100		6		1		0.132	0.028	
15:0	g									
16:0	g	14.930		6		1		19.708	4.180	
17:0	g									
18:0	g	17.150		6		1		22.638	4.802	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	18.460		0		1		24.367	5.169	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 19078
Baking chocolate, unsweetened, squares

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	18.460		6		1		24.367	5.169	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.760		0		1		2.323	0.493	
18:2 undifferentiated g	1.760		6		1		2.323	0.493	
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		1		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.154		0		1		0.203	0.043	
Threonine g	0.407		0		1		0.537	0.114	
Isoleucine g	0.398		0		1		0.525	0.111	
Leucine g	0.623		0		1		0.822	0.174	
Lysine g	0.515		0		1		0.680	0.144	
Methionine g	0.106		0		1		0.140	0.030	
Cystine g	0.126		0		1		0.166	0.035	
Phenylalanine g	0.493		0		1		0.651	0.138	
Tyrosine g	0.385		0		1		0.508	0.108	
Valine g	0.617		0		1		0.814	0.173	
Arginine g	0.582		0		1		0.768	0.163	
Histidine g	0.177		0		1		0.234	0.050	
Alanine g	0.474		0		1		0.626	0.133	
Aspartic acid g	1.024		0		1		1.352	0.287	
Glutamic acid g	1.545		0		1		2.039	0.433	
Glycine g	0.461		0		1		0.609	0.129	
Proline g	0.439		0		1		0.579	0.123	
Serine g	0.444		0		1		0.586	0.124	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	204		1		1		269	57	
Theobromine mg	1237		1		1		1633	346	

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Common Measures:

Measure 1 = 132g: 1 cup, grated

Measure 2 = 28g: 1 square (1 oz)

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

Food Group: 19 Sweets

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

NDB No. 19248
Candies, ALMOND JOY BITES
Hershey Food Corp.

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	1.26		1	MC	9		0.50		
Energy	kcal	545		1	MC	9		218		
Energy	kj	2282		0	MC	9		913		
Protein (N x 6.25)	g	5.58		1	MC	9		2.23		
Total lipid (fat)	g	34.50		1	MC	9		13.80		
Ash	g	1.12		1	MC	9		0.45		
Carbohydrate, by difference	g	57.48		1	MC	9		22.99		
Fiber, total dietary	g	4.3		1	MC	9		1.7		
Sugars, total	g	51.71		1	MC	9		20.68		
Starch	g									
Minerals:										
Calcium, Ca	mg	109		1	MC	9		44		
Iron, Fe	mg	1.33		1	MC	9		0.53		
Magnesium, Mg	mg	38		1	MC	9		15		
Phosphorus, P	mg	129		1	MC	9		52		
Potassium, K	mg	306		1	MC	9		123		
Sodium, Na	mg	39		1	MC	9		16		
Zinc, Zn	mg	0.79		1	MC	9		0.32		
Copper, Cu	mg	0.180		1	MC	9		0.072		
Manganese, Mn	mg	0.000		1	MC	9		0.000		
Selenium, Se	mcg	0.0		1	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		1	MC	9		0.4		
Thiamin	mg	0.040		1	MC	9		0.016		
Riboflavin	mg	0.160		1	MC	9		0.064		
Niacin	mg	0.330		1	MC	9		0.132		
Pantothenic acid	mg	0.250		1	MC	9		0.100		
Vitamin B-6	mg	0.060		1	MC	9		0.024		
Folate, total	mcg	8		1	MC	9		3		
Folic acid	mcg									
Folate, food	mcg	8		1	MC	9		3		
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	117		1	MC	9		47		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.060		1	MC	9		0.024		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	20.600		1	MC	9		8.240		
Fatty acids, total monounsaturated	g	8.850		1	MC	9		3.540		
Fatty acids, total polyunsaturated	g	1.460		1	MC	9		0.584		
Fatty acids, total trans	g									
Cholesterol	mg	11		1	MC	9		5		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		1	MC	9		0.0		
Caffeine	mg									
Theobromine	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19248
Candies, ALMOND JOY BITES

Measure 1 = 40g: 18 pieces

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

Food Group: 19 Sweets

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

NDB No. 19098
Candies, 5TH AVENUE Candy Bar

Hershey Food Corp.

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	2.30		1	MC	9		1.29	0.37	
Energy	kcal	482		1	MC	9		270	77	
Energy	kj	2017		0	MC	9		1130	323	
Protein	g	8.78		1	MC	9		4.92	1.40	
Total lipid (fat)	g	23.98		1	MC	9		13.43	3.84	
Ash	g	1.91		1	MC	9		1.07	0.31	
Carbohydrate, by difference	g	62.68		1	MC	9		35.10	10.03	
Fiber, total dietary	g	3.1		1	MC	9		1.7	0.5	
Sugars, total	g	47.19		1	MC	9		26.43	7.55	
Starch	g									
Minerals:										
Calcium, Ca	mg	73		1	MC	9		41	12	
Iron, Fe	mg	1.20		1	MC	9		0.67	0.19	
Magnesium, Mg	mg	62		1	MC	9		35	10	
Phosphorus, P	mg	141		1	MC	9		79	23	
Potassium, K	mg	347		1	MC	9		195	56	
Sodium, Na	mg	225		1	MC	9		126	36	
Zinc, Zn	mg	1.12		1	MC	9		0.63	0.18	
Copper, Cu	mg	0.210		1	MC	9		0.118	0.034	
Manganese, Mn	mg	0.050		1	MC	9		0.028	0.008	
Selenium, Se	mcg	0.6		1	MC	9		0.3	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		1	MC	9		0.2	0.1	
Thiamin	mg	0.140		1	MC	9		0.078	0.022	
Riboflavin	mg	0.090		1	MC	9		0.050	0.014	
Niacin	mg	3.900		1	MC	9		2.184	0.624	
Pantothenic acid	mg	0.540		1	MC	9		0.302	0.086	
Vitamin B-6	mg	0.110		1	MC	9		0.062	0.018	
Folate, total	mcg	43		1	MC	9		24	7	
Folic acid	mcg	0		0	FLM	4		0	0	
Folate, food	mcg	43		1	MC	9		24	7	
Folate, DFE	mcg_DFE	43		0	NC	4		24	7	
Vitamin B-12	mcg	0.10		0	FLM	4		0.06	0.02	
Vitamin A, IU	IU	55		1	MC	9		31	9	
Vitamin A, RAE	mcg_RAE	10		0	NC	4		5	2	
Retinol	mcg	10		0	FLM	4		5	2	
Vitamin E	mg_ATE	0.020		1	MC	9		0.011	0.003	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.650		1	MC	9		3.724	1.064	
4:0	g	0.041		0	FLM	4		0.023	0.006	
6:0	g	0.015		0	FLM	4		0.009	0.002	
8:0	g	0.011		0	FLM	4		0.006	0.002	
10:0	g	0.077		0	FLM	4		0.043	0.012	
12:0	g	0.217		0	FLM	4		0.121	0.035	
13:0	g									
14:0	g	0.222		0	FLM	4		0.125	0.036	
15:0	g									
16:0	g	3.506		0	FLM	4		1.963	0.561	
17:0	g									
18:0	g	1.987		0	FLM	4		1.113	0.318	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	10.600		1	MC	9		5.936	1.696	
14:1	g									
15:1	g									

NDB No. 19098
Candies, 5TH AVENUE Candy Bar

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.057		0	FLM	4		0.032	0.009	
17:1....g									
18:1 undifferentiated....g	9.724		0	FLM	4		5.446	1.556	
20:1....g	0.170		0	FLM	4		0.095	0.027	
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.080		1	MC	9		2.845	0.813	
18:2 undifferentiated....g	3.316		0	FLM	4		1.857	0.530	
18:3 undifferentiated....g	0.084		0	FLM	4		0.047	0.013	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	6		1	MC	9		3	1	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	MC	9		0.0	0.0	
Caffeine....mg	6		0	FLM	4		3	1	
Theobromine....mg	51		0	FLM	4		29	8	

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

Common Measures:

Measure 1 = 56g: 1 bar 2 oz

Measure 2 = 16g: 1 bar snack size

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

Food Group: 19 Sweets

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

NDB No. 19065
Candies, ALMOND JOY Candy Bar
Hershey Food Corp.

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	8.20		1	MC	9		4.02	1.56	
Energy	kcal	479		1	MC	9		235	91	
Energy	kj	2003		0	MC	9		981	380	
Protein	g	4.13		1	MC	9		2.02	0.78	
Total lipid (fat)	g	26.93		1	MC	9		13.20	5.12	
Ash	g	1.23		1	MC	9		0.60	0.23	
Carbohydrate, by difference	g	59.51		0	NC	4		29.16	11.31	
Fiber, total dietary	g	5.0		1	MC	9		2.5	1.0	
Sugars, total	g	48.34		1	MC	9		23.69	9.18	
Starch	g									
Minerals:										
Calcium, Ca	mg	64		1	MC	9		31	12	
Iron, Fe	mg	1.27		1	MC	9		0.62	0.24	
Magnesium, Mg	mg									
Phosphorus, P	mg	112		1	MC	9		55	21	
Potassium, K	mg	254		1	MC	9		124	48	
Sodium, Na	mg	142		1	MC	9		70	27	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		1	MC	9		0.3	0.1	
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	42		1	MC	9		21	8	
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.020		1	MC	9		0.010	0.004	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	17.590		1	MC	9		8.619	3.342	
Fatty acids, total monounsaturated	g	5.260		1	MC	9		2.577	0.999	
Fatty acids, total polyunsaturated	g	1.180		1	MC	9		0.578	0.224	
Fatty acids, total trans	g									
Cholesterol	mg	4		1	MC	9		2	1	
Phytosterols	mg									

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

Common Measures:

Measure 1 = 49g: 1 package 1.76 oz

Measure 2 = 19g: 1 bar snack size

Calories Factors: Protein Fat Carbohydrate

NDB No. 19065
Candies, ALMOND JOY Candy Bar

Food Group: 19 Sweets

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

NDB No. 19075
Candies, CARAMELLO Candy Bar
Hershey Food Corp.

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	6.79		1	MC	9		2.38	3.06	2.92
Energy	kcal	462		1	MC	9		162	208	199
Energy	kj	1932		0	MC	9		676	869	831
Protein	g	6.19		1	MC	9		2.17	2.79	2.66
Total lipid (fat)	g	21.19		1	MC	9		7.42	9.54	9.11
Ash	g	1.46		1	MC	9		0.51	0.66	0.63
Carbohydrate, by difference	g	63.81		1	MC	9		22.33	28.71	27.44
Fiber, total dietary	g	1.2		1	MC	9		0.4	0.5	0.5
Sugars, total	g	56.92		1	MC	9		19.92	25.61	24.48
Starch	g									
Minerals:										
Calcium, Ca	mg	213		1	MC	9		74	96	92
Iron, Fe	mg	1.09		1	MC	9		0.38	0.49	0.47
Magnesium, Mg	mg									
Phosphorus, P	mg	150		1	MC	9		53	68	65
Potassium, K	mg	341		1	MC	9		119	154	147
Sodium, Na	mg	122		1	MC	9		43	55	52
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		1	MC	9		0.6	0.8	0.7
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	303		1	MC	9		106	136	130
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.220		1	MC	9		0.077	0.099	0.095
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	12.720		1	MC	9		4.452	5.724	5.470
Fatty acids, total monounsaturated	g	5.290		1	MC	9		1.852	2.381	2.275
Fatty acids, total polyunsaturated	g	0.630		1	MC	9		0.221	0.284	0.271
Fatty acids, total trans	g	0.000		1	MC	9		0.000	0.000	0.000
Cholesterol	mg	27		1	MC	9		9	12	11
Phytosterols	mg									

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

Common Measures:

Measure 1 = 35g: 1 bar 1.25 oz

Measure 2 = 45g: 1 bar 1.6 oz

Measure 3 = 43g: 6 blocks

Calories Factors: Protein Fat Carbohydrate

NDB No. 19075
Candies, CARAMELLO Candy Bar

Food Group: 19 Sweets

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

NDB No. 19179

Candies, E.J. BRACH'S, BRACH'S STAR BRITES Peppermint Mints

E.J. Brach's Corp.

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	1.90		1	A	1		0.29		
Energy....kcal	393		0	NC	4		59		
Energy....kj	1643				4		246		
Protein....g	0.00		1	A	1		0.00		
Total lipid (fat)....g	0.20		1	A	1		0.03		
Ash....g	0.20		1	A	1		0.03		
Carbohydrate, by difference....g	97.70		0	NC	4		14.66		
Fiber, total dietary....g									
Sugars, total....g	62.90		1	A	1		9.44		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	40		1	A	1		6		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 pieces

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

Food Group: 19 Sweets

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

NDB No. 19243
Candies, HEATH BITES
Hershey Food Corp.

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	0.86		1	MC	9		0.34		
Energy	kcal	530		1	MC	9		207		
Energy	kj	2217		0	MC	9		864		
Protein (N x 6.25)	g	3.94		1	MC	9		1.54		
Total lipid (fat)	g	30.38		1	MC	9		11.85		
Ash	g	1.16		1	MC	9		0.45		
Carbohydrate, by difference	g	63.39		1	MC	9		24.72		
Fiber, total dietary	g	2.0		1	MC	9		0.8		
Sugars, total	g	60.02		1	MC	9		23.41		
Starch	g									
Minerals:										
Calcium, Ca	mg	86		1	MC	9		34		
Iron, Fe	mg	0.78		1	MC	9		0.30		
Magnesium, Mg	mg	6		1	MC	9		2		
Phosphorus, P	mg	71		1	MC	9		28		
Potassium, K	mg	210		1	MC	9		82		
Sodium, Na	mg	245		1	MC	9		96		
Zinc, Zn	mg	0.11		1	MC	9		0.04		
Copper, Cu	mg	0.030		1	MC	9		0.012		
Manganese, Mn	mg	0.000		1	MC	9		0.000		
Selenium, Se	mcg	0.0		1	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		1	MC	9		0.3		
Thiamin	mg	0.020		1	MC	9		0.008		
Riboflavin	mg	0.110		1	MC	9		0.043		
Niacin	mg	0.090		1	MC	9		0.035		
Pantothenic acid	mg	0.010		1	MC	9		0.004		
Vitamin B-6	mg	0.000		1	MC	9		0.000		
Folate, total	mcg	1		1	MC	9		1		
Folic acid	mcg									
Folate, food	mcg	1		1	MC	9		1		
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	232		1	MC	9		91		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.070		1	MC	9		0.027		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	15.620		1	MC	9		6.092		
Fatty acids, total monounsaturated	g	8.800		1	MC	9		3.432		
Fatty acids, total polyunsaturated	g	2.550		1	MC	9		0.995		
Fatty acids, total trans	g	0.000		1	MC	9		0.000		
Cholesterol	mg	19		1	MC	9		7		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		1	MC	9		0.0		
Caffeine	mg	0		1	MC	9		0		
Theobromine	mg									

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Common Measures:

NDB No. 19243
Candies, HEATH BITES

Measure 1 = 39g: 15 pieces

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

Food Group: 19 Sweets

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

NDB No. 19084

Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES

Hershey Food Corp.

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									
Energy	kcal	570		0	NC	4		234		
Energy	kj	2384		0	NC	4		977		
Protein (N x 6.25)	g	11.97		1	MC	9		4.91		
Total lipid (fat)	g	37.13		1	MC	9		15.22		
Ash	g									
Carbohydrate, by difference	g	46.91		1	MC	9		19.23		
Fiber, total dietary	g	4.4		1	MC	9		1.8		
Sugars, total	g	37.13		1	MC	9		15.22		
Starch	g									
Minerals:										
Calcium, Ca	mg	203		1	MC	9		83		
Iron, Fe	mg	2.50		1	MC	9		1.03		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	52		1	MC	9		21		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		1	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	15.230		1	MC	9		6.244		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	13		1	MC	9		5		
Phytosterols	mg									

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Common Measures:

Measure 1 = 41g: 13 pieces

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

Food Group: 19 Sweets

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

NDB No. 19236

Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES

Hershey Food Corp.

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	1.19		1	MC	9		0.46		
Energy	kcal	550		1	MC	9		214		
Energy	kj	2300		0	MC	9		897		
Protein (N x 6.25)	g	9.76		1	MC	9		3.81		
Total lipid (fat)	g	35.73		1	MC	9		13.93		
Ash	g	1.59		1	MC	9		0.62		
Carbohydrate, by difference	g	51.00		1	MC	9		19.89		
Fiber, total dietary	g	3.6		1	MC	9		1.4		
Sugars, total	g	44.59		1	MC	9		17.39		
Starch	g									
Minerals:										
Calcium, Ca	mg	220		1	MC	9		86		
Iron, Fe	mg	1.50		1	MC	9		0.59		
Magnesium, Mg	mg	59		1	MC	9		23		
Phosphorus, P	mg	227		1	MC	9		88		
Potassium, K	mg	471		1	MC	9		184		
Sodium, Na	mg	74		1	MC	9		29		
Zinc, Zn	mg	1.34		1	MC	9		0.52		
Copper, Cu	mg	0.200		1	MC	9		0.078		
Manganese, Mn	mg	0.010		1	MC	9		0.004		
Selenium, Se	mcg	3.4		1	MC	9		1.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		1	MC	9		0.7		
Thiamin	mg	0.070		1	MC	9		0.027		
Riboflavin	mg	0.380		1	MC	9		0.148		
Niacin	mg	0.620		1	MC	9		0.242		
Pantothenic acid	mg	0.470		1	MC	9		0.183		
Vitamin B-6	mg	0.070		1	MC	9		0.027		
Folate, total	mcg	16		1	MC	9		6		
Folic acid	mcg									
Folate, food	mcg	16		1	MC	9		6		
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	177		1	MC	9		69		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.390		1	MC	9		0.152		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	17.390		1	MC	9		6.782		
Fatty acids, total monounsaturated	g	14.380		1	MC	9		5.608		
Fatty acids, total polyunsaturated	g	2.420		1	MC	9		0.944		
Fatty acids, total trans	g	0.150		1	MC	9		0.059		
Cholesterol	mg	19		1	MC	9		7		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		1	MC	9		0.0		
Caffeine	mg									
Theobromine	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19236
Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES

Measure 1 = 39g: 17 pieces

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

Food Group: 19 Sweets

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

NDB No. 19130

Candies, HERSHEY'S POT OF GOLD Almond Bar

Hershey Food Corp.

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									
Energy	kcal	577		1	MC	9		450		
Energy	kj	2414		0	MC	9		1883		
Protein	g	12.82		1	MC	9		10.00		
Total lipid (fat)	g	38.46		1	MC	9		30.00		
Ash	g									
Carbohydrate, by difference	g	46.15		1	MC	9		36.00		
Fiber, total dietary	g	3.8		1	MC	9		3.0		
Sugars, total	g	38.46		1	MC	9		30.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	192		1	MC	9		150		
Iron, Fe	mg	1.85		1	MC	9		1.44		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	64		1	MC	9		50		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	16.667		1	MC	9		13.000		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	13		1	MC	9		10		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 78g: 1 bar 2.8 oz

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

Food Group: 19 Sweets

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

NDB No. 19237
Candies, KIT KAT BITES
Hershey Food Corp.

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	MC	9		0.39		
Energy	kcal	511		1	MC	9		199		
Energy	kj	2139		0	MC	9		834		
Protein (N x 6.25)	g	6.50		1	MC	9		2.54		
Total lipid (fat)	g	26.41		1	MC	9		10.30		
Ash	g	0.87		1	MC	9		0.34		
Carbohydrate, by difference	g	64.55		1	MC	9		25.17		
Fiber, total dietary	g	2.2		1	MC	9		0.8		
Sugars, total	g	49.47		1	MC	9		19.29		
Starch	g									
Minerals:										
Calcium, Ca	mg	131		1	MC	9		51		
Iron, Fe	mg	0.88		1	MC	9		0.34		
Magnesium, Mg	mg	0		1	MC	9		0		
Phosphorus, P	mg	94		1	MC	9		37		
Potassium, K	mg	297		1	MC	9		116		
Sodium, Na	mg	67		1	MC	9		26		
Zinc, Zn	mg	0.00		1	MC	9		0.00		
Copper, Cu	mg	0.000		1	MC	9		0.000		
Manganese, Mn	mg	0.000		1	MC	9		0.000		
Selenium, Se	mcg	0.0		1	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		1	MC	9		0.5		
Thiamin	mg	0.030		1	MC	9		0.012		
Riboflavin	mg	0.160		1	MC	9		0.062		
Niacin	mg	0.060		1	MC	9		0.023		
Pantothenic acid	mg	0.000		1	MC	9		0.000		
Vitamin B-6	mg	0.000		1	MC	9		0.000		
Folate, total	mcg	1		1	MC	9		0		
Folic acid	mcg									
Folate, food	mcg	1		1	MC	9		0		
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	84		1	MC	9		33		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.060		1	MC	9		0.023		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	17.100		1	MC	9		6.669		
Fatty acids, total monounsaturated	g	4.500		1	MC	9		1.755		
Fatty acids, total polyunsaturated	g	0.430		1	MC	9		0.168		
Fatty acids, total trans	g									
Cholesterol	mg	8		1	MC	9		3		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		1	MC	9		0.0		
Caffeine	mg									
Theobromine	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19237
Candies, KIT KAT BITES

Measure 1 = 39g: 15 pieces

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

Food Group: 19 Sweets

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

NDB No. 19109
Candies, KIT KAT Wafer Bar
Hershey Food Corp.

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	1.14		1	MC	9		0.48	0.11	0.52
Energy	kcal	517		1	MC	9		217	52	238
Energy	kj	2162		0	MC	9		908	216	994
Protein	g	6.41		1	MC	9		2.69	0.64	2.95
Total lipid (fat)	g	27.11		1	MC	9		11.39	2.71	12.47
Ash	g	0.95		1	MC	9		0.40	0.10	0.44
Carbohydrate, by difference	g	64.17		1	MC	9		26.95	6.42	29.52
Fiber, total dietary	g	1.9		1	MC	9		0.8	0.2	0.9
Sugars, total	g	52.41		1	MC	9		22.01	5.24	24.11
Starch	g									
Minerals:										
Calcium, Ca	mg	135		1	MC	9		57	14	62
Iron, Fe	mg	0.85		1	MC	9		0.36	0.09	0.39
Magnesium, Mg	mg	3		1	MC	9		1	0	1
Phosphorus, P	mg	113		1	MC	9		47	11	52
Potassium, K	mg	290		1	MC	9		122	29	134
Sodium, Na	mg	65		1	MC	9		27	6	30
Zinc, Zn	mg	0.09		1	MC	9		0.04	0.01	0.04
Copper, Cu	mg	0.020		1	MC	9		0.008	0.002	0.009
Manganese, Mn	mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se	mcg	4.7		2	AI	13		2.0	0.5	2.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3		1	MC	9		0.6	0.1	0.6
Thiamin	mg	0.050		1	MC	9		0.021	0.005	0.023
Riboflavin	mg	0.170		1	MC	9		0.071	0.017	0.078
Niacin	mg	0.210		1	MC	9		0.088	0.021	0.097
Pantothenic acid	mg	0.050		1	MC	9		0.021	0.005	0.023
Vitamin B-6	mg	0.010		1	MC	9		0.004	0.001	0.005
Folate, total	mcg	3		1	MC	9		1	0	2
Folic acid	mcg	0		0	FLM	4		0	0	0
Folate, food	mcg	3		1	MC	9		1	0	2
Folate, DFE	mcg_DFE	3		0	NC	4		1	0	2
Vitamin B-12	mcg	0.20		0	FLM	4		0.08	0.02	0.09
Vitamin A, IU	IU	90		1	MC	9		38	9	41
Vitamin A, RAE	mcg_RAE	18		0	O	4		7	2	8
Retinol	mcg	16		0	O	4		7	2	7
Vitamin E	mg_ATE	0.190		1	MC	9		0.080	0.019	0.087
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	17.490		1	MC	9		7.346	1.749	8.045
4:0	g	0.010		0	FLM	4		0.004	0.001	0.005
6:0	g	0.022		0	FLM	4		0.009	0.002	0.010
8:0	g	0.331		0	FLM	4		0.139	0.033	0.152
10:0	g	0.374		0	FLM	4		0.157	0.037	0.172
12:0	g	4.689		0	FLM	4		1.969	0.469	2.157
13:0	g									
14:0	g	1.676		0	FLM	4		0.704	0.168	0.771
15:0	g									
16:0	g	4.912		0	FLM	4		2.063	0.491	2.260
17:0	g									
18:0	g	5.324		0	FLM	4		2.236	0.532	2.449
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.790		1	MC	9		2.012	0.479	2.203
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.022		0	FLM	4		0.009	0.002	0.010

NDB No. 19109
Candies, KIT KAT Wafer Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	4.759		0	FLM	4		1.999	0.476	2.189
20:1 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.510		1	MC	9		0.214	0.051	0.235
18:2 undifferentiated ... g	0.490		0	FLM	4		0.206	0.049	0.226
18:3 undifferentiated ... g	0.013		0	FLM	4		0.005	0.001	0.006
18:4 ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	9		1	MC	9		4	1	4
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine ... mg	20		0	FLM	4		8	2	9
Theobromine ... mg	118		0	FLM	4		50	12	54

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

Common Measures:

Measure 1 = 42g: 1 bar (1.5 oz)

Measure 2 = 10.0g: 1 bar, miniature (.35 oz)

Measure 3 = 46g: 1 bar (1.625 oz)

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

Food Group: 19 Sweets

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

NDB No. 19110
Candies, KRACKEL Chocolate Bar
Hershey Food Corp.

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	1.17		1	MC	9		0.48	0.66	0.43
Energy	kcal	512		1	MC	9		210	287	189
Energy	kj	2143		0	MC	9		878	1200	793
Protein	g	6.62		1	MC	9		2.71	3.71	2.45
Total lipid (fat)	g	26.58		1	MC	9		10.90	14.88	9.83
Ash	g	1.29		1	MC	9		0.53	0.72	0.48
Carbohydrate, by difference	g	63.96		1	MC	9		26.22	35.82	23.67
Fiber, total dietary	g	2.2		1	MC	9		0.9	1.3	0.8
Sugars, total	g	52.53		1	MC	9		21.54	29.42	19.44
Starch	g									
Minerals:										
Calcium, Ca	mg	158		1	MC	9		65	88	58
Iron, Fe	mg	1.06		1	MC	9		0.43	0.59	0.39
Magnesium, Mg	mg	13		1	MC	9		5	7	5
Phosphorus, P	mg	123		1	MC	9		51	69	46
Potassium, K	mg	325		1	MC	9		133	182	120
Sodium, Na	mg	196		1	MC	9		80	110	72
Zinc, Zn	mg	0.49		1	MC	9		0.20	0.27	0.18
Copper, Cu	mg	0.020		1	MC	9		0.008	0.011	0.007
Manganese, Mn	mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se	mcg	3.5		1	MC	9		1.4	1.9	1.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		1	MC	9		0.3	0.4	0.3
Thiamin	mg	0.050		1	MC	9		0.021	0.028	0.019
Riboflavin	mg	0.190		1	MC	9		0.078	0.106	0.070
Niacin	mg	0.260		1	MC	9		0.107	0.146	0.096
Pantothenic acid	mg	0.420		1	MC	9		0.172	0.235	0.155
Vitamin B-6	mg	0.040		1	MC	9		0.016	0.022	0.015
Folate, total	mcg	6		1	MC	9		2	3	2
Folic acid	mcg									
Folate, food	mcg	6		1	MC	9		2	3	2
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	102		1	MC	9		42	57	38
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.080		1	MC	9		0.033	0.045	0.030
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	15.920		1	MC	9		6.527	8.915	5.890
Fatty acids, total monounsaturated	g	6.250		1	MC	9		2.563	3.500	2.313
Fatty acids, total polyunsaturated	g	0.570		1	MC	9		0.234	0.319	0.211
Fatty acids, total trans	g									
Cholesterol	mg	11		1	MC	9		4	6	4
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		1	MC	9		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:

NDB No. 19110
Candies, KRACKEL Chocolate Bar

Measure 1 = 41g: 1 bar 1.45 oz
Measure 2 = 56g: 1 bar 2 oz
Measure 3 = 37g: 3 blocks

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

Food Group: 19 Sweets

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

NDB No. 19157

Candies, M&M MARS, "M&M's" Mini Milk Chocolate Candies

M&M/Mars Inc.

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	2.42		0	MC	9		1.02	3.44	
Energy	kcal	498		0	MC	9		209	707	
Energy	kj	2084				9		875	2959	
Protein	g	4.78		0	MC	9		2.01	6.79	
Total lipid (fat)	g	23.34		0	MC	9		9.80	33.14	
Ash	g	2.34		0	MC	9		0.98	3.32	
Carbohydrate, by difference	g	67.12		0	MC	9		28.19	95.31	
Fiber, total dietary	g	2.7		0	MC	9		1.1	3.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	116		0	MC	9		49	165	
Iron, Fe	mg	1.23		0	MC	9		0.52	1.75	
Magnesium, Mg	mg	46		0	FLM	4		19	65	
Phosphorus, P	mg	166		0	FLM	4		70	236	
Potassium, K	mg	293		0	FLM	4		123	416	
Sodium, Na	mg	68		0	MC	9		29	97	
Zinc, Zn	mg	1.06		0	FLM	4		0.45	1.51	
Copper, Cu	mg	0.304		0	FLM	4		0.128	0.432	
Manganese, Mn	mg	0.234		0	FLM	4		0.098	0.332	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0	MC	9		0.3	0.9	
Thiamin	mg	0.060		0	FLM	4		0.025	0.085	
Riboflavin	mg	0.231		0	FLM	4		0.097	0.328	
Niacin	mg	0.246		0	FLM	4		0.103	0.349	
Pantothenic acid	mg	0.322		0	FLM	4		0.135	0.457	
Vitamin B-6	mg	0.032		0	FLM	4		0.013	0.045	
Folate, total	mcg	5		0	FLM	4		2	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0	FLM	4		2	7	
Folate, DFE	mcg_DFE	5		0	NC	4		2	7	
Vitamin B-12	mcg	0.29		0	FLM	4		0.12	0.41	
Vitamin A, IU	IU	224		0	MC	9		94	318	
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.946		0	FLM	4		0.397	1.343	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	14.452		0	MC	9		6.070	20.522	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0	g	0.000		0	FLM	4		0.000	0.000	
8:0	g	0.000		0	FLM	4		0.000	0.000	
10:0	g	0.000		0	FLM	4		0.000	0.000	
12:0	g	0.000		0	FLM	4		0.000	0.000	
13:0	g									
14:0	g	0.644		0	FLM	4		0.270	0.914	
15:0	g									
16:0	g	7.011		0	FLM	4		2.945	9.956	
17:0	g									
18:0	g	6.711		0	FLM	4		2.819	9.530	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	7.604		0	FLM	4		3.194	10.798	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	FLM	4		0.000	0.000	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	7.604		0	FLM	4		3.194	10.798	
20:1 ... g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.697		0	FLM	4		0.293	0.990	
18:2 undifferentiated ... g	0.697		0	FLM	4		0.293	0.990	
18:3 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
18:4 ... g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	15		0	MC	9		6	21	
Phytosterols ... mg									
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 = 42g: 1 serving

Measure 2 = 142g: 1 package (net weight, 5 oz)

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

Food Group: 19 Sweets

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

NDB No. 19140

Candies, M&M MARS, "M&M's" Peanut Chocolate Candies

M&M/Mars Inc.

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	1.78		0	MC	9		3.03	0.37	0.84
Energy	kcal	516		0	MC	9		877	108	243
Energy	kj	2159				9		3670	453	1015
Protein	g	9.47		0	MC	9		16.10	1.99	4.45
Total lipid (fat)	g	26.24		0	MC	9		44.61	5.51	12.33
Ash	g	2.05		0	MC	9		3.49	0.43	0.96
Carbohydrate, by difference	g	60.46		0	MC	9		102.78	12.70	28.42
Fiber, total dietary	g	3.4		0	MC	9		5.8	0.7	1.6
Sugars, total	g	50.76		0	MC	9		86.29	10.66	23.86
Starch	g									
Minerals:										
Calcium, Ca	mg	101		0	MC	9		172	21	47
Iron, Fe	mg	1.15		0	MC	9		1.96	0.24	0.54
Magnesium, Mg	mg	76		0	FLM	4		129	16	36
Phosphorus, P	mg	233		0	FLM	4		396	49	109
Potassium, K	mg	347		0	FLM	4		591	73	163
Sodium, Na	mg	48		0	MC	9		82	10	23
Zinc, Zn	mg	2.41		0	FLM	4		4.10	0.51	1.13
Copper, Cu	mg	0.532		0	FLM	4		0.904	0.112	0.250
Manganese, Mn	mg	0.698		0	FLM	4		1.186	0.147	0.328
Selenium, Se	mcg	3.9		0	FLM	4		6.7	0.8	1.9
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0	MC	9		0.9	0.1	0.2
Thiamin	mg	0.102		0	FLM	4		0.174	0.022	0.048
Riboflavin	mg	0.158		0	FLM	4		0.269	0.033	0.074
Niacin	mg	4.090		0	FLM	4		6.953	0.859	1.922
Pantothenic acid	mg	0.559		0	FLM	4		0.950	0.117	0.263
Vitamin B-6	mg	0.088		0	FLM	4		0.149	0.018	0.041
Folate, total	mcg	38		0	FLM	4		65	8	18
Folic acid	mcg	0		0	FLM	4		0	0	0
Folate, food	mcg	38		0	FLM	4		65	8	18
Folate, DFE	mcg_DFE	38		0	NC	4		65	8	18
Vitamin B-12	mcg	0.16		0	FLM	4		0.27	0.03	0.08
Vitamin A, IU	IU	93		0	MC	9		158	20	44
Vitamin A, RAE	mcg_RAE	26		0	FLM	4		44	5	12
Retinol	mcg	26		0	FLM	4		43	5	12
Vitamin E	mg_ATE	2.562		0	FLM	4		4.355	0.538	1.204
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	10.331		0	MC	9		17.563	2.170	4.856
4:0	g	0.080		0	FLM	4		0.137	0.017	0.038
6:0	g	0.031		0	FLM	4		0.053	0.007	0.015
8:0	g	0.022		0	FLM	4		0.038	0.005	0.011
10:0	g	0.165		0	FLM	4		0.281	0.035	0.078
12:0	g	0.478		0	FLM	4		0.813	0.100	0.225
13:0	g									
14:0	g	0.428		0	FLM	4		0.727	0.090	0.201
15:0	g									
16:0	g	5.129		0	FLM	4		8.719	1.077	2.410
17:0	g									
18:0	g	3.744		0	FLM	4		6.364	0.786	1.760
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	11.000		0	MC	9		18.700	2.310	5.170
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.073		0	FLM	4		0.124	0.015	0.034

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	10.653		0	FLM	4		18.111	2.237	5.007
20:1 ... g	0.186		0	FLM	4		0.316	0.039	0.087
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	4.200		0	MC	9		7.140	0.882	1.974
18:2 undifferentiated ... g	4.163		0	FLM	4		7.077	0.874	1.957
18:3 undifferentiated ... g	0.037		0	FLM	4		0.063	0.008	0.017
18:4 ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	9		0	MC	9		15	2	4
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine ... mg	11		0	FLM	4		18	2	5
Theobromine ... mg	69		0	FLM	4		118	15	33

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

Common Measures:

Measure 1 = 170g: 1 cup

Measure 2 = 21g: 1 package, fun size

Measure 3 = 47g: 1 package (1.67 oz)

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

Food Group: 19 Sweets

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

NDB No. 19141

Candies, M&M MARS, "M&M's" Plain Chocolate Candies

M&M/Mars Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.68		1		1		3.49	0.71	175.27
Energy	kcal	492		0	MC	9		1023	207	51330
Energy	kj	2059				9		4282	865	214766
Protein	g	4.33		0	MC	9		9.01	1.82	451.75
Total lipid (fat)	g	21.13		0	MC	9		43.95	8.87	2204.49
Ash	g	1.63		0	MC	9		3.39	0.68	170.06
Carbohydrate, by difference	g	71.21		0	MC	9		148.12	29.91	7429.34
Fiber, total dietary	g	2.5		0	MC	9		5.2	1.1	260.8
Sugars, total	g	63.66		0	MC	9		132.41	26.74	6641.65
Sucrose	g	50.80		1		1		105.66	21.34	5299.96
Glucose (dextrose)	g									
Fructose	g									
Lactose	g	7.00		1		1		14.56	2.94	730.31
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	105		0	MC	9		218	44	10955
Iron, Fe	mg	1.11		0	MC	9		2.31	0.47	115.81
Magnesium, Mg	mg	26		0	FLM	4		54	11	2728
Phosphorus, P	mg	95		0	FLM	4		198	40	9920
Potassium, K	mg	167		0	FLM	4		347	70	17411
Sodium, Na	mg	61		0	MC	9		127	26	6364
Zinc, Zn	mg	0.61		0	FLM	4		1.28	0.26	64.01
Copper, Cu	mg	0.190		0	FLM	4		0.394	0.080	19.779
Manganese, Mn	mg	0.146		0	FLM	4		0.304	0.061	15.241
Selenium, Se	mcg	2.3		0	FLM	4		4.7	0.9	234.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0	MC	9		1.0	0.2	52.2
Thiamin	mg	0.034		0	FLM	4		0.071	0.014	3.551
Riboflavin	mg	0.139		0	FLM	4		0.288	0.058	14.456
Niacin	mg	0.140		0	FLM	4		0.290	0.059	14.562
Pantothenic acid	mg	0.184		0	FLM	4		0.382	0.077	19.171
Vitamin B-6	mg	0.018		0	FLM	4		0.038	0.008	1.888
Folate, total	mcg	3		0	FLM	4		7	1	360
Folic acid	mcg	0		0	FLM	4		0	0	0
Folate, food	mcg	3		0	FLM	4		7	1	360
Folate, DFE	mcg_DFE	3		0	NC	4		7	1	360
Vitamin B-12	mcg	0.17		0	FLM	4		0.35	0.07	17.53
Vitamin A, IU	IU	71		0	FLM	4		148	30	7429
Vitamin A, RAE	mcg_RAE	20		0	FLM	4		41	8	2071
Retinol	mcg	20		0	FLM	4		41	8	2039
Vitamin E	mg_ATE	0.534		0	FLM	4		1.111	0.224	55.730
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	13.080		0	MC	9		27.206	5.494	1364.636
4:0	g	0.122		0	FLM	4		0.254	0.051	12.728
6:0	g	0.047		0	FLM	4		0.099	0.020	4.950
8:0	g	0.034		0	FLM	4		0.070	0.014	3.535
10:0	g	0.251		0	FLM	4		0.522	0.105	26.162
12:0	g	0.725		0	FLM	4		1.508	0.305	75.659
13:0	g									
14:0	g	0.637		0	FLM	4		1.325	0.268	66.466
15:0	g									
16:0	g	5.410		0	FLM	4		11.252	2.272	564.405
17:0	g									
18:0	g	5.171		0	FLM	4		10.756	2.172	539.525
20:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.670		0	FLM	4		13.874	2.801	695.901
14:1 g									
15:1 g									
16:1 undifferentiated g	0.116		0	FLM	4		0.242	0.049	12.117
17:1 g									
18:1 undifferentiated g	6.554		0	FLM	4		13.632	2.753	683.785
20:1 g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.728		0	FLM	4		1.514	0.306	75.964
18:2 undifferentiated g	0.660		0	FLM	4		1.372	0.277	68.837
18:3 undifferentiated g	0.068		0	FLM	4		0.142	0.029	7.127
18:4 g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	14		0	MC	9		29	6	1461
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	18		0	FLM	4		37	8	1878
Theobromine mg	116		0	FLM	4		241	49	12102

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

Common Measures:

Measure 1 = 208g: 1 cup

Measure 2 = 42g: 1 box (1.48 oz)

Measure 3 = 10433g: 1 package

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

Food Group: 19 Sweets

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

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

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	5.80	0.171	7		1		1.33	2.96	0.99
Energy	kcal	416		0		4		96	212	71
Energy	kj	1741				4		400	888	296
Protein (N x 6.1)	g	3.20	0.054	7		1		0.74	1.63	0.54
Total lipid (fat)	g	12.90	0.500	7		1		2.97	6.58	2.19
Ash	g	1.20	0.069	7		1		0.28	0.61	0.20
Carbohydrate, by difference	g	76.80		0	NC	4		17.66	39.17	13.06
Fiber, total dietary	g	1.6		0		4		0.4	0.8	0.3
Sugars, total	g	66.23		0	LC	8		15.23	33.78	11.26
Starch	g									
Minerals:										
Calcium, Ca	mg	84	8.563	3		1		19	43	14
Iron, Fe	mg	0.73	0.046	3		1		0.17	0.37	0.12
Magnesium, Mg	mg	29		2		1		7	15	5
Phosphorus, P	mg	91		1		1		21	46	15
Potassium, K	mg	133	51.928	3		1		31	68	23
Sodium, Na	mg	194	14.063	4		1		45	99	33
Zinc, Zn	mg	0.55		2		1		0.13	0.28	0.09
Copper, Cu	mg	0.155		2		1		0.036	0.079	0.026
Manganese, Mn	mg	0.160		1		1		0.037	0.082	0.027
Selenium, Se	mcg	2.5		0	FLA	4		0.6	1.3	0.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		1		1		0.1	0.2	0.1
Thiamin	mg	0.034	0.002	3		1		0.008	0.017	0.006
Riboflavin	mg	0.140	0.015	3		1		0.032	0.071	0.024
Niacin	mg	0.230	0.035	3		1		0.053	0.117	0.039
Pantothenic acid	mg	0.231		1		1		0.053	0.118	0.039
Vitamin B-6	mg	0.015		1		1		0.003	0.008	0.003
Folate, total	mcg	0		1		1		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		1		1		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.17		0	FLA	4		0.04	0.09	0.03
Vitamin A, IU	IU	80		0	FLA	4		18	41	14
Vitamin A, RAE	mcg_RAE	24		0	NC	4		5	12	4
Retinol	mcg	23		0	NC	4		5	12	4
Vitamin E	mg_ATE	0.636		0	FLA	4		0.146	0.324	0.108
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.500		0		1		1.495	3.315	1.105
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.010		2		1		0.002	0.005	0.002
10:0	g	0.010		2		1		0.002	0.005	0.002
12:0	g	0.160		2		1		0.037	0.082	0.027
13:0	g									
14:0	g	0.270		2		1		0.062	0.138	0.046
15:0	g									
16:0	g	2.900		2		1		0.667	1.479	0.493
17:0	g									
18:0	g	3.150		2		1		0.725	1.607	0.536
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.290		0		1		0.987	2.188	0.729
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.080		2		1		0.018	0.041	0.014

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	4.130		2		1		0.950	2.106	0.702
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.450		0		1		0.104	0.230	0.077
18:2 undifferentiated ... g	0.360		2		1		0.083	0.184	0.061
18:3 undifferentiated ... g	0.090		2		1		0.021	0.046	0.015
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	11		2		1		3	6	2
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	11		0	FLA	4		3	6	2
Theobromine ... mg	87		0	FLA	4		20	44	15

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

Common Measures:

Measure 1 = 23g: 1 bar (.8 oz)

Measure 2 = 51g: 1 bar (1.813 oz)

Measure 3 = 17g: 1 bar, fun size

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

Food Group: 19 Sweets

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

NDB No. 19115
Candies, M&M MARS, MARS Almond Bar
M&M/Mars Inc.

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		2		1		2.25		
Energy	kcal	467		0	NC	4		234		
Energy	kj	1954				4		977		
Protein (N x 5.6)	g	8.10		2		1		4.05		
Total lipid (fat)	g	23.00		2		1		11.50		
Ash	g	1.60		2		1		0.80		
Carbohydrate, by difference	g	62.70		0	NC	4		31.35		
Fiber, total dietary	g	2.0		0	FLA	4		1.0		
Sugars, total	g	52.10		0	FLA	4		26.05		
Starch	g									
Minerals:										
Calcium, Ca	mg	168		2		1		84		
Iron, Fe	mg	1.10		2		1		0.55		
Magnesium, Mg	mg	72		1		1		36		
Phosphorus, P	mg	234		0	FLA	4		117		
Potassium, K	mg	325		2		1		163		
Sodium, Na	mg	170		1		1		85		
Zinc, Zn	mg	1.11		1		1		0.56		
Copper, Cu	mg	0.250		1		1		0.125		
Manganese, Mn	mg	0.367		0	FLA	4		0.184		
Selenium, Se	mcg	1.6		0	FLA	4		0.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	FLA	4		0.4		
Thiamin	mg	0.041		2		1		0.021		
Riboflavin	mg	0.312		2		1		0.156		
Niacin	mg	0.945		2		1		0.473		
Pantothenic acid	mg	0.404		0	FLA	4		0.202		
Vitamin B-6	mg	0.060		0	FLA	4		0.030		
Folate, total	mcg	19		0	FLA	4		10		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	19		0	FLA	4		10		
Folate, DFE	mcg_DFE	19		0	NC	4		10		
Vitamin B-12	mcg	0.36		0	FLA	4		0.18		
Vitamin A, IU	IU	187		0	FLA	4		94		
Vitamin A, RAE	mcg_RAE	48		0	NC	4		24		
Retinol	mcg	46		0	NC	4		23		
Vitamin E	mg_ATE	4.658		0	FLA	4		2.329		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.268		0	FLA	4		3.634		
4:0	g	0.165		0	FLA	4		0.083		
6:0	g	0.081		0	FLA	4		0.041		
8:0	g	0.054		0	FLA	4		0.027		
10:0	g	0.164		0	FLA	4		0.082		
12:0	g	0.294		0	FLA	4		0.147		
13:0	g									
14:0	g	0.637		0	FLA	4		0.319		
15:0	g									
16:0	g	3.516		0	FLA	4		1.758		
17:0	g									
18:0	g	2.192		0	FLA	4		1.096		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	10.693		0	FLA	4		5.347		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.215		0	FLA	4		0.108		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	10.315		0	FLA	4		5.158		
20:1 ... g	0.009		0	FLA	4		0.005		
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.980		0	FLA	4		1.990		
18:2 undifferentiated ... g	3.700		0	FLA	4		1.850		
18:3 undifferentiated ... g	0.261		0	FLA	4		0.131		
18:4 ... g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000		
20:5 n-3 ... g	0.000		0	FLA	4		0.000		
22:5 n-3 ... g	0.000		0	FLA	4		0.000		
22:6 n-3 ... g	0.000		0	FLA	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	17		0	FLA	4		9		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	4		0	FLA	4		2		
Theobromine ... mg	29		0	FLA	4		15		

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

Common Measures:

Measure 1 = 50g: 1 bar (1.76 oz)

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

Food Group: 19 Sweets

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

NDB No. 19135

Candies, M&M MARS, MARS MILKY WAY Bar

M&M/Mars Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.30	0.113	5		1		1.45	3.40	3.78
Energy	kcal	423		0		4		97	228	254
Energy	kj	1770				4		407	956	1062
Protein (N x 6.2)	g	4.50	0.110	4		1		1.04	2.43	2.70
Total lipid (fat)	g	16.10	1.139	5		1		3.70	8.69	9.66
Ash	g	1.30	0.028	4		1		0.30	0.70	0.78
Carbohydrate, by difference	g	71.70		0		4		16.49	38.72	43.02
Fiber, total dietary	g	1.7		0	FLA	4		0.4	0.9	1.0
Sugars, total	g	60.66		0	LC	8		13.95	32.76	36.40
Starch	g									
Minerals:										
Calcium, Ca	mg	130		2		1		30	70	78
Iron, Fe	mg	0.76		2		1		0.17	0.41	0.46
Magnesium, Mg	mg	34		2		1		8	18	20
Phosphorus, P	mg	144		0	FLA	4		33	78	86
Potassium, K	mg	241		2		1		55	130	145
Sodium, Na	mg	240		1		1		55	130	144
Zinc, Zn	mg	0.71		1		1		0.16	0.38	0.43
Copper, Cu	mg	0.150		1		1		0.035	0.081	0.090
Manganese, Mn	mg	0.235		0	FLA	4		0.054	0.127	0.141
Selenium, Se	mcg	5.6		0	FLA	4		1.3	3.0	3.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		4		0.2	0.5	0.6
Thiamin	mg	0.035		2		1		0.008	0.019	0.021
Riboflavin	mg	0.222		2		1		0.051	0.120	0.133
Niacin	mg	0.350		2		1		0.081	0.189	0.210
Pantothenic acid	mg	0.300		0	FLA	4		0.069	0.162	0.180
Vitamin B-6	mg	0.050		0	FLA	4		0.012	0.027	0.030
Folate, total	mcg	10		0	FLA	4		2	5	6
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	10		0	FLA	4		2	5	6
Folate, DFE	mcg_DFE	10		0	NC	4		2	5	6
Vitamin B-12	mcg	0.32		0	FLA	4		0.07	0.17	0.19
Vitamin A, IU	IU	108		0	FLA	4		25	58	65
Vitamin A, RAE	mcg_RAE	32		0	NC	4		7	17	19
Retinol	mcg	31		0	NC	4		7	17	19
Vitamin E	mg_ATE	0.650		0		1		0.150	0.351	0.390
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.790		0		4		1.792	4.207	4.674
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.050		5		1		0.012	0.027	0.030
8:0	g	0.020		5		1		0.005	0.011	0.012
10:0	g	0.070		5		1		0.016	0.038	0.042
12:0	g	0.070		5		1		0.016	0.038	0.042
13:0	g									
14:0	g	0.370		5		1		0.085	0.200	0.222
15:0	g									
16:0	g	3.490		5		1		0.803	1.885	2.094
17:0	g									
18:0	g	3.580		5		1		0.823	1.933	2.148
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	6.020		0		4		1.385	3.251	3.612
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.080		5		1		0.018	0.043	0.048

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

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	5.940		5		1		1.366	3.208	3.564
20:1	g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.600		0		4		0.138	0.324	0.360
18:2 undifferentiated	g	0.560		5		1		0.129	0.302	0.336
18:3 undifferentiated	g	0.040		5		1		0.009	0.022	0.024
18:4	g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:6 n-3	g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	14		1		1		3	8	8
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine	mg	8		0	FLA	4		2	4	5
Theobromine	mg	92		0	FLA	4		21	50	55

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

Common Measures:

Measure 1 = 23g: 1 bar (.8 oz)

Measure 2 = 54g: 1 bar (1.9 oz)

Measure 3 = 60g: 1 bar (2.1 oz)

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

Food Group: 19 Sweets

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

NDB No. 19370

Candies, M&M MARS, SKITTLES Original Bite Size Candies

M&M/Mars Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.83		0	MC	9		7.85	0.41	2.18
Energy	kcal	405		0	MC	9		830	43	231
Energy	kj	1695				9		3474	181	966
Protein	g	0.19		0	MC	9		0.39	0.02	0.11
Total lipid (fat)	g	4.37		0	MC	9		8.96	0.47	2.49
Ash	g	0.97		0	MC	9		1.99	0.10	0.55
Carbohydrate, by difference	g	90.64		0	MC	9		185.81	9.70	51.66
Fiber, total dietary	g	0.0		0	MC	9		0.0	0.0	0.0
Sugars, total	g	76.02		0	MC	9		155.84	8.13	43.33
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	MC	9		0	0	0
Iron, Fe	mg	0.01		0	MC	9		0.02	0.00	0.01
Magnesium, Mg	mg	1		0	FLM	4		2	0	1
Phosphorus, P	mg	2		0	FLM	4		4	0	1
Potassium, K	mg	5		0	FLM	4		10	1	3
Sodium, Na	mg	16		0	MC	9		33	2	9
Zinc, Zn	mg	0.03		0	FLM	4		0.06	0.00	0.02
Copper, Cu	mg	0.044		0	FLM	4		0.090	0.005	0.025
Manganese, Mn	mg	0.039		0	FLM	4		0.080	0.004	0.022
Selenium, Se	mcg	0.7		0	FLM	4		1.4	0.1	0.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	66.9		0	MC	9		137.1	7.2	38.1
Thiamin	mg	0.002		0	FLM	4		0.004	0.000	0.001
Riboflavin	mg	0.021		0	FLM	4		0.043	0.002	0.012
Niacin	mg	0.017		0	FLM	4		0.035	0.002	0.010
Pantothenic acid	mg	0.005		0	FLM	4		0.010	0.001	0.003
Vitamin B-6	mg	0.006		0	FLM	4		0.012	0.001	0.003
Folate, total	mcg	0		0	FLM	4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0	FLM	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	MC	9		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.279		0	FLM	4		0.572	0.030	0.159
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.868		0	MC	9		1.779	0.093	0.495
4:0	g	0.000		0	FLM	4		0.000	0.000	0.000
6:0	g	0.000		0	FLM	4		0.000	0.000	0.000
8:0	g	0.000		0	FLM	4		0.000	0.000	0.000
10:0	g	0.000		0	FLM	4		0.000	0.000	0.000
12:0	g	0.000		0	FLM	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.007		0	FLM	4		0.014	0.001	0.004
15:0	g									
16:0	g	0.622		0	FLM	4		1.275	0.067	0.355
17:0	g									
18:0	g	0.228		0	FLM	4		0.467	0.024	0.130
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.960		0	MC	9		6.068	0.317	1.687
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.026		0	FLM	4		0.053	0.003	0.015

NDB No. 19370
Candies, M&M MARS, SKITTLES Original Bite Size Candies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.896		0	FLM	4		5.937	0.310	1.651
20:1 ... g	0.026		0	FLM	4		0.053	0.003	0.015
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.120		0	MC	9		0.246	0.013	0.068
18:2 undifferentiated ... g	0.014		0	FLM	4		0.029	0.001	0.008
18:3 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
18:4 ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0	0	0
Phytosterols ... mg									
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.

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 10.7g: 10 pieces

Measure 3 = 57g: 1 package (2 oz, 54 pieces)

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

Food Group: 19 Sweets

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

NDB No. 19155
Candies, M&M MARS, SNICKERS Bar
M&M/Mars Inc.

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	5.49		0	MC	9		3.13	0.82	6.20
Energy	kcal	479		0	MC	9		273	72	541
Energy	kj	2004		0	MC	9		1142	301	2265
Protein	g	8.00		0	MC	9		4.56	1.20	9.04
Total lipid (fat)	g	24.58		0	MC	9		14.01	3.69	27.78
Ash	g	2.73		0	MC	9		1.56	0.41	3.08
Carbohydrate, by difference	g	59.21		0	MC	9		33.75	8.88	66.91
Fiber, total dietary	g	2.5		0	MC	9		1.4	0.4	2.8
Sugars, total	g	49.28		0	MC	9		28.09	7.39	55.69
Starch	g									
Minerals:										
Calcium, Ca	mg	94		0	MC	9		54	14	106
Iron, Fe	mg	0.76		0	MC	9		0.43	0.11	0.86
Magnesium, Mg	mg	49		0	FLM	4		28	7	56
Phosphorus, P	mg	151		0	FLM	4		86	23	171
Potassium, K	mg	260		0	FLM	4		148	39	294
Sodium, Na	mg	266		0	MC	9		152	40	301
Zinc, Zn	mg	1.08		0	FLM	4		0.62	0.16	1.22
Copper, Cu	mg	0.317		0	FLM	4		0.181	0.048	0.359
Manganese, Mn	mg	0.500		0	FLM	4		0.285	0.075	0.565
Selenium, Se	mcg	4.6		2	A	1		2.6	0.7	5.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0	MC	9		0.3	0.1	0.7
Thiamin	mg	0.103		0	FLM	4		0.059	0.015	0.116
Riboflavin	mg	0.160		0	FLM	4		0.091	0.024	0.181
Niacin	mg	1.584		0	FLM	4		0.903	0.238	1.790
Pantothenic acid	mg	0.514		0	FLM	4		0.293	0.077	0.581
Vitamin B-6	mg	0.059		0	FLM	4		0.034	0.009	0.067
Folate, total	mcg	28		0	FLM	4		16	4	32
Folic acid	mcg	0		0	FLM	4		0	0	0
Folate, food	mcg	28		0	FLM	4		16	4	32
Folate, DFE	mcg_DFE	28		0	NC	4		16	4	32
Vitamin B-12	mcg	0.16		0	FLM	4		0.09	0.02	0.18
Vitamin A, IU	IU	152		0	MC	9		87	23	172
Vitamin A, RAE	mcg_RAE	37		0	FLM	4		21	6	42
Retinol	mcg	35		0	FLM	4		20	5	40
Vitamin E	mg_ATE	1.432		0	NC	4		0.816	0.215	1.618
Tocopherol, alpha	mg	1.10	0.061	6	A	1		0.63	0.17	1.24
Tocopherol, beta	mg	0.04	0.002	6	A	1		0.02	0.01	0.04
Tocopherol, gamma	mg	3.06	0.105	6	A	1		1.74	0.46	3.45
Tocopherol, delta	mg	0.24	0.014	6	A	1		0.13	0.04	0.27
Vitamin D	IU	0.315		0	FLM	4		0.179	0.047	0.356
Lipids:										
Fatty acids, total saturated	g	8.994		0	MC	9		5.127	1.349	10.163
4:0	g	0.087		0	FLM	4		0.049	0.013	0.098
6:0	g	0.037		0	FLM	4		0.021	0.005	0.041
8:0	g	0.025		0	FLM	4		0.014	0.004	0.028
10:0	g	0.159		0	FLM	4		0.091	0.024	0.180
12:0	g	0.439		0	FLM	4		0.250	0.066	0.496
13:0	g									
14:0	g	0.426		0	FLM	4		0.243	0.064	0.481
15:0	g									
16:0	g	4.307		0	FLM	4		2.455	0.646	4.867
17:0	g									
18:0	g	3.327		0	FLM	4		1.896	0.499	3.759
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.416		0	FLM	4		4.227	1.112	8.380
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.069		0	FLM	4		0.040	0.010	0.078
17:1.....g									
18:1 undifferentiated.....g	7.243		0	FLM	4		4.129	1.086	8.185
20:1.....g	0.103		0	FLM	4		0.059	0.015	0.117
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.981		0	FLM	4		1.699	0.447	3.368
18:2 undifferentiated.....g	2.929		0	FLM	4		1.669	0.439	3.309
18:3 undifferentiated.....g	0.052		0	FLM	4		0.030	0.008	0.059
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	13		0	MC	9		7	2	15
Phytosterols.....mg	41		0	FLM	4		24	6	47
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine.....mg	10		0	FLM	4		6	2	12
Theobromine.....mg	67		0	FLM	4		38	10	76

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

Common Measures:

Measure 1 = 57g: 1 bar (2 oz)

Measure 2 = 15.0g: 1 bar, fun size

Measure 3 = 113g: 1 bar, king size (4 oz)

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

Food Group: 19 Sweets

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

NDB No. 19156

Candies, M&M MARS, STARBURST Fruit Chews

M&M/Mars Inc.

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	6.70		2		1		2.81	3.95	0.34
Energy	kcal	396		0	NC	4		166	234	20
Energy	kj	1657				4		696	978	83
Protein (N x 5.6)	g	0.40		2		1		0.17	0.24	0.02
Total lipid (fat)	g	8.30		2		1		3.49	4.90	0.42
Ash	g	0.10		2		1		0.04	0.06	0.01
Carbohydrate, by difference	g	84.50		0	NC	4		35.49	49.86	4.23
Fiber, total dietary	g	0.0		0	LC	8		0.0	0.0	0.0
Sugars, total	g	66.67		0	LC	8		28.00	39.34	3.33
Starch	g									
Minerals:										
Calcium, Ca	mg	4		2		1		2	2	0
Iron, Fe	mg	0.13		2		1		0.05	0.08	0.01
Magnesium, Mg	mg	1		2		1		0	1	0
Phosphorus, P	mg	7		1		1		3	4	0
Potassium, K	mg	2		2		1		1	1	0
Sodium, Na	mg	56		1		1		24	33	3
Zinc, Zn	mg	0.00		2		1		0.00	0.00	0.00
Copper, Cu	mg	0.012		2		1		0.005	0.007	0.001
Manganese, Mn	mg	0.015		1		1		0.006	0.009	0.001
Selenium, Se	mcg	0.8		0	FLA	4		0.3	0.5	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	52.9		1		1		22.2	31.2	2.6
Thiamin	mg	0.001		2		1		0.000	0.001	0.000
Riboflavin	mg	0.002		1		1		0.001	0.001	0.000
Niacin	mg	0.005		2		1		0.002	0.003	0.000
Pantothenic acid	mg	0.035		1		1		0.015	0.021	0.002
Vitamin B-6	mg	0.000		1		1		0.000	0.000	0.000
Folate, total	mcg	0		1		1		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		1		1		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	FLA	4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	1.510		0	FLA	4		0.634	0.891	0.076
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.237		0		4		0.520	0.730	0.062
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.008		0		4		0.003	0.005	0.000
15:0	g									
16:0	g	0.813		0		4		0.341	0.480	0.041
17:0	g									
18:0	g	0.415		0		4		0.174	0.245	0.021
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.569		0		4		1.499	2.106	0.178
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.033		0		4		0.014	0.019	0.002

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	3.528		0		4		1.482	2.082	0.176
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	3.121		0		4		1.311	1.841	0.156
18:2 undifferentiated g	2.897		0		4		1.217	1.709	0.145
18:3 undifferentiated g	0.216		0		4		0.091	0.127	0.011
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		1		4		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		4		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 42g: 1 package, fun size

Measure 2 = 59g: 1 package (2.07 oz)

Measure 3 = 5.0g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19160

Candies, M&M MARS, TWIX Caramel Cookie Bars

M&M/Mars Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.23		0	MC	9		2.41	2.45	4.02
Energy	kcal	499		0	MC	9		284	289	474
Energy	kj	2088				9		1190	1211	1983
Protein	g	4.60		0	MC	9		2.62	2.67	4.37
Total lipid (fat)	g	24.39		0	MC	9		13.90	14.15	23.17
Ash	g	1.21		0	MC	9		0.69	0.70	1.15
Carbohydrate, by difference	g	65.58		0	MC	9		37.38	38.04	62.30
Fiber, total dietary	g	1.1		0	MC	9		0.6	0.6	1.0
Sugars, total	g	48.02		0	MC	9		27.37	27.85	45.62
Starch	g									
Minerals:										
Calcium, Ca	mg	90		0	MC	9		51	52	86
Iron, Fe	mg	0.81		0	MC	9		0.46	0.47	0.77
Magnesium, Mg	mg	24		0	FLM	4		14	14	23
Phosphorus, P	mg	110		0	FLM	4		63	64	105
Potassium, K	mg	178		0	FLM	4		101	103	169
Sodium, Na	mg	193		0	MC	9		110	112	183
Zinc, Zn	mg	0.65		0	FLM	4		0.37	0.38	0.62
Copper, Cu	mg	0.142		0	FLM	4		0.081	0.083	0.135
Manganese, Mn	mg	0.242		0	FLM	4		0.138	0.140	0.229
Selenium, Se	mcg	2.0		0	FLM	4		1.1	1.2	1.9
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	MC	9		0.2	0.2	0.4
Thiamin	mg	0.178		0	FLM	4		0.102	0.103	0.169
Riboflavin	mg	0.237		0	FLM	4		0.135	0.138	0.225
Niacin	mg	1.341		0	FLM	4		0.764	0.778	1.274
Pantothenic acid	mg	0.310		0	FLM	4		0.177	0.180	0.294
Vitamin B-6	mg	0.031		0	FLM	4		0.018	0.018	0.030
Folate, total	mcg	37		0	O	4		21	21	35
Folic acid	mcg	30		0	FLM	4		17	17	28
Folate, food	mcg	8		0	FLM	4		4	5	7
Folate, DFE	mcg_DFE	58		0	NC	4		33	34	55
Vitamin B-12	mcg	0.22		0	FLM	4		0.13	0.13	0.21
Vitamin A, IU	IU	39		0	FLM	4		22	23	37
Vitamin A, RAE	mcg_RAE	11		0	NC	4		6	6	10
Retinol	mcg	11		0	FLM	4		6	6	10
Vitamin E	mg_ATE	3.437		0	FLM	4		1.959	1.994	3.265
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	8.899		0	MC	9		5.072	5.161	8.454
4:0	g	0.056		0	FLM	4		0.032	0.032	0.053
6:0	g	0.021		0	FLM	4		0.012	0.012	0.020
8:0	g	0.015		0	FLM	4		0.009	0.009	0.015
10:0	g	0.113		0	FLM	4		0.064	0.065	0.107
12:0	g	0.325		0	FLM	4		0.185	0.188	0.309
13:0	g									
14:0	g	0.311		0	FLM	4		0.177	0.180	0.295
15:0	g									
16:0	g	4.782		0	FLM	4		2.726	2.774	4.543
17:0	g									
18:0	g	3.173		0	FLM	4		1.809	1.841	3.015
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.415		0	FLM	4		3.087	3.141	5.145
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.065		0	FLM	4		0.037	0.038	0.062

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	5.321		0	FLM	4		3.033	3.086	5.055
20:1 ... g	0.043		0	FLM	4		0.025	0.025	0.041
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	8.843		0	FLM	4		5.040	5.129	8.400
18:2 undifferentiated ... g	7.813		0	FLM	4		4.453	4.531	7.422
18:3 undifferentiated ... g	1.030		0	FLM	4		0.587	0.597	0.978
18:4 ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0	FLM	4		3	3	5
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine ... mg	3		1		1		2	2	3
Theobromine ... mg	90		1		1		51	52	86

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

Common Measures:

Measure 1 = 57g: 1 package (2 oz)

Measure 2 = 58g: 1 package (2.06 oz, 2 bars)

Measure 3 = 95g: 1 package, king size (3.35 oz, 4 bars)

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

Food Group: 19 Sweets

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

NDB No. 19161

Candies, M&M MARS, TWIX Peanut Butter Cookie Bars

M&M/Mars Inc.

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	1.82		0	MC	9		0.98	1.06	0.91
Energy	kcal	530		0	MC	9		286	307	265
Energy	kj	2218				9		1197	1286	1109
Protein	g	10.12		0	MC	9		5.46	5.87	5.06
Total lipid (fat)	g	32.18		0	MC	9		17.38	18.66	16.09
Ash	g	3.21		0	MC	9		1.73	1.86	1.61
Carbohydrate, by difference	g	52.67		0	MC	9		28.44	30.55	26.34
Fiber, total dietary	g	3.4		0	MC	9		1.8	2.0	1.7
Sugars, total	g	35.28		0	MC	9		19.05	20.46	17.64
Starch	g									
Minerals:										
Calcium, Ca	mg	77		0	MC	9		42	45	39
Iron, Fe	mg	0.91		0	MC	9		0.49	0.53	0.46
Magnesium, Mg	mg	74		0	FLM	4		40	43	37
Phosphorus, P	mg	190		0	FLM	4		103	110	95
Potassium, K	mg	356		0	FLM	4		192	206	178
Sodium, Na	mg	272		0	MC	9		147	158	136
Zinc, Zn	mg	1.40		0	FLM	4		0.76	0.81	0.70
Copper, Cu	mg	0.316		0	FLM	4		0.171	0.183	0.158
Manganese, Mn	mg	0.869		0	FLM	4		0.469	0.504	0.435
Selenium, Se	mcg	10.4		0	FLM	4		5.6	6.0	5.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0	MC	9		0.3	0.3	0.3
Thiamin	mg	0.097		0	FLM	4		0.052	0.056	0.049
Riboflavin	mg	0.149		0	FLM	4		0.080	0.086	0.075
Niacin	mg	4.032		0	FLM	4		2.177	2.339	2.016
Pantothenic acid	mg	0.479		0	FLM	4		0.259	0.278	0.240
Vitamin B-6	mg	0.141		0	FLM	4		0.076	0.082	0.071
Folate, total	mcg	25		0	FLM	4		14	15	13
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	25		0	FLM	4		14	15	13
Folate, DFE	mcg_DFE	25		0	NC	4		14	15	13
Vitamin B-12	mcg	0.13		0	FLM	4		0.07	0.08	0.07
Vitamin A, IU	IU	72		0	MC	9		39	42	36
Vitamin A, RAE	mcg_RAE	17		0	NC	4		9	10	8
Retinol	mcg	15		0	NC	4		8	9	8
Vitamin E	mg_ATE	1.116		0	FLM	4		0.603	0.647	0.558
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	11.392		0	MC	9		6.152	6.607	5.696
4:0	g	0.000		0	FLM	4		0.000	0.000	0.000
6:0	g	0.000		0	FLM	4		0.000	0.000	0.000
8:0	g	0.002		0	FLM	4		0.001	0.001	0.001
10:0	g	0.000		0	FLM	4		0.000	0.000	0.000
12:0	g	0.007		0	FLM	4		0.004	0.004	0.004
13:0	g									
14:0	g	0.339		0	FLM	4		0.183	0.197	0.170
15:0	g									
16:0	g	6.147		0	FLM	4		3.319	3.565	3.074
17:0	g									
18:0	g	4.293		0	FLM	4		2.318	2.490	2.147
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	14.800		0	MC	9		7.992	8.584	7.400
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		0	FLM	4		0.011	0.012	0.010

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	14.536		0	FLM	4		7.849	8.431	7.268
20:1 ... g	0.224		0	FLM	4		0.121	0.130	0.112
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	4.200		0	MC	9		2.268	2.436	2.100
18:2 undifferentiated ... g	3.878		0	FLM	4		2.094	2.249	1.939
18:3 undifferentiated ... g	0.297		0	FLM	4		0.160	0.172	0.149
18:4 ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.021		0	FLM	4		0.011	0.012	0.011
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	5		0	MC	9		3	3	3
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine ... mg	9		0	FLM	4		5	5	5
Theobromine ... mg	57		0	FLM	4		31	33	29

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

Common Measures:

Measure 1 = 54g: 1 package (1.89 oz, 2 bars)

Measure 2 = 58g: 1 package (2.06 oz, 2 bars)

Measure 3 = 50g: 1 package (1.77 oz)

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

Food Group: 19 Sweets

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

NDB No. 19142
Candies, MOUNDS Candy Bar
Hershey Food Corp.

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	9.05		1	MC	9		1.72	4.80	
Energy	kcal	486		1	MC	9		92	258	
Energy	kj	2034		0	MC	9		386	1078	
Protein	g	4.60		1	MC	9		0.87	2.44	
Total lipid (fat)	g	26.60		1	MC	9		5.05	14.10	
Ash	g	0.87		1	MC	9		0.17	0.46	
Carbohydrate, by difference	g	58.59		1	MC	9		11.13	31.05	
Fiber, total dietary	g	3.7		1	MC	9		0.7	1.9	
Sugars, total	g	46.19		1	MC	9		8.78	24.48	
Starch	g									
Minerals:										
Calcium, Ca	mg	21		1	MC	9		4	11	
Iron, Fe	mg	2.09		1	MC	9		0.40	1.11	
Magnesium, Mg	mg	0		1	MC	9		0	0	
Phosphorus, P	mg	0		1	MC	9		0	0	
Potassium, K	mg	321		1	MC	9		61	170	
Sodium, Na	mg	145		1	MC	9		28	77	
Zinc, Zn	mg	0.00		1	MC	9		0.00	0.00	
Copper, Cu	mg	0.000		1	MC	9		0.000	0.000	
Manganese, Mn	mg	0.000		1	MC	9		0.000	0.000	
Selenium, Se	mcg	0.0		1	MC	9		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		1	MC	9		0.1	0.4	
Thiamin	mg	0.000		1	MC	9		0.000	0.000	
Riboflavin	mg	0.000		1	MC	9		0.000	0.000	
Niacin	mg	0.000		1	MC	9		0.000	0.000	
Pantothenic acid	mg	0.000		1	MC	9		0.000	0.000	
Vitamin B-6	mg	0.000		1	MC	9		0.000	0.000	
Folate, total	mcg	0		1	MC	9		0	0	
Folic acid	mcg									
Folate, food	mcg	0		1	MC	9		0	0	
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, IU	IU	19		1	MC	9		4	10	
Vitamin A, RAE	mcg_RAE	1		0	O	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.020		1	MC	9		0.004	0.011	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	20.580		1	MC	9		3.910	10.907	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0	g	0.101		0	FLM	4		0.019	0.053	
8:0	g	1.160		1	AI	13		0.220	0.615	
10:0	g	0.925		1	AI	13		0.176	0.490	
12:0	g	6.775		1	AI	13		1.287	3.591	
13:0	g									
14:0	g	2.515		1	AI	13		0.478	1.333	
15:0	g	0.010		1	AI	13		0.002	0.005	
16:0	g	3.065		1	AI	13		0.582	1.624	
17:0	g	0.010		1	AI	13		0.002	0.005	
18:0	g	2.945		1	AI	13		0.560	1.561	
20:0	g	0.090		1	AI	13		0.017	0.048	
22:0	g	0.010		1	AI	13		0.002	0.005	
24:0	g									
Fatty acids, total monounsaturated	g	0.390		1	MC	9		0.074	0.207	
14:1	g	0.010		1	AI	13		0.002	0.005	
15:1	g									
16:1 undifferentiated	g	0.030		1	AI	13		0.006	0.016	

NDB No. 19142
Candies, MOUNDS Candy Bar

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.010		1	AI	13		0.002	0.005	
18:1 undifferentiated ... g	0.388		0	FLM	4		0.074	0.205	
20:1 ... g	0.010		1	AI	13		0.002	0.005	
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.140		1	MC	9		0.027	0.074	
18:2 undifferentiated ... g	0.135		0	FLM	4		0.026	0.072	
18:3 undifferentiated ... g	0.005		0	FLM	4		0.001	0.003	
18:4 ... g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	2		1	MC	9		0	1	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		1	MC	9		0.0	0.0	
Caffeine ... mg	17		0	FLM	4		3	9	
Theobromine ... mg	130		0	FLM	4		25	69	

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

Common Measures:

Measure 1 = 19g: 1 bar snack size

Measure 2 = 53g: 1 package 1.9 oz

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

Food Group: 19 Sweets

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

NDB No. 19143
Candies, MR. GOODBAR Chocolate Bar
Hershey Food Corp.

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	0.45		1	MC	9		0.22	0.33	
Energy	kcal	538		1	MC	9		264	393	
Energy	kj	2252		0	MC	9		1103	1644	
Protein	g	10.22		1	MC	9		5.01	7.46	
Total lipid (fat)	g	33.21		1	MC	9		16.27	24.24	
Ash	g	1.53		1	MC	9		0.75	1.12	
Carbohydrate, by difference	g	54.34		1	MC	9		26.63	39.67	
Fiber, total dietary	g	3.8		1	MC	9		1.9	2.8	
Sugars, total	g	47.22		1	MC	9		23.14	34.47	
Starch	g									
Minerals:										
Calcium, Ca	mg	110		1	MC	9		54	80	
Iron, Fe	mg	1.39		1	MC	9		0.68	1.01	
Magnesium, Mg	mg	47		1	MC	9		23	34	
Phosphorus, P	mg	163		1	MC	9		80	119	
Potassium, K	mg	394		1	MC	9		193	287	
Sodium, Na	mg	41		1	MC	9		20	30	
Zinc, Zn	mg	0.93		1	MC	9		0.46	0.68	
Copper, Cu	mg	0.170		1	MC	9		0.083	0.124	
Manganese, Mn	mg	0.000		1	MC	9		0.000	0.000	
Selenium, Se	mcg	0.0		1	MC	9		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		1	MC	9		0.4	0.7	
Thiamin	mg	0.140		1	MC	9		0.069	0.102	
Riboflavin	mg	0.140		1	MC	9		0.069	0.102	
Niacin	mg	3.440		1	MC	9		1.686	2.511	
Pantothenic acid	mg	0.420		1	MC	9		0.206	0.307	
Vitamin B-6	mg	0.070		1	MC	9		0.034	0.051	
Folate, total	mcg	38		1	MC	9		18	27	
Folic acid	mcg									
Folate, food	mcg	38		1	MC	9		18	27	
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.24		0	FLM	4		0.12	0.17	
Vitamin A, IU	IU	125		1	MC	9		61	91	
Vitamin A, RAE	mcg_RAE	28		0	NC	4		14	21	
Retinol	mcg	27		0	FLM	4		13	20	
Vitamin E	mg_ATE	0.080		1	MC	9		0.039	0.058	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	14.130		1	MC	9		6.924	10.315	
4:0	g	0.109		0	FLM	4		0.053	0.080	
6:0	g	0.042		0	FLM	4		0.021	0.031	
8:0	g	0.030		0	FLM	4		0.015	0.022	
10:0	g	0.224		0	FLM	4		0.110	0.164	
12:0	g	0.648		0	FLM	4		0.318	0.473	
13:0	g									
14:0	g	0.579		0	FLM	4		0.284	0.423	
15:0	g									
16:0	g	6.659		0	FLM	4		3.263	4.861	
17:0	g									
18:0	g	5.573		0	FLM	4		2.731	4.068	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	10.840		1	MC	9		5.312	7.913	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.091		0	FLM	4		0.044	0.066	

NDB No. 19143
Candies, MR. GOODBAR Chocolate Bar

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	10.504		0	FLM	4		5.147	7.668	
20:1 ... g	0.135		0	FLM	4		0.066	0.099	
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	4.410		1	MC	9		2.161	3.219	
18:2 undifferentiated ... g	4.348		0	FLM	4		2.131	3.174	
18:3 undifferentiated ... g	0.061		0	FLM	4		0.030	0.045	
18:4 ... g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	10		1	MC	9		5	7	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		1	MC	9		0.0	0.0	
Caffeine ... mg	29		0	FLM	4		14	21	
Theobromine ... mg	547		0	FLM	4		268	400	

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

Common Measures:

Measure 1 = 49g: 1 bar 1.75 oz

Measure 2 = 73g: 1 bar 2.6 oz

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

Food Group: 19 Sweets

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

NDB No. 19144
Candies, NESTLE, 100 GRAND Bar
Nestle USA, Inc.

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	5.11		3	MA	12		2.20	1.07	579.47
Energy	kcal	466		0	MC	9		200	98	52844
Energy	kj	1950				9		838	409	221101
Protein	g	4.89		3	A	1		2.10	1.03	554.53
Total lipid (fat)	g	18.19		3	MA	12		7.82	3.82	2062.75
Ash	g	1.10		3	A	1		0.47	0.23	124.74
Carbohydrate, by difference	g	70.71		0	MC	9		30.41	14.85	8018.51
Fiber, total dietary	g	1.3		3	A	1		0.6	0.3	147.4
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	114		3	A	1		49	24	12928
Iron, Fe	mg	0.30		3	A	1		0.13	0.06	34.02
Magnesium, Mg	mg	23		0	FLM	4		10	5	2608
Phosphorus, P	mg	119		0	FLM	4		51	25	13495
Potassium, K	mg	194		0	FLM	4		83	41	22000
Sodium, Na	mg	207		3	A	1		89	43	23474
Zinc, Zn	mg	0.77		0	FLM	4		0.33	0.16	87.20
Copper, Cu	mg	0.117		0	FLM	4		0.050	0.025	13.234
Manganese, Mn	mg	0.249		0	FLM	4		0.107	0.052	28.237
Selenium, Se	mcg	4.7		0	FLM	4		2.0	1.0	537.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		3	A	1		0.2	0.1	56.7
Thiamin	mg	0.351		0	FLM	4		0.151	0.074	39.849
Riboflavin	mg	0.474		0	FLM	4		0.204	0.100	53.786
Niacin	mg	3.828		0	FLM	4		1.646	0.804	434.095
Pantothenic acid	mg	0.325		0	FLM	4		0.140	0.068	36.889
Vitamin B-6	mg	0.406		0	FLM	4		0.175	0.085	46.074
Folate, total	mcg	79		0	FLM	4		34	17	8953
Folic acid	mcg	74		0	FLM	4		32	15	8367
Folate, food	mcg	5		0	FLM	4		2	1	586
Folate, DFE	mcg_DFE	131		0	NC	4		56	27	14810
Vitamin B-12	mcg	0.39		0	FLM	4		0.17	0.08	44.52
Vitamin A, IU	IU	81		3	MA	12		35	17	9185
Vitamin A, RAE	mcg_RAE	24		0	FLM	4		10	5	2732
Retinol	mcg	24		0	FLM	4		10	5	2700
Vitamin E	mg_ATE	0.517		0	FLM	4		0.222	0.109	58.628
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	11.160		3	MA	12		4.799	2.344	1265.544
4:0	g	0.013		0	FLM	4		0.006	0.003	1.474
6:0	g	0.009		0	FLM	4		0.004	0.002	1.021
8:0	g	0.034		0	FLM	4		0.015	0.007	3.856
10:0	g	0.034		0	FLM	4		0.015	0.007	3.856
12:0	g	0.183		0	FLM	4		0.079	0.038	20.752
13:0	g									
14:0	g	0.577		0	FLM	4		0.248	0.121	65.432
15:0	g									
16:0	g	5.269		0	FLM	4		2.266	1.106	597.505
17:0	g									
18:0	g	4.954		0	FLM	4		2.130	1.040	561.784
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.794		0	FLM	4		2.491	1.217	657.040
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.012		0	FLM	4		0.005	0.003	1.361

NDB No. 19144
Candies, NESTLE, 100 GRAND Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	5.762		0	FLM	4		2.478	1.210	653.411
20:1 ... g	0.001		0	FLM	4		0.000	0.000	0.113
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.612		0	FLM	4		0.263	0.129	69.401
18:2 undifferentiated ... g	0.583		0	FLM	4		0.251	0.122	66.112
18:3 undifferentiated ... g	0.010		0	FLM	4		0.004	0.002	1.134
18:4 ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	19		3	MA	12		8	4	2155
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine ... mg	26		1		1		11	5	2948
Theobromine ... mg	74		1		1		32	16	8392

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

Common Measures:

Measure 1 = 43g: 1 bar (1.5 oz)

Measure 2 = 21g: 1 bar, miniature

Measure 3 = 11340g: 1 package

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

Food Group: 19 Sweets

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

NDB No. 19153
Candies, NESTLE, AFTER EIGHT Mints
Nestle USA, Inc.

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		0.52	2.58	2.58
Energy	kcal	358		0		4		29	147	147
Energy	kj	1498				4		123	614	614
Protein (N x 5.63)	g	2.20		1		1		0.18	0.90	0.90
Total lipid (fat)	g	13.70		1		1		1.12	5.62	5.62
Ash	g	0.60		1		1		0.05	0.25	0.25
Carbohydrate, by difference	g	76.80		0	NC	4		6.30	31.49	31.49
Fiber, total dietary	g	2.1		0	FLM	4		0.2	0.9	0.9
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	23		1		1		2	9	9
Iron, Fe	mg	1.53		1		1		0.13	0.63	0.63
Magnesium, Mg	mg	45		1		4		4	18	18
Phosphorus, P	mg	57		1		4		5	23	23
Potassium, K	mg	168		1		1		14	69	69
Sodium, Na	mg	12		1		1		1	5	5
Zinc, Zn	mg	0.59		1		4		0.05	0.24	0.24
Copper, Cu	mg	0.247		1		4		0.020	0.101	0.101
Manganese, Mn	mg	0.217		1		4		0.018	0.089	0.089
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	0.0
Thiamin	mg	0.050		1		1		0.004	0.021	0.021
Riboflavin	mg	0.040		1		1		0.003	0.016	0.016
Niacin	mg	0.300		1		1		0.025	0.123	0.123
Pantothenic acid	mg	0.034		1		4		0.003	0.014	0.014
Vitamin B-6	mg	0.016		1		4		0.001	0.007	0.007
Folate, total	mcg	1		1		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	1		1		4		0	0	0
Folate, DFE	mcg_DFE	1		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	0.00
Vitamin A, IU	IU	20		1		1		2	8	8
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	8.180		0		1		0.671	3.354	3.354
4:0	g	0.010		1		1		0.001	0.004	0.004
6:0	g	0.010		1		1		0.001	0.004	0.004
8:0	g	0.010		1		1		0.001	0.004	0.004
10:0	g	0.050		1		1		0.004	0.021	0.021
12:0	g	0.040		1		1		0.003	0.016	0.016
13:0	g									
14:0	g	0.120		1		1		0.010	0.049	0.049
15:0	g									
16:0	g	3.460		1		1		0.284	1.419	1.419
17:0	g									
18:0	g	4.420		1		1		0.362	1.812	1.812
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.410		0		1		0.362	1.808	1.808
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.070		1		1		0.006	0.029	0.029

NDB No. 19153
Candies, NESTLE, AFTER EIGHT Mints

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	4.300		1		1		0.353	1.763	1.763
20:1 g	0.010		1		1		0.001	0.004	0.004
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.520		0		1		0.043	0.213	0.213
18:2 undifferentiated g	0.500		1		1		0.041	0.205	0.205
18:3 undifferentiated g	0.030		1		1		0.002	0.012	0.012
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	0		1		4		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g									
Caffeine mg	20		1		1		2	8	8
Theobromine mg	142		1		1		12	58	58

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

Common Measures:

Measure 1 = 8.2g: 1 piece

Measure 2 = 41g: 1 serving

Measure 3 = 41g: 5 pieces

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

Food Group: 19 Sweets

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

NDB No. 19111
Candies, NESTLE, BABY RUTH Bar
Nestle USA, Inc.

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	4.90		3	MA	12		1.67	2.94	3.19
Energy	kcal	481		0	MC	9		164	289	313
Energy	kj	2013				9		684	1208	1308
Protein	g	7.49		3	A	1		2.55	4.49	4.87
Total lipid (fat)	g	21.17		3	MA	12		7.20	12.70	13.76
Ash	g	1.21		3	A	1		0.41	0.73	0.79
Carbohydrate, by difference	g	65.23		0	MC	9		22.18	39.14	42.40
Fiber, total dietary	g	2.9		3	A	1		1.0	1.7	1.9
Sugars, total	g	51.96		3	MA	12		17.67	31.18	33.77
Starch	g									
Minerals:										
Calcium, Ca	mg	41		3	A	1		14	25	27
Iron, Fe	mg	0.21		3	A	1		0.07	0.13	0.14
Magnesium, Mg	mg	80		0	FLM	4		27	48	52
Phosphorus, P	mg	151		0	FLM	4		51	91	98
Potassium, K	mg	396		0	FLM	4		135	238	257
Sodium, Na	mg	226		3	A	1		77	136	147
Zinc, Zn	mg	1.30		0	FLM	4		0.44	0.78	0.85
Copper, Cu	mg	0.495		0	FLM	4		0.168	0.297	0.322
Manganese, Mn	mg	0.752		0	FLM	4		0.256	0.451	0.489
Selenium, Se	mcg	3.4		0	FLM	4		1.2	2.0	2.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		3	A	1		0.0	0.0	0.0
Thiamin	mg	0.099		0	FLM	4		0.034	0.059	0.064
Riboflavin	mg	0.094		0	FLM	4		0.032	0.056	0.061
Niacin	mg	2.777		0	FLM	4		0.944	1.666	1.805
Pantothenic acid	mg	0.331		0	FLM	4		0.113	0.199	0.215
Vitamin B-6	mg	0.065		0	FLM	4		0.022	0.039	0.042
Folate, total	mcg	31		0	FLM	4		11	19	20
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	31		0	FLM	4		11	19	20
Folate, DFE	mcg_DFE	31		0	NC	4		11	19	20
Vitamin B-12	mcg	0.05		0	FLM	4		0.02	0.03	0.03
Vitamin A, IU	IU	0		3	MA	12		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	1.885		0	FLM	4		0.641	1.131	1.225
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	12.300		3	MA	12		4.182	7.380	7.995
4:0	g	0.002		0	FLM	4		0.001	0.001	0.001
6:0	g	0.025		0	FLM	4		0.009	0.015	0.016
8:0	g	0.394		0	FLM	4		0.134	0.236	0.256
10:0	g	0.442		0	FLM	4		0.150	0.265	0.287
12:0	g	5.603		0	FLM	4		1.905	3.362	3.642
13:0	g									
14:0	g	1.968		0	FLM	4		0.669	1.181	1.279
15:0	g									
16:0	g	2.626		0	FLM	4		0.893	1.576	1.707
17:0	g									
18:0	g	1.088		0	FLM	4		0.370	0.653	0.707
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	6.456		0	FLM	4		2.195	3.874	4.196
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.003		0	FLM	4		0.001	0.002	0.002

NDB No. 19111
Candies, NESTLE, BABY RUTH Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	6.320		0	FLM	4		2.149	3.792	4.108
20:1 ... g	0.132		0	FLM	4		0.045	0.079	0.086
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.304		0	FLM	4		1.123	1.982	2.148
18:2 undifferentiated ... g	3.302		0	FLM	4		1.123	1.981	2.146
18:3 undifferentiated ... g	0.001		0	FLM	4		0.000	0.001	0.001
18:4 ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	4		3	MA	12		1	2	3
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine ... mg	4		1		1		1	2	3
Theobromine ... mg	44		1		1		15	26	29

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

Common Measures:

Measure 1 = 34g: 1 bar (1.2 oz)

Measure 2 = 60g: 1 bar (2.1 oz)

Measure 3 = 65g: 1 bar (2.28 oz)

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

Food Group: 19 Sweets

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

NDB No. 19069

Candies, NESTLE, BUTTERFINGER Bar and Dessert Topping

Nestle USA, Inc.

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	2.19		3	MA	12		3.81	0.99	1.34
Energy	kcal	480		0	MC	9		835	216	293
Energy	kj	2008				9		3494	904	1225
Protein	g	12.45		3	A	1		21.66	5.60	7.59
Total lipid (fat)	g	18.66		3	MA	12		32.47	8.40	11.38
Ash	g	1.14		3	A	1		1.98	0.51	0.70
Carbohydrate, by difference	g	65.56		0	MC	9		114.07	29.50	39.99
Fiber, total dietary	g	2.4		3	A	1		4.2	1.1	1.5
Sugars, total	g	49.60		3	MA	12		86.30	22.32	30.26
Starch	g									
Minerals:										
Calcium, Ca	mg	27		3	A	1		47	12	16
Iron, Fe	mg	0.74		3	A	1		1.29	0.33	0.45
Magnesium, Mg	mg	79		0	FLM	4		137	36	48
Phosphorus, P	mg	131		0	FLM	4		228	59	80
Potassium, K	mg	381		0	FLM	4		663	171	232
Sodium, Na	mg	198		3	A	1		345	89	121
Zinc, Zn	mg	1.17		0	FLM	4		2.04	0.53	0.71
Copper, Cu	mg	0.479		0	FLM	4		0.833	0.216	0.292
Manganese, Mn	mg	0.728		0	FLM	4		1.267	0.328	0.444
Selenium, Se	mcg	3.3		0	FLM	4		5.7	1.5	2.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		3	A	1		0.0	0.0	0.0
Thiamin	mg	0.085		0	FLM	4		0.148	0.038	0.052
Riboflavin	mg	0.071		0	FLM	4		0.124	0.032	0.043
Niacin	mg	2.497		0	FLM	4		4.345	1.124	1.523
Pantothenic acid	mg	0.281		0	FLM	4		0.489	0.126	0.171
Vitamin B-6	mg	0.069		0	FLM	4		0.120	0.031	0.042
Folate, total	mcg	27		0	FLM	4		47	12	16
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	27		0	FLM	4		47	12	16
Folate, DFE	mcg_DFE	27		0	NC	4		47	12	16
Vitamin B-12	mcg	0.01		0	FLM	4		0.02	0.00	0.01
Vitamin A, IU	IU	0		3	MA	12		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	1.621		0	FLM	4		2.821	0.729	0.989
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	10.360		3	MA	12		18.026	4.662	6.320
4:0	g	0.000		0	FLM	4		0.000	0.000	0.000
6:0	g	0.020		0	FLM	4		0.035	0.009	0.012
8:0	g	0.336		0	FLM	4		0.585	0.151	0.205
10:0	g	0.377		0	FLM	4		0.656	0.170	0.230
12:0	g	4.782		0	FLM	4		8.321	2.152	2.917
13:0	g									
14:0	g	1.675		0	FLM	4		2.915	0.754	1.022
15:0	g									
16:0	g	2.148		0	FLM	4		3.738	0.967	1.310
17:0	g									
18:0	g	0.906		0	FLM	4		1.576	0.408	0.553
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.557		0	FLM	4		9.669	2.501	3.390
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.002		0	FLM	4		0.003	0.001	0.001

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	5.443		0	FLM	4		9.471	2.449	3.320
20:1 ... g	0.111		0	FLM	4		0.193	0.050	0.068
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.802		0	FLM	4		4.875	1.261	1.709
18:2 undifferentiated ... g	2.801		0	FLM	4		4.874	1.260	1.709
18:3 undifferentiated ... g	0.001		0	FLM	4		0.002	0.000	0.001
18:4 ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	1		3	MA	12		2	0	1
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine ... mg	4		1		1		7	2	2
Theobromine ... mg	34		1		1		59	15	21

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

Common Measures:

Measure 1 = 174g: 1 cup Butterfinger BB's

Measure 2 = 45g: 1 bar (1.6 oz)

Measure 3 = 61g: 1 bar (2.16 oz)

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

Food Group: 19 Sweets

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

NDB No. 19119
Candies, NESTLE, CHUNKY Bar
Nestle USA, Inc.

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

NDB No. 19119
Candies, NESTLE, CHUNKY Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.130		1		1		0.046	0.052	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	4.410		0		1		1.544	1.764	
18:2 undifferentiated ... g	4.270		1		1		1.495	1.708	
18:3 undifferentiated ... g	0.130		1		1		0.046	0.052	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	11		2		1		4	4	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g									
Caffeine ... mg	29		1		1		10	12	
Theobromine ... mg	157		1		1		55	63	

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

Common Measures:

Measure 1 = 35g: 1 bar (1.25 oz)

Measure 2 = 40g: 1 bar (1.4 oz)

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

Food Group: 19 Sweets

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

NDB No. 19145

Candies, NESTLE, CRUNCH Bar and Dessert Topping

Nestle USA, Inc.

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	1.14		3	MA	12		0.46	0.11	129.28
Energy	kcal	522		0	MC	9		209	52	59195
Energy	kj	2184				9		874	218	247671
Protein	g	6.00		3	A	1		2.40	0.60	680.40
Total lipid (fat)	g	26.30		3	MA	12		10.52	2.63	2982.42
Ash	g	1.35		3	A	1		0.54	0.14	153.09
Carbohydrate, by difference	g	65.21		0	MC	9		26.08	6.52	7394.81
Fiber, total dietary	g	2.6		3	A	1		1.0	0.3	294.8
Sugars, total	g	56.00		3	MA	12		22.40	5.60	6350.40
Starch	g									
Minerals:										
Calcium, Ca	mg	169		3	A	1		68	17	19165
Iron, Fe	mg	0.50		3	A	1		0.20	0.05	56.70
Magnesium, Mg	mg	58		0	FLM	4		23	6	6577
Phosphorus, P	mg	202		0	FLM	4		81	20	22907
Potassium, K	mg	344	19.419	8	A	1		138	34	39010
Sodium, Na	mg	133		3	A	1		53	13	15082
Zinc, Zn	mg	1.43		0	FLM	4		0.57	0.14	162.16
Copper, Cu	mg	0.363		0	FLM	4		0.145	0.036	41.164
Manganese, Mn	mg	0.455		0	FLM	4		0.182	0.046	51.597
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		3	A	1		0.1	0.0	34.0
Thiamin	mg	0.340		0	FLM	4		0.136	0.034	38.556
Riboflavin	mg	0.562		0	FLM	4		0.225	0.056	63.731
Niacin	mg	3.952		0	FLM	4		1.581	0.395	448.157
Pantothenic acid	mg	0.424		0	FLM	4		0.170	0.042	48.082
Vitamin B-6	mg	0.397		0	FLM	4		0.159	0.040	45.020
Folate, total	mcg	79		0	FLM	4		32	8	8959
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	79		0	FLM	4		32	8	8959
Folate, DFE	mcg_DFE	79		0	NC	4		32	8	8959
Vitamin B-12	mcg	0.37		0	FLM	4		0.15	0.04	41.96
Vitamin A, IU	IU	69		3	MA	12		28	7	7825
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	1.105		0	FLM	4		0.442	0.111	125.307
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	15.190		3	MA	12		6.076	1.519	1722.546
4:0	g	0.000		0	FLM	4		0.000	0.000	0.000
6:0	g	0.000		0	FLM	4		0.000	0.000	0.000
8:0	g	0.000		0	FLM	4		0.000	0.000	0.000
10:0	g	0.000		0	FLM	4		0.000	0.000	0.000
12:0	g	0.000		0	FLM	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.676		0	FLM	4		0.270	0.068	76.658
15:0	g									
16:0	g	7.370		0	FLM	4		2.948	0.737	835.758
17:0	g									
18:0	g	7.037		0	FLM	4		2.815	0.704	797.996
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	8.607		0	FLM	4		3.443	0.861	976.034
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	FLM	4		0.000	0.000	0.000

NDB No. 19145
Candies, NESTLE, CRUNCH Bar and Dessert Topping

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	8.589		0	FLM	4		3.436	0.859	973.993
20:1 ... g	0.003		0	FLM	4		0.001	0.000	0.340
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.872		0	FLM	4		0.349	0.087	98.885
18:2 undifferentiated ... g	0.851		0	FLM	4		0.340	0.085	96.503
18:3 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
18:4 ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	13		3	MA	12		5	1	1474
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine ... mg	24		1		1		10	2	2722
Theobromine ... mg	156		1		1		62	16	17690

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

Common Measures:

Measure 1 = 40g: 1 bar (1.4 oz)

Measure 2 = 10.0g: 1 bar, miniature

Measure 3 = 11340g: 1 package

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

Food Group: 19 Sweets

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

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

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	6.10		1		1		10.37	1.04	
Energy	kcal	485		0		4		825	82	
Energy	kj	2029				4		3450	345	
Protein (N x 6.1)	g	6.40		1		1		10.88	1.09	
Total lipid (fat)	g	27.80		1		1		47.26	4.73	
Ash	g	1.40		1		1		2.38	0.24	
Carbohydrate, by difference	g	58.00		0	NC	4		98.60	9.86	
Fiber, total dietary	g	2.6		0	FLM	4		4.4	0.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	158		1		1		269	27	
Iron, Fe	mg	1.36		1		1		2.31	0.23	
Magnesium, Mg	mg	52		0		1		89	9	
Phosphorus, P	mg	197		1		4		335	33	
Potassium, K	mg	308		1		1		524	52	
Sodium, Na	mg	94		1		1		160	16	
Zinc, Zn	mg	1.44		1		4		2.45	0.24	
Copper, Cu	mg	0.348		1		4		0.592	0.059	
Manganese, Mn	mg	0.655		1		4		1.114	0.111	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		1		4		1.2	0.1	
Thiamin	mg	0.150		1		1		0.255	0.026	
Riboflavin	mg	0.240		1		1		0.408	0.041	
Niacin	mg	0.340		1		1		0.578	0.058	
Pantothenic acid	mg	0.554		1		4		0.942	0.094	
Vitamin B-6	mg	0.053		1		4		0.090	0.009	
Folate, total	mcg	10		1		4		17	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		1		4		17	2	
Folate, DFE	mcg_DFE	10		0	NC	4		17	2	
Vitamin B-12	mcg	0.40		1		4		0.68	0.07	
Vitamin A, IU	IU	163		1		1		277	28	
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	10.840		0		1		18.428	1.843	
4:0	g	0.190		1		1		0.323	0.032	
6:0	g	0.130		1		1		0.221	0.022	
8:0	g	0.270		1		1		0.459	0.046	
10:0	g	0.240		1		1		0.408	0.041	
12:0	g	0.800		1		1		1.360	0.136	
13:0	g									
14:0	g	0.190		1		1		0.323	0.032	
15:0	g									
16:0	g	5.020		1		1		8.534	0.853	
17:0	g									
18:0	g	3.910		1		1		6.647	0.665	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	11.080		0		1		18.836	1.884	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.190		1		1		0.323	0.032	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	10.840		1		1		18.428	1.843	
20:1 g	0.030		1		1		0.051	0.005	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	4.650		0		1		7.905	0.791	
18:2 undifferentiated g	4.440		1		1		7.548	0.755	
18:3 undifferentiated g	0.210		1		1		0.357	0.036	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	22		1		1		37	4	
Phytosterols mg									
Others:									
Alcohol, ethyl g									
Caffeine mg	4		1		1		7	1	
Theobromine mg	48		1		1		82	8	

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

Common Measures:

Measure 1 = 170g: 1 package (6 oz)

Measure 2 = 17g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19105

Candies, NESTLE, GOOBERS Chocolate Covered Peanuts

Nestle USA, Inc.

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	14.450		1		1		5.636	28.611	5.925
20:1 ... g	0.190		1		1		0.074	0.376	0.078
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	5.100		0		1		1.989	10.098	2.091
18:2 undifferentiated ... g	5.030		1		1		1.962	9.959	2.062
18:3 undifferentiated ... g	0.060		1		1		0.023	0.119	0.025
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	9		2		1		4	18	4
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g									
Caffeine ... mg	22		1		1		9	44	9
Theobromine ... mg	109		1		1		43	216	45

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

Common Measures:

Measure 1 = 39g: 1 package (1.375 oz)

Measure 2 = 198g: 1 package (7 oz)

Measure 3 = 41g: 1 serving

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

Food Group: 19 Sweets

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

NDB No. 19118
Candies, NESTLE, OH HENRY! Bar
Nestle USA, Inc.

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	5.90		1		1		3.36		
Energy	kcal	431		0	NC	4		246		
Energy	kj	1803				4		1028		
Protein (N x 5.8)	g	10.90		0		4		6.21		
Total lipid (fat)	g	16.90		1		1		9.63		
Ash	g	1.50		1		1		0.86		
Carbohydrate, by difference	g	64.70		0	NC	4		36.88		
Fiber, total dietary	g	3.5		1	A	1		2.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	109		1		1		62		
Iron, Fe	mg	0.56		1		1		0.32		
Magnesium, Mg	mg	62		0		1		35		
Phosphorus, P	mg	165		0	FLA	4		94		
Potassium, K	mg	324		1		1		185		
Sodium, Na	mg	237		1		1		135		
Zinc, Zn	mg	1.21		0	FLA	4		0.69		
Copper, Cu	mg	0.287		0	FLA	4		0.164		
Manganese, Mn	mg	0.496		0	FLA	4		0.283		
Selenium, Se	mcg	3.5		0	FLA	4		2.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		1		4		0.1		
Thiamin	mg	0.023		1		1		0.013		
Riboflavin	mg	0.161		1		1		0.092		
Niacin	mg	2.800		1		1		1.596		
Pantothenic acid	mg	0.469		0	FLA	4		0.267		
Vitamin B-6	mg	0.067		0	FLA	4		0.038		
Folate, total	mcg	30		0	FLA	4		17		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	30		0	FLA	4		17		
Folate, DFE	mcg_DFE	30		0	NC	4		17		
Vitamin B-12	mcg	0.21		0	FLA	4		0.12		
Vitamin A, IU	IU	47		1		1		27		
Vitamin A, RAE	mcg_RAE	8		0	NC	4		5		
Retinol	mcg	7		0	NC	4		4		
Vitamin E	mg_ATE	1.898		0	FLA	4		1.082		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.720		0		1		3.830		
4:0	g	0.060		1		1		0.034		
6:0	g	0.050		1		1		0.029		
8:0	g	0.080		1		1		0.046		
10:0	g	0.100		1		1		0.057		
12:0	g	0.340		1		1		0.194		
13:0	g									
14:0	g	0.310		1		1		0.177		
15:0	g									
16:0	g	2.980		1		1		1.699		
17:0	g									
18:0	g	2.350		1		1		1.340		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	6.670		0		1		3.802		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.030		1		1		0.017		

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	6.620		1		1		3.773		
20:1 ... g	0.000		0		1		0.000		
22:1 undifferentiated ... g	0.000		0		1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.720		0		1		1.550		
18:2 undifferentiated ... g	2.720		1		1		1.550		
18:3 undifferentiated ... g	0.000		0		1		0.000		
18:4 ... g	0.000		0		1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000		
20:5 n-3 ... g	0.000		0		1		0.000		
22:5 n-3 ... g	0.000		0		1		0.000		
22:6 n-3 ... g	0.000		0		1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	9		1		1		5		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	10		0	FLA	4		6		
Theobromine ... mg	67		0	FLA	4		38		

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

Common Measures:

Measure 1 = 57g: 1 bar (2 oz)

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

Food Group: 19 Sweets

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

NDB No. 19149

Candies, NESTLE, RAISINETS Chocolate Covered Raisins

Nestle USA, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.40	0.784	3		1		2.88	0.64	2.88
Energy	kcal	412		0		4		185	41	185
Energy	kj	1724				4		776	172	776
Protein (N x 6.2)	g	4.70	0.668	3		1		2.12	0.47	2.12
Total lipid (fat)	g	15.90	0.969	3		1		7.16	1.59	7.16
Ash	g	1.50	0.185	3		1		0.68	0.15	0.68
Carbohydrate, by difference	g	71.20		0	NC	4		32.04	7.12	32.04
Fiber, total dietary	g	5.1		0	FLM	4		2.3	0.5	2.3
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	108		2		1		49	11	49
Iron, Fe	mg	1.19		2		1		0.54	0.12	0.54
Magnesium, Mg	mg	45		1		1		20	5	20
Phosphorus, P	mg	144		1		1		65	14	65
Potassium, K	mg	514		2		1		231	51	231
Sodium, Na	mg	36		2		1		16	4	16
Zinc, Zn	mg	0.79		1		4		0.36	0.08	0.36
Copper, Cu	mg	0.343		1		4		0.154	0.034	0.154
Manganese, Mn	mg	0.294		1		4		0.132	0.029	0.132
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		2		1		0.1	0.0	0.1
Thiamin	mg	0.090		2		1		0.041	0.009	0.041
Riboflavin	mg	0.220		2		1		0.099	0.022	0.099
Niacin	mg	0.400		2		1		0.180	0.040	0.180
Pantothenic acid	mg	0.280		1		4		0.126	0.028	0.126
Vitamin B-6	mg	0.118		1		4		0.053	0.012	0.053
Folate, total	mcg	5		1		4		2	1	2
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	5		1		4		2	1	2
Folate, DFE	mcg_DFE	5		0	NC	4		2	1	2
Vitamin B-12	mcg	0.21		1		4		0.09	0.02	0.09
Vitamin A, IU	IU	38		2		1		17	4	17
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.340		0		1		3.303	0.734	3.303
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.230		3		1		0.104	0.023	0.104
13:0	g									
14:0	g	0.300		3		1		0.135	0.030	0.135
15:0	g									
16:0	g	3.440		3		1		1.548	0.344	1.548
17:0	g									
18:0	g	3.360		3		1		1.512	0.336	1.512
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.940		0		1		2.673	0.594	2.673
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.080		3		1		0.036	0.008	0.036

NDB No. 19149
Candies, NESTLE, RAISINETS Chocolate Covered Raisins

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	5.800		3		1		2.610	0.580	2.610
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.900		0		1		0.855	0.190	0.855
18:2 undifferentiated ... g	1.780		3		1		0.801	0.178	0.801
18:3 undifferentiated ... g	0.120		3		1		0.054	0.012	0.054
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	4		2		1		2	0	2
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g									
Caffeine ... mg	25		1		1		11	3	11
Theobromine ... mg	127		1		1		57	13	57

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

Common Measures:

Measure 1 = 45g: 1 package

Measure 2 = 10.0g: 10 pieces

Measure 3 = 45g: 1 package (1.58 oz)

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

Food Group: 19 Sweets

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

NDB No. 19238
Candies, REESE'S BITES
Hershey Food Corp.

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	1.65		1	MC	9		0.64		
Energy	kcal	521		1	MC	9		203		
Energy	kj	2181		0	MC	9		851		
Protein (N x 6.25)	g	11.34		1	MC	9		4.42		
Total lipid (fat)	g	29.85		1	MC	9		11.64		
Ash	g	1.62		1	MC	9		0.63		
Carbohydrate, by difference	g	55.18		1	MC	9		21.52		
Fiber, total dietary	g	3.1		1	MC	9		1.2		
Sugars, total	g	48.03		1	MC	9		18.73		
Starch	g									
Minerals:										
Calcium, Ca	mg	112		1	MC	9		44		
Iron, Fe	mg	0.85		1	MC	9		0.33		
Magnesium, Mg	mg	63		1	MC	9		25		
Phosphorus, P	mg	194		1	MC	9		76		
Potassium, K	mg	382		1	MC	9		149		
Sodium, Na	mg	179		1	MC	9		70		
Zinc, Zn	mg	1.06		1	MC	9		0.41		
Copper, Cu	mg	0.300		1	MC	9		0.117		
Manganese, Mn	mg	0.650		1	MC	9		0.254		
Selenium, Se	mcg	1.6		1	MC	9		0.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		1	MC	9		0.3		
Thiamin	mg	0.150		1	MC	9		0.059		
Riboflavin	mg	0.210		1	MC	9		0.082		
Niacin	mg	4.330		1	MC	9		1.689		
Pantothenic acid	mg	0.570		1	MC	9		0.222		
Vitamin B-6	mg	0.100		1	MC	9		0.039		
Folate, total	mcg	42		1	MC	9		17		
Folic acid	mcg									
Folate, food	mcg	42		1	MC	9		17		
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	60		1	MC	9		23		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.490		1	MC	9		0.191		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	18.000		1	MC	9		7.020		
Fatty acids, total monounsaturated	g	7.060		1	MC	9		2.753		
Fatty acids, total polyunsaturated	g	1.820		1	MC	9		0.710		
Fatty acids, total trans	g	0.050		1	MC	9		0.020		
Cholesterol	mg	7		1	MC	9		3		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		1	MC	9		0.0		
Caffeine	mg	0		1	MC	9		0		
Theobromine	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19238
Candies, REESE'S BITES

Measure 1 = 39g: 16 pieces

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

Food Group: 19 Sweets

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

NDB No. 19242
Candies, REESE'S CRUNCHY COOKIE CUPS
Hershey Food Corp.

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	1.02		1	MC	9		0.17	0.20	0.41
Energy	kcal	507		1	MC	9		86	101	203
Energy	kj	2120		0	MC	9		360	424	848
Protein	g	8.47		1	MC	9		1.44	1.69	3.39
Total lipid (fat)	g	28.16		1	MC	9		4.79	5.63	11.26
Ash	g	1.84		1	MC	9		0.31	0.37	0.74
Carbohydrate, by difference	g	59.60		1	MC	9		10.13	11.92	23.84
Fiber, total dietary	g	3.2		1	MC	9		0.5	0.6	1.3
Sugars, total	g	48.73		1	MC	9		8.28	9.75	19.49
Starch	g									
Minerals:										
Calcium, Ca	mg	79		1	MC	9		13	16	32
Iron, Fe	mg	1.23		1	MC	9		0.21	0.25	0.49
Magnesium, Mg	mg	41		1	MC	9		7	8	17
Phosphorus, P	mg	132		1	MC	9		22	26	53
Potassium, K	mg	339		1	MC	9		58	68	136
Sodium, Na	mg	262		1	MC	9		44	52	105
Zinc, Zn	mg	0.70		1	MC	9		0.12	0.14	0.28
Copper, Cu	mg	0.160		1	MC	9		0.027	0.032	0.064
Manganese, Mn	mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se	mcg	0.3		1	MC	9		0.0	0.1	0.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		1	MC	9		0.1	0.1	0.2
Thiamin	mg	0.140		1	MC	9		0.024	0.028	0.056
Riboflavin	mg	0.130		1	MC	9		0.022	0.026	0.052
Niacin	mg	3.090		1	MC	9		0.525	0.618	1.236
Pantothenic acid	mg	0.300		1	MC	9		0.051	0.060	0.120
Vitamin B-6	mg	0.050		1	MC	9		0.009	0.010	0.020
Folate, total	mcg	38		1	MC	9		6	8	15
Folic acid	mcg									
Folate, food	mcg	38		1	MC	9		6	8	15
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	71		1	MC	9		12	14	28
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.270		1	MC	9		0.046	0.054	0.108
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	11.560		1	MC	9		1.965	2.312	4.624
Fatty acids, total monounsaturated	g	9.730		1	MC	9		1.654	1.946	3.892
Fatty acids, total polyunsaturated	g	3.990		1	MC	9		0.678	0.798	1.596
Fatty acids, total trans	g	0.170		1	MC	9		0.029	0.034	0.068
Cholesterol	mg	7		1	MC	9		1	1	3
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		1	MC	9		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:

NDB No. 19242
Candies, REESE'S CRUNCHY COOKIE CUPS

Measure 1 = 17g: 1 package .6 oz
Measure 2 = 20g: 1 package .72 oz
Measure 3 = 40g: 1 package 1.44 oz, 2 cups

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

Food Group: 19 Sweets

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

NDB No. 19239
Candies, REESE'S NUTRAGEOUS Candy Bar
Hershey Food Corp.

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	1.50		1	MC	9		0.81	0.51	
Energy	kcal	517		1	MC	9		279	176	
Energy	kj	2165		0	MC	9		1169	736	
Protein	g	11.28		1	MC	9		6.09	3.84	
Total lipid (fat)	g	32.09		1	MC	9		17.33	10.91	
Ash	g	2.18		1	MC	9		1.18	0.74	
Carbohydrate, by difference	g	52.80		1	MC	9		28.51	17.95	
Fiber, total dietary	g	3.9		1	MC	9		2.1	1.3	
Sugars, total	g	40.22		1	MC	9		21.72	13.67	
Starch	g									
Minerals:										
Calcium, Ca	mg	68		1	MC	9		37	23	
Iron, Fe	mg	1.23		1	MC	9		0.66	0.42	
Magnesium, Mg	mg	68		1	MC	9		37	23	
Phosphorus, P	mg	175		1	MC	9		94	59	
Potassium, K	mg	364		1	MC	9		197	124	
Sodium, Na	mg	141		1	MC	9		76	48	
Zinc, Zn	mg	1.29		1	MC	9		0.70	0.44	
Copper, Cu	mg	0.270		1	MC	9		0.146	0.092	
Manganese, Mn	mg	0.000		1	MC	9		0.000	0.000	
Selenium, Se	mcg	0.2		1	MC	9		0.1	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		1	MC	9		0.2	0.2	
Thiamin	mg	0.180		1	MC	9		0.097	0.061	
Riboflavin	mg	0.100		1	MC	9		0.054	0.034	
Niacin	mg	5.250		1	MC	9		2.835	1.785	
Pantothenic acid	mg	0.540		1	MC	9		0.292	0.184	
Vitamin B-6	mg	0.100		1	MC	9		0.054	0.034	
Folate, total	mcg	56		1	MC	9		30	19	
Folic acid	mcg									
Folate, food	mcg	56		1	MC	9		30	19	
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	36		1	MC	9		19	12	
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	1.150		1	MC	9		0.621	0.391	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	8.860		1	MC	9		4.784	3.012	
Fatty acids, total monounsaturated	g	12.630		1	MC	9		6.820	4.294	
Fatty acids, total polyunsaturated	g	8.090		1	MC	9		4.369	2.751	
Fatty acids, total trans	g									
Cholesterol	mg	3		1	MC	9		2	1	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		1	MC	9		0.0	0.0	
Caffeine	mg									
Theobromine	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19239
Candies, REESE'S NUTRAGEOUS Candy Bar

Measure 1 = 54g: 1 bar 1.92 oz
Measure 2 = 34g: 2 bars

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

Food Group: 19 Sweets

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

NDB No. 19151
Candies, REESE'S PIECES Candy

Hershey Food Corp.

Refuse: 0%

Nutrients and 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	MC	9		0.47	0.08	0.46
Energy....kcal	497		1	MC	9		234	40	229
Energy....kj	2080		0	MC	9		978	166	957
Protein....g	12.46		1	MC	9		5.86	1.00	5.73
Total lipid (fat)....g	24.77		1	MC	9		11.64	1.98	11.39
Ash....g	1.81		1	MC	9		0.85	0.14	0.83
Carbohydrate, by difference....g	59.86		1	MC	9		28.13	4.79	27.54
Fiber, total dietary....g	3.0		1	MC	9		1.4	0.2	1.4
Sugars, total....g	53.25		1	MC	9		25.03	4.26	24.50
Starch....g									
Minerals:									
Calcium, Ca....mg	69		1	MC	9		32	6	32
Iron, Fe....mg	0.49		1	MC	9		0.23	0.04	0.23
Magnesium, Mg....mg	88		1	MC	9		42	7	41
Phosphorus, P....mg	207		1	MC	9		97	17	95
Potassium, K....mg	359		1	MC	9		169	29	165
Sodium, Na....mg	194		1	MC	9		91	16	89
Zinc, Zn....mg	1.15		1	MC	9		0.54	0.09	0.53
Copper, Cu....mg	0.410		1	MC	9		0.193	0.033	0.189
Manganese, Mn....mg	1.100		1	MC	9		0.517	0.088	0.506
Selenium, Se....mcg	0.8		1	MC	9		0.4	0.1	0.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0	0.0	0.0
Thiamin....mg	0.180		1	MC	9		0.085	0.014	0.083
Riboflavin....mg	0.220		1	MC	9		0.103	0.018	0.101
Niacin....mg	6.060		1	MC	9		2.848	0.485	2.788
Pantothenic acid....mg	0.610		1	MC	9		0.287	0.049	0.281
Vitamin B-6....mg	0.110		1	MC	9		0.052	0.009	0.051
Folate, total....mcg	55		1	MC	9		26	4	25
Folic acid....mcg	0		0	FLM	4		0	0	0
Folate, food....mcg	55		1	MC	9		26	4	25
Folate, DFE....mcg_DFE	55		0	NC	4		26	4	25
Vitamin B-12....mcg	0.12		0	FLM	4		0.05	0.01	0.05
Vitamin A, IU....IU	0		1	MC	9		0	0	0
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Vitamin E....mg_ATE	0.990		1	MC	9		0.465	0.079	0.455
Vitamin D....IU									
Lipids:									
Fatty acids, total saturated....g	16.420		1	MC	9		7.717	1.314	7.553
4:0....g	0.002		0	FLM	4		0.001	0.000	0.001
6:0....g	0.039		0	FLM	4		0.018	0.003	0.018
8:0....g	0.639		0	FLM	4		0.301	0.051	0.294
10:0....g	0.717		0	FLM	4		0.337	0.057	0.330
12:0....g	9.104		0	FLM	4		4.279	0.728	4.188
13:0....g									
14:0....g	3.184		0	FLM	4		1.496	0.255	1.465
15:0....g									
16:0....g	1.985		0	FLM	4		0.933	0.159	0.913
17:0....g									
18:0....g	0.748		0	FLM	4		0.351	0.060	0.344
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.460		1	MC	9		2.096	0.357	2.052
14:1....g									

NDB No. 19151
Candies, REESE'S PIECES Candy

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:1 ... g									
16:1 undifferentiated ... g	0.019		0	FLM	4		0.009	0.002	0.009
17:1 ... g									
18:1 undifferentiated ... g	4.434		0	FLM	4		2.084	0.355	2.040
20:1 ... g	0.001		0	FLM	4		0.001	0.000	0.001
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.880		1	MC	9		0.884	0.150	0.865
18:2 undifferentiated ... g	1.769		0	FLM	4		0.831	0.141	0.814
18:3 undifferentiated ... g	0.107		0	FLM	4		0.050	0.009	0.049
18:4 ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1	MC	9		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine ... mg	0		1	MC	9		0	0	0
Theobromine ... mg	0		0	FLM	4		0	0	0

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

Common Measures:

Measure 1 = 47g: .25 cup

Measure 2 = 8.0g: 10 pieces

Measure 3 = 46g: 1 package 1.63 oz

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

Food Group: 19 Sweets

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

NDB No. 19150
Candies, REESE'S Peanut Butter Cups
Hershey Food Corp.

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	1.44		1	MC	9		0.10	0.24	0.65
Energy	kcal	515		1	MC	9		36	87	232
Energy	kj	2153		0	MC	9		151	366	969
Protein	g	10.24		1	MC	9		0.72	1.74	4.61
Total lipid (fat)	g	30.53		1	MC	9		2.14	5.19	13.74
Ash	g	2.28		1	MC	9		0.16	0.39	1.03
Carbohydrate, by difference	g	55.36		1	MC	9		3.88	9.41	24.91
Fiber, total dietary	g	3.6		1	MC	9		0.3	0.6	1.6
Sugars, total	g	47.17		1	MC	9		3.30	8.02	21.23
Starch	g									
Minerals:										
Calcium, Ca	mg	78		1	MC	9		5	13	35
Iron, Fe	mg	1.21		1	MC	9		0.08	0.21	0.54
Magnesium, Mg	mg	62		1	MC	9		4	11	28
Phosphorus, P	mg	161		1	MC	9		11	27	73
Potassium, K	mg	343		1	MC	9		24	58	155
Sodium, Na	mg	314		1	MC	9		22	53	141
Zinc, Zn	mg	1.28		1	MC	9		0.09	0.22	0.58
Copper, Cu	mg	0.240		1	MC	9		0.017	0.041	0.108
Manganese, Mn	mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se	mcg	1.4		0	MC	9		0.1	0.2	0.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		1	MC	9		0.0	0.1	0.1
Thiamin	mg	0.160		1	MC	9		0.011	0.027	0.072
Riboflavin	mg	0.110		1	MC	9		0.008	0.019	0.050
Niacin	mg	4.490		1	MC	9		0.314	0.763	2.021
Pantothenic acid	mg	0.620		1	MC	9		0.043	0.105	0.279
Vitamin B-6	mg	0.100		1	MC	9		0.007	0.017	0.045
Folate, total	mcg	50		1	MC	9		3	8	22
Folic acid	mcg									
Folate, food	mcg	50		0	MC	4		4	9	23
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.27		0	FLM	4		0.02	0.05	0.12
Vitamin A, IU	IU	56		1	MC	9		4	10	25
Vitamin A, RAE	mcg_RAE	15		0	NC	4		1	3	7
Retinol	mcg	15		0	O	4		1	3	7
Vitamin E	mg_ATE	0.150		1	MC	9		0.011	0.026	0.068
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	10.730		1	MC	9		0.751	1.824	4.829
4:0	g	0.095		0	FLM	4		0.007	0.016	0.043
6:0	g	0.037		0	FLM	4		0.003	0.006	0.017
8:0	g	0.026		0	FLM	4		0.002	0.005	0.012
10:0	g	0.196		0	FLM	4		0.014	0.033	0.088
12:0	g	0.567		0	FLM	4		0.040	0.096	0.255
13:0	g									
14:0	g	0.501		0	FLM	4		0.035	0.085	0.226
15:0	g									
16:0	g	4.937		0	FLM	4		0.346	0.839	2.222
17:0	g									
18:0	g	4.193		0	FLM	4		0.294	0.713	1.887
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	11.620		1	MC	9		0.813	1.975	5.229
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.123		0	FLM	4		0.009	0.021	0.055

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	11.225		0	FLM	4		0.786	1.908	5.051
20:1 ... g	0.122		0	FLM	4		0.009	0.021	0.055
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	5.500		1	MC	9		0.385	0.935	2.475
18:2 undifferentiated ... g	5.391		0	FLM	4		0.377	0.916	2.426
18:3 undifferentiated ... g	0.109		0	FLM	4		0.008	0.018	0.049
18:4 ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	6		1	MC	9		0	1	3
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine ... mg	18		0	FLM	4		1	3	8
Theobromine ... mg	119		0	FLM	4		8	20	53

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

Common Measures:

Measure 1 = 7.0g: 1 miniature

Measure 2 = 17g: 1 package 0.6 oz 1 cup

Measure 3 = 45g: 1 package 1.6 oz 2 cups

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

Food Group: 19 Sweets

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

NDB No. 19152

Candies, ROLO Caramels in Milk Chocolate

Hershey Food Corp.

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	4.60		1	MC	9		2.48	1.66	1.93
Energy	kcal	474		1	MC	9		256	171	199
Energy	kj	1984		0	MC	9		1071	714	833
Protein	g	5.08		1	MC	9		2.74	1.83	2.13
Total lipid (fat)	g	20.93		1	MC	9		11.30	7.53	8.79
Ash	g	1.27		1	MC	9		0.69	0.46	0.53
Carbohydrate, by difference	g	67.95		1	MC	9		36.69	24.46	28.54
Fiber, total dietary	g	0.9		1	MC	9		0.5	0.3	0.4
Sugars, total	g	63.93		1	MC	9		34.52	23.01	26.85
Starch	g									
Minerals:										
Calcium, Ca	mg	145		1	MC	9		79	52	61
Iron, Fe	mg	0.42		1	MC	9		0.23	0.15	0.18
Magnesium, Mg	mg	0		1	MC	9		0	0	0
Phosphorus, P	mg	71		1	MC	9		38	26	30
Potassium, K	mg	188		1	MC	9		101	68	79
Sodium, Na	mg	188		1	MC	9		101	68	79
Zinc, Zn	mg	0.00		1	MC	9		0.00	0.00	0.00
Copper, Cu	mg	0.000		1	MC	9		0.000	0.000	0.000
Manganese, Mn	mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se	mcg	0.0		1	MC	9		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		1	MC	9		0.5	0.3	0.4
Thiamin	mg	0.020		1	MC	9		0.011	0.007	0.008
Riboflavin	mg	0.120		1	MC	9		0.065	0.043	0.050
Niacin	mg	0.040		1	MC	9		0.022	0.014	0.017
Pantothenic acid	mg	0.000		1	MC	9		0.000	0.000	0.000
Vitamin B-6	mg	0.000		1	MC	9		0.000	0.000	0.000
Folate, total	mcg	0		1	MC	9		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		1	MC	9		0	0	0
Folate, DFE	mcg_DFE	0		0	Z	7		0	0	0
Vitamin B-12	mcg	0.20		0	FLM	4		0.11	0.07	0.09
Vitamin A, IU	IU	121		1	MC	9		65	43	51
Vitamin A, RAE	mcg_RAE	8		0	FLM	4		4	3	3
Retinol	mcg	8		0	FLM	4		4	3	3
Vitamin E	mg_ATE	0.050		1	MC	9		0.027	0.018	0.021
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	14.420		1	MC	9		7.787	5.191	6.056
4:0	g	0.106		0	FLM	4		0.057	0.038	0.045
6:0	g	0.081		0	FLM	4		0.044	0.029	0.034
8:0	g	0.429		0	FLM	4		0.232	0.154	0.180
10:0	g	0.565		0	FLM	4		0.305	0.204	0.237
12:0	g	5.872		0	FLM	4		3.171	2.114	2.466
13:0	g									
14:0	g	2.358		0	FLM	4		1.274	0.849	0.991
15:0	g									
16:0	g	2.975		0	FLM	4		1.606	1.071	1.249
17:0	g									
18:0	g	1.951		0	FLM	4		1.053	0.702	0.819
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.760		1	MC	9		2.030	1.354	1.579
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.081		0	FLM	4		0.044	0.029	0.034

NDB No. 19152
Candies, ROLO Caramels in Milk Chocolate

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	3.607		0	FLM	4		1.948	1.299	1.515
20:1 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.390		1	MC	9		0.211	0.140	0.164
18:2 undifferentiated ... g	0.347		0	FLM	4		0.187	0.125	0.146
18:3 undifferentiated ... g	0.043		0	FLM	4		0.023	0.016	0.018
18:4 ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	12		1	MC	9		6	4	5
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine ... mg	5		0	FLM	4		2	2	2
Theobromine ... mg	30		0	FLM	4		16	11	12

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

Common Measures:

Measure 1 = 54g: 1 package 1.91 oz

Measure 2 = 36g: 2 rolls 3 pieces per snack size roll

Measure 3 = 42g: 7 pieces

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

Food Group: 19 Sweets

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

NDB No. 19136
Candies, SKOR Toffee Bar
Hershey Food Corp.

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	1.57		1	MC	9		0.61		
Energy	kcal	535		1	MC	9		209		
Energy	kj	2240		0	MC	9		874		
Protein	g	3.13		1	MC	9		1.22		
Total lipid (fat)	g	32.18		1	MC	9		12.55		
Ash	g	1.20		1	MC	9		0.47		
Carbohydrate, by difference	g	61.72		1	MC	9		24.07		
Fiber, total dietary	g	1.3		1	MC	9		0.5		
Sugars, total	g	59.89		1	MC	9		23.36		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	0.57		1	MC	9		0.22		
Magnesium, Mg	mg	10		1	MC	9		4		
Phosphorus, P	mg	61		1	MC	9		24		
Potassium, K	mg	153		1	MC	9		60		
Sodium, Na	mg	317		1	MC	9		124		
Zinc, Zn	mg	0.17		1	MC	9		0.07		
Copper, Cu	mg	0.040		1	MC	9		0.016		
Manganese, Mn	mg	0.000		1	MC	9		0.000		
Selenium, Se	mcg	0.0		1	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		1	MC	9		0.2		
Thiamin	mg	0.020		1	MC	9		0.008		
Riboflavin	mg	0.100		1	MC	9		0.039		
Niacin	mg	0.130		1	MC	9		0.051		
Pantothenic acid	mg	0.040		1	MC	9		0.016		
Vitamin B-6	mg									
Folate, total	mcg	3		1	MC	9		1		
Folic acid	mcg									
Folate, food	mcg	3		1	MC	9		1		
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	718		1	MC	9		280		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.040		1	MC	9		0.016		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	18.780		1	MC	9		7.324		
Fatty acids, total monounsaturated	g	9.290		1	MC	9		3.623		
Fatty acids, total polyunsaturated	g	1.280		1	MC	9		0.499		
Fatty acids, total trans	g	0.000		1	MC	9		0.000		
Cholesterol	mg	53		1	MC	9		21		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		1	MC	9		0.0		
Caffeine	mg									
Theobromine	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19136
Candies, SKOR Toffee Bar

Measure 1 = 39g: 1 bar 1.4 oz

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

Food Group: 19 Sweets

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

NDB No. 19164
Candies, SPECIAL DARK Chocolate Bar

Hershey Food Corp.

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	MC	9		0.37	0.66	0.38
Energy	kcal	531		1	MC	9		218	388	223
Energy	kj	2222		0	MC	9		911	1622	933
Protein	g	5.54		1	MC	9		2.27	4.04	2.33
Total lipid (fat)	g	32.40		1	MC	9		13.28	23.65	13.61
Ash	g	0.67		1	MC	9		0.27	0.49	0.28
Carbohydrate, by difference	g	59.41		1	MC	9		24.36	43.37	24.95
Fiber, total dietary	g	6.5		1	MC	9		2.7	4.8	2.7
Sugars, total	g	47.56		1	MC	9		19.50	34.72	19.98
Starch	g									
Minerals:										
Calcium, Ca	mg	30		1	MC	9		12	22	13
Iron, Fe	mg	2.13		1	MC	9		0.87	1.55	0.89
Magnesium, Mg	mg	31		1	MC	9		13	23	13
Phosphorus, P	mg	51		1	MC	9		21	37	22
Potassium, K	mg	502		1	MC	9		206	366	211
Sodium, Na	mg	6		1	MC	9		2	4	2
Zinc, Zn	mg	0.01		1	MC	9		0.00	0.01	0.00
Copper, Cu	mg	0.020		1	MC	9		0.008	0.015	0.008
Manganese, Mn	mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se	mcg	0.3		1	MC	9		0.1	0.2	0.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MC	9		0.0	0.0	0.0
Thiamin	mg	0.000		1	MC	9		0.000	0.000	0.000
Riboflavin	mg	0.010		1	MC	9		0.004	0.007	0.004
Niacin	mg	0.000		1	MC	9		0.000	0.000	0.000
Pantothenic acid	mg	0.000		1	MC	9		0.000	0.000	0.000
Vitamin B-6	mg	0.000		1	MC	9		0.000	0.000	0.000
Folate, total	mcg	0		1	MC	9		0	0	0
Folic acid	mcg	0		0	FLM	4		0	0	0
Folate, food	mcg	0		1	MC	9		0	0	0
Folate, DFE	mcg_DFE	0		0	O	4		0	0	0
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, IU	IU	60		1	MC	9		25	44	25
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.190		1	MC	9		0.078	0.139	0.080
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	19.190		1	MC	9		7.868	14.009	8.060
4:0	g	0.002		0	FLM	4		0.001	0.001	0.001
6:0	g	0.001		0	FLM	4		0.000	0.001	0.000
8:0	g	0.001		0	FLM	4		0.000	0.000	0.000
10:0	g	0.001		0	FLM	4		0.001	0.001	0.001
12:0	g	0.002		0	FLM	4		0.001	0.001	0.001
13:0	g									
14:0	g	0.048		0	FLM	4		0.020	0.035	0.020
15:0	g									
16:0	g	8.418		0	FLM	4		3.451	6.145	3.536
17:0	g									
18:0	g	10.424		0	FLM	4		4.274	7.610	4.378
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.140		1	MC	9		2.107	3.752	2.159
14:1	g									

NDB No. 19164
Candies, SPECIAL DARK Chocolate Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:1 g									
16:1 undifferentiated g	0.019		0	FLM	4		0.008	0.014	0.008
17:1 g									
18:1 undifferentiated g	5.111		0	FLM	4		2.096	3.731	2.147
20:1 g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.440		1	MC	9		0.180	0.321	0.185
18:2 undifferentiated g	0.422		0	FLM	4		0.173	0.308	0.177
18:3 undifferentiated g	0.010		0	FLM	4		0.004	0.007	0.004
18:4 g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	5		1	MC	9		2	4	2
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine mg	50		0	FLM	4		20	36	21
Theobromine mg	682		0	FLM	4		280	498	286

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

Common Measures:

Measure 1 = 41g: 1 bar 1.45 oz

Measure 2 = 73g: 1 bar 2.6 oz

Measure 3 = 42g: 3 blocks

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

Food Group: 19 Sweets

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

NDB No. 19093

Candies, SYMPHONY Milk Chocolate Bar

Hershey Food Corp.

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	0.94		1	MC	9		0.39	0.64	
Energy	kcal	531		1	MC	9		223	361	
Energy	kj	2222		0	MC	9		933	1511	
Protein	g	8.51		1	MC	9		3.57	5.79	
Total lipid (fat)	g	30.57		1	MC	9		12.84	20.79	
Ash	g	1.61		1	MC	9		0.68	1.09	
Carbohydrate, by difference	g	58.01		1	MC	9		24.36	39.45	
Fiber, total dietary	g	1.7		1	MC	9		0.7	1.2	
Sugars, total	g	53.96		1	MC	9		22.66	36.69	
Starch	g									
Minerals:										
Calcium, Ca	mg	251		1	MC	9		105	170	
Iron, Fe	mg	0.91		1	MC	9		0.38	0.62	
Magnesium, Mg	mg									
Phosphorus, P	mg	206		1	MC	9		87	140	
Potassium, K	mg	438		1	MC	9		184	298	
Sodium, Na	mg	101		1	MC	9		42	68	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.2		1	MC	9		0.9	1.5	
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	229		1	MC	9		96	155	
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.210		1	MC	9		0.088	0.143	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	18.340		1	MC	9		7.703	12.471	
Fatty acids, total monounsaturated	g	7.910		1	MC	9		3.322	5.379	
Fatty acids, total polyunsaturated	g	0.690		1	MC	9		0.290	0.469	
Fatty acids, total trans	g	0.000		1	MC	9		0.000	0.000	
Cholesterol	mg	24		1	MC	9		10	16	
Phytosterols	mg									

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Common Measures:

Measure 1 = 42g: 1 bar 1.5 oz

Measure 2 = 68g: 1 bar 2.4 oz

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

NDB No. 19093
Candies, SYMPHONY Milk Chocolate Bar

Food Group: 19 Sweets

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

NDB No. 19067
Candies, TWIZZLERS CHERRY BITES
Hershey Food Corp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.00		1	MC	9		6.00		
Energy	kcal	338		1	MC	9		135		
Energy	kj	1413		0	MC	9		565		
Protein (N x 6.25)	g	2.97		1	MC	9		1.19		
Total lipid (fat)	g	1.70		1	MC	9		0.68		
Ash	g	0.79		1	MC	9		0.32		
Carbohydrate, by difference	g	79.38		1	MC	9		31.75		
Fiber, total dietary	g	0.1		1	MC	9		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		1	MC	9		5		
Iron, Fe	mg	0.55		1	MC	9		0.22		
Magnesium, Mg	mg									
Phosphorus, P	mg	47		1	MC	9		19		
Potassium, K	mg	14		1	MC	9		6		
Sodium, Na	mg	261		1	MC	9		104		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		1	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.000		1	MC	9		0.000		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.250		1	MC	9		0.100		
Fatty acids, total monounsaturated	g	0.490		1	MC	9		0.196		
Fatty acids, total polyunsaturated	g	0.040		1	MC	9		0.016		
Fatty acids, total trans	g	0.540		1	MC	9		0.216		
Cholesterol	mg	0		1	MC	9		0		
Phytosterols	mg									

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Common Measures:

Measure 1 = 40g: 18 pieces

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

Food Group: 19 Sweets

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

NDB No. 19092
Candies, TWIZZLERS NIBS CHERRY BITS
Hershey Food Corp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.00		1	MC	9		6.00		
Energy	kcal	347		1	MC	9		139		
Energy	kj	1453		0	MC	9		581		
Protein (N x 6.25)	g	2.30		1	MC	9		0.92		
Total lipid (fat)	g	2.64		1	MC	9		1.06		
Ash	g	0.57		1	MC	9		0.23		
Carbohydrate, by difference	g	79.37		1	MC	9		31.75		
Fiber, total dietary	g	0.6		1	MC	9		0.3		
Sugars, total	g	51.35		1	MC	9		20.54		
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1	MC	9		3		
Iron, Fe	mg	0.28		1	MC	9		0.11		
Magnesium, Mg	mg									
Phosphorus, P	mg	24		1	MC	9		10		
Potassium, K	mg	37		1	MC	9		15		
Sodium, Na	mg	195		1	MC	9		78		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		1	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.010		1	MC	9		0.004		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.540		1	MC	9		0.216		
Fatty acids, total monounsaturated	g	1.880		1	MC	9		0.752		
Fatty acids, total polyunsaturated	g	0.140		1	MC	9		0.056		
Fatty acids, total trans	g									
Cholesterol	mg	0		1	MC	9		0		
Phytosterols	mg									

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Common Measures:

Measure 1 = 40g: 27 pieces

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

Food Group: 19 Sweets

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

NDB No. 19112

Candies, TWIZZLERS Strawberry Twists Candy

Hershey Food Corp.

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									
Energy	kcal	350	4.034	3	LC	8		248	133	157
Energy	kj	1464		0	LC	8		1039	556	659
Protein	g	2.56	0.176	3	LC	8		1.82	0.97	1.15
Total lipid (fat)	g	2.32	0.158	3	LC	8		1.65	0.88	1.04
Ash	g									
Carbohydrate, by difference	g	79.74	0.406	3	LC	8		56.62	30.30	35.88
Fiber, total dietary	g	0.0	0.000	3	LC	8		0.0	0.0	0.0
Sugars, total	g	39.64	0.182	3	LC	8		28.14	15.06	17.84
Starch	g									
Minerals:										
Calcium, Ca	mg	0	0.000	3	LC	8		0	0	0
Iron, Fe	mg	0.51			LC	8		0.36	0.19	0.23
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	287	2.503	3	LC	8		204	109	129
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	LC	8		0.0	0.0	0.0
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0	0.000	3	LC	8		0	0	0
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000	0.000	3	LC	8		0.000	0.000	0.000
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0	0.000	3	LC	8		0	0	0
Phytosterols	mg									

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

Common Measures:

Measure 1 = 71g: 2.5 oz 2.5 oz

Measure 2 = 38g: 4 pieces from 5 oz package

Measure 3 = 45g: 4 pieces from 8 oz package

Calories Factors: Protein Fat Carbohydrate

NDB No. 19112
Candies, TWIZZLERS Strawberry Twists Candy

Food Group: 19 Sweets

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

NDB No. 19162
Candies, WHATCHAMACALLIT Candy Bar
Hershey Food Corp.

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	3.04		1	MC	9		1.46		
Energy	kcal	494		1	MC	9		237		
Energy	kj	2067		0	MC	9		992		
Protein	g	8.04		1	MC	9		3.86		
Total lipid (fat)	g	23.68		1	MC	9		11.37		
Ash	g	1.66		1	MC	9		0.80		
Carbohydrate, by difference	g	63.23		1	MC	9		30.35		
Fiber, total dietary	g	1.9		1	MC	9		0.9		
Sugars, total	g	48.86		1	MC	9		23.45		
Starch	g									
Minerals:										
Calcium, Ca	mg	118		1	MC	9		57		
Iron, Fe	mg	1.13		1	MC	9		0.54		
Magnesium, Mg	mg	28		1	MC	9		14		
Phosphorus, P	mg	138		1	MC	9		66		
Potassium, K	mg	303		1	MC	9		146		
Sodium, Na	mg	299		1	MC	9		144		
Zinc, Zn	mg	0.43		1	MC	9		0.21		
Copper, Cu	mg	0.120		1	MC	9		0.058		
Manganese, Mn	mg	0.330		1	MC	9		0.158		
Selenium, Se	mcg	0.7		1	MC	9		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		1	MC	9		0.4		
Thiamin	mg	0.110		1	MC	9		0.053		
Riboflavin	mg	0.210		1	MC	9		0.101		
Niacin	mg	2.470		1	MC	9		1.186		
Pantothenic acid	mg	0.260		1	MC	9		0.125		
Vitamin B-6	mg	0.040		1	MC	9		0.019		
Folate, total	mcg	18		1	MC	9		9		
Folic acid	mcg	0		0	O	4		0		
Folate, food	mcg	18		1	MC	9		9		
Folate, DFE	mcg_DFE	18		0	NC	4		9		
Vitamin B-12	mcg	0.25		0	FLM	4		0.12		
Vitamin A, IU	IU	134		1	MC	9		64		
Vitamin A, RAE	mcg_RAE	37		0	FLM	4		18		
Retinol	mcg	36		0	FLM	4		17		
Vitamin E	mg_ATE	0.120		1	MC	9		0.058		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	17.040		1	MC	9		8.179		
4:0	g	0.137		0	FLM	4		0.066		
6:0	g	0.068		0	FLM	4		0.033		
8:0	g	0.237		0	FLM	4		0.114		
10:0	g	0.472		0	FLM	4		0.226		
12:0	g	3.507		0	FLM	4		1.683		
13:0	g									
14:0	g	1.647		0	FLM	4		0.791		
15:0	g									
16:0	g	5.761		0	FLM	4		2.765		
17:0	g									
18:0	g	5.074		0	FLM	4		2.436		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.780		1	MC	9		1.814		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.066		0	FLM	4		0.032		

NDB No. 19162
Candies, WHATCHAMACALLIT Candy Bar

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	3.641		0	FLM	4		1.748		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.830		1	MC	9		0.398		
18:2 undifferentiated ... g	0.758		0	FLM	4		0.364		
18:3 undifferentiated ... g	0.072		0	FLM	4		0.034		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:6 n-3 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.120		1	MC	9		0.058		
Cholesterol ... mg	12		1	MC	9		6		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		1	MC	9		0.0		
Caffeine ... mg	13		0	FLM	4		6		
Theobromine ... mg	86		0	FLM	4		41		

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

Common Measures:

Measure 1 = 48g: 1 bar 1.7 oz

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

Food Group: 19 Sweets

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

NDB No. 19180

Candies, WILLY WONKA'S EVERLASTING GOBSTOPPERS Jawbreakers

Nestle USA, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.70		1	A	1		1.23		
Energy....kcal	369		0	NC	4		59		
Energy....kj	1544				4		247		
Protein....g	0.00		1	A	1		0.00		
Total lipid (fat)....g	0.00		1	A	1		0.00		
Ash....g	0.30		1	A	1		0.05		
Carbohydrate, by difference....g	92.30		0	NC	4		14.77		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	6		1	A	1		1		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 6 pieces

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

Food Group: 19 Sweets

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

NDB No. 19181
Candies, YORK BITES
Hershey Food Corp.

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	9.09		1	MC	9		3.55		
Energy	kcal	394		1	MC	9		153		
Energy	kj	1647		0	MC	9		642		
Protein (N x 6.25)	g	1.78		1	MC	9		0.69		
Total lipid (fat)	g	7.32		1	MC	9		2.85		
Ash	g	0.10		1	MC	9		0.04		
Carbohydrate, by difference	g	81.64		1	MC	9		31.84		
Fiber, total dietary	g	2.0		1	MC	9		0.8		
Sugars, total	g	75.00		1	MC	9		29.25		
Starch	g									
Minerals:										
Calcium, Ca	mg	10		1	MC	9		4		
Iron, Fe	mg	0.94		1	MC	9		0.37		
Magnesium, Mg	mg	1		1	MC	9		1		
Phosphorus, P	mg	3		1	MC	9		1		
Potassium, K	mg	108		1	MC	9		42		
Sodium, Na	mg	46		1	MC	9		18		
Zinc, Zn	mg	0.01		1	MC	9		0.00		
Copper, Cu	mg	0.000		1	MC	9		0.000		
Manganese, Mn	mg	0.000		1	MC	9		0.000		
Selenium, Se	mcg	0.0		1	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MC	9		0.0		
Thiamin	mg	0.000		1	MC	9		0.000		
Riboflavin	mg	0.000		1	MC	9		0.000		
Niacin	mg	0.000		1	MC	9		0.000		
Pantothenic acid	mg	0.000		1	MC	9		0.000		
Vitamin B-6	mg	0.000		1	MC	9		0.000		
Folate, total	mcg	0		1	MC	9		0		
Folic acid	mcg									
Folate, food	mcg	0		1	MC	9		0		
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	7		1	MC	9		3		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.010		1	MC	9		0.004		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.430		1	MC	9		1.728		
Fatty acids, total monounsaturated	g	0.480		1	MC	9		0.187		
Fatty acids, total polyunsaturated	g	0.100		1	MC	9		0.039		
Fatty acids, total trans	g									
Cholesterol	mg	1		1	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		1	MC	9		0.0		
Caffeine	mg									
Theobromine	mg									

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Common Measures:

NDB No. 19181
Candies, YORK BITES

Measure 1 = 39g: 15 pieces

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

Food Group: 19 Sweets

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

NDB No. 19091
Candies, YORK Peppermint Pattie
Hershey Food Corp.

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	9.03		1	MC	9		3.88		
Energy	kcal	384		1	MC	9		165		
Energy	kj	1606		0	MC	9		691		
Protein	g	2.19		1	MC	9		0.94		
Total lipid (fat)	g	7.17		1	MC	9		3.08		
Ash	g	0.14		1	MC	9		0.06		
Carbohydrate, by difference	g	80.99		1	MC	9		34.83		
Fiber, total dietary	g	2.0		1	MC	9		0.9		
Sugars, total	g	63.78		1	MC	9		27.43		
Starch	g									
Minerals:										
Calcium, Ca	mg	11		1	MC	9		5		
Iron, Fe	mg	0.92		1	MC	9		0.40		
Magnesium, Mg	mg									
Phosphorus, P	mg	0		1	MC	9		0		
Potassium, K	mg	111		1	MC	9		48		
Sodium, Na	mg	28		1	MC	9		12		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	7		1	MC	9		3		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.010		1	MC	9		0.004		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.340		1	MC	9		1.866		
Fatty acids, total monounsaturated	g	0.410		1	MC	9		0.176		
Fatty acids, total polyunsaturated	g	0.110		1	MC	9		0.047		
Fatty acids, total trans	g									
Cholesterol	mg	1		1	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 43g: 1 patty 1.5 oz

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

Food Group: 19 Sweets

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

NDB No. 19070
Candies, butterscotch

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	5.13		0	FLC	4		1.45	0.82	
Energy	kcal	391		0	FLC	4		111	63	
Energy	kj	1638		0	FLC	4		464	262	
Protein (N x 0)	g	0.03		0	FLC	4		0.01	0.01	
Total lipid (fat)	g	3.30		0	FLC	4		0.94	0.53	
Ash	g	1.02		0	FLC	4		0.29	0.16	
Carbohydrate, by difference	g	90.40		0	FLC	4		25.63	14.46	
Fiber, total dietary	g	0.0		0	FLC	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	FLC	4		1	0	
Iron, Fe	mg	0.06		0	FLC	4		0.02	0.01	
Magnesium, Mg	mg	0		0	FLC	4		0	0	
Phosphorus, P	mg	3		0	FLC	4		1	0	
Potassium, K	mg	3		0	FLC	4		1	1	
Sodium, Na	mg	391		0	FLC	4		111	63	
Zinc, Zn	mg	0.03		0	FLC	4		0.01	0.00	
Copper, Cu	mg	0.035		0	FLC	4		0.010	0.006	
Manganese, Mn	mg	0.023		0	FLC	4		0.007	0.004	
Selenium, Se	mcg	0.6		0	FLC	4		0.2	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLC	4		0.0	0.0	
Thiamin	mg	0.002		0	FLC	4		0.001	0.000	
Riboflavin	mg	0.018		0	FLC	4		0.005	0.003	
Niacin	mg	0.006		0	FLC	4		0.002	0.001	
Pantothenic acid	mg	0.009		0	FLC	4		0.003	0.001	
Vitamin B-6	mg	0.002		0	FLC	4		0.001	0.000	
Folate, total	mcg	0		0	FLC	4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0	FLC	4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.01		0	FLC	4		0.00	0.00	
Vitamin A, IU	IU	124		0	FLC	4		35	20	
Vitamin A, RAE	mcg_RAE	29		0	NC	4		8	5	
Retinol	mcg	27		0	FLC	4		8	4	
Vitamin E	mg_ATE	0.064		0	NC	4		0.018	0.010	
Tocopherol, alpha	mg	0.06		0	FLC	4		0.02	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.981		0	FLC	4		0.562	0.317	
4:0	g	0.107		0	FLC	4		0.030	0.017	
6:0	g	0.063		0	FLC	4		0.018	0.010	
8:0	g	0.037		0	FLC	4		0.010	0.006	
10:0	g	0.083		0	FLC	4		0.023	0.013	
12:0	g	0.093		0	FLC	4		0.026	0.015	
13:0	g									
14:0	g	0.332		0	FLC	4		0.094	0.053	
15:0	g									
16:0	g	0.867		0	FLC	4		0.246	0.139	
17:0	g									
18:0	g	0.400		0	FLC	4		0.113	0.064	
20:0	g									
22:0	g									
24:0	g									

NDB No. 19070
Candies, butterscotch

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.904		0	FLC	4		0.256	0.145	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.074		0	FLC	4		0.021	0.012	
17:1.....g									
18:1 undifferentiated.....g	0.830		0	FLC	4		0.235	0.133	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.122		0	FLC	4		0.035	0.020	
18:2 undifferentiated.....g	0.074		0	FLC	4		0.021	0.012	
18:3 undifferentiated.....g	0.048		0	FLC	4		0.014	0.008	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	FLC	4		3	1	
Phytosterols.....mg	0		0	FLC	4		0	0	
Amino Acids:									
Tryptophan.....g	0.000		0	FLC	4		0.000	0.000	
Threonine.....g	0.002		0	FLC	4		0.000	0.000	
Isoleucine.....g	0.002		0	FLC	4		0.001	0.000	
Leucine.....g	0.003		0	FLC	4		0.001	0.001	
Lysine.....g	0.003		0	FLC	4		0.001	0.000	
Methionine.....g	0.001		0	FLC	4		0.000	0.000	
Cystine.....g	0.000		0	FLC	4		0.000	0.000	
Phenylalanine.....g	0.002		0	FLC	4		0.000	0.000	
Tyrosine.....g	0.002		0	FLC	4		0.000	0.000	
Valine.....g	0.002		0	FLC	4		0.001	0.000	
Arginine.....g	0.001		0	FLC	4		0.000	0.000	
Histidine.....g	0.001		0	FLC	4		0.000	0.000	
Alanine.....g	0.001		0	FLC	4		0.000	0.000	
Aspartic acid.....g	0.003		0	FLC	4		0.001	0.000	
Glutamic acid.....g	0.007		0	FLC	4		0.002	0.001	
Glycine.....g	0.001		0	FLC	4		0.000	0.000	
Proline.....g	0.003		0	FLC	4		0.001	0.001	
Serine.....g	0.002		0	FLC	4		0.001	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		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 = 28.35g: 1 oz

Measure 2 = 16g: 3 pieces

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

Food Group: 19 Sweets

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

NDB No. 19074
Candies, caramels

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	8.50	0.343	5		1		6.04	0.86	
Energy	kcal	382		0	NC	4		271	39	
Energy	kj	1598				4		1135	161	
Protein (N x 6.4)	g	4.60	0.126	3		1		3.27	0.46	
Total lipid (fat)	g	8.10		1		1		5.75	0.82	
Ash	g	1.80	0.049	3		1		1.28	0.18	
Carbohydrate, by difference	g	77.00		0	NC	4		54.67	7.78	
Fiber, total dietary	g	1.2		0		1		0.9	0.1	
Sugars, total	g	65.50		0	LC	8		46.51	6.62	
Starch	g									
Minerals:										
Calcium, Ca	mg	138	7.131	41		1		98	14	
Iron, Fe	mg	0.14	0.048	41		1		0.10	0.01	
Magnesium, Mg	mg	17	0.874	41		1		12	2	
Phosphorus, P	mg	114	5.475	40		1		81	12	
Potassium, K	mg	214	12.300	42		1		152	22	
Sodium, Na	mg	245	13.433	42		1		174	25	
Zinc, Zn	mg	0.44	0.029	42		1		0.31	0.04	
Copper, Cu	mg	0.018	0.002	41		1		0.013	0.002	
Manganese, Mn	mg	0.011	0.002	41		1		0.008	0.001	
Selenium, Se	mcg	1.8	0.367	12	A	1		1.3	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		1		4		0.4	0.1	
Thiamin	mg	0.010		1		1		0.007	0.001	
Riboflavin	mg	0.181		1		4		0.129	0.018	
Niacin	mg	0.250		1		1		0.178	0.025	
Pantothenic acid	mg	0.592		1		1		0.420	0.060	
Vitamin B-6	mg	0.035		1		1		0.025	0.004	
Folate, total	mcg	5		1		1		4	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		1		1		4	1	
Folate, DFE	mcg_DFE	5		0	NC	4		4	1	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	32		1		1		23	3	
Vitamin A, RAE	mcg_RAE	7		0	NC	4		5	1	
Retinol	mcg	6		0	NC	4		4	1	
Vitamin E	mg_ATE	0.463		0		4		0.329	0.047	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.580		0		1		4.672	0.665	
4:0	g	0.050		1		1		0.036	0.005	
6:0	g	0.070		1		1		0.050	0.007	
8:0	g	0.500		1		1		0.355	0.051	
10:0	g	0.430		1		1		0.305	0.043	
12:0	g	2.920		1		1		2.073	0.295	
13:0	g									
14:0	g	1.250		1		1		0.888	0.126	
15:0	g									
16:0	g	0.980		1		1		0.696	0.099	
17:0	g									
18:0	g	0.380		1		1		0.270	0.038	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.840		0		1		0.596	0.085	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		1		1		0.028	0.004	

NDB No. 19074
Candies, caramels

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.810		1		1		0.575	0.082	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.180		0		1		0.128	0.018	
18:2 undifferentiated ... g	0.150		1		1		0.107	0.015	
18:3 undifferentiated ... g	0.020		1		1		0.014	0.002	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	7	0.333	3		1		5	1	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.060		0		1		0.043	0.006	
Threonine ... g	0.192		0		1		0.136	0.019	
Isoleucine ... g	0.258		0		1		0.183	0.026	
Leucine ... g	0.417		0		1		0.296	0.042	
Lysine ... g	0.338		0		1		0.240	0.034	
Methionine ... g	0.107		0		1		0.076	0.011	
Cystine ... g	0.039		0		1		0.028	0.004	
Phenylalanine ... g	0.205		0		1		0.146	0.021	
Tyrosine ... g	0.205		0		1		0.146	0.021	
Valine ... g	0.285		0		1		0.202	0.029	
Arginine ... g	0.155		0		1		0.110	0.016	
Histidine ... g	0.115		0		1		0.082	0.012	
Alanine ... g	0.147		0		1		0.104	0.015	
Aspartic acid ... g	0.323		0		1		0.229	0.033	
Glutamic acid ... g	0.892		0		1		0.633	0.090	
Glycine ... g	0.091		0		1		0.065	0.009	
Proline ... g	0.412		0		1		0.293	0.042	
Serine ... g	0.232		0		1		0.165	0.023	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 71g: 1 package (2.5 oz)

Measure 2 = 10.1g: 1 piece

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

Food Group: 19 Sweets

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

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

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	5.44		0	FLC	4		1.74	0.38	3.48
Energy	kcal	405		0	FLC	4		129	28	259
Energy	kj	1693		0	FLC	4		542	119	1084
Protein (N x 6)	g	3.10		0	FLC	4		0.99	0.22	1.98
Total lipid (fat)	g	6.25		0	FLC	4		2.00	0.44	4.00
Ash	g	0.98		0	FLC	4		0.31	0.07	0.63
Carbohydrate, by difference	g	84.00		0	FLC	4		26.88	5.88	53.76
Fiber, total dietary	g	1.6		0	FLC	4		0.5	0.1	1.0
Sugars, total	g	75.00		1	LC	8		24.00	5.25	48.00
Starch	g									
Minerals:										
Calcium, Ca	mg	87		0	FLC	4		28	6	56
Iron, Fe	mg	1.21		0	FLC	4		0.39	0.08	0.77
Magnesium, Mg	mg	36		0	FLC	4		11	3	23
Phosphorus, P	mg	109		0	FLC	4		35	8	70
Potassium, K	mg	275		0	FLC	4		88	19	176
Sodium, Na	mg	94		0	FLC	4		30	7	60
Zinc, Zn	mg	0.62		0	FLC	4		0.20	0.04	0.40
Copper, Cu	mg	0.230		0	FLC	4		0.073	0.016	0.147
Manganese, Mn	mg	0.209		0	FLC	4		0.067	0.015	0.133
Selenium, Se	mcg	3.2		0	FLC	4		1.0	0.2	2.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	FLC	4		0.1	0.0	0.2
Thiamin	mg	0.036		0	FLC	4		0.012	0.003	0.023
Riboflavin	mg	0.149		0	FLC	4		0.048	0.010	0.096
Niacin	mg	0.202		0	FLC	4		0.064	0.014	0.129
Pantothenic acid	mg	0.291		0	FLC	4		0.093	0.020	0.186
Vitamin B-6	mg	0.035		0	FLC	4		0.011	0.002	0.022
Folate, total	mcg	5		0	FLC	4		1	0	3
Folic acid	mcg	0		0	FLC	4		0	0	0
Folate, food	mcg	5		0	FLC	4		1	0	3
Folate, DFE	mcg_DFE	5		0	NC	4		1	0	3
Vitamin B-12	mcg	0.25		0	FLC	4		0.08	0.02	0.16
Vitamin A, IU	IU	4		0	FLC	4		1	0	2
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	FLC	4		0	0	0
Vitamin E	mg_ATE	0.602		0	NC	4		0.193	0.042	0.385
Tocopherol, alpha	mg	0.60		0	FLC	4		0.19	0.04	0.39
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	17.470		0	FLC	4		5.590	1.223	11.181
Lipids:										
Fatty acids, total saturated	g	1.232		0	FLC	4		0.394	0.086	0.788
4:0	g	0.002		0	FLC	4		0.001	0.000	0.002
6:0	g	0.000		0	FLC	4		0.000	0.000	0.000
8:0	g	0.001		0	FLC	4		0.000	0.000	0.000
10:0	g	0.001		0	FLC	4		0.000	0.000	0.001
12:0	g	0.001		0	FLC	4		0.000	0.000	0.001
13:0	g									
14:0	g	0.013		0	FLC	4		0.004	0.001	0.008
15:0	g									
16:0	g	0.776		0	FLC	4		0.248	0.054	0.497
17:0	g									
18:0	g	0.437		0	FLC	4		0.140	0.031	0.280
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.525		0	FLC	4		0.488	0.107	0.976
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLC	4		0.004	0.001	0.008
17:1.....g									
18:1 undifferentiated.....g	1.501		0	FLC	4		0.480	0.105	0.961
20:1.....g	0.011		0	FLC	4		0.004	0.001	0.007
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.190		0	FLC	4		1.021	0.223	2.041
18:2 undifferentiated.....g	2.817		0	FLC	4		0.901	0.197	1.803
18:3 undifferentiated.....g	0.373		0	FLC	4		0.119	0.026	0.239
18:4.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLC	4		0	0	1
Phytosterols.....mg	14		0	FLC	4		4	1	9
Amino Acids:									
Tryptophan.....g	0.045		0	FLC	4		0.014	0.003	0.029
Threonine.....g	0.138		0	FLC	4		0.044	0.010	0.088
Isoleucine.....g	0.165		0	FLC	4		0.053	0.012	0.106
Leucine.....g	0.265		0	FLC	4		0.085	0.019	0.170
Lysine.....g	0.217		0	FLC	4		0.069	0.015	0.139
Methionine.....g	0.062		0	FLC	4		0.020	0.004	0.040
Cystine.....g	0.034		0	FLC	4		0.011	0.002	0.022
Phenylalanine.....g	0.146		0	FLC	4		0.047	0.010	0.093
Tyrosine.....g	0.135		0	FLC	4		0.043	0.009	0.086
Valine.....g	0.198		0	FLC	4		0.063	0.014	0.127
Arginine.....g	0.131		0	FLC	4		0.042	0.009	0.084
Histidine.....g	0.072		0	FLC	4		0.023	0.005	0.046
Alanine.....g	0.121		0	FLC	4		0.039	0.008	0.077
Aspartic acid.....g	0.263		0	FLC	4		0.084	0.018	0.168
Glutamic acid.....g	0.583		0	FLC	4		0.187	0.041	0.373
Glycine.....g	0.089		0	FLC	4		0.029	0.006	0.057
Proline.....g	0.239		0	FLC	4		0.077	0.017	0.153
Serine.....g	0.156		0	FLC	4		0.050	0.011	0.100
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	4		0	FLC	4		1	0	3
Theobromine.....mg	144		0	FLC	4		46	10	92

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1/2 of 2.25 oz bar

Measure 2 = 7.0g: 1 piece

Measure 3 = 64g: 1 bar 2.25 oz

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

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

Food Group: 19 Sweets

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

NDB No. 19071
Candies, carob

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	1.54		5	A	1		0.44	1.34	
Energy	kcal	540		0	NC	4		153	470	
Energy	kj	2259				4		641	1966	
Protein (N x 6.25)	g	8.15		3	A	1		2.31	7.09	
Total lipid (fat)	g	31.36		5	A	1		8.89	27.28	
Ash	g	2.66		3	A	1		0.75	2.31	
Carbohydrate, by difference	g	56.29		0	NC	4		15.96	48.97	
Fiber, total dietary	g	3.8		2	A	1		1.1	3.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	303		3	A	1		86	264	
Iron, Fe	mg	1.29		2	A	1		0.37	1.12	
Magnesium, Mg	mg	36		3	A	1		10	31	
Phosphorus, P	mg	126		2	A	1		36	110	
Potassium, K	mg	633		3	A	1		179	551	
Sodium, Na	mg	107		2	A	1		30	93	
Zinc, Zn	mg	3.53		3	A	1		1.00	3.07	
Copper, Cu	mg	0.183		2	A	1		0.052	0.159	
Manganese, Mn	mg	0.140		1	A	1		0.040	0.122	
Selenium, Se	mcg	5.2		0	FLA	4		1.5	4.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		2	A	1		0.1	0.4	
Thiamin	mg	0.100		3	A	1		0.028	0.087	
Riboflavin	mg	0.178		2	A	1		0.050	0.155	
Niacin	mg	1.040		3	A	1		0.295	0.905	
Pantothenic acid	mg	0.750		3	A	1		0.213	0.653	
Vitamin B-6	mg	0.130		3	A	1		0.037	0.113	
Folate, total	mcg	28		3	A	1		8	24	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	28		3	A	1		8	24	
Folate, DFE	mcg_DFE	28		0	NC	4		8	24	
Vitamin B-12	mcg	1.00		1		1		0.28	0.87	
Vitamin A, IU	IU	24		3	A	1		7	21	
Vitamin A, RAE	mcg_RAE	7		0	NC	4		2	6	
Retinol	mcg	7		0	NC	4		2	6	
Vitamin E	mg_ATE	1.571		0	FLA	4		0.445	1.367	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	29.018		2	A	1		8.227	25.246	
4:0	g	0.163		2	A	1		0.046	0.142	
6:0	g	0.130		2	A	1		0.037	0.113	
8:0	g	1.545		2	A	1		0.438	1.344	
10:0	g	1.221		2	A	1		0.346	1.062	
12:0	g	12.958		2	A	1		3.674	11.273	
13:0	g									
14:0	g	4.322		2	A	1		1.225	3.760	
15:0	g									
16:0	g	3.073		2	A	1		0.871	2.674	
17:0	g									
18:0	g	5.538		2	A	1		1.570	4.818	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.483		2	A	1		0.137	0.420	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		2	A	1		0.000	0.000	

NDB No. 19071
Candies, carob

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.482		2	A	1		0.137	0.419	
20:1 ... g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated ... g	0.000		2	A	1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.295		2	A	1		0.084	0.257	
18:2 undifferentiated ... g	0.259		2	A	1		0.073	0.225	
18:3 undifferentiated ... g	0.034		2	A	1		0.010	0.030	
18:4 ... g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		2	A	1		0.000	0.000	
20:5 n-3 ... g	0.000		2	A	1		0.000	0.000	
22:5 n-3 ... g	0.000		2	A	1		0.000	0.000	
22:6 n-3 ... g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	3		2	A	1		1	3	
Phytosterols ... mg									
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 = 28.35g: 1 oz

Measure 2 = 87g: 1 bar (3 oz)

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

Food Group: 19 Sweets

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

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

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	0.75		2	A	1		1.28	0.21	
Energy	kcal	539		0	NC	4		916	153	
Energy	kj	2255				4		3834	639	
Protein (N x 6.38)	g	2.20		2	A	1		3.74	0.62	
Total lipid (fat)	g	29.05		2	A	1		49.39	8.24	
Ash	g	0.90		2	A	1		1.53	0.26	
Carbohydrate, by difference	g	67.10		0	NC	4		114.07	19.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	68.10		1	A	1		115.77	19.31	
Starch	g									
Minerals:										
Calcium, Ca	mg	34		1		1		58	10	
Iron, Fe	mg	0.08		1		4		0.14	0.02	
Magnesium, Mg	mg	5		0	FLA	4		9	1	
Phosphorus, P	mg	32		0	FLA	4		54	9	
Potassium, K	mg	187		1		1		318	53	
Sodium, Na	mg	89		2	A	1		151	25	
Zinc, Zn	mg	0.12		0	FLA	4		0.20	0.03	
Copper, Cu	mg	0.031		0	FLA	4		0.053	0.009	
Manganese, Mn	mg	0.006		0	FLA	4		0.010	0.002	
Selenium, Se	mcg	1.3		0	FLA	4		2.2	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	FLA	4		0.2	0.0	
Thiamin	mg	0.080		1		1		0.136	0.023	
Riboflavin	mg	0.000		1		1		0.000	0.000	
Niacin	mg	0.070		1		1		0.119	0.020	
Pantothenic acid	mg	0.149		0	FLA	4		0.253	0.042	
Vitamin B-6	mg	0.015		0	FLA	4		0.026	0.004	
Folate, total	mcg	1		0	FLA	4		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0	FLA	4		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.10		0	FLA	4		0.17	0.03	
Vitamin A, IU	IU	0		1		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	2.250		0		1		3.825	0.638	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	24.100		1	A	1		40.970	6.832	
4:0	g	0.000		1		1		0.000	0.000	
6:0	g	0.060		1		1		0.102	0.017	
8:0	g	1.092		2	A	1		1.856	0.310	
10:0	g	1.076		2	A	1		1.829	0.305	
12:0	g	13.790		1		1		23.443	3.909	
13:0	g									
14:0	g	4.674		2	A	1		7.946	1.325	
15:0	g									
16:0	g	2.344		2	A	1		3.985	0.665	
17:0	g									
18:0	g	1.722		2	A	1		2.927	0.488	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.271		0		4		3.861	0.644	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.007		2	A	1		0.012	0.002	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.250		2	A	1		3.825	0.638	
20:1 ... g	0.014		1	A	1		0.024	0.004	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.435		0		4		0.740	0.123	
18:2 undifferentiated ... g	0.407		2	A	1		0.692	0.115	
18:3 undifferentiated ... g	0.014		2	A	1		0.024	0.004	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.014		1	A	1		0.024	0.004	
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	FLA	4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.030		0		1		0.051	0.009	
Threonine ... g	0.096		0		1		0.163	0.027	
Isoleucine ... g	0.129		0		1		0.219	0.037	
Leucine ... g	0.208		0		1		0.354	0.059	
Lysine ... g	0.169		0		1		0.287	0.048	
Methionine ... g	0.053		0		1		0.090	0.015	
Cystine ... g	0.020		0		1		0.034	0.006	
Phenylalanine ... g	0.103		0		1		0.175	0.029	
Tyrosine ... g	0.103		0		1		0.175	0.029	
Valine ... g	0.142		0		1		0.241	0.040	
Arginine ... g	0.077		0		1		0.131	0.022	
Histidine ... g	0.058		0		1		0.099	0.016	
Alanine ... g	0.073		0		1		0.124	0.021	
Aspartic acid ... g	0.161		0		1		0.274	0.046	
Glutamic acid ... g	0.445		0		1		0.757	0.126	
Glycine ... g	0.045		0		1		0.077	0.013	
Proline ... g	0.206		0		1		0.350	0.058	
Serine ... g	0.115		0		1		0.196	0.033	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 170g: 1 cup chips

Measure 2 = 28.35g: 1 oz

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

Food Group: 19 Sweets

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

NDB No. 19086
Candies, confectioner's coating, peanut butter

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.70		0		4		9.58	1.62	
Energy	kcal	497		0		4		835	141	
Energy	kj	2079				4		3493	590	
Protein (N x 5.5)	g	18.30		1		1		30.74	5.19	
Total lipid (fat)	g	29.80		1		1		50.06	8.45	
Ash	g	1.30		0		4		2.18	0.37	
Carbohydrate, by difference	g	44.90		0	NC	4		75.43	12.73	
Fiber, total dietary	g	8.4		0	FLA	4		14.1	2.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	110		1		1		185	31	
Iron, Fe	mg	1.70		1		1		2.86	0.48	
Magnesium, Mg	mg	110		1		1		185	31	
Phosphorus, P	mg	310		1		1		521	88	
Potassium, K	mg	505		1		1		848	143	
Sodium, Na	mg	250		1		1		420	71	
Zinc, Zn	mg	2.00		1		1		3.36	0.57	
Copper, Cu	mg	0.400		1		1		0.672	0.113	
Manganese, Mn	mg	1.400		1		1		2.352	0.397	
Selenium, Se	mcg	2.7		0	FLA	4		4.5	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		4		0.2	0.0	
Thiamin	mg	0.050		1		1		0.084	0.014	
Riboflavin	mg	0.200		1		1		0.336	0.057	
Niacin	mg	8.200		1		1		13.776	2.325	
Pantothenic acid	mg	1.141		0		4		1.917	0.323	
Vitamin B-6	mg	0.221		0		4		0.371	0.063	
Folate, total	mcg	96		0	FLA	4		161	27	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	96		0	FLA	4		161	27	
Folate, DFE	mcg_DFE	96		0	NC	4		161	27	
Vitamin B-12	mcg	0.06		0		4		0.10	0.02	
Vitamin A, IU	IU	20		1		1		34	6	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	3.000		0		4		5.040	0.851	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	13.120		0		1		22.042	3.720	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.030		1		1		0.050	0.009	
8:0	g	0.450		1		1		0.756	0.128	
10:0	g	0.500		1		1		0.840	0.142	
12:0	g	6.370		1		1		10.702	1.806	
13:0	g									
14:0	g	2.230		1		1		3.746	0.632	
15:0	g									
16:0	g	2.790		1		1		4.687	0.791	
17:0	g									
18:0	g	0.740		1		1		1.243	0.210	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	9.590		0		1		16.111	2.719	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		1		1		0.000	0.000	

NDB No. 19086
Candies, confectioner's coating, peanut butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	9.370		1		1		15.742	2.656	
20:1 ... g	0.220		1		1		0.370	0.062	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	5.340		0		1		8.971	1.514	
18:2 undifferentiated ... g	5.340		1		1		8.971	1.514	
18:3 undifferentiated ... g	0.000		1		1		0.000	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.176		0		1		0.296	0.050	
Threonine ... g	0.629		0		1		1.057	0.178	
Isoleucine ... g	0.649		0		1		1.090	0.184	
Leucine ... g	1.191		0		1		2.001	0.338	
Lysine ... g	0.669		0		1		1.124	0.190	
Methionine ... g	0.166		0		1		0.279	0.047	
Cystine ... g	0.233		0		1		0.391	0.066	
Phenylalanine ... g	0.942		0		1		1.583	0.267	
Tyrosine ... g	0.742		0		1		1.247	0.210	
Valine ... g	0.772		0		1		1.297	0.219	
Arginine ... g	2.150		0		1		3.612	0.610	
Histidine ... g	0.463		0		1		0.778	0.131	
Alanine ... g	0.722		0		1		1.213	0.205	
Aspartic acid ... g	2.206		0		1		3.706	0.625	
Glutamic acid ... g	3.807		0		1		6.396	1.079	
Glycine ... g	1.082		0		1		1.818	0.307	
Proline ... g	0.822		0		1		1.381	0.233	
Serine ... g	0.899		0		1		1.510	0.255	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 168g: 1 cup chips

Measure 2 = 28.35g: 1 oz

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

Food Group: 19 Sweets

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

NDB No. 19087
Candies, confectioner's coating, white

white chocolate
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	1.30		5	A	1		2.21	1.11	
Energy	kcal	539		0	NC	4		916	458	
Energy	kj	2255				4		3834	1917	
Protein (N x 6.38)	g	5.87		3	A	1		9.98	4.99	
Total lipid (fat)	g	32.09		5	A	1		54.55	27.28	
Ash	g	1.50		3	A	1		2.55	1.28	
Carbohydrate, by difference	g	59.25		0	NC	4		100.73	50.36	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	60.00		0	LC	8		102.00	51.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	199		3	A	1		338	169	
Iron, Fe	mg	0.24		3	A	1		0.41	0.20	
Magnesium, Mg	mg	12		3	A	1		20	10	
Phosphorus, P	mg	176		3	A	1		299	150	
Potassium, K	mg	286		3	A	1		486	243	
Sodium, Na	mg	90		3	A	1		153	77	
Zinc, Zn	mg	0.74		3	A	1		1.26	0.63	
Copper, Cu	mg	0.060		3	A	1		0.102	0.051	
Manganese, Mn	mg	0.026		0	FLA	4		0.044	0.022	
Selenium, Se	mcg	5.3		0	FLA	4		9.0	4.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		3	A	1		0.9	0.4	
Thiamin	mg	0.063		3	A	1		0.107	0.054	
Riboflavin	mg	0.282		3	A	1		0.479	0.240	
Niacin	mg	0.745		3	A	1		1.267	0.633	
Pantothenic acid	mg	0.608		3	A	1		1.034	0.517	
Vitamin B-6	mg	0.056		3	A	1		0.095	0.048	
Folate, total	mcg	17		3	A	1		29	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	17		3	A	1		29	14	
Folate, DFE	mcg_DFE	17		0	NC	4		29	14	
Vitamin B-12	mcg	0.61		0	FLA	4		1.04	0.52	
Vitamin A, IU	IU	6		0	NR	4		10	5	
Vitamin A, RAE	mcg_RAE	1		0	O	4		2	1	
Retinol	mcg	1		0	O	4		2	1	
Vitamin E	mg_ATE	2.250		0		1		3.825	1.913	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	19.412		2	A	1		33.000	16.500	
4:0	g	0.314		2	A	1		0.534	0.267	
6:0	g	0.155		2	A	1		0.264	0.132	
8:0	g	0.115		2	A	1		0.196	0.098	
10:0	g	0.220		2	A	1		0.374	0.187	
12:0	g	0.629		2	A	1		1.069	0.535	
13:0	g									
14:0	g	0.797		2	A	1		1.355	0.677	
15:0	g									
16:0	g	7.947		2	A	1		13.510	6.755	
17:0	g									
18:0	g	9.145		2	A	1		15.547	7.773	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	9.097		2	A	1		15.465	7.732	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.062		2	A	1		0.105	0.053	

NDB No. 19087
Candies, confectioner's coating, white

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	8.990		2	A	1		15.283	7.642	
20:1 ... g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated ... g	0.000		2	A	1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.013		2	A	1		1.722	0.861	
18:2 undifferentiated ... g	0.910		2	A	1		1.547	0.774	
18:3 undifferentiated ... g	0.103		2	A	1		0.175	0.088	
18:4 ... g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		2	A	1		0.000	0.000	
20:5 n-3 ... g	0.000		2	A	1		0.000	0.000	
22:5 n-3 ... g	0.000		2	A	1		0.000	0.000	
22:6 n-3 ... g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	21		2	A	1		36	18	
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 = 170g: 1 cup chips

Measure 2 = 85g: 1 bar (3 oz)

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

Food Group: 19 Sweets

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

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.91		2	A	1				
Energy	kcal	522		0	NC	4				
Energy	kj	2185		0	NC	4				
Protein	g	5.87		0	FLA	4				
Total lipid (fat)	g	27.00		2	A	1				
Ash	g	1.28		0	FLA	4				
Carbohydrate, by difference	g	63.94		0	NC	4				
Fiber, total dietary	g	0.0		0	FLA	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	205		0	FLA	4				
Iron, Fe	mg	0.09		0	FLA	4				
Magnesium, Mg	mg	18		0	FLA	4				
Phosphorus, P	mg	159		0	FLA	4				
Potassium, K	mg	289		0	FLA	4				
Sodium, Na	mg	87		0	FLA	4				
Zinc, Zn	mg	0.71		0	FLA	4				
Copper, Cu	mg	0.031		0	FLA	4				
Manganese, Mn	mg	0.007		0	FLA	4				
Selenium, Se	mcg	4.7		0	FLA	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0	FLA	4				
Thiamin	mg	0.064		0	FLA	4				
Riboflavin	mg	0.261		0	FLA	4				
Niacin	mg	0.154		0	FLA	4				
Pantothenic acid	mg	0.587		0	FLA	4				
Vitamin B-6	mg	0.056		0	FLA	4				
Folate, total	mcg	8		0	FLA	4				
Folic acid	mcg	0		0	FLA	4				
Folate, food	mcg	8		0	FLA	4				
Folate, DFE	mcg_DFE	8		0	NC	4				
Vitamin B-12	mcg	0.61		0	FLA	4				
Vitamin A, IU	IU	6		0	FLA	4				
Vitamin A, RAE	mcg_RAE	1		0	NC	4				
Retinol	mcg	1		0	FLA	4				
Vitamin E	mg_ATE	1.049		0	FLA	4				
Tocopherol, alpha	mg	0.00		0	FLA	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	48.535		0	FLA	4				
Lipids:										
Fatty acids, total saturated	g	24.113		2	A	1				
4:0	g	0.000		2	A	1				
6:0	g	0.048		2	A	1				
8:0	g	0.635		2	A	1				
10:0	g	0.567		2	A	1				
12:0	g	11.918		2	A	1				
13:0	g									
14:0	g	3.900		2	A	1				
15:0	g									
16:0	g	2.160		2	A	1				
17:0	g									
18:0	g	4.827		2	A	1				
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.527		2	A	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.525		2	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.000		2	A	1				
20:1.....g	0.000		2	A	1				
22:1 undifferentiated.....g	0.000		2	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.524		2	A	1				
18:2 undifferentiated.....g	0.490		2	A	1				
18:3 undifferentiated.....g	0.034		2	A	1				
18:4.....g	0.000		2	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1				
20:5 n-3.....g	0.000		2	A	1				
22:5 n-3.....g	0.000		2	A	1				
22:6 n-3.....g	0.000		2	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	1		2	A	1				
Phytosterols.....mg	24		0	FLA	4				
Amino Acids:									
Tryptophan.....g	0.078		0	FLA	4				
Threonine.....g	0.263		0	FLA	4				
Isoleucine.....g	0.352		0	FLA	4				
Leucine.....g	0.577		0	FLA	4				
Lysine.....g	0.472		0	FLA	4				
Methionine.....g	0.150		0	FLA	4				
Cystine.....g	0.054		0	FLA	4				
Phenylalanine.....g	0.287		0	FLA	4				
Tyrosine.....g	0.285		0	FLA	4				
Valine.....g	0.402		0	FLA	4				
Arginine.....g	0.209		0	FLA	4				
Histidine.....g	0.158		0	FLA	4				
Alanine.....g	0.207		0	FLA	4				
Aspartic acid.....g	0.447		0	FLA	4				
Glutamic acid.....g	1.221		0	FLA	4				
Glycine.....g	0.126		0	FLA	4				
Proline.....g	0.581		0	FLA	4				
Serine.....g	0.324		0	FLA	4				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19099
Candies, fondant, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.79		0	RK	4				
Energy	kcal	372		0	RK	4				
Energy	kj	1557		0	RK	4				
Protein	g	0.00		0	RK	4				
Total lipid (fat)	g	0.00		0	RK	4				
Ash	g	0.08		0	RK	4				
Carbohydrate, by difference	g	93.03		0	RK	4				
Fiber, total dietary	g	0.0		0	RK	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0	RK	4				
Iron, Fe	mg	0.06		0	RK	4				
Magnesium, Mg	mg	0		0	RK	4				
Phosphorus, P	mg	2		0	RK	4				
Potassium, K	mg	4		0	RK	4				
Sodium, Na	mg	16		0	RK	4				
Zinc, Zn	mg	0.04		0	RK	4				
Copper, Cu	mg	0.040		0	RK	4				
Manganese, Mn	mg	0.014		0	RK	4				
Selenium, Se	mcg	0.6		0	RK	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RK	4				
Thiamin	mg	0.001		0	RK	4				
Riboflavin	mg	0.017		0	RK	4				
Niacin	mg	0.002		0	RK	4				
Pantothenic acid	mg	0.002		0	RK	4				
Vitamin B-6	mg	0.001		0	RK	4				
Folate, total	mcg	0		0	RK	4				
Folic acid	mcg	0		0	RK	4				
Folate, food	mcg	0		0	RK	4				
Folate, DFE	mcg_DFE	0		0	RK	4				
Vitamin B-12	mcg	0.00		0	RK	4				
Vitamin A, IU	IU	0		0	RK	4				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		0	Z	7				
Vitamin E	mg_ATE	0.000		0	RK	4				
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	RK	4				
4:0	g	0.000		0	RK	4				
6:0	g	0.000		0	RK	4				
8:0	g	0.000		0	RK	4				
10:0	g	0.000		0	RK	4				
12:0	g	0.000		0	RK	4				
13:0	g									
14:0	g	0.000		0	RK	4				
15:0	g									
16:0	g	0.000		0	RK	4				
17:0	g									
18:0	g	0.000		0	RK	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0	RK	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	RK	4				

NDB No. 19099
Candies, fondant, prepared-from-recipe

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

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19301
Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.41		0	RC	4				
Energy	kcal	472		0	RC	4				
Energy	kj	1973		0	RC	4				
Protein	g	3.23		0	RC	4				
Total lipid (fat)	g	21.05		0	RC	4				
Ash	g	0.84		0	RC	4				
Carbohydrate, by difference	g	67.12		0	RC	4				
Fiber, total dietary	g	2.1		0	RC	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	49		0	RC	4				
Iron, Fe	mg	1.14		0	RC	4				
Magnesium, Mg	mg	46		0	RC	4				
Phosphorus, P	mg	88		0	RC	4				
Potassium, K	mg	169		0	RC	4				
Sodium, Na	mg	97		0	RC	4				
Zinc, Zn	mg	0.77		0	RC	4				
Copper, Cu	mg	0.336		0	RC	4				
Manganese, Mn	mg	0.471		0	RC	4				
Selenium, Se	mcg	2.0		0	RC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0	RC	4				
Thiamin	mg	0.042		0	RC	4				
Riboflavin	mg	0.082		0	RC	4				
Niacin	mg	0.292		0	RC	4				
Pantothenic acid	mg	0.155		0	RC	4				
Vitamin B-6	mg	0.054		0	RC	4				
Folate, total	mcg	8		0	RC	4				
Folic acid	mcg	0		0	RC	4				
Folate, food	mcg	8		0	RC	4				
Folate, DFE	mcg_DFE	8		0	NC	4				
Vitamin B-12	mcg	0.03		0	RC	4				
Vitamin A, IU	IU	330		0	O	4				
Vitamin A, RAE	mcg_RAE	77		0	NC	4				
Retinol	mcg	73		0	RC	4				
Vitamin E	mg_ATE	0.696		0	RC	4				
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.984		0	RC	4				
4:0	g	0.260		0	RC	4				
6:0	g	0.156		0	RC	4				
8:0	g	0.088		0	RC	4				
10:0	g	0.197		0	RC	4				
12:0	g	0.240		0	RC	4				
13:0	g	0.000		0	RC	4				
14:0	g	0.862		0	RC	4				
15:0	g	0.000		0	RC	4				
16:0	g	4.543		0	RC	4				
17:0	g	0.000		0	RC	4				
18:0	g	3.631		0	RC	4				
20:0	g	0.005		0	RC	4				
22:0	g	0.000		0	RC	4				
24:0	g	0.000		0	RC	4				
Fatty acids, total monounsaturated	g	5.592		0	RC	4				
14:1	g	0.000		0	RC	4				
15:1	g									
16:1 undifferentiated	g	0.207		0	RC	4				

NDB No. 19301
Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	5.375		0	RC	4				
20:1 ... g	0.010		0	RC	4				
22:1 undifferentiated ... g	0.000		0	RC	4				
24:1 c ... g	0.000		0	RC	4				
Fatty acids, total polyunsaturated ... g	4.066		0	RC	4				
18:2 undifferentiated ... g	3.260		0	RC	4				
18:3 undifferentiated ... g	0.806		0	RC	4				
18:4 ... g	0.000		0	RC	4				
20:2 n-6 c,c ... g	0.000		0	RC	4				
20:3 undifferentiated ... g	0.000		0	RC	4				
20:4 undifferentiated ... g	0.000		0	RC	4				
20:5 n-3 ... g	0.000		0	RC	4				
22:5 n-3 ... g	0.000		0	RC	4				
22:6 n-3 ... g	0.000		0	RC	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	23		0	RC	4				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.042		0	RC	4				
Threonine ... g	0.133		0	RC	4				
Isoleucine ... g	0.146		0	RC	4				
Leucine ... g	0.249		0	RC	4				
Lysine ... g	0.167		0	RC	4				
Methionine ... g	0.053		0	RC	4				
Cystine ... g	0.038		0	RC	4				
Phenylalanine ... g	0.155		0	RC	4				
Tyrosine ... g	0.116		0	RC	4				
Valine ... g	0.188		0	RC	4				
Arginine ... g	0.284		0	RC	4				
Histidine ... g	0.074		0	RC	4				
Alanine ... g	0.158		0	RC	4				
Aspartic acid ... g	0.330		0	RC	4				
Glutamic acid ... g	0.588		0	RC	4				
Glycine ... g	0.185		0	RC	4				
Proline ... g	0.222		0	RC	4				
Serine ... g	0.173		0	RC	4				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	z	7				
Caffeine ... mg	16		0	RC	4				
Theobromine ... mg	129		0	RC	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19100
Candies, fudge, chocolate, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.62		0	RC	4		1.63		
Energy	kcal	412		0	RC	4		70		
Energy	kj	1725		0	RC	4		293		
Protein (N x 0)	g	2.15		0	RC	4		0.37		
Total lipid (fat)	g	10.74		0	RC	4		1.83		
Ash	g	0.65		0	RC	4		0.11		
Carbohydrate, by difference	g	76.33		0	RC	4		12.98		
Fiber, total dietary	g	1.6		0	RC	4		0.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	48		0	RC	4		8		
Iron, Fe	mg	0.70		0	RC	4		0.12		
Magnesium, Mg	mg	36		0	RC	4		6		
Phosphorus, P	mg	75		0	RC	4		13		
Potassium, K	mg	137		0	RC	4		23		
Sodium, Na	mg	61		0	RC	4		10		
Zinc, Zn	mg	0.55		0	RC	4		0.09		
Copper, Cu	mg	0.253		0	RC	4		0.043		
Manganese, Mn	mg	0.202		0	RC	4		0.034		
Selenium, Se	mcg	1.9		0	RC	4		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RC	4		0.0		
Thiamin	mg	0.018		0	RC	4		0.003		
Riboflavin	mg	0.085		0	RC	4		0.015		
Niacin	mg	0.145		0	RC	4		0.025		
Pantothenic acid	mg	0.128		0	RC	4		0.022		
Vitamin B-6	mg	0.020		0	RC	4		0.003		
Folate, total	mcg	2		0	RC	4		0		
Folic acid	mcg	0		0	RC	4		0		
Folate, food	mcg	2		0	RC	4		0		
Folate, DFE	mcg_DFE	2		0	NC	4		0		
Vitamin B-12	mcg	0.07		0	RC	4		0.01		
Vitamin A, IU	IU	191		0	RC	4		32		
Vitamin A, RAE	mcg_RAE	45		0	NC	4		8		
Retinol	mcg	42		0	RC	4		7		
Vitamin E	mg_ATE	0.236		0	RC	4		0.040		
Vitamin D	IU	15.820		0	RC	4		2.689		
Lipids:										
Fatty acids, total saturated	g	6.348		0	RC	4		1.079		
4:0	g	0.168		0	RC	4		0.029		
6:0	g	0.099		0	RC	4		0.017		
8:0	g	0.058		0	RC	4		0.010		
10:0	g	0.130		0	RC	4		0.022		
12:0	g	0.145		0	RC	4		0.025		
13:0	g									
14:0	g	0.531		0	RC	4		0.090		
15:0	g									
16:0	g	2.864		0	RC	4		0.487		
17:0	g									
18:0	g	2.354		0	RC	4		0.400		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.276		0	RC	4		0.557		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.116		0	RC	4		0.020		

NDB No. 19100
Candies, fudge, chocolate, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	3.160		0	RC	4		0.537		
20:1 ... g	0.000		0	RC	4		0.000		
22:1 undifferentiated ... g	0.000		0	RC	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.369		0	RC	4		0.063		
18:2 undifferentiated ... g	0.294		0	RC	4		0.050		
18:3 undifferentiated ... g	0.075		0	RC	4		0.013		
18:4 ... g	0.000		0	RC	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RC	4		0.000		
20:5 n-3 ... g	0.000		0	RC	4		0.000		
22:5 n-3 ... g	0.000		0	RC	4		0.000		
22:6 n-3 ... g	0.000		0	RC	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	15		0	RC	4		3		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.031		0	RC	4		0.005		
Threonine ... g	0.091		0	RC	4		0.016		
Isoleucine ... g	0.107		0	RC	4		0.018		
Leucine ... g	0.172		0	RC	4		0.029		
Lysine ... g	0.140		0	RC	4		0.024		
Methionine ... g	0.039		0	RC	4		0.007		
Cystine ... g	0.023		0	RC	4		0.004		
Phenylalanine ... g	0.103		0	RC	4		0.018		
Tyrosine ... g	0.092		0	RC	4		0.016		
Valine ... g	0.136		0	RC	4		0.023		
Arginine ... g	0.099		0	RC	4		0.017		
Histidine ... g	0.048		0	RC	4		0.008		
Alanine ... g	0.086		0	RC	4		0.015		
Aspartic acid ... g	0.188		0	RC	4		0.032		
Glutamic acid ... g	0.388		0	RC	4		0.066		
Glycine ... g	0.070		0	RC	4		0.012		
Proline ... g	0.152		0	RC	4		0.026		
Serine ... g	0.105		0	RC	4		0.018		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	21		0	RC	4		3		
Theobromine ... mg	125		0	RC	4		21		

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

Common Measures:

Measure 1 = 17g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19101
Candies, fudge, chocolate, with nuts, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.78		0	RC	4				
Energy	kcal	466		0	RC	4				
Energy	kj	1950		0	RC	4				
Protein	g	4.21		0	RC	4				
Total lipid (fat)	g	19.37		0	RC	4				
Ash	g	0.84		0	RC	4				
Carbohydrate, by difference	g	68.35		0	RC	4				
Fiber, total dietary	g	2.4		0	RC	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	57		0	RC	4				
Iron, Fe	mg	1.06		0	RC	4				
Magnesium, Mg	mg	55		0	RC	4				
Phosphorus, P	mg	118		0	RC	4				
Potassium, K	mg	187		0	RC	4				
Sodium, Na	mg	53		0	RC	4				
Zinc, Zn	mg	0.95		0	RC	4				
Copper, Cu	mg	0.464		0	RC	4				
Manganese, Mn	mg	0.702		0	RC	4				
Selenium, Se	mcg	2.3		0	RC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	RC	4				
Thiamin	mg	0.068		0	RC	4				
Riboflavin	mg	0.097		0	RC	4				
Niacin	mg	0.432		0	RC	4				
Pantothenic acid	mg	0.199		0	RC	4				
Vitamin B-6	mg	0.100		0	RC	4				
Folate, total	mcg	17		0	RC	4				
Folic acid	mcg	0		0	RC	4				
Folate, food	mcg	17		0	RC	4				
Folate, DFE	mcg_DFE	17		0	NC	4				
Vitamin B-12	mcg	0.06		0	RC	4				
Vitamin A, IU	IU	170		0	O	4				
Vitamin A, RAE	mcg_RAE	36		0	NC	4				
Retinol	mcg	33		0	RC	4				
Vitamin E	mg_ATE	0.654		0	RC	4				
Tocopherol, alpha	mg	0.18		0	RC	4				
Tocopherol, beta	mg	0.02		0	RC	4				
Tocopherol, gamma	mg	3.21		0	RC	4				
Tocopherol, delta	mg	0.29		0	RC	4				
Vitamin D	IU	13.728		0	RC	4				
Lipids:										
Fatty acids, total saturated	g	6.453		0	RC	4				
4:0	g	0.146		0	RC	4				
6:0	g	0.086		0	RC	4				
8:0	g	0.050		0	RC	4				
10:0	g	0.113		0	RC	4				
12:0	g	0.126		0	RC	4				
13:0	g	0.000		0	RC	4				
14:0	g	0.460		0	RC	4				
15:0	g	0.000		0	RC	4				
16:0	g	3.164		0	RC	4				
17:0	g	0.000		0	RC	4				
18:0	g	2.298		0	RC	4				
20:0	g	0.010		0	RC	4				
22:0	g	0.000		0	RC	4				
24:0	g	0.000		0	RC	4				

NDB No. 19101
Candies, fudge, chocolate, with nuts, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	4.219		0	RC	4				
14:1....g	0.000		0	RC	4				
15:1....g									
16:1 undifferentiated....g	0.101		0	RC	4				
17:1....g									
18:1 undifferentiated....g	4.098		0	RC	4				
20:1....g	0.021		0	RC	4				
22:1 undifferentiated....g	0.000		0	RC	4				
24:1 c....g	0.000		0	RC	4				
Fatty acids, total polyunsaturated....g	7.589		0	RC	4				
18:2 undifferentiated....g	6.124		0	RC	4				
18:3 undifferentiated....g	1.464		0	RC	4				
18:4....g	0.000		0	RC	4				
20:2 n-6 c,c....g	0.000		0	RC	4				
20:3 undifferentiated....g	0.000		0	RC	4				
20:4 undifferentiated....g	0.000		0	RC	4				
20:5 n-3....g	0.000		0	RC	4				
22:5 n-3....g	0.000		0	RC	4				
22:6 n-3....g	0.000		0	RC	4				
Fatty acids, total trans....g									
Cholesterol....mg	13		0	RC	4				
Phytosterols....mg	11		0	RC	4				
Stigmasterol....mg	0		0	RC	4				
Campesterol....mg	1		0	RC	4				
Beta-sitosterol....mg	10		0	RC	4				
Amino Acids:									
Tryptophan....g	0.053		0	RC	4				
Threonine....g	0.171		0	RC	4				
Isoleucine....g	0.189		0	RC	4				
Leucine....g	0.329		0	RC	4				
Lysine....g	0.187		0	RC	4				
Methionine....g	0.070		0	RC	4				
Cystine....g	0.052		0	RC	4				
Phenylalanine....g	0.199		0	RC	4				
Tyrosine....g	0.143		0	RC	4				
Valine....g	0.234		0	RC	4				
Arginine....g	0.437		0	RC	4				
Histidine....g	0.102		0	RC	4				
Alanine....g	0.182		0	RC	4				
Aspartic acid....g	0.445		0	RC	4				
Glutamic acid....g	0.771		0	RC	4				
Glycine....g	0.186		0	RC	4				
Proline....g	0.241		0	RC	4				
Serine....g	0.235		0	RC	4				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	18		0	RC	4				
Theobromine....mg	108		0	RC	4				

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 19101
Candies, fudge, chocolate, with nuts, prepared-from-recipe

Food Group: 19 Sweets

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

NDB No. 19104
Candies, fudge, vanilla with nuts, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.50		0	RA	4				
Energy	kcal	437		0	RA	4				
Energy	kj	1827		0	RA	4				
Protein	g	3.03		0	RA	4				
Total lipid (fat)	g	13.76		0	RA	4				
Ash	g	0.56		0	RA	4				
Carbohydrate, by difference	g	74.90		0	RA	4				
Fiber, total dietary	g	0.9		0	RA	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	48		0	RA	4				
Iron, Fe	mg	0.46		0	RA	4				
Magnesium, Mg	mg	26		0	RA	4				
Phosphorus, P	mg	76		0	RA	4				
Potassium, K	mg	106		0	RA	4				
Sodium, Na	mg	60		0	RA	4				
Zinc, Zn	mg	0.55		0	RA	4				
Copper, Cu	mg	0.250		0	RA	4				
Manganese, Mn	mg	0.477		0	RA	4				
Selenium, Se	mcg	1.7		0	RA	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0	RA	4				
Thiamin	mg	0.048		0	RA	4				
Riboflavin	mg	0.080		0	RA	4				
Niacin	mg	0.286		0	RA	4				
Pantothenic acid	mg	0.172		0	RA	4				
Vitamin B-6	mg	0.079		0	RA	4				
Folate, total	mcg	12		0	RA	4				
Folic acid	mcg	0		0	RA	4				
Folate, food	mcg	12		0	RA	4				
Folate, DFE	mcg_DFE	12		0	NC	4				
Vitamin B-12	mcg	0.06		0	RA	4				
Vitamin A, IU	IU	150		0	O	4				
Vitamin A, RAE	mcg_RAE	31		0	NC	4				
Retinol	mcg	28		0	RA	4				
Vitamin E	mg_ATE	0.502		0	RA	4				
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.755		0	RA	4				
4:0	g	0.157		0	RA	4				
6:0	g	0.093		0	RA	4				
8:0	g	0.054		0	RA	4				
10:0	g	0.122		0	RA	4				
12:0	g	0.136		0	RA	4				
13:0	g	0.000		0	RA	4				
14:0	g	0.489		0	RA	4				
15:0	g	0.000		0	RA	4				
16:0	g	1.879		0	RA	4				
17:0	g	0.000		0	RA	4				
18:0	g	0.815		0	RA	4				
20:0	g	0.009		0	RA	4				
22:0	g	0.000		0	RA	4				
24:0	g	0.000		0	RA	4				
Fatty acids, total monounsaturated	g	2.550		0	RA	4				
14:1	g	0.000		0	RA	4				
15:1	g									
16:1 undifferentiated	g	0.109		0	RA	4				

NDB No. 19104
Candies, fudge, vanilla with nuts, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.423		0	RA	4				
20:1 ... g	0.018		0	RA	4				
22:1 undifferentiated ... g	0.000		0	RA	4				
24:1 c ... g	0.000		0	RA	4				
Fatty acids, total polyunsaturated ... g	6.620		0	RA	4				
18:2 undifferentiated ... g	5.310		0	RA	4				
18:3 undifferentiated ... g	1.310		0	RA	4				
18:4 ... g	0.000		0	RA	4				
20:2 n-6 c,c ... g	0.000		0	RA	4				
20:3 undifferentiated ... g	0.000		0	RA	4				
20:4 undifferentiated ... g	0.000		0	RA	4				
20:5 n-3 ... g	0.000		0	RA	4				
22:5 n-3 ... g	0.000		0	RA	4				
22:6 n-3 ... g	0.000		0	RA	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	14		0	RA	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg	0		0	RA	4				
Theobromine ... mg	0		0	RA	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19103
Candies, fudge, vanilla, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.30		0	RC	4				
Energy	kcal	385		0	RC	4				
Energy	kj	1609		0	RC	4				
Protein	g	1.07		0	RC	4				
Total lipid (fat)	g	5.40		0	RC	4				
Ash	g	0.36		0	RC	4				
Carbohydrate, by difference	g	82.58		0	RC	4				
Fiber, total dietary	g	0.0		0	RC	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	39		0	RC	4				
Iron, Fe	mg	0.07		0	RC	4				
Magnesium, Mg	mg	4		0	RC	4				
Phosphorus, P	mg	32		0	RC	4				
Potassium, K	mg	51		0	RC	4				
Sodium, Na	mg	67		0	RC	4				
Zinc, Zn	mg	0.15		0	RC	4				
Copper, Cu	mg	0.038		0	RC	4				
Manganese, Mn	mg	0.013		0	RC	4				
Selenium, Se	mcg	1.2		0	RC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RC	4				
Thiamin	mg	0.010		0	RC	4				
Riboflavin	mg	0.068		0	RC	4				
Niacin	mg	0.032		0	RC	4				
Pantothenic acid	mg	0.105		0	RC	4				
Vitamin B-6	mg	0.011		0	RC	4				
Folate, total	mcg	1		0	RC	4				
Folic acid	mcg	0		0	RC	4				
Folate, food	mcg	1		0	RC	4				
Folate, DFE	mcg_DFE	1		0	NC	4				
Vitamin B-12	mcg	0.06		0	RC	4				
Vitamin A, IU	IU	203		0	RC	4				
Vitamin A, RAE	mcg_RAE	53		0	NC	4				
Retinol	mcg	50		0	RC	4				
Vitamin E	mg_ATE	0.085		0	NC	4				
Tocopherol, alpha	mg	0.08		0	RC	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	15.428		0	RC	4				
Lipids:										
Fatty acids, total saturated	g	3.241		0	RC	4				
4:0	g	0.175		0	RC	4				
6:0	g	0.104		0	RC	4				
8:0	g	0.060		0	RC	4				
10:0	g	0.135		0	RC	4				
12:0	g	0.152		0	RC	4				
13:0	g									
14:0	g	0.543		0	RC	4				
15:0	g									
16:0	g	1.419		0	RC	4				
17:0	g									
18:0	g	0.654		0	RC	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 19103
Candies, fudge, vanilla, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.478		0	RC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.121		0	RC	4				
17:1.....g									
18:1 undifferentiated.....g	1.357		0	RC	4				
20:1.....g	0.000		0	RC	4				
22:1 undifferentiated.....g	0.000		0	RC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.200		0	RC	4				
18:2 undifferentiated.....g	0.122		0	RC	4				
18:3 undifferentiated.....g	0.079		0	RC	4				
18:4.....g	0.000		0	RC	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RC	4				
20:5 n-3.....g	0.000		0	RC	4				
22:5 n-3.....g	0.000		0	RC	4				
22:6 n-3.....g	0.000		0	RC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	16		0	RC	4				
Phytosterols.....mg	0		0	RC	4				
Amino Acids:									
Tryptophan.....g	0.015		0	RC	4				
Threonine.....g	0.048		0	RC	4				
Isoleucine.....g	0.065		0	RC	4				
Leucine.....g	0.104		0	RC	4				
Lysine.....g	0.085		0	RC	4				
Methionine.....g	0.027		0	RC	4				
Cystine.....g	0.010		0	RC	4				
Phenylalanine.....g	0.052		0	RC	4				
Tyrosine.....g	0.052		0	RC	4				
Valine.....g	0.071		0	RC	4				
Arginine.....g	0.039		0	RC	4				
Histidine.....g	0.029		0	RC	4				
Alanine.....g	0.037		0	RC	4				
Aspartic acid.....g	0.081		0	RC	4				
Glutamic acid.....g	0.223		0	RC	4				
Glycine.....g	0.023		0	RC	4				
Proline.....g	0.103		0	RC	4				
Serine.....g	0.058		0	RC	4				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.2		0	RC	4				
Caffeine.....mg	0		0	RC	4				
Theobromine.....mg	0		0	RC	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19106
Candies, gumdrops, starch jelly pieces

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.00	0.000	8		1		1.82	0.36	0.22
Energy	kcal	386		0		4		703	139	85
Energy	kj	1615				4		2939	581	355
Protein (N x 6.25)	g	0.00		1		4		0.00	0.00	0.00
Total lipid (fat)	g	0.00		1		4		0.00	0.00	0.00
Ash	g	0.10		1		4		0.18	0.04	0.02
Carbohydrate, by difference	g	98.90		0	NC	4		180.00	35.60	21.76
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3	0.936	9		1		5	1	1
Iron, Fe	mg	0.40	0.109	8		1		0.73	0.14	0.09
Magnesium, Mg	mg	1	0.774	9		1		2	0	0
Phosphorus, P	mg	1	0.453	8		1		2	0	0
Potassium, K	mg	5	3.943	9		1		9	2	1
Sodium, Na	mg	44	5.093	9		1		80	16	10
Zinc, Zn	mg	0.00	0.004	8		1		0.00	0.00	0.00
Copper, Cu	mg	0.012	0.008	8		1		0.022	0.004	0.003
Manganese, Mn	mg	0.010	0.017	8		1		0.018	0.004	0.002
Selenium, Se	mcg	0.6		0	BFSN	4		1.1	0.2	0.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	0.0
Thiamin	mg	0.000		1		4		0.000	0.000	0.000
Riboflavin	mg	0.002		1		4		0.004	0.001	0.000
Niacin	mg	0.002		1		4		0.004	0.001	0.000
Pantothenic acid	mg	0.006		1		4		0.011	0.002	0.001
Vitamin B-6	mg	0.000		1		4		0.000	0.000	0.000
Folate, total	mcg	0		1		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		1		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		1		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		7		0.000	0.000	0.000
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		7		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000

NDB No. 19106
Candies, gumdrops, starch jelly pieces

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

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

Common Measures:

Measure 1 = 182g: 1 cup gumdrops

Measure 2 = 36g: 10 gumdrops

Measure 3 = 22g: 10 gummy bears

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

Food Group: 19 Sweets

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

NDB No. 19117
Candies, halavah, plain

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	3.67		2	A	1				
Energy	kcal	469		0	NC	4				
Energy	kj	1962				4				
Protein (N x 5.8)	g	12.49		2	A	1				
Total lipid (fat)	g	21.52		2	A	1				
Ash	g	1.83		2	A	1				
Carbohydrate, by difference	g	60.49		0	NC	4				
Fiber, total dietary	g	4.5		2	A	1				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	33		2	A	1				
Iron, Fe	mg	4.53		2	A	1				
Magnesium, Mg	mg	218		2	A	1				
Phosphorus, P	mg	607		2	A	1				
Potassium, K	mg	187		2	A	1				
Sodium, Na	mg	195		2	A	1				
Zinc, Zn	mg	4.32		2	A	1				
Copper, Cu	mg	1.202		2	A	1				
Manganese, Mn	mg	0.873		2	A	1				
Selenium, Se	mcg	11.5		0	FLA	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		2	A	1				
Thiamin	mg	0.424		2	A	1				
Riboflavin	mg	0.088		2	A	1				
Niacin	mg	2.856		2	A	1				
Pantothenic acid	mg	0.174		2	A	1				
Vitamin B-6	mg	0.348		2	A	1				
Folate, total	mcg	65		2	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	65		2	A	1				
Folate, DFE	mcg_DFE	65		0	NC	4				
Vitamin B-12	mcg	0.04		0	FLA	4				
Vitamin A, IU	IU	2		2	A	1				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	Z	7				
Vitamin E	mg_ATE	2.835		0	FLA	4				
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.127		2	A	1				
4:0	g	0.000		2	A	1				
6:0	g	0.000		2	A	1				
8:0	g	0.000		2	A	1				
10:0	g	0.000		2	A	1				
12:0	g	0.000		2	A	1				
13:0	g									
14:0	g	0.000		2	A	1				
15:0	g									
16:0	g	2.113		2	A	1				
17:0	g									
18:0	g	1.847		2	A	1				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	8.194		2	A	1				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.025		2	A	1				

NDB No. 19117
Candies, halavah, plain

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	8.133		2	A	1				
20:1 ....g	0.036		2	A	1				
22:1 undifferentiated ....g	0.000		2	A	1				
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	8.481		2	A	1				
18:2 undifferentiated ....g	8.421		2	A	1				
18:3 undifferentiated ....g	0.060		2	A	1				
18:4 ....g	0.000		2	A	1				
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		2	A	1				
20:5 n-3 ....g	0.000		2	A	1				
22:5 n-3 ....g	0.000		2	A	1				
22:6 n-3 ....g	0.000		2	A	1				
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0	Z	7				
Phytosterols ....mg									
Others:									
Alcohol, ethyl ....g	0.0		0	Z	7				
Caffeine ....mg									
Theobromine ....mg									

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19107
Candies, hard

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	1.30	0.291	6		1		0.37	0.08	0.04
Energy	kcal	394		0	NC	4		112	24	12
Energy	kj	1648				4		467	99	49
Protein (N x 6.25)	g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat)	g	0.20		1	A	1		0.06	0.01	0.01
Ash	g	0.50	0.407	9		1		0.14	0.03	0.02
Carbohydrate, by difference	g	98.00		0	NC	4		27.78	5.88	2.94
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	62.90		1	A	1		17.83	3.77	1.89
Starch	g									
Minerals:										
Calcium, Ca	mg	3	1.419	37		1		1	0	0
Iron, Fe	mg	0.30	0.050	42		1		0.09	0.02	0.01
Magnesium, Mg	mg	3	0.707	37		1		1	0	0
Phosphorus, P	mg	3	1.533	37		1		1	0	0
Potassium, K	mg	5	1.358	37		1		1	0	0
Sodium, Na	mg	38	7.185	33		1		11	2	1
Zinc, Zn	mg	0.01	0.005	42		1		0.00	0.00	0.00
Copper, Cu	mg	0.029	0.010	5		1		0.008	0.002	0.001
Manganese, Mn	mg	0.010	0.001	37		1		0.003	0.001	0.000
Selenium, Se	mcg	0.6		0	BFSN	4		0.2	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	0.0
Thiamin	mg	0.004		1		4		0.001	0.000	0.000
Riboflavin	mg	0.003		1		4		0.001	0.000	0.000
Niacin	mg	0.007		1		4		0.002	0.000	0.000
Pantothenic acid	mg	0.008		1		4		0.002	0.000	0.000
Vitamin B-6	mg	0.003		1		4		0.001	0.000	0.000
Folate, total	mcg	0		1		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		1		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		1		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		7		0.000	0.000	0.000
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		7		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000

NDB No. 19107
Candies, hard

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 6.0g: 1 piece

Measure 3 = 3.0g: 1 piece, small

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

Food Group: 19 Sweets

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

NDB No. 19108
Candies, jellybeans

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		4		0.69	1.76	
Energy	kcal	367		0		4		40	103	
Energy	kj	1536				4		169	430	
Protein (N x 6.25)	g	0.00		1		4		0.00	0.00	
Total lipid (fat)	g	0.50		1		4		0.06	0.14	
Ash	g	0.10		1		4		0.01	0.03	
Carbohydrate, by difference	g	93.10		0	NC	4		10.24	26.07	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		1		1		0	1	
Iron, Fe	mg	1.10		1		4		0.12	0.31	
Magnesium, Mg	mg	2		1		1		0	1	
Phosphorus, P	mg	4		1		4		0	1	
Potassium, K	mg	37		1		1		4	10	
Sodium, Na	mg	25		1		1		3	7	
Zinc, Zn	mg	0.05		1		1		0.01	0.01	
Copper, Cu	mg	0.028		1		1		0.003	0.008	
Manganese, Mn	mg	0.035		1		1		0.004	0.010	
Selenium, Se	mcg	0.6		0	BFSN	4		0.1	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.000		1		4		0.000	0.000	
Riboflavin	mg	0.000		1		4		0.000	0.000	
Niacin	mg	0.000		1		4		0.000	0.000	
Pantothenic acid	mg	0.000		1		4		0.000	0.000	
Vitamin B-6	mg	0.000		1		4		0.000	0.000	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.140		0		4		0.015	0.039	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.003		0		4		0.000	0.001	
15:0	g									
16:0	g	0.100		0		4		0.011	0.028	
17:0	g									
18:0	g	0.037		0		4		0.004	0.010	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.200		0		4		0.022	0.056	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		4		0.001	0.003	

NDB No. 19108
Candies, jellybeans

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.190		0		4		0.021	0.053	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.117		0		4		0.013	0.033	
18:2 undifferentiated ... g	0.113		0		4		0.012	0.032	
18:3 undifferentiated ... g	0.003		0		4		0.000	0.001	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.003		0		4		0.000	0.001	
20:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:6 n-3 ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 11.0g: 10 small

Measure 2 = 28g: 10 large (1 oz)

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

Food Group: 19 Sweets

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

NDB No. 19116
Candies, marshmallows

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.40	0.374	6		1		8.20	1.15	1.18
Energy	kcal	318		0	NC	4		159	22	23
Energy	kj	1331				4		665	93	96
Protein (N x 5.6)	g	1.80	0.107	5		1		0.90	0.13	0.13
Total lipid (fat)	g	0.20	0.055	5		1		0.10	0.01	0.01
Ash	g	0.30	0.136	5		1		0.15	0.02	0.02
Carbohydrate, by difference	g	81.30		0	NC	4		40.65	5.69	5.85
Fiber, total dietary	g	0.1		0		4		0.1	0.0	0.0
Sugars, total	g	56.00		0	LC	8		28.00	3.92	4.03
Starch	g									
Minerals:										
Calcium, Ca	mg	3	0.356	10		1		2	0	0
Iron, Fe	mg	0.23	0.085	10		1		0.12	0.02	0.02
Magnesium, Mg	mg	2	0.503	10		1		1	0	0
Phosphorus, P	mg	8	1.376	6		1		4	1	1
Potassium, K	mg	5	1.162	10		1		3	0	0
Sodium, Na	mg	47	6.629	11		1		24	3	3
Zinc, Zn	mg	0.04	0.015	10		1		0.02	0.00	0.00
Copper, Cu	mg	0.097		2		1		0.049	0.007	0.007
Manganese, Mn	mg	0.008	0.034	5		1		0.004	0.001	0.001
Selenium, Se	mcg	1.9		0	FLA	4		1.0	0.1	0.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	5		1		0.0	0.0	0.0
Thiamin	mg	0.001	0.000	5		1		0.001	0.000	0.000
Riboflavin	mg	0.001	0.000	4		1		0.001	0.000	0.000
Niacin	mg	0.078	0.015	5		1		0.039	0.005	0.006
Pantothenic acid	mg	0.005		1		1		0.003	0.000	0.000
Vitamin B-6	mg	0.000		0	FLA	4		0.000	0.000	0.000
Folate, total	mcg	1		1		1		1	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	1		1		1		1	0	0
Folate, DFE	mcg_DFE	1		0	NC	4		1	0	0
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	0.00
Vitamin A, IU	IU	1	0.200	5		1		1	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.056		0		4		0.028	0.004	0.004
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.001		0		4		0.001	0.000	0.000
15:0	g									
16:0	g	0.040		0		4		0.020	0.003	0.003
17:0	g									
18:0	g	0.015		0		4		0.008	0.001	0.001
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.080		0		4		0.040	0.006	0.006
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.004		0		4		0.002	0.000	0.000

NDB No. 19116
Candies, marshmallows

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.076		0		4		0.038	0.005	0.005
20:1 ... g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.047		0		4		0.024	0.003	0.003
18:2 undifferentiated ... g	0.045		0		4		0.023	0.003	0.003
18:3 undifferentiated ... g	0.001		0		4		0.001	0.000	0.000
18:4 ... g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.001		0		4		0.001	0.000	0.000
20:5 n-3 ... g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0	0.023	4		1		0	0	0
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	0.000
Threonine ... g	0.035		0		1		0.018	0.002	0.003
Isoleucine ... g	0.028		0		1		0.014	0.002	0.002
Leucine ... g	0.066		0		1		0.033	0.005	0.005
Lysine ... g	0.077		0		1		0.039	0.005	0.006
Methionine ... g	0.015		0		1		0.008	0.001	0.001
Cystine ... g	0.002		0		1		0.001	0.000	0.000
Phenylalanine ... g	0.042		0		1		0.021	0.003	0.003
Tyrosine ... g	0.010		0		1		0.005	0.001	0.001
Valine ... g	0.050		0		1		0.025	0.004	0.004
Arginine ... g	0.147		0		1		0.074	0.010	0.011
Histidine ... g	0.017		0		1		0.009	0.001	0.001
Alanine ... g	0.180		0		1		0.090	0.013	0.013
Aspartic acid ... g	0.121		0		1		0.061	0.008	0.009
Glutamic acid ... g	0.208		0		1		0.104	0.015	0.015
Glycine ... g	0.416		0		1		0.208	0.029	0.030
Proline ... g	0.275		0		1		0.138	0.019	0.020
Serine ... g	0.061		0		1		0.031	0.004	0.004
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 50g: 1 cup of miniature

Measure 2 = 7.0g: 10 miniatures

Measure 3 = 7.2g: 1 regular

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

Food Group: 19 Sweets

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

NDB No. 19120
Candies, milk chocolate

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	1.30	0.087	40		1		2.18	0.09	0.57
Energy	kcal	513		0		4		862	36	226
Energy	kj	2146				4		3606	150	944
Protein (N x 6.2)	g	6.90	0.265	29		1		11.59	0.48	3.04
Total lipid (fat)	g	30.70	0.309	31		1		51.58	2.15	13.51
Ash	g	1.50	0.070	25		1		2.52	0.11	0.66
Carbohydrate, by difference	g	59.20		0		4		99.46	4.14	26.05
Fiber, total dietary	g	3.4		2		1		5.7	0.2	1.5
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	191	6.104	49		1		321	13	84
Iron, Fe	mg	1.39	0.065	52		1		2.34	0.10	0.61
Magnesium, Mg	mg	60	0.991	48		1		101	4	26
Phosphorus, P	mg	216	5.052	47		1		363	15	95
Potassium, K	mg	385	8.088	50		1		647	27	169
Sodium, Na	mg	82	1.858	46		1		138	6	36
Zinc, Zn	mg	1.38	0.038	50		1		2.32	0.10	0.61
Copper, Cu	mg	0.385	0.017	47		1		0.647	0.027	0.169
Manganese, Mn	mg	0.299	0.010	48		1		0.502	0.021	0.132
Selenium, Se	mcg	3.9	0.393	14	A	1		6.6	0.3	1.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		2		1		0.7	0.0	0.2
Thiamin	mg	0.079	0.006	18		1		0.133	0.006	0.035
Riboflavin	mg	0.301	0.020	19		1		0.506	0.021	0.132
Niacin	mg	0.324	0.029	17		1		0.544	0.023	0.143
Pantothenic acid	mg	0.424	0.051	5		1		0.712	0.030	0.187
Vitamin B-6	mg	0.042	0.011	6		1		0.071	0.003	0.018
Folate, total	mcg	8		0		4		13	1	4
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	8		0		4		13	1	4
Folate, DFE	mcg_DFE	8		0	NC	4		13	1	4
Vitamin B-12	mcg	0.39		2		1		0.66	0.03	0.17
Vitamin A, IU	IU	165		0	FLC	4		278	12	73
Vitamin A, RAE	mcg_RAE	46		0	NC	4		77	3	20
Retinol	mcg	45		0	FLC	4		76	3	20
Vitamin E	mg_ATE	1.240		0		1		2.083	0.087	0.546
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	18.480		0		4		31.046	1.294	8.131
4:0	g	0.180		8		1		0.302	0.013	0.079
6:0	g	0.070		10		1		0.118	0.005	0.031
8:0	g	0.050		10		1		0.084	0.004	0.022
10:0	g	0.370		10		1		0.622	0.026	0.163
12:0	g	1.070		10		1		1.798	0.075	0.471
13:0	g									
14:0	g	0.940		10		1		1.579	0.066	0.414
15:0	g									
16:0	g	7.980		10		1		13.406	0.559	3.511
17:0	g									
18:0	g	7.630		10		1		12.818	0.534	3.357
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	9.970		0		4		16.750	0.698	4.387
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.170		10		1		0.286	0.012	0.075

NDB No. 19120
Candies, milk chocolate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	9.590		10		1		16.111	0.671	4.220
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.060		0		4		1.781	0.074	0.466
18:2 undifferentiated ... g	0.960		10		1		1.613	0.067	0.422
18:3 undifferentiated ... g	0.100		10		1		0.168	0.007	0.044
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	22	0.750	16		1		37	2	10
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.083		0		1		0.139	0.006	0.037
Threonine ... g	0.296		0		1		0.497	0.021	0.130
Isoleucine ... g	0.369		0		1		0.620	0.026	0.162
Leucine ... g	0.645		0		1		1.084	0.045	0.284
Lysine ... g	0.412		0		1		0.692	0.029	0.181
Methionine ... g	0.148		0		1		0.249	0.010	0.065
Cystine ... g	0.042		0		1		0.071	0.003	0.018
Phenylalanine ... g	0.380		0		1		0.638	0.027	0.167
Tyrosine ... g	0.317		0		1		0.533	0.022	0.139
Valine ... g	0.454		0		1		0.763	0.032	0.200
Arginine ... g	0.201		0		1		0.338	0.014	0.088
Histidine ... g	0.106		0		1		0.178	0.007	0.047
Alanine ... g	0.243		0		1		0.408	0.017	0.107
Aspartic acid ... g	0.581		0		1		0.976	0.041	0.256
Glutamic acid ... g	1.447		0		1		2.431	0.101	0.637
Glycine ... g	0.169		0		1		0.284	0.012	0.074
Proline ... g	0.581		0		1		0.976	0.041	0.256
Serine ... g	0.317		0		1		0.533	0.022	0.139
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	26	2.489	25		1		44	2	11
Theobromine ... mg	169	4.256	25		1		284	12	74

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

Common Measures:

Measure 1 = 168g: 1 cup chips

Measure 2 = 7.0g: 1 bar, miniature

Measure 3 = 44g: 1 bar (1.55 oz)

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

Food Group: 19 Sweets

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

NDB No. 19126
Candies, milk chocolate coated peanuts

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

NDB No. 19126
Candies, milk chocolate coated peanuts

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	12.550		1		1		18.700	5.020	
20:1 ... g	0.160		1		1		0.238	0.064	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	4.330		0		1		6.452	1.732	
18:2 undifferentiated ... g	4.280		1		1		6.377	1.712	
18:3 undifferentiated ... g	0.050		1		1		0.075	0.020	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	9		2		1		13	4	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.140		0		1		0.209	0.056	
Threonine ... g	0.492		0		1		0.733	0.197	
Isoleucine ... g	0.561		0		1		0.836	0.224	
Leucine ... g	1.005		0		1		1.497	0.402	
Lysine ... g	0.602		0		1		0.897	0.241	
Methionine ... g	0.211		0		1		0.314	0.084	
Cystine ... g	0.126		0		1		0.188	0.050	
Phenylalanine ... g	0.687		0		1		1.024	0.275	
Tyrosine ... g	0.554		0		1		0.825	0.222	
Valine ... g	0.680		0		1		1.013	0.272	
Arginine ... g	1.001		0		1		1.491	0.400	
Histidine ... g	0.268		0		1		0.399	0.107	
Alanine ... g	0.483		0		1		0.720	0.193	
Aspartic acid ... g	1.347		0		1		2.007	0.539	
Glutamic acid ... g	2.693		0		1		4.013	1.077	
Glycine ... g	0.563		0		1		0.839	0.225	
Proline ... g	0.806		0		1		1.201	0.322	
Serine ... g	0.616		0		1		0.918	0.246	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	22		1		1		33	9	
Theobromine ... mg	109		1		1		162	44	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 40g: 10 pieces

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

Food Group: 19 Sweets

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

NDB No. 19127
Candies, milk chocolate coated raisins

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	11.20	2.282	7		1		20.16	1.12	
Energy	kcal	390		0		4		702	39	
Energy	kj	1632				4		2937	163	
Protein (N x 6.2)	g	4.10	0.299	8		1		7.38	0.41	
Total lipid (fat)	g	14.80	1.152	7		1		26.64	1.48	
Ash	g	1.50	0.074	7		1		2.70	0.15	
Carbohydrate, by difference	g	68.30		0	NC	4		122.94	6.83	
Fiber, total dietary	g	4.2		0	FLA	4		7.6	0.4	
Sugars, total	g	62.22		0	LC	8		112.00	6.22	
Starch	g									
Minerals:										
Calcium, Ca	mg	86	14.400	4		1		155	9	
Iron, Fe	mg	1.71	0.329	4		1		3.08	0.17	
Magnesium, Mg	mg	45		1		1		81	5	
Phosphorus, P	mg	143		2		1		257	14	
Potassium, K	mg	514		2		1		925	51	
Sodium, Na	mg	36		2		1		65	4	
Zinc, Zn	mg	0.81		0	FLA	4		1.46	0.08	
Copper, Cu	mg	0.339		0	FLA	4		0.610	0.034	
Manganese, Mn	mg	0.283		0	FLA	4		0.509	0.028	
Selenium, Se	mcg	2.3		0	FLA	4		4.1	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		2		1		0.4	0.0	
Thiamin	mg	0.084	0.005	4		1		0.151	0.008	
Riboflavin	mg	0.161	0.037	4		1		0.290	0.016	
Niacin	mg	0.400		2		1		0.720	0.040	
Pantothenic acid	mg	0.217		0	FLA	4		0.391	0.022	
Vitamin B-6	mg	0.080		0	FLA	4		0.144	0.008	
Folate, total	mcg	5		0	FLA	4		9	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0	FLA	4		9	1	
Folate, DFE	mcg_DFE	5		0	NC	4		9	1	
Vitamin B-12	mcg	0.18		0	FLA	4		0.32	0.02	
Vitamin A, IU	IU	38		2		1		68	4	
Vitamin A, RAE	mcg_RAE	6		0	NC	4		11	1	
Retinol	mcg	5		0	NC	4		9	1	
Vitamin E	mg_ATE	0.970		0		1		1.746	0.097	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	8.800		0		1		15.840	0.880	
4:0	g	0.080		1		1		0.144	0.008	
6:0	g	0.020		1		1		0.036	0.002	
8:0	g	0.030		1		1		0.054	0.003	
10:0	g	0.060		1		1		0.108	0.006	
12:0	g	0.060		1		1		0.108	0.006	
13:0	g									
14:0	g	0.290		1		1		0.522	0.029	
15:0	g									
16:0	g	3.920		1		1		7.056	0.392	
17:0	g									
18:0	g	4.350		1		1		7.830	0.435	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.740		0		1		8.532	0.474	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.140		1		1		0.252	0.014	

NDB No. 19127
Candies, milk chocolate coated raisins

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	4.600		1		1		8.280	0.460	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.510		0		1		0.918	0.051	
18:2 undifferentiated g	0.450		1		1		0.810	0.045	
18:3 undifferentiated g	0.050		1		1		0.090	0.005	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	3	1.638	3		1		5	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.041		0		1		0.074	0.004	
Threonine g	0.158		0		1		0.284	0.016	
Isoleucine g	0.167		0		1		0.301	0.017	
Leucine g	0.299		0		1		0.538	0.030	
Lysine g	0.202		0		1		0.364	0.020	
Methionine g	0.102		0		1		0.184	0.010	
Cystine g	0.036		0		1		0.065	0.004	
Phenylalanine g	0.186		0		1		0.335	0.019	
Tyrosine g	0.155		0		1		0.279	0.016	
Valine g	0.226		0		1		0.407	0.023	
Arginine g	0.172		0		1		0.310	0.017	
Histidine g	0.088		0		1		0.158	0.009	
Alanine g	0.152		0		1		0.274	0.015	
Aspartic acid g	0.390		0		1		0.702	0.039	
Glutamic acid g	0.861		0		1		1.550	0.086	
Glycine g	0.108		0		1		0.194	0.011	
Proline g	0.287		0		1		0.517	0.029	
Serine g	0.191		0		1		0.344	0.019	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	25		1		1		45	3	
Theobromine mg	127		1		1		229	13	

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

Common Measures:

Measure 1 = 180g: 1 cup

Measure 2 = 10.0g: 10 pieces

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

Food Group: 19 Sweets

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

NDB No. 19132
Candies, milk chocolate, with almonds

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	1.50	0.210	9		1		0.62	0.66	
Energy	kcal	526		0		4		216	231	
Energy	kj	2201				4		902	968	
Protein (N x 5.9)	g	9.00	0.319	13		1		3.69	3.96	
Total lipid (fat)	g	34.40	0.790	14		1		14.10	15.14	
Ash	g	1.70	0.017	9		1		0.70	0.75	
Carbohydrate, by difference	g	53.20		0	NC	4		21.81	23.41	
Fiber, total dietary	g	6.2		1		1		2.5	2.7	
Sugars, total	g	43.90		0	LC	8		18.00	19.32	
Starch	g									
Minerals:										
Calcium, Ca	mg	224	13.194	12		1		92	99	
Iron, Fe	mg	1.63	0.225	12		1		0.67	0.72	
Magnesium, Mg	mg	90	5.285	6		1		37	40	
Phosphorus, P	mg	264	14.134	6		1		108	116	
Potassium, K	mg	444	6.652	8		1		182	195	
Sodium, Na	mg	74	8.195	11		1		30	33	
Zinc, Zn	mg	1.34	0.197	6		1		0.55	0.59	
Copper, Cu	mg	0.422	0.033	5		1		0.173	0.186	
Manganese, Mn	mg	0.624	0.056	5		1		0.256	0.275	
Selenium, Se	mcg	4.0		0	FLA	4		1.6	1.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		2		1		0.1	0.1	
Thiamin	mg	0.060	0.007	11		1		0.025	0.026	
Riboflavin	mg	0.435	0.027	12		1		0.178	0.191	
Niacin	mg	0.742	0.086	8		1		0.304	0.326	
Pantothenic acid	mg	0.430		0		4		0.176	0.189	
Vitamin B-6	mg	0.051		0	FLA	4		0.021	0.022	
Folate, total	mcg	12		0	FLA	4		5	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	12		0	FLA	4		5	5	
Folate, DFE	mcg_DFE	12		0	NC	4		5	5	
Vitamin B-12	mcg	0.33		0	FLA	4		0.14	0.15	
Vitamin A, IU	IU	74	6.782	5		1		30	33	
Vitamin A, RAE	mcg_RAE	12		0	NC	4		5	5	
Retinol	mcg	10		0	NC	4		4	4	
Vitamin E	mg_ATE	1.890		1	A	1		0.775	0.832	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	16.980		0		1		6.962	7.471	
4:0	g	0.160		1		1		0.066	0.070	
6:0	g	0.040		1		1		0.016	0.018	
8:0	g	0.050		1		1		0.021	0.022	
10:0	g	0.110		1		1		0.045	0.048	
12:0	g	0.110		1		1		0.045	0.048	
13:0	g									
14:0	g	0.580		1		1		0.238	0.255	
15:0	g									
16:0	g	7.660		1		1		3.141	3.370	
17:0	g									
18:0	g	8.270		1		1		3.391	3.639	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	13.490		0		1		5.531	5.936	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.310		1		1		0.127	0.136	

NDB No. 19132
Candies, milk chocolate, with almonds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	13.170		1		1		5.400	5.795	
20:1 ... g	0.010		1		1		0.004	0.004	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.280		0		1		0.935	1.003	
18:2 undifferentiated ... g	2.170		1		1		0.890	0.955	
18:3 undifferentiated ... g	0.110		1		1		0.045	0.048	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	19	1.933	8		1		8	8	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.116		0		1		0.048	0.051	
Threonine ... g	0.350		0		1		0.144	0.154	
Isoleucine ... g	0.432		0		1		0.177	0.190	
Leucine ... g	0.759		0		1		0.311	0.334	
Lysine ... g	0.446		0		1		0.183	0.196	
Methionine ... g	0.159		0		1		0.065	0.070	
Cystine ... g	0.079		0		1		0.032	0.035	
Phenylalanine ... g	0.470		0		1		0.193	0.207	
Tyrosine ... g	0.366		0		1		0.150	0.161	
Valine ... g	0.526		0		1		0.216	0.231	
Arginine ... g	0.468		0		1		0.192	0.206	
Histidine ... g	0.159		0		1		0.065	0.070	
Alanine ... g	0.327		0		1		0.134	0.144	
Aspartic acid ... g	0.792		0		1		0.325	0.348	
Glutamic acid ... g	1.984		0		1		0.813	0.873	
Glycine ... g	0.294		0		1		0.121	0.129	
Proline ... g	0.666		0		1		0.273	0.293	
Serine ... g	0.388		0		1		0.159	0.171	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	22		1		1		9	10	
Theobromine ... mg	158		1		1		65	70	

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

Common Measures:

Measure 1 = 41g: 1 bar (1.45 oz)

Measure 2 = 44g: 1 bar (1.55 oz)

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

Food Group: 19 Sweets

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

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

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	1.90	0.180	15		1		0.76	0.86	0.89
Energy	kcal	496		0		4		198	223	233
Energy	kj	2075				4		830	934	975
Protein (N x 6.2)	g	6.30	0.141	18		1		2.52	2.84	2.96
Total lipid (fat)	g	26.50	0.389	20		1		10.60	11.93	12.46
Ash	g	1.60	0.026	15		1		0.64	0.72	0.75
Carbohydrate, by difference	g	63.40		0	NC	4		25.36	28.53	29.80
Fiber, total dietary	g	3.1		0	FLA	4		1.2	1.4	1.5
Sugars, total	g	55.00		0	LC	8		22.00	24.75	25.85
Starch	g									
Minerals:										
Calcium, Ca	mg	171	3.491	11		1		68	77	80
Iron, Fe	mg	0.75	0.076	11		1		0.30	0.34	0.35
Magnesium, Mg	mg	49	2.940	11		1		20	22	23
Phosphorus, P	mg	193	11.628	10		1		77	87	91
Potassium, K	mg	343	13.864	11		1		137	154	161
Sodium, Na	mg	145	8.394	11		1		58	65	68
Zinc, Zn	mg	1.12	0.029	10		1		0.45	0.50	0.53
Copper, Cu	mg	0.312	0.030	10		1		0.125	0.140	0.147
Manganese, Mn	mg	0.319	0.008	9		1		0.128	0.144	0.150
Selenium, Se	mcg	5.5		0	FLA	4		2.2	2.5	2.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		2		1		0.1	0.1	0.1
Thiamin	mg	0.058	0.003	12		1		0.023	0.026	0.027
Riboflavin	mg	0.291	0.018	12		1		0.116	0.131	0.137
Niacin	mg	0.463	0.023	11		1		0.185	0.208	0.218
Pantothenic acid	mg	0.602		2		1		0.241	0.271	0.283
Vitamin B-6	mg	0.058		2		1		0.023	0.026	0.027
Folate, total	mcg	9		2		1		4	4	4
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	9		2		1		4	4	4
Folate, DFE	mcg_DFE	9		0	NC	4		4	4	4
Vitamin B-12	mcg	0.34		0	FLA	4		0.14	0.15	0.16
Vitamin A, IU	IU	57	7.212	6		1		23	26	27
Vitamin A, RAE	mcg_RAE	16		0	FLM	4		6	7	7
Retinol	mcg	16		0	FLM	4		6	7	7
Vitamin E	mg_ATE	1.087		0	FLA	4		0.435	0.489	0.511
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	15.890		0		1		6.356	7.151	7.468
4:0	g	0.150		1		1		0.060	0.068	0.071
6:0	g	0.040		1		1		0.016	0.018	0.019
8:0	g	0.050		1		1		0.020	0.023	0.024
10:0	g	0.110		1		1		0.044	0.050	0.052
12:0	g	0.110		1		1		0.044	0.050	0.052
13:0	g									
14:0	g	0.520		1		1		0.208	0.234	0.244
15:0	g									
16:0	g	7.010		1		1		2.804	3.155	3.295
17:0	g									
18:0	g	7.910		1		1		3.164	3.560	3.718
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	8.640		0		1		3.456	3.888	4.061
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.260		1		1		0.104	0.117	0.122

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	8.380		1		1		3.352	3.771	3.939
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.780		0		1		0.312	0.351	0.367
18:2 undifferentiated ... g	0.720		1		1		0.288	0.324	0.338
18:3 undifferentiated ... g	0.060		1		1		0.024	0.027	0.028
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	19	0.598	14		1		8	9	9
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.076		0		1		0.030	0.034	0.036
Threonine ... g	0.263		0		1		0.105	0.118	0.124
Isoleucine ... g	0.328		0		1		0.131	0.148	0.154
Leucine ... g	0.577		0		1		0.231	0.260	0.271
Lysine ... g	0.355		0		1		0.142	0.160	0.167
Methionine ... g	0.136		0		1		0.054	0.061	0.064
Cystine ... g	0.049		0		1		0.020	0.022	0.023
Phenylalanine ... g	0.344		0		1		0.138	0.155	0.162
Tyrosine ... g	0.278		0		1		0.111	0.125	0.131
Valine ... g	0.409		0		1		0.164	0.184	0.192
Arginine ... g	0.226		0		1		0.090	0.102	0.106
Histidine ... g	0.103		0		1		0.041	0.046	0.048
Alanine ... g	0.240		0		1		0.096	0.108	0.113
Aspartic acid ... g	0.536		0		1		0.214	0.241	0.252
Glutamic acid ... g	1.304		0		1		0.522	0.587	0.613
Glycine ... g	0.170		0		1		0.068	0.077	0.080
Proline ... g	0.498		0		1		0.199	0.224	0.234
Serine ... g	0.294		0		1		0.118	0.132	0.138
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	23		1		1		9	10	11
Theobromine ... mg	155		1		1		62	70	73

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

Common Measures:

Measure 1 = 40g: 1 bar (1.4 oz)

Measure 2 = 45g: 1 bar (1.45 oz)

Measure 3 = 47g: 1 bar (1.65 oz)

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

Food Group: 19 Sweets

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

NDB No. 19147
Candies, peanut bar

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	0.150	4		1		0.45	0.64	0.72
Energy	kcal	522		0	NC	4		148	209	235
Energy	kj	2184				4		619	874	983
Protein (N x 5.5)	g	15.50	1.151	4		1		4.39	6.20	6.98
Total lipid (fat)	g	33.70	0.229	4		1		9.55	13.48	15.17
Ash	g	1.90	0.089	3		1		0.54	0.76	0.86
Carbohydrate, by difference	g	47.40		0	NC	4		13.44	18.96	21.33
Fiber, total dietary	g	5.7		0	FLA	4		1.6	2.3	2.6
Sugars, total	g	42.22		0	LC	8		11.97	16.89	19.00
Starch	g									
Minerals:										
Calcium, Ca	mg	78		1		1		22	31	35
Iron, Fe	mg	0.97		1		1		0.27	0.39	0.44
Magnesium, Mg	mg	115		0	FLA	4		33	46	52
Phosphorus, P	mg	322		0	FLA	4		91	129	145
Potassium, K	mg	407		2		1		115	163	183
Sodium, Na	mg	156		0	LC	8		44	62	70
Zinc, Zn	mg	4.13		0	FLA	4		1.17	1.65	1.86
Copper, Cu	mg	0.821		0	FLA	4		0.233	0.328	0.369
Manganese, Mn	mg	1.290		0	FLA	4		0.366	0.516	0.581
Selenium, Se	mcg	4.9		0	FLA	4		1.4	2.0	2.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	0.0
Thiamin	mg	0.100		1		1		0.028	0.040	0.045
Riboflavin	mg	0.140		1		1		0.040	0.056	0.063
Niacin	mg	7.922	0.821	4		1		2.246	3.169	3.565
Pantothenic acid	mg	0.865		0	FLA	4		0.245	0.346	0.389
Vitamin B-6	mg	0.159		0	FLA	4		0.045	0.064	0.072
Folate, total	mcg	78		0	FLA	4		22	31	35
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	78		0	FLA	4		22	31	35
Folate, DFE	mcg_DFE	78		0	NC	4		22	31	35
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	FLA	4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	4.604		0	FLA	4		1.305	1.842	2.072
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.678		0	FLA	4		1.326	1.871	2.105
4:0	g	0.000		0	FLA	4		0.000	0.000	0.000
6:0	g	0.000		0	FLA	4		0.000	0.000	0.000
8:0	g	0.000		0	FLA	4		0.000	0.000	0.000
10:0	g	0.000		0	FLA	4		0.000	0.000	0.000
12:0	g	0.000		0	FLA	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.022		0	FLA	4		0.006	0.009	0.010
15:0	g									
16:0	g	3.528		0	FLA	4		1.000	1.411	1.588
17:0	g									
18:0	g	0.752		0	FLA	4		0.213	0.301	0.338
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	16.721		0	FLA	4		4.740	6.688	7.524
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0	FLA	4		0.003	0.004	0.005

NDB No. 19147
Candies, peanut bar

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	16.260		0	FLA	4		4.610	6.504	7.317
20:1 ... g	0.495		0	FLA	4		0.140	0.198	0.223
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	10.650		0	FLA	4		3.019	4.260	4.793
18:2 undifferentiated ... g	10.647		0	FLA	4		3.018	4.259	4.791
18:3 undifferentiated ... g	0.002		0	FLA	4		0.001	0.001	0.001
18:4 ... g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLA	4		0	0	0
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.149		0		1		0.042	0.060	0.067
Threonine ... g	0.520		0		1		0.147	0.208	0.234
Isoleucine ... g	0.534		0		1		0.151	0.214	0.240
Leucine ... g	0.986		0		1		0.280	0.394	0.444
Lysine ... g	0.545		0		1		0.155	0.218	0.245
Methionine ... g	0.185		0		1		0.052	0.074	0.083
Cystine ... g	0.194		0		1		0.055	0.078	0.087
Phenylalanine ... g	0.787		0		1		0.223	0.315	0.354
Tyrosine ... g	0.618		0		1		0.175	0.247	0.278
Valine ... g	0.638		0		1		0.181	0.255	0.287
Arginine ... g	1.818		0		1		0.515	0.727	0.818
Histidine ... g	0.385		0		1		0.109	0.154	0.173
Alanine ... g	0.604		0		1		0.171	0.242	0.272
Aspartic acid ... g	1.855		0		1		0.526	0.742	0.835
Glutamic acid ... g	3.178		0		1		0.901	1.271	1.430
Glycine ... g	0.916		0		1		0.260	0.366	0.412
Proline ... g	0.672		0		1		0.191	0.269	0.302
Serine ... g	0.753		0		1		0.213	0.301	0.339
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 40g: 1 bar (1.4 oz)

Measure 3 = 45g: 1 bar (1.6 oz)

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

Food Group: 19 Sweets

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

NDB No. 19148
Candies, peanut brittle, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.59		0	RC	4				
Energy	kcal	479		0	RC	4				
Energy	kj	2006		0	RC	4				
Protein	g	7.57		0	RC	4				
Total lipid (fat)	g	18.94		0	RC	4				
Ash	g	1.58		0	RC	4				
Carbohydrate, by difference	g	69.65		0	RC	4				
Fiber, total dietary	g	2.5		0	RC	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0	RC	4				
Iron, Fe	mg	1.25		0	RC	4				
Magnesium, Mg	mg	42		0	RC	4				
Phosphorus, P	mg	107		0	RC	4				
Potassium, K	mg	168		0	RC	4				
Sodium, Na	mg	459		0	RC	4				
Zinc, Zn	mg	0.88		0	RC	4				
Copper, Cu	mg	0.272		0	RC	4				
Manganese, Mn	mg	0.596		0	RC	4				
Selenium, Se	mcg	2.6		0	RC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RC	4				
Thiamin	mg	0.134		0	RC	4				
Riboflavin	mg	0.044		0	RC	4				
Niacin	mg	2.646		0	RC	4				
Pantothenic acid	mg	0.529		0	RC	4				
Vitamin B-6	mg	0.079		0	RC	4				
Folate, total	mcg	46		0	RC	4				
Folic acid	mcg	0		0	RC	4				
Folate, food	mcg	46		0	RC	4				
Folate, DFE	mcg_DFE	46		0	NC	4				
Vitamin B-12	mcg	0.00		0	RC	4				
Vitamin A, IU	IU	173		0	RC	4				
Vitamin A, RAE	mcg_RAE	41		0	NC	4				
Retinol	mcg	38		0	RC	4				
Vitamin E	mg_ATE	2.750		0	RC	4				
Tocopherol, alpha	mg	2.52		0	RC	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	3.174		0	RC	4				
Lipids:										
Fatty acids, total saturated	g	4.591		0	RC	4				
4:0	g	0.149		0	RC	4				
6:0	g	0.088		0	RC	4				
8:0	g	0.051		0	RC	4				
10:0	g	0.115		0	RC	4				
12:0	g	0.129		0	RC	4				
13:0	g									
14:0	g	0.470		0	RC	4				
15:0	g									
16:0	g	2.711		0	RC	4				
17:0	g									
18:0	g	0.878		0	RC	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 19148
Candies, peanut brittle, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.376		0	RC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.106		0	RC	4				
17:1.....g									
18:1 undifferentiated.....g	8.078		0	RC	4				
20:1.....g	0.193		0	RC	4				
22:1 undifferentiated.....g	0.000		0	RC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.704		0	RC	4				
18:2 undifferentiated.....g	4.636		0	RC	4				
18:3 undifferentiated.....g	0.068		0	RC	4				
18:4.....g	0.000		0	RC	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RC	4				
20:5 n-3.....g	0.000		0	RC	4				
22:5 n-3.....g	0.000		0	RC	4				
22:6 n-3.....g	0.000		0	RC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	RC	4				
Phytosterols.....mg	64		0	RC	4				
Amino Acids:									
Tryptophan.....g	0.074		0	RC	4				
Threonine.....g	0.259		0	RC	4				
Isoleucine.....g	0.267		0	RC	4				
Leucine.....g	0.492		0	RC	4				
Lysine.....g	0.274		0	RC	4				
Methionine.....g	0.094		0	RC	4				
Cystine.....g	0.097		0	RC	4				
Phenylalanine.....g	0.392		0	RC	4				
Tyrosine.....g	0.308		0	RC	4				
Valine.....g	0.318		0	RC	4				
Arginine.....g	0.901		0	RC	4				
Histidine.....g	0.191		0	RC	4				
Alanine.....g	0.300		0	RC	4				
Aspartic acid.....g	0.920		0	RC	4				
Glutamic acid.....g	1.580		0	RC	4				
Glycine.....g	0.454		0	RC	4				
Proline.....g	0.336		0	RC	4				
Serine.....g	0.373		0	RC	4				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RC	4				
Caffeine.....mg	0		0	RC	4				
Theobromine.....mg	0		0	RC	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19080
Candies, semisweet chocolate

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	0.70	0.062	8		1		1.18	1.27	1.21
Energy	kcal	479		0		4		805	872	829
Energy	kj	2004				4		3367	3648	3467
Protein (N x 5.63)	g	4.20	0.089	5		1		7.06	7.64	7.27
Total lipid (fat)	g	30.00	0.743	9		1		50.40	54.60	51.90
Ash	g	1.20	0.050	7		1		2.02	2.18	2.08
Carbohydrate, by difference	g	63.10		0		4		106.01	114.84	109.16
Fiber, total dietary	g	5.9		2		1		9.9	10.7	10.2
Sugars, total	g	56.90		1	A	1		95.59	103.56	98.44
Starch	g									
Minerals:										
Calcium, Ca	mg	32	1.430	3		1		54	58	55
Iron, Fe	mg	3.13	0.283	5		1		5.26	5.70	5.41
Magnesium, Mg	mg	115		2		1		193	209	199
Phosphorus, P	mg	132		2		1		222	240	228
Potassium, K	mg	365	17.035	6		1		613	664	631
Sodium, Na	mg	11	3.440	6		1		18	20	19
Zinc, Zn	mg	1.62	0.057	3		1		2.72	2.95	2.80
Copper, Cu	mg	0.700		1		1		1.176	1.274	1.211
Manganese, Mn	mg	0.800		1		1		1.344	1.456	1.384
Selenium, Se	mcg	3.1		0	BFPN	4		5.2	5.6	5.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	0.0
Thiamin	mg	0.055		2		1		0.092	0.100	0.095
Riboflavin	mg	0.090		2		1		0.151	0.164	0.156
Niacin	mg	0.427	0.049	4		1		0.717	0.777	0.739
Pantothenic acid	mg	0.105		1		4		0.176	0.191	0.182
Vitamin B-6	mg	0.035		1		4		0.059	0.064	0.061
Folate, total	mcg	3		1		4		5	5	5
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	3		1		4		5	5	5
Folate, DFE	mcg_DFE	3		0	NC	4		5	5	5
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	0.00
Vitamin A, IU	IU	21		1		1		35	38	36
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2	2	2
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	1.190		0		4		1.999	2.166	2.059
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	17.750		0		4		29.820	32.305	30.708
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.060		8		1		0.101	0.109	0.104
13:0	g									
14:0	g	0.150		8		1		0.252	0.273	0.260
15:0	g									
16:0	g	7.720		8		1		12.970	14.050	13.356
17:0	g									
18:0	g	9.470		8		1		15.910	17.235	16.383
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	9.970		0		4		16.750	18.145	17.248
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.090		8		1		0.151	0.164	0.156

NDB No. 19080
Candies, semisweet chocolate

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	9.890		8		1		16.615	18.000	17.110
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.970		0		4		1.630	1.765	1.678
18:2 undifferentiated g	0.910		8		1		1.529	1.656	1.574
18:3 undifferentiated g	0.060		8		1		0.101	0.109	0.104
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.063		0		1		0.106	0.115	0.109
Threonine g	0.168		0		1		0.282	0.306	0.291
Isoleucine g	0.164		0		1		0.276	0.298	0.284
Leucine g	0.257		0		1		0.432	0.468	0.445
Lysine g	0.212		0		1		0.356	0.386	0.367
Methionine g	0.044		0		1		0.074	0.080	0.076
Cystine g	0.052		0		1		0.087	0.095	0.090
Phenylalanine g	0.204		0		1		0.343	0.371	0.353
Tyrosine g	0.159		0		1		0.267	0.289	0.275
Valine g	0.254		0		1		0.427	0.462	0.439
Arginine g	0.240		0		1		0.403	0.437	0.415
Histidine g	0.073		0		1		0.123	0.133	0.126
Alanine g	0.196		0		1		0.329	0.357	0.339
Aspartic acid g	0.422		0		1		0.709	0.768	0.730
Glutamic acid g	0.637		0		1		1.070	1.159	1.102
Glycine g	0.190		0		1		0.319	0.346	0.329
Proline g	0.181		0		1		0.304	0.329	0.313
Serine g	0.183		0		1		0.307	0.333	0.317
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	62	3.923	6		1		104	113	107
Theobromine mg	486	40.814	7		1		816	885	841

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

Common Measures:

Measure 1 = 168g: 1 cup chips (6 oz package)

Measure 2 = 182g: 1 cup large chips

Measure 3 = 173g: 1 cup mini chips

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

Food Group: 19 Sweets

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

NDB No. 19701
Candies, semisweet chocolate, made with butter

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.70	0.071	7	A	1		1.19	1.27	1.21
Energy	kcal	477		0		4		811	868	825
Energy	kj	1996				4		3393	3632	3453
Protein (N x 5.63)	g	4.20	0.089	5		1		7.14	7.64	7.27
Total lipid (fat)	g	29.70	0.777	8		1		50.49	54.05	51.38
Ash	g	1.20	0.050	7		1		2.04	2.18	2.08
Carbohydrate, by difference	g	63.40		0	NC	4		107.78	115.39	109.68
Fiber, total dietary	g	5.9		2		1		10.0	10.7	10.2
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	32	1.430	3		1		54	58	55
Iron, Fe	mg	3.13	0.283	5		1		5.32	5.70	5.41
Magnesium, Mg	mg	115		2		1		196	209	199
Phosphorus, P	mg	132		2		1		224	240	228
Potassium, K	mg	365	17.035	6		1		621	664	631
Sodium, Na	mg	11	3.440	6		1		19	20	19
Zinc, Zn	mg	1.62	0.057	3		1		2.75	2.95	2.80
Copper, Cu	mg	0.700		1		1		1.190	1.274	1.211
Manganese, Mn	mg	0.800		1		1		1.360	1.456	1.384
Selenium, Se	mcg	3.2		0	FLA	4		5.4	5.8	5.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	0.0
Thiamin	mg	0.055		2		1		0.094	0.100	0.095
Riboflavin	mg	0.090		2		1		0.153	0.164	0.156
Niacin	mg	0.427	0.049	4		1		0.726	0.777	0.739
Pantothenic acid	mg	0.105		1		4		0.179	0.191	0.182
Vitamin B-6	mg	0.050		1		4		0.085	0.091	0.087
Folate, total	mcg	3		1		4		5	5	5
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	3		1		4		5	5	5
Folate, DFE	mcg_DFE	3		0	NC	4		5	5	5
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	0.00
Vitamin A, IU	IU	60		0		1		102	109	104
Vitamin A, RAE	mcg_RAE	3		0	NC	4		5	5	5
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	17.530		0		1		29.801	31.905	30.327
4:0	g	0.480		0		4		0.816	0.874	0.830
6:0	g	0.285		0		4		0.485	0.519	0.493
8:0	g	0.165		0		4		0.281	0.300	0.285
10:0	g	0.375		0		4		0.638	0.683	0.649
12:0	g	0.420		0		4		0.714	0.764	0.727
13:0	g									
14:0	g	0.050		6		1		0.085	0.091	0.087
15:0	g									
16:0	g	8.030		6		1		13.651	14.615	13.892
17:0	g									
18:0	g	9.230		6		1		15.691	16.799	15.968
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	9.930		0		1		16.881	18.073	17.179
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.360		0		4		0.612	0.655	0.623

NDB No. 19701
Candies, semisweet chocolate, made with butter

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	9.930		6		1		16.881	18.073	17.179
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.950		0		1		1.615	1.729	1.644
18:2 undifferentiated g	0.950		6		1		1.615	1.729	1.644
18:3 undifferentiated g	0.240		0		4		0.408	0.437	0.415
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	18		0		1		31	33	31
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.063		0		1		0.107	0.115	0.109
Threonine g	0.168		0		1		0.286	0.306	0.291
Isoleucine g	0.164		0		1		0.279	0.298	0.284
Leucine g	0.257		0		1		0.437	0.468	0.445
Lysine g	0.212		0		1		0.360	0.386	0.367
Methionine g	0.044		0		1		0.075	0.080	0.076
Cystine g	0.052		0		1		0.088	0.095	0.090
Phenylalanine g	0.204		0		1		0.347	0.371	0.353
Tyrosine g	0.159		0		1		0.270	0.289	0.275
Valine g	0.254		0		1		0.432	0.462	0.439
Arginine g	0.240		0		1		0.408	0.437	0.415
Histidine g	0.073		0		1		0.124	0.133	0.126
Alanine g	0.196		0		1		0.333	0.357	0.339
Aspartic acid g	0.422		0		1		0.717	0.768	0.730
Glutamic acid g	0.637		0		1		1.083	1.159	1.102
Glycine g	0.190		0		1		0.323	0.346	0.329
Proline g	0.181		0		1		0.308	0.329	0.313
Serine g	0.183		0		1		0.311	0.333	0.317
Hydroxyproline g									
Others:									
Alcohol, ethyl g									
Caffeine mg	62	3.923	6		1		105	113	107
Theobromine mg	486	40.814	7		1		826	885	841

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

Common Measures:

Measure 1 = 170g: 1 cup chips (6 oz package)

Measure 2 = 182g: 1 cup large chips

Measure 3 = 173g: 1 cup mini chips

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

Food Group: 19 Sweets

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

NDB No. 19154
Candies, sesame crunch

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	2.20	0.056	3		1		0.62	0.04	0.77
Energy	kcal	517		0	NC	4		147	9	181
Energy	kj	2163				4		613	39	757
Protein (N x 5.3)	g	11.60	0.226	3		1		3.29	0.21	4.06
Total lipid (fat)	g	33.30	1.776	3		1		9.44	0.60	11.66
Ash	g	2.60	0.064	3		1		0.74	0.05	0.91
Carbohydrate, by difference	g	50.30		0	NC	4		14.26	0.91	17.61
Fiber, total dietary	g	7.9		0	FLA	4		2.2	0.1	2.8
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	655		0	FLA	4		186	12	229
Iron, Fe	mg	4.27	0.267	3		1		1.21	0.08	1.49
Magnesium, Mg	mg	251	10.478	3		1		71	5	88
Phosphorus, P	mg	423		0	FLA	4		120	8	148
Potassium, K	mg	322		0	FLA	4		91	6	113
Sodium, Na	mg	167		0	LC	8		47	3	58
Zinc, Zn	mg	3.76		1		1		1.07	0.07	1.32
Copper, Cu	mg	0.950		1		1		0.269	0.017	0.333
Manganese, Mn	mg	1.659		0	FLA	4		0.470	0.030	0.581
Selenium, Se	mcg	4.1		0	FLA	4		1.2	0.1	1.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	FLA	4		0.0	0.0	0.0
Thiamin	mg	0.530		0	FLA	4		0.150	0.010	0.186
Riboflavin	mg	0.172		0	FLA	4		0.049	0.003	0.060
Niacin	mg	3.703	0.124	3		1		1.050	0.067	1.296
Pantothenic acid	mg	0.041		0	FLA	4		0.012	0.001	0.014
Vitamin B-6	mg	0.532		0	FLA	4		0.151	0.010	0.186
Folate, total	mcg	65		0	FLA	4		18	1	23
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	65		0	FLA	4		18	1	23
Folate, DFE	mcg_DFE	65		0	NC	4		18	1	23
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, IU	IU	1		0	FLA	4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	1.522		0	FLA	4		0.431	0.027	0.533
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.460		0		1		1.264	0.080	1.561
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.080		1		1		0.023	0.001	0.028
15:0	g									
16:0	g	2.980		1		1		0.845	0.054	1.043
17:0	g									
18:0	g	1.400		1		1		0.397	0.025	0.490
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	12.570		0		1		3.564	0.226	4.400
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.100		1		1		0.028	0.002	0.035

NDB No. 19154
Candies, sesame crunch

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	12.420		1		1		3.521	0.224	4.347
20:1 ... g	0.050		1		1		0.014	0.001	0.018
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	14.580		0		1		4.133	0.262	5.103
18:2 undifferentiated ... g	14.330		1		1		4.063	0.258	5.016
18:3 undifferentiated ... g	0.250		1		1		0.071	0.005	0.088
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	0
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.223		0		1		0.063	0.004	0.078
Threonine ... g	0.424		0		1		0.120	0.008	0.148
Isoleucine ... g	0.440		0		1		0.125	0.008	0.154
Leucine ... g	0.783		0		1		0.222	0.014	0.274
Lysine ... g	0.328		0		1		0.093	0.006	0.115
Methionine ... g	0.337		0		1		0.096	0.006	0.118
Cystine ... g	0.206		0		1		0.058	0.004	0.072
Phenylalanine ... g	0.542		0		1		0.154	0.010	0.190
Tyrosine ... g	0.429		0		1		0.122	0.008	0.150
Valine ... g	0.571		0		1		0.162	0.010	0.200
Arginine ... g	1.513		0		1		0.429	0.027	0.530
Histidine ... g	0.302		0		1		0.086	0.005	0.106
Alanine ... g	0.534		0		1		0.151	0.010	0.187
Aspartic acid ... g	0.951		0		1		0.270	0.017	0.333
Glutamic acid ... g	2.279		0		1		0.646	0.041	0.798
Glycine ... g	0.700		0		1		0.198	0.013	0.245
Proline ... g	0.470		0		1		0.133	0.008	0.165
Serine ... g	0.558		0		1		0.158	0.010	0.195
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 1.8g: 1 piece

Measure 3 = 35g: 20 pieces

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

Food Group: 19 Sweets

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

NDB No. 19858
Candies, sugar-coated almonds

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	2.30				1		0.08		
Energy	kcal	456				1		16		
Energy	kj	1908				1		67		
Protein	g	7.80				1		0.27		
Total lipid (fat)	g	18.60				1		0.65		
Ash	g	1.10		0	O	4		0.04		
Carbohydrate, by difference	g	70.20			NC	4		2.46		
Fiber, total dietary	g	4.7				4		0.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	100				1		4		
Iron, Fe	mg	1.90				1		0.07		
Magnesium, Mg	mg	98				4		3		
Phosphorus, P	mg	166				1		6		
Potassium, K	mg	255				1		9		
Sodium, Na	mg	20				1		1		
Zinc, Zn	mg	0.96				4		0.03		
Copper, Cu	mg	0.324				4		0.011		
Manganese, Mn	mg									
Selenium, Se	mcg	1.8		0	BFPN	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				1		0.0		
Thiamin	mg	0.050				1		0.002		
Riboflavin	mg	0.270				1		0.009		
Niacin	mg	1.000				1		0.035		
Pantothenic acid	mg									
Vitamin B-6	mg	0.040				4		0.001		
Folate, total	mcg	19				4		1		
Folic acid	mcg	0		0	O	4		0		
Folate, food	mcg	19				4		1		
Folate, DFE	mcg_DFE	19		0	NC	4		1		
Vitamin B-12	mcg	0.00				7		0.00		
Vitamin A, IU	IU	0				1		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	1.830				4		0.064		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.763				4		0.062		
4:0	g	0.000				4		0.000		
6:0	g	0.000				4		0.000		
8:0	g	0.000				4		0.000		
10:0	g	0.000				4		0.000		
12:0	g	0.002				4		0.000		
13:0	g									
14:0	g	0.106				4		0.004		
15:0	g									
16:0	g	1.231				4		0.043		
17:0	g									
18:0	g	0.364				4		0.013		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	12.078				4		0.423		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.108				4		0.004		

NDB No. 19858
Candies, sugar-coated almonds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	11.855				4		0.415		
20:1 g	0.018				4		0.001		
22:1 undifferentiated g	0.000				4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	3.904				4		0.137		
18:2 undifferentiated g	3.739				4		0.131		
18:3 undifferentiated g	0.133				4		0.005		
18:4 g	0.000				4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000				4		0.000		
20:5 n-3 g	0.000				4		0.000		
22:5 n-3 g	0.000				4		0.000		
22:6 n-3 g	0.000				4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0				1		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0				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 = 3.5g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19081
Candies, sweet chocolate

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	0.50	0.088	3		1		0.14	0.21	
Energy	kcal	505		0		4		143	207	
Energy	kj	2113				4		599	866	
Protein (N x 5.63)	g	3.90	0.280	4		1		1.11	1.60	
Total lipid (fat)	g	34.20	1.376	4		1		9.70	14.02	
Ash	g	1.00	0.000	3		1		0.28	0.41	
Carbohydrate, by difference	g	59.60		0	NC	4		16.90	24.44	
Fiber, total dietary	g	5.5		0		4		1.6	2.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	24	1.409	6		1		7	10	
Iron, Fe	mg	2.76	0.369	6		1		0.78	1.13	
Magnesium, Mg	mg	113	9.699	6		1		32	46	
Phosphorus, P	mg	147	5.325	4		1		42	60	
Potassium, K	mg	290	17.076	6		1		82	119	
Sodium, Na	mg	16	4.933	4		1		5	7	
Zinc, Zn	mg	1.50	0.051	6		1		0.43	0.62	
Copper, Cu	mg	0.574	0.073	6		1		0.163	0.235	
Manganese, Mn	mg	0.494	0.078	6		1		0.140	0.203	
Selenium, Se	mcg	2.8		0	BFPN	4		0.8	1.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.020		1		1		0.006	0.008	
Riboflavin	mg	0.240		1		1		0.068	0.098	
Niacin	mg	0.670		1		1		0.190	0.275	
Pantothenic acid	mg	0.071		1		4		0.020	0.029	
Vitamin B-6	mg	0.043		1		4		0.012	0.018	
Folate, total	mcg	3		1		4		1	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		1		4		1	1	
Folate, DFE	mcg_DFE	3		0	NC	4		1	1	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	20		1		1		6	8	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	1.190		0		4		0.337	0.488	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	20.080		0		1		5.693	8.233	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.030		1		1		0.009	0.012	
15:0	g									
16:0	g	8.690		1		1		2.464	3.563	
17:0	g									
18:0	g	11.350		1		1		3.218	4.654	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	11.220		0		1		3.181	4.600	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.070		1		1		0.020	0.029	

NDB No. 19081
Candies, sweet chocolate

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	11.150		1		1		3.161	4.572	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.990		0		1		0.281	0.406	
18:2 undifferentiated ... g	0.960		1		1		0.272	0.394	
18:3 undifferentiated ... g	0.030		1		1		0.009	0.012	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.058		0		1		0.016	0.024	
Threonine ... g	0.154		0		1		0.044	0.063	
Isoleucine ... g	0.151		0		1		0.043	0.062	
Leucine ... g	0.236		0		1		0.067	0.097	
Lysine ... g	0.195		0		1		0.055	0.080	
Methionine ... g	0.040		0		1		0.011	0.016	
Cystine ... g	0.048		0		1		0.014	0.020	
Phenylalanine ... g	0.187		0		1		0.053	0.077	
Tyrosine ... g	0.146		0		1		0.041	0.060	
Valine ... g	0.234		0		1		0.066	0.096	
Arginine ... g	0.221		0		1		0.063	0.091	
Histidine ... g	0.067		0		1		0.019	0.027	
Alanine ... g	0.180		0		1		0.051	0.074	
Aspartic acid ... g	0.388		0		1		0.110	0.159	
Glutamic acid ... g	0.586		0		1		0.166	0.240	
Glycine ... g	0.175		0		1		0.050	0.072	
Proline ... g	0.167		0		1		0.047	0.068	
Serine ... g	0.168		0		1		0.048	0.069	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	66		1		1		19	27	
Theobromine ... mg	426		1		1		121	175	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 41g: 1 bar (1.45 oz)

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

Food Group: 19 Sweets

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

NDB No. 19083
Candies, sweet chocolate coated fondant

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	7.70	0.671	6		1		3.31	0.85	
Energy	kcal	366		0		4		157	40	
Energy	kj	1531				4		658	168	
Protein (N x 5.9)	g	2.20	0.299	5		1		0.95	0.24	
Total lipid (fat)	g	9.30	1.300	5		1		4.00	1.02	
Ash	g	0.40	0.026	6		1		0.17	0.04	
Carbohydrate, by difference	g	80.20		0	NC	4		34.49	8.82	
Fiber, total dietary	g	1.5		0	FLA	4		0.6	0.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17	2.291	4		1		7	2	
Iron, Fe	mg	1.56	0.028	4		1		0.67	0.17	
Magnesium, Mg	mg	63		1		1		27	7	
Phosphorus, P	mg	95		1		1		41	10	
Potassium, K	mg	168		1		1		72	18	
Sodium, Na	mg	26		2		1		11	3	
Zinc, Zn	mg	0.45	0.166	3		1		0.19	0.05	
Copper, Cu	mg	0.430		1		1		0.185	0.047	
Manganese, Mn	mg	0.400		1		1		0.172	0.044	
Selenium, Se	mcg	1.3		0	FLA	4		0.6	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0	0.0	
Thiamin	mg	0.026	0.010	4		1		0.011	0.003	
Riboflavin	mg	0.058	0.014	4		1		0.025	0.006	
Niacin	mg	0.575		2		1		0.247	0.063	
Pantothenic acid	mg	0.020		0	FLA	4		0.009	0.002	
Vitamin B-6	mg	0.008		0	FLA	4		0.003	0.001	
Folate, total	mcg	2		0	FLA	4		1	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0	FLA	4		1	0	
Folate, DFE	mcg_DFE	2		0	NC	4		1	0	
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU	IU	20		1		1		9	2	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.347		0		1		0.149	0.038	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	5.460		0		1		2.348	0.601	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.020		6		1		0.009	0.002	
15:0	g									
16:0	g	2.500		6		1		1.075	0.275	
17:0	g									
18:0	g	2.870		6		1		1.234	0.316	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.090		0		1		1.329	0.340	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 19083
Candies, sweet chocolate coated fondant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	3.090		6		1		1.329	0.340	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.300		0		1		0.129	0.033	
18:2 undifferentiated ... g	0.300		6		1		0.129	0.033	
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0	0.000	3		1		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.029		0		1		0.012	0.003	
Threonine ... g	0.078		0		1		0.034	0.009	
Isoleucine ... g	0.076		0		1		0.033	0.008	
Leucine ... g	0.119		0		1		0.051	0.013	
Lysine ... g	0.098		0		1		0.042	0.011	
Methionine ... g	0.020		0		1		0.009	0.002	
Cystine ... g	0.024		0		1		0.010	0.003	
Phenylalanine ... g	0.094		0		1		0.040	0.010	
Tyrosine ... g	0.073		0		1		0.031	0.008	
Valine ... g	0.118		0		1		0.051	0.013	
Arginine ... g	0.111		0		1		0.048	0.012	
Histidine ... g	0.034		0		1		0.015	0.004	
Alanine ... g	0.090		0		1		0.039	0.010	
Aspartic acid ... g	0.195		0		1		0.084	0.021	
Glutamic acid ... g	0.294		0		1		0.126	0.032	
Glycine ... g	0.088		0		1		0.038	0.010	
Proline ... g	0.084		0		1		0.036	0.009	
Serine ... g	0.085		0		1		0.037	0.009	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	6		0	FLA	4		3	1	
Theobromine ... mg	133		0	FLA	4		57	15	

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

Common Measures:

Measure 1 = 43g: 1 patty, large

Measure 2 = 11.0g: 1 patty, small

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

Food Group: 19 Sweets

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

NDB No. 19163
Chewing gum

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.60	0.304	3		1		0.08	0.42	0.21
Energy	kcal	341		0	NC	4		10	55	27
Energy	kj	1427				4		43	228	114
Protein (N x 6.31)	g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	g	0.30		2		1		0.01	0.05	0.02
Ash	g	0.40		1		1		0.01	0.06	0.03
Carbohydrate, by difference	g	96.70		0	NC	4		2.90	15.47	7.74
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1		1		0	0	0
Iron, Fe	mg	0.00		1		1		0.00	0.00	0.00
Magnesium, Mg	mg	0		1		1		0	0	0
Phosphorus, P	mg	0		1		1		0	0	0
Potassium, K	mg	4		0		4		0	1	0
Sodium, Na	mg	6		0		4		0	1	0
Zinc, Zn	mg	0.00		1		1		0.00	0.00	0.00
Copper, Cu	mg	0.000		1		1		0.000	0.000	0.000
Manganese, Mn	mg	0.000		1		1		0.000	0.000	0.000
Selenium, Se	mcg	0.5		0	FLA	4		0.0	0.1	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	0.0
Thiamin	mg	0.000		1		4		0.000	0.000	0.000
Riboflavin	mg	0.000		1		4		0.000	0.000	0.000
Niacin	mg	0.000		1		4		0.000	0.000	0.000
Pantothenic acid	mg	0.001		1		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		1		4		0.000	0.000	0.000
Folate, total	mcg	0		1		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		1		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		1		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.042		0		4		0.001	0.007	0.003
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.036		0		4		0.001	0.006	0.003
17:0	g									
18:0	g	0.005		0		4		0.000	0.001	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.079		0		4		0.002	0.013	0.006
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000

NDB No. 19163
Chewing gum

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.079		0		4		0.002	0.013	0.006
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.137		0		4		0.004	0.022	0.011
18:2 undifferentiated g	0.133		0		4		0.004	0.021	0.011
18:3 undifferentiated g	0.004		0		4		0.000	0.001	0.000
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		1		4		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 3.0g: 1 stick

Measure 2 = 16g: 10 Chiclets

Measure 3 = 8.0g: 1 block

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

Food Group: 19 Sweets

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

NDB No. 19165
Cocoa, dry powder, unsweetened

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	0.305	8		1		2.58	0.16	
Energy	kcal	229		0		4		197	12	
Energy	kj	958				4		824	52	
Protein (N x 5.63)	g	19.60	0.520	8		1		16.86	1.06	
Total lipid (fat)	g	13.70	0.495	8		1		11.78	0.74	
Ash	g	5.80	0.558	7		1		4.99	0.31	
Carbohydrate, by difference	g	54.30		0	NC	4		46.70	2.93	
Fiber, total dietary	g	33.2		0		1		28.6	1.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	128	8.030	9		1		110	7	
Iron, Fe	mg	13.86	1.608	9		1		11.92	0.75	
Magnesium, Mg	mg	499	11.115	9		1		429	27	
Phosphorus, P	mg	734	19.765	9		1		631	40	
Potassium, K	mg	1524	74.068	6		1		1311	82	
Sodium, Na	mg	21	3.184	8		1		18	1	
Zinc, Zn	mg	6.81	0.256	9		1		5.86	0.37	
Copper, Cu	mg	3.788	0.146	9		1		3.258	0.205	
Manganese, Mn	mg	3.837	0.104	9		1		3.300	0.207	
Selenium, Se	mcg	14.3	3.095	3	A	1		12.3	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.078	0.020	6		1		0.067	0.004	
Riboflavin	mg	0.241	0.061	6		1		0.207	0.013	
Niacin	mg	2.185	0.455	6		1		1.879	0.118	
Pantothenic acid	mg	0.254	0.064	5		1		0.218	0.014	
Vitamin B-6	mg	0.118	0.035	6		1		0.101	0.006	
Folate, total	mcg	32		2		1		28	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	32		2		1		28	2	
Folate, DFE	mcg_DFE	32		0	NC	4		28	2	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	20		1		4		17	1	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.400		0		1		0.344	0.022	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	8.070		0		1		6.940	0.436	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.020		6		1		0.017	0.001	
15:0	g									
16:0	g	3.690		6		1		3.173	0.199	
17:0	g									
18:0	g	4.250		6		1		3.655	0.230	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.570		0		1		3.930	0.247	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 19165
Cocoa, dry powder, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	4.570		6		1		3.930	0.247	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.440		0		1		0.378	0.024	
18:2 undifferentiated ... g	0.440		6		1		0.378	0.024	
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		1		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.293		0		1		0.252	0.016	
Threonine ... g	0.776		0		1		0.667	0.042	
Isoleucine ... g	0.760		0		1		0.654	0.041	
Leucine ... g	1.189		0		1		1.023	0.064	
Lysine ... g	0.983		0		1		0.845	0.053	
Methionine ... g	0.202		0		1		0.174	0.011	
Cystine ... g	0.239		0		1		0.206	0.013	
Phenylalanine ... g	0.941		0		1		0.809	0.051	
Tyrosine ... g	0.735		0		1		0.632	0.040	
Valine ... g	1.177		0		1		1.012	0.064	
Arginine ... g	1.111		0		1		0.955	0.060	
Histidine ... g	0.339		0		1		0.292	0.018	
Alanine ... g	0.904		0		1		0.777	0.049	
Aspartic acid ... g	1.953		0		1		1.680	0.105	
Glutamic acid ... g	2.948		0		1		2.535	0.159	
Glycine ... g	0.879		0		1		0.756	0.047	
Proline ... g	0.838		0		1		0.721	0.045	
Serine ... g	0.846		0		1		0.728	0.046	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	230		1		1		198	12	
Theobromine ... mg	2057		1		1		1769	111	

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

Common Measures:

Measure 1 = 86g: 1 cup

Measure 2 = 5.4g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19171

Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa

Hershey Food Corp.

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									
Energy	kcal	400		1	MC	9		20		
Energy	kj	1674		0	MC	9		84		
Protein	g	20.00		1	MC	9		1.00		
Adjusted Protein	g	18.02		1				0.90		
Total lipid (fat)	g	10.00		1	MC	9		0.50		
Ash	g									
Carbohydrate, by difference	g	60.00		1	MC	9		3.00		
Fiber, total dietary	g	20.0		1	MC	9		1.0		
Sugars, total	g	0.00		1	MC	9		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1	MC	9		0		
Iron, Fe	mg	36.00		1	MC	9		1.80		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	0		1	MC	9		0		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		1	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		1	MC	9		0.000		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		1	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 5.0g: 1 tbsp

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

Food Group: 19 Sweets

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

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

Dutch cocoa
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	2.70		2		1		2.32	0.15	
Energy	kcal	222		0		4		191	12	
Energy	kj	929				4		799	50	
Protein (N x 5.63)	g	18.10		2		1		15.57	0.98	
Total lipid (fat)	g	13.10		2		1		11.27	0.71	
Ash	g	7.80		2		1		6.71	0.42	
Carbohydrate, by difference	g	54.80		0	NC	4		47.13	2.96	
Fiber, total dietary	g	29.8		0		1		25.6	1.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	111	1.204	3		1		95	6	
Iron, Fe	mg	15.52	4.219	3		1		13.35	0.84	
Magnesium, Mg	mg	476	14.971	3		1		409	26	
Phosphorus, P	mg	728	10.406	3		1		626	39	
Potassium, K	mg	2509	585.368	3		1		2158	135	
Sodium, Na	mg	19		2		1		16	1	
Zinc, Zn	mg	6.37	0.254	3		1		5.48	0.34	
Copper, Cu	mg	3.607	0.148	3		1		3.102	0.195	
Manganese, Mn	mg	3.737	0.182	3		1		3.214	0.202	
Selenium, Se	mcg	13.2		0	BFPN	4		11.4	0.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.110		1		4		0.095	0.006	
Riboflavin	mg	0.460		1		4		0.396	0.025	
Niacin	mg	2.400		1		4		2.064	0.130	
Pantothenic acid	mg	0.254		1		4		0.218	0.014	
Vitamin B-6	mg	0.118		1		4		0.101	0.006	
Folate, total	mcg	32		1		4		28	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	32		1		4		28	2	
Folate, DFE	mcg_DFE	32		0	NC	4		28	2	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	20		1		4		17	1	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.400		0		1		0.344	0.022	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.760		0		1		6.674	0.419	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.020		6		1		0.017	0.001	
15:0	g									
16:0	g	3.550		6		1		3.053	0.192	
17:0	g									
18:0	g	4.080		6		1		3.509	0.220	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.390		0		1		3.775	0.237	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	4.390		6		1		3.775	0.237	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.420		0		1		0.361	0.023	
18:2 undifferentiated ... g	0.420		6		1		0.361	0.023	
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.271		0		1		0.233	0.015	
Threonine ... g	0.716		0		1		0.616	0.039	
Isoleucine ... g	0.701		0		1		0.603	0.038	
Leucine ... g	1.097		0		1		0.943	0.059	
Lysine ... g	0.907		0		1		0.780	0.049	
Methionine ... g	0.187		0		1		0.161	0.010	
Cystine ... g	0.221		0		1		0.190	0.012	
Phenylalanine ... g	0.869		0		1		0.747	0.047	
Tyrosine ... g	0.678		0		1		0.583	0.037	
Valine ... g	1.086		0		1		0.934	0.059	
Arginine ... g	1.025		0		1		0.882	0.055	
Histidine ... g	0.312		0		1		0.268	0.017	
Alanine ... g	0.834		0		1		0.717	0.045	
Aspartic acid ... g	1.802		0		1		1.550	0.097	
Glutamic acid ... g	2.720		0		1		2.339	0.147	
Glycine ... g	0.812		0		1		0.698	0.044	
Proline ... g	0.773		0		1		0.665	0.042	
Serine ... g	0.781		0		1		0.672	0.042	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	78		1		1		67	4	
Theobromine ... mg	2634		1		1		2265	142	

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

Common Measures:

Measure 1 = 86g: 1 cup

Measure 2 = 5.4g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19197

Desserts, CPC, ALSA Mousse Mix, powder, dark chocolate

CPC Food Service

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

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

Common Measures:

Measure 1 = 21g: 2.5 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19220
Desserts, rennin, chocolate, dry mix

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		4		0.09	0.57	
Energy	kcal	363		0	NC	4		33	207	
Energy	kj	1519				4		137	866	
Protein (N x 5.6)	g	2.40		1		4		0.22	1.37	
Total lipid (fat)	g	3.30		1		4		0.30	1.88	
Ash	g	1.40		1		4		0.13	0.80	
Carbohydrate, by difference	g	91.50		0	NC	4		8.24	52.16	
Fiber, total dietary	g	5.1		0	FLM	4		0.5	2.9	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	166		1		4		15	95	
Iron, Fe	mg	2.55		1		4		0.23	1.45	
Magnesium, Mg	mg	81		1		4		7	46	
Phosphorus, P	mg	129		1		4		12	74	
Potassium, K	mg	430		1		4		39	245	
Sodium, Na	mg	70		1		4		6	40	
Zinc, Zn	mg	1.58		1		4		0.14	0.90	
Copper, Cu	mg	0.735		1		4		0.066	0.419	
Manganese, Mn	mg	0.643		1		4		0.058	0.367	
Selenium, Se	mcg	2.9		0	FLM	4		0.3	1.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.014		1		4		0.001	0.008	
Riboflavin	mg	0.063		1		4		0.006	0.036	
Niacin	mg	0.306		1		4		0.028	0.174	
Pantothenic acid	mg	0.044		1		4		0.004	0.025	
Vitamin B-6	mg	0.032		1		4		0.003	0.018	
Folate, total	mcg	6		1		4		1	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		1		4		1	3	
Folate, DFE	mcg_DFE	6		0	NC	4		1	3	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	3		1		4		0	2	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.064		0	FLM	4		0.006	0.036	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.940		0		1		0.175	1.106	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		1		1		0.000	0.000	
15:0	g									
16:0	g	0.840		1		1		0.076	0.479	
17:0	g									
18:0	g	1.090		1		1		0.098	0.621	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.080		0		1		0.097	0.616	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		1		1		0.001	0.006	

NDB No. 19220
Desserts, rennin, chocolate, dry mix

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	1.070		1		1		0.096	0.610	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.100		0		1		0.009	0.057	
18:2 undifferentiated ... g	0.090		1		1		0.008	0.051	
18:3 undifferentiated ... g	0.000		1		1		0.000	0.000	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.030		0		1		0.003	0.017	
Threonine ... g	0.088		0		1		0.008	0.050	
Isoleucine ... g	0.085		0		1		0.008	0.048	
Leucine ... g	0.136		0		1		0.012	0.078	
Lysine ... g	0.120		0		1		0.011	0.068	
Methionine ... g	0.024		0		1		0.002	0.014	
Cystine ... g	0.025		0		1		0.002	0.014	
Phenylalanine ... g	0.107		0		1		0.010	0.061	
Tyrosine ... g	0.078		0		1		0.007	0.044	
Valine ... g	0.133		0		1		0.012	0.076	
Arginine ... g	0.148		0		1		0.013	0.084	
Histidine ... g	0.038		0		1		0.003	0.022	
Alanine ... g	0.134		0		1		0.012	0.076	
Aspartic acid ... g	0.230		0		1		0.021	0.131	
Glutamic acid ... g	0.351		0		1		0.032	0.200	
Glycine ... g	0.186		0		1		0.017	0.106	
Proline ... g	0.148		0		1		0.013	0.084	
Serine ... g	0.101		0		1		0.009	0.058	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
Caffeine ... mg	13		0	FLM	4		1	7	
Theobromine ... mg	424		0	FLM	4		38	242	

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

Common Measures:

Measure 1 = 9.0g: 1 tbsp

Measure 2 = 57g: 1 package (2 oz)

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

Food Group: 19 Sweets

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

NDB No. 19225
Desserts, rennin, tablets, unsweetened

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		2		1		0.64		
Energy	kcal	84		0	NC	4		8		
Energy	kj	351				4		35		
Protein (N x 6.25)	g	1.00		2		1		0.10		
Total lipid (fat)	g	0.10		2		1		0.01		
Ash	g	72.50		2		1		7.18		
Carbohydrate, by difference	g	19.80		0	NC	4		1.96		
Fiber, total dietary	g	0.0		0		7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3733		2		1		370		
Iron, Fe	mg	7.07		2		1		0.70		
Magnesium, Mg	mg	18	10.199	3		1		2		
Phosphorus, P	mg	340		2		1		34		
Potassium, K	mg	292		2		1		29		
Sodium, Na	mg	26050		2		1		2579		
Zinc, Zn	mg	6.36		2		1		0.63		
Copper, Cu	mg	0.200		2		1		0.020		
Manganese, Mn	mg	0.895		2		1		0.089		
Selenium, Se	mcg	0.0		0	Z	7		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0		
Thiamin	mg	0.000		1		4		0.000		
Riboflavin	mg	0.000		1		4		0.000		
Niacin	mg	0.000		1		4		0.000		
Pantothenic acid	mg	0.000		1		4		0.000		
Vitamin B-6	mg	0.000		1		4		0.000		
Folate, total	mcg	0		1		4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		1		4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		1		4		0.00		
Vitamin A, IU	IU	0		1		4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	0.000		0		7		0.000		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.041		0		4		0.004		
4:0	g	0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	g	0.000		0		4		0.000		
10:0	g	0.000		0		4		0.000		
12:0	g	0.000		0		4		0.000		
13:0	g									
14:0	g	0.004		0		4		0.000		
15:0	g									
16:0	g	0.021		0		4		0.002		
17:0	g									
18:0	g	0.014		0		4		0.001		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.038		0		4		0.004		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.004		0		4		0.000		

NDB No. 19225
Desserts, rennin, tablets, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.033		0		4		0.003		
20:1 ... g	0.000		0		4		0.000		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.007		0		4		0.001		
18:2 undifferentiated ... g	0.005		0		4		0.000		
18:3 undifferentiated ... g	0.001		0		4		0.000		
18:4 ... g	0.000		0		4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.001		0		4		0.000		
20:5 n-3 ... g	0.000		0		4		0.000		
22:5 n-3 ... g	0.000		0		4		0.000		
22:6 n-3 ... g	0.000		0		4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 9.9g: 1 package (0.35 oz)

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

Food Group: 19 Sweets

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

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.40		1		4		0.04	0.17	
Energy	kcal	383		0		4		41	165	
Energy	kj	1602				4		173	689	
Protein (N x 5.6)	g	0.00		1		4		0.00	0.00	
Total lipid (fat)	g	0.00		1		4		0.00	0.00	
Ash	g	0.60		1		4		0.06	0.26	
Carbohydrate, by difference	g	99.00		0	NC	4		10.69	42.57	
Fiber, total dietary	g	0.0		0	FLM	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	117		1		4		13	50	
Iron, Fe	mg	0.07		1		4		0.01	0.03	
Magnesium, Mg	mg	1		1		4		0	0	
Phosphorus, P	mg	91		1		4		10	39	
Potassium, K	mg	3		1		4		0	1	
Sodium, Na	mg	6		1		4		1	3	
Zinc, Zn	mg	0.04		1		4		0.00	0.02	
Copper, Cu	mg	0.058		1		4		0.006	0.025	
Manganese, Mn	mg	0.009		1		4		0.001	0.004	
Selenium, Se	mcg	0.7		0	FLM	4		0.1	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.000		1		4		0.000	0.000	
Riboflavin	mg	0.021		1		4		0.002	0.009	
Niacin	mg	0.001		1		4		0.000	0.000	
Pantothenic acid	mg	0.001		1		4		0.000	0.000	
Vitamin B-6	mg	0.001		1		4		0.000	0.000	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.003		0	FLM	4		0.000	0.001	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		1		4		0	0	
Phytosterols	mg									

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

Common Measures:

Measure 1 = 10.8g: 1 tbsp

Measure 2 = 43g: 1 package (1.5 oz)

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

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

Food Group: 19 Sweets

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

NDB No. 19169
Egg custards, dry mix

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	0.043	6		1		1.45	0.36	
Energy	kcal	410		0	NC	4		349	86	
Energy	kj	1715				4		1458	360	
Protein (N x 6.3)	g	6.90	0.286	6		1		5.87	1.45	
Total lipid (fat)	g	6.40	0.161	6		1		5.44	1.34	
Ash	g	2.20	0.060	6		1		1.87	0.46	
Carbohydrate, by difference	g	82.80		0	NC	4		70.38	17.39	
Fiber, total dietary	g	0.0		0	FLA	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	228	4.423	6		1		194	48	
Iron, Fe	mg	1.93	0.088	6		1		1.64	0.41	
Magnesium, Mg	mg	45		0	FLA	4		38	9	
Phosphorus, P	mg	332		0	FLA	4		282	70	
Potassium, K	mg	540		0	FLA	4		459	113	
Sodium, Na	mg	281		0	FLA	4		239	59	
Zinc, Zn	mg	1.05		0	FLA	4		0.89	0.22	
Copper, Cu	mg	0.046		0	FLA	4		0.039	0.010	
Manganese, Mn	mg	0.020		0	FLA	4		0.017	0.004	
Selenium, Se	mcg	16.6		0	FLA	4		14.1	3.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	FLA	4		0.3	0.1	
Thiamin	mg	0.145	0.001	6		1		0.123	0.030	
Riboflavin	mg	0.412	0.011	6		1		0.350	0.087	
Niacin	mg	0.320		0	FLA	4		0.272	0.067	
Pantothenic acid	mg	2.238		0	FLA	4		1.903	0.470	
Vitamin B-6	mg	0.216		0	FLA	4		0.184	0.045	
Folate, total	mcg	30		0	FLA	4		25	6	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	30		0	FLA	4		25	6	
Folate, DFE	mcg_DFE	30		0	NC	4		25	6	
Vitamin B-12	mcg	1.17		0	FLA	4		0.99	0.25	
Vitamin A, IU	IU	217	13.661	6		1		184	46	
Vitamin A, RAE	mcg_RAE	63		0	NC	4		54	13	
Retinol	mcg	63		0	O	4		54	13	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.030		0		1		1.726	0.426	
4:0	g	0.010		1		1		0.009	0.002	
6:0	g	0.010		1		1		0.009	0.002	
8:0	g	0.000		1		1		0.000	0.000	
10:0	g	0.010		1		1		0.009	0.002	
12:0	g	0.010		1		1		0.009	0.002	
13:0	g									
14:0	g	0.050		1		1		0.043	0.011	
15:0	g									
16:0	g	1.430		1		1		1.216	0.300	
17:0	g									
18:0	g	0.510		1		1		0.434	0.107	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.400		0		1		2.040	0.504	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.190		1		1		0.162	0.040	

NDB No. 19169
Egg custards, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.190		1		1		1.862	0.460	
20:1 ... g	0.020		1		1		0.017	0.004	
22:1 undifferentiated ... g	0.000		1		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.850		0		1		0.723	0.179	
18:2 undifferentiated ... g	0.710		1		1		0.604	0.149	
18:3 undifferentiated ... g	0.020		1		1		0.017	0.004	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.090		1		1		0.077	0.019	
20:5 n-3 ... g	0.000		1		1		0.000	0.000	
22:5 n-3 ... g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 ... g	0.020		1		1		0.017	0.004	
Fatty acids, total trans ... g									
Cholesterol ... mg	258		0	FLA	4		220	54	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.094		0	FLA	4		0.080	0.020	
Threonine ... g	0.401		0	FLA	4		0.341	0.084	
Isoleucine ... g	0.368		0	FLA	4		0.312	0.077	
Leucine ... g	0.623		0	FLA	4		0.530	0.131	
Lysine ... g	0.553		0	FLA	4		0.470	0.116	
Methionine ... g	0.153		0	FLA	4		0.130	0.032	
Cystine ... g	0.130		0	FLA	4		0.110	0.027	
Phenylalanine ... g	0.261		0	FLA	4		0.222	0.055	
Tyrosine ... g	0.257		0	FLA	4		0.218	0.054	
Valine ... g	0.381		0	FLA	4		0.324	0.080	
Arginine ... g	0.361		0	FLA	4		0.307	0.076	
Histidine ... g	0.156		0	FLA	4		0.133	0.033	
Alanine ... g	0.341		0	FLA	4		0.290	0.072	
Aspartic acid ... g	0.681		0	FLA	4		0.579	0.143	
Glutamic acid ... g	1.031		0	FLA	4		0.876	0.217	
Glycine ... g	0.185		0	FLA	4		0.158	0.039	
Proline ... g	0.351		0	FLA	4		0.298	0.074	
Serine ... g	0.475		0	FLA	4		0.404	0.100	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19205
Egg custards, dry mix, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.74		0	RP	4				
Energy	kcal	111		0	RP	4				
Energy	kj	463		0	RP	4				
Protein	g	4.08		0	RP	4				
Total lipid (fat)	g	2.74		0	RP	4				
Ash	g	1.01		0	RP	4				
Carbohydrate, by difference	g	17.42		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	145		0	RP	4				
Iron, Fe	mg	0.35		0	RP	4				
Magnesium, Mg	mg	19		0	RP	4				
Phosphorus, P	mg	138		0	RP	4				
Potassium, K	mg	224		0	RP	4				
Sodium, Na	mg	89		0	RP	4				
Zinc, Zn	mg	0.52		0	RP	4				
Copper, Cu	mg	0.015		0	RP	4				
Manganese, Mn	mg	0.005		0	RP	4				
Selenium, Se	mcg	4.6		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	RP	4				
Thiamin	mg	0.054		0	RP	4				
Riboflavin	mg	0.213		0	RP	4				
Niacin	mg	0.128		0	RP	4				
Pantothenic acid	mg	0.642		0	RP	4				
Vitamin B-6	mg	0.069		0	RP	4				
Folate, total	mcg	9		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	9		0	RP	4				
Folate, DFE	mcg_DFE	9		0	NC	4				
Vitamin B-12	mcg	0.45		0	RP	4				
Vitamin A, IU	IU	218		0	RP	4				
Vitamin A, RAE	mcg_RAE	61		0	NC	4				
Retinol	mcg	60		0	RP	4				
Vitamin E	mg_ATE	0.063		0	RP	4				
Vitamin D	IU	35.906		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	1.357		0	RP	4				
4:0	g	0.057		0	RP	4				
6:0	g	0.035		0	RP	4				
8:0	g	0.019		0	RP	4				
10:0	g	0.045		0	RP	4				
12:0	g	0.050		0	RP	4				
13:0	g									
14:0	g	0.181		0	RP	4				
15:0	g									
16:0	g	0.680		0	RP	4				
17:0	g									
18:0	g	0.290		0	RP	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.852		0	RP	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.069		0	RP	4				

NDB No. 19205
Egg custards, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	0.780		0	RP	4				
20:1 ... g	0.003		0	RP	4				
22:1 undifferentiated ... g	0.000		0	RP	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.197		0	RP	4				
18:2 undifferentiated ... g	0.151		0	RP	4				
18:3 undifferentiated ... g	0.028		0	RP	4				
18:4 ... g	0.000		0	RP	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.014		0	RP	4				
20:5 n-3 ... g	0.000		0	RP	4				
22:5 n-3 ... g	0.000		0	RP	4				
22:6 n-3 ... g	0.003		0	RP	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	48		0	RP	4				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.057		0	RP	4				
Threonine ... g	0.198		0	RP	4				
Isoleucine ... g	0.239		0	RP	4				
Leucine ... g	0.391		0	RP	4				
Lysine ... g	0.325		0	RP	4				
Methionine ... g	0.100		0	RP	4				
Cystine ... g	0.048		0	RP	4				
Phenylalanine ... g	0.186		0	RP	4				
Tyrosine ... g	0.185		0	RP	4				
Valine ... g	0.261		0	RP	4				
Arginine ... g	0.166		0	RP	4				
Histidine ... g	0.106		0	RP	4				
Alanine ... g	0.157		0	RP	4				
Aspartic acid ... g	0.335		0	RP	4				
Glutamic acid ... g	0.789		0	RP	4				
Glycine ... g	0.092		0	RP	4				
Proline ... g	0.346		0	RP	4				
Serine ... g	0.238		0	RP	4				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4				
Caffeine ... mg	0		0	RP	4				
Theobromine ... mg	0		0	RP	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19170
Egg custards, dry mix, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.67		0	RP	4				
Energy	kcal	121		0	RP	4				
Energy	kj	508		0	RP	4				
Protein	g	4.04		0	RP	4				
Total lipid (fat)	g	4.01		0	RP	4				
Ash	g	0.99		0	RP	4				
Carbohydrate, by difference	g	17.29		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	143		0	RP	4				
Iron, Fe	mg	0.35		0	RP	4				
Magnesium, Mg	mg	19		0	RP	4				
Phosphorus, P	mg	136		0	RP	4				
Potassium, K	mg	221		0	RP	4				
Sodium, Na	mg	88		0	RP	4				
Zinc, Zn	mg	0.51		0	RP	4				
Copper, Cu	mg	0.016		0	RP	4				
Manganese, Mn	mg	0.007		0	RP	4				
Selenium, Se	mcg	4.4		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	RP	4				
Thiamin	mg	0.054		0	RP	4				
Riboflavin	mg	0.211		0	RP	4				
Niacin	mg	0.126		0	RP	4				
Pantothenic acid	mg	0.636		0	RP	4				
Vitamin B-6	mg	0.068		0	RP	4				
Folate, total	mcg	9		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	9		0	RP	4				
Folate, DFE	mcg_DFE	9		0	NC	4				
Vitamin B-12	mcg	0.44		0	RP	4				
Vitamin A, IU	IU	147		0	RP	4				
Vitamin A, RAE	mcg_RAE	37		0	NC	4				
Retinol	mcg	36		0	RP	4				
Vitamin E	mg_ATE	0.090		0	RP	4				
Vitamin D	IU	35.878		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	2.122		0	RP	4				
4:0	g	0.098		0	RP	4				
6:0	g	0.059		0	RP	4				
8:0	g	0.033		0	RP	4				
10:0	g	0.077		0	RP	4				
12:0	g	0.086		0	RP	4				
13:0	g									
14:0	g	0.309		0	RP	4				
15:0	g									
16:0	g	1.015		0	RP	4				
17:0	g									
18:0	g	0.444		0	RP	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.201		0	RP	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.097		0	RP	4				

NDB No. 19170
Egg custards, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	1.100		0	RP	4				
20:1 ... g	0.003		0	RP	4				
22:1 undifferentiated ... g	0.000		0	RP	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.244		0	RP	4				
18:2 undifferentiated ... g	0.180		0	RP	4				
18:3 undifferentiated ... g	0.047		0	RP	4				
18:4 ... g	0.000		0	RP	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.014		0	RP	4				
20:5 n-3 ... g	0.000		0	RP	4				
22:5 n-3 ... g	0.000		0	RP	4				
22:6 n-3 ... g	0.003		0	RP	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	53		0	RP	4				
Phytosterols ... mg	0		0	RP	4				
Amino Acids:									
Tryptophan ... g	0.056		0	RP	4				
Threonine ... g	0.197		0	RP	4				
Isoleucine ... g	0.237		0	RP	4				
Leucine ... g	0.387		0	RP	4				
Lysine ... g	0.322		0	RP	4				
Methionine ... g	0.099		0	RP	4				
Cystine ... g	0.047		0	RP	4				
Phenylalanine ... g	0.184		0	RP	4				
Tyrosine ... g	0.183		0	RP	4				
Valine ... g	0.258		0	RP	4				
Arginine ... g	0.164		0	RP	4				
Histidine ... g	0.105		0	RP	4				
Alanine ... g	0.155		0	RP	4				
Aspartic acid ... g	0.332		0	RP	4				
Glutamic acid ... g	0.781		0	RP	4				
Glycine ... g	0.092		0	RP	4				
Proline ... g	0.342		0	RP	4				
Serine ... g	0.236		0	RP	4				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4				
Caffeine ... mg	0		0	RP	4				
Theobromine ... mg	0		0	RP	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19187
Flan, caramel custard, dry mix

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	7.80		1		4		6.63	1.64	
Energy	kcal	348		0	NC	4		296	73	
Energy	kj	1456				4		1238	306	
Protein (N x 6.25)	g	0.00		1		4		0.00	0.00	
Total lipid (fat)	g	0.00		1		4		0.00	0.00	
Ash	g	0.61		0	BFAN	4		0.52	0.13	
Carbohydrate, by difference	g	91.60		0	NC	4		77.86	19.24	
Fiber, total dietary	g	0.0		0	LC	8		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	24		1		4		20	5	
Iron, Fe	mg	0.08		1		4		0.07	0.02	
Magnesium, Mg	mg	0		1		4		0	0	
Phosphorus, P	mg	1		1		4		1	0	
Potassium, K	mg	153	8.625	5		1		130	32	
Sodium, Na	mg	432	13.189	5		1		367	91	
Zinc, Zn	mg	0.04		1		4		0.03	0.01	
Copper, Cu	mg	0.015		1		4		0.013	0.003	
Manganese, Mn	mg	0.007		1		4		0.006	0.001	
Selenium, Se	mcg	21.3		0	BFZN	4		18.1	4.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.000		1		4		0.000	0.000	
Riboflavin	mg	0.000		1		4		0.000	0.000	
Niacin	mg	0.000		1		4		0.000	0.000	
Pantothenic acid	mg	0.000		1		4		0.000	0.000	
Vitamin B-6	mg	0.000		1		4		0.000	0.000	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		1		4		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g									
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:

NDB No. 19187
Flan, caramel custard, dry mix

Measure 1 = 85g: 1 package (3 oz)
Measure 2 = 21g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19231
Flan, caramel custard, dry mix, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.71		0	RP	4				
Energy	kcal	103		0	RP	4				
Energy	kj	430		0	RP	4				
Protein	g	2.99		0	RP	4				
Total lipid (fat)	g	1.72		0	RP	4				
Ash	g	0.76		0	RP	4				
Carbohydrate, by difference	g	18.82		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	113		0	RP	4				
Iron, Fe	mg	0.06		0	RP	4				
Magnesium, Mg	mg	12		0	RP	4				
Phosphorus, P	mg	86		0	RP	4				
Potassium, K	mg	163		0	RP	4				
Sodium, Na	mg	113		0	RP	4				
Zinc, Zn	mg	0.36		0	RP	4				
Copper, Cu	mg	0.010		0	RP	4				
Manganese, Mn	mg	0.003		0	RP	4				
Selenium, Se	mcg	5.3		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4				
Thiamin	mg	0.032		0	RP	4				
Riboflavin	mg	0.148		0	RP	4				
Niacin	mg	0.077		0	RP	4				
Pantothenic acid	mg	0.287		0	RP	4				
Vitamin B-6	mg	0.035		0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Vitamin B-12	mcg	0.26		0	RP	4				
Vitamin A, IU	IU	180		0	O	4				
Vitamin A, RAE	mcg_RAE	52		0	NC	4				
Retinol	mcg	51		0	RP	4				
Vitamin E	mg_ATE	0.063		0	RP	4				
Vitamin D	IU	35.906		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	1.035		0	RP	4				
4:0	g	0.056		0	RP	4				
6:0	g	0.033		0	RP	4				
8:0	g	0.019		0	RP	4				
10:0	g	0.043		0	RP	4				
12:0	g	0.048		0	RP	4				
13:0	g									
14:0	g	0.173		0	RP	4				
15:0	g									
16:0	g	0.453		0	RP	4				
17:0	g									
18:0	g	0.209		0	RP	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.472		0	RP	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.039		0	RP	4				

NDB No. 19231
Flan, caramel custard, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.434		0	RP	4				
20:1 ... g	0.000		0	RP	4				
22:1 undifferentiated ... g	0.000		0	RP	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.064		0	RP	4				
18:2 undifferentiated ... g	0.039		0	RP	4				
18:3 undifferentiated ... g	0.025		0	RP	4				
18:4 ... g	0.000		0	RP	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4				
20:5 n-3 ... g	0.000		0	RP	4				
22:5 n-3 ... g	0.000		0	RP	4				
22:6 n-3 ... g	0.000		0	RP	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	7		0	RP	4				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.042		0	RP	4				
Threonine ... g	0.135		0	RP	4				
Isoleucine ... g	0.180		0	RP	4				
Leucine ... g	0.293		0	RP	4				
Lysine ... g	0.237		0	RP	4				
Methionine ... g	0.075		0	RP	4				
Cystine ... g	0.028		0	RP	4				
Phenylalanine ... g	0.145		0	RP	4				
Tyrosine ... g	0.145		0	RP	4				
Valine ... g	0.200		0	RP	4				
Arginine ... g	0.109		0	RP	4				
Histidine ... g	0.081		0	RP	4				
Alanine ... g	0.103		0	RP	4				
Aspartic acid ... g	0.227		0	RP	4				
Glutamic acid ... g	0.626		0	RP	4				
Glycine ... g	0.063		0	RP	4				
Proline ... g	0.290		0	RP	4				
Serine ... g	0.162		0	RP	4				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4				
Caffeine ... mg	0		0	RP	4				
Theobromine ... mg	0		0	RP	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19232
Flan, caramel custard, dry mix, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.63		0	RP	4				
Energy	kcal	113		0	RP	4				
Energy	kj	475		0	RP	4				
Protein	g	2.95		0	RP	4				
Total lipid (fat)	g	3.00		0	RP	4				
Ash	g	0.74		0	RP	4				
Carbohydrate, by difference	g	18.68		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	111		0	RP	4				
Iron, Fe	mg	0.06		0	RP	4				
Magnesium, Mg	mg	12		0	RP	4				
Phosphorus, P	mg	84		0	RP	4				
Potassium, K	mg	160		0	RP	4				
Sodium, Na	mg	112		0	RP	4				
Zinc, Zn	mg	0.35		0	RP	4				
Copper, Cu	mg	0.011		0	RP	4				
Manganese, Mn	mg	0.005		0	RP	4				
Selenium, Se	mcg	5.2		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4				
Thiamin	mg	0.031		0	RP	4				
Riboflavin	mg	0.145		0	RP	4				
Niacin	mg	0.075		0	RP	4				
Pantothenic acid	mg	0.282		0	RP	4				
Vitamin B-6	mg	0.034		0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Vitamin B-12	mcg	0.26		0	RP	4				
Vitamin A, IU	IU	113		0	RP	4				
Vitamin A, RAE	mcg_RAE	29		0	NC	4				
Retinol	mcg	28		0	O	4				
Tocopherol, alpha	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	35.878		0	RP	4				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.800		0	RP	4				
4:0	g	0.097		0	RP	4				
6:0	g	0.057		0	RP	4				
8:0	g	0.033		0	RP	4				
10:0	g	0.075		0	RP	4				
12:0	g	0.084		0	RP	4				
13:0	g									
14:0	g	0.301		0	RP	4				
15:0	g									
16:0	g	0.788		0	RP	4				
17:0	g									
18:0	g	0.363		0	RP	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 19232
Flan, caramel custard, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.821		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.067		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.753		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.111		0	RP	4				
18:2 undifferentiated.....g	0.067		0	RP	4				
18:3 undifferentiated.....g	0.044		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	RP	4				
Phytosterols.....mg	0		0	RP	4				
Amino Acids:									
Tryptophan.....g	0.041		0	RP	4				
Threonine.....g	0.134		0	RP	4				
Isoleucine.....g	0.178		0	RP	4				
Leucine.....g	0.289		0	RP	4				
Lysine.....g	0.234		0	RP	4				
Methionine.....g	0.074		0	RP	4				
Cystine.....g	0.027		0	RP	4				
Phenylalanine.....g	0.143		0	RP	4				
Tyrosine.....g	0.143		0	RP	4				
Valine.....g	0.197		0	RP	4				
Arginine.....g	0.107		0	RP	4				
Histidine.....g	0.080		0	RP	4				
Alanine.....g	0.101		0	RP	4				
Aspartic acid.....g	0.224		0	RP	4				
Glutamic acid.....g	0.618		0	RP	4				
Glycine.....g	0.063		0	RP	4				
Proline.....g	0.286		0	RP	4				
Serine.....g	0.161		0	RP	4				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
Carotenoids:									
Carotene, beta.....mcg	16.145		0	O	4				
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 19232
Flan, caramel custard, dry mix, prepared with whole milk

Food Group: 19 Sweets

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

NDB No. 19240
Frostings, chocolate, creamy, dry mix

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	0.60		1		1		2.33		
Energy	kcal	389		0		4		1509		
Energy	kj	1628				4		6315		
Protein (N x 5.6)	g	1.30		1		1		5.04		
Total lipid (fat)	g	5.20		1		1		20.18		
Ash	g	0.60		1		1		2.33		
Carbohydrate, by difference	g	92.00		0	NC	4		356.96		
Fiber, total dietary	g	2.4		0	FLM	4		9.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		1		4		43		
Iron, Fe	mg	1.19		1		1		4.62		
Magnesium, Mg	mg	38		1		4		147		
Phosphorus, P	mg	62		1		4		241		
Potassium, K	mg	180		1		1		698		
Sodium, Na	mg	76		1		1		295		
Zinc, Zn	mg	0.81		1		4		3.14		
Copper, Cu	mg	0.294		1		4		1.141		
Manganese, Mn	mg	0.333		1		4		1.292		
Selenium, Se	mcg	1.6		0	FLM	4		6.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0		
Thiamin	mg	0.006		1		4		0.023		
Riboflavin	mg	0.029		1		4		0.113		
Niacin	mg	0.142		1		4		0.551		
Pantothenic acid	mg	0.029		1		4		0.113		
Vitamin B-6	mg	0.080		1		4		0.310		
Folate, total	mcg	3		1		4		12		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	3		1		4		12		
Folate, DFE	mcg_DFE	3		0	NC	4		12		
Vitamin B-12	mcg	0.00		1		4		0.00		
Vitamin A, IU	IU	0		1		1		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	0.988		0	FLM	4		3.833		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		1		4		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.020		0		1		0.078		
Threonine	g	0.053		0		1		0.206		
Isoleucine	g	0.052		0		1		0.202		
Leucine	g	0.082		0		1		0.318		
Lysine	g	0.067		0		1		0.260		
Methionine	g	0.014		0		1		0.054		
Cystine	g	0.016		0		1		0.062		
Phenylalanine	g	0.064		0		1		0.248		
Tyrosine	g	0.050		0		1		0.194		
Valine	g	0.080		0		1		0.310		
Arginine	g	0.076		0		1		0.295		

NDB No. 19240
Frostings, chocolate, creamy, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine....g	0.023		0		1		0.089		
Alanine....g	0.062		0		1		0.241		
Aspartic acid....g	0.133		0		1		0.516		
Glutamic acid....g	0.202		0		1		0.784		
Glycine....g	0.060		0		1		0.233		
Proline....g	0.058		0		1		0.225		
Serine....g	0.058		0		1		0.225		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	6		0	FLM	4		23		
Theobromine....mg	188		0	FLM	4		729		

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

Common Measures:

Measure 1 = 388g: 1 package

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

Food Group: 19 Sweets

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

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	14.20		0	RPI	6				
Energy	kcal	404		0	RPI	6				
Energy	kj	1691		0	RPI	6				
Protein	g	1.09		0	RPI	6				
Total lipid (fat)	g	12.93		0	RPI	6				
Ash	g	0.71		0	RPI	6				
Carbohydrate, by difference	g	70.85		0	RPI	6				
Fiber, total dietary	g	1.8		0	RPI	6				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	RPI	6				
Iron, Fe	mg	0.94		0	RPA	1				
Magnesium, Mg	mg	30		0	RPI	6				
Phosphorus, P	mg	50		0	RPI	6				
Potassium, K	mg	141		0	RPA	1				
Sodium, Na	mg	150		0	RPA	1				
Zinc, Zn	mg	0.63		0	RPI	6				
Copper, Cu	mg	0.229		0	RPI	6				
Manganese, Mn	mg	0.257		0	RPI	6				
Selenium, Se	mcg	1.3		0	RPI	6				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPI	6				
Thiamin	mg	0.005		0	RPI	6				
Riboflavin	mg	0.026		0	RPI	6				
Niacin	mg	0.114		0	RPI	6				
Pantothenic acid	mg	0.034		0	RPI	6				
Vitamin B-6	mg	0.062		0	RPI	6				
Folate, total	mcg	3		0	RPI	6				
Folic acid	mcg	0		0	RPI	6				
Folate, food	mcg	3		0	RPI	6				
Folate, DFE	mcg_DFE	3		0	NC	4				
Vitamin B-12	mcg	0.01		0	RPI	6				
Vitamin A, IU	IU	320		0	O	4				
Vitamin A, RAE	mcg_RAE	78		0	NC	4				
Retinol	mcg	74		0	RPI	6				
Vitamin E	mg_ATE	0.935		0	RPI	6				
Tocopherol, alpha	mg	0.17		0	RPI	6				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	6.160		0	RPI	6				
Lipids:										
Fatty acids, total saturated	g	5.360		0	RPA	1				
4:0	g	0.289		0	RPA	1				
6:0	g	0.171		0	RPA	1				
8:0	g	0.100		0	RPA	1				
10:0	g	0.224		0	RPA	1				
12:0	g	0.250		0	RPA	1				
13:0	g									
14:0	g	0.897		0	RPA	1				
15:0	g									
16:0	g	2.347		0	RPA	1				
17:0	g									
18:0	g	1.081		0	RPA	1				
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.444		0	RPA	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		0	RPA	1				
17:1.....g									
18:1 undifferentiated.....g	2.245		0	RPA	1				
20:1.....g	0.000		0	RPA	1				
22:1 undifferentiated.....g	0.000		0	RPA	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.331		0	RPA	1				
18:2 undifferentiated.....g	0.202		0	RPA	1				
18:3 undifferentiated.....g	0.130		0	RPA	1				
18:4.....g	0.000		0	RPA	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1				
20:5 n-3.....g	0.000		0	RPA	1				
22:5 n-3.....g	0.000		0	RPA	1				
22:6 n-3.....g	0.000		0	RPA	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	24		0	RPI	6				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.017		0	RPA	1				
Threonine.....g	0.045		0	RPA	1				
Isoleucine.....g	0.046		0	RPA	1				
Leucine.....g	0.072		0	RPA	1				
Lysine.....g	0.059		0	RPA	1				
Methionine.....g	0.013		0	RPA	1				
Cystine.....g	0.013		0	RPA	1				
Phenylalanine.....g	0.054		0	RPA	1				
Tyrosine.....g	0.043		0	RPA	1				
Valine.....g	0.068		0	RPA	1				
Arginine.....g	0.062		0	RPA	1				
Histidine.....g	0.020		0	RPA	1				
Alanine.....g	0.051		0	RPA	1				
Aspartic acid.....g	0.109		0	RPA	1				
Glutamic acid.....g	0.175		0	RPA	1				
Glycine.....g	0.048		0	RPA	1				
Proline.....g	0.054		0	RPA	1				
Serine.....g	0.050		0	RPA	1				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6				
Caffeine.....mg	5		0	RPI	6				
Theobromine.....mg	145		0	RPI	6				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19372
Frostings, chocolate, creamy, dry mix, prepared with margarine

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	14.07		0	RP	4				
Energy	kcal	404		0	RP	4				
Energy	kj	1692		0	RP	4				
Protein	g	1.10		0	RP	4				
Total lipid (fat)	g	12.87		0	RP	4				
Ash	g	0.69		0	RP	4				
Carbohydrate, by difference	g	71.02		0	RP	4				
Fiber, total dietary	g	1.9		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	RP	4				
Iron, Fe	mg	0.93		0	RP	4				
Magnesium, Mg	mg	30		0	RP	4				
Phosphorus, P	mg	50		0	RP	4				
Potassium, K	mg	143		0	RP	4				
Sodium, Na	mg	163		0	RP	4				
Zinc, Zn	mg	0.63		0	RP	4				
Copper, Cu	mg	0.227		0	RP	4				
Manganese, Mn	mg	0.257		0	RP	4				
Selenium, Se	mcg	1.2		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4				
Thiamin	mg	0.006		0	RP	4				
Riboflavin	mg	0.026		0	RP	4				
Niacin	mg	0.112		0	RP	4				
Pantothenic acid	mg	0.032		0	RP	4				
Vitamin B-6	mg	0.063		0	RP	4				
Folate, total	mcg	2		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	2		0	RP	4				
Folate, DFE	mcg_DFE	2		0	NC	4				
Vitamin B-12	mcg	0.01		0	RP	4				
Vitamin A, IU	IU	393		0	RP	4				
Vitamin A, RAE	mcg_RAE	80		0	NC	4				
Retinol	mcg	73		0	RP	4				
Vitamin E	mg_ATE	2.171		0	RP	4				
Tocopherol, alpha	mg	0.99		0	RP	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.740		0	RP	4				
4:0	g	0.000		0	RP	4				
6:0	g	0.000		0	RP	4				
8:0	g	0.000		0	RP	4				
10:0	g	0.000		0	RP	4				
12:0	g	0.000		0	RP	4				
13:0	g									
14:0	g	0.022		0	RP	4				
15:0	g									
16:0	g	1.068		0	RP	4				
17:0	g									
18:0	g	0.650		0	RP	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 19372

Frostings, chocolate, creamy, dry mix, prepared with margarine

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.943		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	3.943		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.797		0	RP	4				
18:2 undifferentiated.....g	2.676		0	RP	4				
18:3 undifferentiated.....g	0.121		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4				
Phytosterols.....mg	29		0	RP	4				
Amino Acids:									
Tryptophan.....g	0.017		0	RP	4				
Threonine.....g	0.045		0	RP	4				
Isoleucine.....g	0.046		0	RP	4				
Leucine.....g	0.072		0	RP	4				
Lysine.....g	0.059		0	RP	4				
Methionine.....g	0.013		0	RP	4				
Cystine.....g	0.013		0	RP	4				
Phenylalanine.....g	0.054		0	RP	4				
Tyrosine.....g	0.043		0	RP	4				
Valine.....g	0.068		0	RP	4				
Arginine.....g	0.062		0	RP	4				
Histidine.....g	0.020		0	RP	4				
Alanine.....g	0.051		0	RP	4				
Aspartic acid.....g	0.110		0	RP	4				
Glutamic acid.....g	0.175		0	RP	4				
Glycine.....g	0.048		0	RP	4				
Proline.....g	0.054		0	RP	4				
Serine.....g	0.050		0	RP	4				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	5		0	RP	4				
Theobromine.....mg	145		0	RP	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	17.00	0.689	13		1		6.97		
Energy	kcal	397		0		4		163		
Energy	kj	1661		0		4		681		
Protein (N x 5.6)	g	1.10	0.047	13		1		0.45		
Total lipid (fat)	g	17.60	0.432	12		1		7.22		
Ash	g	1.00	0.101	9		1		0.41		
Carbohydrate, by difference	g	63.20		0		4		25.91		
Fiber, total dietary	g	0.9		0	FLC	4		0.4		
Sugars, total	g	57.70		1	A	1		23.66		
Starch	g									
Minerals:										
Calcium, Ca	mg	8	0.511	7		1		3		
Iron, Fe	mg	1.42	0.079	7		1		0.58		
Magnesium, Mg	mg	21	1.743	6		1		9		
Phosphorus, P	mg	79		1		1		32		
Potassium, K	mg	196	18.573	9		1		80		
Sodium, Na	mg	183	19.804	15		1		75		
Zinc, Zn	mg	0.29	0.054	4		1		0.12		
Copper, Cu	mg	0.200	0.045	4		1		0.082		
Manganese, Mn	mg	0.240		1		1		0.098		
Selenium, Se	mcg	0.8		0	FLC	4		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.013	0.001	7		1		0.005		
Riboflavin	mg	0.017	0.003	7		1		0.007		
Niacin	mg	0.119	0.005	7		1		0.049		
Pantothenic acid	mg	0.028	0.010	5		1		0.011		
Vitamin B-6	mg	0.005		1		1		0.002		
Folate, total	mcg	1		0	FLC	4		0		
Folic acid	mcg	0		0	FLC	4		0		
Folate, food	mcg	1		0	FLC	4		0		
Folate, DFE	mcg_DFE	1		0	NC	4		0		
Vitamin B-12	mcg	0.00		1		4		0.00		
Vitamin A, IU	IU	1		0	FLC	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	2.372		0	A	1		0.972		
Tocopherol, alpha	mg	1.56	0.035	3	A	1		0.64		
Tocopherol, beta	mg	0.06	0.063	3	A	1		0.03		
Tocopherol, gamma	mg	7.26	0.673	3	A	1		2.98		
Tocopherol, delta	mg	1.80	0.176	3	A	1		0.74		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	5.526		0	FLC	4		2.266		
4:0	g	0.000		0	FLC	4		0.000		
6:0	g	0.000		0	FLC	4		0.000		
8:0	g	0.000		0	FLC	4		0.000		
10:0	g	0.000		0	FLC	4		0.000		
12:0	g	0.000		0	FLC	4		0.000		
13:0	g									
14:0	g	0.103		0	FLC	4		0.042		
15:0	g									
16:0	g	2.410	0.000	3		1		0.988		
17:0	g									
18:0	g	3.060	0.000	3		1		1.255		
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.020		0		1		3.698		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	9.020	0.000	3		1		3.698		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.130		0		1		0.873		
18:2 undifferentiated.....g	2.130	0.000	3		1		0.873		
18:3 undifferentiated.....g	0.096		0	FLC	4		0.039		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0		
Phytosterols.....mg	34		0	FLC	4		14		
Amino Acids:									
Tryptophan.....g	0.016		0		1		0.007		
Threonine.....g	0.043		0		1		0.018		
Isoleucine.....g	0.042		0		1		0.017		
Leucine.....g	0.066		0		1		0.027		
Lysine.....g	0.054		0		1		0.022		
Methionine.....g	0.011		0		1		0.005		
Cystine.....g	0.013		0		1		0.005		
Phenylalanine.....g	0.052		0		1		0.021		
Tyrosine.....g	0.041		0		1		0.017		
Valine.....g	0.065		0		1		0.027		
Arginine.....g	0.061		0		1		0.025		
Histidine.....g	0.019		0		1		0.008		
Alanine.....g	0.050		0		1		0.021		
Aspartic acid.....g	0.108		0		1		0.044		
Glutamic acid.....g	0.163		0		1		0.067		
Glycine.....g	0.048		0		1		0.020		
Proline.....g	0.047		0		1		0.019		
Serine.....g	0.047		0		1		0.019		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	2		0	FLC	4		1		
Theobromine.....mg	79		0	FLC	4		32		

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

Common Measures:

Measure 1 = 41g: 2 tbsp creamy

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

Food Group: 19 Sweets

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

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

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	21.00	0.064	9		1		97.02	7.98	
Energy	kcal	412		0	NC	4		1903	157	
Energy	kj	1724				4		7964	655	
Protein (N x 5.3)	g	1.50	0.066	9		1		6.93	0.57	
Total lipid (fat)	g	24.00	0.063	9		1		110.88	9.12	
Ash	g	0.80	0.008	9		1		3.70	0.30	
Carbohydrate, by difference	g	52.80		0	NC	4		243.94	20.06	
Fiber, total dietary	g	1.4		0		4		6.5	0.5	
Sugars, total	g	40.00		0	LC	8		184.80	15.20	
Starch	g									
Minerals:										
Calcium, Ca	mg	13	0.958	9		1		60	5	
Iron, Fe	mg	0.54	0.035	8		1		2.49	0.21	
Magnesium, Mg	mg	19	0.787	9		1		88	7	
Phosphorus, P	mg	63		1		1		291	24	
Potassium, K	mg	186	2.451	9		1		859	71	
Sodium, Na	mg	195	0.959	9		1		901	74	
Zinc, Zn	mg	0.41	0.014	8		1		1.89	0.16	
Copper, Cu	mg	0.125	0.007	8		1		0.578	0.048	
Manganese, Mn	mg	0.841		1		4		3.885	0.320	
Selenium, Se	mcg	3.1		0	FLM	4		14.3	1.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		1		4		1.4	0.1	
Thiamin	mg	0.035	0.001	9		1		0.162	0.013	
Riboflavin	mg	0.019	0.004	9		1		0.088	0.007	
Niacin	mg	0.212	0.031	9		1		0.979	0.081	
Pantothenic acid	mg	0.267		1		4		1.234	0.101	
Vitamin B-6	mg	0.054		1		4		0.249	0.021	
Folate, total	mcg	6		1		4		28	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		1		4		28	2	
Folate, DFE	mcg_DFE	6		0	NC	4		28	2	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	1.135		0	FLM	4		5.244	0.431	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.030		0		1		32.479	2.671	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0	g	0.020		1		1		0.092	0.008	
8:0	g	0.000		0	FLM	4		0.000	0.000	
10:0	g	0.300		1		1		1.386	0.114	
12:0	g	1.880		1		1		8.686	0.714	
13:0	g									
14:0	g	0.740		1		1		3.419	0.281	
15:0	g									
16:0	g	2.510		1		1		11.596	0.954	
17:0	g									
18:0	g	1.580		1		1		7.300	0.600	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	12.210		0		1		56.410	4.640	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		1		1		0.185	0.015	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	12.120		1		1		55.994	4.606	
20:1 ... g	0.060		1		1		0.277	0.023	
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.410		0		1		15.754	1.296	
18:2 undifferentiated ... g	3.250		1		1		15.015	1.235	
18:3 undifferentiated ... g	0.160		1		1		0.739	0.061	
18:4 ... g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.031		0		1		0.143	0.012	
Threonine ... g	0.047		0		1		0.217	0.018	
Isoleucine ... g	0.057		0		1		0.263	0.022	
Leucine ... g	0.096		0		1		0.444	0.036	
Lysine ... g	0.054		0		1		0.249	0.021	
Methionine ... g	0.031		0		1		0.143	0.012	
Cystine ... g	0.035		0		1		0.162	0.013	
Phenylalanine ... g	0.072		0		1		0.333	0.027	
Tyrosine ... g	0.049		0		1		0.226	0.019	
Valine ... g	0.073		0		1		0.337	0.028	
Arginine ... g	0.205		0		1		0.947	0.078	
Histidine ... g	0.039		0		1		0.180	0.015	
Alanine ... g	0.063		0		1		0.291	0.024	
Aspartic acid ... g	0.129		0		1		0.596	0.049	
Glutamic acid ... g	0.287		0		1		1.326	0.109	
Glycine ... g	0.067		0		1		0.310	0.025	
Proline ... g	0.062		0		1		0.286	0.024	
Serine ... g	0.068		0		1		0.314	0.026	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	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 = 462g: 1 package (16 oz)

Measure 2 = 38g: .083 package

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

Food Group: 19 Sweets

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

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.10	0.000	3		1		4.98	3.62	
Energy	kcal	415		0	NC	4		137	100	
Energy	kj	1737		0	NC	4		573	417	
Protein (N x 5.8)	g	0.10	0.000	3		1		0.03	0.02	
Total lipid (fat)	g	17.30		2		1		5.71	4.15	
Ash	g	0.18		0	FLC	4		0.06	0.04	
Carbohydrate, by difference	g	67.32		0	NC	4		22.22	16.16	
Fiber, total dietary	g	0.0		0	FLC	4		0.0	0.0	
Sugars, total	g	63.54	2.621	3	LC	8		20.97	15.25	
Starch	g									
Minerals:										
Calcium, Ca	mg	3		2		1		1	1	
Iron, Fe	mg	0.16		2		1		0.05	0.04	
Magnesium, Mg	mg	2		1		1		1	0	
Phosphorus, P	mg	3		1		1		1	1	
Potassium, K	mg	35		2		1		12	8	
Sodium, Na	mg	191	3.157	3	LC	8		63	46	
Zinc, Zn	mg	0.02		0	FLC	4		0.01	0.01	
Copper, Cu	mg	0.020		1		1		0.007	0.005	
Manganese, Mn	mg	0.013		0	FLC	4		0.004	0.003	
Selenium, Se	mcg	0.5		0	FLC	4		0.2	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLC	4		0.0	0.0	
Thiamin	mg	0.000		1		1		0.000	0.000	
Riboflavin	mg	0.006		2		1		0.002	0.001	
Niacin	mg	0.011		2		1		0.004	0.003	
Pantothenic acid	mg	0.002		0	FLC	4		0.001	0.001	
Vitamin B-6	mg	0.000		1		1		0.000	0.000	
Folate, total	mcg	0		1		1		0	0	
Folic acid	mcg	0		0	FLC	4		0	0	
Folate, food	mcg	0		0	FLC	4		0	0	
Folate, DFE	mcg_DFE	0		0	FLC	4		0	0	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	0	0.000	3	LC	8		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	4.246		0	FLC	4		1.401	1.019	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.545		0	FLC	4		1.500	1.091	
4:0	g	0.000		0	FLC	4		0.000	0.000	
6:0	g	0.000		0	FLC	4		0.000	0.000	
8:0	g	0.000		0	FLC	4		0.000	0.000	
10:0	g	0.000		0	FLC	4		0.000	0.000	
12:0	g	0.000		0	FLC	4		0.000	0.000	
13:0	g									
14:0	g	0.075		0	FLC	4		0.025	0.018	
15:0	g									
16:0	g	3.536		0	FLC	4		1.167	0.849	
17:0	g									
18:0	g	0.934		0	FLC	4		0.308	0.224	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.755		0	FLC	4		1.239	0.901	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.026		0	FLC	4		0.009	0.006	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	3.729		0	FLC	4		1.230	0.895	
20:1 ... g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	6.153		0	FLC	4		2.030	1.477	
18:2 undifferentiated ... g	5.792		0	FLC	4		1.911	1.390	
18:3 undifferentiated ... g	0.361		0	FLC	4		0.119	0.087	
18:4 ... g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 ... g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		1		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0	FLC	4		0.000	0.000	
Threonine ... g	0.000		0	FLC	4		0.000	0.000	
Isoleucine ... g	0.000		0	FLC	4		0.000	0.000	
Leucine ... g	0.000		0	FLC	4		0.000	0.000	
Lysine ... g	0.000		0	FLC	4		0.000	0.000	
Methionine ... g	0.000		0	FLC	4		0.000	0.000	
Cystine ... g	0.000		0	FLC	4		0.000	0.000	
Phenylalanine ... g	0.000		0	FLC	4		0.000	0.000	
Tyrosine ... g	0.000		0	FLC	4		0.000	0.000	
Valine ... g	0.000		0	FLC	4		0.000	0.000	
Arginine ... g	0.000		0	FLC	4		0.000	0.000	
Histidine ... g	0.000		0	FLC	4		0.000	0.000	
Alanine ... g	0.000		0	FLC	4		0.000	0.000	
Aspartic acid ... g	0.000		0	FLC	4		0.000	0.000	
Glutamic acid ... g	0.000		0	FLC	4		0.000	0.000	
Glycine ... g	0.000		0	FLC	4		0.000	0.000	
Proline ... g	0.000		0	FLC	4		0.000	0.000	
Serine ... g	0.000		0	FLC	4		0.000	0.000	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 33g: 2 tbsp creamy

Measure 2 = 24g: 2 tbsp whipped

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

Food Group: 19 Sweets

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

NDB No. 19375
Frostings, glaze, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	17.70		0		1		57.88		
Energy	kcal	359		0	NC	4		1174		
Energy	kj	1502				4		4912		
Protein (N x 0)	g	0.60		0		1		1.96		
Total lipid (fat)	g	7.90		0		1		25.83		
Ash	g	0.30		0		1		0.98		
Carbohydrate, by difference	g	73.50		0	NC	4		240.35		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	22		0		1		72		
Iron, Fe	mg	0.06		0		1		0.20		
Magnesium, Mg	mg	3		0		1		10		
Phosphorus, P	mg	18		0		1		59		
Potassium, K	mg	30		0		1		98		
Sodium, Na	mg	94		0		1		307		
Zinc, Zn	mg	0.08		0		1		0.26		
Copper, Cu	mg	0.033		0		4		0.108		
Manganese, Mn	mg	0.006		0		4		0.020		
Selenium, Se	mcg	0.8		0	FLA	4		2.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.7		
Thiamin	mg	0.007		0		1		0.023		
Riboflavin	mg	0.029		0		1		0.095		
Niacin	mg	0.016		0		1		0.052		
Pantothenic acid	mg	0.058		0		1		0.190		
Vitamin B-6	mg	0.008		0		1		0.026		
Folate, total	mcg	1		0		1		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	1		0		1		3		
Folate, DFE	mcg_DFE	1		0	NC	4		3		
Vitamin B-12	mcg	0.07		0		1		0.23		
Vitamin A, IU	IU	413		0	FLA	4		1350		
Vitamin A, RAE	mcg_RAE	87		0	NC	4		285		
Retinol	mcg	80		0	FLA	4		261		
Vitamin E	mg_ATE	0.761		0	FLA	4		2.488		
Tocopherol, alpha	mg	1.17		0		4		3.82		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.750		0		1		5.723		
4:0	g	0.020		0		1		0.065		
6:0	g	0.010		0		1		0.033		
8:0	g	0.010		0		1		0.033		
10:0	g	0.010		0		1		0.033		
12:0	g	0.020		0		1		0.065		
13:0	g									
14:0	g	0.070		0		1		0.229		
15:0	g									
16:0	g	1.020		0		1		3.335		
17:0	g									
18:0	g	0.600		0		1		1.962		
20:0	g									
22:0	g									
24:0	g									

NDB No. 19375
Frostings, glaze, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.370		0		1		11.020		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.033		
17:1.....g									
18:1 undifferentiated.....g	3.360		0		1		10.987		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.310		0		1		7.554		
18:2 undifferentiated.....g	2.200		0		1		7.194		
18:3 undifferentiated.....g	0.110		0		1		0.360		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		1		7		
Phytosterols.....mg	24		0		1		78		
Amino Acids:									
Tryptophan.....g	0.008		0		1		0.026		
Threonine.....g	0.026		0		1		0.085		
Isoleucine.....g	0.035		0		1		0.114		
Leucine.....g	0.057		0		1		0.186		
Lysine.....g	0.046		0		1		0.150		
Methionine.....g	0.014		0		1		0.046		
Cystine.....g	0.005		0		1		0.016		
Phenylalanine.....g	0.028		0		1		0.092		
Tyrosine.....g	0.028		0		1		0.092		
Valine.....g	0.039		0		1		0.128		
Arginine.....g	0.021		0		1		0.069		
Histidine.....g	0.016		0		1		0.052		
Alanine.....g	0.020		0		1		0.065		
Aspartic acid.....g	0.044		0		1		0.144		
Glutamic acid.....g	0.121		0		1		0.396		
Glycine.....g	0.012		0		1		0.039		
Proline.....g	0.056		0		1		0.183		
Serine.....g	0.031		0		1		0.101		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 327g: 1 recipe yield

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

Food Group: 19 Sweets

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

NDB No. 19244
Frostings, vanilla, creamy, dry mix

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	0.70	0.095	4		1		2.88	0.24	
Energy	kcal	410		0	NC	4		1685	139	
Energy	kj	1715				4		7050	583	
Protein (N x 6.25)	g	0.30	0.022	4		1		1.23	0.10	
Total lipid (fat)	g	4.90	0.377	3		1		20.14	1.67	
Ash	g	0.30		1		1		1.23	0.10	
Carbohydrate, by difference	g	93.80		0	NC	4		385.52	31.89	
Fiber, total dietary	g	0.1		0	FLM	4		0.4	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		1		1		12	1	
Iron, Fe	mg	0.00		1		1		0.00	0.00	
Magnesium, Mg	mg	2		1		1		8	1	
Phosphorus, P	mg	4		1		1		16	1	
Potassium, K	mg	7		2		1		29	2	
Sodium, Na	mg	13		2		1		53	4	
Zinc, Zn	mg	0.01		1		4		0.04	0.00	
Copper, Cu	mg	0.035		1		4		0.144	0.012	
Manganese, Mn	mg	0.012		1		4		0.049	0.004	
Selenium, Se	mcg	0.8		0	FLM	4		3.3	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.000		1		4		0.000	0.000	
Riboflavin	mg	0.002		1		4		0.008	0.001	
Niacin	mg	0.001		1		4		0.004	0.000	
Pantothenic acid	mg	0.007		1		4		0.029	0.002	
Vitamin B-6	mg	0.001		1		4		0.004	0.000	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.671		0	FLM	4		2.758	0.228	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		1		4		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.001		0		1		0.004	0.000	
Threonine	g	0.009		0		1		0.037	0.003	
Isoleucine	g	0.010		0		1		0.041	0.003	
Leucine	g	0.035		0		1		0.144	0.012	
Lysine	g	0.006		0		1		0.025	0.002	
Methionine	g	0.005		0		1		0.021	0.002	
Cystine	g	0.006		0		1		0.025	0.002	
Phenylalanine	g	0.013		0		1		0.053	0.004	
Tyrosine	g	0.010		0		1		0.041	0.003	
Valine	g	0.013		0		1		0.053	0.004	
Arginine	g	0.012		0		1		0.049	0.004	

NDB No. 19244
Frostings, vanilla, creamy, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.008		0		1		0.033	0.003	
Alanine.....g	0.019		0		1		0.078	0.006	
Aspartic acid.....g	0.020		0		1		0.082	0.007	
Glutamic acid.....g	0.052		0		1		0.214	0.018	
Glycine.....g	0.009		0		1		0.037	0.003	
Proline.....g	0.024		0		1		0.099	0.008	
Serine.....g	0.011		0		1		0.045	0.004	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 411g: 1 package

Measure 2 = 34g: .083 package

Calories Factors: **Protein** 3.46 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19371
Frostings, vanilla, creamy, dry mix, prepared with margarine

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	12.18		0	RP	4				
Energy	kcal	413		0	RP	4				
Energy	kj	1728		0	RP	4				
Protein	g	0.34		0	RP	4				
Total lipid (fat)	g	12.74		0	RP	4				
Ash	g	0.47		0	RP	4				
Carbohydrate, by difference	g	74.28		0	RP	4				
Fiber, total dietary	g	0.1		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	RP	4				
Iron, Fe	mg	0.01		0	RP	4				
Magnesium, Mg	mg	2		0	RP	4				
Phosphorus, P	mg	6		0	RP	4				
Potassium, K	mg	10		0	RP	4				
Sodium, Na	mg	114		0	RP	4				
Zinc, Zn	mg	0.01		0	RP	4				
Copper, Cu	mg	0.028		0	RP	4				
Manganese, Mn	mg	0.010		0	RP	4				
Selenium, Se	mcg	0.6		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4				
Thiamin	mg	0.001		0	RP	4				
Riboflavin	mg	0.006		0	RP	4				
Niacin	mg	0.003		0	RP	4				
Pantothenic acid	mg	0.015		0	RP	4				
Vitamin B-6	mg	0.002		0	RP	4				
Folate, total	mcg	0		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	0		0	RP	4				
Folate, DFE	mcg_DFE	0		0	NC	4				
Vitamin B-12	mcg	0.01		0	RP	4				
Vitamin A, IU	IU	393		0	RP	4				
Vitamin A, RAE	mcg_RAE	80		0	NC	4				
Retinol	mcg	73		0	RP	4				
Vitamin E	mg_ATE	1.940		0	RP	4				
Tocopherol, alpha	mg	0.99		0	RP	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.740		0	RP	4				
4:0	g	0.000		0	RP	4				
6:0	g	0.000		0	RP	4				
8:0	g	0.000		0	RP	4				
10:0	g	0.000		0	RP	4				
12:0	g	0.000		0	RP	4				
13:0	g									
14:0	g	0.022		0	RP	4				
15:0	g									
16:0	g	1.068		0	RP	4				
17:0	g									
18:0	g	0.650		0	RP	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 19371
Frostings, vanilla, creamy, dry mix, prepared with margarine

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.942		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	3.942		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.797		0	RP	4				
18:2 undifferentiated.....g	2.676		0	RP	4				
18:3 undifferentiated.....g	0.121		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4				
Phytosterols.....mg	29		0	RP	4				
Amino Acids:									
Tryptophan.....g	0.002		0	RP	4				
Threonine.....g	0.011		0	RP	4				
Isoleucine.....g	0.014		0	RP	4				
Leucine.....g	0.037		0	RP	4				
Lysine.....g	0.012		0	RP	4				
Methionine.....g	0.006		0	RP	4				
Cystine.....g	0.006		0	RP	4				
Phenylalanine.....g	0.015		0	RP	4				
Tyrosine.....g	0.012		0	RP	4				
Valine.....g	0.017		0	RP	4				
Arginine.....g	0.013		0	RP	4				
Histidine.....g	0.009		0	RP	4				
Alanine.....g	0.018		0	RP	4				
Aspartic acid.....g	0.023		0	RP	4				
Glutamic acid.....g	0.061		0	RP	4				
Glycine.....g	0.009		0	RP	4				
Proline.....g	0.028		0	RP	4				
Serine.....g	0.014		0	RP	4				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

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

Food Group: 19 Sweets

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

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

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	13.20	0.318	11		1		5.02	3.17	
Energy	kcal	419		0	NC	4		159	101	
Energy	kj	1753				4		666	421	
Protein (N x 6.4)	g	0.10	0.051	9		1		0.04	0.02	
Total lipid (fat)	g	16.80	0.324	13		1		6.38	4.03	
Ash	g	0.50	0.048	10		1		0.19	0.12	
Carbohydrate, by difference	g	69.40		0	NC	4		26.37	16.66	
Fiber, total dietary	g	0.1		0	FLA	4		0.0	0.0	
Sugars, total	g	63.70		0	LC	8		24.21	15.29	
Starch	g									
Minerals:										
Calcium, Ca	mg	3	0.152	6		1		1	1	
Iron, Fe	mg	0.11	0.024	4		1		0.04	0.03	
Magnesium, Mg	mg	1	0.212	4		1		0	0	
Phosphorus, P	mg	39		1		1		15	9	
Potassium, K	mg	37	2.141	7		1		14	9	
Sodium, Na	mg	177	24.970	4	LC	8		67	43	
Zinc, Zn	mg	0.00	0.000	3		1		0.00	0.00	
Copper, Cu	mg	0.007	0.007	3		1		0.003	0.002	
Manganese, Mn	mg	0.040		0		1		0.015	0.010	
Selenium, Se	mcg	0.6		0	FLA	4		0.2	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2		1		0.0	0.0	
Thiamin	mg	0.000	0.000	3		1		0.000	0.000	
Riboflavin	mg	0.006	0.000	5		1		0.002	0.001	
Niacin	mg	0.011	0.000	5		1		0.004	0.003	
Pantothenic acid	mg	0.000		2		1		0.000	0.000	
Vitamin B-6	mg	0.000	0.000	3		1		0.000	0.000	
Folate, total	mcg	0	0.000	3		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0	0.000	3		1		0	0	
Folate, DFE	mcg_DFE	0		0	O	4		0	0	
Vitamin B-12	mcg	0.00	0.000	3		1		0.00	0.00	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	4.719		0	FLA	4		1.793	1.133	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.890		0		1		1.858	1.174	
4:0	g	0.000		0		7		0.000	0.000	
6:0	g	0.000		0		7		0.000	0.000	
8:0	g	0.000		0		7		0.000	0.000	
10:0	g	0.000		0		7		0.000	0.000	
12:0	g	0.000		0		7		0.000	0.000	
13:0	g									
14:0	g	0.000		0		7		0.000	0.000	
15:0	g									
16:0	g	2.320		3		1		0.882	0.557	
17:0	g									
18:0	g	2.510		3		1		0.954	0.602	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	8.770		0		1		3.333	2.105	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		7		0.000	0.000	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	8.770		3		1		3.333	2.105	
20:1 ... g	0.000		0		7		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		7		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.280		0		1		0.866	0.547	
18:2 undifferentiated ... g	2.190		3		1		0.832	0.526	
18:3 undifferentiated ... g	0.090		3		1		0.034	0.022	
18:4 ... g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		7		0.000	0.000	
20:5 n-3 ... g	0.000		0		7		0.000	0.000	
22:5 n-3 ... g	0.000		0		7		0.000	0.000	
22:6 n-3 ... g	0.000		0		7		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		1		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.002		0		1		0.001	0.000	
Threonine ... g	0.006		0		1		0.002	0.001	
Isoleucine ... g	0.007		0		1		0.003	0.002	
Leucine ... g	0.014		0		1		0.005	0.003	
Lysine ... g	0.009		0		1		0.003	0.002	
Methionine ... g	0.003		0		1		0.001	0.001	
Cystine ... g	0.002		0		1		0.001	0.000	
Phenylalanine ... g	0.006		0		1		0.002	0.001	
Tyrosine ... g	0.006		0		1		0.002	0.001	
Valine ... g	0.008		0		1		0.003	0.002	
Arginine ... g	0.005		0		1		0.002	0.001	
Histidine ... g	0.004		0		1		0.002	0.001	
Alanine ... g	0.006		0		1		0.002	0.001	
Aspartic acid ... g	0.010		0		1		0.004	0.002	
Glutamic acid ... g	0.027		0		1		0.010	0.006	
Glycine ... g	0.003		0		1		0.001	0.001	
Proline ... g	0.012		0		1		0.005	0.003	
Serine ... g	0.007		0		1		0.003	0.002	
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 = 38g: 2 tbsp creamy

Measure 2 = 24g: 2 tbsp whipped

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

Food Group: 19 Sweets

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

NDB No. 19246
Frostings, white, fluffy, dry mix

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	1.90		1		1		3.93	0.32	
Energy	kcal	371		0	NC	4		768	63	
Energy	kj	1552				4		3213	264	
Protein (N x 6.1)	g	2.30		1		1		4.76	0.39	
Total lipid (fat)	g	0.00		1		1		0.00	0.00	
Ash	g	0.90		1		1		1.86	0.15	
Carbohydrate, by difference	g	94.90		0	NC	4		196.44	16.13	
Fiber, total dietary	g	0.0		0	FLM	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		1		1		8	1	
Iron, Fe	mg	0.09		1		4		0.19	0.02	
Magnesium, Mg	mg	3		1		1		6	1	
Phosphorus, P	mg	7		1		1		14	1	
Potassium, K	mg	117		1		1		242	20	
Sodium, Na	mg	234		1		1		484	40	
Zinc, Zn	mg	0.01		1		4		0.02	0.00	
Copper, Cu	mg	0.037		1		4		0.077	0.006	
Manganese, Mn	mg	0.007		1		4		0.014	0.001	
Selenium, Se	mcg	4.1		0	FLM	4		8.5	0.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.001		1		4		0.002	0.000	
Riboflavin	mg	0.058		0		1		0.120	0.010	
Niacin	mg	1.000		1		1		2.070	0.170	
Pantothenic acid	mg	0.052		1		4		0.108	0.009	
Vitamin B-6	mg	0.001		1		4		0.002	0.000	
Folate, total	mcg	3		1		4		6	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		1		4		6	1	
Folate, DFE	mcg_DFE	3		0	NC	4		6	1	
Vitamin B-12	mcg	0.01		1		4		0.02	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0	FLM	4		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		1		4		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.025		0		1		0.052	0.004	
Threonine	g	0.099		0		1		0.205	0.017	
Isoleucine	g	0.119		0		1		0.246	0.020	
Leucine	g	0.182		0		1		0.377	0.031	
Lysine	g	0.152		0		1		0.315	0.026	
Methionine	g	0.072		0		1		0.149	0.012	
Cystine	g	0.052		0		1		0.108	0.009	
Phenylalanine	g	0.126		0		1		0.261	0.021	
Tyrosine	g	0.080		0		1		0.166	0.014	
Valine	g	0.138		0		1		0.286	0.023	
Arginine	g	0.139		0		1		0.288	0.024	

NDB No. 19246
Frostings, white, fluffy, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.048		0		1		0.099	0.008	
Alanine.....g	0.152		0		1		0.315	0.026	
Aspartic acid.....g	0.228		0		1		0.472	0.039	
Glutamic acid.....g	0.308		0		1		0.638	0.052	
Glycine.....g	0.154		0		1		0.319	0.026	
Proline.....g	0.133		0		1		0.275	0.023	
Serine.....g	0.151		0		1		0.313	0.026	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 207g: 1 package

Measure 2 = 17g: .083 package

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

Food Group: 19 Sweets

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

NDB No. 19247
Frostings, white, fluffy, dry mix, prepared with 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	35.20		0		1		110.88	9.15	
Energy	kcal	244		0	NC	4		769	63	
Energy	kj	1021				4		3216	265	
Protein (N x 0)	g	1.50		0		1		4.73	0.39	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.60		0		1		1.89	0.16	
Carbohydrate, by difference	g	62.60		0	NC	4		197.19	16.28	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		1		13	1	
Iron, Fe	mg	0.06		0		1		0.19	0.02	
Magnesium, Mg	mg	2		0		1		6	1	
Phosphorus, P	mg	5		0		1		16	1	
Potassium, K	mg	77		0		1		243	20	
Sodium, Na	mg	156		0		1		491	41	
Zinc, Zn	mg	0.02		0		1		0.06	0.01	
Copper, Cu	mg	0.027		0		1		0.085	0.007	
Manganese, Mn	mg	0.005		0		1		0.016	0.001	
Selenium, Se	mcg	2.6		0	RP	4		8.2	0.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.001		0		1		0.003	0.000	
Riboflavin	mg	0.026		0		1		0.082	0.007	
Niacin	mg	0.660		0		1		2.079	0.172	
Pantothenic acid	mg	0.034		0		1		0.107	0.009	
Vitamin B-6	mg	0.001		0		1		0.003	0.000	
Folate, total	mcg	2		0		1		6	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		1		6	1	
Folate, DFE	mcg_DFE	2		0	NC	4		6	1	
Vitamin B-12	mcg	0.01		0		1		0.03	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0	RP	4		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0		1		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.016		0		1		0.050	0.004	
Threonine	g	0.065		0		1		0.205	0.017	
Isoleucine	g	0.079		0		1		0.249	0.021	
Leucine	g	0.120		0		1		0.378	0.031	
Lysine	g	0.100		0		1		0.315	0.026	
Methionine	g	0.048		0		1		0.151	0.012	
Cystine	g	0.034		0		1		0.107	0.009	
Phenylalanine	g	0.083		0		1		0.261	0.022	
Tyrosine	g	0.053		0		1		0.167	0.014	
Valine	g	0.091		0		1		0.287	0.024	
Arginine	g	0.092		0		1		0.290	0.024	

NDB No. 19247
Frostings, white, fluffy, dry mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.032		0		1		0.101	0.008	
Alanine.....g	0.100		0		1		0.315	0.026	
Aspartic acid.....g	0.151		0		1		0.476	0.039	
Glutamic acid.....g	0.203		0		1		0.639	0.053	
Glycine.....g	0.102		0		1		0.321	0.027	
Proline.....g	0.088		0		1		0.277	0.023	
Serine.....g	0.100		0		1		0.315	0.026	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 315g: 1 package yields

Measure 2 = 26g: .083 package

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

Food Group: 19 Sweets

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

NDB No. 19217
Frozen ice novelties, fruit, no sugar 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	93.20		0		4		47.53		
Energy	kcal	24		0		4		12		
Energy	kj	100				4		51		
Protein (N x 5.6)	g	0.50		0		4		0.26		
Total lipid (fat)	g	0.10		0		4		0.05		
Ash	g	0.10		0		4		0.05		
Carbohydrate, by difference	g	6.20		0	NC	4		3.16		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0		4		1		
Iron, Fe	mg	0.13		0		4		0.07		
Magnesium, Mg	mg	2		1		4		1		
Phosphorus, P	mg	0		0		4		0		
Potassium, K	mg	26		0		4		13		
Sodium, Na	mg	5		0		4		3		
Zinc, Zn	mg	0.04		1		4		0.02		
Copper, Cu	mg	0.017		1		4		0.009		
Manganese, Mn	mg	0.021		1		4		0.011		
Selenium, Se	mcg	0.2		0	FLA	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.000		0		4		0.000		
Riboflavin	mg	0.000		0		4		0.000		
Niacin	mg	0.150		0		4		0.077		
Pantothenic acid	mg	0.000		0		4		0.000		
Vitamin B-6	mg	0.000		0		4		0.000		
Folate, total	mcg	0		0		4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, IU	IU	1		0		4		1		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0		4		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 51g: 1 bar

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

NDB No. 19217
Frozen ice novelties, fruit, no sugar added

Food Group: 19 Sweets

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

NDB No. 43450
Frozen juice novelites, juice with cream

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.60				1				
Energy	kcal	133				1				
Energy	kj	556				1				
Protein	g	1.60				1				
Total lipid (fat)	g	2.00				1				
Ash	g	0.10		0	O	4				
Carbohydrate, by difference	g	29.70			NC	4				
Fiber, total dietary	g	0.1				4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	44				1				
Iron, Fe	mg	0.21				1				
Magnesium, Mg	mg	3				4				
Phosphorus, P	mg	8				4				
Potassium, K	mg	99				1				
Sodium, Na	mg	30				1				
Zinc, Zn	mg	0.07				4				
Copper, Cu	mg	0.045				4				
Manganese, Mn	mg									
Selenium, Se	mcg	0.2		0	RA	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.6				1				
Thiamin	mg	0.010				1				
Riboflavin	mg	0.090				1				
Niacin	mg	0.180				1				
Pantothenic acid	mg									
Vitamin B-6	mg	0.040				4				
Folate, total	mcg	5				4				
Folic acid	mcg	0		0	O	4				
Folate, food	mcg	5				4				
Folate, DFE	mcg_DFE	5		0	NC	4				
Vitamin B-12	mcg	0.08				4				
Vitamin A, IU	IU	173		0	O	4				
Vitamin A, RAE	mcg_RAE	20		0	O	4				
Retinol	mcg	13		0	O	4				
Vitamin E	mg_ATE	0.040				4				
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.235				4				
4:0	g	0.065				4				
6:0	g	0.037				4				
8:0	g	0.023				4				
10:0	g	0.049				4				
12:0	g	0.055				4				
13:0	g									
14:0	g	0.200				4				
15:0	g									
16:0	g	0.524				4				
17:0	g									
18:0	g	0.239				4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.578				4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.046				4				

NDB No. 43450
Frozen juice novelites, juice with cream

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.505				4				
20:1 ... g	0.000				4				
22:1 undifferentiated ... g	0.000				4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.083				4				
18:2 undifferentiated ... g	0.056				4				
18:3 undifferentiated ... g	0.029				4				
18:4 ... g	0.000				4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000				4				
20:5 n-3 ... g	0.000				4				
22:5 n-3 ... g	0.000				4				
22:6 n-3 ... g	0.000				4				
Fatty acids, total trans ... g									
Cholesterol ... mg	7				1				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0				7				
Caffeine ... mg	0		0	z	7				
Theobromine ... mg	0		0	z	7				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19263
Frozen juice novelties, fruit and juice bars

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.30		0		4		60.29	72.04	
Energy	kcal	82		0		4		63	75	
Energy	kj	343				4		264	316	
Protein (N x 6.25)	g	1.20		0		4		0.92	1.10	
Total lipid (fat)	g	0.10		0		4		0.08	0.09	
Ash	g	0.20		0		4		0.15	0.18	
Carbohydrate, by difference	g	20.20		0	NC	4		15.55	18.58	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		4		4	5	
Iron, Fe	mg	0.19		0		4		0.15	0.17	
Magnesium, Mg	mg	4		0		4		3	4	
Phosphorus, P	mg	6		0		4		5	6	
Potassium, K	mg	53		0		1		41	49	
Sodium, Na	mg	4		0		1		3	4	
Zinc, Zn	mg	0.05		0		4		0.04	0.05	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg	0.165		0		4		0.127	0.152	
Selenium, Se	mcg	0.2		0	BFSN	4		0.2	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	9.5		0		4		7.3	8.7	
Thiamin	mg	0.011		0		4		0.008	0.010	
Riboflavin	mg	0.018		0		4		0.014	0.017	
Niacin	mg	0.159		0		4		0.122	0.146	
Pantothenic acid	mg	0.040		0		4		0.031	0.037	
Vitamin B-6	mg	0.025		0		4		0.019	0.023	
Folate, total	mcg	6		0		4		5	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		5	6	
Folate, DFE	mcg_DFE	6		0	NC	4		5	6	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	29		0		4		22	27	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		1	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		4		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.030		0		4		0.023	0.028	
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		4		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	

NDB No. 19263
Frozen juice novelties, fruit and juice bars

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.000		0		4		0.000	0.000	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.030		0		4		0.023	0.028	
18:2 undifferentiated ... g	0.020		0		4		0.015	0.018	
18:3 undifferentiated ... g	0.010		0		4		0.008	0.009	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:6 n-3 ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	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 = 77g: 1 bar (2.5 fl oz)

Measure 2 = 92g: 1 bar (3 fl oz)

Calories Factors: **Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 43346
Frozen juice novelties, orange

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	76.10				1		22.68		
Energy	kcal	92				4		27		
Energy	kj	385				4		115		
Protein	g	0.50				1		0.15		
Total lipid (fat)	g	0.00				1		0.00		
Ash	g	0.23		0	FLC	4		0.07		
Carbohydrate, by difference	g	23.10			NC	4		6.88		
Fiber, total dietary	g	0.1				4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9				1		3		
Iron, Fe	mg	0.47				1		0.14		
Magnesium, Mg	mg	8				1		2		
Phosphorus, P	mg	13				1		4		
Potassium, K	mg	100				1		30		
Sodium, Na	mg	8				1		2		
Zinc, Zn	mg	0.02				4		0.01		
Copper, Cu	mg	0.022				4		0.007		
Manganese, Mn	mg									
Selenium, Se	mcg	0.1		0	BFPN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	25.7				1		7.7		
Thiamin	mg	0.010				1		0.003		
Riboflavin	mg	0.030				1		0.009		
Niacin	mg	0.160				1		0.048		
Pantothenic acid	mg									
Vitamin B-6	mg	0.020				4		0.006		
Folate, total	mcg	22				4		7		
Folic acid	mcg	0		0	O	4		0		
Folate, food	mcg	22				4		7		
Folate, DFE	mcg_DFE	22		0	NC	4		7		
Vitamin B-12	mcg	0.00				7		0.00		
Vitamin A, IU	IU	32		0	FLC	4		10		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	0.050				4		0.015		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000				4		0.000		
4:0	g	0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	g	0.000		0		4		0.000		
10:0	g	0.000		0		4		0.000		
12:0	g	0.000		0		4		0.000		
13:0	g									
14:0	g	0.000		0		4		0.000		
15:0	g									
16:0	g	0.000		0		4		0.000		
17:0	g									
18:0	g	0.000		0		4		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000				4		0.000		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000		

NDB No. 43346
Frozen juice novelties, orange

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.000		0		4		0.000		
20:1 g	0.000		0		4		0.000		
22:1 undifferentiated g	0.000		0		4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.000				4		0.000		
18:2 undifferentiated g	0.000		0		4		0.000		
18:3 undifferentiated g	0.000		0		4		0.000		
18:4 g	0.000		0		4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000		
20:5 n-3 g	0.000		0		4		0.000		
22:5 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				7		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0				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 = 29.8g: 1 fl oz

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

Food Group: 19 Sweets

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

NDB No. 42185
Frozen yogurts, chocolate, nonfat milk, with low calorie sweetener

Refuse: 0%

Nutrients and 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	73.50				4		136.71		
Energy	kcal	107				4		199		
Energy	kj	448				4		833		
Protein	g	4.40				4		8.18		
Total lipid (fat)	g	0.80				4		1.49		
Ash	g	1.60		0	O	4		2.98		
Carbohydrate, by difference	g	19.70				4		36.64		
Fiber, total dietary	g	2.0				4		3.7		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	159				4		296		
Iron, Fe	mg	0.04				4		0.07		
Magnesium, Mg	mg	40				4		74		
Phosphorus, P	mg	129				4		240		
Potassium, K	mg	339				4		631		
Sodium, Na	mg	81				4		151		
Zinc, Zn	mg	0.49				4		0.91		
Copper, Cu	mg	0.203				4		0.378		
Manganese, Mn	mg									
Selenium, Se	mcg	2.8		0	BFPN	4		5.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7				4		1.3		
Thiamin	mg	0.040				4		0.074		
Riboflavin	mg	0.180				4		0.335		
Niacin	mg	0.200				4		0.372		
Pantothenic acid	mg									
Vitamin B-6	mg	0.040				4		0.074		
Folate, total	mcg	12				4		22		
Folic acid	mcg	0		0	O	4		0		
Folate, food	mcg	12				4		22		
Folate, DFE	mcg_DFE	12		0	NC	4		22		
Vitamin B-12	mcg	0.49				4		0.91		
Vitamin A, IU	IU	7				4		13		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2		
Retinol	mcg	1		0	O	4		2		
Vitamin E	mg_ATE	0.031				4		0.058		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.505				4		0.939		
4:0	g	0.027				4		0.050		
6:0	g	0.009				4		0.017		
8:0	g	0.009				4		0.017		
10:0	g	0.018				4		0.033		
12:0	g	0.009				4		0.017		
13:0	g									
14:0	g	0.071				4		0.132		
15:0	g									
16:0	g	0.241				4		0.448		
17:0	g									
18:0	g	0.104				4		0.193		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.214				4		0.398		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.018				4		0.033		

NDB No. 42185
Frozen yogurts, chocolate, nonfat milk, with low calorie sweetener

Nutrients and 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	0.187				4		0.348		
20:1 ... g	0.000				4		0.000		
22:1 undifferentiated ... g	0.000				4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.030				4		0.056		
18:2 undifferentiated ... g	0.021				4		0.039		
18:3 undifferentiated ... g	0.009				4		0.017		
18:4 ... g	0.000				4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000				4		0.000		
20:5 n-3 ... g	0.000				4		0.000		
22:5 n-3 ... g	0.000				4		0.000		
22:6 n-3 ... g	0.000				4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	4				4		7		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0				7		0.0		
Caffeine ... mg	3		0	BFZN	4		6		
Theobromine ... mg	106		0	BFZN	4		197		

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

Common Measures:

Measure 1 = 186g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 19393
Frozen yogurts, chocolate, soft-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.80	0.389	3		1		45.94		
Energy	kcal	160		0		4		115		
Energy	kj	669				4		482		
Protein (N x 6.2)	g	4.00	0.127	3		1		2.88		
Total lipid (fat)	g	6.00	0.084	3		1		4.32		
Ash	g	1.00	0.023	3		1		0.72		
Carbohydrate, by difference	g	24.90		0	NC	4		17.93		
Fiber, total dietary	g	2.2		0		4		1.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	147	2.421	3		1		106		
Iron, Fe	mg	1.25		1		4		0.90		
Magnesium, Mg	mg	27		2		1		19		
Phosphorus, P	mg	139		2		1		100		
Potassium, K	mg	261		2		1		188		
Sodium, Na	mg	98	3.821	3		1		71		
Zinc, Zn	mg	0.49		2		1		0.35		
Copper, Cu	mg	0.131		2		1		0.094		
Manganese, Mn	mg	0.121		2		1		0.087		
Selenium, Se	mcg	2.4		0	FLA	4		1.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		2		1		0.2		
Thiamin	mg	0.036		2		1		0.026		
Riboflavin	mg	0.211	0.020	3		1		0.152		
Niacin	mg	0.305		2		1		0.220		
Pantothenic acid	mg	0.674		2		1		0.485		
Vitamin B-6	mg	0.074		2		1		0.053		
Folate, total	mcg	11		2		1		8		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	11		2		1		8		
Folate, DFE	mcg_DFE	11		0	NC	4		8		
Vitamin B-12	mcg	0.29		2		1		0.21		
Vitamin A, IU	IU	160		1		4		115		
Vitamin A, RAE	mcg_RAE	44		0	NC	4		32		
Retinol	mcg	43		0	O	4		31		
Vitamin E	mg_ATE	0.135		0	FLA	4		0.097		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.630		0		1		2.614		
4:0	g	0.160		1		1		0.115		
6:0	g	0.090		1		1		0.065		
8:0	g	0.050		1		1		0.036		
10:0	g	0.120		1		1		0.086		
12:0	g	0.130		1		1		0.094		
13:0	g									
14:0	g	0.500		1		1		0.360		
15:0	g									
16:0	g	1.610		1		1		1.159		
17:0	g									
18:0	g	0.960		1		1		0.691		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.750		0		1		1.260		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.110		1		1		0.079		

NDB No. 19393
Frozen yogurts, chocolate, soft-serve

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	1.640		1		1		1.181		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.220		0		1		0.158		
18:2 undifferentiated ... g	0.140		1		1		0.101		
18:3 undifferentiated ... g	0.070		1		1		0.050		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	5		2		1		4		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.056		0		1		0.040		
Threonine ... g	0.171		0		1		0.123		
Isoleucine ... g	0.214		0		1		0.154		
Leucine ... g	0.344		0		1		0.248		
Lysine ... g	0.279		0		1		0.201		
Methionine ... g	0.083		0		1		0.060		
Cystine ... g	0.040		0		1		0.029		
Phenylalanine ... g	0.189		0		1		0.136		
Tyrosine ... g	0.178		0		1		0.128		
Valine ... g	0.256		0		1		0.184		
Arginine ... g	0.164		0		1		0.118		
Histidine ... g	0.096		0		1		0.069		
Alanine ... g	0.147		0		1		0.106		
Aspartic acid ... g	0.323		0		1		0.233		
Glutamic acid ... g	0.758		0		1		0.546		
Glycine ... g	0.108		0		1		0.078		
Proline ... g	0.321		0		1		0.231		
Serine ... g	0.201		0		1		0.145		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
Caffeine ... mg	3		0	FLA	4		2		
Theobromine ... mg	106		0	FLA	4		76		

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

Common Measures:

Measure 1 = 72g: .5 cup (4 fl oz)

Calories Factors: **Protein** 3.6 **Fat** 8.7 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19293
Frozen yogurts, vanilla, soft-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.30	0.386	8		1		47.02		
Energy	kcal	159		0	NC	4		114		
Energy	kj	665				4		479		
Protein (N x 6.4)	g	4.00	0.119	8		1		2.88		
Total lipid (fat)	g	5.60	0.120	8		1		4.03		
Ash	g	0.90	0.017	8		1		0.65		
Carbohydrate, by difference	g	24.20		0	NC	4		17.42		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	143	4.303	8		1		103		
Iron, Fe	mg	0.30		1		1		0.22		
Magnesium, Mg	mg	14	0.273	3		1		10		
Phosphorus, P	mg	129	3.055	3		1		93		
Potassium, K	mg	211	10.899	3		1		152		
Sodium, Na	mg	87	4.037	8		1		63		
Zinc, Zn	mg	0.42		2		1		0.30		
Copper, Cu	mg	0.040		2		1		0.029		
Manganese, Mn	mg	0.009		1		4		0.006		
Selenium, Se	mcg	2.5		0	BFPN	4		1.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		2		1		0.6		
Thiamin	mg	0.037	0.007	3		1		0.027		
Riboflavin	mg	0.224	0.007	8		1		0.161		
Niacin	mg	0.287	0.003	3		1		0.207		
Pantothenic acid	mg	0.645		1		1		0.464		
Vitamin B-6	mg	0.080		2		1		0.058		
Folate, total	mcg	6		2		1		4		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	6		2		1		4		
Folate, DFE	mcg_DFE	6		0	NC	4		4		
Vitamin B-12	mcg	0.29		2		1		0.21		
Vitamin A, IU	IU	212	8.609	3		1		153		
Vitamin A, RAE	mcg_RAE	57		0	NC	4		41		
Retinol	mcg	55		0	O	4		40		
Vitamin E	mg_ATE	0.050		0		1		0.036		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.420		0		1		2.462		
4:0	g	0.180		1		1		0.130		
6:0	g	0.100		1		1		0.072		
8:0	g	0.060		1		1		0.043		
10:0	g	0.140		1		1		0.101		
12:0	g	0.160		1		1		0.115		
13:0	g									
14:0	g	0.570		1		1		0.410		
15:0	g									
16:0	g	1.520		1		1		1.094		
17:0	g									
18:0	g	0.680		1		1		0.490		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.590		0		1		1.145		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.130		1		1		0.094		

NDB No. 19293
Frozen yogurts, vanilla, soft-serve

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	1.460		1		1		1.051		
20:1 ....g	0.000		0		1		0.000		
22:1 undifferentiated ....g	0.000		0		1		0.000		
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.210		0		1		0.151		
18:2 undifferentiated ....g	0.130		1		1		0.094		
18:3 undifferentiated ....g	0.080		1		1		0.058		
18:4 ....g	0.000		0		1		0.000		
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0		1		0.000		
20:5 n-3 ....g	0.000		0		1		0.000		
22:5 n-3 ....g	0.000		0		1		0.000		
22:6 n-3 ....g	0.000		0		1		0.000		
Fatty acids, total trans ....g									
Cholesterol ....mg	2		2		1		1		
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.053		0		1		0.038		
Threonine ....g	0.169		0		1		0.122		
Isoleucine ....g	0.228		0		1		0.164		
Leucine ....g	0.368		0		1		0.265		
Lysine ....g	0.298		0		1		0.215		
Methionine ....g	0.094		0		1		0.068		
Cystine ....g	0.035		0		1		0.025		
Phenylalanine ....g	0.181		0		1		0.130		
Tyrosine ....g	0.181		0		1		0.130		
Valine ....g	0.252		0		1		0.181		
Arginine ....g	0.136		0		1		0.098		
Histidine ....g	0.102		0		1		0.073		
Alanine ....g	0.129		0		1		0.093		
Aspartic acid ....g	0.285		0		1		0.205		
Glutamic acid ....g	0.786		0		1		0.566		
Glycine ....g	0.080		0		1		0.058		
Proline ....g	0.364		0		1		0.262		
Serine ....g	0.204		0		1		0.147		
Hydroxyproline ....g									
Others:									
Alcohol, ethyl ....g	0.0		0		7		0.0		
Caffeine ....mg	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 = 72g: .5 cup

Calories Factors: **Protein** 4.3 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19294
Fruit butters, apple

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	56.45		1	MA	12		159.19	9.60	
Energy	kcal	173		0	MC	9		488	29	
Energy	kj	724				9		2041	123	
Protein	g	0.39		1	MA	12		1.10	0.07	
Total lipid (fat)	g	0.00		0	MC	9		0.00	0.00	
Ash	g	0.39		1	MA	12		1.10	0.07	
Carbohydrate, by difference	g	42.77		0	MC	9		120.61	7.27	
Fiber, total dietary	g	1.5		1	MA	12		4.2	0.3	
Sugars, total	g	35.30		1	MA	12		99.55	6.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	14		1	MA	12		39	2	
Iron, Fe	mg	0.31		1	MA	12		0.87	0.05	
Magnesium, Mg	mg	5		0	FLC	4		14	1	
Phosphorus, P	mg	10		0	FLC	4		28	2	
Potassium, K	mg	91		0	FLC	4		257	15	
Sodium, Na	mg	4		0	FLC	4		11	1	
Zinc, Zn	mg	0.06		1		1		0.17	0.01	
Copper, Cu	mg	0.080		1		1		0.226	0.014	
Manganese, Mn	mg	0.338		0	FLC	4		0.953	0.057	
Selenium, Se	mcg	0.6		0	FLC	4		1.7	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	FLC	4		2.0	0.1	
Thiamin	mg	0.016		0	FLC	4		0.045	0.003	
Riboflavin	mg	0.022		0	FLC	4		0.062	0.004	
Niacin	mg	0.112		0	FLC	4		0.316	0.019	
Pantothenic acid	mg	0.059		0	FLC	4		0.166	0.010	
Vitamin B-6	mg	0.051		0	FLC	4		0.144	0.009	
Folate, total	mcg	1		0	FLC	4		3	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0	FLC	4		3	0	
Folate, DFE	mcg_DFE	1		0	NC	4		3	0	
Vitamin B-12	mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, IU	IU	118		1	MA	12		333	20	
Vitamin A, RAE	mcg_RAE	6		0	NC	4		17	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.012		0	FLC	4		0.034	0.002	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	FLM	4		0.000	0.000	
4:0	g	0.000		0	FLC	4		0.000	0.000	
6:0	g	0.000		0	FLC	4		0.000	0.000	
8:0	g	0.000		0	FLC	4		0.000	0.000	
10:0	g	0.000		0	FLC	4		0.000	0.000	
12:0	g	0.000		0	FLM	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	FLM	4		0.000	0.000	
15:0	g									
16:0	g	0.000		0	FLM	4		0.000	0.000	
17:0	g									
18:0	g	0.000		0	FLM	4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0	FLM	4		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	FLM	4		0.000	0.000	

NDB No. 19294
Fruit butters, apple

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

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

Common Measures:

Measure 1 = 282g: 1 cup

Measure 2 = 17g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19291

Gelatin desserts, KRAFT, JELL-O Brand Sugar Free Low Calorie Gelatin Snacks Strawberry, with aspartame and acesulfame potassium sweetener, ready-to-eat

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	97.80		0	MC	9		89.98		
Energy....kcal	8		0	MC	9		7		
Energy....kj	33				9		31		
Protein....g	1.40		0	MC	9		1.29		
Total lipid (fat)....g	0.00		0	NR	4		0.00		
Ash....g	0.00		0	MC	9		0.00		
Carbohydrate, by difference....g	0.00		0	MC	9		0.00		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	0.00		0	MC	9		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	MC	9		0		
Iron, Fe....mg	0.03		0	MC	9		0.03		
Magnesium, Mg....mg									
Phosphorus, P....mg	0		0	MC	9		0		
Potassium, K....mg	3		0	MC	9		3		
Sodium, Na....mg	49		0	MC	9		45		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Vitamin B-12....mcg									
Vitamin A, IU....IU	0		0	MC	9		0		
Vitamin A, RAE....mcg_RAE									
Vitamin E....mg_ATE									
Vitamin D....IU									
Lipids:									
Fatty acids, total saturated....g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

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

Common Measures:

Measure 1 = 92g: 1 NLEA Serving

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

Food Group: 19 Sweets

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

NDB No. 19172
Gelatin desserts, dry mix

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	0.029	84		1		0.85	0.21	
Energy	kcal	381		0		4		324	80	
Energy	kj	1594				4		1355	335	
Protein (N x 5.55)	g	7.80	0.031	84		1		6.63	1.64	
Total lipid (fat)	g	0.00		1		4		0.00	0.00	
Ash	g	0.70	0.016	84		1		0.60	0.15	
Carbohydrate, by difference	g	90.50		0	NC	4		76.93	19.01	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3	0.102	9		1		3	1	
Iron, Fe	mg	0.15		1		4		0.13	0.03	
Magnesium, Mg	mg	2		1		4		2	0	
Phosphorus, P	mg	142		1		4		121	30	
Potassium, K	mg	7	0.966	17		1		6	1	
Sodium, Na	mg	254		0		4		216	53	
Zinc, Zn	mg	0.01		2		1		0.01	0.00	
Copper, Cu	mg	0.118		1		1		0.100	0.025	
Manganese, Mn	mg	0.016		1		4		0.014	0.003	
Selenium, Se	mcg	6.7		1	A	1		5.7	1.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.002		1		4		0.002	0.000	
Riboflavin	mg	0.021		1		4		0.018	0.004	
Niacin	mg	0.008		1		4		0.007	0.002	
Pantothenic acid	mg	0.011		1		4		0.009	0.002	
Vitamin B-6	mg	0.010		1		4		0.009	0.002	
Folate, total	mcg	3		1		4		3	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		1		4		3	1	
Folate, DFE	mcg_DFE	3		0	NC	4		3	1	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		7		0.000	0.000	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		7		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	

NDB No. 19172
Gelatin desserts, dry mix

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.000		0		4		0.000	0.000	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		7		0.000	0.000	
18:2 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:6 n-3 ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	
Threonine ... g	0.151		0		1		0.128	0.032	
Isoleucine ... g	0.118		0		1		0.100	0.025	
Leucine ... g	0.251		0		1		0.213	0.053	
Lysine ... g	0.354		0		1		0.301	0.074	
Methionine ... g	0.062		0		1		0.053	0.013	
Cystine ... g	0.000		0		1		0.000	0.000	
Phenylalanine ... g	0.177		0		1		0.150	0.037	
Tyrosine ... g	0.031		0		1		0.026	0.007	
Valine ... g	0.213		0		1		0.181	0.045	
Arginine ... g	0.676		0		1		0.575	0.142	
Histidine ... g	0.068		0		1		0.058	0.014	
Alanine ... g	0.818		0		1		0.695	0.172	
Aspartic acid ... g	0.538		0		1		0.457	0.113	
Glutamic acid ... g	0.894		0		1		0.760	0.188	
Glycine ... g	1.947		0		1		1.655	0.409	
Proline ... g	1.256		0		1		1.068	0.264	
Serine ... g	0.266		0		1		0.226	0.056	
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 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19173
Gelatin desserts, dry mix, prepared with 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	84.60		0		1		456.84	114.21	456.84
Energy	kcal	59		0	NC	4		319	80	319
Energy	kj	247				4		1333	333	1333
Protein	g	1.20		0		1		6.48	1.62	6.48
Total lipid (fat)	g	0.00		0		1		0.00	0.00	0.00
Ash	g	0.20		0		1		1.08	0.27	1.08
Carbohydrate, by difference	g	14.00		0	NC	4		75.60	18.90	75.60
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0		1		11	3	11
Iron, Fe	mg	0.03		0		1		0.16	0.04	0.16
Magnesium, Mg	mg	1		0		1		5	1	5
Phosphorus, P	mg	22		0		1		119	30	119
Potassium, K	mg	1		0		1		5	1	5
Sodium, Na	mg	42		0		1		227	57	227
Zinc, Zn	mg	0.03		0		1		0.16	0.04	0.16
Copper, Cu	mg	0.024		0		1		0.130	0.032	0.130
Manganese, Mn	mg	0.003		0		1		0.016	0.004	0.016
Selenium, Se	mcg	0.3		2	A	1		1.6	0.4	1.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.000		0		1		0.000	0.000	0.000
Riboflavin	mg	0.003		0		1		0.016	0.004	0.016
Niacin	mg	0.001		0		1		0.005	0.001	0.005
Pantothenic acid	mg	0.002		0		1		0.011	0.003	0.011
Vitamin B-6	mg	0.002		0		1		0.011	0.003	0.011
Folate, total	mcg	0		0		1		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		1		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	0.000
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		7		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000

NDB No. 19173
Gelatin desserts, dry mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.000		0		1		0.000	0.000	0.000
Threonine g	0.023		0		1		0.124	0.031	0.124
Isoleucine g	0.018		0		1		0.097	0.024	0.097
Leucine g	0.039		0		1		0.211	0.053	0.211
Lysine g	0.055		0		1		0.297	0.074	0.297
Methionine g	0.010		0		1		0.054	0.014	0.054
Cystine g	0.000		0		1		0.000	0.000	0.000
Phenylalanine g	0.027		0		1		0.146	0.036	0.146
Tyrosine g	0.005		0		1		0.027	0.007	0.027
Valine g	0.033		0		1		0.178	0.045	0.178
Arginine g	0.105		0		1		0.567	0.142	0.567
Histidine g	0.010		0		1		0.054	0.014	0.054
Alanine g	0.127		0		1		0.686	0.171	0.686
Aspartic acid g	0.083		0		1		0.448	0.112	0.448
Glutamic acid g	0.138		0		1		0.745	0.186	0.745
Glycine g	0.301		0		1		1.625	0.406	1.625
Proline g	0.194		0		1		1.048	0.262	1.048
Serine g	0.041		0		1		0.221	0.055	0.221
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	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 = 540g: 1 package (3 oz) yields

Measure 2 = 135g: .5 cup

Measure 3 = 540g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19175
Gelatin desserts, dry mix, reduced calorie, with aspartame

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	6.70		0		4		0.60	0.67	0.17
Energy	kcal	345		0		4		31	35	9
Energy	kj	1443				4		130	144	36
Protein (N x 5.55)	g	55.30		0		4		4.98	5.53	1.38
Total lipid (fat)	g	0.00		1		4		0.00	0.00	0.00
Ash	g	4.70		0		4		0.42	0.47	0.12
Carbohydrate, by difference	g	33.30		0	NC	4		3.00	3.33	0.83
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0		4		0	0	0
Iron, Fe	mg	0.02		1		4		0.00	0.00	0.00
Magnesium, Mg	mg	1		0		4		0	0	0
Phosphorus, P	mg	1293		0		4		116	129	32
Potassium, K	mg	14	1.459	7		1		1	1	0
Sodium, Na	mg	2165		0		4		195	217	54
Zinc, Zn	mg	0.07		1		4		0.01	0.01	0.00
Copper, Cu	mg	1.016		1		4		0.091	0.102	0.025
Manganese, Mn	mg	0.049		1		4		0.004	0.005	0.001
Selenium, Se	mcg	25.5		0	BFPN	4		2.3	2.6	0.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.012		1		4		0.001	0.001	0.000
Riboflavin	mg	0.108		1		4		0.010	0.011	0.003
Niacin	mg	0.040		1		4		0.004	0.004	0.001
Pantothenic acid	mg	0.059		1		4		0.005	0.006	0.001
Vitamin B-6	mg	0.049		1		4		0.004	0.005	0.001
Folate, total	mcg	14		1		4		1	1	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	14		1		4		1	1	0
Folate, DFE	mcg_DFE	14		0	NC	4		1	1	0
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	0.000
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		7		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000

NDB No. 19175
Gelatin desserts, dry mix, reduced calorie, with aspartame

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.000		0		1		0.000	0.000	0.000
Threonine g	1.066		0		1		0.096	0.107	0.027
Isoleucine g	0.837		0		1		0.075	0.084	0.021
Leucine g	1.774		0		1		0.160	0.177	0.044
Lysine g	2.501		0		1		0.225	0.250	0.063
Methionine g	0.439		0		1		0.040	0.044	0.011
Cystine g	0.000		0		1		0.000	0.000	0.000
Phenylalanine g	1.256		0		1		0.113	0.126	0.031
Tyrosine g	0.219		0		1		0.020	0.022	0.005
Valine g	1.505		0		1		0.135	0.151	0.038
Arginine g	4.784		0		1		0.431	0.478	0.120
Histidine g	0.478		0		1		0.043	0.048	0.012
Alanine g	5.790		0		1		0.521	0.579	0.145
Aspartic acid g	3.807		0		1		0.343	0.381	0.095
Glutamic acid g	6.328		0		1		0.570	0.633	0.158
Glycine g	13.773		0		1		1.240	1.377	0.344
Proline g	8.890		0		1		0.800	0.889	0.222
Serine g	1.884		0		1		0.170	0.188	0.047
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	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 = 9.0g: 1 tbsp

Measure 2 = 10.0g: 1 package (0.35 oz)

Measure 3 = 2.5g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19703

Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C

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	6.70		0		4		0.60	0.67	0.17
Energy	kcal	345		0		4		31	35	9
Energy	kj	1443				4		130	144	36
Protein (N x 5.55)	g	55.30		0		4		4.98	5.53	1.38
Total lipid (fat)	g	0.00		1		4		0.00	0.00	0.00
Ash	g	4.70		0		4		0.42	0.47	0.12
Carbohydrate, by difference	g	33.30		0	NC	4		3.00	3.33	0.83
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0		4		0	0	0
Iron, Fe	mg	0.02		1		4		0.00	0.00	0.00
Magnesium, Mg	mg	1		0		4		0	0	0
Phosphorus, P	mg	0		0		1		0	0	0
Potassium, K	mg	1985		0		1		179	199	50
Sodium, Na	mg	2751		0		1		248	275	69
Zinc, Zn	mg	0.07		1		4		0.01	0.01	0.00
Copper, Cu	mg	1.016		1		4		0.091	0.102	0.025
Manganese, Mn	mg	0.049		1		4		0.004	0.005	0.001
Selenium, Se	mcg	25.5		0	BFPN	4		2.3	2.6	0.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	490.0		0		1		44.1	49.0	12.3
Thiamin	mg	0.012		1		4		0.001	0.001	0.000
Riboflavin	mg	0.108		1		4		0.010	0.011	0.003
Niacin	mg	0.040		1		4		0.004	0.004	0.001
Pantothenic acid	mg	0.059		1		4		0.005	0.006	0.001
Vitamin B-6	mg	0.049		1		4		0.004	0.005	0.001
Folate, total	mcg	14		1		4		1	1	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	14		1		4		1	1	0
Folate, DFE	mcg_DFE	14		0	NC	4		1	1	0
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0		4		0	0	0
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.000		0		1		0.000	0.000	0.000
Threonine	g	1.066		0		1		0.096	0.107	0.027
Isoleucine	g	0.837		0		1		0.075	0.084	0.021
Leucine	g	1.774		0		1		0.160	0.177	0.044
Lysine	g	2.501		0		1		0.225	0.250	0.063
Methionine	g	0.439		0		1		0.040	0.044	0.011
Cystine	g	0.000		0		1		0.000	0.000	0.000
Phenylalanine	g	1.256		0		1		0.113	0.126	0.031
Tyrosine	g	0.219		0		1		0.020	0.022	0.005
Valine	g	1.505		0		1		0.135	0.151	0.038
Arginine	g	4.784		0		1		0.431	0.478	0.120

NDB No. 19703

Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine....g	0.478		0		1		0.043	0.048	0.012
Alanine....g	5.790		0		1		0.521	0.579	0.145
Aspartic acid....g	3.807		0		1		0.343	0.381	0.095
Glutamic acid....g	6.328		0		1		0.570	0.633	0.158
Glycine....g	13.773		0		1		1.240	1.377	0.344
Proline....g	8.890		0		1		0.800	0.889	0.222
Serine....g	1.884		0		1		0.170	0.188	0.047
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
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 = 9.0g: 1 tbsp

Measure 2 = 10.0g: 1 package (0.35 oz)

Measure 3 = 2.5g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19704

Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.70		0		4		0.60	0.67	0.17
Energy	kcal	345		0		4		31	35	9
Energy	kj	1443				4		130	144	36
Protein (N x 5.55)	g	55.30		0		4		4.98	5.53	1.38
Total lipid (fat)	g	0.00		1		4		0.00	0.00	0.00
Ash	g	4.70		0		4		0.42	0.47	0.12
Carbohydrate, by difference	g	33.30		0	NC	4		3.00	3.33	0.83
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0		4		0	0	0
Iron, Fe	mg	0.02		1		4		0.00	0.00	0.00
Magnesium, Mg	mg	1		0		4		0	0	0
Phosphorus, P	mg	1293		0		4		116	129	32
Potassium, K	mg	14	1.459	7		1		1	1	0
Sodium, Na	mg	158		0		1		14	16	4
Zinc, Zn	mg	0.07		1		4		0.01	0.01	0.00
Copper, Cu	mg	1.016		1		4		0.091	0.102	0.025
Manganese, Mn	mg	0.049		1		4		0.004	0.005	0.001
Selenium, Se	mcg	25.5		0	BFPN	4		2.3	2.6	0.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.012		1		4		0.001	0.001	0.000
Riboflavin	mg	0.108		1		4		0.010	0.011	0.003
Niacin	mg	0.040		1		4		0.004	0.004	0.001
Pantothenic acid	mg	0.059		1		4		0.005	0.006	0.001
Vitamin B-6	mg	0.049		1		4		0.004	0.005	0.001
Folate, total	mcg	14		1		4		1	1	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	14		1		4		1	1	0
Folate, DFE	mcg_DFE	14		0	NC	4		1	1	0
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0		4		0	0	0
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.000		0		1		0.000	0.000	0.000
Threonine	g	1.066		0		1		0.096	0.107	0.027
Isoleucine	g	0.837		0		1		0.075	0.084	0.021
Leucine	g	1.774		0		1		0.160	0.177	0.044
Lysine	g	2.501		0		1		0.225	0.250	0.063
Methionine	g	0.439		0		1		0.040	0.044	0.011
Cystine	g	0.000		0		1		0.000	0.000	0.000
Phenylalanine	g	1.256		0		1		0.113	0.126	0.031
Tyrosine	g	0.219		0		1		0.020	0.022	0.005
Valine	g	1.505		0		1		0.135	0.151	0.038
Arginine	g	4.784		0		1		0.431	0.478	0.120

NDB No. 19704

Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine....g	0.478		0		1		0.043	0.048	0.012
Alanine....g	5.790		0		1		0.521	0.579	0.145
Aspartic acid....g	3.807		0		1		0.343	0.381	0.095
Glutamic acid....g	6.328		0		1		0.570	0.633	0.158
Glycine....g	13.773		0		1		1.240	1.377	0.344
Proline....g	8.890		0		1		0.800	0.889	0.222
Serine....g	1.884		0		1		0.170	0.188	0.047
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
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 = 9.0g: 1 tbsp

Measure 2 = 10.0g: 1 package (0.35 oz)

Measure 3 = 2.5g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19176

Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with 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	98.00		0		1		114.66	459.62	
Energy	kcal	7		0	NC	4		8	33	
Energy	kj	29				4		34	137	
Protein	g	1.10		0		1		1.29	5.16	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.20		0		1		0.23	0.94	
Carbohydrate, by difference	g	0.70		0	NC	4		0.82	3.28	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0		1		2	9	
Iron, Fe	mg	0.01		0		1		0.01	0.05	
Magnesium, Mg	mg	1		0		1		1	5	
Phosphorus, P	mg	27		0		1		32	127	
Potassium, K	mg	0		0		1		0	0	
Sodium, Na	mg	48		0		1		56	225	
Zinc, Zn	mg	0.03		0		1		0.04	0.14	
Copper, Cu	mg	0.027		0		1		0.032	0.127	
Manganese, Mn	mg	0.002		0		1		0.002	0.009	
Selenium, Se	mcg	0.5		0	BFPN	4		0.6	2.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.000		0		1		0.000	0.000	
Riboflavin	mg	0.002		0		1		0.002	0.009	
Niacin	mg	0.001		0		1		0.001	0.005	
Pantothenic acid	mg	0.001		0		1		0.001	0.005	
Vitamin B-6	mg	0.001		0		1		0.001	0.005	
Folate, total	mcg	0		0		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		7		0.000	0.000	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		7		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	

NDB No. 19176

Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		7		0.000	0.000	
18:2 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:6 n-3 ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	
Threonine ... g	0.022		0		1		0.026	0.103	
Isoleucine ... g	0.017		0		1		0.020	0.080	
Leucine ... g	0.037		0		1		0.043	0.174	
Lysine ... g	0.052		0		1		0.061	0.244	
Methionine ... g	0.009		0		1		0.011	0.042	
Cystine ... g	0.000		0		1		0.000	0.000	
Phenylalanine ... g	0.026		0		1		0.030	0.122	
Tyrosine ... g	0.005		0		1		0.006	0.023	
Valine ... g	0.031		0		1		0.036	0.145	
Arginine ... g	0.099		0		1		0.116	0.464	
Histidine ... g	0.010		0		1		0.012	0.047	
Alanine ... g	0.119		0		1		0.139	0.558	
Aspartic acid ... g	0.078		0		1		0.091	0.366	
Glutamic acid ... g	0.130		0		1		0.152	0.610	
Glycine ... g	0.284		0		1		0.332	1.332	
Proline ... g	0.183		0		1		0.214	0.858	
Serine ... g	0.039		0		1		0.046	0.183	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	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 = 117g: .5 cup

Measure 2 = 469g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19702

Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.00	0.029	84		1		0.85	0.21	
Energy	kcal	381		0		4		324	80	
Energy	kj	1594				4		1355	335	
Protein (N x 5.55)	g	7.80	0.031	84		1		6.63	1.64	
Total lipid (fat)	g	0.00		1		4		0.00	0.00	
Ash	g	0.70	0.016	84		1		0.60	0.15	
Carbohydrate, by difference	g	90.50		0	NC	4		76.93	19.01	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3	0.102	9		1		3	1	
Iron, Fe	mg	0.15		1		4		0.13	0.03	
Magnesium, Mg	mg	2		1		4		2	0	
Phosphorus, P	mg	142		1		4		121	30	
Potassium, K	mg	7	0.966	17		1		6	1	
Sodium, Na	mg	491		0		1		417	103	
Zinc, Zn	mg	0.01		2		1		0.01	0.00	
Copper, Cu	mg	0.118		1		1		0.100	0.025	
Manganese, Mn	mg	0.016		1		4		0.014	0.003	
Selenium, Se	mcg	3.6		0	BFPN	4		3.1	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	62.8		0		1		53.4	13.2	
Thiamin	mg	0.002		1		4		0.002	0.000	
Riboflavin	mg	0.021		1		4		0.018	0.004	
Niacin	mg	0.008		1		4		0.007	0.002	
Pantothenic acid	mg	0.011		1		4		0.009	0.002	
Vitamin B-6	mg	0.010		1		4		0.009	0.002	
Folate, total	mcg	3		1		4		3	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		1		4		3	1	
Folate, DFE	mcg_DFE	3		0	NC	4		3	1	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		1		4		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.000		0		1		0.000	0.000	
Threonine	g	0.151		0		1		0.128	0.032	
Isoleucine	g	0.118		0		1		0.100	0.025	
Leucine	g	0.251		0		1		0.213	0.053	
Lysine	g	0.354		0		1		0.301	0.074	
Methionine	g	0.062		0		1		0.053	0.013	
Cystine	g	0.000		0		1		0.000	0.000	
Phenylalanine	g	0.177		0		1		0.150	0.037	
Tyrosine	g	0.031		0		1		0.026	0.007	
Valine	g	0.213		0		1		0.181	0.045	
Arginine	g	0.676		0		1		0.575	0.142	

NDB No. 19702

Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine....g	0.068		0		1		0.058	0.014	
Alanine....g	0.818		0		1		0.695	0.172	
Aspartic acid....g	0.538		0		1		0.457	0.113	
Glutamic acid....g	0.894		0		1		0.760	0.188	
Glycine....g	1.947		0		1		1.655	0.409	
Proline....g	1.256		0		1		1.068	0.264	
Serine....g	0.266		0		1		0.226	0.056	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
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 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19290

Gelatin desserts,, KRAFT, JELL-O Brand Sugar Free Low Calorie Gelatin Dessert Strawberry, with aspartame and acesulfame potassium sweetener, powder

Kraft Foods, Inc.

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	6.60		0	MC	9		0.17		
Energy....kcal	333		0	MC	9		8		
Energy....kj	1393				9		35		
Protein....g	56.80		0	MC	9		1.42		
Total lipid (fat)....g	0.10		0	NR	4		0.00		
Ash....g	7.10		0	MC	9		0.18		
Carbohydrate, by difference (1) ....g	4.90		0	MC	9		0.12		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	0.10		0	MC	9		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0	MC	9		1		
Iron, Fe....mg	1.17		0	MC	9		0.03		
Magnesium, Mg....mg									
Phosphorus, P....mg	1361		0	MC	9		34		
Potassium, K....mg	18		0	MC	9		0		
Sodium, Na....mg	2282		0	MC	9		57		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Vitamin B-12....mcg									
Vitamin A, IU....IU	0		0	MC	9		0		
Vitamin A, RAE....mcg_RAE									
Vitamin E....mg_ATE									
Vitamin D....IU									
Lipids:									
Fatty acids, total saturated....g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	1		0	MC	9		0		
Phytosterols....mg									

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

Common Measures:

Measure 1 = 2.5g: 1 NLEA Serving

Footnotes

1 Contains other proximate components such as acids.

Calories Factors: Protein Fat Carbohydrate

NDB No. 19290

Gelatin desserts,, KRAFT, JELL-O Brand Sugar Free Low Calorie Gelatin Dessert Strawberry, with aspartame and acesulfame potassium sweetener, powder

Food Group: 19 Sweets

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

NDB No. 19177
Gelatins, dry powder, unsweetened

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	13.00		1		4		0.91	3.64	
Energy	kcal	335		0		4		23	94	
Energy	kj	1402				4		98	392	
Protein (N x 5.55)	g	85.60		1		4		5.99	23.97	
Total lipid (fat)	g	0.10		1		4		0.01	0.03	
Ash	g	1.30		1		4		0.09	0.36	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	55		2		1		4	15	
Iron, Fe	mg	1.11		2		1		0.08	0.31	
Magnesium, Mg	mg	22		2		1		2	6	
Phosphorus, P	mg	39		2		1		3	11	
Potassium, K	mg	16		2		1		1	4	
Sodium, Na	mg	196		2		1		14	55	
Zinc, Zn	mg	0.14		2		1		0.01	0.04	
Copper, Cu	mg	2.161		2		1		0.151	0.605	
Manganese, Mn	mg	0.105		2		1		0.007	0.029	
Selenium, Se	mcg	39.5		1	A	1		2.8	11.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2		1		0.0	0.0	
Thiamin	mg	0.025		2		1		0.002	0.007	
Riboflavin	mg	0.230		2		1		0.016	0.064	
Niacin	mg	0.085		2		1		0.006	0.024	
Pantothenic acid	mg	0.125		2		1		0.009	0.035	
Vitamin B-6	mg	0.007		1		4		0.000	0.002	
Folate, total	mcg	30		2		1		2	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	30		2		1		2	8	
Folate, DFE	mcg_DFE	30		0	NC	4		2	8	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		2		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.070		0		1		0.005	0.020	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		1		1		0.000	0.000	
13:0	g									
14:0	g	0.010		1		1		0.001	0.003	
15:0	g									
16:0	g	0.040		1		1		0.003	0.011	
17:0	g									
18:0	g	0.030		1		1		0.002	0.008	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.060		0		1		0.004	0.017	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		1		1		0.001	0.003	

NDB No. 19177
Gelatins, dry powder, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.050		1		1		0.004	0.014	
20:1 ... g	0.000		1		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.010		0		1		0.001	0.003	
18:2 undifferentiated ... g	0.000		1		1		0.000	0.000	
18:3 undifferentiated ... g	0.000		1		1		0.000	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	
Threonine ... g	1.475		0		1		0.103	0.413	
Isoleucine ... g	1.158		0		1		0.081	0.324	
Leucine ... g	2.454		0		1		0.172	0.687	
Lysine ... g	3.460		0		1		0.242	0.969	
Methionine ... g	0.606		0		1		0.042	0.170	
Cystine ... g	0.000		0		1		0.000	0.000	
Phenylalanine ... g	1.737		0		1		0.122	0.486	
Tyrosine ... g	0.303		0		1		0.021	0.085	
Valine ... g	2.081		0		1		0.146	0.583	
Arginine ... g	6.616		0		1		0.463	1.852	
Histidine ... g	0.662		0		1		0.046	0.185	
Alanine ... g	8.009		0		1		0.561	2.243	
Aspartic acid ... g	5.265		0		1		0.369	1.474	
Glutamic acid ... g	8.753		0		1		0.613	2.451	
Glycine ... g	19.049		0		1		1.333	5.334	
Proline ... g	12.295		0		1		0.861	3.443	
Serine ... g	2.605		0		1		0.182	0.729	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	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 = 7.0g: 1 envelope (1 tbsp)

Measure 2 = 28g: 1 package (1 oz)

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

Food Group: 19 Sweets

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

NDB No. 19296
Honey, strained or extracted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	17.10	0.071	509		1		57.97	3.59	2.39
Energy	kcal	304		0	NC	4		1031	64	43
Energy	kj	1272				4		4312	267	178
Protein (N x 6.25)	g	0.30	0.007	508		1		1.02	0.06	0.04
Total lipid (fat)	g	0.00	0.002	3		1		0.00	0.00	0.00
Ash	g	0.20	0.009	508		1		0.68	0.04	0.03
Carbohydrate, by difference	g	82.40		0	NC	4		279.34	17.30	11.54
Fiber, total dietary	g	0.2		0		4		0.7	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6	0.396	13		1		20	1	1
Iron, Fe	mg	0.42	0.110	14		1		1.42	0.09	0.06
Magnesium, Mg	mg	2	0.159	14		1		7	0	0
Phosphorus, P	mg	4	0.348	13		1		14	1	1
Potassium, K	mg	52	9.923	14		1		176	11	7
Sodium, Na	mg	4	0.560	14		1		14	1	1
Zinc, Zn	mg	0.22	0.042	12		1		0.75	0.05	0.03
Copper, Cu	mg	0.036	0.008	14		1		0.122	0.008	0.005
Manganese, Mn	mg	0.080	0.026	14		1		0.271	0.017	0.011
Selenium, Se	mcg	0.8		2	A	1		2.7	0.2	0.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5	0.141	4		1		1.7	0.1	0.1
Thiamin	mg	0.000		1		4		0.000	0.000	0.000
Riboflavin	mg	0.038	0.012	4		1		0.129	0.008	0.005
Niacin	mg	0.121	0.025	4		1		0.410	0.025	0.017
Pantothenic acid	mg	0.068	0.009	4		1		0.231	0.014	0.010
Vitamin B-6	mg	0.024	0.005	4		1		0.081	0.005	0.003
Folate, total	mcg	2		1		1		7	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		1		1		7	0	0
Folate, DFE	mcg_DFE	2		0	NC	4		7	0	0
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		1		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	0.000
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		7		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000

NDB No. 19296
Honey, strained or extracted

Nutrients and 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	0.000		0		4		0.000	0.000	0.000
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		1		4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.004		0		1		0.014	0.001	0.001
Threonine g	0.004		0		1		0.014	0.001	0.001
Isoleucine g	0.008		0		1		0.027	0.002	0.001
Leucine g	0.010		0		1		0.034	0.002	0.001
Lysine g	0.008		0		1		0.027	0.002	0.001
Methionine g	0.001		0		1		0.003	0.000	0.000
Cystine g	0.003		0		1		0.010	0.001	0.000
Phenylalanine g	0.011		0		1		0.037	0.002	0.002
Tyrosine g	0.008		0		1		0.027	0.002	0.001
Valine g	0.009		0		1		0.031	0.002	0.001
Arginine g	0.005		0		1		0.017	0.001	0.001
Histidine g	0.001		0		1		0.003	0.000	0.000
Alanine g	0.006		0		1		0.020	0.001	0.001
Aspartic acid g	0.027		0		1		0.092	0.006	0.004
Glutamic acid g	0.018		0		1		0.061	0.004	0.003
Glycine g	0.007		0		1		0.024	0.001	0.001
Proline g	0.090		0		1		0.305	0.019	0.013
Serine g	0.006		0		1		0.020	0.001	0.001
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 339g: 1 cup

Measure 2 = 21g: 1 tbsp

Measure 3 = 14.0g: 1 packet (0.5 oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.68

Food Group: 19 Sweets

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

NDB No. 19259

Ice Creams, HEALTHY CHOICE Praline and Caramel

Conagra, Inc.

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	57.23		1	MA	12		40.63		
Energy	kcal	181		0	MC	9		129		
Energy	kj	757				9		538		
Protein	g	3.79		1	MA	12		2.69		
Total lipid (fat)	g	2.82		1	MA	12		2.00		
Ash	g	0.95		1	MA	12		0.67		
Carbohydrate, by difference	g	35.21		0	MC	9		25.00		
Fiber, total dietary	g									
Sugars, total	g	33.80		1	MA	12		24.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	140		1	MA	12		99		
Iron, Fe	mg	0.11		1	MA	12		0.08		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	98		1	MA	12		70		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MA	12		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	280		1	MA	12		199		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.700		1	MA	12		0.497		
Fatty acids, total monounsaturated	g	1.370		1	MA	12		0.973		
Fatty acids, total polyunsaturated	g	0.750		1	MA	12		0.533		
Fatty acids, total trans	g									
Cholesterol	mg	6		1	MA	12		4		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 71g: .5 cup (4 fl oz)

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

Food Group: 19 Sweets

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

NDB No. 19264

Ice cream novelties, ESKIMO PIE BAR, Vanilla Ice Cream, with dark chocolate coating

Eskimo Pie Corp.

Refuse: 0%

Nutrients and 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	46.30		1	A	1		23.15		
Energy....kcal	331		0	NC	4		166		
Energy....kj	1386				4		693		
Protein....g	4.10		1	A	1		2.05		
Total lipid (fat)....g	24.10		1	A	1		12.05		
Ash....g	1.00		1	A	1		0.50		
Carbohydrate, by difference....g	24.50		0	NC	4		12.25		
Fiber, total dietary....g									
Sugars, total....g	18.30		1	A	1		9.15		
Starch....g									
Minerals:									
Calcium, Ca....mg	119		1	A	1		60		
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	68		1	A	1		34		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	14.500		1	A	1		7.250		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	28		1	A	1		14		
Phytosterols....mg									

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

Common Measures:

Measure 1 = 50g: 1 bar

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

Food Group: 19 Sweets

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

NDB No. 19262

Ice cream novelties, KLONDIKE BAR Vanilla Ice Cream, with chocolate coating

Islay Klondike

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.70		1	A	1		69.12		
Energy....kcal	330		0	NC	4		489		
Energy....kj	1381				4		2044		
Protein....g	4.20		1	A	1		6.22		
Total lipid (fat)....g	24.10		1	A	1		35.67		
Ash....g	0.90		1	A	1		1.33		
Carbohydrate, by difference....g	24.10		0	NC	4		35.67		
Fiber, total dietary....g									
Sugars, total....g	20.70		1	A	1		30.64		
Starch....g									
Minerals:									
Calcium, Ca....mg	143		1	A	1		212		
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	73		1	A	1		108		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	13.100		1	A	1		19.388		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	27		1	A	1		40		
Phytosterols....mg									

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

Common Measures:

Measure 1 = 148g: 1 bar (5 fl oz)

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

Food Group: 19 Sweets

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

NDB No. 42074
Ice cream novelties, vanilla, light, no sugar added, chocolate-coated

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	56.20				1				
Energy	kcal	214				4				
Energy	kj	895				4				
Protein	g	6.40				1				
Total lipid (fat)	g	10.10				1				
Ash	g	1.08		0	FLC	4				
Carbohydrate, by difference	g	25.80				4				
Fiber, total dietary	g	2.0				4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	222				1				
Iron, Fe	mg	0.29				1				
Magnesium, Mg	mg	28				1				
Phosphorus, P	mg	173				1				
Potassium, K	mg	305				1				
Sodium, Na	mg	104				1				
Zinc, Zn	mg	0.82				1				
Copper, Cu	mg	0.076				1				
Manganese, Mn	mg									
Selenium, Se	mcg	6.0		0	FLA	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				4				
Thiamin	mg	0.060				4				
Riboflavin	mg	0.280				4				
Niacin	mg	0.140				4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.070				4				
Folate, total	mcg	4				4				
Folic acid	mcg	0		0	O	4				
Folate, food	mcg	4				4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Vitamin B-12	mcg	0.39				4				
Vitamin A, IU	IU	265		0	FLC	4				
Vitamin A, RAE	mcg_RAE	69		0	NC	4				
Retinol	mcg	69		0	FLC	4				
Vitamin E	mg_ATE	0.100				4				
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	5.528				4				
4:0	g	0.075				4				
6:0	g	0.063				4				
8:0	g	0.259				4				
10:0	g	0.245				4				
12:0	g	1.453				4				
13:0	g									
14:0	g	0.761				4				
15:0	g									
16:0	g	1.567				4				
17:0	g									
18:0	g	1.042				4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.700				4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.067				4				

NDB No. 42074
Ice cream novelties, vanilla, light, no sugar added, chocolate-coated

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	2.594				4				
20:1 ... g	0.000				4				
22:1 undifferentiated ... g	0.000				4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.359				4				
18:2 undifferentiated ... g	1.239				4				
18:3 undifferentiated ... g	0.118				4				
18:4 ... g	0.000				4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000				4				
20:5 n-3 ... g	0.000				4				
22:5 n-3 ... g	0.000				4				
22:6 n-3 ... g	0.000				4				
Fatty acids, total trans ... g									
Cholesterol ... mg	10				4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0				7				
Caffeine ... mg	6		0	FLA	4				
Theobromine ... mg	38		0	FLA	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19270
Ice creams, chocolate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.70	0.813	11		1		32.31	36.76	
Energy	kcal	216		0	NC	4		125	143	
Energy	kj	904				4		524	596	
Protein (N x 6.1)	g	3.80	0.082	6		1		2.20	2.51	
Total lipid (fat)	g	11.00	0.427	6		1		6.38	7.26	
Ash	g	1.00	0.050	6		1		0.58	0.66	
Carbohydrate, by difference	g	28.20		0	NC	4		16.36	18.61	
Fiber, total dietary	g	1.2		0		4		0.7	0.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	109	2.964	34		1		63	72	
Iron, Fe	mg	0.93	0.061	35		1		0.54	0.61	
Magnesium, Mg	mg	29	0.755	36		1		17	19	
Phosphorus, P	mg	107	1.632	28		1		62	71	
Potassium, K	mg	249	4.882	35		1		144	164	
Sodium, Na	mg	76	2.707	36		1		44	50	
Zinc, Zn	mg	0.58	0.021	35		1		0.34	0.38	
Copper, Cu	mg	0.135	0.011	35		1		0.078	0.089	
Manganese, Mn	mg	0.140	0.008	35		1		0.081	0.092	
Selenium, Se	mcg	2.5	0.301	17	A	1		1.5	1.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		4		0.4	0.5	
Thiamin	mg	0.042	0.004	5		1		0.024	0.028	
Riboflavin	mg	0.194	0.009	5		1		0.113	0.128	
Niacin	mg	0.226	0.015	5		1		0.131	0.149	
Pantothenic acid	mg	0.554	0.063	5		1		0.321	0.366	
Vitamin B-6	mg	0.055	0.003	5		1		0.032	0.036	
Folate, total	mcg	16	1.147	5		1		9	11	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	16	1.147	5		1		9	11	
Folate, DFE	mcg_DFE	16		0	NC	4		9	11	
Vitamin B-12	mcg	0.29	0.055	5		1		0.17	0.19	
Vitamin A, IU	IU	389		0	NR	4		226	257	
Vitamin A, RAE	mcg_RAE	117		0	NC	4		68	77	
Retinol	mcg	117		0	NR	4		68	77	
Vitamin E	mg_ATE	0.329		0	BFFN	4		0.191	0.217	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.800		0		1		3.944	4.488	
4:0	g	0.340		1		1		0.197	0.224	
6:0	g	0.200		1		1		0.116	0.132	
8:0	g	0.120		1		1		0.070	0.079	
10:0	g	0.260		1		1		0.151	0.172	
12:0	g	0.290		1		1		0.168	0.191	
13:0	g									
14:0	g	1.070		1		1		0.621	0.706	
15:0	g									
16:0	g	3.060		1		1		1.775	2.020	
17:0	g									
18:0	g	1.460		1		1		0.847	0.964	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.210		0		1		1.862	2.119	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.240		1		1		0.139	0.158	

NDB No. 19270
Ice creams, chocolate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.970		1		1		1.723	1.960	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.410		0		1		0.238	0.271	
18:2 undifferentiated ... g	0.250		1		1		0.145	0.165	
18:3 undifferentiated ... g	0.150		1		1		0.087	0.099	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	34		1		1		20	22	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	z	7		0.0	0.0	
Caffeine ... mg	3		1		1		2	2	
Theobromine ... mg	62		1		1		36	41	

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

Common Measures:

Measure 1 = 58g: 1 individual (3.5 fl oz)

Measure 2 = 66g: .5 cup (4 fl oz)

Calories Factors: **Protein** 3.6 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19114
Ice creams, chocolate, light

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	60.62			FLC	4				
Energy	kcal	157			FLC	4				
Energy	kj	657				4				
Protein	g	4.39			FLC	4				
Total lipid (fat)	g	2.80			FLC	4				
Ash	g	1.05			FLC	4				
Carbohydrate, by difference	g	31.00			FLC	4				
Fiber, total dietary	g	1.0			FLC	4				
Sugars, total	g	28.20		0	LC	8				
Starch	g									
Minerals:										
Calcium, Ca	mg	148			FLC	4				
Iron, Fe	mg	0.62			FLC	4				
Magnesium, Mg	mg	29			FLC	4				
Phosphorus, P	mg	125			FLC	4				
Potassium, K	mg	249			FLC	4				
Sodium, Na	mg	70			FLC	4				
Zinc, Zn	mg	0.66			FLC	4				
Copper, Cu	mg	0.133			FLC	4				
Manganese, Mn	mg	0.125			FLC	4				
Selenium, Se	mcg	2.9		0	BFPN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8			FLC	4				
Thiamin	mg	0.033			FLC	4				
Riboflavin	mg	0.186			FLC	4				
Niacin	mg	0.166			FLC	4				
Pantothenic acid	mg	0.380			FLC	4				
Vitamin B-6	mg	0.038			FLC	4				
Folate, total	mcg	6			FLC	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	6			FLC	4				
Folate, DFE	mcg_DFE	6		0	NC	4				
Vitamin B-12	mcg	0.21			FLC	4				
Vitamin A, IU	IU	200		0	FLC	4				
Vitamin A, RAE	mcg_RAE	60		0	NC	4				
Retinol	mcg	60		0	FLC	4				
Vitamin E	mg_ATE	0.069			FLC	4				
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.400			FLC	4				
4:0	g	0.062			FLC	4				
6:0	g	0.037			FLC	4				
8:0	g	0.021			FLC	4				
10:0	g	0.048			FLC	4				
12:0	g	0.054			FLC	4				
13:0	g									
14:0	g	0.194			FLC	4				
15:0	g									
16:0	g	0.599			FLC	4				
17:0	g									
18:0	g	0.338			FLC	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.829			FLC	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.053			FLC	4				

NDB No. 19114
Ice creams, chocolate, light

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.741			FLC	4				
20:1 ... g	0.000			FLC	4				
22:1 undifferentiated ... g	0.000			FLC	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.101			FLC	4				
18:2 undifferentiated ... g	0.067			FLC	4				
18:3 undifferentiated ... g	0.035			FLC	4				
18:4 ... g	0.000			FLC	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000			FLC	4				
20:5 n-3 ... g	0.000			FLC	4				
22:5 n-3 ... g	0.000			FLC	4				
22:6 n-3 ... g	0.000			FLC	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	10			FLC	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0			FLC	4				
Caffeine ... mg	2		0	FLC	4				
Theobromine ... mg	83		0	FLC	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 43541
Ice creams, chocolate, rich

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.90				4		87.17	6.01	
Energy	kcal	236				4		349	24	
Energy	kj	987				4		1461	101	
Protein	g	2.80				4		4.14	0.29	
Total lipid (fat)	g	16.00				4		23.68	1.63	
Ash	g	0.70		0	O	4		1.04	0.07	
Carbohydrate, by difference	g	21.60				4		31.97	2.20	
Fiber, total dietary	g	0.0				4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	102				4		151	10	
Iron, Fe	mg	0.07				4		0.10	0.01	
Magnesium, Mg	mg	32				4		47	3	
Phosphorus, P	mg	132				4		195	13	
Potassium, K	mg	239				4		354	24	
Sodium, Na	mg	78				4		115	8	
Zinc, Zn	mg	0.82				4		1.21	0.08	
Copper, Cu	mg	0.019				4		0.028	0.002	
Manganese, Mn	mg									
Selenium, Se	mcg	1.8		0	BFPN	4		2.7	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4				4		0.6	0.0	
Thiamin	mg	0.030				4		0.044	0.003	
Riboflavin	mg	0.190				4		0.281	0.019	
Niacin	mg	0.080				4		0.118	0.008	
Pantothenic acid	mg									
Vitamin B-6	mg	0.040				4		0.059	0.004	
Folate, total	mcg	2				4		3	0	
Folic acid	mcg	0		0	O	4		0	0	
Folate, food	mcg	2				4		3	0	
Folate, DFE	mcg_DFE	2		0	NC	4		3	0	
Vitamin B-12	mcg	0.36				4		0.53	0.04	
Vitamin A, IU	IU	653		0	O	4		966	67	
Vitamin A, RAE	mcg_RAE	156		0	O	4		231	16	
Retinol	mcg	148		0	O	4		219	15	
Vitamin E	mg_ATE	0.432				4		0.639	0.044	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.891				4		14.639	1.009	
4:0	g	0.495				4		0.733	0.050	
6:0	g	0.291				4		0.431	0.030	
8:0	g	0.175				4		0.259	0.018	
10:0	g	0.378				4		0.559	0.039	
12:0	g	0.422				4		0.625	0.043	
13:0	g									
14:0	g	1.556				4		2.303	0.159	
15:0	g									
16:0	g	4.451				4		6.587	0.454	
17:0	g									
18:0	g	2.124				4		3.144	0.217	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.669				4		6.910	0.476	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.349				4		0.517	0.036	

NDB No. 43541
Ice creams, chocolate, rich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	4.320				4		6.394	0.441	
20:1 ... g	0.000				4		0.000	0.000	
22:1 undifferentiated ... g	0.000				4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.596				4		0.882	0.061	
18:2 undifferentiated ... g	0.364				4		0.539	0.037	
18:3 undifferentiated ... g	0.218				4		0.323	0.022	
18:4 ... g	0.000				4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000				4		0.000	0.000	
20:5 n-3 ... g	0.000				4		0.000	0.000	
22:5 n-3 ... g	0.000				4		0.000	0.000	
22:6 n-3 ... g	0.000				4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	59				4		87	6	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0				7		0.0	0.0	
Caffeine ... mg	3		0	BFZN	4		4	0	
Theobromine ... mg	62		0	BFZN	4		92	6	

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

Common Measures:

Measure 1 = 148g: 1 cup

Measure 2 = 10.2g: 1 cubic inch

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

Food Group: 19 Sweets

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

NDB No. 19090
Ice creams, french vanilla, soft-serve

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	59.80	0.361	11		1		51.43		
Energy	kcal	215		0		4		185		
Energy	kj	900				4		774		
Protein (N x 6.4)	g	4.10		1		1		3.53		
Total lipid (fat)	g	13.00	0.508	11		1		11.18		
Ash	g	0.90		1		4		0.77		
Carbohydrate, by difference	g	22.20		0	NC	4		19.09		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	131		1		4		113		
Iron, Fe	mg	0.21		1		4		0.18		
Magnesium, Mg	mg	12		1		4		10		
Phosphorus, P	mg	116		1		4		100		
Potassium, K	mg	177		1		4		152		
Sodium, Na	mg	61		1		4		52		
Zinc, Zn	mg	0.52		1		4		0.45		
Copper, Cu	mg	0.030		1		4		0.026		
Manganese, Mn	mg	0.005		1		4		0.004		
Selenium, Se	mcg	3.0		0	BFPN	4		2.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		1		4		0.7		
Thiamin	mg	0.049		1		4		0.042		
Riboflavin	mg	0.182		1		4		0.157		
Niacin	mg	0.095		1		4		0.082		
Pantothenic acid	mg	0.506		1		4		0.435		
Vitamin B-6	mg	0.048		1		4		0.041		
Folate, total	mcg	9		1		4		8		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	9		1		4		8		
Folate, DFE	mcg_DFE	9		0	NC	4		8		
Vitamin B-12	mcg	0.50		1		4		0.43		
Vitamin A, IU	IU	510		0	NC	4		439		
Vitamin A, RAE	mcg_RAE	143		0	NC	4		123		
Retinol	mcg	141		0	O	4		121		
Vitamin E	mg_ATE	0.370		0		4		0.318		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.480		0		1		6.433		
4:0	g	0.390		1		1		0.335		
6:0	g	0.230		1		1		0.198		
8:0	g	0.130		1		1		0.112		
10:0	g	0.300		1		1		0.258		
12:0	g	0.340		1		1		0.292		
13:0	g									
14:0	g	1.240		1		1		1.066		
15:0	g									
16:0	g	3.360		1		1		2.890		
17:0	g									
18:0	g	1.470		1		1		1.264		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.490		0		1		3.001		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.270		1		1		0.232		

NDB No. 19090
Ice creams, french vanilla, soft-serve

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	3.220		1		1		2.769		
20:1 ... g	0.000		0		1		0.000		
22:1 undifferentiated ... g	0.000		0		1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.450		0		1		0.387		
18:2 undifferentiated ... g	0.280		1		1		0.241		
18:3 undifferentiated ... g	0.180		1		1		0.155		
18:4 ... g	0.000		0		1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000		
20:5 n-3 ... g	0.000		0		1		0.000		
22:5 n-3 ... g	0.000		0		1		0.000		
22:6 n-3 ... g	0.000		0		1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	91		1		4		78		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.048		0		1		0.041		
Threonine ... g	0.169		0		1		0.145		
Isoleucine ... g	0.215		0		1		0.185		
Leucine ... g	0.353		0		1		0.304		
Lysine ... g	0.296		0		1		0.255		
Methionine ... g	0.091		0		1		0.078		
Cystine ... g	0.036		0		1		0.031		
Phenylalanine ... g	0.176		0		1		0.151		
Tyrosine ... g	0.170		0		1		0.146		
Valine ... g	0.241		0		1		0.207		
Arginine ... g	0.172		0		1		0.148		
Histidine ... g	0.099		0		1		0.085		
Alanine ... g	0.164		0		1		0.141		
Aspartic acid ... g	0.300		0		1		0.258		
Glutamic acid ... g	0.745		0		1		0.641		
Glycine ... g	0.163		0		1		0.140		
Proline ... g	0.374		0		1		0.322		
Serine ... g	0.216		0		1		0.186		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	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 = 86g: .5 cup (4 fl oz)

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

Food Group: 19 Sweets

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

NDB No. 19271
Ice creams, strawberry

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	60.00	1.302	7		1		34.80	39.60	
Energy	kcal	192		0	NC	4		111	127	
Energy	kj	803				4		466	530	
Protein (N x 6.4)	g	3.20		2		1		1.86	2.11	
Total lipid (fat)	g	8.40		2		1		4.87	5.54	
Ash	g	0.70		2		1		0.41	0.46	
Carbohydrate, by difference	g	27.60		0	NC	4		16.01	18.22	
Fiber, total dietary	g	0.9		0	FLA	4		0.5	0.6	
Sugars, total	g									
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g									
Lactose	g	4.43		0	FLA	4		2.57	2.92	
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	120	4.974	4		1		70	79	
Iron, Fe	mg	0.21	0.037	4		1		0.12	0.14	
Magnesium, Mg	mg	14	0.421	4		1		8	9	
Phosphorus, P	mg	100		2		1		58	66	
Potassium, K	mg	188	8.003	4		1		109	124	
Sodium, Na	mg	60	10.493	4		1		35	40	
Zinc, Zn	mg	0.34	0.020	4		1		0.20	0.22	
Copper, Cu	mg	0.037		2		1		0.021	0.024	
Manganese, Mn	mg	0.078	0.035	4		1		0.045	0.051	
Selenium, Se	mcg	1.9		0	FLA	4		1.1	1.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.7		2		1		4.5	5.1	
Thiamin	mg	0.045		2		1		0.026	0.030	
Riboflavin	mg	0.255		2		1		0.148	0.168	
Niacin	mg	0.170		2		1		0.099	0.112	
Pantothenic acid	mg	0.720		2		1		0.418	0.475	
Vitamin B-6	mg	0.050		2		1		0.029	0.033	
Folate, total	mcg	12		2		1		7	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	12		2		1		7	8	
Folate, DFE	mcg_DFE	12		0	NC	4		7	8	
Vitamin B-12	mcg	0.30		2		1		0.17	0.20	
Vitamin A, IU	IU	320		2		1		186	211	
Vitamin A, RAE	mcg_RAE	96		0	NC	4		56	64	
Retinol	mcg	96		0	FLA	4		56	64	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	5.190		0		4		3.010	3.425	
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	29		2		1		17	19	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	FLA	4		0.0	0.0	
Caffeine	mg	0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	

NDB No. 19271
Ice creams, strawberry

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

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

Common Measures:

Measure 1 = 58g: 1 individual (3.5 fl oz)

Measure 2 = 66g: .5 cup (4 fl oz)

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

Food Group: 19 Sweets

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

NDB No. 19095
Ice creams, vanilla

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	61.00	0.360	50		1		43.92		
Energy	kcal	201		0	NC	4		145		
Energy	kj	840		0	NC	4		605		
Protein (N x 6.4)	g	3.50	0.199	152		1		2.52		
Total lipid (fat)	g	11.00	0.080	291		1		7.92		
Ash	g	0.90	0.045	6		1		0.65		
Carbohydrate, by difference	g	23.60		0	NC	4		16.99		
Fiber, total dietary	g	0.7		0	FLC	4		0.5		
Sugars, total	g	17.60		0	A	1		12.67		
Sucrose	g	8.41	0.752	9	JO	11		6.05		
Glucose (dextrose)	g	1.99	0.250	8	JO	11		1.43		
Fructose	g	1.04	0.156	8	JO	11		0.75		
Lactose	g	5.37	0.476	9	JO	11		3.86		
Maltose	g	0.69	0.344	7	JO	11		0.50		
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	128	5.483	17		1		92		
Iron, Fe	mg	0.09	0.007	35		1		0.06		
Magnesium, Mg	mg	14	0.361	12		1		10		
Phosphorus, P	mg	105	4.119	12		1		76		
Potassium, K	mg	199	6.120	12		1		143		
Sodium, Na	mg	80	6.528	19		1		58		
Zinc, Zn	mg	0.69	0.160	14		1		0.50		
Copper, Cu	mg	0.023	0.002	7		1		0.017		
Manganese, Mn	mg	0.008	0.001	6		1		0.006		
Selenium, Se	mcg	1.8		1	A	1		1.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6	0.067	21		1		0.4		
Thiamin	mg	0.041	0.003	13		1		0.030		
Riboflavin	mg	0.240	0.013	14		1		0.173		
Niacin	mg	0.116	0.011	6		1		0.084		
Pantothenic acid	mg	0.581	0.170	3		1		0.418		
Vitamin B-6	mg	0.048	0.001	10		1		0.035		
Folate, total	mcg	4		0	FLC	4		3		
Folic acid	mcg	0		0	FLC	4		0		
Folate, food	mcg	4		0	FLC	4		3		
Folate, DFE	mcg_DFE	4		0	NC	4		3		
Vitamin B-12	mcg	0.39	0.043	3		1		0.28		
Vitamin A, IU	IU	389		0	NC	4		280		
Vitamin A, RAE	mcg_RAE	119		0	NC	4		86		
Retinol	mcg	117		0	FLC	4		84		
Vitamin E	mg_ATE	0.210		0	FLC	4		0.151		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.790		0		1		4.889		
4:0	g	0.360		1		1		0.259		
6:0	g	0.210		1		1		0.151		
8:0	g	0.120		1		1		0.086		
10:0	g	0.280		1		1		0.202		
12:0	g	0.310		1		1		0.223		
13:0	g									
14:0	g	1.130		1		1		0.814		
15:0	g									
16:0	g	3.060		1		1		2.203		
17:0	g									
18:0	g	1.330		1		1		0.958		
20:0	g									

NDB No. 19095
Ice creams, vanilla

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.170		0		1		2.282		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.250		1		1		0.180		
17:1 g									
18:1 undifferentiated g	2.930		1		1		2.110		
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	0.410		0		1		0.295		
18:2 undifferentiated g	0.250		1		1		0.180		
18:3 undifferentiated g	0.160		1		1		0.115		
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	44	1.924	10		1		32		
Phytosterols mg	0		0	FLC	4		0		
Amino Acids:									
Tryptophan g	0.032		0	FLC	4		0.023		
Threonine g	0.104		0	FLC	4		0.075		
Isoleucine g	0.138		0	FLC	4		0.100		
Leucine g	0.224		0	FLC	4		0.161		
Lysine g	0.181		0	FLC	4		0.131		
Methionine g	0.057		0	FLC	4		0.041		
Cystine g	0.021		0	FLC	4		0.015		
Phenylalanine g	0.110		0	FLC	4		0.080		
Tyrosine g	0.110		0	FLC	4		0.080		
Valine g	0.153		0	FLC	4		0.110		
Arginine g	0.083		0	FLC	4		0.060		
Histidine g	0.062		0	FLC	4		0.045		
Alanine g	0.079		0	FLC	4		0.057		
Aspartic acid g	0.174		0	FLC	4		0.125		
Glutamic acid g	0.479		0	FLC	4		0.345		
Glycine g	0.048		0	FLC	4		0.035		
Proline g	0.222		0	FLC	4		0.160		
Serine g	0.124		0	FLC	4		0.089		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg	0		0	FLC	4		0		
Theobromine mg	0		0	FLC	4		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 = 72g: .5 cup

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

NDB No. 19095
Ice creams, vanilla

Food Group: 19 Sweets

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

NDB No. 19088
Ice creams, vanilla, light

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	68.20	0.228	187		1		44.33	45.01	
Energy	kcal	139		0	NC	4		90	92	
Energy	kj	582				4		378	384	
Protein (N x 6.4)	g	3.80	0.586	39		1		2.47	2.51	
Total lipid (fat)	g	4.30	0.050	299		1		2.80	2.84	
Ash	g	1.00	0.034	3		1		0.65	0.66	
Carbohydrate, by difference	g	22.70		0	NC	4		14.76	14.98	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	139	7.426	35		1		90	92	
Iron, Fe	mg	0.10	0.011	35		1		0.07	0.07	
Magnesium, Mg	mg	15	0.373	35		1		10	10	
Phosphorus, P	mg	109	4.079	35		1		71	72	
Potassium, K	mg	211	5.676	36		1		137	139	
Sodium, Na	mg	85	1.920	36		1		55	56	
Zinc, Zn	mg	0.44	0.033	36		1		0.29	0.29	
Copper, Cu	mg	0.012	0.002	32		1		0.008	0.008	
Manganese, Mn	mg	0.007	0.001	32		1		0.005	0.005	
Selenium, Se	mcg	2.8	0.329	12	A	1		1.8	1.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		1		4		0.5	0.5	
Thiamin	mg	0.058	0.005	4		1		0.038	0.038	
Riboflavin	mg	0.265	0.020	4		1		0.172	0.175	
Niacin	mg	0.090		2		1		0.059	0.059	
Pantothenic acid	mg	0.505		1		1		0.328	0.333	
Vitamin B-6	mg	0.065	0.003	3		1		0.042	0.043	
Folate, total	mcg	6		1		4		4	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		1		4		4	4	
Folate, DFE	mcg_DFE	6		0	NC	4		4	4	
Vitamin B-12	mcg	0.67	0.051	3		1		0.44	0.44	
Vitamin A, IU	IU	253		0	NC	4		164	167	
Vitamin A, RAE	mcg_RAE	68		0	NC	4		44	45	
Retinol	mcg	67		0	O	4		43	44	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.630		0		1		1.710	1.736	
4:0	g	0.140		1		1		0.091	0.092	
6:0	g	0.080		1		1		0.052	0.053	
8:0	g	0.050		1		1		0.033	0.033	
10:0	g	0.110		1		1		0.072	0.073	
12:0	g	0.120		1		1		0.078	0.079	
13:0	g									
14:0	g	0.440		1		1		0.286	0.290	
15:0	g									
16:0	g	1.180		1		1		0.767	0.779	
17:0	g									
18:0	g	0.520		1		1		0.338	0.343	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.230		0		1		0.800	0.812	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.100		1		1		0.065	0.066	

NDB No. 19088
Ice creams, vanilla, light

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	1.130		1		1		0.735	0.746	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.160		0		1		0.104	0.106	
18:2 undifferentiated ... g	0.100		1		1		0.065	0.066	
18:3 undifferentiated ... g	0.060		1		1		0.039	0.040	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	14	1.600	4		1		9	9	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.046		0		1		0.030	0.030	
Threonine ... g	0.153		0		1		0.099	0.101	
Isoleucine ... g	0.203		0		1		0.132	0.134	
Leucine ... g	0.330		0		1		0.215	0.218	
Lysine ... g	0.274		0		1		0.178	0.181	
Methionine ... g	0.084		0		1		0.055	0.055	
Cystine ... g	0.030		0		1		0.020	0.020	
Phenylalanine ... g	0.165		0		1		0.107	0.109	
Tyrosine ... g	0.159		0		1		0.103	0.105	
Valine ... g	0.228		0		1		0.148	0.150	
Arginine ... g	0.147		0		1		0.096	0.097	
Histidine ... g	0.092		0		1		0.060	0.061	
Alanine ... g	0.146		0		1		0.095	0.096	
Aspartic acid ... g	0.270		0		1		0.176	0.178	
Glutamic acid ... g	0.722		0		1		0.469	0.477	
Glycine ... g	0.149		0		1		0.097	0.098	
Proline ... g	0.368		0		1		0.239	0.243	
Serine ... g	0.188		0		1		0.122	0.124	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	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 = 65g: 1 individual (3.5 fl oz)

Measure 2 = 66g: .5 cup (4 fl oz)

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

Food Group: 19 Sweets

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

NDB No. 19260
Ice creams, vanilla, light, no sugar 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	68.90		1	A	1		44.79		
Energy	kcal	152		0	NC	4		99		
Energy	kj	636				4		414		
Protein	g	4.50		1	A	1		2.93		
Total lipid (fat)	g	6.50		1	A	1		4.23		
Ash	g	1.20		1	A	1		0.78		
Carbohydrate, by difference	g	18.90		0	NC	4		12.29		
Fiber, total dietary	g									
Sugars, total	g	8.70		1	A	1		5.66		
Starch	g									
Minerals:										
Calcium, Ca	mg	196		1	A	1		127		
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	89		1	A	1		58		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	3.680		1	A	1		2.392		
4:0	g	0.213		1	A	1		0.138		
6:0	g	0.116		1	A	1		0.075		
8:0	g	0.067		1	A	1		0.044		
10:0	g	0.149		1	A	1		0.097		
12:0	g	0.153		1	A	1		0.099		
13:0	g									
14:0	g	0.495		1	A	1		0.322		
15:0	g	0.053		1	A	1		0.034		
16:0	g	1.439		1	A	1		0.935		
17:0	g	0.032		1	A	1		0.021		
18:0	g	0.956		1	A	1		0.621		
20:0	g	0.012		1	A	1		0.008		
22:0	g	0.006		1	A	1		0.004		
24:0	g	0.005		1	A	1		0.003		
Fatty acids, total monounsaturated	g	1.493		0		4		0.970		
14:1	g	0.048		1	A	1		0.031		
15:1	g									
16:1 undifferentiated	g	0.088		1	A	1		0.057		
17:1	g	0.016		1	A	1		0.010		
18:1 undifferentiated	g	1.388		1	A	1		0.902		
20:1	g	0.012		1	A	1		0.008		
22:1 undifferentiated	g	0.005		1	A	1		0.003		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.215		0		4		0.140		
18:2 undifferentiated	g	0.165		1	A	1		0.107		
18:3 undifferentiated	g	0.032		1	A	1		0.021		
18:4	g	0.005		1	A	1		0.003		
20:2 n-6 c,c	g									
20:3 undifferentiated	g	0.002		1	A	1		0.002		
20:4 undifferentiated	g	0.011		1	A	1		0.007		
20:5 n-3	g	0.002		1	A	1		0.001		
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	17		1	A	1		11		

NDB No. 19260
Ice creams, vanilla, light, no sugar 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
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 65g: .5 cup (4 fl oz)

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

Food Group: 19 Sweets

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

NDB No. 19096
Ice creams, vanilla, light, soft-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.60	0.153	45		1		61.25		
Energy	kcal	126		0		4		111		
Energy	kj	527				4		464		
Protein (N x 6.4)	g	4.90		1		4		4.31		
Total lipid (fat)	g	2.60	0.116	67		1		2.29		
Ash	g	1.10		1		4		0.97		
Carbohydrate, by difference	g	21.80		0	NC	4		19.18		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	157		1		4		138		
Iron, Fe	mg	0.06		1		4		0.05		
Magnesium, Mg	mg	14		1		4		12		
Phosphorus, P	mg	121		1		4		106		
Potassium, K	mg	221		1		4		194		
Sodium, Na	mg	70		1		4		62		
Zinc, Zn	mg	0.53		1		4		0.47		
Copper, Cu	mg	0.027		1		4		0.024		
Manganese, Mn	mg	0.008		1		4		0.007		
Selenium, Se	mcg	3.6		0	BFPN	4		3.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		1		4		0.8		
Thiamin	mg	0.052		1		4		0.046		
Riboflavin	mg	0.198		1		4		0.174		
Niacin	mg	0.118		1		4		0.104		
Pantothenic acid	mg	0.447		1		4		0.393		
Vitamin B-6	mg	0.046		1		4		0.040		
Folate, total	mcg	6		1		4		5		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	6		1		4		5		
Folate, DFE	mcg_DFE	6		0	NC	4		5		
Vitamin B-12	mcg	0.50		1		4		0.44		
Vitamin A, IU	IU	180		0	O	4		158		
Vitamin A, RAE	mcg_RAE	49		0	NC	4		43		
Retinol	mcg	47		0	O	4		41		
Vitamin E	mg_ATE	0.000		0		7		0.000		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.630		0		1		1.434		
4:0	g	0.090		2		1		0.079		
6:0	g	0.050		2		1		0.044		
8:0	g	0.030		2		1		0.026		
10:0	g	0.070		2		1		0.062		
12:0	g	0.070		2		1		0.062		
13:0	g									
14:0	g	0.270		2		1		0.238		
15:0	g									
16:0	g	0.730		2		1		0.642		
17:0	g									
18:0	g	0.320		2		1		0.282		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.760		0		1		0.669		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.060		2		1		0.053		

NDB No. 19096
Ice creams, vanilla, light, soft-serve

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.700		2		1		0.616		
20:1 ... g	0.000		0		1		0.000		
22:1 undifferentiated ... g	0.000		0		1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.100		0		1		0.088		
18:2 undifferentiated ... g	0.060		2		1		0.053		
18:3 undifferentiated ... g	0.040		2		1		0.035		
18:4 ... g	0.000		0		1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000		
20:5 n-3 ... g	0.000		0		1		0.000		
22:5 n-3 ... g	0.000		0		1		0.000		
22:6 n-3 ... g	0.000		0		1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	12		1		4		11		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.059		0		1		0.052		
Threonine ... g	0.197		0		1		0.173		
Isoleucine ... g	0.260		0		1		0.229		
Leucine ... g	0.424		0		1		0.373		
Lysine ... g	0.351		0		1		0.309		
Methionine ... g	0.109		0		1		0.096		
Cystine ... g	0.039		0		1		0.034		
Phenylalanine ... g	0.211		0		1		0.186		
Tyrosine ... g	0.204		0		1		0.180		
Valine ... g	0.292		0		1		0.257		
Arginine ... g	0.185		0		1		0.163		
Histidine ... g	0.117		0		1		0.103		
Alanine ... g	0.184		0		1		0.162		
Aspartic acid ... g	0.345		0		1		0.304		
Glutamic acid ... g	0.923		0		1		0.812		
Glycine ... g	0.182		0		1		0.160		
Proline ... g	0.466		0		1		0.410		
Serine ... g	0.241		0		1		0.212		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	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 = 88g: .5 cup (4 fl oz)

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

Food Group: 19 Sweets

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

NDB No. 19089
Ice creams, vanilla, rich

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	57.20	0.555	7		1		61.20		
Energy	kcal	242		0	NC	4		259		
Energy	kj	1014		0	NC	4		1085		
Protein (N x 6.4)	g	3.50	0.416	4		1		3.75		
Total lipid (fat)	g	16.20	0.212	11		1		17.33		
Ash	g	0.69		0	O	4		0.74		
Carbohydrate, by difference	g	22.62		0	NC	4		24.21		
Fiber, total dietary	g	0.0		1	LC	8		0.0		
Sugars, total	g	20.65		2	LC	8		22.10		
Starch	g									
Minerals:										
Calcium, Ca	mg	97		0	FLA	4		104		
Iron, Fe	mg	0.15		0	FLA	4		0.16		
Magnesium, Mg	mg	7		0	FLA	4		7		
Phosphorus, P	mg	70		0	FLA	4		75		
Potassium, K	mg	372		0	FLA	4		398		
Sodium, Na	mg	143		0	FLA	4		153		
Zinc, Zn	mg	0.38		0	FLA	4		0.41		
Copper, Cu	mg	0.075		0	FLA	4		0.080		
Manganese, Mn	mg	0.012		0	FLA	4		0.012		
Selenium, Se	mcg	2.3		0	FLA	4		2.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0	FLA	4		0.6		
Thiamin	mg	0.025		0	FLA	4		0.027		
Riboflavin	mg	0.110		0	FLA	4		0.118		
Niacin	mg	0.058		0	FLA	4		0.062		
Pantothenic acid	mg	0.322		0	FLA	4		0.344		
Vitamin B-6	mg	0.035		0	FLA	4		0.037		
Folate, total	mcg	7		0	FLA	4		7		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	7		0	FLA	4		7		
Folate, DFE	mcg_DFE	7		0	NC	4		7		
Vitamin B-12	mcg	0.25		0	FLA	4		0.27		
Vitamin A, IU	IU	644		0	FLA	4		689		
Vitamin A, RAE	mcg_RAE	182		0	NC	4		195		
Retinol	mcg	180		0	O	4		193		
Vitamin E	mg_ATE	0.351		0	FLA	4		0.375		
Tocopherol, alpha	mg	0.01		0	FLA	4		0.01		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	21.051		0	FLA	4		22.525		
Lipids:										
Fatty acids, total saturated	g	9.970		0		1		10.668		
4:0	g	0.520		1		1		0.556		
6:0	g	0.310		1		1		0.332		
8:0	g	0.180		1		1		0.193		
10:0	g	0.410		1		1		0.439		
12:0	g	0.450		1		1		0.482		
13:0	g									
14:0	g	1.660		1		1		1.776		
15:0	g	0.000		0	FLA	4		0.000		
16:0	g	4.490		1		1		4.804		
17:0	g	0.000		0	FLA	4		0.000		
18:0	g	1.960		1		1		2.097		
20:0	g	0.000		0	FLA	4		0.000		
22:0	g	0.000		0	FLA	4		0.000		
24:0	g	0.000		0	FLA	4		0.000		

NDB No. 19089
Ice creams, vanilla, rich

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.660		0		1		4.986		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.360		1		1		0.385		
17:1.....g									
18:1 undifferentiated.....g	4.300		1		1		4.601		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.600		0		1		0.642		
18:2 undifferentiated.....g	0.370		1		1		0.396		
18:3 undifferentiated.....g	0.240		1		1		0.257		
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	92		0	FLA	4		98		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.041		0		1		0.044		
Threonine.....g	0.138		0		1		0.148		
Isoleucine.....g	0.182		0		1		0.195		
Leucine.....g	0.298		0		1		0.319		
Lysine.....g	0.248		0		1		0.265		
Methionine.....g	0.076		0		1		0.081		
Cystine.....g	0.027		0		1		0.029		
Phenylalanine.....g	0.149		0		1		0.159		
Tyrosine.....g	0.142		0		1		0.152		
Valine.....g	0.205		0		1		0.219		
Arginine.....g	0.135		0		1		0.144		
Histidine.....g	0.083		0		1		0.089		
Alanine.....g	0.136		0		1		0.146		
Aspartic acid.....g	0.192		0	FLA	4		0.206		
Glutamic acid.....g	0.652		0		1		0.698		
Glycine.....g	0.147		0		1		0.157		
Proline.....g	0.338		0		1		0.362		
Serine.....g	0.171		0		1		0.183		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		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 = 107g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19281
Ice novelties, italian, restaurant-prepared

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	86.40		2	A	1		25.06	100.22	
Energy	kcal	53		0	NC	4		15	61	
Energy	kj	222				4		64	257	
Protein (N x 6.25)	g	0.03		2	A	1		0.01	0.03	
Total lipid (fat)	g	0.02		2	A	1		0.01	0.02	
Ash	g	0.05		2	A	1		0.01	0.06	
Carbohydrate, by difference	g	13.50		0	NC	4		3.92	15.66	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		2	A	1		0	1	
Iron, Fe	mg	0.09		2	A	1		0.03	0.10	
Magnesium, Mg	mg	0		2	A	1		0	0	
Phosphorus, P	mg	0		2	A	1		0	0	
Potassium, K	mg	6		2	A	1		2	7	
Sodium, Na	mg	4		2	A	1		1	5	
Zinc, Zn	mg	0.03		2	A	1		0.01	0.03	
Copper, Cu	mg	0.010		0	BFZN	4		0.003	0.012	
Manganese, Mn	mg	0.020		0	BFZN	4		0.006	0.023	
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		2	A	1		0.1	0.6	
Thiamin	mg	0.005		2	A	1		0.001	0.006	
Riboflavin	mg	0.010		2	A	1		0.003	0.012	
Niacin	mg	0.715		2	A	1		0.207	0.829	
Pantothenic acid	mg	0.005		2	A	1		0.001	0.006	
Vitamin B-6	mg	0.002		2	A	1		0.001	0.002	
Folate, total	mcg	5		2	A	1		1	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		2	A	1		1	6	
Folate, DFE	mcg_DFE	5		0	NC	4		1	6	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	167		0	NC	4		48	194	
Vitamin A, RAE	mcg_RAE	8		0	NC	4		2	10	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0	Z	7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	BFZN	4		0.000	0.000	
4:0	g	0.000		0	BFZN	4		0.000	0.000	
6:0	g	0.000		0	BFZN	4		0.000	0.000	
8:0	g	0.000		0	BFZN	4		0.000	0.000	
10:0	g	0.000		0	BFZN	4		0.000	0.000	
12:0	g	0.000		0	BFZN	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	BFZN	4		0.000	0.000	
15:0	g									
16:0	g	0.000		0	BFZN	4		0.000	0.000	
17:0	g									
18:0	g	0.000		0	BFZN	4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0	BFZN	4		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 19281
Ice novelties, italian, restaurant-prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.000		0	BFZN	4		0.000	0.000	
20:1 ... g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
18:4 ... g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	BFZN	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									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 29.0g: 1 fl oz

Measure 2 = 116g: .5 cup

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19280
Ice novelties, lime

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	66.90		1		4		66.23		
Energy	kcal	128		0	NC	4		127		
Energy	kj	536				4		530		
Protein (N x 6.25)	g	0.40		1		4		0.40		
Total lipid (fat)	g	0.00		1		4		0.00		
Ash	g	0.00		1		4		0.00		
Carbohydrate, by difference	g	32.60		0	NC	4		32.27		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		1		4		2		
Iron, Fe	mg	0.16		1		4		0.16		
Magnesium, Mg	mg	1		1		4		1		
Phosphorus, P	mg	1		1		4		1		
Potassium, K	mg	3		1		4		3		
Sodium, Na	mg	22		1		4		22		
Zinc, Zn	mg	0.02		1		4		0.02		
Copper, Cu	mg	0.013		1		4		0.013		
Manganese, Mn	mg	0.020		1		4		0.020		
Selenium, Se	mcg	0.1		0	BFPN	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		1		4		1.0		
Thiamin	mg	0.001		1		4		0.001		
Riboflavin	mg	0.000		1		4		0.000		
Niacin	mg	0.007		1		4		0.007		
Pantothenic acid	mg	0.003		1		4		0.003		
Vitamin B-6	mg	0.001		1		4		0.001		
Folate, total	mcg	0		1		4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		1		4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		1		4		0.00		
Vitamin A, IU	IU	0		1		4		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	0.000		0		7		0.000		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		7		0.000		
4:0	g	0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	g	0.000		0		4		0.000		
10:0	g	0.000		0		4		0.000		
12:0	g	0.000		0		4		0.000		
13:0	g									
14:0	g	0.000		0		4		0.000		
15:0	g									
16:0	g	0.000		0		4		0.000		
17:0	g									
18:0	g	0.000		0		4		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		7		0.000		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000		

NDB No. 19280
Ice novelties, lime

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.000		0		4		0.000		
20:1 ... g	0.000		0		4		0.000		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		7		0.000		
18:2 undifferentiated ... g	0.000		0		4		0.000		
18:3 undifferentiated ... g	0.000		0		4		0.000		
18:4 ... g	0.000		0		4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000		
20:5 n-3 ... g	0.000		0		4		0.000		
22:5 n-3 ... g	0.000		0		4		0.000		
22:6 n-3 ... g	0.000		0		4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	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 = 99g: .5 cup (4 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19387
Ice novelties, pineapple-coconut

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.30		1		1		72.57		
Energy	kcal	113		0		4		112		
Energy	kj	473				4		468		
Protein (N x 6.25)	g	0.00		1		1		0.00		
Total lipid (fat)	g	2.60		1		1		2.57		
Ash	g	0.20		1		1		0.20		
Carbohydrate, by difference	g	23.90		0		4		23.66		
Fiber, total dietary	g	0.7		0	RC	4		0.7		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1		1		0		
Iron, Fe	mg	3.53		1		1		3.49		
Magnesium, Mg	mg	5		0		4		5		
Phosphorus, P	mg	9		0		4		9		
Potassium, K	mg	17		0		4		17		
Sodium, Na	mg	35		1		1		35		
Zinc, Zn	mg	0.11		0		4		0.11		
Copper, Cu	mg	0.044		0		4		0.044		
Manganese, Mn	mg	0.161		0		4		0.159		
Selenium, Se	mcg	0.9		0	FLA	4		0.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	13.2		1		1		13.1		
Thiamin	mg	0.006		0		4		0.006		
Riboflavin	mg	0.005		0		4		0.005		
Niacin	mg	0.034		0		4		0.034		
Pantothenic acid	mg	0.039		0		4		0.039		
Vitamin B-6	mg	0.016		0		4		0.016		
Folate, total	mcg	1		0		4		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	1		0		4		1		
Folate, DFE	mcg_DFE	1		0	NC	4		1		
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, IU	IU	0		1		1		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	0.055		0	FLA	4		0.054		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.304		0	FLA	4		2.281		
Fatty acids, total monounsaturated	g	0.111		0	FLA	4		0.110		
Fatty acids, total polyunsaturated	g	0.029		0	FLA	4		0.029		
Fatty acids, total trans	g									
Cholesterol	mg	0		1		1		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 99g: .5 cup (4 fl oz)

Calories Factors: **Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.8

NDB No. 19387
Ice novelties, pineapple-coconut

Food Group: 19 Sweets

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

NDB No. 19283
Ice novelties, pop

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	80.00		1		4		41.60	102.40	70.40
Energy	kcal	72		0		4		37	92	63
Energy	kj	301				4		157	386	265
Protein (N x 6.25)	g	0.00		1		4		0.00	0.00	0.00
Total lipid (fat)	g	0.00		1		4		0.00	0.00	0.00
Ash	g	1.10		1		4		0.57	1.41	0.97
Carbohydrate, by difference	g	18.90		0	NC	4		9.83	24.19	16.63
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1		4		0	0	0
Iron, Fe	mg	0.00		1		4		0.00	0.00	0.00
Magnesium, Mg	mg	1		1		4		1	1	1
Phosphorus, P	mg	0		1		4		0	0	0
Potassium, K	mg	4	1.888	3		1		2	5	4
Sodium, Na	mg	12	0.628	3		1		6	15	11
Zinc, Zn	mg	0.02		1		4		0.01	0.03	0.02
Copper, Cu	mg	0.009		1		4		0.005	0.012	0.008
Manganese, Mn	mg	0.006		1		4		0.003	0.008	0.005
Selenium, Se	mcg	0.0		0	BFSN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	0.0
Thiamin	mg	0.000		1		4		0.000	0.000	0.000
Riboflavin	mg	0.000		1		4		0.000	0.000	0.000
Niacin	mg	0.000		1		4		0.000	0.000	0.000
Pantothenic acid	mg	0.001		1		4		0.001	0.001	0.001
Vitamin B-6	mg	0.000		1		4		0.000	0.000	0.000
Folate, total	mcg	0		1		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		1		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		1		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		7		0.000	0.000	0.000
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		7		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000

NDB No. 19283
Ice novelties, pop

Nutrients and 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	0.000		0		4		0.000	0.000	0.000
20:1 ... g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
18:4 ... g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	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 = 52g: 1 bar (1.75 fl oz)

Measure 2 = 128g: 1 double stick

Measure 3 = 88g: 1 single stick

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

Food Group: 19 Sweets

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

NDB No. 19717
Ice novelties, pop, with added ascorbic acid

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	80.00		1		4		41.60	102.40	70.40
Energy	kcal	72		0		4		37	92	63
Energy	kj	301				4		157	386	265
Protein (N x 6.25)	g	0.00		1		4		0.00	0.00	0.00
Total lipid (fat)	g	0.00		1		4		0.00	0.00	0.00
Ash	g	1.10		1		4		0.57	1.41	0.97
Carbohydrate, by difference	g	18.90		0	NC	4		9.83	24.19	16.63
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1		4		0	0	0
Iron, Fe	mg	0.00		1		4		0.00	0.00	0.00
Magnesium, Mg	mg	1		1		4		1	1	1
Phosphorus, P	mg	0		1		4		0	0	0
Potassium, K	mg	4	1.888	3		1		2	5	4
Sodium, Na	mg	12	0.628	3		1		6	15	11
Zinc, Zn	mg	0.02		1		4		0.01	0.03	0.02
Copper, Cu	mg	0.009		1		4		0.005	0.012	0.008
Manganese, Mn	mg	0.006		1		4		0.003	0.008	0.005
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	10.7		0		1		5.6	13.7	9.4
Thiamin	mg	0.000		1		4		0.000	0.000	0.000
Riboflavin	mg	0.000		1		4		0.000	0.000	0.000
Niacin	mg	0.000		1		4		0.000	0.000	0.000
Pantothenic acid	mg	0.001		1		4		0.001	0.001	0.001
Vitamin B-6	mg	0.000		1		4		0.000	0.000	0.000
Folate, total	mcg	0		1		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		1		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		1		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		1		4		0	0	0
Phytosterols	mg									

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

Common Measures:

Measure 1 = 52g: 1 bar (1.75 fl oz)

Measure 2 = 128g: 1 double stick

Measure 3 = 88g: 1 single stick

NDB No. 19717
Ice novelties, pop, with added ascorbic acid

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

Food Group: 19 Sweets

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

NDB No. 19297
Jams and preserves

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	30.47	2.280	8	A	1		6.09	4.27	
Energy	kcal	278		0	NC	4		56	39	
Energy	kj	1163				4		233	163	
Protein (N x 6.25)	g	0.37	0.180	13	A	1		0.07	0.05	
Total lipid (fat)	g	0.07	0.070	10	A	1		0.01	0.01	
Ash	g	0.23	0.030	3	A	1		0.05	0.03	
Carbohydrate, by difference	g	68.86		0	NC	4		13.77	9.64	
Fiber, total dietary	g	1.1		0		1		0.2	0.2	
Sugars, total	g	48.50		2	A	1		9.70	6.79	
Starch	g									
Minerals:										
Calcium, Ca	mg	20		1		1		4	3	
Iron, Fe	mg	0.49	0.070	3		1		0.10	0.07	
Magnesium, Mg	mg	4		1		1		1	1	
Phosphorus, P	mg	11		1		4		2	2	
Potassium, K	mg	77	2.028	3		1		15	11	
Sodium, Na	mg	32	9.040	5	A	1		6	4	
Zinc, Zn	mg	0.06	0.023	4		1		0.01	0.01	
Copper, Cu	mg	0.100		1		1		0.020	0.014	
Manganese, Mn	mg	0.040		1		1		0.008	0.006	
Selenium, Se	mcg	2.0		1	A	1		0.4	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.8		2		1		1.8	1.2	
Thiamin	mg	0.000		1		1		0.000	0.000	
Riboflavin	mg	0.022		1		4		0.004	0.003	
Niacin	mg	0.036		1		1		0.007	0.005	
Pantothenic acid	mg	0.020		1		1		0.004	0.003	
Vitamin B-6	mg	0.020		2		1		0.004	0.003	
Folate, total	mcg	33		1		1		7	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	33		1		1		7	5	
Folate, DFE	mcg_DFE	33		0	NC	4		7	5	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	12		1		1		2	2	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.010		0		1		0.002	0.001	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.004		0	BFFN	4		0.001	0.001	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.038		0	BFFN	4		0.008	0.005	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 19297
Jams and preserves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.007		0	BFFN	4		0.001	0.001	
20:1 ... g	0.018		0	BFFN	4		0.004	0.003	
22:1 undifferentiated ... g	0.014		0	BFFN	4		0.003	0.002	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		1		0.000	0.000	
18:2 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.008		0		1		0.002	0.001	
Threonine ... g	0.023		0		1		0.005	0.003	
Isoleucine ... g	0.017		0		1		0.003	0.002	
Leucine ... g	0.037		0		1		0.007	0.005	
Lysine ... g	0.030		0		1		0.006	0.004	
Methionine ... g	0.001		0		1		0.000	0.000	
Cystine ... g	0.006		0		1		0.001	0.001	
Phenylalanine ... g	0.021		0		1		0.004	0.003	
Tyrosine ... g	0.025		0		1		0.005	0.004	
Valine ... g	0.021		0		1		0.004	0.003	
Arginine ... g	0.032		0		1		0.006	0.004	
Histidine ... g	0.014		0		1		0.003	0.002	
Alanine ... g	0.037		0		1		0.007	0.005	
Aspartic acid ... g	0.166		0		1		0.033	0.023	
Glutamic acid ... g	0.109		0		1		0.022	0.015	
Glycine ... g	0.029		0		1		0.006	0.004	
Proline ... g	0.023		0		1		0.005	0.003	
Serine ... g	0.028		0		1		0.006	0.004	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	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 = 20g: 1 tbsp

Measure 2 = 14.0g: 1 packet (0.5 oz)

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

Food Group: 19 Sweets

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

NDB No. 19719
Jams and preserves, apricot

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	34.50	0.811	6		1		6.90	4.83	
Energy	kcal	242		0	NC	4		48	34	
Energy	kj	1013				4		203	142	
Protein (N x 6.25)	g	0.70	0.106	11		1		0.14	0.10	
Total lipid (fat)	g	0.20	0.029	8		1		0.04	0.03	
Ash	g	0.20		1		1		0.04	0.03	
Carbohydrate, by difference	g	64.40		0	NC	4		12.88	9.02	
Fiber, total dietary	g	1.2		0		4		0.2	0.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	20		1		1		4	3	
Iron, Fe	mg	0.49	0.070	3		1		0.10	0.07	
Magnesium, Mg	mg	4		1		1		1	1	
Phosphorus, P	mg	11		1		4		2	2	
Potassium, K	mg	77	2.028	3		1		15	11	
Sodium, Na	mg	40	9.735	3		1		8	6	
Zinc, Zn	mg	0.06	0.023	4		1		0.01	0.01	
Copper, Cu	mg	0.100		1		1		0.020	0.014	
Manganese, Mn	mg	0.040		1		1		0.008	0.006	
Selenium, Se	mcg	2.0		0	BFZN	4		0.4	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.8		2		1		1.8	1.2	
Thiamin	mg	0.000		1		1		0.000	0.000	
Riboflavin	mg	0.022		1		4		0.004	0.003	
Niacin	mg	0.036		1		1		0.007	0.005	
Pantothenic acid	mg	0.020		1		1		0.004	0.003	
Vitamin B-6	mg	0.020		2		1		0.004	0.003	
Folate, total	mcg	33		1		1		7	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	33		1		1		7	5	
Folate, DFE	mcg_DFE	33		0	NC	4		7	5	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	205		0		1		41	29	
Vitamin A, RAE	mcg_RAE	10		0	NC	4		2	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.010		0		1		0.002	0.001	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.010		1		1		0.002	0.001	
17:0	g									
18:0	g	0.000		1		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.110		0		1		0.022	0.015	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		1		1		0.000	0.000	

NDB No. 19719
Jams and preserves, apricot

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.020		1		1		0.004	0.003	
20:1 ... g	0.050		1		1		0.010	0.007	
22:1 undifferentiated ... g	0.040		1		1		0.008	0.006	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		1		0.000	0.000	
18:2 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.008		0		1		0.002	0.001	
Threonine ... g	0.023		0		1		0.005	0.003	
Isoleucine ... g	0.017		0		1		0.003	0.002	
Leucine ... g	0.037		0		1		0.007	0.005	
Lysine ... g	0.030		0		1		0.006	0.004	
Methionine ... g	0.001		0		1		0.000	0.000	
Cystine ... g	0.006		0		1		0.001	0.001	
Phenylalanine ... g	0.021		0		1		0.004	0.003	
Tyrosine ... g	0.025		0		1		0.005	0.004	
Valine ... g	0.021		0		1		0.004	0.003	
Arginine ... g	0.032		0		1		0.006	0.004	
Histidine ... g	0.014		0		1		0.003	0.002	
Alanine ... g	0.037		0		1		0.007	0.005	
Aspartic acid ... g	0.166		0		1		0.033	0.023	
Glutamic acid ... g	0.109		0		1		0.022	0.015	
Glycine ... g	0.029		0		1		0.006	0.004	
Proline ... g	0.023		0		1		0.005	0.003	
Serine ... g	0.028		0		1		0.006	0.004	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	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 = 20g: 1 tbsp

Measure 2 = 14.0g: 1 packet (0.5 oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19300
Jellies

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	29.17	1.470	9	A	1		87.51	5.54	4.08
Energy	kcal	283		0	NC	4		849	54	40
Energy	kj	1184				4		3552	225	166
Protein (N x 6.25)	g	0.20	0.100	13	A	1		0.60	0.04	0.03
Total lipid (fat)	g	0.03	0.030	7	A	1		0.09	0.01	0.00
Ash	g	0.13	0.030	3	A	1		0.39	0.02	0.02
Carbohydrate, by difference	g	70.47		0	NC	4		211.41	13.39	9.87
Fiber, total dietary	g	1.0		0		1		3.0	0.2	0.1
Sugars, total	g	41.50	3.580	3	A	1		124.50	7.89	5.81
Starch	g									
Minerals:										
Calcium, Ca	mg	8	0.364	52		1		24	2	1
Iron, Fe	mg	0.20	0.016	32		1		0.60	0.04	0.03
Magnesium, Mg	mg	6	0.157	52		1		18	1	1
Phosphorus, P	mg	5	0.397	49		1		15	1	1
Potassium, K	mg	64	4.775	54		1		192	12	9
Sodium, Na	mg	28	8.700	56	A	1		84	5	4
Zinc, Zn	mg	0.04	0.007	38		1		0.12	0.01	0.01
Copper, Cu	mg	0.018	0.003	33		1		0.054	0.003	0.003
Manganese, Mn	mg	0.139	0.013	30		1		0.417	0.026	0.019
Selenium, Se	mcg	2.0		0	BFZN	4		6.0	0.4	0.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9	0.130	3		1		2.7	0.2	0.1
Thiamin	mg	0.001		1		1		0.003	0.000	0.000
Riboflavin	mg	0.026		1		4		0.078	0.005	0.004
Niacin	mg	0.036		1		1		0.108	0.007	0.005
Pantothenic acid	mg	0.197		1		1		0.591	0.037	0.028
Vitamin B-6	mg	0.020		1		1		0.060	0.004	0.003
Folate, total	mcg	1		1		1		3	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	1		1		1		3	0	0
Folate, DFE	mcg_DFE	1		0	NC	4		3	0	0
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	0.00
Vitamin A, IU	IU	17		1		1		51	3	2
Vitamin A, RAE	mcg_RAE	1		0	NC	4		3	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.018		0		4		0.054	0.003	0.003
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.005		0	BFFN	4		0.015	0.001	0.001
17:0	g									
18:0	g	0.001		0	BFFN	4		0.003	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.010		0	BFFN	4		0.030	0.002	0.001
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000

NDB No. 19300
Jellies

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.010		0	BFFN	4		0.030	0.002	0.001
20:1	g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.015		0	BFFN	4		0.045	0.003	0.002
18:2 undifferentiated	g	0.015		0	BFFN	4		0.045	0.003	0.002
18:3 undifferentiated	g	0.000		0		4		0.000	0.000	0.000
18:4	g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		4		0.000	0.000	0.000
20:5 n-3	g	0.000		0		4		0.000	0.000	0.000
22:5 n-3	g	0.000		0		4		0.000	0.000	0.000
22:6 n-3	g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	0		1		4		0	0	0
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine	mg	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 = 300g: 1 cup

Measure 2 = 19g: 1 tbsp

Measure 3 = 14.0g: 1 packet (0.5 oz)

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

Food Group: 19 Sweets

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

NDB No. 19303
Marmalade, orange

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	33.20		1		1		106.24	6.64	4.65
Energy	kcal	246		0	NC	4		787	49	34
Energy	kj	1029				4		3294	206	144
Protein (N x 6.25)	g	0.30	0.058	3		1		0.96	0.06	0.04
Total lipid (fat)	g	0.00		1		1		0.00	0.00	0.00
Ash	g	0.20		1		1		0.64	0.04	0.03
Carbohydrate, by difference	g	66.30		0	NC	4		212.16	13.26	9.28
Fiber, total dietary	g	0.2		0		4		0.6	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	38		1		1		122	8	5
Iron, Fe	mg	0.15	0.029	3		1		0.48	0.03	0.02
Magnesium, Mg	mg	2		1		1		6	0	0
Phosphorus, P	mg	6		1		4		19	1	1
Potassium, K	mg	37		1		1		118	7	5
Sodium, Na	mg	56		1		1		179	11	8
Zinc, Zn	mg	0.04	0.018	4		1		0.13	0.01	0.01
Copper, Cu	mg	0.090		1		1		0.288	0.018	0.013
Manganese, Mn	mg	0.020		1		1		0.064	0.004	0.003
Selenium, Se	mcg	0.2		0	BFPN	4		0.6	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.8	2.285	3		1		15.4	1.0	0.7
Thiamin	mg	0.005		1		1		0.016	0.001	0.001
Riboflavin	mg	0.006		1		4		0.019	0.001	0.001
Niacin	mg	0.052		1		1		0.166	0.010	0.007
Pantothenic acid	mg	0.015		1		1		0.048	0.003	0.002
Vitamin B-6	mg	0.014		1		4		0.045	0.003	0.002
Folate, total	mcg	36		1		1		115	7	5
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	36		1		1		115	7	5
Folate, DFE	mcg_DFE	36		0	NC	4		115	7	5
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	0.00
Vitamin A, IU	IU	47		1		1		150	9	7
Vitamin A, RAE	mcg_RAE	2		0	NC	4		8	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		7		0.000	0.000	0.000
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		7		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000

NDB No. 19303
Marmalade, orange

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
20:1 ... g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
18:4 ... g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	0
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.003		0		1		0.010	0.001	0.000
Threonine ... g	0.005		0		1		0.016	0.001	0.001
Isoleucine ... g	0.008		0		1		0.026	0.002	0.001
Leucine ... g	0.007		0		1		0.022	0.001	0.001
Lysine ... g	0.015		0		1		0.048	0.003	0.002
Methionine ... g	0.006		0		1		0.019	0.001	0.001
Cystine ... g	0.003		0		1		0.010	0.001	0.000
Phenylalanine ... g	0.010		0		1		0.032	0.002	0.001
Tyrosine ... g	0.005		0		1		0.016	0.001	0.001
Valine ... g	0.013		0		1		0.042	0.003	0.002
Arginine ... g	0.021		0		1		0.067	0.004	0.003
Histidine ... g	0.006		0		1		0.019	0.001	0.001
Alanine ... g	0.016		0		1		0.051	0.003	0.002
Aspartic acid ... g	0.036		0		1		0.115	0.007	0.005
Glutamic acid ... g	0.030		0		1		0.096	0.006	0.004
Glycine ... g	0.030		0		1		0.096	0.006	0.004
Proline ... g	0.015		0		1		0.048	0.003	0.002
Serine ... g	0.010		0		1		0.032	0.002	0.001
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 320g: 1 cup

Measure 2 = 20g: 1 tbsp

Measure 3 = 14.0g: 1 package (0.5 oz)

Calories Factors: Protein 3.4 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19304
Molasses

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	25.90		2		1		84.95	5.18	
Energy	kcal	266		0	NC	4		872	53	
Energy	kj	1113				4		3650	223	
Protein (N x 6.25)	g	0.00		1		4		0.00	0.00	
Total lipid (fat)	g	0.10		2		1		0.33	0.02	
Ash	g	3.30		2		1		10.82	0.66	
Carbohydrate, by difference	g	68.80		0	NC	4		225.66	13.76	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	205		2		1		672	41	
Iron, Fe	mg	4.72		2		1		15.48	0.94	
Magnesium, Mg	mg	242		2		1		794	48	
Phosphorus, P	mg	31		2		1		102	6	
Potassium, K	mg	1464		2		1		4802	293	
Sodium, Na	mg	37		2		1		121	7	
Zinc, Zn	mg	0.29	0.038	3		1		0.95	0.06	
Copper, Cu	mg	0.487	0.035	3		1		1.597	0.097	
Manganese, Mn	mg	1.530		2		1		5.018	0.306	
Selenium, Se	mcg	17.8	4.906	5	A	1		58.4	3.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.041		2		1		0.134	0.008	
Riboflavin	mg	0.002		1		1		0.007	0.000	
Niacin	mg	0.930		2		1		3.050	0.186	
Pantothenic acid	mg	0.804		2		1		2.637	0.161	
Vitamin B-6	mg	0.670		2		1		2.198	0.134	
Folate, total	mcg	0		2		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		2		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.018		0		4		0.059	0.004	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.018		0		4		0.059	0.004	
17:0	g									
18:0	g	0.002		0		4		0.007	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.032		0		4		0.105	0.006	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	

NDB No. 19304
Molasses

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.032		0		4		0.105	0.006	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.050		0		4		0.164	0.010	
18:2 undifferentiated ... g	0.050		0		4		0.164	0.010	
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:6 n-3 ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 328g: 1 cup

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19305
Molasses, blackstrap

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	28.70		1		1		94.14	5.74	
Energy	kcal	235		0	NC	4		771	47	
Energy	kj	983				4		3225	197	
Protein (N x 6.25)	g	0.00		1		4		0.00	0.00	
Total lipid (fat)	g	0.00		1		1		0.00	0.00	
Ash	g	8.20		1		1		26.90	1.64	
Carbohydrate, by difference	g	60.80		0	NC	4		199.42	12.16	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	860		1		1		2821	172	
Iron, Fe	mg	17.50		1		1		57.40	3.50	
Magnesium, Mg	mg	215		1		1		705	43	
Phosphorus, P	mg	40		1		1		131	8	
Potassium, K	mg	2492		1		1		8174	498	
Sodium, Na	mg	55		1		1		180	11	
Zinc, Zn	mg	1.00		1		1		3.28	0.20	
Copper, Cu	mg	2.040		1		1		6.691	0.408	
Manganese, Mn	mg	2.610		1		1		8.561	0.522	
Selenium, Se	mcg	17.8		0	BFZN	4		58.4	3.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.033		1		1		0.108	0.007	
Riboflavin	mg	0.052		1		1		0.171	0.010	
Niacin	mg	1.080		1		1		3.542	0.216	
Pantothenic acid	mg	0.880		1		1		2.886	0.176	
Vitamin B-6	mg	0.700		1		1		2.296	0.140	
Folate, total	mcg	1		1		1		3	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		1		1		3	0	
Folate, DFE	mcg_DFE	1		0	NC	4		3	0	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0	Z	7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated	g	0.000		0		4		0.000	0.000	
Fatty acids, total polyunsaturated	g	0.000		0		4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		1		4		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg									
Theobromine	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19305
Molasses, blackstrap

Measure 1 = 328g: 1 cup
Measure 2 = 20g: 1 tbsp

Calories Factors: Protein **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19257
POLANER ALL-FRUIT Strawberry Spread
B&G Foods, Inc.

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	41.70		1	A	1		7.51		
Energy	kcal	231		0	NC	4		42		
Energy	kj	966				4		174		
Protein	g	0.70		1	A	1		0.13		
Total lipid (fat)	g	0.00		1	A	1		0.00		
Ash	g	0.60		1	A	1		0.11		
Carbohydrate, by difference	g	57.00		0	NC	4		10.26		
Fiber, total dietary	g									
Sugars, total	g	42.10		1	A	1		7.58		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	20		1	A	1		4		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									

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

Common Measures:

Measure 1 = 18g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 42063
Pectin, liquid

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	96.90				4				
Energy	kcal	11				4				
Energy	kj	46				4				
Protein	g	0.00				7				
Total lipid (fat)	g	0.00				7				
Ash	g	1.00		0	O	4				
Carbohydrate, by difference	g	2.80				4				
Fiber, total dietary	g	2.8				4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0				7				
Iron, Fe	mg	0.00				7				
Magnesium, Mg	mg	0				7				
Phosphorus, P	mg	0				7				
Potassium, K	mg	0				7				
Sodium, Na	mg	0				7				
Zinc, Zn	mg	0.00				7				
Copper, Cu	mg	0.000				7				
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				7				
Thiamin	mg	0.000				7				
Riboflavin	mg	0.000				7				
Niacin	mg	0.000				7				
Pantothenic acid	mg									
Vitamin B-6	mg	0.000				7				
Folate, total	mcg	0				7				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	0				7				
Folate, DFE	mcg_DFE	0		0	Z	7				
Vitamin B-12	mcg	0.00				7				
Vitamin A, IU	IU	0				7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		0	Z	7				
Vitamin E	mg_ATE	0.000				7				
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000				7				
4:0	g	0.000		0		4				
6:0	g	0.000		0		4				
8:0	g	0.000		0		4				
10:0	g	0.000		0		4				
12:0	g	0.000		0		4				
13:0	g									
14:0	g	0.000		0		4				
15:0	g									
16:0	g	0.000		0		4				
17:0	g									
18:0	g	0.000		0		4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000				7				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4				

NDB No. 42063
Pectin, 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
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		4				
20:1 ... g	0.000		0		4				
22:1 undifferentiated ... g	0.000		0		4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000				7				
18:2 undifferentiated ... g	0.000		0		4				
18:3 undifferentiated ... g	0.000		0		4				
18:4 ... g	0.000		0		4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4				
20:5 n-3 ... g	0.000		0		4				
22:5 n-3 ... g	0.000		0		4				
22:6 n-3 ... g	0.000		0		4				
Fatty acids, total trans ... g									
Cholesterol ... mg	0				7				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0				7				
Caffeine ... mg	0		0	z	7				
Theobromine ... mg	0		0	z	7				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19310
Pectin, unsweetened, dry mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.70	2.791	3		1		4.35		
Energy	kcal	325		0	NC	4		163		
Energy	kj	1360				4		680		
Protein (N x 6.25)	g	0.30		2		1		0.15		
Total lipid (fat)	g	0.30		2		1		0.15		
Ash	g	0.30		2		1		0.15		
Carbohydrate, by difference	g	90.40		0	NC	4		45.20		
Fiber, total dietary	g	8.6		0		4		4.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		2		1		4		
Iron, Fe	mg	2.71		2		1		1.36		
Magnesium, Mg	mg	1		2		1		1		
Phosphorus, P	mg	2		2		1		1		
Potassium, K	mg	7		2		1		4		
Sodium, Na	mg	200		2		1		100		
Zinc, Zn	mg	0.47		2		1		0.24		
Copper, Cu	mg	0.420		2		1		0.210		
Manganese, Mn	mg	0.070		2		1		0.035		
Selenium, Se	mcg	0.0		0	Z	7		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0		
Thiamin	mg	0.008		2		1		0.004		
Riboflavin	mg	0.060		2		1		0.030		
Niacin	mg	0.005		2		1		0.003		
Pantothenic acid	mg	0.110		2		1		0.055		
Vitamin B-6	mg	0.010		2		1		0.005		
Folate, total	mcg	1		2		1		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	1		2		1		1		
Folate, DFE	mcg_DFE	1		0	NC	4		1		
Vitamin B-12	mcg	0.00		1		4		0.00		
Vitamin A, IU	IU	3		2		1		2		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	0.000		0		4		0.000		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.050		0		4		0.025		
4:0	g	0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	g	0.000		0		4		0.000		
10:0	g	0.000		0		4		0.000		
12:0	g	0.001		0		4		0.001		
13:0	g									
14:0	g	0.002		0		4		0.001		
15:0	g									
16:0	g	0.040		0		4		0.020		
17:0	g									
18:0	g	0.006		0		4		0.003		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.010		0		4		0.005		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0		4		0.001		

NDB No. 19310
Pectin, unsweetened, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.012		0		4		0.006		
20:1 g	0.000		0		4		0.000		
22:1 undifferentiated g	0.000		0		4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.090		0		4		0.045		
18:2 undifferentiated g	0.072		0		4		0.036		
18:3 undifferentiated g	0.015		0		4		0.008		
18:4 g	0.000		0		4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000		
20:5 n-3 g	0.000		0		4		0.000		
22:5 n-3 g	0.000		0		4		0.000		
22:6 n-3 g	0.000		0		4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		1		4		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 50g: 1 package (1.75 oz)

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

Food Group: 19 Sweets

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

NDB No. 19312
Pie fillings, canned, apple

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.40	0.815	3		1		436.73	54.32	
Energy	kcal	101		0	NC	4		601	75	
Energy	kj	423				4		2514	313	
Protein (N x 6.25)	g	0.10		2		1		0.60	0.07	
Total lipid (fat)	g	0.10		2		1		0.60	0.07	
Ash	g	0.30		2		1		1.79	0.22	
Carbohydrate, by difference	g	26.20		0	NC	4		155.89	19.39	
Fiber, total dietary	g	1.0		0		1		6.0	0.7	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		2		1		24	3	
Iron, Fe	mg	0.29		2		1		1.73	0.21	
Magnesium, Mg	mg	2		2		1		12	1	
Phosphorus, P	mg	7		2		1		42	5	
Potassium, K	mg	45		2		1		268	33	
Sodium, Na	mg	44		2		1		262	33	
Zinc, Zn	mg	0.04		2		1		0.24	0.03	
Copper, Cu	mg	0.055		2		1		0.327	0.041	
Manganese, Mn	mg	0.027		2		1		0.161	0.020	
Selenium, Se	mcg	0.4		0	BFSN	4		2.4	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		1		4		6.5	0.8	
Thiamin	mg	0.012		2		1		0.071	0.009	
Riboflavin	mg	0.011		2		1		0.065	0.008	
Niacin	mg	0.035		2		1		0.208	0.026	
Pantothenic acid	mg	0.042		2		1		0.250	0.031	
Vitamin B-6	mg	0.016		2		1		0.095	0.012	
Folate, total	mcg	0		2		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		2		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	13		1		4		77	10	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		4	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.020		0		1		0.119	0.015	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		1		1		0.000	0.000	
13:0	g									
14:0	g	0.000		1		1		0.000	0.000	
15:0	g									
16:0	g	0.010		1		1		0.060	0.007	
17:0	g									
18:0	g	0.000		1		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		1		1		0.000	0.000	

NDB No. 19312
Pie fillings, canned, apple

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.000		1		1		0.000	0.000	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.030		0		1		0.179	0.022	
18:2 undifferentiated ... g	0.020		1		1		0.119	0.015	
18:3 undifferentiated ... g	0.000		1		1		0.000	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.001		0		1		0.006	0.001	
Threonine ... g	0.003		0		1		0.018	0.002	
Isoleucine ... g	0.003		0		1		0.018	0.002	
Leucine ... g	0.005		0		1		0.030	0.004	
Lysine ... g	0.005		0		1		0.030	0.004	
Methionine ... g	0.001		0		1		0.006	0.001	
Cystine ... g	0.001		0		1		0.006	0.001	
Phenylalanine ... g	0.002		0		1		0.012	0.001	
Tyrosine ... g	0.002		0		1		0.012	0.001	
Valine ... g	0.004		0		1		0.024	0.003	
Arginine ... g	0.002		0		1		0.012	0.001	
Histidine ... g	0.001		0		1		0.006	0.001	
Alanine ... g	0.003		0		1		0.018	0.002	
Aspartic acid ... g	0.028		0		1		0.167	0.021	
Glutamic acid ... g	0.008		0		1		0.048	0.006	
Glycine ... g	0.003		0		1		0.018	0.002	
Proline ... g	0.003		0		1		0.018	0.002	
Serine ... g	0.003		0		1		0.018	0.002	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 595g: 1 can (21 oz)

Measure 2 = 74g: .125 can

Calories Factors: **Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19314
Pie fillings, canned, cherry

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	71.23	0.930	5	A	1		423.82	52.71	
Energy	kcal	115		0	NC	4		684	85	
Energy	kj	481				4		2863	356	
Protein (N x 6.25)	g	0.37	0.070	4	A	1		2.20	0.27	
Total lipid (fat)	g	0.07	0.070	4	A	1		0.42	0.05	
Ash	g	0.20	0.010	4	A	1		1.19	0.15	
Carbohydrate, by difference	g	28.00		0	NC	4		166.60	20.72	
Fiber, total dietary	g	0.6		0		1		3.6	0.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		2		1		65	8	
Iron, Fe	mg	0.24		2		1		1.43	0.18	
Magnesium, Mg	mg	7		2		1		42	5	
Phosphorus, P	mg	15		2		1		89	11	
Potassium, K	mg	105		2		1		625	78	
Sodium, Na	mg	18	8.040	4	A	1		107	13	
Zinc, Zn	mg	0.05		2		1		0.30	0.04	
Copper, Cu	mg	0.080		2		1		0.476	0.059	
Manganese, Mn	mg	0.030		2		1		0.179	0.022	
Selenium, Se	mcg	0.4		0	BFSN	4		2.4	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.6		1		4		21.4	2.7	
Thiamin	mg	0.025		2		1		0.149	0.019	
Riboflavin	mg	0.016		2		1		0.095	0.012	
Niacin	mg	0.140		2		1		0.833	0.104	
Pantothenic acid	mg	0.063		2		1		0.375	0.047	
Vitamin B-6	mg	0.037		2		1		0.220	0.027	
Folate, total	mcg	4		2		1		24	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		2		1		24	3	
Folate, DFE	mcg_DFE	4		0	NC	4		24	3	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	205		2		1		1220	152	
Vitamin A, RAE	mcg_RAE	10		0	NC	4		61	8	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.018		0	BFFN	4		0.107	0.013	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.010		0	BFFN	4		0.060	0.007	
17:0	g									
18:0	g	0.004		0	BFFN	4		0.024	0.003	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.021		0	BFFN	4		0.125	0.016	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 19314
Pie fillings, canned, cherry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.021		0	BFFN	4		0.125	0.016	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.021		0	BFFN	4		0.125	0.016	
18:2 undifferentiated ... g	0.010		0	BFFN	4		0.060	0.007	
18:3 undifferentiated ... g	0.010		0	BFFN	4		0.060	0.007	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.002		0		1		0.012	0.001	
Threonine ... g	0.009		0		1		0.054	0.007	
Isoleucine ... g	0.009		0		1		0.054	0.007	
Leucine ... g	0.013		0		1		0.077	0.010	
Lysine ... g	0.016		0		1		0.095	0.012	
Methionine ... g	0.002		0		1		0.012	0.001	
Cystine ... g	0.002		0		1		0.012	0.001	
Phenylalanine ... g	0.008		0		1		0.048	0.006	
Tyrosine ... g	0.005		0		1		0.030	0.004	
Valine ... g	0.012		0		1		0.071	0.009	
Arginine ... g	0.007		0		1		0.042	0.005	
Histidine ... g	0.006		0		1		0.036	0.004	
Alanine ... g	0.013		0		1		0.077	0.010	
Aspartic acid ... g	0.247		0		1		1.470	0.183	
Glutamic acid ... g	0.017		0		1		0.101	0.013	
Glycine ... g	0.010		0		1		0.060	0.007	
Proline ... g	0.014		0		1		0.083	0.010	
Serine ... g	0.014		0		1		0.083	0.010	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 595g: 1 can (21 oz)

Measure 2 = 74g: .125 can

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

Food Group: 19 Sweets

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

NDB No. 19286

Puddings, KRAFT, JELL-O Brand Fat Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, regular, powder

Kraft Foods, Inc.

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	3.60		0	MC	9		0.90		
Energy	kcal	360		0	MC	9		90		
Energy	kj	1506				9		377		
Protein	g	1.70		0	MC	9		0.43		
Total lipid (fat)	g	1.00		0	NR	4		0.25		
Ash	g	2.10		0	MC	9		0.53		
Carbohydrate, by difference	g	91.00		0	MC	9		22.75		
Fiber, total dietary	g	1.3		0	MC	9		0.3		
Sugars, total	g	60.10		0	MC	9		15.03		
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0	MC	9		5		
Iron, Fe	mg	2.68		0	MC	9		0.67		
Magnesium, Mg	mg									
Phosphorus, P	mg	72		0	MC	9		18		
Potassium, K	mg	351		0	MC	9		88		
Sodium, Na	mg	426		0	MC	9		107		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	1		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.600		0	MC	9		0.150		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 25g: 1 NLEA Serving

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

Food Group: 19 Sweets

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

NDB No. 19287

Puddings, KRAFT, JELL-O Brand Fat Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, regular, powder

Kraft Foods, Inc.

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		0	MC	9		0.71		
Energy	kcal	374		0	MC	9		86		
Energy	kj	1565				9		360		
Protein	g	0.10		0	MC	9		0.02		
Total lipid (fat)	g	0.10		0	NR	4		0.02		
Ash	g	2.20		0	MC	9		0.51		
Carbohydrate, by difference	g	94.30		0	MC	9		21.69		
Fiber, total dietary	g	0.3		0	MC	9		0.1		
Sugars, total	g	69.70		0	MC	9		16.03		
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0	MC	9		2		
Iron, Fe	mg	0.18		0	MC	9		0.04		
Magnesium, Mg	mg									
Phosphorus, P	mg	7		0	MC	9		2		
Potassium, K	mg	12		0	MC	9		3		
Sodium, Na	mg	599		0	MC	9		138		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.100		0	MC	9		0.023		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 23g: 1 NLEA Serving

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

Food Group: 19 Sweets

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

NDB No. 19288

Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Chocolate, ready-to-eat

Kraft Foods, Inc.

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	75.70		0	MC	9		85.54		
Energy	kcal	90		0	MC	9		102		
Energy	kj	377				9		426		
Protein	g	2.50		0	MC	9		2.83		
Total lipid (fat)	g	0.40		0	NR	4		0.45		
Ash	g	1.10		0	MC	9		1.24		
Carbohydrate, by difference	g	20.10		0	MC	9		22.71		
Fiber, total dietary	g	0.8		0	MC	9		0.9		
Sugars, total	g	15.30		0	MC	9		17.29		
Starch	g									
Minerals:										
Calcium, Ca	mg	79		0	MC	9		89		
Iron, Fe	mg	0.53		0	MC	9		0.60		
Magnesium, Mg	mg									
Phosphorus, P	mg	76		0	MC	9		86		
Potassium, K	mg	208		0	MC	9		235		
Sodium, Na	mg	170		0	MC	9		192		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0	MC	9		0.3		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	154		0	MC	9		174		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.300		0	MC	9		0.339		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	2		0	MC	9		2		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 113g: 1 NLEA Serving

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

Food Group: 19 Sweets

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

NDB No. 19289

Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Vanilla, ready-to-eat

Kraft Foods, Inc.

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	75.90		0	MC	9		85.77		
Energy	kcal	92		0	MC	9		104		
Energy	kj	385				9		435		
Protein	g	2.10		0	MC	9		2.37		
Total lipid (fat)	g	0.20		0	NR	4		0.23		
Ash	g	1.00		0	MC	9		1.13		
Carbohydrate, by difference	g	20.50		0	MC	9		23.17		
Fiber, total dietary	g	0.1		0	MC	9		0.1		
Sugars, total	g	15.80		0	MC	9		17.85		
Starch	g									
Minerals:										
Calcium, Ca	mg	76		0	MC	9		86		
Iron, Fe	mg	0.04		0	MC	9		0.05		
Magnesium, Mg	mg									
Phosphorus, P	mg	102		0	MC	9		115		
Potassium, K	mg	109		0	MC	9		123		
Sodium, Na	mg	213		0	MC	9		241		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0	MC	9		0.3		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	154		0	MC	9		174		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.200		0	MC	9		0.226		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	2		0	MC	9		2		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 113g: 1 NLEA Serving

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

Food Group: 19 Sweets

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

NDB No. 19275

Puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Chocolate, with aspartame a acesulfame potassium sweetener, powder

Kraft Foods, Inc.

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		0	MC	9		0.50		
Energy	kcal	310		0	MC	9		34		
Energy	kj	1297				9		143		
Protein	g	4.90		0	MC	9		0.54		
Total lipid (fat)	g	2.40		0	NR	4		0.26		
Ash	g	9.90		0	MC	9		1.09		
Carbohydrate, by difference (1)	g	74.60		0	MC	9		8.21		
Fiber, total dietary	g	7.9		0	MC	9		0.9		
Sugars, total	g	0.70		0	MC	9		0.08		
Starch	g									
Minerals:										
Calcium, Ca	mg	126		0	MC	9		14		
Iron, Fe	mg	7.17		0	MC	9		0.79		
Magnesium, Mg	mg									
Phosphorus, P	mg	1717		0	MC	9		189		
Potassium, K	mg	1105		0	MC	9		122		
Sodium, Na	mg	2887		0	MC	9		318		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0	MC	9		0.1		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	2		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.000		0	MC	9		0.110		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 11.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

NDB No. 19275

Puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Chocolate, with aspartame a acesulfame potassium sweetener, powder

Food Group: 19 Sweets

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

NDB No. 19276

Puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Vanilla, with aspartame and acesulfame potassium sweetener, powder

Kraft Foods, Inc.

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	5.70		0	MC	9		0.46		
Energy	kcal	331		0	MC	9		26		
Energy	kj	1385				9		111		
Protein	g	0.80		0	MC	9		0.06		
Total lipid (fat)	g	0.90		0	NR	4		0.07		
Ash	g	11.40		0	MC	9		0.91		
Carbohydrate, by difference (1)	g	77.90		0	MC	9		6.23		
Fiber, total dietary	g	1.3		0	MC	9		0.1		
Sugars, total	g	0.90		0	MC	9		0.07		
Starch	g									
Minerals:										
Calcium, Ca	mg	147		0	MC	9		12		
Iron, Fe	mg	0.08		0	MC	9		0.01		
Magnesium, Mg	mg									
Phosphorus, P	mg	2368		0	MC	9		189		
Potassium, K	mg	31		0	MC	9		2		
Sodium, Na	mg	4154		0	MC	9		332		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.100		0	MC	9		0.008		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 8.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

NDB No. 19276

Puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Vanilla, with aspartame and acesulfame potassium sweetener, powder

Food Group: 19 Sweets

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

NDB No. 19284

Puddings, KRAFT, JELL-O Brand Instant Pudding & Pie Filling Chocolate, powder

Kraft Foods, Inc.

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		0	MC	9		0.45		
Energy	kcal	355		0	MC	9		99		
Energy	kj	1485				9		416		
Protein	g	1.50		0	MC	9		0.42		
Total lipid (fat)	g	1.20		0	NR	4		0.34		
Ash	g	4.80		0	MC	9		1.34		
Carbohydrate, by difference (1)	g	89.60		0	MC	9		25.09		
Fiber, total dietary	g	2.4		0	MC	9		0.7		
Sugars, total	g	66.70		0	MC	9		18.68		
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0	MC	9		4		
Iron, Fe	mg	2.13		0	MC	9		0.60		
Magnesium, Mg	mg									
Phosphorus, P	mg	938		0	MC	9		263		
Potassium, K	mg	290		0	MC	9		81		
Sodium, Na	mg	1477		0	MC	9		414		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.500		0	MC	9		0.140		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 28g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

NDB No. 19284
Puddings, KRAFT, JELL-O Brand Instant Pudding & Pie Filling Chocolate, powder

Food Group: 19 Sweets

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

NDB No. 19285

Puddings, KRAFT, JELL-O Brand Instant Pudding & Pie Filling Vanilla, powder

Kraft Foods, Inc.

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	1.10		0	MC	9		0.28		
Energy	kcal	375		0	MC	9		94		
Energy	kj	1569				9		392		
Protein	g	0.10		0	MC	9		0.03		
Total lipid (fat)	g	0.80		0	NR	4		0.20		
Ash	g	3.60		0	MC	9		0.90		
Carbohydrate, by difference	g	93.50		0	MC	9		23.38		
Fiber, total dietary	g	0.1		0	MC	9		0.0		
Sugars, total	g	74.90		0	MC	9		18.73		
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0	MC	9		1		
Iron, Fe	mg	0.12		0	MC	9		0.03		
Magnesium, Mg	mg									
Phosphorus, P	mg	795		0	MC	9		199		
Potassium, K	mg	5		0	MC	9		1		
Sodium, Na	mg	1411		0	MC	9		353		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	MC	9		0.1		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.200		0	MC	9		0.050		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 25g: 1 NLEA Serving

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

Food Group: 19 Sweets

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

NDB No. 19277

Puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, regular, with aspartame and acesulfame potassium sweetener, powder

Kraft Foods, Inc.

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	8.30		0	MC	9		0.83		
Energy	kcal	310		0	MC	9		31		
Energy	kj	1297				9		130		
Protein	g	6.10		0	MC	9		0.61		
Total lipid (fat)	g	3.00		0	NR	4		0.30		
Ash	g	6.00		0	MC	9		0.60		
Carbohydrate, by difference (1)	g	74.50		0	MC	9		7.45		
Fiber, total dietary	g	9.3		0	MC	9		0.9		
Sugars, total	g	0.70		0	MC	9		0.07		
Starch	g									
Minerals:										
Calcium, Ca	mg	69		0	MC	9		7		
Iron, Fe	mg	11.83		0	MC	9		1.18		
Magnesium, Mg	mg									
Phosphorus, P	mg	212		0	MC	9		21		
Potassium, K	mg	1390		0	MC	9		139		
Sodium, Na	mg	1085		0	MC	9		109		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.600		0	MC	9		0.160		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 10.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

NDB No. 19277

Puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, regular, with aspartame and acesulfame potassium sweetener, powder

Food Group: 19 Sweets

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

NDB No. 19278

Puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, regular, with aspartame and acesulfame potassium sweetener, powder

Kraft Foods, Inc.

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	10.10		0	MC	9		0.61		
Energy	kcal	349		0	MC	9		21		
Energy	kj	1460				9		88		
Protein	g	1.00		0	MC	9		0.06		
Total lipid (fat)	g	0.30		0	NR	4		0.02		
Ash	g	5.20		0	MC	9		0.31		
Carbohydrate, by difference (1)	g	82.30		0	MC	9		4.94		
Fiber, total dietary	g	0.9		0	MC	9		0.1		
Sugars, total	g	2.90		0	MC	9		0.17		
Starch	g									
Minerals:										
Calcium, Ca	mg	42		0	MC	9		3		
Iron, Fe	mg	0.36		0	MC	9		0.02		
Magnesium, Mg	mg									
Phosphorus, P	mg	29		0	MC	9		2		
Potassium, K	mg	38		0	MC	9		2		
Sodium, Na	mg	1887		0	MC	9		113		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.100		0	MC	9		0.006		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 6.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

NDB No. 19278

Puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, regular, with aspartame and acesulfame potassium sweetener, powder

Food Group: 19 Sweets

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

NDB No. 19318
Puddings, banana, dry mix, instant

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	0.054	6		1		2.77	0.70	
Energy	kcal	367		0	NC	4		363	92	
Energy	kj	1536				4		1520	384	
Protein (N x 6.4)	g	0.00	0.000	6		1		0.00	0.00	
Total lipid (fat)	g	0.60	0.074	6		1		0.59	0.15	
Ash	g	3.80	0.013	6		1		3.76	0.95	
Carbohydrate, by difference	g	92.70		0	NC	4		91.77	23.18	
Fiber, total dietary	g	0.0		0	FLM	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		1		4		6	2	
Iron, Fe	mg	0.12		1		4		0.12	0.03	
Magnesium, Mg	mg	2		1		4		2	1	
Phosphorus, P	mg	804		1		4		796	201	
Potassium, K	mg	15		0		4		15	4	
Sodium, Na	mg	1499		0		4		1484	375	
Zinc, Zn	mg	0.04		1		4		0.04	0.01	
Copper, Cu	mg	0.021		1		4		0.021	0.005	
Manganese, Mn	mg	0.010		1		4		0.010	0.003	
Selenium, Se	mcg	0.8		0	BFZN	4		0.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.001		1		4		0.001	0.000	
Riboflavin	mg	0.003		1		4		0.003	0.001	
Niacin	mg	0.002		1		4		0.002	0.001	
Pantothenic acid	mg	0.006		1		4		0.006	0.002	
Vitamin B-6	mg	0.001		1		4		0.001	0.000	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.01		1		4		0.01	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.090		0		1		0.089	0.023	
4:0	g	0.000		1		1		0.000	0.000	
6:0	g	0.000		1		1		0.000	0.000	
8:0	g	0.000		1		1		0.000	0.000	
10:0	g	0.000		1		1		0.000	0.000	
12:0	g	0.000		1		1		0.000	0.000	
13:0	g									
14:0	g	0.000		1		1		0.000	0.000	
15:0	g									
16:0	g	0.060		1		1		0.059	0.015	
17:0	g									
18:0	g	0.020		1		1		0.020	0.005	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.140		0		1		0.139	0.035	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		1		1		0.000	0.000	

NDB No. 19318
Puddings, banana, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.140		1		1		0.139	0.035	
20:1 ... g	0.000		1		1		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.350		0		1		0.347	0.088	
18:2 undifferentiated ... g	0.310		1		1		0.307	0.078	
18:3 undifferentiated ... g	0.040		1		1		0.040	0.010	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g									
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 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19121
Puddings, banana, dry mix, instant, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.52		0	RPA	1				
Energy	kcal	105		0	RPI	6				
Energy	kj	441		0	RPI	6				
Protein	g	2.76		0	RPA	1				
Total lipid (fat)	g	1.70		0	RPA	1				
Ash	g	1.26		0	RPA	1				
Carbohydrate, by difference	g	19.74		0	RPI	6				
Fiber, total dietary	g	0.0		0	RPI	6				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	102		0	RPI	6				
Iron, Fe	mg	0.06		0	RPI	6				
Magnesium, Mg	mg	12		0	RPI	6				
Phosphorus, P	mg	216		0	RPI	6				
Potassium, K	mg	131		0	RPI	6				
Sodium, Na	mg	296		0	RPI	6				
Zinc, Zn	mg	0.33		0	RPI	6				
Copper, Cu	mg	0.010		0	RPI	6				
Manganese, Mn	mg	0.003		0	RPI	6				
Selenium, Se	mcg	2.0		0	RPI	6				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	RPI	6				
Thiamin	mg	0.033		0	RPI	6				
Riboflavin	mg	0.137		0	RPI	6				
Niacin	mg	0.072		0	RPI	6				
Pantothenic acid	mg	0.267		0	RPI	6				
Vitamin B-6	mg	0.036		0	RPI	6				
Folate, total	mcg	4		0	RPI	6				
Folic acid	mcg	0		0	RPI	6				
Folate, food	mcg	4		0	RPI	6				
Folate, DFE	mcg_DFE	4		0	NC	4				
Vitamin B-12	mcg	0.30		0	RPI	6				
Vitamin A, IU	IU	170		0	RPI	6				
Vitamin A, RAE	mcg_RAE	46		0	NC	4				
Retinol	mcg	46		0	RPA	1				
Vitamin E	mg_ATE	0.058		0	RPA	1				
Vitamin D	IU	33.200		0	RPI	6				
Lipids:										
Fatty acids, total saturated	g	0.971		0	RPA	1				
4:0	g	0.051		0	RPA	1				
6:0	g	0.031		0	RPA	1				
8:0	g	0.017		0	RPA	1				
10:0	g	0.040		0	RPA	1				
12:0	g	0.045		0	RPA	1				
13:0	g									
14:0	g	0.160		0	RPA	1				
15:0	g									
16:0	g	0.429		0	RPA	1				
17:0	g									
18:0	g	0.197		0	RPA	1				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.460		0	RPA	1				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.036		0	RPA	1				

NDB No. 19121
Puddings, banana, dry mix, instant, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.425		0	RPA	1				
20:1 ... g	0.000		0	RPA	1				
22:1 undifferentiated ... g	0.000		0	RPA	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.118		0	RPA	1				
18:2 undifferentiated ... g	0.088		0	RPA	1				
18:3 undifferentiated ... g	0.030		0	RPA	1				
18:4 ... g	0.000		0	RPA	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPA	1				
20:5 n-3 ... g	0.000		0	RPA	1				
22:5 n-3 ... g	0.000		0	RPA	1				
22:6 n-3 ... g	0.000		0	RPA	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0	RPI	6				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.039		0	RPA	1				
Threonine ... g	0.125		0	RPA	1				
Isoleucine ... g	0.167		0	RPA	1				
Leucine ... g	0.271		0	RPA	1				
Lysine ... g	0.219		0	RPA	1				
Methionine ... g	0.070		0	RPA	1				
Cystine ... g	0.026		0	RPA	1				
Phenylalanine ... g	0.134		0	RPA	1				
Tyrosine ... g	0.134		0	RPA	1				
Valine ... g	0.185		0	RPA	1				
Arginine ... g	0.100		0	RPA	1				
Histidine ... g	0.075		0	RPA	1				
Alanine ... g	0.095		0	RPA	1				
Aspartic acid ... g	0.210		0	RPA	1				
Glutamic acid ... g	0.579		0	RPA	1				
Glycine ... g	0.058		0	RPA	1				
Proline ... g	0.268		0	RPA	1				
Serine ... g	0.150		0	RPA	1				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6				
Caffeine ... mg	0		0	RPI	6				
Theobromine ... mg	0		0	RPI	6				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19319
Puddings, banana, dry mix, instant, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.51		0	RPA	1				
Energy	kcal	115		0	RPI	6				
Energy	kj	482		0	RPI	6				
Protein	g	2.73		0	RPA	1				
Total lipid (fat)	g	2.87		0	RPA	1				
Ash	g	1.24		0	RPA	1				
Carbohydrate, by difference	g	19.63		0	RPI	6				
Fiber, total dietary	g	0.0		0	RPI	6				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	100		0	RPI	6				
Iron, Fe	mg	0.06		0	RPI	6				
Magnesium, Mg	mg	11		0	RPI	6				
Phosphorus, P	mg	214		0	RPI	6				
Potassium, K	mg	128		0	RPI	6				
Sodium, Na	mg	296		0	RPI	6				
Zinc, Zn	mg	0.32		0	RPI	6				
Copper, Cu	mg	0.012		0	RPI	6				
Manganese, Mn	mg	0.005		0	RPI	6				
Selenium, Se	mcg	1.8		0	RPI	6				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	RPI	6				
Thiamin	mg	0.032		0	RPI	6				
Riboflavin	mg	0.135		0	RPI	6				
Niacin	mg	0.070		0	RPI	6				
Pantothenic acid	mg	0.262		0	RPI	6				
Vitamin B-6	mg	0.035		0	RPI	6				
Folate, total	mcg	4		0	RPI	6				
Folic acid	mcg	0		0	RPI	6				
Folate, food	mcg	4		0	RPI	6				
Folate, DFE	mcg_DFE	4		0	NC	4				
Vitamin B-12	mcg	0.30		0	RPI	6				
Vitamin A, IU	IU	105		0	RPI	6				
Vitamin A, RAE	mcg_RAE	24		0	NC	4				
Retinol	mcg	23		0	RPI	6				
Vitamin E	mg_ATE	0.083		0	RPA	1				
Vitamin D	IU	33.200		0	RPI	6				
Lipids:										
Fatty acids, total saturated	g	1.679		0	RPA	1				
4:0	g	0.090		0	RPA	1				
6:0	g	0.053		0	RPA	1				
8:0	g	0.031		0	RPA	1				
10:0	g	0.070		0	RPA	1				
12:0	g	0.078		0	RPA	1				
13:0	g									
14:0	g	0.279		0	RPA	1				
15:0	g									
16:0	g	0.740		0	RPA	1				
17:0	g									
18:0	g	0.340		0	RPA	1				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.783		0	RPA	1				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.062		0	RPA	1				

NDB No. 19319
Puddings, banana, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.721		0	RPA	1				
20:1 ... g	0.000		0	RPA	1				
22:1 undifferentiated ... g	0.000		0	RPA	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.162		0	RPA	1				
18:2 undifferentiated ... g	0.115		0	RPA	1				
18:3 undifferentiated ... g	0.047		0	RPA	1				
18:4 ... g	0.000		0	RPA	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPA	1				
20:5 n-3 ... g	0.000		0	RPA	1				
22:5 n-3 ... g	0.000		0	RPA	1				
22:6 n-3 ... g	0.000		0	RPA	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	11		0	RPI	6				
Phytosterols ... mg	0		0	RPA	1				
Amino Acids:									
Tryptophan ... g	0.038		0	RPA	1				
Threonine ... g	0.124		0	RPA	1				
Isoleucine ... g	0.165		0	RPA	1				
Leucine ... g	0.267		0	RPA	1				
Lysine ... g	0.217		0	RPA	1				
Methionine ... g	0.069		0	RPA	1				
Cystine ... g	0.025		0	RPA	1				
Phenylalanine ... g	0.132		0	RPA	1				
Tyrosine ... g	0.132		0	RPA	1				
Valine ... g	0.183		0	RPA	1				
Arginine ... g	0.099		0	RPA	1				
Histidine ... g	0.074		0	RPA	1				
Alanine ... g	0.094		0	RPA	1				
Aspartic acid ... g	0.208		0	RPA	1				
Glutamic acid ... g	0.572		0	RPA	1				
Glycine ... g	0.058		0	RPA	1				
Proline ... g	0.265		0	RPA	1				
Serine ... g	0.149		0	RPA	1				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6				
Caffeine ... mg	0		0	RPI	6				
Theobromine ... mg	0		0	RPI	6				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19705
Puddings, banana, dry mix, instant, with added oil

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.80	0.054	6		1		2.77	0.70	
Energy	kcal	386		0		4		382	97	
Energy	kj	1615				4		1599	404	
Protein (N x 6.4)	g	0.00	0.000	6		1		0.00	0.00	
Total lipid (fat)	g	4.40		0		1		4.36	1.10	
Ash	g	3.80	0.013	6		1		3.76	0.95	
Carbohydrate, by difference	g	89.00		0		4		88.11	22.25	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		1		6	2	
Iron, Fe	mg	0.12		0		4		0.12	0.03	
Magnesium, Mg	mg	2		0		4		2	1	
Phosphorus, P	mg	804		0		4		796	201	
Potassium, K	mg	15		0		4		15	4	
Sodium, Na	mg	1499		0		4		1484	375	
Zinc, Zn	mg	0.04		0		4		0.04	0.01	
Copper, Cu	mg	0.021		0		4		0.021	0.005	
Manganese, Mn	mg	0.010		0		4		0.010	0.003	
Selenium, Se	mcg	0.8		0	RA	4		0.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.001		0		4		0.001	0.000	
Riboflavin	mg	0.003		0		4		0.003	0.001	
Niacin	mg	0.002		0		4		0.002	0.001	
Pantothenic acid	mg	0.006		0		4		0.006	0.002	
Vitamin B-6	mg	0.001		0		4		0.001	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.01		0		4		0.01	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.790		0		4		0.782	0.198	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.620		0		4		0.614	0.155	
17:0	g									
18:0	g	0.160		0		4		0.158	0.040	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.300		0		4		1.287	0.325	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	

NDB No. 19705
Puddings, banana, dry mix, instant, with added oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.290		0		4		1.277	0.323	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.120		0		4		2.099	0.530	
18:2 undifferentiated ... g	1.990		0		4		1.970	0.498	
18:3 undifferentiated ... g	0.120		0		4		0.119	0.030	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g									
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 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19320
Puddings, banana, dry mix, regular

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.10	0.100	6		1		3.61	0.90	
Energy	kcal	376		0		4		331	83	
Energy	kj	1573				4		1384	346	
Protein (N x 6.2)	g	0.00		0		4		0.00	0.00	
Total lipid (fat)	g	0.40	0.030	3		1		0.35	0.09	
Ash	g	2.50	0.079	6		1		2.20	0.55	
Carbohydrate, by difference	g	92.90		0	NC	4		81.75	20.44	
Fiber, total dietary	g	0.3		0	FLM	4		0.3	0.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	20		1		4		18	4	
Iron, Fe	mg	0.05		1		4		0.04	0.01	
Magnesium, Mg	mg	8		1		4		7	2	
Phosphorus, P	mg	5		1		4		4	1	
Potassium, K	mg	17		0		4		15	4	
Sodium, Na	mg	788		0		4		693	173	
Zinc, Zn	mg	0.09		1		4		0.08	0.02	
Copper, Cu	mg	0.020		1		4		0.018	0.004	
Manganese, Mn	mg	0.013		1		4		0.011	0.003	
Selenium, Se	mcg	0.9		0	BFZN	4		0.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.000		1		4		0.000	0.000	
Riboflavin	mg	0.000		1		4		0.000	0.000	
Niacin	mg	0.000		1		4		0.000	0.000	
Pantothenic acid	mg	0.000		1		4		0.000	0.000	
Vitamin B-6	mg	0.000		1		4		0.000	0.000	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.090		0		1		0.079	0.020	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.080		1		1		0.070	0.018	
17:0	g									
18:0	g	0.000		1		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.030		0		1		0.026	0.007	
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 19320
Puddings, banana, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.030		1		1		0.026	0.007	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.160		0		1		0.141	0.035	
18:2 undifferentiated ... g	0.160		1		1		0.141	0.035	
18:3 undifferentiated ... g	0.010		1		1		0.009	0.002	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	
Threonine ... g	0.001		0		1		0.001	0.000	
Isoleucine ... g	0.001		0		1		0.001	0.000	
Leucine ... g	0.005		0		1		0.004	0.001	
Lysine ... g	0.001		0		1		0.001	0.000	
Methionine ... g	0.001		0		1		0.001	0.000	
Cystine ... g	0.001		0		1		0.001	0.000	
Phenylalanine ... g	0.002		0		1		0.002	0.000	
Tyrosine ... g	0.001		0		1		0.001	0.000	
Valine ... g	0.002		0		1		0.002	0.000	
Arginine ... g	0.002		0		1		0.002	0.000	
Histidine ... g	0.001		0		1		0.001	0.000	
Alanine ... g	0.003		0		1		0.003	0.001	
Aspartic acid ... g	0.003		0		1		0.003	0.001	
Glutamic acid ... g	0.007		0		1		0.006	0.002	
Glycine ... g	0.001		0		1		0.001	0.000	
Proline ... g	0.003		0		1		0.003	0.001	
Serine ... g	0.002		0		1		0.002	0.000	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
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 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19122
Puddings, banana, dry mix, regular, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.90		0	RP	4				
Energy	kcal	101		0	RP	4				
Energy	kj	422		0	RP	4				
Protein	g	2.90		0	RP	4				
Total lipid (fat)	g	1.73		0	RP	4				
Ash	g	1.03		0	RP	4				
Carbohydrate, by difference	g	18.43		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	109		0	RP	4				
Iron, Fe	mg	0.05		0	RP	4				
Magnesium, Mg	mg	13		0	RP	4				
Phosphorus, P	mg	83		0	RP	4				
Potassium, K	mg	137		0	RP	4				
Sodium, Na	mg	164		0	RP	4				
Zinc, Zn	mg	0.35		0	RP	4				
Copper, Cu	mg	0.010		0	RP	4				
Manganese, Mn	mg	0.004		0	RP	4				
Selenium, Se	mcg	2.1		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4				
Thiamin	mg	0.031		0	RP	4				
Riboflavin	mg	0.144		0	RP	4				
Niacin	mg	0.075		0	RP	4				
Pantothenic acid	mg	0.278		0	RP	4				
Vitamin B-6	mg	0.034		0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Vitamin B-12	mcg	0.25		0	RP	4				
Vitamin A, IU	IU	178		0	RP	4				
Vitamin A, RAE	mcg_RAE	50		0	NC	4				
Retinol	mcg	49		0	RP	4				
Vitamin E	mg_ATE	0.061		0	RP	4				
Vitamin D	IU	34.791		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	1.015		0	RP	4				
4:0	g	0.054		0	RP	4				
6:0	g	0.032		0	RP	4				
8:0	g	0.018		0	RP	4				
10:0	g	0.042		0	RP	4				
12:0	g	0.047		0	RP	4				
13:0	g									
14:0	g	0.168		0	RP	4				
15:0	g									
16:0	g	0.452		0	RP	4				
17:0	g									
18:0	g	0.203		0	RP	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.462		0	RP	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.037		0	RP	4				

NDB No. 19122
Puddings, banana, dry mix, regular, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.425		0	RP	4				
20:1 ... g	0.000		0	RP	4				
22:1 undifferentiated ... g	0.000		0	RP	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.088		0	RP	4				
18:2 undifferentiated ... g	0.062		0	RP	4				
18:3 undifferentiated ... g	0.026		0	RP	4				
18:4 ... g	0.000		0	RP	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4				
20:5 n-3 ... g	0.000		0	RP	4				
22:5 n-3 ... g	0.000		0	RP	4				
22:6 n-3 ... g	0.000		0	RP	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	7		0	RP	4				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.041		0	RP	4				
Threonine ... g	0.131		0	RP	4				
Isoleucine ... g	0.175		0	RP	4				
Leucine ... g	0.284		0	RP	4				
Lysine ... g	0.230		0	RP	4				
Methionine ... g	0.073		0	RP	4				
Cystine ... g	0.027		0	RP	4				
Phenylalanine ... g	0.140		0	RP	4				
Tyrosine ... g	0.140		0	RP	4				
Valine ... g	0.194		0	RP	4				
Arginine ... g	0.106		0	RP	4				
Histidine ... g	0.078		0	RP	4				
Alanine ... g	0.100		0	RP	4				
Aspartic acid ... g	0.221		0	RP	4				
Glutamic acid ... g	0.607		0	RP	4				
Glycine ... g	0.061		0	RP	4				
Proline ... g	0.281		0	RP	4				
Serine ... g	0.158		0	RP	4				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4				
Caffeine ... mg	0		0	RP	4				
Theobromine ... mg	0		0	RP	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19321
Puddings, banana, dry mix, regular, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.84		0	RP	4				
Energy	kcal	111		0	RP	4				
Energy	kj	466		0	RP	4				
Protein	g	2.86		0	RP	4				
Total lipid (fat)	g	2.97		0	RP	4				
Ash	g	1.01		0	RP	4				
Carbohydrate, by difference	g	18.31		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	107		0	RP	4				
Iron, Fe	mg	0.05		0	RP	4				
Magnesium, Mg	mg	13		0	RP	4				
Phosphorus, P	mg	82		0	RP	4				
Potassium, K	mg	134		0	RP	4				
Sodium, Na	mg	164		0	RP	4				
Zinc, Zn	mg	0.34		0	RP	4				
Copper, Cu	mg	0.012		0	RP	4				
Manganese, Mn	mg	0.005		0	RP	4				
Selenium, Se	mcg	1.9		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4				
Thiamin	mg	0.030		0	RP	4				
Riboflavin	mg	0.141		0	RP	4				
Niacin	mg	0.073		0	RP	4				
Pantothenic acid	mg	0.273		0	RP	4				
Vitamin B-6	mg	0.033		0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Vitamin B-12	mcg	0.25		0	RP	4				
Vitamin A, IU	IU	110		0	RP	4				
Vitamin A, RAE	mcg_RAE	26		0	NC	4				
Retinol	mcg	25		0	RP	4				
Vitamin E	mg_ATE	0.087		0	RP	4				
Vitamin D	IU	34.780		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	1.757		0	RP	4				
4:0	g	0.094		0	RP	4				
6:0	g	0.056		0	RP	4				
8:0	g	0.032		0	RP	4				
10:0	g	0.073		0	RP	4				
12:0	g	0.082		0	RP	4				
13:0	g									
14:0	g	0.292		0	RP	4				
15:0	g									
16:0	g	0.777		0	RP	4				
17:0	g									
18:0	g	0.352		0	RP	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.800		0	RP	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.065		0	RP	4				

NDB No. 19321
Puddings, banana, dry mix, regular, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.735		0	RP	4				
20:1 ... g	0.000		0	RP	4				
22:1 undifferentiated ... g	0.000		0	RP	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.134		0	RP	4				
18:2 undifferentiated ... g	0.090		0	RP	4				
18:3 undifferentiated ... g	0.044		0	RP	4				
18:4 ... g	0.000		0	RP	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4				
20:5 n-3 ... g	0.000		0	RP	4				
22:5 n-3 ... g	0.000		0	RP	4				
22:6 n-3 ... g	0.000		0	RP	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	12		0	RP	4				
Phytosterols ... mg	0		0	RP	4				
Amino Acids:									
Tryptophan ... g	0.040		0	RP	4				
Threonine ... g	0.130		0	RP	4				
Isoleucine ... g	0.173		0	RP	4				
Leucine ... g	0.281		0	RP	4				
Lysine ... g	0.227		0	RP	4				
Methionine ... g	0.072		0	RP	4				
Cystine ... g	0.026		0	RP	4				
Phenylalanine ... g	0.139		0	RP	4				
Tyrosine ... g	0.138		0	RP	4				
Valine ... g	0.192		0	RP	4				
Arginine ... g	0.104		0	RP	4				
Histidine ... g	0.078		0	RP	4				
Alanine ... g	0.099		0	RP	4				
Aspartic acid ... g	0.218		0	RP	4				
Glutamic acid ... g	0.600		0	RP	4				
Glycine ... g	0.061		0	RP	4				
Proline ... g	0.278		0	RP	4				
Serine ... g	0.156		0	RP	4				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4				
Caffeine ... mg	0		0	RP	4				
Theobromine ... mg	0		0	RP	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19706
Puddings, banana, dry mix, regular, with added oil

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.10	0.100	6		1		3.61	0.90	
Energy	kcal	387		0	NC	4		341	85	
Energy	kj	1619				4		1425	356	
Protein (N x 6.2)	g	0.00		0		4		0.00	0.00	
Total lipid (fat)	g	5.00		0		1		4.40	1.10	
Ash	g	2.50	0.079	6		1		2.20	0.55	
Carbohydrate, by difference	g	88.40		0		4		77.79	19.45	
Fiber, total dietary	g	0.3		0	BFZN	4		0.3	0.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	20		1		4		18	4	
Iron, Fe	mg	0.05		1		4		0.04	0.01	
Magnesium, Mg	mg	8		1		4		7	2	
Phosphorus, P	mg	5		1		4		4	1	
Potassium, K	mg	17		0		4		15	4	
Sodium, Na	mg	788		0		4		693	173	
Zinc, Zn	mg	0.09		1		4		0.08	0.02	
Copper, Cu	mg	0.020		1		4		0.018	0.004	
Manganese, Mn	mg	0.013		1		4		0.011	0.003	
Selenium, Se	mcg	0.9		0	RA	4		0.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.000		1		4		0.000	0.000	
Riboflavin	mg	0.000		1		4		0.000	0.000	
Niacin	mg	0.000		1		4		0.000	0.000	
Pantothenic acid	mg	0.000		1		4		0.000	0.000	
Vitamin B-6	mg	0.000		1		4		0.000	0.000	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.900		0		1		0.792	0.198	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.700		0		1		0.616	0.154	
17:0	g									
18:0	g	0.180		0		1		0.158	0.040	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.480		0		1		1.302	0.326	
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 19706
Puddings, banana, dry mix, regular, with added oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.470		0		1		1.294	0.323	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.410		0		1		2.121	0.530	
18:2 undifferentiated ... g	2.270		0		1		1.998	0.499	
18:3 undifferentiated ... g	0.140		0		1		0.123	0.031	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	
Threonine ... g	0.001		0		1		0.001	0.000	
Isoleucine ... g	0.001		0		1		0.001	0.000	
Leucine ... g	0.005		0		1		0.004	0.001	
Lysine ... g	0.001		0		1		0.001	0.000	
Methionine ... g	0.001		0		1		0.001	0.000	
Cystine ... g	0.001		0		1		0.001	0.000	
Phenylalanine ... g	0.002		0		1		0.002	0.000	
Tyrosine ... g	0.001		0		1		0.001	0.000	
Valine ... g	0.002		0		1		0.002	0.000	
Arginine ... g	0.002		0		1		0.002	0.000	
Histidine ... g	0.001		0		1		0.001	0.000	
Alanine ... g	0.003		0		1		0.003	0.001	
Aspartic acid ... g	0.003		0		1		0.003	0.001	
Glutamic acid ... g	0.007		0		1		0.006	0.002	
Glycine ... g	0.001		0		1		0.001	0.000	
Proline ... g	0.003		0		1		0.003	0.001	
Serine ... g	0.002		0		1		0.002	0.000	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
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 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19311
Puddings, banana, ready-to-eat

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	72.00	0.157	19		1		20.41	102.24	
Energy	kcal	127		0	NC	4		36	180	
Energy	kj	531				4		151	755	
Protein (N x 6.4)	g	2.40	0.023	19		1		0.68	3.41	
Total lipid (fat)	g	3.60	0.043	19		1		1.02	5.11	
Ash	g	0.90	0.007	19		1		0.26	1.28	
Carbohydrate, by difference	g	21.20		0	NC	4		6.01	30.10	
Fiber, total dietary	g	0.1		0		4		0.0	0.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	85	0.426	19		1		24	121	
Iron, Fe	mg	0.13	0.010	19		1		0.04	0.18	
Magnesium, Mg	mg	8	0.086	19		1		2	11	
Phosphorus, P	mg	69	0.472	19		1		20	98	
Potassium, K	mg	110	0.932	19		1		31	156	
Sodium, Na	mg	196	1.459	19		1		56	278	
Zinc, Zn	mg	0.28	0.005	19		1		0.08	0.40	
Copper, Cu	mg	0.028	0.002	19		1		0.008	0.040	
Manganese, Mn	mg	0.008		1		4		0.002	0.011	
Selenium, Se	mcg	1.4		0	BFZN	4		0.4	2.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		1		4		0.1	0.7	
Thiamin	mg	0.020	0.000	19		1		0.006	0.028	
Riboflavin	mg	0.147	0.003	19		1		0.042	0.209	
Niacin	mg	0.163	0.029	19		1		0.046	0.231	
Pantothenic acid	mg	0.160		1		4		0.045	0.227	
Vitamin B-6	mg	0.021		1		4		0.006	0.030	
Folate, total	mcg	2		1		4		1	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		1		4		1	3	
Folate, DFE	mcg_DFE	2		0	NC	4		1	3	
Vitamin B-12	mcg	0.18		1		4		0.05	0.26	
Vitamin A, IU	IU	21		0	O	4		6	30	
Vitamin A, RAE	mcg_RAE	6		0	NC	4		2	9	
Retinol	mcg	6		0	O	4		2	9	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.560		0		1		0.159	0.795	
4:0	g	0.000		1		1		0.000	0.000	
6:0	g	0.000		1		1		0.000	0.000	
8:0	g	0.000		1		1		0.000	0.000	
10:0	g	0.000		1		1		0.000	0.000	
12:0	g	0.000		1		1		0.000	0.000	
13:0	g									
14:0	g	0.010		1		1		0.003	0.014	
15:0	g									
16:0	g	0.360		1		1		0.102	0.511	
17:0	g									
18:0	g	0.180		1		1		0.051	0.256	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.530		0		1		0.434	2.173	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		1		1		0.006	0.028	

NDB No. 19311
Puddings, banana, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	1.520		1		1		0.431	2.158	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.330		0		1		0.377	1.889	
18:2 undifferentiated ... g	1.240		1		1		0.352	1.761	
18:3 undifferentiated ... g	0.090		1		1		0.026	0.128	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.031		0		1		0.009	0.044	
Threonine ... g	0.101		0		1		0.029	0.143	
Isoleucine ... g	0.136		0		1		0.039	0.193	
Leucine ... g	0.222		0		1		0.063	0.315	
Lysine ... g	0.177		0		1		0.050	0.251	
Methionine ... g	0.056		0		1		0.016	0.080	
Cystine ... g	0.021		0		1		0.006	0.030	
Phenylalanine ... g	0.109		0		1		0.031	0.155	
Tyrosine ... g	0.108		0		1		0.031	0.153	
Valine ... g	0.151		0		1		0.043	0.214	
Arginine ... g	0.082		0		1		0.023	0.116	
Histidine ... g	0.061		0		1		0.017	0.087	
Alanine ... g	0.079		0		1		0.022	0.112	
Aspartic acid ... g	0.171		0		1		0.048	0.243	
Glutamic acid ... g	0.472		0		1		0.134	0.670	
Glycine ... g	0.048		0		1		0.014	0.068	
Proline ... g	0.218		0		1		0.062	0.310	
Serine ... g	0.122		0		1		0.035	0.173	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
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 = 28.35g: 1 oz

Measure 2 = 142g: 1 can (5 oz)

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

Food Group: 19 Sweets

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

NDB No. 19184
Puddings, chocolate, dry mix, instant

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	3.20	0.067	8		1		3.17	0.80	
Energy	kcal	355		0	NC	4		351	89	
Energy	kj	1485				4		1470	371	
Protein (N x 5.7)	g	2.30	0.122	8		1		2.28	0.58	
Total lipid (fat)	g	1.90	0.117	8		1		1.88	0.48	
Ash	g	4.70	0.025	8		1		4.65	1.18	
Carbohydrate, by difference	g	87.70		0	NC	4		86.82	21.93	
Fiber, total dietary	g	2.4		0	BFZN	4		2.4	0.6	
Sugars, total	g	66.70		0	BFZN	4		66.03	16.68	
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0	BFZN	4		16	4	
Iron, Fe	mg	2.13		0	BFZN	4		2.11	0.53	
Magnesium, Mg	mg	44		0	FLA	4		44	11	
Phosphorus, P	mg	938		0	BFZN	4		929	235	
Potassium, K	mg	236	10.534	17		1		234	59	
Sodium, Na	mg	1429	30.403	17		1		1415	357	
Zinc, Zn	mg	0.63		0	FLA	4		0.62	0.16	
Copper, Cu	mg	0.359		0	FLA	4		0.355	0.090	
Manganese, Mn	mg	0.352		0	FLA	4		0.348	0.088	
Selenium, Se	mcg	2.7		0	FLA	4		2.7	0.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin	mg	0.010		0		4		0.010	0.003	
Riboflavin	mg	0.060		0	FLA	4		0.059	0.015	
Niacin	mg	0.218		0	FLA	4		0.216	0.055	
Pantothenic acid	mg	0.048		0		4		0.048	0.012	
Vitamin B-6	mg	0.013		0	FLA	4		0.013	0.003	
Folate, total	mcg	3		0	FLA	4		3	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0	FLA	4		3	1	
Folate, DFE	mcg_DFE	3		0	NC	4		3	1	
Vitamin B-12	mcg	0.03		0	FLA	4		0.03	0.01	
Vitamin A, IU	IU	0		0	BFZN	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.041		0		1		0.041	0.010	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.640		0		1		0.634	0.160	
4:0	g	0.000		1		1		0.000	0.000	
6:0	g	0.000		1		1		0.000	0.000	
8:0	g	0.000		1		1		0.000	0.000	
10:0	g	0.000		1		1		0.000	0.000	
12:0	g	0.000		1		1		0.000	0.000	
13:0	g									
14:0	g	0.000		1		1		0.000	0.000	
15:0	g									
16:0	g	0.310		1		1		0.307	0.078	
17:0	g									
18:0	g	0.320		1		1		0.317	0.080	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.720		0		1		0.713	0.180	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		1		1		0.010	0.003	

NDB No. 19184
Puddings, chocolate, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.720		1		1		0.713	0.180	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.420		0		1		0.416	0.105	
18:2 undifferentiated ... g	0.400		1		1		0.396	0.100	
18:3 undifferentiated ... g	0.030		1		1		0.030	0.008	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 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	FLA	4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.032		0		1		0.032	0.008	
Threonine ... g	0.087		0		1		0.086	0.022	
Isoleucine ... g	0.089		0		1		0.088	0.022	
Leucine ... g	0.142		0		1		0.141	0.036	
Lysine ... g	0.114		0		1		0.113	0.029	
Methionine ... g	0.025		0		1		0.025	0.006	
Cystine ... g	0.027		0		1		0.027	0.007	
Phenylalanine ... g	0.105		0		1		0.104	0.026	
Tyrosine ... g	0.084		0		1		0.083	0.021	
Valine ... g	0.132		0		1		0.131	0.033	
Arginine ... g	0.120		0		1		0.119	0.030	
Histidine ... g	0.040		0		1		0.040	0.010	
Alanine ... g	0.100		0		1		0.099	0.025	
Aspartic acid ... g	0.213		0		1		0.211	0.053	
Glutamic acid ... g	0.341		0		1		0.338	0.085	
Glycine ... g	0.093		0		1		0.092	0.023	
Proline ... g	0.105		0		1		0.104	0.026	
Serine ... g	0.096		0		1		0.095	0.024	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	7		0	FLA	4		7	2	
Theobromine ... mg	232		0	FLA	4		230	58	

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

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19123
Puddings, chocolate, dry mix, instant, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.59		0	RPA	1				
Energy	kcal	105		0	RPI	6				
Energy	kj	441		0	RPI	6				
Protein	g	3.15		0	RPA	1				
Total lipid (fat)	g	1.92		0	RPA	1				
Ash	g	1.41		0	RPA	1				
Carbohydrate, by difference	g	18.89		0	RPI	6				
Fiber, total dietary	g	0.4		0	RPI	6				
Sugars, total	g	11.34		0	RPI	6				
Starch	g									
Minerals:										
Calcium, Ca	mg	104		0	RPI	6				
Iron, Fe	mg	0.40		0	RPI	6				
Magnesium, Mg	mg	19		0	RPI	6				
Phosphorus, P	mg	238		0	RPI	6				
Potassium, K	mg	168		0	RPA	1				
Sodium, Na	mg	284		0	RPA	1				
Zinc, Zn	mg	0.43		0	RPI	6				
Copper, Cu	mg	0.068		0	RPI	6				
Manganese, Mn	mg	0.062		0	RPI	6				
Selenium, Se	mcg	2.3		0	RPI	6				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	RPI	6				
Thiamin	mg	0.034		0	RPI	6				
Riboflavin	mg	0.147		0	RPI	6				
Niacin	mg	0.108		0	RPI	6				
Pantothenic acid	mg	0.274		0	RPI	6				
Vitamin B-6	mg	0.038		0	RPI	6				
Folate, total	mcg	5		0	RPI	6				
Folic acid	mcg	0		0	RPI	6				
Folate, food	mcg	5		0	RPI	6				
Folate, DFE	mcg_DFE	5		0	NC	4				
Vitamin B-12	mcg	0.31		0	RPI	6				
Vitamin A, IU	IU	170		0	RPI	6				
Vitamin A, RAE	mcg_RAE	46		0	NC	4				
Retinol	mcg	46		0	RPA	1				
Vitamin E	mg_ATE	0.065		0	RPA	1				
Vitamin D	IU	33.200		0	RPI	6				
Lipids:										
Fatty acids, total saturated	g	1.064		0	RPA	1				
4:0	g	0.051		0	RPA	1				
6:0	g	0.031		0	RPA	1				
8:0	g	0.017		0	RPA	1				
10:0	g	0.040		0	RPA	1				
12:0	g	0.045		0	RPA	1				
13:0	g									
14:0	g	0.160		0	RPA	1				
15:0	g									
16:0	g	0.472		0	RPA	1				
17:0	g									
18:0	g	0.248		0	RPA	1				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.561		0	RPA	1				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.037		0	RPA	1				

NDB No. 19123
Puddings, chocolate, dry mix, instant, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.523		0	RPA	1				
20:1 ... g	0.000		0	RPA	1				
22:1 undifferentiated ... g	0.000		0	RPA	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.132		0	RPA	1				
18:2 undifferentiated ... g	0.104		0	RPA	1				
18:3 undifferentiated ... g	0.028		0	RPA	1				
18:4 ... g	0.000		0	RPA	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPA	1				
20:5 n-3 ... g	0.000		0	RPA	1				
22:5 n-3 ... g	0.000		0	RPA	1				
22:6 n-3 ... g	0.000		0	RPA	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0	RPI	6				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.044		0	RPA	1				
Threonine ... g	0.139		0	RPA	1				
Isoleucine ... g	0.182		0	RPA	1				
Leucine ... g	0.295		0	RPA	1				
Lysine ... g	0.239		0	RPA	1				
Methionine ... g	0.074		0	RPA	1				
Cystine ... g	0.030		0	RPA	1				
Phenylalanine ... g	0.151		0	RPA	1				
Tyrosine ... g	0.148		0	RPA	1				
Valine ... g	0.208		0	RPA	1				
Arginine ... g	0.121		0	RPA	1				
Histidine ... g	0.082		0	RPA	1				
Alanine ... g	0.112		0	RPA	1				
Aspartic acid ... g	0.246		0	RPA	1				
Glutamic acid ... g	0.636		0	RPA	1				
Glycine ... g	0.074		0	RPA	1				
Proline ... g	0.286		0	RPA	1				
Serine ... g	0.167		0	RPA	1				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6				
Caffeine ... mg	1		0	RPI	6				
Theobromine ... mg	39		0	RPI	6				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19185
Puddings, chocolate, dry mix, instant, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.60		0		1		108.19	432.03	
Energy	kcal	111		0	NC	4		163	652	
Energy	kj	464				4		683	2726	
Protein (N x 0)	g	3.10		0		1		4.56	18.20	
Total lipid (fat)	g	3.10		0		1		4.56	18.20	
Ash	g	1.40		0		1		2.06	8.22	
Carbohydrate, by difference	g	18.80		0	NC	4		27.64	110.36	
Fiber, total dietary	g	1.0		0		4		1.5	5.9	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	102		0		1		150	599	
Iron, Fe	mg	0.29		0		1		0.43	1.70	
Magnesium, Mg	mg	18		0		1		26	106	
Phosphorus, P	mg	239		0		1		351	1403	
Potassium, K	mg	166		0		1		244	974	
Sodium, Na	mg	284		0		1		417	1667	
Zinc, Zn	mg	0.42		0		1		0.62	2.47	
Copper, Cu	mg	0.064		0		1		0.094	0.376	
Manganese, Mn	mg	0.042		0		1		0.062	0.247	
Selenium, Se	mcg	1.7	0.309	12	A	1		2.5	10.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		1		1.3	5.3	
Thiamin	mg	0.033		0		1		0.049	0.194	
Riboflavin	mg	0.141		0		1		0.207	0.828	
Niacin	mg	0.096		0		1		0.141	0.564	
Pantothenic acid	mg	0.269		0		1		0.395	1.579	
Vitamin B-6	mg	0.038		0		1		0.056	0.223	
Folate, total	mcg	4		0		1		6	23	
Folic acid	mcg	0		0	O	4		0	0	
Folate, food	mcg	4		0		1		6	23	
Folate, DFE	mcg_DFE	4		0	NC	4		6	23	
Vitamin B-12	mcg	0.30		0		1		0.44	1.76	
Vitamin A, IU	IU	120		0	O	4		176	704	
Vitamin A, RAE	mcg_RAE	26		0	NC	4		38	153	
Retinol	mcg	24		0	O	4		35	141	
Vitamin E	mg_ATE	0.060		0		4		0.088	0.352	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.830		0		1		2.690	10.742	
4:0	g	0.090		0		1		0.132	0.528	
6:0	g	0.050		0		1		0.074	0.294	
8:0	g	0.030		0		1		0.044	0.176	
10:0	g	0.070		0		1		0.103	0.411	
12:0	g	0.080		0		1		0.118	0.470	
13:0	g									
14:0	g	0.290		0		1		0.426	1.702	
15:0	g									
16:0	g	0.820		0		1		1.205	4.813	
17:0	g									
18:0	g	0.410		0		1		0.603	2.407	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.920		0		1		1.352	5.400	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.070		0		1		0.103	0.411	

NDB No. 19185
Puddings, chocolate, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.850		0		1		1.250	4.990	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.180		0		1		0.265	1.057	
18:2 undifferentiated ... g	0.130		0		1		0.191	0.763	
18:3 undifferentiated ... g	0.050		0		1		0.074	0.294	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	11		0		1		16	65	
Phytosterols ... mg	0		0		1		0	0	
Amino Acids:									
Tryptophan ... g	0.042		0		1		0.062	0.247	
Threonine ... g	0.132		0		1		0.194	0.775	
Isoleucine ... g	0.173		0		1		0.254	1.016	
Leucine ... g	0.279		0		1		0.410	1.638	
Lysine ... g	0.226		0		1		0.332	1.327	
Methionine ... g	0.069		0		1		0.101	0.405	
Cystine ... g	0.029		0		1		0.043	0.170	
Phenylalanine ... g	0.143		0		1		0.210	0.839	
Tyrosine ... g	0.140		0		1		0.206	0.822	
Valine ... g	0.197		0		1		0.290	1.156	
Arginine ... g	0.115		0		1		0.169	0.675	
Histidine ... g	0.078		0		1		0.115	0.458	
Alanine ... g	0.107		0		1		0.157	0.628	
Aspartic acid ... g	0.234		0		1		0.344	1.374	
Glutamic acid ... g	0.603		0		1		0.886	3.540	
Glycine ... g	0.071		0		1		0.104	0.417	
Proline ... g	0.270		0		1		0.397	1.585	
Serine ... g	0.158		0		1		0.232	0.927	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	2		0	BFZN	4		3	12	
Theobromine ... mg	62		0	BFZN	4		91	364	

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

Common Measures:

Measure 1 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19188
Puddings, chocolate, dry mix, regular

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00	0.061	11		1		3.96	1.00	
Energy	kcal	361		0	NC	4		357	90	
Energy	kj	1510				4		1495	378	
Protein (N x 5.6)	g	2.60	0.109	11		1		2.57	0.65	
Total lipid (fat)	g	2.10	0.148	11		1		2.08	0.53	
Ash	g	2.00	0.056	11		1		1.98	0.50	
Carbohydrate, by difference	g	89.00		0	NC	4		88.11	22.25	
Fiber, total dietary	g	1.8		0		4		1.8	0.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	53	2.086	4		1		52	13	
Iron, Fe	mg	1.82	0.031	4		1		1.80	0.46	
Magnesium, Mg	mg	53		0		4		52	13	
Phosphorus, P	mg	88	9.481	4		1		87	22	
Potassium, K	mg	209	13.072	20		1		207	52	
Sodium, Na	mg	353	23.265	18		1		349	88	
Zinc, Zn	mg	0.72		0		4		0.71	0.18	
Copper, Cu	mg	0.381		0		4		0.377	0.095	
Manganese, Mn	mg	0.237		1		4		0.235	0.059	
Selenium, Se	mcg	1.9		0	BFPN	4		1.9	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.010		0		4		0.010	0.003	
Riboflavin	mg	0.202		2		1		0.200	0.051	
Niacin	mg	0.183		0		4		0.181	0.046	
Pantothenic acid	mg	0.049		0		4		0.049	0.012	
Vitamin B-6	mg	0.020		0		4		0.020	0.005	
Folate, total	mcg	2		1		4		2	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		1		4		2	1	
Folate, DFE	mcg_DFE	2		0	NC	4		2	1	
Vitamin B-12	mcg	0.02		0		4		0.02	0.01	
Vitamin A, IU	IU	10		0	O	4		10	3	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.024		0		4		0.024	0.006	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.210		0		1		1.198	0.303	
4:0	g	0.000		0		7		0.000	0.000	
6:0	g	0.000		0		7		0.000	0.000	
8:0	g	0.000		0		7		0.000	0.000	
10:0	g	0.000		0		7		0.000	0.000	
12:0	g	0.000		0		7		0.000	0.000	
13:0	g									
14:0	g	0.000		1		1		0.000	0.000	
15:0	g									
16:0	g	0.530		1		1		0.525	0.133	
17:0	g									
18:0	g	0.680		1		1		0.673	0.170	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.690		0		1		0.683	0.173	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		1		1		0.000	0.000	

NDB No. 19188
Puddings, chocolate, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.680		1		1		0.673	0.170	
20:1 ... g	0.000		0		7		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		7		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.070		0		1		0.069	0.018	
18:2 undifferentiated ... g	0.070		1		1		0.069	0.018	
18:3 undifferentiated ... g	0.000		1		1		0.000	0.000	
18:4 ... g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		7		0.000	0.000	
20:5 n-3 ... g	0.000		0		7		0.000	0.000	
22:5 n-3 ... g	0.000		0		7		0.000	0.000	
22:6 n-3 ... g	0.000		0		7		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		4		1	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.037		0		1		0.037	0.009	
Threonine ... g	0.101		0		1		0.100	0.025	
Isoleucine ... g	0.099		0		1		0.098	0.025	
Leucine ... g	0.158		0		1		0.156	0.040	
Lysine ... g	0.127		0		1		0.126	0.032	
Methionine ... g	0.027		0		1		0.027	0.007	
Cystine ... g	0.032		0		1		0.032	0.008	
Phenylalanine ... g	0.122		0		1		0.121	0.031	
Tyrosine ... g	0.096		0		1		0.095	0.024	
Valine ... g	0.153		0		1		0.151	0.038	
Arginine ... g	0.144		0		1		0.143	0.036	
Histidine ... g	0.044		0		1		0.044	0.011	
Alanine ... g	0.118		0		1		0.117	0.030	
Aspartic acid ... g	0.253		0		1		0.250	0.063	
Glutamic acid ... g	0.385		0		1		0.381	0.096	
Glycine ... g	0.114		0		1		0.113	0.029	
Proline ... g	0.111		0		1		0.110	0.028	
Serine ... g	0.110		0		1		0.109	0.028	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	11		0	FLA	4		11	3	
Theobromine ... mg	362		0	FLA	4		358	91	

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

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19190
Puddings, chocolate, dry mix, regular, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.15		0	RP	4				
Energy	kcal	109		0	RP	4				
Energy	kj	457		0	RP	4				
Protein	g	3.28		0	RP	4				
Total lipid (fat)	g	1.99		0	RP	4				
Ash	g	0.98		0	RP	4				
Carbohydrate, by difference	g	19.55		0	RP	4				
Fiber, total dietary	g	0.3		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	112		0	RP	4				
Iron, Fe	mg	0.36		0	RP	4				
Magnesium, Mg	mg	21		0	RP	4				
Phosphorus, P	mg	96		0	RP	4				
Potassium, K	mg	167		0	RP	4				
Sodium, Na	mg	104		0	RP	4				
Zinc, Zn	mg	0.46		0	RP	4				
Copper, Cu	mg	0.073		0	RP	4				
Manganese, Mn	mg	0.043		0	RP	4				
Selenium, Se	mcg	2.2		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4				
Thiamin	mg	0.032		0	RP	4				
Riboflavin	mg	0.175		0	RP	4				
Niacin	mg	0.105		0	RP	4				
Pantothenic acid	mg	0.280		0	RP	4				
Vitamin B-6	mg	0.036		0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Vitamin B-12	mcg	0.25		0	RP	4				
Vitamin A, IU	IU	176		0	RP	4				
Vitamin A, RAE	mcg_RAE	47		0	NC	4				
Retinol	mcg	46		0	RP	4				
Vitamin E	mg_ATE	0.064		0	RP	4				
Vitamin D	IU	33.954		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	1.189		0	RP	4				
4:0	g	0.053		0	RP	4				
6:0	g	0.031		0	RP	4				
8:0	g	0.018		0	RP	4				
10:0	g	0.041		0	RP	4				
12:0	g	0.046		0	RP	4				
13:0	g									
14:0	g	0.164		0	RP	4				
15:0	g									
16:0	g	0.521		0	RP	4				
17:0	g									
18:0	g	0.316		0	RP	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.565		0	RP	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.037		0	RP	4				

NDB No. 19190
Puddings, chocolate, dry mix, regular, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.528		0	RP	4				
20:1 ... g	0.000		0	RP	4				
22:1 undifferentiated ... g	0.000		0	RP	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.072		0	RP	4				
18:2 undifferentiated ... g	0.049		0	RP	4				
18:3 undifferentiated ... g	0.024		0	RP	4				
18:4 ... g	0.000		0	RP	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4				
20:5 n-3 ... g	0.000		0	RP	4				
22:5 n-3 ... g	0.000		0	RP	4				
22:6 n-3 ... g	0.000		0	RP	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	7		0	RP	4				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.046		0	RP	4				
Threonine ... g	0.145		0	RP	4				
Isoleucine ... g	0.188		0	RP	4				
Leucine ... g	0.304		0	RP	4				
Lysine ... g	0.246		0	RP	4				
Methionine ... g	0.076		0	RP	4				
Cystine ... g	0.032		0	RP	4				
Phenylalanine ... g	0.158		0	RP	4				
Tyrosine ... g	0.153		0	RP	4				
Valine ... g	0.216		0	RP	4				
Arginine ... g	0.128		0	RP	4				
Histidine ... g	0.084		0	RP	4				
Alanine ... g	0.118		0	RP	4				
Aspartic acid ... g	0.259		0	RP	4				
Glutamic acid ... g	0.659		0	RP	4				
Glycine ... g	0.079		0	RP	4				
Proline ... g	0.293		0	RP	4				
Serine ... g	0.173		0	RP	4				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4				
Caffeine ... mg	2		0	RP	4				
Theobromine ... mg	63		0	RP	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19189
Puddings, chocolate, dry mix, regular, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.40		0		1		105.65	424.08	
Energy	kcal	111		0	NC	4		158	633	
Energy	kj	464				4		659	2647	
Protein	g	3.20		0		1		4.54	18.24	
Total lipid (fat)	g	3.40		0		1		4.83	19.38	
Ash	g	1.00		0		1		1.42	5.70	
Carbohydrate, by difference	g	18.00		0	NC	4		25.56	102.60	
Fiber, total dietary	g	1.0		0		4		1.4	5.7	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	111		0		1		158	633	
Iron, Fe	mg	0.36		0		1		0.51	2.05	
Magnesium, Mg	mg	15		0		1		21	86	
Phosphorus, P	mg	93		0		1		132	530	
Potassium, K	mg	163		0		1		231	929	
Sodium, Na	mg	103		0		1		146	587	
Zinc, Zn	mg	0.45		0		1		0.64	2.57	
Copper, Cu	mg	0.075		0		1		0.107	0.428	
Manganese, Mn	mg	0.043		0		1		0.061	0.245	
Selenium, Se	mcg	1.7	0.309	12	A	1		2.4	9.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		1.0	4.0	
Thiamin	mg	0.031		0		1		0.044	0.177	
Riboflavin	mg	0.174		0		1		0.247	0.992	
Niacin	mg	0.104		0		1		0.148	0.593	
Pantothenic acid	mg	0.277		0		1		0.393	1.579	
Vitamin B-6	mg	0.036		0		1		0.051	0.205	
Folate, total	mcg	4		0		1		6	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		6	23	
Folate, DFE	mcg_DFE	4		0	NC	4		6	23	
Vitamin B-12	mcg	0.25		0		1		0.36	1.43	
Vitamin A, IU	IU	110		0		1		156	627	
Vitamin A, RAE	mcg_RAE	26		0	NC	4		38	151	
Retinol	mcg	24		0	O	4		35	139	
Vitamin E	mg_ATE	0.060		0		4		0.085	0.342	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.090		0		1		2.968	11.913	
4:0	g	0.090		0		1		0.128	0.513	
6:0	g	0.050		0		1		0.071	0.285	
8:0	g	0.030		0		1		0.043	0.171	
10:0	g	0.070		0		1		0.099	0.399	
12:0	g	0.080		0		1		0.114	0.456	
13:0	g									
14:0	g	0.300		0		1		0.426	1.710	
15:0	g									
16:0	g	0.920		0		1		1.306	5.244	
17:0	g									
18:0	g	0.540		0		1		0.767	3.078	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.000		0		1		1.420	5.700	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.070		0		1		0.099	0.399	

NDB No. 19189
Puddings, chocolate, dry mix, regular, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.930		0		1		1.321	5.301	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.130		0		1		0.185	0.741	
18:2 undifferentiated ... g	0.080		0		1		0.114	0.456	
18:3 undifferentiated ... g	0.040		0		1		0.057	0.228	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	12		0		1		17	68	
Phytosterols ... mg	0		0		1		0	0	
Amino Acids:									
Tryptophan ... g	0.044		0		1		0.062	0.251	
Threonine ... g	0.137		0		1		0.195	0.781	
Isoleucine ... g	0.179		0		1		0.254	1.020	
Leucine ... g	0.288		0		1		0.409	1.642	
Lysine ... g	0.233		0		1		0.331	1.328	
Methionine ... g	0.071		0		1		0.101	0.405	
Cystine ... g	0.030		0		1		0.043	0.171	
Phenylalanine ... g	0.149		0		1		0.212	0.849	
Tyrosine ... g	0.145		0		1		0.206	0.827	
Valine ... g	0.205		0		1		0.291	1.169	
Arginine ... g	0.120		0		1		0.170	0.684	
Histidine ... g	0.080		0		1		0.114	0.456	
Alanine ... g	0.111		0		1		0.158	0.633	
Aspartic acid ... g	0.244		0		1		0.346	1.391	
Glutamic acid ... g	0.624		0		1		0.886	3.557	
Glycine ... g	0.075		0		1		0.107	0.428	
Proline ... g	0.278		0		1		0.395	1.585	
Serine ... g	0.164		0		1		0.233	0.935	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	2		0	RP	4		3	11	
Theobromine ... mg	62		0	RP	4		88	353	

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

Measure 2 = 570g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19183
Puddings, chocolate, ready-to-eat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.30	0.237	39		1		19.65	98.41	78.31
Energy	kcal	133		0	NC	4		38	189	150
Energy	kj	556				4		158	790	629
Protein (N x 6.2)	g	2.70	0.064	36		1		0.77	3.83	3.05
Total lipid (fat)	g	4.00	0.078	36		1		1.13	5.68	4.52
Ash	g	1.00	0.018	36		1		0.28	1.42	1.13
Carbohydrate, by difference	g	22.80		0	NC	4		6.46	32.38	25.76
Fiber, total dietary	g	1.0		0		4		0.3	1.4	1.1
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	90	2.697	38		1		26	128	102
Iron, Fe	mg	0.51	0.039	37		1		0.14	0.72	0.58
Magnesium, Mg	mg	21	0.578	39		1		6	30	24
Phosphorus, P	mg	80	2.265	36		1		23	114	90
Potassium, K	mg	180	5.168	38		1		51	256	203
Sodium, Na	mg	129		1		1		37	183	146
Zinc, Zn	mg	0.42	0.025	38		1		0.12	0.60	0.47
Copper, Cu	mg	0.116	0.006	38		1		0.033	0.165	0.131
Manganese, Mn	mg	0.069	0.009	10		1		0.020	0.098	0.078
Selenium, Se	mcg	2.2		0	FLA	4		0.6	3.1	2.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		2		1		0.5	2.6	2.0
Thiamin	mg	0.026	0.001	36		1		0.007	0.037	0.029
Riboflavin	mg	0.155	0.005	36		1		0.044	0.220	0.175
Niacin	mg	0.347	0.026	36		1		0.098	0.493	0.392
Pantothenic acid	mg	0.143		2		1		0.041	0.203	0.162
Vitamin B-6	mg	0.028		2		1		0.008	0.040	0.032
Folate, total	mcg	3		2		1		1	4	3
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	3		2		1		1	4	3
Folate, DFE	mcg_DFE	3		0	NC	4		1	4	3
Vitamin B-12	mcg	0.00		2		1		0.00	0.00	0.00
Vitamin A, IU	IU	36		2		1		10	51	41
Vitamin A, RAE	mcg_RAE	11		0	NC	4		3	16	12
Retinol	mcg	11		0	O	4		3	16	12
Vitamin E	mg_ATE	0.125		0		4		0.035	0.178	0.141
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.710		0		1		0.201	1.008	0.802
4:0	g	0.000		1		1		0.000	0.000	0.000
6:0	g	0.000		1		1		0.000	0.000	0.000
8:0	g	0.000		1		1		0.000	0.000	0.000
10:0	g	0.000		1		1		0.000	0.000	0.000
12:0	g	0.000		1		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.010		1		1		0.003	0.014	0.011
15:0	g									
16:0	g	0.440		1		1		0.125	0.625	0.497
17:0	g									
18:0	g	0.260		1		1		0.074	0.369	0.294
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.700		0		1		0.482	2.414	1.921
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		1		1		0.006	0.028	0.023

NDB No. 19183
Puddings, chocolate, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	1.690		1		1		0.479	2.400	1.910
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.430		0		1		0.405	2.031	1.616
18:2 undifferentiated ... g	1.330		1		1		0.377	1.889	1.503
18:3 undifferentiated ... g	0.100		1		1		0.028	0.142	0.113
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	3		2		1		1	4	3
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.036		0		1		0.010	0.051	0.041
Threonine ... g	0.115		0		1		0.033	0.163	0.130
Isoleucine ... g	0.148		0		1		0.042	0.210	0.167
Leucine ... g	0.240		0		1		0.068	0.341	0.271
Lysine ... g	0.192		0		1		0.054	0.273	0.217
Methionine ... g	0.059		0		1		0.017	0.084	0.067
Cystine ... g	0.026		0		1		0.007	0.037	0.029
Phenylalanine ... g	0.126		0		1		0.036	0.179	0.142
Tyrosine ... g	0.121		0		1		0.034	0.172	0.137
Valine ... g	0.171		0		1		0.048	0.243	0.193
Arginine ... g	0.104		0		1		0.029	0.148	0.118
Histidine ... g	0.066		0		1		0.019	0.094	0.075
Alanine ... g	0.095		0		1		0.027	0.135	0.107
Aspartic acid ... g	0.208		0		1		0.059	0.295	0.235
Glutamic acid ... g	0.519		0		1		0.147	0.737	0.586
Glycine ... g	0.067		0		1		0.019	0.095	0.076
Proline ... g	0.228		0		1		0.065	0.324	0.258
Serine ... g	0.136		0		1		0.039	0.193	0.154
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	5		1		1		1	7	6
Theobromine ... mg	62		1		1		18	88	70

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 142g: 1 can (5 oz)

Measure 3 = 113g: 1 snack size (4 oz)

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

Food Group: 19 Sweets

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

NDB No. 19235
Puddings, chocolate, ready-to-eat, fat free

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	75.70			BFZN	4				
Energy	kcal	95			NC	4				
Energy	kj	397				4				
Protein	g	2.50			BFZN	4				
Total lipid (fat)	g	0.40			BFZN	4				
Ash	g	1.10			BFZN	4				
Carbohydrate, by difference	g	20.30			NC	4				
Fiber, total dietary	g	0.8			BFZN	4				
Sugars, total	g	15.30			BFZN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	79			BFZN	4				
Iron, Fe	mg	0.53			BFZN	4				
Magnesium, Mg	mg	18			FLC	4				
Phosphorus, P	mg	76			BFZN	4				
Potassium, K	mg	208			BFZN	4				
Sodium, Na	mg	170			BFZN	4				
Zinc, Zn	mg	0.42			FLC	4				
Copper, Cu	mg	0.092			FLC	4				
Manganese, Mn	mg	0.083			FLC	4				
Selenium, Se	mcg	2.0		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3			BFZN	4				
Thiamin	mg	0.021			FLC	4				
Riboflavin	mg	0.107			FLC	4				
Niacin	mg	0.110			FLC	4				
Pantothenic acid	mg	0.228			FLC	4				
Vitamin B-6	mg	0.023			FLC	4				
Folate, total	mcg	3			FLC	4				
Folic acid	mcg	0		0	O	4				
Folate, food	mcg	3			FLC	4				
Folate, DFE	mcg_DFE	3		0	NC	4				
Vitamin B-12	mcg	0.14			FLC	4				
Vitamin A, IU	IU	154			BFZN	4				
Vitamin A, RAE	mcg_RAE	44		0	NC	4				
Retinol	mcg	44		0	O	4				
Vitamin E	mg_ATE	0.035			FLC	4				
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.300			BFZN	4				
4:0	g	0.006			FLC	4				
6:0	g	0.001			FLC	4				
8:0	g	0.001			FLC	4				
10:0	g	0.003			FLC	4				
12:0	g	0.002			FLC	4				
13:0	g									
14:0	g	0.012			FLC	4				
15:0	g									
16:0	g	0.111			FLC	4				
17:0	g									
18:0	g	0.099			FLC	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.125			FLC	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.005			FLC	4				

NDB No. 19235
Puddings, chocolate, ready-to-eat, fat free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.119			FLC	4				
20:1 ... g	0.000			FLC	4				
22:1 undifferentiated ... g	0.000			FLC	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.014			FLC	4				
18:2 undifferentiated ... g	0.013			FLC	4				
18:3 undifferentiated ... g	0.001			FLC	4				
18:4 ... g	0.000			FLC	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000			FLC	4				
20:5 n-3 ... g	0.000			FLC	4				
22:5 n-3 ... g	0.000			FLC	4				
22:6 n-3 ... g	0.000			FLC	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	2			BFZN	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0			FLC	4				
Caffeine ... mg	5		0	BFZN	4				
Theobromine ... mg	62		0	BFZN	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19322
Puddings, coconut cream, dry mix, instant

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	2.20	0.496	4		1		2.18	0.55	
Energy	kcal	387		0	NC	4		383	97	
Energy	kj	1619				4		1603	405	
Protein (N x 5.4)	g	0.90	0.159	4		1		0.89	0.23	
Total lipid (fat)	g	4.10	1.159	4		1		4.06	1.03	
Ash	g	3.40	0.194	4		1		3.37	0.85	
Carbohydrate, by difference	g	89.40		0	NC	4		88.51	22.35	
Fiber, total dietary	g	0.7		0		4		0.7	0.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1		4		8	2	
Iron, Fe	mg	0.63		1		4		0.62	0.16	
Magnesium, Mg	mg	14		1		4		14	4	
Phosphorus, P	mg	721		1		4		714	180	
Potassium, K	mg	22		2		1		22	6	
Sodium, Na	mg	1206		2		1		1194	302	
Zinc, Zn	mg	0.30		1		1		0.30	0.08	
Copper, Cu	mg	0.106		1		4		0.105	0.027	
Manganese, Mn	mg	0.101		1		4		0.100	0.025	
Selenium, Se	mcg	2.0		0	BFFN	4		2.0	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.009		1		4		0.009	0.002	
Riboflavin	mg	0.008		1		4		0.008	0.002	
Niacin	mg	0.084		1		4		0.083	0.021	
Pantothenic acid	mg	0.115		1		1		0.114	0.029	
Vitamin B-6	mg	0.041		1		1		0.041	0.010	
Folate, total	mcg	1		1		4		1	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		1		4		1	0	
Folate, DFE	mcg_DFE	1		0	NC	4		1	0	
Vitamin B-12	mcg	0.01		1		4		0.01	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.427		0		4		0.423	0.107	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.200		0		1		2.178	0.550	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.010		1		1		0.010	0.003	
8:0	g	0.170		1		1		0.168	0.043	
10:0	g	0.130		1		1		0.129	0.033	
12:0	g	0.990		1		1		0.980	0.248	
13:0	g									
14:0	g	0.370		1		1		0.366	0.093	
15:0	g									
16:0	g	0.370		1		1		0.366	0.093	
17:0	g									
18:0	g	0.160		1		1		0.158	0.040	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.950		0		1		0.941	0.238	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		1		1		0.010	0.003	

NDB No. 19322
Puddings, coconut cream, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.940		1		1		0.931	0.235	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.760		0		1		0.752	0.190	
18:2 undifferentiated ... g	0.710		1		1		0.703	0.178	
18:3 undifferentiated ... g	0.050		1		1		0.050	0.013	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.010		0		1		0.010	0.003	
Threonine ... g	0.031		0		1		0.031	0.008	
Isoleucine ... g	0.035		0		1		0.035	0.009	
Leucine ... g	0.066		0		1		0.065	0.017	
Lysine ... g	0.039		0		1		0.039	0.010	
Methionine ... g	0.016		0		1		0.016	0.004	
Cystine ... g	0.015		0		1		0.015	0.004	
Phenylalanine ... g	0.041		0		1		0.041	0.010	
Tyrosine ... g	0.028		0		1		0.028	0.007	
Valine ... g	0.050		0		1		0.050	0.013	
Arginine ... g	0.117		0		1		0.116	0.029	
Histidine ... g	0.020		0		1		0.020	0.005	
Alanine ... g	0.041		0		1		0.041	0.010	
Aspartic acid ... g	0.078		0		1		0.077	0.020	
Glutamic acid ... g	0.185		0		1		0.183	0.046	
Glycine ... g	0.036		0		1		0.036	0.009	
Proline ... g	0.042		0		1		0.042	0.011	
Serine ... g	0.043		0		1		0.043	0.011	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	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 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: **Protein** 3.6 **Fat** 8.6 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19191
Puddings, coconut cream, dry mix, instant, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.40		0		1		109.37	436.73	
Energy	kcal	107		0	NC	4		157	628	
Energy	kj	448				4		658	2628	
Protein	g	2.90		0		1		4.26	17.02	
Total lipid (fat)	g	2.30		0		1		3.38	13.50	
Ash	g	1.20		0		1		1.76	7.04	
Carbohydrate, by difference	g	19.20		0	NC	4		28.22	112.70	
Fiber, total dietary	g	0.1		0		4		0.1	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	102		0		1		150	599	
Iron, Fe	mg	0.15		0		1		0.22	0.88	
Magnesium, Mg	mg	14		0		1		21	82	
Phosphorus, P	mg	201		0		1		295	1180	
Potassium, K	mg	132		0		1		194	775	
Sodium, Na	mg	246		0		1		362	1444	
Zinc, Zn	mg	0.33		0		1		0.49	1.94	
Copper, Cu	mg	0.025		0		1		0.037	0.147	
Manganese, Mn	mg	0.019		0		1		0.028	0.112	
Selenium, Se	mcg	2.0		0	BFZN	4		2.9	11.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		1.2	4.7	
Thiamin	mg	0.034		0		1		0.050	0.200	
Riboflavin	mg	0.138		0		1		0.203	0.810	
Niacin	mg	0.086		0		1		0.126	0.505	
Pantothenic acid	mg	0.271		0		1		0.398	1.591	
Vitamin B-6	mg	0.038		0		1		0.056	0.223	
Folate, total	mcg	4		0		1		6	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		6	23	
Folate, DFE	mcg_DFE	4		0	NC	4		6	23	
Vitamin B-12	mcg	0.30		0		1		0.44	1.76	
Vitamin A, IU	IU	150		0	O	4		221	881	
Vitamin A, RAE	mcg_RAE	45		0	NC	4		66	264	
Retinol	mcg	45		0	O	4		66	264	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.370		0		1		2.014	8.042	
4:0	g	0.050		0		1		0.074	0.294	
6:0	g	0.030		0		1		0.044	0.176	
8:0	g	0.050		0		1		0.074	0.294	
10:0	g	0.060		0		1		0.088	0.352	
12:0	g	0.210		0		1		0.309	1.233	
13:0	g									
14:0	g	0.230		0		1		0.338	1.350	
15:0	g									
16:0	g	0.500		0		1		0.735	2.935	
17:0	g									
18:0	g	0.230		0		1		0.338	1.350	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.620		0		1		0.911	3.639	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		0		1		0.059	0.235	

NDB No. 19191
Puddings, coconut cream, dry mix, instant, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.580		0		1		0.853	3.405	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.190		0		1		0.279	1.115	
18:2 undifferentiated ... g	0.160		0		1		0.235	0.939	
18:3 undifferentiated ... g	0.030		0		1		0.044	0.176	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0		1		9	35	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.038		0		1		0.056	0.223	
Threonine ... g	0.124		0		1		0.182	0.728	
Isoleucine ... g	0.165		0		1		0.243	0.969	
Leucine ... g	0.269		0		1		0.395	1.579	
Lysine ... g	0.216		0		1		0.318	1.268	
Methionine ... g	0.069		0		1		0.101	0.405	
Cystine ... g	0.027		0		1		0.040	0.158	
Phenylalanine ... g	0.134		0		1		0.197	0.787	
Tyrosine ... g	0.132		0		1		0.194	0.775	
Valine ... g	0.185		0		1		0.272	1.086	
Arginine ... g	0.115		0		1		0.169	0.675	
Histidine ... g	0.075		0		1		0.110	0.440	
Alanine ... g	0.098		0		1		0.144	0.575	
Aspartic acid ... g	0.213		0		1		0.313	1.250	
Glutamic acid ... g	0.583		0		1		0.857	3.422	
Glycine ... g	0.062		0		1		0.091	0.364	
Proline ... g	0.262		0		1		0.385	1.538	
Serine ... g	0.150		0		1		0.221	0.881	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
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 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19323
Puddings, coconut cream, dry mix, instant, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.40		0		1		107.90	430.86	
Energy	kcal	117		0	NC	4		172	687	
Energy	kj	490				4		720	2874	
Protein	g	2.90		0		1		4.26	17.02	
Total lipid (fat)	g	3.50		0		1		5.15	20.55	
Ash	g	1.20		0		1		1.76	7.04	
Carbohydrate, by difference	g	19.10		0	NC	4		28.08	112.12	
Fiber, total dietary	g	0.1		0		4		0.1	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	100		0		1		147	587	
Iron, Fe	mg	0.15		0		1		0.22	0.88	
Magnesium, Mg	mg	14		0		1		21	82	
Phosphorus, P	mg	200		0		1		294	1174	
Potassium, K	mg	129		0		1		190	757	
Sodium, Na	mg	246		0		1		362	1444	
Zinc, Zn	mg	0.33		0		1		0.49	1.94	
Copper, Cu	mg	0.026		0		1		0.038	0.153	
Manganese, Mn	mg	0.019		0		1		0.028	0.112	
Selenium, Se	mcg	2.0		0	RP	4		2.9	11.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		1.2	4.7	
Thiamin	mg	0.033		0		1		0.049	0.194	
Riboflavin	mg	0.136		0		1		0.200	0.798	
Niacin	mg	0.084		0		1		0.123	0.493	
Pantothenic acid	mg	0.266		0		1		0.391	1.561	
Vitamin B-6	mg	0.037		0		1		0.054	0.217	
Folate, total	mcg	4		0		1		6	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		6	23	
Folate, DFE	mcg_DFE	4		0	NC	4		6	23	
Vitamin B-12	mcg	0.30		0		1		0.44	1.76	
Vitamin A, IU	IU	105		0		1		154	616	
Vitamin A, RAE	mcg_RAE	24		0	NC	4		36	144	
Retinol	mcg	23		0	O	4		34	136	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.100		0		1		3.087	12.327	
4:0	g	0.090		0		1		0.132	0.528	
6:0	g	0.050		0		1		0.074	0.294	
8:0	g	0.060		0		1		0.088	0.352	
10:0	g	0.090		0		1		0.132	0.528	
12:0	g	0.250		0		1		0.368	1.468	
13:0	g									
14:0	g	0.350		0		1		0.515	2.055	
15:0	g									
16:0	g	0.830		0		1		1.220	4.872	
17:0	g									
18:0	g	0.380		0		1		0.559	2.231	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.960		0		1		1.411	5.635	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.070		0		1		0.103	0.411	

NDB No. 19323

Puddings, coconut cream, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.890		0		1		1.308	5.224	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.240		0		1		0.353	1.409	
18:2 undifferentiated ... g	0.190		0		1		0.279	1.115	
18:3 undifferentiated ... g	0.050		0		1		0.074	0.294	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	11		0		1		16	65	
Phytosterols ... mg	0		0		1		0	0	
Amino Acids:									
Tryptophan ... g	0.038		0		1		0.056	0.223	
Threonine ... g	0.123		0		1		0.181	0.722	
Isoleucine ... g	0.164		0		1		0.241	0.963	
Leucine ... g	0.266		0		1		0.391	1.561	
Lysine ... g	0.213		0		1		0.313	1.250	
Methionine ... g	0.068		0		1		0.100	0.399	
Cystine ... g	0.027		0		1		0.040	0.158	
Phenylalanine ... g	0.133		0		1		0.196	0.781	
Tyrosine ... g	0.130		0		1		0.191	0.763	
Valine ... g	0.183		0		1		0.269	1.074	
Arginine ... g	0.114		0		1		0.168	0.669	
Histidine ... g	0.074		0		1		0.109	0.434	
Alanine ... g	0.097		0		1		0.143	0.569	
Aspartic acid ... g	0.211		0		1		0.310	1.239	
Glutamic acid ... g	0.577		0		1		0.848	3.387	
Glycine ... g	0.061		0		1		0.090	0.358	
Proline ... g	0.259		0		1		0.381	1.520	
Serine ... g	0.149		0		1		0.219	0.875	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19324
Puddings, coconut cream, dry mix, regular

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.70	0.051	6		1		3.26	0.93	
Energy	kcal	392		0	NC	4		345	98	
Energy	kj	1640				4		1443	410	
Protein (N x 5.3)	g	1.00		1		1		0.88	0.25	
Total lipid (fat)	g	5.50	0.228	6		1		4.84	1.38	
Ash	g	2.10	0.075	6		1		1.85	0.53	
Carbohydrate, by difference	g	87.70		0	NC	4		77.18	21.93	
Fiber, total dietary	g	1.6		0	FLA	4		1.4	0.4	
Sugars, total	g	64.00		0	LC	8		56.32	16.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	FLA	4		3	1	
Iron, Fe	mg	0.45		0	FLA	4		0.40	0.11	
Magnesium, Mg	mg	847		0	FLA	4		745	212	
Phosphorus, P	mg	37		0		4		33	9	
Potassium, K	mg	48		0	FLA	4		42	12	
Sodium, Na	mg	1040		0	LC	8		915	260	
Zinc, Zn	mg	0.21		0	FLA	4		0.18	0.05	
Copper, Cu	mg	0.109		0	FLA	4		0.096	0.027	
Manganese, Mn	mg	0.252		0	FLA	4		0.222	0.063	
Selenium, Se	mcg	2.7		0	FLA	4		2.4	0.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	FLA	4		0.1	0.0	
Thiamin	mg	0.005		0	FLA	4		0.004	0.001	
Riboflavin	mg	0.021		0	FLA	4		0.018	0.005	
Niacin	mg	0.051		0	FLA	4		0.045	0.013	
Pantothenic acid	mg	0.068		0	FLA	4		0.060	0.017	
Vitamin B-6	mg	0.026		0	FLA	4		0.023	0.007	
Folate, total	mcg	1		0	FLA	4		1	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0	FLA	4		1	0	
Folate, DFE	mcg_DFE	1		0	NC	4		1	0	
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU	IU	0		0	FLA	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.115		0	FLA	4		0.101	0.029	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.860		0		1		4.277	1.215	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.030		1		1		0.026	0.008	
8:0	g	0.380		1		1		0.334	0.095	
10:0	g	0.300		1		1		0.264	0.075	
12:0	g	2.430		1		1		2.138	0.608	
13:0	g									
14:0	g	0.960		1		1		0.845	0.240	
15:0	g									
16:0	g	0.470		1		1		0.414	0.118	
17:0	g									
18:0	g	0.280		1		1		0.246	0.070	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.230		0		1		0.202	0.058	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 19324
Puddings, coconut cream, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.230		1		1		0.202	0.058	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.060		0		1		0.053	0.015	
18:2 undifferentiated ... g	0.060		1		1		0.053	0.015	
18:3 undifferentiated ... g	0.000		1		1		0.000	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 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	FLA	4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.011		0		1		0.010	0.003	
Threonine ... g	0.034		0		1		0.030	0.009	
Isoleucine ... g	0.036		0		1		0.032	0.009	
Leucine ... g	0.071		0		1		0.062	0.018	
Lysine ... g	0.040		0		1		0.035	0.010	
Methionine ... g	0.018		0		1		0.016	0.005	
Cystine ... g	0.019		0		1		0.017	0.005	
Phenylalanine ... g	0.047		0		1		0.041	0.012	
Tyrosine ... g	0.029		0		1		0.026	0.007	
Valine ... g	0.056		0		1		0.049	0.014	
Arginine ... g	0.147		0		1		0.129	0.037	
Histidine ... g	0.022		0		1		0.019	0.006	
Alanine ... g	0.048		0		1		0.042	0.012	
Aspartic acid ... g	0.090		0		1		0.079	0.023	
Glutamic acid ... g	0.211		0		1		0.186	0.053	
Glycine ... g	0.043		0		1		0.038	0.011	
Proline ... g	0.041		0		1		0.036	0.010	
Serine ... g	0.048		0		1		0.042	0.012	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	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 = 88g: 1 package (3.12 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19219
Puddings, coconut cream, dry mix, regular, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.60		0		1		105.84	422.60	
Energy	kcal	104		0	NC	4		146	581	
Energy	kj	435				4		609	2432	
Protein	g	3.10		0		1		4.34	17.33	
Total lipid (fat)	g	2.50		0		1		3.50	13.98	
Ash	g	1.00		0		1		1.40	5.59	
Carbohydrate, by difference	g	17.80		0	NC	4		24.92	99.50	
Fiber, total dietary	g	0.2		0		4		0.3	1.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	113		0		1		158	632	
Iron, Fe	mg	0.20		0		1		0.28	1.12	
Magnesium, Mg	mg	16		0		1		22	89	
Phosphorus, P	mg	89		0		1		125	498	
Potassium, K	mg	159		0		1		223	889	
Sodium, Na	mg	163		0		1		228	911	
Zinc, Zn	mg	0.37		0		1		0.52	2.07	
Copper, Cu	mg	0.025		0		1		0.035	0.140	
Manganese, Mn	mg	0.037		0		1		0.052	0.207	
Selenium, Se	mcg	2.3		0	RP	4		3.2	12.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		1.0	3.9	
Thiamin	mg	0.032		0		1		0.045	0.179	
Riboflavin	mg	0.146		0		1		0.204	0.816	
Niacin	mg	0.091		0		1		0.127	0.509	
Pantothenic acid	mg	0.290		0		1		0.406	1.621	
Vitamin B-6	mg	0.145		0		1		0.203	0.811	
Folate, total	mcg	4		0		1		6	22	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		6	22	
Folate, DFE	mcg_DFE	4		0	NC	4		6	22	
Vitamin B-12	mcg	0.26		0		1		0.36	1.45	
Vitamin A, IU	IU	170		0	O	4		238	950	
Vitamin A, RAE	mcg_RAE	49		0	NC	4		69	274	
Retinol	mcg	48		0	O	4		67	268	
Vitamin E	mg_ATE	0.069		0		4		0.097	0.386	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.800		0		1		2.520	10.062	
4:0	g	0.060		0		1		0.084	0.335	
6:0	g	0.040		0		1		0.056	0.224	
8:0	g	0.080		0		1		0.112	0.447	
10:0	g	0.090		0		1		0.126	0.503	
12:0	g	0.420		0		1		0.588	2.348	
13:0	g									
14:0	g	0.320		0		1		0.448	1.789	
15:0	g									
16:0	g	0.530		0		1		0.742	2.963	
17:0	g									
18:0	g	0.260		0		1		0.364	1.453	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.520		0		1		0.728	2.907	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		0		1		0.056	0.224	

NDB No. 19219
Puddings, coconut cream, dry mix, regular, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.470		0		1		0.658	2.627	
20:1 ... g	0.000		0		7		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		7		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.070		0		1		0.098	0.391	
18:2 undifferentiated ... g	0.050		0		1		0.070	0.280	
18:3 undifferentiated ... g	0.030		0		1		0.042	0.168	
18:4 ... g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		7		0.000	0.000	
22:5 n-3 ... g	0.000		0		7		0.000	0.000	
22:6 n-3 ... g	0.000		0		7		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	7		0		1		10	39	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.041		0		1		0.057	0.229	
Threonine ... g	0.131		0		1		0.183	0.732	
Isoleucine ... g	0.174		0		1		0.244	0.973	
Leucine ... g	0.283		0		1		0.396	1.582	
Lysine ... g	0.227		0		1		0.318	1.269	
Methionine ... g	0.072		0		1		0.101	0.402	
Cystine ... g	0.028		0		1		0.039	0.157	
Phenylalanine ... g	0.141		0		1		0.197	0.788	
Tyrosine ... g	0.138		0		1		0.193	0.771	
Valine ... g	0.195		0		1		0.273	1.090	
Arginine ... g	0.123		0		1		0.172	0.688	
Histidine ... g	0.079		0		1		0.111	0.442	
Alanine ... g	0.103		0		1		0.144	0.576	
Aspartic acid ... g	0.225		0		1		0.315	1.258	
Glutamic acid ... g	0.614		0		1		0.860	3.432	
Glycine ... g	0.066		0		1		0.092	0.369	
Proline ... g	0.275		0		1		0.385	1.537	
Serine ... g	0.158		0		1		0.221	0.883	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Measure 2 = 559g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19325
Puddings, coconut cream, dry mix, regular, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.60		0		1		104.44	417.01	
Energy	kcal	114		0	NC	4		160	637	
Energy	kj	477				4		668	2666	
Protein	g	3.00		0		1		4.20	16.77	
Total lipid (fat)	g	3.80		0		1		5.32	21.24	
Ash	g	1.00		0		1		1.40	5.59	
Carbohydrate, by difference	g	17.70		0	NC	4		24.78	98.94	
Fiber, total dietary	g	0.2		0		4		0.3	1.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	111		0		1		155	620	
Iron, Fe	mg	0.20		0		1		0.28	1.12	
Magnesium, Mg	mg	16		0		1		22	89	
Phosphorus, P	mg	88		0		1		123	492	
Potassium, K	mg	157		0		1		220	878	
Sodium, Na	mg	162		0		1		227	906	
Zinc, Zn	mg	0.36		0		1		0.50	2.01	
Copper, Cu	mg	0.027		0		1		0.038	0.151	
Manganese, Mn	mg	0.037		0		1		0.052	0.207	
Selenium, Se	mcg	2.3		0	BFZN	4		3.2	12.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		1.0	3.9	
Thiamin	mg	0.032		0		1		0.045	0.179	
Riboflavin	mg	0.143		0		1		0.200	0.799	
Niacin	mg	0.089		0		1		0.125	0.498	
Pantothenic acid	mg	0.285		0		1		0.399	1.593	
Vitamin B-6	mg	0.144		0		1		0.202	0.805	
Folate, total	mcg	4		0		1		6	22	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		6	22	
Folate, DFE	mcg_DFE	4		0	NC	4		6	22	
Vitamin B-12	mcg	0.25		0		1		0.35	1.40	
Vitamin A, IU	IU	110		0		1		154	615	
Vitamin A, RAE	mcg_RAE	26		0	NC	4		36	145	
Retinol	mcg	25		0	O	4		34	138	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.570		0		1		3.598	14.366	
4:0	g	0.090		0		1		0.126	0.503	
6:0	g	0.060		0		1		0.084	0.335	
8:0	g	0.090		0		1		0.126	0.503	
10:0	g	0.120		0		1		0.168	0.671	
12:0	g	0.460		0		1		0.644	2.571	
13:0	g									
14:0	g	0.450		0		1		0.630	2.516	
15:0	g									
16:0	g	0.880		0		1		1.232	4.919	
17:0	g									
18:0	g	0.420		0		1		0.588	2.348	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.880		0		1		1.232	4.919	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.070		0		1		0.098	0.391	

NDB No. 19325

Puddings, coconut cream, dry mix, regular, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.810		0		1		1.134	4.528	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.120		0		1		0.168	0.671	
18:2 undifferentiated ... g	0.080		0		1		0.112	0.447	
18:3 undifferentiated ... g	0.050		0		1		0.070	0.280	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	12		0		1		17	67	
Phytosterols ... mg	0		0		1		0	0	
Amino Acids:									
Tryptophan ... g	0.040		0		1		0.056	0.224	
Threonine ... g	0.129		0		1		0.181	0.721	
Isoleucine ... g	0.172		0		1		0.241	0.961	
Leucine ... g	0.280		0		1		0.392	1.565	
Lysine ... g	0.224		0		1		0.314	1.252	
Methionine ... g	0.072		0		1		0.101	0.402	
Cystine ... g	0.028		0		1		0.039	0.157	
Phenylalanine ... g	0.140		0		1		0.196	0.783	
Tyrosine ... g	0.137		0		1		0.192	0.766	
Valine ... g	0.193		0		1		0.270	1.079	
Arginine ... g	0.122		0		1		0.171	0.682	
Histidine ... g	0.078		0		1		0.109	0.436	
Alanine ... g	0.102		0		1		0.143	0.570	
Aspartic acid ... g	0.223		0		1		0.312	1.247	
Glutamic acid ... g	0.608		0		1		0.851	3.399	
Glycine ... g	0.065		0		1		0.091	0.363	
Proline ... g	0.272		0		1		0.381	1.520	
Serine ... g	0.157		0		1		0.220	0.878	
Hydroxyproline ... g									

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

Measure 2 = 559g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19330
Puddings, lemon, dry mix, instant

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	0.70		2		1		0.69	0.18	
Energy	kcal	378		0	NC	4		374	95	
Energy	kj	1582				4		1566	395	
Protein (N x 6.4)	g	0.00		2		1		0.00	0.00	
Total lipid (fat)	g	0.70		2		1		0.69	0.18	
Ash	g	3.20		2		1		3.17	0.80	
Carbohydrate, by difference	g	95.40		0	NC	4		94.45	23.85	
Fiber, total dietary	g	0.0		0	FLM	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		1		4		2	1	
Iron, Fe	mg	0.08		1		4		0.08	0.02	
Magnesium, Mg	mg	0		1		4		0	0	
Phosphorus, P	mg	752		2		1		744	188	
Potassium, K	mg	8	1.932	12		1		8	2	
Sodium, Na	mg	1332	32.979	13		1		1319	333	
Zinc, Zn	mg	0.05		1		4		0.05	0.01	
Copper, Cu	mg	0.015		1		4		0.015	0.004	
Manganese, Mn	mg	0.009		1		4		0.009	0.002	
Selenium, Se	mcg	0.8		0		1		0.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.001		1		4		0.001	0.000	
Riboflavin	mg	0.003		1		4		0.003	0.001	
Niacin	mg	0.001		1		4		0.001	0.000	
Pantothenic acid	mg	0.006		1		4		0.006	0.002	
Vitamin B-6	mg	0.001		1		4		0.001	0.000	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.01		1		4		0.01	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.100		0		1		0.099	0.025	
4:0	g	0.000		1		1		0.000	0.000	
6:0	g	0.000		1		1		0.000	0.000	
8:0	g	0.000		1		1		0.000	0.000	
10:0	g	0.000		1		1		0.000	0.000	
12:0	g	0.000		1		1		0.000	0.000	
13:0	g									
14:0	g	0.000		1		1		0.000	0.000	
15:0	g									
16:0	g	0.070		1		1		0.069	0.018	
17:0	g									
18:0	g	0.030		1		1		0.030	0.008	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.280		0		1		0.277	0.070	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		1		1		0.000	0.000	

NDB No. 19330
Puddings, lemon, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.280		1		1		0.277	0.070	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.250		0		1		0.248	0.063	
18:2 undifferentiated ... g	0.230		1		1		0.228	0.058	
18:3 undifferentiated ... g	0.020		1		1		0.020	0.005	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	
Threonine ... g	0.000		0		1		0.000	0.000	
Isoleucine ... g	0.000		0		1		0.000	0.000	
Leucine ... g	0.000		0		1		0.000	0.000	
Lysine ... g	0.000		0		1		0.000	0.000	
Methionine ... g	0.000		0		1		0.000	0.000	
Cystine ... g	0.000		0		1		0.000	0.000	
Phenylalanine ... g	0.000		0		1		0.000	0.000	
Tyrosine ... g	0.000		0		1		0.000	0.000	
Valine ... g	0.000		0		1		0.000	0.000	
Arginine ... g	0.000		0		1		0.000	0.000	
Histidine ... g	0.000		0		1		0.000	0.000	
Alanine ... g	0.000		0		1		0.000	0.000	
Aspartic acid ... g	0.000		0		1		0.000	0.000	
Glutamic acid ... g	0.000		0		1		0.000	0.000	
Glycine ... g	0.000		0		1		0.000	0.000	
Proline ... g	0.000		0		1		0.000	0.000	
Serine ... g	0.000		0		1		0.000	0.000	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
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 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19204
Puddings, lemon, dry mix, instant, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.16		0	RPA	1				
Energy	kcal	107		0	RPI	6				
Energy	kj	449		0	RPI	4				
Protein	g	2.76		0	RPA	1				
Total lipid (fat)	g	1.71		0	RPA	1				
Ash	g	1.16		0	RPA	1				
Carbohydrate, by difference	g	20.20		0	RPI	6				
Fiber, total dietary	g	0.0		0	RPI	6				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	101		0	RPI	6				
Iron, Fe	mg	0.06		0	RPI	6				
Magnesium, Mg	mg	11		0	RPI	6				
Phosphorus, P	mg	207		0	RPA	1				
Potassium, K	mg	130		0	RPA	1				
Sodium, Na	mg	268		0	RPA	1				
Zinc, Zn	mg	0.33		0	RPI	6				
Copper, Cu	mg	0.009		0	RPI	6				
Manganese, Mn	mg	0.003		0	RPI	6				
Selenium, Se	mcg	2.0		0	RPA	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	RPI	6				
Thiamin	mg	0.033		0	RPI	6				
Riboflavin	mg	0.137		0	RPI	6				
Niacin	mg	0.072		0	RPI	6				
Pantothenic acid	mg	0.267		0	RPI	6				
Vitamin B-6	mg	0.036		0	RPI	6				
Folate, total	mcg	4		0	RPI	6				
Folic acid	mcg	0		0	RPI	6				
Folate, food	mcg	4		0	RPI	6				
Folate, DFE	mcg_DFE	4		0	NC	4				
Vitamin B-12	mcg	0.30		0	RPI	6				
Vitamin A, IU	IU	170		0	RPI	6				
Vitamin A, RAE	mcg_RAE	46		0	NC	4				
Retinol	mcg	45		0	RPA	1				
Vitamin E	mg_ATE	0.058		0	RPA	1				
Vitamin D	IU	33.200		0	RPI	6				
Lipids:										
Fatty acids, total saturated	g	0.974		0	RPA	1				
4:0	g	0.051		0	RPA	1				
6:0	g	0.031		0	RPA	1				
8:0	g	0.017		0	RPA	1				
10:0	g	0.040		0	RPA	1				
12:0	g	0.045		0	RPA	1				
13:0	g									
14:0	g	0.160		0	RPA	1				
15:0	g									
16:0	g	0.431		0	RPA	1				
17:0	g									
18:0	g	0.198		0	RPA	1				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.484		0	RPA	1				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.036		0	RPA	1				

NDB No. 19204
Puddings, lemon, dry mix, instant, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.448		0	RPA	1				
20:1 ... g	0.000		0	RPA	1				
22:1 undifferentiated ... g	0.000		0	RPA	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.101		0	RPA	1				
18:2 undifferentiated ... g	0.075		0	RPA	1				
18:3 undifferentiated ... g	0.027		0	RPA	1				
18:4 ... g	0.000		0	RPA	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPA	1				
20:5 n-3 ... g	0.000		0	RPA	1				
22:5 n-3 ... g	0.000		0	RPA	1				
22:6 n-3 ... g	0.000		0	RPA	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0	RPI	6				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.039		0	RPA	1				
Threonine ... g	0.125		0	RPA	1				
Isoleucine ... g	0.167		0	RPA	1				
Leucine ... g	0.271		0	RPA	1				
Lysine ... g	0.219		0	RPA	1				
Methionine ... g	0.070		0	RPA	1				
Cystine ... g	0.026		0	RPA	1				
Phenylalanine ... g	0.134		0	RPA	1				
Tyrosine ... g	0.134		0	RPA	1				
Valine ... g	0.185		0	RPA	1				
Arginine ... g	0.100		0	RPA	1				
Histidine ... g	0.075		0	RPA	1				
Alanine ... g	0.095		0	RPA	1				
Aspartic acid ... g	0.210		0	RPA	1				
Glutamic acid ... g	0.579		0	RPA	1				
Glycine ... g	0.058		0	RPA	1				
Proline ... g	0.268		0	RPA	1				
Serine ... g	0.150		0	RPA	1				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6				
Caffeine ... mg	0		0	RPI	6				
Theobromine ... mg	0		0	RPI	6				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19331
Puddings, lemon, dry mix, instant, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.20		0		1		107.60	429.68	
Energy	kcal	115		0	NC	4		169	675	
Energy	kj	481				4		707	2824	
Protein	g	2.70		0		1		3.97	15.85	
Total lipid (fat)	g	2.90		0		1		4.26	17.02	
Ash	g	1.10		0		1		1.62	6.46	
Carbohydrate, by difference	g	20.10		0	NC	4		29.55	117.99	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	99		0		1		146	581	
Iron, Fe	mg	0.06		0		1		0.09	0.35	
Magnesium, Mg	mg	11		0		1		16	65	
Phosphorus, P	mg	205		0		1		301	1203	
Potassium, K	mg	127		0		1		187	745	
Sodium, Na	mg	267		0		1		392	1567	
Zinc, Zn	mg	0.32		0		1		0.47	1.88	
Copper, Cu	mg	0.011		0		1		0.016	0.065	
Manganese, Mn	mg	0.003		0		1		0.004	0.018	
Selenium, Se	mcg	1.8		0	BFZN	4		2.6	10.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		1.2	4.7	
Thiamin	mg	0.032		0		1		0.047	0.188	
Riboflavin	mg	0.135		0		1		0.198	0.792	
Niacin	mg	0.070		0		1		0.103	0.411	
Pantothenic acid	mg	0.262		0		1		0.385	1.538	
Vitamin B-6	mg	0.035		0		1		0.051	0.205	
Folate, total	mcg	4		0		1		6	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		6	23	
Folate, DFE	mcg_DFE	4		0	NC	4		6	23	
Vitamin B-12	mcg	0.30		0		1		0.44	1.76	
Vitamin A, IU	IU	105		0		1		154	616	
Vitamin A, RAE	mcg_RAE	24		0	NC	4		36	144	
Retinol	mcg	23		0	O	4		34	136	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.740		0		1		2.558	10.214	
4:0	g	0.090		0		1		0.132	0.528	
6:0	g	0.050		0		1		0.074	0.294	
8:0	g	0.030		0		1		0.044	0.176	
10:0	g	0.070		0		1		0.103	0.411	
12:0	g	0.080		0		1		0.118	0.470	
13:0	g									
14:0	g	0.290		0		1		0.426	1.702	
15:0	g									
16:0	g	0.770		0		1		1.132	4.520	
17:0	g									
18:0	g	0.360		0		1		0.529	2.113	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.850		0		1		1.250	4.990	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.070		0		1		0.103	0.411	

NDB No. 19331
Puddings, lemon, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.780		0		1		1.147	4.579	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.150		0		1		0.221	0.881	
18:2 undifferentiated ... g	0.100		0		1		0.147	0.587	
18:3 undifferentiated ... g	0.050		0		1		0.074	0.294	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	11		0		1		16	65	
Phytosterols ... mg	0		0		1		0	0	
Amino Acids:									
Tryptophan ... g	0.036		0		1		0.053	0.211	
Threonine ... g	0.117		0		1		0.172	0.687	
Isoleucine ... g	0.158		0		1		0.232	0.927	
Leucine ... g	0.255		0		1		0.375	1.497	
Lysine ... g	0.207		0		1		0.304	1.215	
Methionine ... g	0.065		0		1		0.096	0.382	
Cystine ... g	0.024		0		1		0.035	0.141	
Phenylalanine ... g	0.126		0		1		0.185	0.740	
Tyrosine ... g	0.126		0		1		0.185	0.740	
Valine ... g	0.174		0		1		0.256	1.021	
Arginine ... g	0.094		0		1		0.138	0.552	
Histidine ... g	0.071		0		1		0.104	0.417	
Alanine ... g	0.090		0		1		0.132	0.528	
Aspartic acid ... g	0.198		0		1		0.291	1.162	
Glutamic acid ... g	0.545		0		1		0.801	3.199	
Glycine ... g	0.055		0		1		0.081	0.323	
Proline ... g	0.252		0		1		0.370	1.479	
Serine ... g	0.141		0		1		0.207	0.828	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19332
Puddings, lemon, dry mix, regular

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.20		2		1		4.42	1.09	
Energy	kcal	363		0	NC	4		309	76	
Energy	kj	1519				4		1291	319	
Protein (N x 6.25)	g	0.10		2		1		0.09	0.02	
Total lipid (fat)	g	0.50		1		4		0.43	0.11	
Ash	g	2.40		2		1		2.04	0.50	
Carbohydrate, by difference	g	91.80		0	NC	4		78.03	19.28	
Fiber, total dietary	g	0.1		0	FLM	4		0.1	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		1		4		4	1	
Iron, Fe	mg	0.17		1		4		0.14	0.04	
Magnesium, Mg	mg	4		1		4		3	1	
Phosphorus, P	mg	3		1		4		3	1	
Potassium, K	mg	5		1		4		4	1	
Sodium, Na	mg	506		1		4		430	106	
Zinc, Zn	mg	0.02		1		4		0.02	0.00	
Copper, Cu	mg	0.024		1		4		0.020	0.005	
Manganese, Mn	mg	0.025		1		4		0.021	0.005	
Selenium, Se	mcg	1.1		0	BFFN	4		0.9	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.005		1		4		0.004	0.001	
Riboflavin	mg	0.024		1		4		0.020	0.005	
Niacin	mg	0.019		1		4		0.016	0.004	
Pantothenic acid	mg	0.030		1		4		0.026	0.006	
Vitamin B-6	mg	0.005		1		4		0.004	0.001	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		1		4		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.000		0		1		0.000	0.000	
Threonine	g	0.002		0		1		0.002	0.000	
Isoleucine	g	0.002		0		1		0.002	0.000	
Leucine	g	0.008		0		1		0.007	0.002	
Lysine	g	0.001		0		1		0.001	0.000	
Methionine	g	0.001		0		1		0.001	0.000	
Cystine	g	0.001		0		1		0.001	0.000	
Phenylalanine	g	0.003		0		1		0.003	0.001	
Tyrosine	g	0.002		0		1		0.002	0.000	
Valine	g	0.003		0		1		0.003	0.001	
Arginine	g	0.003		0		1		0.003	0.001	

NDB No. 19332
Puddings, lemon, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine....g	0.002		0		1		0.002	0.000	
Alanine....g	0.004		0		1		0.003	0.001	
Aspartic acid....g	0.004		0		1		0.003	0.001	
Glutamic acid....g	0.011		0		1		0.009	0.002	
Glycine....g	0.002		0		1		0.002	0.000	
Proline....g	0.005		0		1		0.004	0.001	
Serine....g	0.002		0		1		0.002	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
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 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19333
Puddings, lemon, dry mix, regular, prepared with sugar, egg yolk 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	72.90		0	RP	4				
Energy	kcal	113		0	RP	4				
Energy	kj	474		0	RP	4				
Protein	g	0.70		0	RP	4				
Total lipid (fat)	g	1.32		0	RP	4				
Ash	g	0.43		0	RP	4				
Carbohydrate, by difference	g	24.64		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	RP	4				
Iron, Fe	mg	0.18		0	RP	4				
Magnesium, Mg	mg	2		0	RP	4				
Phosphorus, P	mg	21		0	RP	4				
Potassium, K	mg	5		0	RP	4				
Sodium, Na	mg	64		0	RP	4				
Zinc, Zn	mg	0.16		0	RP	4				
Copper, Cu	mg	0.014		0	RP	4				
Manganese, Mn	mg	0.007		0	RP	4				
Selenium, Se	mcg	2.1		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4				
Thiamin	mg	0.006		0	RP	4				
Riboflavin	mg	0.028		0	RP	4				
Niacin	mg	0.003		0	RP	4				
Pantothenic acid	mg	0.159		0	RP	4				
Vitamin B-6	mg	0.014		0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Vitamin B-12	mcg	0.10		0	RP	4				
Vitamin A, IU	IU	79		0	RP	4				
Vitamin A, RAE	mcg_RAE	23		0	NC	4				
Retinol	mcg	23		0	RP	4				
Vitamin E	mg_ATE	0.129		0	RP	4				
Vitamin D	IU	6.049		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	0.390		0	RP	4				
4:0	g	0.000		0	RP	4				
6:0	g	0.000		0	RP	4				
8:0	g	0.000		0	RP	4				
10:0	g	0.000		0	RP	4				
12:0	g	0.000		0	RP	4				
13:0	g									
14:0	g	0.004		0	RP	4				
15:0	g	0.001		0	RP	4				
16:0	g	0.280		0	RP	4				
17:0	g	0.002		0	RP	4				
18:0	g	0.099		0	RP	4				
20:0	g	0.001		0	RP	4				
22:0	g	0.002		0	RP	4				
24:0	g	0.000		0	RP	4				
Fatty acids, total monounsaturated	g	0.480		0	RP	4				
14:1	g	0.001		0	RP	4				
15:1	g									
16:1 undifferentiated	g	0.038		0	RP	4				

NDB No. 19333
Puddings, lemon, dry mix, regular, prepared with sugar, egg yolk 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	0.437		0	RP	4				
20:1 ... g	0.004		0	RP	4				
22:1 undifferentiated ... g	0.000		0	RP	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.172		0	RP	4				
18:2 undifferentiated ... g	0.145		0	RP	4				
18:3 undifferentiated ... g	0.004		0	RP	4				
18:4 ... g	0.000		0	RP	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.018		0	RP	4				
20:5 n-3 ... g	0.000		0	RP	4				
22:5 n-3 ... g	0.000		0	RP	4				
22:6 n-3 ... g	0.005		0	RP	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	52		0	RP	4				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.008		0	RP	4				
Threonine ... g	0.037		0	RP	4				
Isoleucine ... g	0.035		0	RP	4				
Leucine ... g	0.061		0	RP	4				
Lysine ... g	0.054		0	RP	4				
Methionine ... g	0.017		0	RP	4				
Cystine ... g	0.012		0	RP	4				
Phenylalanine ... g	0.030		0	RP	4				
Tyrosine ... g	0.031		0	RP	4				
Valine ... g	0.038		0	RP	4				
Arginine ... g	0.049		0	RP	4				
Histidine ... g	0.018		0	RP	4				
Alanine ... g	0.036		0	RP	4				
Aspartic acid ... g	0.067		0	RP	4				
Glutamic acid ... g	0.088		0	RP	4				
Glycine ... g	0.021		0	RP	4				
Proline ... g	0.029		0	RP	4				
Serine ... g	0.059		0	RP	4				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4				
Caffeine ... mg	0		0	RP	4				
Theobromine ... mg	0		0	RP	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19708
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium

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	5.20		2		1		4.42	1.09	
Energy	kcal	366		0	NC	4		311	77	
Energy	kj	1531				4		1302	322	
Protein (N x 6.25)	g	0.10		2		1		0.09	0.02	
Total lipid (fat)	g	1.50		0		1		1.28	0.32	
Ash	g	2.40		2		1		2.04	0.50	
Carbohydrate, by difference	g	90.30		0	NC	4		76.76	18.96	
Fiber, total dietary	g	0.1		0	BFZN	4		0.1	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	0.17		1		4		0.14	0.04	
Magnesium, Mg	mg	4		1		4		3	1	
Phosphorus, P	mg	3		1		4		3	1	
Potassium, K	mg	257		0		1		218	54	
Sodium, Na	mg	849		0		1		722	178	
Zinc, Zn	mg	0.02		1		4		0.02	0.00	
Copper, Cu	mg	0.024		1		4		0.020	0.005	
Manganese, Mn	mg	0.025		1		4		0.021	0.005	
Selenium, Se	mcg	0.7		0	RA	4		0.6	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.005		1		4		0.004	0.001	
Riboflavin	mg	0.024		1		4		0.020	0.005	
Niacin	mg	0.019		1		4		0.016	0.004	
Pantothenic acid	mg	0.030		1		4		0.026	0.006	
Vitamin B-6	mg	0.005		1		4		0.004	0.001	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.270		0		1		0.230	0.057	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		1		1		0.000	0.000	
15:0	g									
16:0	g	0.210		0		1		0.179	0.044	
17:0	g									
18:0	g	0.050		0		1		0.043	0.011	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.440		0		1		0.374	0.092	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		1		1		0.009	0.002	

NDB No. 19708

Puddings, lemon, dry mix, regular, with added oil, potassium, sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.440		0		1		0.374	0.092	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.720		0		1		0.612	0.151	
18:2 undifferentiated ... g	0.680		0		1		0.578	0.143	
18:3 undifferentiated ... g	0.040		0		1		0.034	0.008	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	
Threonine ... g	0.002		0		1		0.002	0.000	
Isoleucine ... g	0.002		0		1		0.002	0.000	
Leucine ... g	0.008		0		1		0.007	0.002	
Lysine ... g	0.001		0		1		0.001	0.000	
Methionine ... g	0.001		0		1		0.001	0.000	
Cystine ... g	0.001		0		1		0.001	0.000	
Phenylalanine ... g	0.003		0		1		0.003	0.001	
Tyrosine ... g	0.002		0		1		0.002	0.000	
Valine ... g	0.003		0		1		0.003	0.001	
Arginine ... g	0.003		0		1		0.003	0.001	
Histidine ... g	0.002		0		1		0.002	0.000	
Alanine ... g	0.004		0		1		0.003	0.001	
Aspartic acid ... g	0.004		0		1		0.003	0.001	
Glutamic acid ... g	0.011		0		1		0.009	0.002	
Glycine ... g	0.002		0		1		0.002	0.000	
Proline ... g	0.005		0		1		0.004	0.001	
Serine ... g	0.002		0		1		0.002	0.000	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
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 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19380
Puddings, lemon, ready-to-eat

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	71.60	0.100	30		1		20.30	101.67	
Energy	kcal	125		0	NC	4		35	178	
Energy	kj	523				4		148	743	
Protein (N x 6.25)	g	0.10	0.008	11		1		0.03	0.14	
Total lipid (fat)	g	3.00	0.068	30		1		0.85	4.26	
Ash	g	0.30	0.022	29		1		0.09	0.43	
Carbohydrate, by difference	g	25.00		0	NC	4		7.09	35.50	
Fiber, total dietary	g	0.1		0	FLM	4		0.0	0.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		1		1		1	3	
Iron, Fe	mg	0.07		1		4		0.02	0.10	
Magnesium, Mg	mg	1		1		1		0	1	
Phosphorus, P	mg	5		1		1		1	7	
Potassium, K	mg	1		1		1		0	1	
Sodium, Na	mg	140		1		1		40	199	
Zinc, Zn	mg	0.03		1		4		0.01	0.04	
Copper, Cu	mg	0.015		1		4		0.004	0.021	
Manganese, Mn	mg	0.008		1		4		0.002	0.011	
Selenium, Se	mcg	1.8		0	BFZN	4		0.5	2.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		1		4		0.0	0.1	
Thiamin	mg	0.000		1		4		0.000	0.000	
Riboflavin	mg	0.004		1		4		0.001	0.006	
Niacin	mg	0.002		1		4		0.001	0.003	
Pantothenic acid	mg	0.006		1		4		0.002	0.009	
Vitamin B-6	mg	0.000		1		4		0.000	0.000	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.450		0		1		0.128	0.639	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		1		1		0.000	0.000	
15:0	g									
16:0	g	0.300		1		1		0.085	0.426	
17:0	g									
18:0	g	0.150		1		1		0.043	0.213	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.300		0		1		0.369	1.846	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		1		1		0.003	0.014	

NDB No. 19380
Puddings, lemon, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	1.280		1		1		0.363	1.818	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.140		0		1		0.323	1.619	
18:2 undifferentiated ... g	1.060		1		1		0.301	1.505	
18:3 undifferentiated ... g	0.080		1		1		0.023	0.114	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	
Threonine ... g	0.002		0		1		0.001	0.003	
Isoleucine ... g	0.003		0		1		0.001	0.004	
Leucine ... g	0.009		0		1		0.003	0.013	
Lysine ... g	0.002		0		1		0.001	0.003	
Methionine ... g	0.001		0		1		0.000	0.001	
Cystine ... g	0.002		0		1		0.001	0.003	
Phenylalanine ... g	0.004		0		1		0.001	0.006	
Tyrosine ... g	0.003		0		1		0.001	0.004	
Valine ... g	0.004		0		1		0.001	0.006	
Arginine ... g	0.004		0		1		0.001	0.006	
Histidine ... g	0.002		0		1		0.001	0.003	
Alanine ... g	0.005		0		1		0.001	0.007	
Aspartic acid ... g	0.005		0		1		0.001	0.007	
Glutamic acid ... g	0.014		0		1		0.004	0.020	
Glycine ... g	0.002		0		1		0.001	0.003	
Proline ... g	0.007		0		1		0.002	0.010	
Serine ... g	0.003		0		1		0.001	0.004	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
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 = 28.35g: 1 oz

Measure 2 = 142g: 1 can (5 oz)

Calories Factors: **Protein** 3.4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19194
Puddings, rice, dry mix

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	4.80		1		4		5.09	1.30	
Energy	kcal	376		0		4		399	102	
Energy	kj	1573				4		1668	425	
Protein (N x 6)	g	2.70		1		4		2.86	0.73	
Total lipid (fat)	g	0.10		1		4		0.11	0.03	
Ash	g	1.10		1		4		1.17	0.30	
Carbohydrate, by difference	g	91.20		0	NC	4		96.67	24.62	
Fiber, total dietary	g	0.7		0	FLM	4		0.7	0.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		1		4		15	4	
Iron, Fe	mg	1.79		1		4		1.90	0.48	
Magnesium, Mg	mg	8		1		4		8	2	
Phosphorus, P	mg	39		1		4		41	11	
Potassium, K	mg	5		1		4		5	1	
Sodium, Na	mg	366		1		4		388	99	
Zinc, Zn	mg	0.31		1		1		0.33	0.08	
Copper, Cu	mg	0.062		1		4		0.066	0.017	
Manganese, Mn	mg	0.300		1		4		0.318	0.081	
Selenium, Se	mcg	0.5		0	FLM	4		0.5	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.248		1		4		0.263	0.067	
Riboflavin	mg	0.012		1		4		0.013	0.003	
Niacin	mg	2.013		1		4		2.134	0.544	
Pantothenic acid	mg	0.108		1		4		0.114	0.029	
Vitamin B-6	mg	0.013		1		4		0.014	0.004	
Folate, total	mcg	1		1		4		1	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		1		4		1	0	
Folate, DFE	mcg_DFE	1		0	NC	4		1	0	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		1		4		0	0	
Phytosterols	mg									

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

Common Measures:

Measure 1 = 106g: 1 package

Measure 2 = 27g: 1 portion, amount to make 1/2 cup

NDB No. 19194
Puddings, rice, dry mix

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

Food Group: 19 Sweets

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

NDB No. 19208
Puddings, rice, dry mix, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.43		0	RP	4				
Energy	kcal	111		0	RP	4				
Energy	kj	465		0	RP	4				
Protein	g	3.29		0	RP	4				
Total lipid (fat)	g	1.63		0	RP	4				
Ash	g	0.82		0	RP	4				
Carbohydrate, by difference	g	20.81		0	RP	4				
Fiber, total dietary	g	0.1		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	105		0	RP	4				
Iron, Fe	mg	0.37		0	RP	4				
Magnesium, Mg	mg	13		0	RP	4				
Phosphorus, P	mg	87		0	RP	4				
Potassium, K	mg	130		0	RP	4				
Sodium, Na	mg	109		0	RP	4				
Zinc, Zn	mg	0.38		0	RP	4				
Copper, Cu	mg	0.018		0	RP	4				
Manganese, Mn	mg	0.057		0	RP	4				
Selenium, Se	mcg	1.9		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4				
Thiamin	mg	0.075		0	RP	4				
Riboflavin	mg	0.141		0	RP	4				
Niacin	mg	0.443		0	RP	4				
Pantothenic acid	mg	0.288		0	RP	4				
Vitamin B-6	mg	0.035		0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Vitamin B-12	mcg	0.24		0	RP	4				
Vitamin A, IU	IU	172		0	RP	4				
Vitamin A, RAE	mcg_RAE	46		0	NC	4				
Retinol	mcg	45		0	RP	4				
Vitamin E	mg_ATE	0.059		0	RP	4				
Vitamin D	IU	33.536		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	0.967		0	RP	4				
4:0	g	0.052		0	RP	4				
6:0	g	0.031		0	RP	4				
8:0	g	0.018		0	RP	4				
10:0	g	0.040		0	RP	4				
12:0	g	0.045		0	RP	4				
13:0	g									
14:0	g	0.162		0	RP	4				
15:0	g									
16:0	g	0.423		0	RP	4				
17:0	g									
18:0	g	0.195		0	RP	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.441		0	RP	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.036		0	RP	4				

NDB No. 19208
Puddings, rice, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.405		0	RP	4				
20:1 ... g	0.000		0	RP	4				
22:1 undifferentiated ... g	0.000		0	RP	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.060		0	RP	4				
18:2 undifferentiated ... g	0.036		0	RP	4				
18:3 undifferentiated ... g	0.023		0	RP	4				
18:4 ... g	0.000		0	RP	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4				
20:5 n-3 ... g	0.000		0	RP	4				
22:5 n-3 ... g	0.000		0	RP	4				
22:6 n-3 ... g	0.000		0	RP	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0	RP	4				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.039		0	RP	4				
Threonine ... g	0.126		0	RP	4				
Isoleucine ... g	0.169		0	RP	4				
Leucine ... g	0.273		0	RP	4				
Lysine ... g	0.221		0	RP	4				
Methionine ... g	0.070		0	RP	4				
Cystine ... g	0.026		0	RP	4				
Phenylalanine ... g	0.135		0	RP	4				
Tyrosine ... g	0.135		0	RP	4				
Valine ... g	0.187		0	RP	4				
Arginine ... g	0.101		0	RP	4				
Histidine ... g	0.075		0	RP	4				
Alanine ... g	0.096		0	RP	4				
Aspartic acid ... g	0.212		0	RP	4				
Glutamic acid ... g	0.584		0	RP	4				
Glycine ... g	0.059		0	RP	4				
Proline ... g	0.271		0	RP	4				
Serine ... g	0.152		0	RP	4				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4				
Caffeine ... mg	0		0	RP	4				
Theobromine ... mg	0		0	RP	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19195
Puddings, rice, dry mix, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.42		0	RP	4				
Energy	kcal	121		0	RP	4				
Energy	kj	507		0	RP	4				
Protein	g	3.25		0	RP	4				
Total lipid (fat)	g	2.82		0	RP	4				
Ash	g	0.81		0	RP	4				
Carbohydrate, by difference	g	20.68		0	RP	4				
Fiber, total dietary	g	0.1		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	103		0	RP	4				
Iron, Fe	mg	0.37		0	RP	4				
Magnesium, Mg	mg	13		0	RP	4				
Phosphorus, P	mg	85		0	RP	4				
Potassium, K	mg	128		0	RP	4				
Sodium, Na	mg	108		0	RP	4				
Zinc, Zn	mg	0.38		0	RP	4				
Copper, Cu	mg	0.020		0	RP	4				
Manganese, Mn	mg	0.059		0	RP	4				
Selenium, Se	mcg	1.8		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4				
Thiamin	mg	0.074		0	RP	4				
Riboflavin	mg	0.138		0	RP	4				
Niacin	mg	0.441		0	RP	4				
Pantothenic acid	mg	0.283		0	RP	4				
Vitamin B-6	mg	0.034		0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Vitamin B-12	mcg	0.24		0	RP	4				
Vitamin A, IU	IU	115		0	O	4				
Vitamin A, RAE	mcg_RAE	29		0	NC	4				
Retinol	mcg	28		0	RP	4				
Vitamin E	mg_ATE	0.084		0	RP	4				
Vitamin D	IU	33.526		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	1.682		0	RP	4				
4:0	g	0.091		0	RP	4				
6:0	g	0.054		0	RP	4				
8:0	g	0.031		0	RP	4				
10:0	g	0.070		0	RP	4				
12:0	g	0.079		0	RP	4				
13:0	g									
14:0	g	0.282		0	RP	4				
15:0	g									
16:0	g	0.737		0	RP	4				
17:0	g									
18:0	g	0.339		0	RP	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.767		0	RP	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.063		0	RP	4				

NDB No. 19195
Puddings, rice, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.704		0	RP	4				
20:1 ... g	0.000		0	RP	4				
22:1 undifferentiated ... g	0.000		0	RP	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.104		0	RP	4				
18:2 undifferentiated ... g	0.063		0	RP	4				
18:3 undifferentiated ... g	0.041		0	RP	4				
18:4 ... g	0.000		0	RP	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4				
20:5 n-3 ... g	0.000		0	RP	4				
22:5 n-3 ... g	0.000		0	RP	4				
22:6 n-3 ... g	0.000		0	RP	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	11		0	RP	4				
Phytosterols ... mg	0		0	RP	4				
Amino Acids:									
Tryptophan ... g	0.039		0	RP	4				
Threonine ... g	0.125		0	RP	4				
Isoleucine ... g	0.167		0	RP	4				
Leucine ... g	0.270		0	RP	4				
Lysine ... g	0.219		0	RP	4				
Methionine ... g	0.070		0	RP	4				
Cystine ... g	0.025		0	RP	4				
Phenylalanine ... g	0.133		0	RP	4				
Tyrosine ... g	0.133		0	RP	4				
Valine ... g	0.184		0	RP	4				
Arginine ... g	0.100		0	RP	4				
Histidine ... g	0.075		0	RP	4				
Alanine ... g	0.095		0	RP	4				
Aspartic acid ... g	0.210		0	RP	4				
Glutamic acid ... g	0.577		0	RP	4				
Glycine ... g	0.059		0	RP	4				
Proline ... g	0.267		0	RP	4				
Serine ... g	0.150		0	RP	4				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4				
Caffeine ... mg	0		0	RP	4				
Theobromine ... mg	0		0	RP	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19193
Puddings, rice, ready-to-eat

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	67.90	0.296	16		1		19.25	96.42	
Energy	kcal	163		0	NC	4		46	231	
Energy	kj	682				4		193	968	
Protein (N x 6.3)	g	2.00	0.021	15		1		0.57	2.84	
Total lipid (fat)	g	7.50	0.069	15		1		2.13	10.65	
Ash	g	0.60	0.007	15		1		0.17	0.85	
Carbohydrate, by difference	g	22.00		0	NC	4		6.24	31.24	
Fiber, total dietary	g	0.1		0		4		0.0	0.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	52	1.429	15		1		15	74	
Iron, Fe	mg	0.30		1		4		0.09	0.43	
Magnesium, Mg	mg	8		1		4		2	11	
Phosphorus, P	mg	68		1		4		19	97	
Potassium, K	mg	60		1		4		17	85	
Sodium, Na	mg	85		1		4		24	121	
Zinc, Zn	mg	0.49		1		1		0.14	0.70	
Copper, Cu	mg	0.022		1		4		0.006	0.031	
Manganese, Mn	mg	0.126		1		1		0.036	0.179	
Selenium, Se	mcg	2.2		0	FLA	4		0.6	3.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		1		4		0.1	0.7	
Thiamin	mg	0.018	0.001	15		1		0.005	0.026	
Riboflavin	mg	0.072	0.002	15		1		0.020	0.102	
Niacin	mg	0.161	0.006	14		1		0.046	0.229	
Pantothenic acid	mg	0.232		1		4		0.066	0.329	
Vitamin B-6	mg	0.029		1		4		0.008	0.041	
Folate, total	mcg	3		1		4		1	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		1		4		1	4	
Folate, DFE	mcg_DFE	3		0	NC	4		1	4	
Vitamin B-12	mcg	0.21		1		4		0.06	0.30	
Vitamin A, IU	IU	85		0	O	4		24	121	
Vitamin A, RAE	mcg_RAE	25		0	NC	4		7	36	
Retinol	mcg	25		0	O	4		7	36	
Vitamin E	mg_ATE	1.376		0	FLA	4		0.390	1.954	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.170		0		1		0.332	1.661	
4:0	g	0.000		1		1		0.000	0.000	
6:0	g	0.000		1		1		0.000	0.000	
8:0	g	0.000		1		1		0.000	0.000	
10:0	g	0.000		1		1		0.000	0.000	
12:0	g	0.000		1		1		0.000	0.000	
13:0	g									
14:0	g	0.020		1		1		0.006	0.028	
15:0	g									
16:0	g	0.760		1		1		0.215	1.079	
17:0	g									
18:0	g	0.380		1		1		0.108	0.540	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.210		0		1		0.910	4.558	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.030		1		1		0.009	0.043	

NDB No. 19193
Puddings, rice, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	3.170		1		1		0.899	4.501	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.790		0		1		0.791	3.962	
18:2 undifferentiated ... g	2.590		1		1		0.734	3.678	
18:3 undifferentiated ... g	0.190		1		1		0.054	0.270	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	1		1		4		0	1	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.026		0		1		0.007	0.037	
Threonine ... g	0.084		0		1		0.024	0.119	
Isoleucine ... g	0.112		0		1		0.032	0.159	
Leucine ... g	0.186		0		1		0.053	0.264	
Lysine ... g	0.142		0		1		0.040	0.202	
Methionine ... g	0.048		0		1		0.014	0.068	
Cystine ... g	0.019		0		1		0.005	0.027	
Phenylalanine ... g	0.094		0		1		0.027	0.133	
Tyrosine ... g	0.091		0		1		0.026	0.129	
Valine ... g	0.127		0		1		0.036	0.180	
Arginine ... g	0.080		0		1		0.023	0.114	
Histidine ... g	0.051		0		1		0.014	0.072	
Alanine ... g	0.072		0		1		0.020	0.102	
Aspartic acid ... g	0.150		0		1		0.043	0.213	
Glutamic acid ... g	0.399		0		1		0.113	0.567	
Glycine ... g	0.046		0		1		0.013	0.065	
Proline ... g	0.176		0		1		0.050	0.250	
Serine ... g	0.104		0		1		0.029	0.148	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 142g: 1 can (5 oz)

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

Food Group: 19 Sweets

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

NDB No. 19198
Puddings, tapioca, dry mix

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	4.00	0.043	6		1		3.68	0.92	
Energy	kcal	369		0		4		339	85	
Energy	kj	1544				4		1420	355	
Protein (N x 6.25)	g	0.10		0		4		0.09	0.02	
Total lipid (fat)	g	0.10		0		4		0.09	0.02	
Ash	g	1.40	0.040	6		1		1.29	0.32	
Carbohydrate, by difference	g	94.30		0	NC	4		86.76	21.69	
Fiber, total dietary	g	0.2		0	FLM	4		0.2	0.0	
Sugars, total	g	65.00		0	LC	8		59.80	14.95	
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		4		4	1	
Iron, Fe	mg	0.12		0		4		0.11	0.03	
Magnesium, Mg	mg	2		0		4		2	0	
Phosphorus, P	mg	4		0		4		4	1	
Potassium, K	mg	5		0		4		5	1	
Sodium, Na	mg	477		0		4		439	110	
Zinc, Zn	mg	0.08		0		4		0.07	0.02	
Copper, Cu	mg	0.029		0		4		0.027	0.007	
Manganese, Mn	mg	0.033		0		4		0.030	0.008	
Selenium, Se	mcg	0.9		0	FLM	4		0.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.001		0		4		0.001	0.000	
Riboflavin	mg	0.006		0		4		0.006	0.001	
Niacin	mg	0.004		0		4		0.004	0.001	
Pantothenic acid	mg	0.015		0		4		0.014	0.003	
Vitamin B-6	mg	0.001		0	FLM	4		0.001	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0		4		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.002		0		1		0.002	0.000	
Threonine	g	0.004		0		1		0.004	0.001	
Isoleucine	g	0.004		0		1		0.004	0.001	
Leucine	g	0.009		0		1		0.008	0.002	
Lysine	g	0.004		0		1		0.004	0.001	
Methionine	g	0.002		0		1		0.002	0.000	
Cystine	g	0.003		0		1		0.003	0.001	
Phenylalanine	g	0.004		0		1		0.004	0.001	
Tyrosine	g	0.003		0		1		0.003	0.001	
Valine	g	0.005		0		1		0.005	0.001	
Arginine	g	0.012		0		1		0.011	0.003	

NDB No. 19198
Puddings, tapioca, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.003		0		1		0.003	0.001	
Alanine.....g	0.006		0		1		0.006	0.001	
Aspartic acid.....g	0.009		0		1		0.008	0.002	
Glutamic acid.....g	0.024		0		1		0.022	0.006	
Glycine.....g	0.004		0		1		0.004	0.001	
Proline.....g	0.007		0		1		0.006	0.002	
Serine.....g	0.004		0		1		0.004	0.001	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 92g: 1 package (3.5 oz)

Measure 2 = 23g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19209
Puddings, tapioca, dry mix, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.01		0	RP	4				
Energy	kcal	105		0	RP	4				
Energy	kj	438		0	RP	4				
Protein	g	2.88		0	RP	4				
Total lipid (fat)	g	1.67		0	RP	4				
Ash	g	0.87		0	RP	4				
Carbohydrate, by difference	g	19.56		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g	10.64		0	RP	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	105		0	RP	4				
Iron, Fe	mg	0.06		0	RP	4				
Magnesium, Mg	mg	12		0	RP	4				
Phosphorus, P	mg	82		0	RP	4				
Potassium, K	mg	133		0	RP	4				
Sodium, Na	mg	121		0	RP	4				
Zinc, Zn	mg	0.35		0	RP	4				
Copper, Cu	mg	0.012		0	RP	4				
Manganese, Mn	mg	0.007		0	RP	4				
Selenium, Se	mcg	2.0		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4				
Thiamin	mg	0.030		0	RP	4				
Riboflavin	mg	0.143		0	RP	4				
Niacin	mg	0.075		0	RP	4				
Pantothenic acid	mg	0.277		0	RP	4				
Vitamin B-6	mg	0.033		0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Vitamin B-12	mcg	0.25		0	RP	4				
Vitamin A, IU	IU	160		0	O	4				
Vitamin A, RAE	mcg_RAE	47		0	NC	4				
Retinol	mcg	46		0	RP	4				
Vitamin E	mg_ATE	0.060		0	RP	4				
Vitamin D	IU	34.373		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	0.991		0	RP	4				
4:0	g	0.053		0	RP	4				
6:0	g	0.032		0	RP	4				
8:0	g	0.018		0	RP	4				
10:0	g	0.041		0	RP	4				
12:0	g	0.046		0	RP	4				
13:0	g									
14:0	g	0.166		0	RP	4				
15:0	g									
16:0	g	0.434		0	RP	4				
17:0	g									
18:0	g	0.200		0	RP	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.452		0	RP	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.037		0	RP	4				

NDB No. 19209
Puddings, tapioca, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.415		0	RP	4				
20:1 ... g	0.000		0	RP	4				
22:1 undifferentiated ... g	0.000		0	RP	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.061		0	RP	4				
18:2 undifferentiated ... g	0.037		0	RP	4				
18:3 undifferentiated ... g	0.024		0	RP	4				
18:4 ... g	0.000		0	RP	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4				
20:5 n-3 ... g	0.000		0	RP	4				
22:5 n-3 ... g	0.000		0	RP	4				
22:6 n-3 ... g	0.000		0	RP	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0	RP	4				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.041		0	RP	4				
Threonine ... g	0.130		0	RP	4				
Isoleucine ... g	0.173		0	RP	4				
Leucine ... g	0.282		0	RP	4				
Lysine ... g	0.228		0	RP	4				
Methionine ... g	0.073		0	RP	4				
Cystine ... g	0.027		0	RP	4				
Phenylalanine ... g	0.139		0	RP	4				
Tyrosine ... g	0.139		0	RP	4				
Valine ... g	0.192		0	RP	4				
Arginine ... g	0.106		0	RP	4				
Histidine ... g	0.078		0	RP	4				
Alanine ... g	0.100		0	RP	4				
Aspartic acid ... g	0.219		0	RP	4				
Glutamic acid ... g	0.603		0	RP	4				
Glycine ... g	0.061		0	RP	4				
Proline ... g	0.279		0	RP	4				
Serine ... g	0.156		0	RP	4				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4				
Caffeine ... mg	0		0	RP	4				
Theobromine ... mg	0		0	RP	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19199
Puddings, tapioca, dry mix, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.97		0	RP	4				
Energy	kcal	115		0	RP	4				
Energy	kj	481		0	RP	4				
Protein	g	2.84		0	RP	4				
Total lipid (fat)	g	2.89		0	RP	4				
Ash	g	0.85		0	RP	4				
Carbohydrate, by difference	g	19.43		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g	10.64		0	RP	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	103		0	RP	4				
Iron, Fe	mg	0.06		0	RP	4				
Magnesium, Mg	mg	12		0	RP	4				
Phosphorus, P	mg	81		0	RP	4				
Potassium, K	mg	131		0	RP	4				
Sodium, Na	mg	120		0	RP	4				
Zinc, Zn	mg	0.34		0	RP	4				
Copper, Cu	mg	0.013		0	RP	4				
Manganese, Mn	mg	0.009		0	RP	4				
Selenium, Se	mcg	1.9		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4				
Thiamin	mg	0.030		0	RP	4				
Riboflavin	mg	0.140		0	RP	4				
Niacin	mg	0.073		0	RP	4				
Pantothenic acid	mg	0.272		0	RP	4				
Vitamin B-6	mg	0.033		0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Vitamin B-12	mcg	0.25		0	RP	4				
Vitamin A, IU	IU	108		0	RP	4				
Vitamin A, RAE	mcg_RAE	25		0	NC	4				
Retinol	mcg	24		0	RP	4				
Vitamin E	mg_ATE	0.086		0	RP	4				
Vitamin D	IU	34.362		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	1.724		0	RP	4				
4:0	g	0.093		0	RP	4				
6:0	g	0.055		0	RP	4				
8:0	g	0.032		0	RP	4				
10:0	g	0.072		0	RP	4				
12:0	g	0.081		0	RP	4				
13:0	g									
14:0	g	0.289		0	RP	4				
15:0	g									
16:0	g	0.755		0	RP	4				
17:0	g									
18:0	g	0.348		0	RP	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.786		0	RP	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.064		0	RP	4				

NDB No. 19199
Puddings, tapioca, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.722		0	RP	4				
20:1 ... g	0.000		0	RP	4				
22:1 undifferentiated ... g	0.000		0	RP	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.107		0	RP	4				
18:2 undifferentiated ... g	0.064		0	RP	4				
18:3 undifferentiated ... g	0.042		0	RP	4				
18:4 ... g	0.000		0	RP	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4				
20:5 n-3 ... g	0.000		0	RP	4				
22:5 n-3 ... g	0.000		0	RP	4				
22:6 n-3 ... g	0.000		0	RP	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	12		0	RP	4				
Phytosterols ... mg	0		0	RP	4				
Amino Acids:									
Tryptophan ... g	0.040		0	RP	4				
Threonine ... g	0.129		0	RP	4				
Isoleucine ... g	0.172		0	RP	4				
Leucine ... g	0.278		0	RP	4				
Lysine ... g	0.225		0	RP	4				
Methionine ... g	0.072		0	RP	4				
Cystine ... g	0.026		0	RP	4				
Phenylalanine ... g	0.137		0	RP	4				
Tyrosine ... g	0.137		0	RP	4				
Valine ... g	0.190		0	RP	4				
Arginine ... g	0.104		0	RP	4				
Histidine ... g	0.077		0	RP	4				
Alanine ... g	0.098		0	RP	4				
Aspartic acid ... g	0.216		0	RP	4				
Glutamic acid ... g	0.596		0	RP	4				
Glycine ... g	0.061		0	RP	4				
Proline ... g	0.275		0	RP	4				
Serine ... g	0.154		0	RP	4				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4				
Caffeine ... mg	0		0	RP	4				
Theobromine ... mg	0		0	RP	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19709
Puddings, tapioca, dry mix, with no added salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00	0.043	6		1		3.68	0.92	
Energy	kcal	369		0		4		339	85	
Energy	kj	1544				4		1420	355	
Protein (N x 6.25)	g	0.10		1		4		0.09	0.02	
Total lipid (fat)	g	0.10		1		4		0.09	0.02	
Ash	g	1.40	0.040	6		1		1.29	0.32	
Carbohydrate, by difference	g	94.30		0	NC	4		86.76	21.69	
Fiber, total dietary	g	0.2		0	BFZN	4		0.2	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		1		4		4	1	
Iron, Fe	mg	0.12		1		4		0.11	0.03	
Magnesium, Mg	mg	2		1		4		2	0	
Phosphorus, P	mg	4		1		4		4	1	
Potassium, K	mg	5		1		4		5	1	
Sodium, Na	mg	8		0		1		7	2	
Zinc, Zn	mg	0.08		1		4		0.07	0.02	
Copper, Cu	mg	0.029		1		4		0.027	0.007	
Manganese, Mn	mg	0.033		1		4		0.030	0.008	
Selenium, Se	mcg	0.1		0	BFZN	4		0.1	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.001		1		4		0.001	0.000	
Riboflavin	mg	0.006		1		4		0.006	0.001	
Niacin	mg	0.004		1		4		0.004	0.001	
Pantothenic acid	mg	0.015		1		4		0.014	0.003	
Vitamin B-6	mg	0.032		1		4		0.029	0.007	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		1		4		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.002		0		1		0.002	0.000	
Threonine	g	0.004		0		1		0.004	0.001	
Isoleucine	g	0.004		0		1		0.004	0.001	
Leucine	g	0.009		0		1		0.008	0.002	
Lysine	g	0.004		0		1		0.004	0.001	
Methionine	g	0.002		0		1		0.002	0.000	
Cystine	g	0.003		0		1		0.003	0.001	
Phenylalanine	g	0.004		0		1		0.004	0.001	
Tyrosine	g	0.003		0		1		0.003	0.001	
Valine	g	0.005		0		1		0.005	0.001	
Arginine	g	0.012		0		1		0.011	0.003	

NDB No. 19709
Puddings, tapioca, dry mix, with no added salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine....g	0.003		0		1		0.003	0.001	
Alanine....g	0.006		0		1		0.006	0.001	
Aspartic acid....g	0.009		0		1		0.008	0.002	
Glutamic acid....g	0.024		0		1		0.022	0.006	
Glycine....g	0.004		0		1		0.004	0.001	
Proline....g	0.007		0		1		0.006	0.002	
Serine....g	0.004		0		1		0.004	0.001	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
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 = 92g: 1 package (3.5 oz)

Measure 2 = 23g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19218
Puddings, tapioca, ready-to-eat

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	74.20	0.209	43		1		21.04	105.36	83.85
Energy	kcal	119		0	NC	4		34	169	134
Energy	kj	498				4		141	707	563
Protein (N x 6.4)	g	2.00	0.050	43		1		0.57	2.84	2.26
Total lipid (fat)	g	3.70	0.100	43		1		1.05	5.25	4.18
Ash	g	0.70	0.020	43		1		0.20	0.99	0.79
Carbohydrate, by difference	g	19.40		0	NC	4		5.50	27.55	21.92
Fiber, total dietary	g	0.1		0	FLA	4		0.0	0.1	0.1
Sugars, total	g	17.70		0	LC	8		5.02	25.13	20.00
Starch	g									
Minerals:										
Calcium, Ca	mg	84	3.895	43		1		24	119	95
Iron, Fe	mg	0.23	0.019	17		1		0.07	0.33	0.26
Magnesium, Mg	mg	8	0.095	17		1		2	11	9
Phosphorus, P	mg	79	0.762	17		1		22	112	89
Potassium, K	mg	97		0	FLA	4		27	138	110
Sodium, Na	mg	159		0	LC	8		45	226	180
Zinc, Zn	mg	0.27	0.006	17		1		0.08	0.38	0.31
Copper, Cu	mg	0.027	0.002	17		1		0.008	0.038	0.031
Manganese, Mn	mg	0.009		0	FLA	4		0.003	0.013	0.010
Selenium, Se	mcg	1.4		0	FLA	4		0.4	2.0	1.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		0.2	1.0	0.8
Thiamin	mg	0.022	0.001	43		1		0.006	0.031	0.025
Riboflavin	mg	0.098	0.003	43		1		0.028	0.139	0.111
Niacin	mg	0.312	0.017	17		1		0.088	0.443	0.353
Pantothenic acid	mg	0.196		0	FLA	4		0.056	0.278	0.221
Vitamin B-6	mg	0.024		0	FLA	4		0.007	0.034	0.027
Folate, total	mcg	3		0	FLA	4		1	4	3
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	3		0	FLA	4		1	4	3
Folate, DFE	mcg_DFE	3		0	NC	4		1	4	3
Vitamin B-12	mcg	0.22		0	FLA	4		0.06	0.31	0.25
Vitamin A, IU	IU	0	0.000	17		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.090		0		1		0.026	0.128	0.102
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.600		0		1		0.170	0.852	0.678
4:0	g	0.000		1		1		0.000	0.000	0.000
6:0	g	0.000		1		1		0.000	0.000	0.000
8:0	g	0.000		1		1		0.000	0.000	0.000
10:0	g	0.000		1		1		0.000	0.000	0.000
12:0	g	0.000		1		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.010		1		1		0.003	0.014	0.011
15:0	g									
16:0	g	0.390		1		1		0.111	0.554	0.441
17:0	g									
18:0	g	0.190		1		1		0.054	0.270	0.215
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.580		0		1		0.448	2.244	1.785
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		1		1		0.006	0.028	0.023

NDB No. 19218
Puddings, tapioca, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	1.570		1		1		0.445	2.229	1.774
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.360		0		1		0.386	1.931	1.537
18:2 undifferentiated ... g	1.270		1		1		0.360	1.803	1.435
18:3 undifferentiated ... g	0.100		1		1		0.028	0.142	0.113
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0	FLA	4		0	1	1
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.027		0		1		0.008	0.038	0.031
Threonine ... g	0.085		0		1		0.024	0.121	0.096
Isoleucine ... g	0.114		0		1		0.032	0.162	0.129
Leucine ... g	0.185		0		1		0.052	0.263	0.209
Lysine ... g	0.149		0		1		0.042	0.212	0.168
Methionine ... g	0.048		0		1		0.014	0.068	0.054
Cystine ... g	0.019		0		1		0.005	0.027	0.021
Phenylalanine ... g	0.092		0		1		0.026	0.131	0.104
Tyrosine ... g	0.091		0		1		0.026	0.129	0.103
Valine ... g	0.127		0		1		0.036	0.180	0.144
Arginine ... g	0.073		0		1		0.021	0.104	0.082
Histidine ... g	0.052		0		1		0.015	0.074	0.059
Alanine ... g	0.067		0		1		0.019	0.095	0.076
Aspartic acid ... g	0.145		0		1		0.041	0.206	0.164
Glutamic acid ... g	0.399		0		1		0.113	0.567	0.451
Glycine ... g	0.041		0		1		0.012	0.058	0.046
Proline ... g	0.182		0		1		0.052	0.258	0.206
Serine ... g	0.103		0		1		0.029	0.146	0.116
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	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 = 28.35g: 1 oz

Measure 2 = 142g: 1 can (5 oz)

Measure 3 = 113g: 1 snack size (4 oz)

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

Food Group: 19 Sweets

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

NDB No. 19234
Puddings, tapioca, ready-to-eat, fat free

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	76.76			FLC	4				
Energy	kcal	87			FLC	4				
Energy	kj	364				4				
Protein	g	1.80			FLC	4				
Total lipid (fat)	g	0.10			FLC	4				
Ash	g	0.94			FLC	4				
Carbohydrate, by difference	g	20.40			FLC	4				
Fiber, total dietary	g	0.1			FLC	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	67			FLC	4				
Iron, Fe	mg	0.18			FLC	4				
Magnesium, Mg	mg	6			FLC	4				
Phosphorus, P	mg	54			FLC	4				
Potassium, K	mg	88			FLC	4				
Sodium, Na	mg	222			FLC	4				
Zinc, Zn	mg	0.23			FLC	4				
Copper, Cu	mg	0.014			FLC	4				
Manganese, Mn	mg	0.013			FLC	4				
Selenium, Se	mcg	1.4		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3			FLC	4				
Thiamin	mg	0.014			FLC	4				
Riboflavin	mg	0.077			FLC	4				
Niacin	mg	0.046			FLC	4				
Pantothenic acid	mg	0.184			FLC	4				
Vitamin B-6	mg	0.016			FLC	4				
Folate, total	mcg	3			FLC	4				
Folic acid	mcg	0		0	O	4				
Folate, food	mcg	3			FLC	4				
Folate, DFE	mcg_DFE	3		0	NC	4				
Vitamin B-12	mcg	0.11			FLC	4				
Vitamin A, IU	IU	107			FLC	4				
Vitamin A, RAE	mcg_RAE	30		0	NC	4				
Retinol	mcg	30		0	O	4				
Vitamin E	mg_ATE	0.021			FLC	4				
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.061			FLC	4				
4:0	g	0.005			FLC	4				
6:0	g	0.001			FLC	4				
8:0	g	0.001			FLC	4				
10:0	g	0.002			FLC	4				
12:0	g	0.002			FLC	4				
13:0	g									
14:0	g	0.009			FLC	4				
15:0	g									
16:0	g	0.028			FLC	4				
17:0	g									
18:0	g	0.010			FLC	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.025			FLC	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.004			FLC	4				

NDB No. 19234
Puddings, tapioca, ready-to-eat, fat free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.020			FLC	4				
20:1 ... g	0.000			FLC	4				
22:1 undifferentiated ... g	0.000			FLC	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.004			FLC	4				
18:2 undifferentiated ... g	0.003			FLC	4				
18:3 undifferentiated ... g	0.001			FLC	4				
18:4 ... g	0.000			FLC	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000			FLC	4				
20:5 n-3 ... g	0.000			FLC	4				
22:5 n-3 ... g	0.000			FLC	4				
22:6 n-3 ... g	0.000			FLC	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	1			FLC	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0			FLC	4				
Caffeine ... mg	0		0	Z	7				
Theobromine ... mg	0		0	Z	7				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19202
Puddings, vanilla, dry mix, instant

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	0.158	20		1		2.57	0.65	
Energy	kcal	368		0	NC	4		364	92	
Energy	kj	1540				4		1524	385	
Protein (N x 6.4)	g	0.00	0.000	20		1		0.00	0.00	
Total lipid (fat)	g	0.60	0.024	20		1		0.59	0.15	
Ash	g	3.90	0.067	20		1		3.86	0.98	
Carbohydrate, by difference	g	92.90		0	NC	4		91.97	23.23	
Fiber, total dietary	g	0.1		0	BFZN	4		0.1	0.0	
Sugars, total	g	74.90		0	BFZN	4		74.15	18.73	
Starch	g									
Minerals:										
Calcium, Ca	mg	12	1.932	3		1		12	3	
Iron, Fe	mg	0.12		0	BFZN	4		0.12	0.03	
Magnesium, Mg	mg	1		0	FLA	4		1	0	
Phosphorus, P	mg	705	9.672	3		1		698	176	
Potassium, K	mg	12	1.856	16		1		12	3	
Sodium, Na	mg	1441	33.880	16		1		1427	360	
Zinc, Zn	mg	0.06	0.002	4		1		0.06	0.02	
Copper, Cu	mg	0.093		2		1		0.092	0.023	
Manganese, Mn	mg	0.031		0		4		0.031	0.008	
Selenium, Se	mcg	0.8		0	FLA	4		0.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	BFZN	4		0.4	0.1	
Thiamin	mg	0.004		0	FLA	4		0.004	0.001	
Riboflavin	mg	0.032		0	FLA	4		0.032	0.008	
Niacin	mg	0.009		0	FLA	4		0.009	0.002	
Pantothenic acid	mg	0.031		0	FLA	4		0.031	0.008	
Vitamin B-6	mg	0.003		0	FLA	4		0.003	0.001	
Folate, total	mcg	0		0	FLA	4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0	FLA	4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.04		0	FLA	4		0.04	0.01	
Vitamin A, IU	IU	0		0	BFZN	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.060		0		4		0.059	0.015	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.100		0		1		0.099	0.025	
4:0	g	0.000		1		1		0.000	0.000	
6:0	g	0.000		1		1		0.000	0.000	
8:0	g	0.000		1		1		0.000	0.000	
10:0	g	0.000		1		1		0.000	0.000	
12:0	g	0.000		1		1		0.000	0.000	
13:0	g									
14:0	g	0.000		1		1		0.000	0.000	
15:0	g									
16:0	g	0.060		1		1		0.059	0.015	
17:0	g									
18:0	g	0.030		1		1		0.030	0.008	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.270		0		1		0.267	0.068	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		1		1		0.000	0.000	

NDB No. 19202
Puddings, vanilla, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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		1		1		0.267	0.068	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.240		0		1		0.238	0.060	
18:2 undifferentiated ... g	0.220		1		1		0.218	0.055	
18:3 undifferentiated ... g	0.020		1		1		0.020	0.005	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 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	BFZN	4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	
Threonine ... g	0.000		0		1		0.000	0.000	
Isoleucine ... g	0.000		0		1		0.000	0.000	
Leucine ... g	0.000		0		1		0.000	0.000	
Lysine ... g	0.000		0		1		0.000	0.000	
Methionine ... g	0.000		0		1		0.000	0.000	
Cystine ... g	0.000		0		1		0.000	0.000	
Phenylalanine ... g	0.000		0		1		0.000	0.000	
Tyrosine ... g	0.000		0		1		0.000	0.000	
Valine ... g	0.000		0		1		0.000	0.000	
Arginine ... g	0.000		0		1		0.000	0.000	
Histidine ... g	0.000		0		1		0.000	0.000	
Alanine ... g	0.000		0		1		0.000	0.000	
Aspartic acid ... g	0.000		0		1		0.000	0.000	
Glutamic acid ... g	0.000		0		1		0.000	0.000	
Glycine ... g	0.000		0		1		0.000	0.000	
Proline ... g	0.000		0		1		0.000	0.000	
Serine ... g	0.000		0		1		0.000	0.000	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	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 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19203
Puddings, vanilla, dry mix, instant, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.50		0		1		104.37	418.22	
Energy	kcal	114		0	NC	4		162	649	
Energy	kj	477				4		677	2714	
Protein (N x 0)	g	2.70		0		1		3.83	15.36	
Total lipid (fat)	g	2.90		0		1		4.12	16.50	
Ash	g	1.30		0		1		1.85	7.40	
Carbohydrate, by difference	g	19.70		0	NC	4		27.97	112.09	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	101		0		1		143	575	
Iron, Fe	mg	0.07		0		1		0.10	0.40	
Magnesium, Mg	mg	12		0		1		17	68	
Phosphorus, P	mg	197		0		1		280	1121	
Potassium, K	mg	128		0		1		182	728	
Sodium, Na	mg	286		0		1		406	1627	
Zinc, Zn	mg	0.33		0		1		0.47	1.88	
Copper, Cu	mg	0.024		0		1		0.034	0.137	
Manganese, Mn	mg	0.007		0		1		0.010	0.040	
Selenium, Se	mcg	1.6		0	BFPN	4		2.3	9.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		1.1	4.6	
Thiamin	mg	0.033		0		1		0.047	0.188	
Riboflavin	mg	0.136		0		1		0.193	0.774	
Niacin	mg	0.074		0		1		0.105	0.421	
Pantothenic acid	mg	0.262		0		1		0.372	1.491	
Vitamin B-6	mg	0.036		0		1		0.051	0.205	
Folate, total	mcg	4		0		1		6	23	
Folic acid	mcg	0		0	O	4		0	0	
Folate, food	mcg	4		0		1		6	23	
Folate, DFE	mcg_DFE	4		0	O	4		6	23	
Vitamin B-12	mcg	0.30		0		1		0.43	1.71	
Vitamin A, IU	IU	105		0		1		149	597	
Vitamin A, RAE	mcg_RAE	25		0	NC	4		35	141	
Retinol	mcg	23		0	O	4		33	133	
Vitamin E	mg_ATE	0.060		0		4		0.085	0.341	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.740		0		1		2.471	9.901	
4:0	g	0.090		0		1		0.128	0.512	
6:0	g	0.050		0		1		0.071	0.285	
8:0	g	0.030		0		1		0.043	0.171	
10:0	g	0.070		0		1		0.099	0.398	
12:0	g	0.080		0		1		0.114	0.455	
13:0	g									
14:0	g	0.290		0		1		0.412	1.650	
15:0	g									
16:0	g	0.770		0		1		1.093	4.381	
17:0	g									
18:0	g	0.360		0		1		0.511	2.048	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.840		0		1		1.193	4.780	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.070		0		1		0.099	0.398	

NDB No. 19203
Puddings, vanilla, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.780		0		1		1.108	4.438	
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	0.150		0		1		0.213	0.854	
18:2 undifferentiated ... g	0.100		0		1		0.142	0.569	
18:3 undifferentiated ... g	0.050		0		1		0.071	0.285	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	11		0		1		16	63	
Phytosterols ... mg	0		0		1		0	0	
Amino Acids:									
Tryptophan ... g	0.036		0		1		0.051	0.205	
Threonine ... g	0.117		0		1		0.166	0.666	
Isoleucine ... g	0.158		0		1		0.224	0.899	
Leucine ... g	0.255		0		1		0.362	1.451	
Lysine ... g	0.207		0		1		0.294	1.178	
Methionine ... g	0.065		0		1		0.092	0.370	
Cystine ... g	0.024		0		1		0.034	0.137	
Phenylalanine ... g	0.126		0		1		0.179	0.717	
Tyrosine ... g	0.126		0		1		0.179	0.717	
Valine ... g	0.174		0		1		0.247	0.990	
Arginine ... g	0.094		0		1		0.133	0.535	
Histidine ... g	0.071		0		1		0.101	0.404	
Alanine ... g	0.090		0		1		0.128	0.512	
Aspartic acid ... g	0.198		0		1		0.281	1.127	
Glutamic acid ... g	0.545		0		1		0.774	3.101	
Glycine ... g	0.055		0		1		0.078	0.313	
Proline ... g	0.252		0		1		0.358	1.434	
Serine ... g	0.141		0		1		0.200	0.802	
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 = 142g: .5 cup

Measure 2 = 569g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19206
Puddings, vanilla, dry mix, regular

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.90	0.165	22		1		3.43	0.86	
Energy	kcal	369		0	NC	4		325	81	
Energy	kj	1544				4		1359	340	
Protein (N x 6.25)	g	0.30		1		1		0.26	0.07	
Total lipid (fat)	g	0.40	0.037	11		1		0.35	0.09	
Ash	g	2.00	0.087	22		1		1.76	0.44	
Carbohydrate, by difference	g	93.50		0	NC	4		82.28	20.57	
Fiber, total dietary	g	0.3		0	FLA	4		0.3	0.1	
Sugars, total	g	72.73		0	LC	8		64.00	16.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		4		13	3	
Iron, Fe	mg	0.11		0	FLA	4		0.10	0.02	
Magnesium, Mg	mg	0		0	FLA	4		0	0	
Phosphorus, P	mg	3		0	FLA	4		3	1	
Potassium, K	mg	20	1.431	17		1		18	4	
Sodium, Na	mg	754	17.337	17		1		664	166	
Zinc, Zn	mg	0.03		0	FLA	4		0.03	0.01	
Copper, Cu	mg	0.041		0	FLA	4		0.036	0.009	
Manganese, Mn	mg	0.013		0	FLA	4		0.011	0.003	
Selenium, Se	mcg	0.9		0	FLA	4		0.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0	0.0	
Thiamin	mg	0.000		0	FLA	4		0.000	0.000	
Riboflavin	mg	0.013		0	FLA	4		0.011	0.003	
Niacin	mg	0.001		0	FLA	4		0.001	0.000	
Pantothenic acid	mg	0.000		0	FLA	4		0.000	0.000	
Vitamin B-6	mg	0.000		0	FLA	4		0.000	0.000	
Folate, total	mcg	0		0	FLA	4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0	FLA	4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU	IU	0		0	FLA	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0	FLA	4		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.090		0		1		0.079	0.020	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.090		1		1		0.079	0.020	
17:0	g									
18:0	g	0.000		1		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.030		0		1		0.026	0.007	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 19206
Puddings, vanilla, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.030		1		1		0.026	0.007	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.170		0		1		0.150	0.037	
18:2 undifferentiated ... g	0.160		1		1		0.141	0.035	
18:3 undifferentiated ... g	0.010		1		1		0.009	0.002	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 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	FLA	4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.001		0		1		0.001	0.000	
Threonine ... g	0.009		0		1		0.008	0.002	
Isoleucine ... g	0.010		0		1		0.009	0.002	
Leucine ... g	0.035		0		1		0.031	0.008	
Lysine ... g	0.006		0		1		0.005	0.001	
Methionine ... g	0.005		0		1		0.004	0.001	
Cystine ... g	0.006		0		1		0.005	0.001	
Phenylalanine ... g	0.013		0		1		0.011	0.003	
Tyrosine ... g	0.010		0		1		0.009	0.002	
Valine ... g	0.013		0		1		0.011	0.003	
Arginine ... g	0.012		0		1		0.011	0.003	
Histidine ... g	0.008		0		1		0.007	0.002	
Alanine ... g	0.019		0		1		0.017	0.004	
Aspartic acid ... g	0.020		0		1		0.018	0.004	
Glutamic acid ... g	0.052		0		1		0.046	0.011	
Glycine ... g	0.009		0		1		0.008	0.002	
Proline ... g	0.024		0		1		0.021	0.005	
Serine ... g	0.011		0		1		0.010	0.002	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	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 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19212
Puddings, vanilla, dry mix, regular, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.86		0	RP	4				
Energy	kcal	101		0	RP	4				
Energy	kj	425		0	RP	4				
Protein	g	2.94		0	RP	4				
Total lipid (fat)	g	1.73		0	RP	4				
Ash	g	0.95		0	RP	4				
Carbohydrate, by difference	g	18.53		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g	11.16		0	RP	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	108		0	RP	4				
Iron, Fe	mg	0.06		0	RP	4				
Magnesium, Mg	mg	12		0	RP	4				
Phosphorus, P	mg	83		0	RP	4				
Potassium, K	mg	137		0	RP	4				
Sodium, Na	mg	159		0	RP	4				
Zinc, Zn	mg	0.34		0	RP	4				
Copper, Cu	mg	0.013		0	RP	4				
Manganese, Mn	mg	0.004		0	RP	4				
Selenium, Se	mcg	2.1		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4				
Thiamin	mg	0.031		0	RP	4				
Riboflavin	mg	0.146		0	RP	4				
Niacin	mg	0.075		0	RP	4				
Pantothenic acid	mg	0.278		0	RP	4				
Vitamin B-6	mg	0.034		0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Vitamin B-12	mcg	0.25		0	RP	4				
Vitamin A, IU	IU	160		0	O	4				
Vitamin A, RAE	mcg_RAE	48		0	NC	4				
Retinol	mcg	47		0	RP	4				
Vitamin E	mg_ATE	0.061		0	RP	4				
Vitamin D	IU	34.791		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	1.017		0	RP	4				
4:0	g	0.054		0	RP	4				
6:0	g	0.032		0	RP	4				
8:0	g	0.018		0	RP	4				
10:0	g	0.042		0	RP	4				
12:0	g	0.047		0	RP	4				
13:0	g									
14:0	g	0.168		0	RP	4				
15:0	g									
16:0	g	0.453		0	RP	4				
17:0	g									
18:0	g	0.203		0	RP	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.462		0	RP	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.037		0	RP	4				

NDB No. 19212
Puddings, vanilla, dry mix, regular, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.425		0	RP	4				
20:1 ... g	0.000		0	RP	4				
22:1 undifferentiated ... g	0.000		0	RP	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.088		0	RP	4				
18:2 undifferentiated ... g	0.062		0	RP	4				
18:3 undifferentiated ... g	0.026		0	RP	4				
18:4 ... g	0.000		0	RP	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4				
20:5 n-3 ... g	0.000		0	RP	4				
22:5 n-3 ... g	0.000		0	RP	4				
22:6 n-3 ... g	0.000		0	RP	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	7		0	RP	4				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.041		0	RP	4				
Threonine ... g	0.132		0	RP	4				
Isoleucine ... g	0.176		0	RP	4				
Leucine ... g	0.289		0	RP	4				
Lysine ... g	0.231		0	RP	4				
Methionine ... g	0.074		0	RP	4				
Cystine ... g	0.028		0	RP	4				
Phenylalanine ... g	0.142		0	RP	4				
Tyrosine ... g	0.142		0	RP	4				
Valine ... g	0.196		0	RP	4				
Arginine ... g	0.107		0	RP	4				
Histidine ... g	0.080		0	RP	4				
Alanine ... g	0.103		0	RP	4				
Aspartic acid ... g	0.223		0	RP	4				
Glutamic acid ... g	0.614		0	RP	4				
Glycine ... g	0.062		0	RP	4				
Proline ... g	0.285		0	RP	4				
Serine ... g	0.159		0	RP	4				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4				
Caffeine ... mg	0		0	RP	4				
Theobromine ... mg	0		0	RP	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19207
Puddings, vanilla, dry mix, regular, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.60		0		1		104.44	417.01	
Energy	kcal	111		0	NC	4		155	620	
Energy	kj	464				4		650	2596	
Protein	g	2.90		0		1		4.06	16.21	
Total lipid (fat)	g	3.00		0		1		4.20	16.77	
Ash	g	0.90		0		1		1.26	5.03	
Carbohydrate, by difference	g	18.50		0	NC	4		25.90	103.42	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	107		0		1		150	598	
Iron, Fe	mg	0.05		0		1		0.07	0.28	
Magnesium, Mg	mg	13		0		1		18	73	
Phosphorus, P	mg	82		0		1		115	458	
Potassium, K	mg	136		0		1		190	760	
Sodium, Na	mg	160		0		1		224	894	
Zinc, Zn	mg	0.35		0		1		0.49	1.96	
Copper, Cu	mg	0.012		0		1		0.017	0.067	
Manganese, Mn	mg	0.004		0		1		0.006	0.022	
Selenium, Se	mcg	1.8		0	BFPN	4		2.5	10.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		1.0	3.9	
Thiamin	mg	0.030		0		1		0.042	0.168	
Riboflavin	mg	0.142		0		1		0.199	0.794	
Niacin	mg	0.074		0		1		0.104	0.414	
Pantothenic acid	mg	0.276		0		1		0.386	1.543	
Vitamin B-6	mg	0.033		0		1		0.046	0.184	
Folate, total	mcg	4		0		1		6	22	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		6	22	
Folate, DFE	mcg_DFE	4		0	NC	4		6	22	
Vitamin B-12	mcg	0.25		0		1		0.35	1.40	
Vitamin A, IU	IU	110		0		1		154	615	
Vitamin A, RAE	mcg_RAE	26		0	NC	4		36	143	
Retinol	mcg	24		0	O	4		34	134	
Vitamin E	mg_ATE	0.060		0		1		0.084	0.335	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.830		0		1		2.562	10.230	
4:0	g	0.090		0		1		0.126	0.503	
6:0	g	0.060		0		1		0.084	0.335	
8:0	g	0.030		0		1		0.042	0.168	
10:0	g	0.070		0		1		0.098	0.391	
12:0	g	0.080		0		1		0.112	0.447	
13:0	g									
14:0	g	0.310		0		1		0.434	1.733	
15:0	g									
16:0	g	0.820		0		1		1.148	4.584	
17:0	g									
18:0	g	0.370		0		1		0.518	2.068	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.850		0		1		1.190	4.752	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.070		0		1		0.098	0.391	

NDB No. 19207
Puddings, vanilla, dry mix, regular, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.780		0		1		1.092	4.360	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.140		0		1		0.196	0.783	
18:2 undifferentiated ... g	0.090		0		1		0.126	0.503	
18:3 undifferentiated ... g	0.050		0		1		0.070	0.280	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	12		0		1		17	67	
Phytosterols ... mg	0		0		1		0	0	
Amino Acids:									
Tryptophan ... g	0.039		0		1		0.055	0.218	
Threonine ... g	0.125		0		1		0.175	0.699	
Isoleucine ... g	0.168		0		1		0.235	0.939	
Leucine ... g	0.275		0		1		0.385	1.537	
Lysine ... g	0.219		0		1		0.307	1.224	
Methionine ... g	0.070		0		1		0.098	0.391	
Cystine ... g	0.026		0		1		0.036	0.145	
Phenylalanine ... g	0.135		0		1		0.189	0.755	
Tyrosine ... g	0.134		0		1		0.188	0.749	
Valine ... g	0.186		0		1		0.260	1.040	
Arginine ... g	0.101		0		1		0.141	0.565	
Histidine ... g	0.076		0		1		0.106	0.425	
Alanine ... g	0.097		0		1		0.136	0.542	
Aspartic acid ... g	0.212		0		1		0.297	1.185	
Glutamic acid ... g	0.584		0		1		0.818	3.265	
Glycine ... g	0.060		0		1		0.084	0.335	
Proline ... g	0.270		0		1		0.378	1.509	
Serine ... g	0.151		0		1		0.211	0.844	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	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 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19710
Puddings, vanilla, dry mix, regular, with added oil

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.90	0.165	22		1		3.43	0.86	
Energy	kcal	369		0	NC	4		325	81	
Energy	kj	1544				4		1359	340	
Protein (N x 6.25)	g	0.30		1		1		0.26	0.07	
Total lipid (fat)	g	1.10		0		1		0.97	0.24	
Ash	g	2.00	0.087	22		1		1.76	0.44	
Carbohydrate, by difference	g	92.40		0	NC	4		81.31	20.33	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		4		13	3	
Iron, Fe	mg	0.05		0		4		0.04	0.01	
Magnesium, Mg	mg	5		0		4		4	1	
Phosphorus, P	mg	3		0		4		3	1	
Potassium, K	mg	20	1.431	17		1		18	4	
Sodium, Na	mg	754	17.337	17		1		664	166	
Zinc, Zn	mg	0.09		0		4		0.08	0.02	
Copper, Cu	mg	0.020		0		4		0.018	0.004	
Manganese, Mn	mg	0.013		1		4		0.011	0.003	
Selenium, Se	mcg	0.9		0	BFZN	4		0.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.004		1		4		0.004	0.001	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.200		0		1		0.176	0.044	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.160		0		1		0.141	0.035	
17:0	g									
18:0	g	0.040		0		1		0.035	0.009	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.320		0		1		0.282	0.070	
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 19710
Puddings, vanilla, dry mix, regular, with added oil

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	0.320		0		1		0.282	0.070	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.530		0		1		0.466	0.117	
18:2 undifferentiated ... g	0.500		0		1		0.440	0.110	
18:3 undifferentiated ... g	0.030		0		1		0.026	0.007	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.001		0		1		0.001	0.000	
Threonine ... g	0.009		0		1		0.008	0.002	
Isoleucine ... g	0.010		0		1		0.009	0.002	
Leucine ... g	0.035		0		1		0.031	0.008	
Lysine ... g	0.006		0		1		0.005	0.001	
Methionine ... g	0.005		0		1		0.004	0.001	
Cystine ... g	0.006		0		1		0.005	0.001	
Phenylalanine ... g	0.013		0		1		0.011	0.003	
Tyrosine ... g	0.010		0		1		0.009	0.002	
Valine ... g	0.013		0		1		0.011	0.003	
Arginine ... g	0.012		0		1		0.011	0.003	
Histidine ... g	0.008		0		1		0.007	0.002	
Alanine ... g	0.019		0		1		0.017	0.004	
Aspartic acid ... g	0.020		0		1		0.018	0.004	
Glutamic acid ... g	0.052		0		1		0.046	0.011	
Glycine ... g	0.009		0		1		0.008	0.002	
Proline ... g	0.024		0		1		0.021	0.005	
Serine ... g	0.011		0		1		0.010	0.002	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
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 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19201
Puddings, vanilla, ready-to-eat

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	0.127	64		1		20.19	80.46	
Energy	kcal	130		0	NC	4		37	147	
Energy	kj	544				4		154	615	
Protein (N x 6.4)	g	2.30	0.041	64		1		0.65	2.60	
Total lipid (fat)	g	3.60	0.053	64		1		1.02	4.07	
Ash	g	0.90	0.012	63		1		0.26	1.02	
Carbohydrate, by difference	g	21.90		0	NC	4		6.21	24.75	
Fiber, total dietary	g	0.1		0		4		0.0	0.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	88	1.246	63		1		25	99	
Iron, Fe	mg	0.13	0.007	61		1		0.04	0.15	
Magnesium, Mg	mg	8	0.070	65		1		2	9	
Phosphorus, P	mg	68	1.110	63		1		19	77	
Potassium, K	mg	113	1.713	63		1		32	128	
Sodium, Na	mg	135		1		4		38	153	
Zinc, Zn	mg	0.25	0.007	62		1		0.07	0.28	
Copper, Cu	mg	0.030	0.003	62		1		0.009	0.034	
Manganese, Mn	mg	0.008		1		4		0.002	0.009	
Selenium, Se	mcg	1.4		0	BFPN	4		0.4	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.041	5		1		0.0	0.0	
Thiamin	mg	0.022	0.001	63		1		0.006	0.025	
Riboflavin	mg	0.139	0.003	63		1		0.039	0.157	
Niacin	mg	0.252	0.020	63		1		0.071	0.285	
Pantothenic acid	mg	0.174		2		1		0.049	0.197	
Vitamin B-6	mg	0.011		2		1		0.003	0.012	
Folate, total	mcg	0		2		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		2		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.10		2		1		0.03	0.11	
Vitamin A, IU	IU	21	12.725	5		1		6	24	
Vitamin A, RAE	mcg_RAE	6		0	NC	4		2	7	
Retinol	mcg	6		0	O	4		2	7	
Vitamin E	mg_ATE	0.125		0		4		0.035	0.141	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.570		0		1		0.162	0.644	
4:0	g	0.000		1		1		0.000	0.000	
6:0	g	0.000		1		1		0.000	0.000	
8:0	g	0.000		1		1		0.000	0.000	
10:0	g	0.000		1		1		0.000	0.000	
12:0	g	0.000		1		1		0.000	0.000	
13:0	g									
14:0	g	0.010		1		1		0.003	0.011	
15:0	g									
16:0	g	0.370		1		1		0.105	0.418	
17:0	g									
18:0	g	0.190		1		1		0.054	0.215	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.540		0		1		0.437	1.740	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		1		1		0.006	0.023	

NDB No. 19201
Puddings, vanilla, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	1.530		1		1		0.434	1.729	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.340		0		1		0.380	1.514	
18:2 undifferentiated ... g	1.240		1		1		0.352	1.401	
18:3 undifferentiated ... g	0.090		1		1		0.026	0.102	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	7		2		1		2	8	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.030		0		1		0.009	0.034	
Threonine ... g	0.099		0		1		0.028	0.112	
Isoleucine ... g	0.132		0		1		0.037	0.149	
Leucine ... g	0.216		0		1		0.061	0.244	
Lysine ... g	0.173		0		1		0.049	0.195	
Methionine ... g	0.055		0		1		0.016	0.062	
Cystine ... g	0.020		0		1		0.006	0.023	
Phenylalanine ... g	0.106		0		1		0.030	0.120	
Tyrosine ... g	0.105		0		1		0.030	0.119	
Valine ... g	0.146		0		1		0.041	0.165	
Arginine ... g	0.080		0		1		0.023	0.090	
Histidine ... g	0.060		0		1		0.017	0.068	
Alanine ... g	0.076		0		1		0.022	0.086	
Aspartic acid ... g	0.166		0		1		0.047	0.188	
Glutamic acid ... g	0.459		0		1		0.130	0.519	
Glycine ... g	0.047		0		1		0.013	0.053	
Proline ... g	0.212		0		1		0.060	0.240	
Serine ... g	0.119		0		1		0.034	0.134	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	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 = 28.35g: 1 oz

Measure 2 = 113g: 1 snack size (4 oz)

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

Food Group: 19 Sweets

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

NDB No. 19233
Puddings, vanilla, ready-to-eat, fat free

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	75.90			BFZN	4				
Energy	kcal	93			NC	4				
Energy	kj	389				4				
Protein	g	2.10			BFZN	4				
Total lipid (fat)	g	0.20			BFZN	4				
Ash	g	1.00			BFZN	4				
Carbohydrate, by difference	g	20.80			NC	4				
Fiber, total dietary	g	0.1			BFZN	4				
Sugars, total	g	15.80			BFZN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	76			BFZN	4				
Iron, Fe	mg	0.04			BFZN	4				
Magnesium, Mg	mg	7			FLC	4				
Phosphorus, P	mg	102			BFZN	4				
Potassium, K	mg	109			BFZN	4				
Sodium, Na	mg	213			BFZN	4				
Zinc, Zn	mg	0.26			FLC	4				
Copper, Cu	mg	0.017			FLC	4				
Manganese, Mn	mg	0.004			FLC	4				
Selenium, Se	mcg	1.4		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4			FLC	4				
Thiamin	mg	0.017			FLC	4				
Riboflavin	mg	0.090			FLC	4				
Niacin	mg	0.046			FLC	4				
Pantothenic acid	mg	0.203			FLC	4				
Vitamin B-6	mg	0.019			FLC	4				
Folate, total	mcg	3			FLC	4				
Folic acid	mcg	0		0	O	4				
Folate, food	mcg	3			FLC	4				
Folate, DFE	mcg_DFE	3		0	NC	4				
Vitamin B-12	mcg	0.20			FLC	4				
Vitamin A, IU	IU	154			BFZN	4				
Vitamin A, RAE	mcg_RAE	44		0	NC	4				
Retinol	mcg	44		0	O	4				
Vitamin E	mg_ATE	0.025			FLC	4				
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.072			FLC	4				
4:0	g	0.006			FLC	4				
6:0	g	0.001			FLC	4				
8:0	g	0.001			FLC	4				
10:0	g	0.002			FLC	4				
12:0	g	0.002			FLC	4				
13:0	g									
14:0	g	0.010			FLC	4				
15:0	g									
16:0	g	0.033			FLC	4				
17:0	g									
18:0	g	0.012			FLC	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.029			FLC	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.004			FLC	4				

NDB No. 19233
Puddings, vanilla, ready-to-eat, fat free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.023			FLC	4				
20:1 ... g	0.000			FLC	4				
22:1 undifferentiated ... g	0.000			FLC	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.004			FLC	4				
18:2 undifferentiated ... g	0.003			FLC	4				
18:3 undifferentiated ... g	0.001			FLC	4				
18:4 ... g	0.000			FLC	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000			FLC	4				
20:5 n-3 ... g	0.000			FLC	4				
22:5 n-3 ... g	0.000			FLC	4				
22:6 n-3 ... g	0.000			FLC	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	1			FLC	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0			FLC	4				
Caffeine ... mg	0			Z	7				
Theobromine ... mg	0			Z	7				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19213
Rennin, chocolate, dry mix, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.39		0	RPI	6				
Energy	kcal	85		0	RPI	6				
Energy	kj	357		0	RPI	6				
Protein	g	3.24		0	RPI	6				
Total lipid (fat)	g	2.06		0	RPI	6				
Ash	g	0.81		0	RPI	6				
Carbohydrate, by difference	g	13.47		0	RPI	6				
Fiber, total dietary	g	0.5		0	RPI	6				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	126		0	RPI	6				
Iron, Fe	mg	0.30		0	RPI	6				
Magnesium, Mg	mg	20		0	RPI	6				
Phosphorus, P	mg	98		0	RPI	6				
Potassium, K	mg	182		0	RPI	6				
Sodium, Na	mg	52		0	RPI	6				
Zinc, Zn	mg	0.51		0	RPI	6				
Copper, Cu	mg	0.081		0	RPI	6				
Manganese, Mn	mg	0.066		0	RPI	6				
Selenium, Se	mcg	2.3		0	RPI	6				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0	RPI	6				
Thiamin	mg	0.037		0	RPI	6				
Riboflavin	mg	0.155		0	RPI	6				
Niacin	mg	0.108		0	RPI	6				
Pantothenic acid	mg	0.292		0	RPI	6				
Vitamin B-6	mg	0.042		0	RPI	6				
Folate, total	mcg	5		0	RPI	6				
Folic acid	mcg	0		0	RPI	6				
Folate, food	mcg	5		0	RPI	6				
Folate, DFE	mcg_DFE	5		0	NC	4				
Vitamin B-12	mcg	0.33		0	RPI	6				
Vitamin A, IU	IU	170		0	O	4				
Vitamin A, RAE	mcg_RAE	50		0	NC	4				
Retinol	mcg	50		0	RPI	6				
Vitamin E	mg_ATE	0.069		0	RPI	6				
Vitamin D	IU	36.000		0	RPI	6				
Lipids:										
Fatty acids, total saturated	g	1.231		0	RPA	1				
4:0	g	0.056		0	RPA	1				
6:0	g	0.033		0	RPA	1				
8:0	g	0.019		0	RPA	1				
10:0	g	0.043		0	RPA	1				
12:0	g	0.049		0	RPA	1				
13:0	g									
14:0	g	0.174		0	RPA	1				
15:0	g									
16:0	g	0.539		0	RPA	1				
17:0	g									
18:0	g	0.319		0	RPA	1				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.581		0	RPA	1				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		0	RPA	1				

NDB No. 19213
Rennin, chocolate, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.542		0	RPA	1				
20:1 ... g	0.000		0	RPA	1				
22:1 undifferentiated ... g	0.000		0	RPA	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.073		0	RPA	1				
18:2 undifferentiated ... g	0.048		0	RPA	1				
18:3 undifferentiated ... g	0.025		0	RPA	1				
18:4 ... g	0.000		0	RPA	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPA	1				
20:5 n-3 ... g	0.000		0	RPA	1				
22:5 n-3 ... g	0.000		0	RPA	1				
22:6 n-3 ... g	0.000		0	RPA	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	7		0	RPI	6				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.045		0	RPA	1				
Threonine ... g	0.144		0	RPA	1				
Isoleucine ... g	0.189		0	RPA	1				
Leucine ... g	0.307		0	RPA	1				
Lysine ... g	0.250		0	RPA	1				
Methionine ... g	0.078		0	RPA	1				
Cystine ... g	0.030		0	RPA	1				
Phenylalanine ... g	0.156		0	RPA	1				
Tyrosine ... g	0.153		0	RPA	1				
Valine ... g	0.214		0	RPA	1				
Arginine ... g	0.124		0	RPA	1				
Histidine ... g	0.085		0	RPA	1				
Alanine ... g	0.117		0	RPA	1				
Aspartic acid ... g	0.251		0	RPA	1				
Glutamic acid ... g	0.662		0	RPA	1				
Glycine ... g	0.082		0	RPA	1				
Proline ... g	0.306		0	RPA	1				
Serine ... g	0.173		0	RPA	1				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6				
Caffeine ... mg	1		0	RPI	6				
Theobromine ... mg	42		0	RPI	6				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19221
Rennin, chocolate, dry mix, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.29		0	RPI	6				
Energy	kcal	96		0	RPI	6				
Energy	kj	403		0	RPI	6				
Protein	g	3.20		0	RPI	6				
Total lipid (fat)	g	3.34		0	RPI	6				
Ash	g	0.79		0	RPI	6				
Carbohydrate, by difference	g	13.34		0	RPI	6				
Fiber, total dietary	g	0.5		0	RPI	6				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	124		0	RPI	6				
Iron, Fe	mg	0.30		0	RPI	6				
Magnesium, Mg	mg	20		0	RPI	6				
Phosphorus, P	mg	97		0	RPI	6				
Potassium, K	mg	179		0	RPI	6				
Sodium, Na	mg	51		0	RPI	6				
Zinc, Zn	mg	0.50		0	RPI	6				
Copper, Cu	mg	0.083		0	RPI	6				
Manganese, Mn	mg	0.068		0	RPI	6				
Selenium, Se	mcg	2.1		0	RPI	6				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	RPI	6				
Thiamin	mg	0.036		0	RPI	6				
Riboflavin	mg	0.152		0	RPI	6				
Niacin	mg	0.106		0	RPI	6				
Pantothenic acid	mg	0.287		0	RPI	6				
Vitamin B-6	mg	0.041		0	RPI	6				
Folate, total	mcg	5		0	RPI	6				
Folic acid	mcg	0		0	RPI	6				
Folate, food	mcg	5		0	RPI	6				
Folate, DFE	mcg_DFE	5		0	NC	4				
Vitamin B-12	mcg	0.32		0	RPI	6				
Vitamin A, IU	IU	110		0	O	4				
Vitamin A, RAE	mcg_RAE	27		0	NC	4				
Retinol	mcg	25		0	RPI	6				
Vitamin E	mg_ATE	0.096		0	RPI	6				
Vitamin D	IU	36.000		0	RPI	6				
Lipids:										
Fatty acids, total saturated	g	1.999		0	RPA	1				
4:0	g	0.097		0	RPA	1				
6:0	g	0.058		0	RPA	1				
8:0	g	0.033		0	RPA	1				
10:0	g	0.076		0	RPA	1				
12:0	g	0.085		0	RPA	1				
13:0	g									
14:0	g	0.302		0	RPA	1				
15:0	g									
16:0	g	0.875		0	RPA	1				
17:0	g									
18:0	g	0.474		0	RPA	1				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.932		0	RPA	1				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.069		0	RPA	1				

NDB No. 19221
Rennin, chocolate, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.863		0	RPA	1				
20:1 ... g	0.000		0	RPA	1				
22:1 undifferentiated ... g	0.000		0	RPA	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.121		0	RPA	1				
18:2 undifferentiated ... g	0.077		0	RPA	1				
18:3 undifferentiated ... g	0.044		0	RPA	1				
18:4 ... g	0.000		0	RPA	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPA	1				
20:5 n-3 ... g	0.000		0	RPA	1				
22:5 n-3 ... g	0.000		0	RPA	1				
22:6 n-3 ... g	0.000		0	RPA	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	12		0	RPI	6				
Phytosterols ... mg	0		0	RPA	1				
Amino Acids:									
Tryptophan ... g	0.044		0	RPA	1				
Threonine ... g	0.143		0	RPA	1				
Isoleucine ... g	0.188		0	RPA	1				
Leucine ... g	0.303		0	RPA	1				
Lysine ... g	0.247		0	RPA	1				
Methionine ... g	0.077		0	RPA	1				
Cystine ... g	0.030		0	RPA	1				
Phenylalanine ... g	0.154		0	RPA	1				
Tyrosine ... g	0.151		0	RPA	1				
Valine ... g	0.211		0	RPA	1				
Arginine ... g	0.122		0	RPA	1				
Histidine ... g	0.084		0	RPA	1				
Alanine ... g	0.115		0	RPA	1				
Aspartic acid ... g	0.248		0	RPA	1				
Glutamic acid ... g	0.655		0	RPA	1				
Glycine ... g	0.082		0	RPA	1				
Proline ... g	0.302		0	RPA	1				
Serine ... g	0.171		0	RPA	1				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6				
Caffeine ... mg	1		0	RPI	6				
Theobromine ... mg	42		0	RPI	6				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19214
Rennin, vanilla, dry mix, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.11		0	RPI	6				
Energy	kcal	77		0	RPI	6				
Energy	kj	324		0	RPI	6				
Protein	g	3.06		0	RPI	6				
Total lipid (fat)	g	1.77		0	RPI	6				
Ash	g	0.73		0	RPI	6				
Carbohydrate, by difference	g	12.34		0	RPI	6				
Fiber, total dietary	g	0.0		0	RPI	6				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	121		0	RPI	6				
Iron, Fe	mg	0.05		0	RPI	6				
Magnesium, Mg	mg	13		0	RPI	6				
Phosphorus, P	mg	95		0	RPI	6				
Potassium, K	mg	142		0	RPI	6				
Sodium, Na	mg	46		0	RPI	6				
Zinc, Zn	mg	0.36		0	RPI	6				
Copper, Cu	mg	0.012		0	RPI	6				
Manganese, Mn	mg	0.003		0	RPI	6				
Selenium, Se	mcg	2.1		0	RPI	6				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0	RPI	6				
Thiamin	mg	0.036		0	RPI	6				
Riboflavin	mg	0.153		0	RPI	6				
Niacin	mg	0.079		0	RPI	6				
Pantothenic acid	mg	0.294		0	RPI	6				
Vitamin B-6	mg	0.040		0	RPI	6				
Folate, total	mcg	5		0	RPI	6				
Folic acid	mcg	0		0	RPI	6				
Folate, food	mcg	5		0	RPI	6				
Folate, DFE	mcg_DFE	5		0	NC	4				
Vitamin B-12	mcg	0.33		0	RPI	6				
Vitamin A, IU	IU	170		0	O	4				
Vitamin A, RAE	mcg_RAE	51		0	NC	4				
Retinol	mcg	51		0	RPI	6				
Vitamin E	mg_ATE	0.065		0	RPI	6				
Vitamin D	IU	36.800		0	RPI	6				
Lipids:										
Fatty acids, total saturated	g	1.061		0	RPA	1				
4:0	g	0.057		0	RPA	1				
6:0	g	0.034		0	RPA	1				
8:0	g	0.019		0	RPA	1				
10:0	g	0.044		0	RPA	1				
12:0	g	0.050		0	RPA	1				
13:0	g									
14:0	g	0.178		0	RPA	1				
15:0	g									
16:0	g	0.465		0	RPA	1				
17:0	g									
18:0	g	0.214		0	RPA	1				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.484		0	RPA	1				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		0	RPA	1				

NDB No. 19214
Rennin, vanilla, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.444		0	RPA	1				
20:1 ... g	0.000		0	RPA	1				
22:1 undifferentiated ... g	0.000		0	RPA	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.065		0	RPA	1				
18:2 undifferentiated ... g	0.040		0	RPA	1				
18:3 undifferentiated ... g	0.026		0	RPA	1				
18:4 ... g	0.000		0	RPA	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPA	1				
20:5 n-3 ... g	0.000		0	RPA	1				
22:5 n-3 ... g	0.000		0	RPA	1				
22:6 n-3 ... g	0.000		0	RPA	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	7		0	RPI	6				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.043		0	RPA	1				
Threonine ... g	0.138		0	RPA	1				
Isoleucine ... g	0.185		0	RPA	1				
Leucine ... g	0.300		0	RPA	1				
Lysine ... g	0.243		0	RPA	1				
Methionine ... g	0.077		0	RPA	1				
Cystine ... g	0.029		0	RPA	1				
Phenylalanine ... g	0.148		0	RPA	1				
Tyrosine ... g	0.148		0	RPA	1				
Valine ... g	0.205		0	RPA	1				
Arginine ... g	0.111		0	RPA	1				
Histidine ... g	0.083		0	RPA	1				
Alanine ... g	0.106		0	RPA	1				
Aspartic acid ... g	0.233		0	RPA	1				
Glutamic acid ... g	0.641		0	RPA	1				
Glycine ... g	0.064		0	RPA	1				
Proline ... g	0.297		0	RPA	1				
Serine ... g	0.167		0	RPA	1				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6				
Caffeine ... mg	0		0	RPI	6				
Theobromine ... mg	0		0	RPI	6				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19223
Rennin, vanilla, dry mix, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.98		0	RPI	6				
Energy	kcal	89		0	RPI	6				
Energy	kj	371		0	RPI	6				
Protein	g	3.03		0	RPI	6				
Total lipid (fat)	g	3.07		0	RPI	6				
Ash	g	0.71		0	RPI	6				
Carbohydrate, by difference	g	12.21		0	RPI	6				
Fiber, total dietary	g	0.0		0	RPI	6				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	119		0	RPI	6				
Iron, Fe	mg	0.05		0	RPI	6				
Magnesium, Mg	mg	12		0	RPI	6				
Phosphorus, P	mg	93		0	RPI	6				
Potassium, K	mg	140		0	RPI	6				
Sodium, Na	mg	46		0	RPI	6				
Zinc, Zn	mg	0.35		0	RPI	6				
Copper, Cu	mg	0.014		0	RPI	6				
Manganese, Mn	mg	0.004		0	RPI	6				
Selenium, Se	mcg	1.9		0	RPI	6				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0	RPI	6				
Thiamin	mg	0.035		0	RPI	6				
Riboflavin	mg	0.151		0	RPI	6				
Niacin	mg	0.077		0	RPI	6				
Pantothenic acid	mg	0.289		0	RPI	6				
Vitamin B-6	mg	0.039		0	RPI	6				
Folate, total	mcg	5		0	RPI	6				
Folic acid	mcg	0		0	RPI	6				
Folate, food	mcg	5		0	RPI	6				
Folate, DFE	mcg_DFE	5		0	NC	4				
Vitamin B-12	mcg	0.33		0	RPI	6				
Vitamin A, IU	IU	115		0	O	4				
Vitamin A, RAE	mcg_RAE	27		0	NC	4				
Retinol	mcg	26		0	RPI	6				
Vitamin E	mg_ATE	0.092		0	RPI	6				
Vitamin D	IU	36.800		0	RPI	6				
Lipids:										
Fatty acids, total saturated	g	1.846		0	RPA	1				
4:0	g	0.099		0	RPA	1				
6:0	g	0.059		0	RPA	1				
8:0	g	0.034		0	RPA	1				
10:0	g	0.077		0	RPA	1				
12:0	g	0.086		0	RPA	1				
13:0	g									
14:0	g	0.309		0	RPA	1				
15:0	g									
16:0	g	0.809		0	RPA	1				
17:0	g									
18:0	g	0.373		0	RPA	1				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.842		0	RPA	1				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.069		0	RPA	1				

NDB No. 19223
Rennin, vanilla, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.773		0	RPA	1				
20:1 ... g	0.000		0	RPA	1				
22:1 undifferentiated ... g	0.000		0	RPA	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.114		0	RPA	1				
18:2 undifferentiated ... g	0.069		0	RPA	1				
18:3 undifferentiated ... g	0.045		0	RPA	1				
18:4 ... g	0.000		0	RPA	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPA	1				
20:5 n-3 ... g	0.000		0	RPA	1				
22:5 n-3 ... g	0.000		0	RPA	1				
22:6 n-3 ... g	0.000		0	RPA	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	13		0	RPI	6				
Phytosterols ... mg	0		0	RPA	1				
Amino Acids:									
Tryptophan ... g	0.042		0	RPA	1				
Threonine ... g	0.137		0	RPA	1				
Isoleucine ... g	0.183		0	RPA	1				
Leucine ... g	0.296		0	RPA	1				
Lysine ... g	0.240		0	RPA	1				
Methionine ... g	0.076		0	RPA	1				
Cystine ... g	0.028		0	RPA	1				
Phenylalanine ... g	0.146		0	RPA	1				
Tyrosine ... g	0.146		0	RPA	1				
Valine ... g	0.202		0	RPA	1				
Arginine ... g	0.109		0	RPA	1				
Histidine ... g	0.082		0	RPA	1				
Alanine ... g	0.104		0	RPA	1				
Aspartic acid ... g	0.230		0	RPA	1				
Glutamic acid ... g	0.634		0	RPA	1				
Glycine ... g	0.064		0	RPA	1				
Proline ... g	0.293		0	RPA	1				
Serine ... g	0.165		0	RPA	1				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6				
Caffeine ... mg	0		0	RPI	6				
Theobromine ... mg	0		0	RPI	6				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19251
SOKOL, SOLO Poppy Seed Filling
Sokol and Co. or Sokol Blosser Winery

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	26.60		1	A	1		9.58		
Energy	kcal	332		0	NC	4		119		
Energy	kj	1388				4		500		
Protein	g	4.80		1	A	1		1.73		
Total lipid (fat)	g	8.90		1	A	1		3.20		
Ash	g	1.60		1	A	1		0.58		
Carbohydrate, by difference	g	58.10		0	NC	4		20.92		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	322		1	A	1		116		
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	74		1	A	1		27		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	1.030		1	A	1		0.371		
4:0	g									
6:0	g									
8:0	g	0.005		1	A	1		0.002		
10:0	g	0.005		1	A	1		0.002		
12:0	g	0.005		1	A	1		0.002		
13:0	g									
14:0	g	0.005		1	A	1		0.002		
15:0	g	0.005		1	A	1		0.002		
16:0	g	0.848		1	A	1		0.305		
17:0	g	0.005		1	A	1		0.002		
18:0	g	0.182		1	A	1		0.066		
20:0	g	0.010		1	A	1		0.004		
22:0	g	0.005		1	A	1		0.002		
24:0	g									
Fatty acids, total monounsaturated	g	1.306		0		4		0.470		
14:1	g	0.005		1	A	1		0.002		
15:1	g									
16:1 undifferentiated	g	0.019		1	A	1		0.007		
17:1	g	0.005		1	A	1		0.002		
18:1 undifferentiated	g	1.282		1	A	1		0.462		
20:1	g	0.005		1	A	1		0.002		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	5.578		0		4		2.008		
18:2 undifferentiated	g	5.506		1	A	1		1.982		
18:3 undifferentiated	g	0.067		1	A	1		0.024		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g	0.005		1	A	1		0.002		
20:4 undifferentiated	g	0.005		1	A	1		0.002		
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg									
Phytosterols	mg									

NDB No. 19251
SOKOL, SOLO Poppy Seed Filling

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

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

Common Measures:

Measure 1 = 36g: 2 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19097
Sherbet, orange

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	66.10	0.297	40		1		48.91	43.63	
Energy	kcal	138		0	NC	4		102	91	
Energy	kj	577				4		427	381	
Protein (N x 6.4)	g	1.10	0.330	41		1		0.81	0.73	
Total lipid (fat)	g	2.00	0.057	23		1		1.48	1.32	
Ash	g	0.40		1		1		0.30	0.26	
Carbohydrate, by difference	g	30.40		0	NC	4		22.50	20.06	
Fiber, total dietary	g	0.0		0	FLA	4		0.0	0.0	
Sugars, total	g	24.32		0	LC	8		18.00	16.05	
Starch	g									
Minerals:										
Calcium, Ca	mg	54	4.021	10		1		40	36	
Iron, Fe	mg	0.14	0.027	6		1		0.10	0.09	
Magnesium, Mg	mg	8	1.167	8		1		6	5	
Phosphorus, P	mg	40	4.817	7		1		30	26	
Potassium, K	mg	96	13.153	12		1		71	63	
Sodium, Na	mg	46	5.938	12		1		34	30	
Zinc, Zn	mg	0.48	0.292	10		1		0.36	0.32	
Copper, Cu	mg	0.028	0.005	5		1		0.021	0.018	
Manganese, Mn	mg	0.011	0.002	4		1		0.008	0.007	
Selenium, Se	mcg	1.3		0	FLA	4		1.0	0.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.1		0	FLA	4		2.3	2.0	
Thiamin	mg	0.025		0	FLA	4		0.019	0.017	
Riboflavin	mg	0.078		0	FLA	4		0.058	0.051	
Niacin	mg	0.060		0	FLA	4		0.044	0.040	
Pantothenic acid	mg	0.180		0	FLA	4		0.133	0.119	
Vitamin B-6	mg	0.024		0	FLA	4		0.018	0.016	
Folate, total	mcg	5		0	FLA	4		4	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0	FLA	4		4	3	
Folate, DFE	mcg_DFE	5		0	NC	4		4	3	
Vitamin B-12	mcg	0.19		0	FLA	4		0.14	0.13	
Vitamin A, IU	IU	76		1		4		56	50	
Vitamin A, RAE	mcg_RAE	12		0	NC	4		9	8	
Retinol	mcg	9		0	NC	4		7	6	
Vitamin E	mg_ATE	0.079		0	FLA	4		0.058	0.052	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.160		0		1		0.858	0.766	
4:0	g	0.060		1		1		0.044	0.040	
6:0	g	0.030		1		1		0.022	0.020	
8:0	g	0.020		1		1		0.015	0.013	
10:0	g	0.050		1		1		0.037	0.033	
12:0	g	0.050		1		1		0.037	0.033	
13:0	g									
14:0	g	0.200		1		1		0.148	0.132	
15:0	g									
16:0	g	0.510		1		1		0.377	0.337	
17:0	g									
18:0	g	0.230		1		1		0.170	0.152	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.530		0		1		0.392	0.350	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.050		1		1		0.037	0.033	

NDB No. 19097
Sherbet, orange

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.490		1		1		0.363	0.323	
20:1 ... g	0.000		1		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		7		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.080		0		1		0.059	0.053	
18:2 undifferentiated ... g	0.050		1		1		0.037	0.033	
18:3 undifferentiated ... g	0.030		1		1		0.022	0.020	
18:4 ... g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		7		0.000	0.000	
20:5 n-3 ... g	0.000		0		7		0.000	0.000	
22:5 n-3 ... g	0.000		0		7		0.000	0.000	
22:6 n-3 ... g	0.000		0		7		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0	FLA	4		4	4	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.014		0		1		0.010	0.009	
Threonine ... g	0.044		0		1		0.033	0.029	
Isoleucine ... g	0.059		0		1		0.044	0.039	
Leucine ... g	0.096		0		1		0.071	0.063	
Lysine ... g	0.077		0		1		0.057	0.051	
Methionine ... g	0.024		0		1		0.018	0.016	
Cystine ... g	0.010		0		1		0.007	0.007	
Phenylalanine ... g	0.048		0		1		0.036	0.032	
Tyrosine ... g	0.047		0		1		0.035	0.031	
Valine ... g	0.066		0		1		0.049	0.044	
Arginine ... g	0.042		0		1		0.031	0.028	
Histidine ... g	0.027		0		1		0.020	0.018	
Alanine ... g	0.035		0		1		0.026	0.023	
Aspartic acid ... g	0.085		0		1		0.063	0.056	
Glutamic acid ... g	0.206		0		1		0.152	0.136	
Glycine ... g	0.022		0		1		0.016	0.015	
Proline ... g	0.100		0		1		0.074	0.066	
Serine ... g	0.054		0		1		0.040	0.036	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	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: .5 cup (4 fl oz)

Measure 2 = 66g: 1 bar (2.75 fl oz)

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

Food Group: 19 Sweets

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

NDB No. 19011
Snacks, fruit leather, bars

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	13.90	0.777	6		1		3.20		
Energy	kcal	351		0		4		81		
Energy	kj	1469				4		338		
Protein (N x 5.9)	g	1.80	0.059	6		1		0.41		
Total lipid (fat)	g	5.30	0.884	6		1		1.22		
Ash	g	0.50	0.020	6		1		0.12		
Carbohydrate, by difference	g	78.50		0		4		18.06		
Fiber, total dietary	g	3.5		0	BFSN	4		0.8		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	29	0.929	3		1		7		
Iron, Fe	mg	0.80	0.094	3		1		0.18		
Magnesium, Mg	mg	22	0.751	3		1		5		
Phosphorus, P	mg	55	0.550	3		1		13		
Potassium, K	mg	138	7.126	3		1		32		
Sodium, Na	mg	77	20.131	6		1		18		
Zinc, Zn	mg	0.19		0		4		0.04		
Copper, Cu	mg	0.171		0		4		0.039		
Manganese, Mn	mg	0.184		0		4		0.042		
Selenium, Se	mcg	2.6		0	BFSN	4		0.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	70.0	0.000	3		1		16.1		
Thiamin	mg	0.043	0.009	3		1		0.010		
Riboflavin	mg	0.030		1		1		0.007		
Niacin	mg	0.100		0		4		0.023		
Pantothenic acid	mg	0.075		0		4		0.017		
Vitamin B-6	mg	0.300		0		4		0.069		
Folate, total	mcg	4		0		4		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	4		0		4		1		
Folate, DFE	mcg_DFE	4		0	NC	4		1		
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, IU	IU	116		0		4		27		
Vitamin A, RAE	mcg_RAE	6		0	NC	4		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.020		0		4		0.925		
4:0	g									
6:0	g	0.010		1		4		0.002		
8:0	g	0.160		1		4		0.037		
10:0	g	0.180		1		4		0.041		
12:0	g	2.300		1		4		0.529		
13:0	g									
14:0	g	0.800		1		4		0.184		
15:0	g									
16:0	g	0.420		1		4		0.097		
17:0	g									
18:0	g	0.140		1		4		0.032		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.630		0		4		0.145		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		1		4		0.000		

NDB No. 19011
Snacks, fruit leather, bars

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.630		1		4		0.145		
20:1 ... g	0.000		1		4		0.000		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.180		0		4		0.041		
18:2 undifferentiated ... g	0.180		1		4		0.041		
18:3 undifferentiated ... g	0.000		1		4		0.000		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		4		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.020		0		4		0.005		
Threonine ... g	0.050		0		4		0.012		
Isoleucine ... g	0.062		0		4		0.014		
Leucine ... g	0.121		0		4		0.028		
Lysine ... g	0.047		0		4		0.011		
Methionine ... g	0.030		0		4		0.007		
Cystine ... g	0.036		0		4		0.008		
Phenylalanine ... g	0.085		0		4		0.020		
Tyrosine ... g	0.050		0		4		0.012		
Valine ... g	0.073		0		4		0.017		
Arginine ... g	0.069		0		4		0.016		
Histidine ... g	0.038		0		4		0.009		
Alanine ... g	0.059		0		4		0.014		
Aspartic acid ... g	0.111		0		4		0.026		
Glutamic acid ... g	0.546		0		4		0.126		
Glycine ... g	0.064		0		4		0.015		
Proline ... g	0.188		0		4		0.043		
Serine ... g	0.087		0		4		0.020		
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 23g: 1 bar

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

Food Group: 19 Sweets

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

NDB No. 19014
Snacks, fruit leather, rolls

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.00	0.180	17		1		2.31	1.54	
Energy	kcal	350		0		4		74	49	
Energy	kj	1464				4		308	205	
Protein (N x 6.3)	g	1.00	0.060	17		1		0.21	0.14	
Total lipid (fat)	g	3.00	0.510	17		1		0.63	0.42	
Ash	g	0.90	0.042	17		1		0.19	0.13	
Carbohydrate, by difference	g	84.30		0		4		17.70	11.80	
Fiber, total dietary	g	3.6		0		4		0.8	0.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	32	1.164	17		1		7	4	
Iron, Fe	mg	1.01	0.115	17		1		0.21	0.14	
Magnesium, Mg	mg	20	0.843	17		1		4	3	
Phosphorus, P	mg	31	1.230	16		1		7	4	
Potassium, K	mg	294	11.212	17		1		62	41	
Sodium, Na	mg	61	8.643	17		1		13	9	
Zinc, Zn	mg	0.19	0.012	7		1		0.04	0.03	
Copper, Cu	mg	0.171	0.006	7		1		0.036	0.024	
Manganese, Mn	mg	0.184	0.020	7		1		0.039	0.026	
Selenium, Se	mcg	2.7		0	BFSN	4		0.6	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.1	0.543	7		1		1.3	0.9	
Thiamin	mg	0.043		0		4		0.009	0.006	
Riboflavin	mg	0.020		1		1		0.004	0.003	
Niacin	mg	0.100		1		1		0.021	0.014	
Pantothenic acid	mg	0.325		0		4		0.068	0.046	
Vitamin B-6	mg	0.300	0.073	6		1		0.063	0.042	
Folate, total	mcg	8		0		4		2	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		4		2	1	
Folate, DFE	mcg_DFE	8		0	NC	4		2	1	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	116	61.017	7		1		24	16	
Vitamin A, RAE	mcg_RAE	6		0	NC	4		1	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.280		0		1		0.059	0.039	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.650		0		4		0.137	0.091	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		1		4		0.000	0.000	
13:0	g									
14:0	g	0.010		1		4		0.002	0.001	
15:0	g									
16:0	g	0.340		1		4		0.071	0.048	
17:0	g									
18:0	g	0.300		1		4		0.063	0.042	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.480		0		4		0.311	0.207	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		1		4		0.000	0.000	

NDB No. 19014
Snacks, fruit leather, rolls

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.480		1		4		0.311	0.207	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.540		0		4		0.113	0.076	
18:2 undifferentiated ... g	0.430		1		4		0.090	0.060	
18:3 undifferentiated ... g	0.120		1		4		0.025	0.017	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:6 n-3 ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.010		0		4		0.002	0.001	
Threonine ... g	0.030		0		4		0.006	0.004	
Isoleucine ... g	0.025		0		4		0.005	0.004	
Leucine ... g	0.050		0		4		0.011	0.007	
Lysine ... g	0.048		0		4		0.010	0.007	
Methionine ... g	0.003		0		4		0.001	0.000	
Cystine ... g	0.008		0		4		0.002	0.001	
Phenylalanine ... g	0.029		0		4		0.006	0.004	
Tyrosine ... g	0.027		0		4		0.006	0.004	
Valine ... g	0.031		0		4		0.007	0.004	
Arginine ... g	0.037		0		4		0.008	0.005	
Histidine ... g	0.018		0		4		0.004	0.003	
Alanine ... g	0.046		0		4		0.010	0.006	
Aspartic acid ... g	0.205		0		4		0.043	0.029	
Glutamic acid ... g	0.126		0		4		0.026	0.018	
Glycine ... g	0.035		0		4		0.007	0.005	
Proline ... g	0.038		0		4		0.008	0.005	
Serine ... g	0.041		0		4		0.009	0.006	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	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 = 21g: 1 large

Measure 2 = 14.0g: 1 small

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

Food Group: 19 Sweets

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

NDB No. 19334
Sugars, brown

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	0.107	5		1		3.52	2.32	0.05
Energy	kcal	376		0	NC	4		827	545	12
Energy	kj	1573				4		3461	2281	50
Protein (N x 6.25)	g	0.00		1		4		0.00	0.00	0.00
Total lipid (fat)	g	0.00		1		1		0.00	0.00	0.00
Ash	g	0.90	0.121	5		1		1.98	1.31	0.03
Carbohydrate, by difference	g	97.30		0	NC	4		214.06	141.09	3.11
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	85	4.909	6		1		187	123	3
Iron, Fe	mg	1.91	0.267	6		1		4.20	2.77	0.06
Magnesium, Mg	mg	29	7.047	6		1		64	42	1
Phosphorus, P	mg	22	3.599	4		1		48	32	1
Potassium, K	mg	346	67.929	6		1		761	502	11
Sodium, Na	mg	39	7.367	6		1		86	57	1
Zinc, Zn	mg	0.18	0.049	6		1		0.40	0.26	0.01
Copper, Cu	mg	0.298	0.067	6		1		0.656	0.432	0.010
Manganese, Mn	mg	0.320	0.156	7		1		0.704	0.464	0.010
Selenium, Se	mcg	1.2	0.435	4	A	1		2.6	1.7	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	0.0
Thiamin	mg	0.008	0.003	5		1		0.018	0.012	0.000
Riboflavin	mg	0.007	0.002	4		1		0.015	0.010	0.000
Niacin	mg	0.082	0.014	5		1		0.180	0.119	0.003
Pantothenic acid	mg	0.111	0.042	5		1		0.244	0.161	0.004
Vitamin B-6	mg	0.026	0.010	5		1		0.057	0.038	0.001
Folate, total	mcg	1		2		1		2	1	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	1		2		1		2	1	0
Folate, DFE	mcg_DFE	1		0	NC	4		2	1	0
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	0.00
Vitamin A, IU	IU	0		1		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	0.000
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		7		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000

NDB No. 19334
Sugars, brown

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

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

Common Measures:

Measure 1 = 220g: 1 cup, packed

Measure 2 = 145g: 1 cup, unpacked

Measure 3 = 3.2g: 1 tsp brownulated

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

Food Group: 19 Sweets

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

NDB No. 19335
Sugars, granulated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00	0.014	9		1		0.00	0.00	0.00
Energy	kcal	387		0		4		774	16	23
Energy	kj	1619				4		3238	68	97
Protein (N x 6.25)	g	0.00		1		4		0.00	0.00	0.00
Total lipid (fat)	g	0.00	0.005	3		1		0.00	0.00	0.00
Ash	g	0.00	0.015	6		1		0.00	0.00	0.00
Carbohydrate, by difference	g	99.90		0	NC	4		199.80	4.20	5.99
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1	0.170	19		1		2	0	0
Iron, Fe	mg	0.06	0.017	23		1		0.12	0.00	0.00
Magnesium, Mg	mg	0	0.178	24		1		0	0	0
Phosphorus, P	mg	2	0.712	12		1		4	0	0
Potassium, K	mg	2	0.334	21		1		4	0	0
Sodium, Na	mg	1	0.455	12		1		2	0	0
Zinc, Zn	mg	0.03	0.014	17		1		0.06	0.00	0.00
Copper, Cu	mg	0.043	0.013	16		1		0.086	0.002	0.003
Manganese, Mn	mg	0.007	0.002	18		1		0.014	0.000	0.000
Selenium, Se	mcg	0.6		2	A	1		1.2	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	0.0
Thiamin	mg	0.000		1		4		0.000	0.000	0.000
Riboflavin	mg	0.019	0.006	3		1		0.038	0.001	0.001
Niacin	mg	0.000	0.000	3		1		0.000	0.000	0.000
Pantothenic acid	mg	0.000	0.000	3		1		0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	3		1		0.000	0.000	0.000
Folate, total	mcg	0	0.000	3		1		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0	0.000	3		1		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		1		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	0.000
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		7		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000

NDB No. 19335
Sugars, granulated

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

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

Common Measures:

Measure 1 = 200g: 1 cup

Measure 2 = 4.2g: 1 tsp

Measure 3 = 6.0g: 1 individual packet

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

Food Group: 19 Sweets

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

NDB No. 19340
Sugars, maple

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	8.00		1		4		0.24	2.27	2.24
Energy	kcal	354		0		4		11	100	99
Energy	kj	1481				4		44	420	415
Protein (N x 6.25)	g	0.10		1		4		0.00	0.03	0.03
Total lipid (fat)	g	0.20		1		4		0.01	0.06	0.06
Ash	g	0.80		1		4		0.02	0.23	0.22
Carbohydrate, by difference	g	90.90		0	NC	4		2.73	25.77	25.45
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	90		1		4		3	26	25
Iron, Fe	mg	1.61		1		4		0.05	0.46	0.45
Magnesium, Mg	mg	19		1		4		1	5	5
Phosphorus, P	mg	3		1		4		0	1	1
Potassium, K	mg	274		1		4		8	78	77
Sodium, Na	mg	11		1		4		0	3	3
Zinc, Zn	mg	6.06		1		4		0.18	1.72	1.70
Copper, Cu	mg	0.099		1		4		0.003	0.028	0.028
Manganese, Mn	mg	4.422		1		4		0.133	1.254	1.238
Selenium, Se	mcg	0.8		0	BFSN	4		0.0	0.2	0.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	0.0
Thiamin	mg	0.009		1		4		0.000	0.003	0.003
Riboflavin	mg	0.013		1		4		0.000	0.004	0.004
Niacin	mg	0.040		1		4		0.001	0.011	0.011
Pantothenic acid	mg	0.048		1		4		0.001	0.014	0.013
Vitamin B-6	mg	0.003		1		4		0.000	0.001	0.001
Folate, total	mcg	0		1		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		1		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	0.00
Vitamin A, IU	IU	24		1		4		1	7	7
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.036		0		4		0.001	0.010	0.010
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.036		0		4		0.001	0.010	0.010
17:0	g									
18:0	g	0.004		0		4		0.000	0.001	0.001
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.064		0		4		0.002	0.018	0.018
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000

NDB No. 19340
Sugars, maple

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.064		0		4		0.002	0.018	0.018
20:1 ... g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.100		0		4		0.003	0.028	0.028
18:2 undifferentiated ... g	0.100		0		4		0.003	0.028	0.028
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
18:4 ... g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 3.0g: 1 tsp

Measure 2 = 28.35g: 1 oz

Measure 3 = 28g: 1 piece (1-3/4" x 1-1/4" x 1/2")

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19336
Sugars, powdered

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	0.30	0.031	4		1		0.36	0.02	0.01
Energy	kcal	389		0		4		467	31	10
Energy	kj	1628				4		1953	130	41
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	g	0.10	0.027	4		1		0.12	0.01	0.00
Ash	g	0.00		1		4		0.00	0.00	0.00
Carbohydrate, by difference	g	99.50		0	NC	4		119.40	7.96	2.49
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		1		4		1	0	0
Iron, Fe	mg	0.06		1		4		0.07	0.00	0.00
Magnesium, Mg	mg	0		1		4		0	0	0
Phosphorus, P	mg	2		1		4		2	0	0
Potassium, K	mg	2		1		4		2	0	0
Sodium, Na	mg	1		1		4		1	0	0
Zinc, Zn	mg	0.03		1		4		0.04	0.00	0.00
Copper, Cu	mg	0.043		1		4		0.052	0.003	0.001
Manganese, Mn	mg	0.007		1		4		0.008	0.001	0.000
Selenium, Se	mcg	0.6		0	BFZN	4		0.7	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	0.0
Thiamin	mg	0.000		1		4		0.000	0.000	0.000
Riboflavin	mg	0.000		1		4		0.000	0.000	0.000
Niacin	mg	0.000	0.000	4		1		0.000	0.000	0.000
Pantothenic acid	mg	0.000	0.000	4		1		0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	4		1		0.000	0.000	0.000
Folate, total	mcg	0	0.000	4		1		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0	0.000	4		1		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		1		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.018		0		4		0.022	0.001	0.000
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.018		0		4		0.022	0.001	0.000
17:0	g									
18:0	g	0.002		0		4		0.002	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.032		0		4		0.038	0.003	0.001
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000

NDB No. 19336
Sugars, powdered

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.032		0		4		0.038	0.003	0.001
20:1	g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.050		0		4		0.060	0.004	0.001
18:2 undifferentiated	g	0.050		0		4		0.060	0.004	0.001
18:3 undifferentiated	g	0.000		0		4		0.000	0.000	0.000
18:4	g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		4		0.000	0.000	0.000
20:5 n-3	g	0.000		0		4		0.000	0.000	0.000
22:5 n-3	g	0.000		0		4		0.000	0.000	0.000
22:6 n-3	g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	0		1		4		0	0	0
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine	mg									
Theobromine	mg									

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

Measure 2 = 8.0g: 1 tbsp, unsifted

Measure 3 = 2.5g: 1 tsp

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

Food Group: 19 Sweets

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

NDB No. 19337
Sweeteners, EQUAL
Merisant Company

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	12.10		1	A	1		0.42	0.12	
Energy	kcal	352		0	NC	4		12	4	
Energy	kj	1473				4		52	15	
Protein (N x 6.25)	g	2.18		1	A	1		0.08	0.02	
Total lipid (fat)	g	0.17		1	A	1		0.01	0.00	
Ash	g	0.01		0		4		0.00	0.00	
Carbohydrate, by difference	g	85.54		0	NC	4		2.99	0.86	
Fiber, total dietary	g	0.0		0	FLA	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		1	A	1		0	0	
Iron, Fe	mg	0.06		1	A	1		0.00	0.00	
Magnesium, Mg	mg	1		1	A	1		0	0	
Phosphorus, P	mg	1		1	A	1		0	0	
Potassium, K	mg	2		1	A	1		0	0	
Sodium, Na	mg	4		1	A	1		0	0	
Zinc, Zn	mg	0.00		0	Z	7		0.00	0.00	
Copper, Cu	mg	0.000		0	Z	7		0.000	0.000	
Manganese, Mn	mg	0.000		0	Z	7		0.000	0.000	
Selenium, Se	mcg	2.6		0	BFCN	4		0.1	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.000		0	Z	7		0.000	0.000	
Riboflavin	mg	0.000		0	Z	7		0.000	0.000	
Niacin	mg	0.000		0	Z	7		0.000	0.000	
Pantothenic acid	mg	0.000		0	Z	7		0.000	0.000	
Vitamin B-6	mg	0.000		0	Z	7		0.000	0.000	
Folate, total	mcg	0		0	Z	7		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0	Z	7		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	0		0	Z	7		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0	Z	7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.030		0	FLA	4		0.001	0.000	
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	0.000		0	Z	7		0.000	0.000	
13:0	g									
14:0	g	0.000		0	Z	7		0.000	0.000	
15:0	g									
16:0	g	0.000		0	Z	7		0.000	0.000	
17:0	g									
18:0	g	0.000		0	Z	7		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.054		0	FLA	4		0.002	0.001	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	Z	7		0.000	0.000	

NDB No. 19337
Sweeteners, EQUAL

Nutrients and 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	0.000		0	Z	7		0.000	0.000	
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	0.084		0	FLA	4		0.003	0.001	
18:2 undifferentiated ... g	0.000		0	Z	7		0.000	0.000	
18:3 undifferentiated ... g	0.000		0	Z	7		0.000	0.000	
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									
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 = 3.5g: 1 tsp

Measure 2 = 1.0g: 1 packet

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

Food Group: 19 Sweets

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

NDB No. 43158
Sweetner, saccharin

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	0.50				4				
Energy	kcal	364				4				
Energy	kj	1523				4				
Protein	g	0.00				4				
Total lipid (fat)	g	0.00				4				
Ash	g	5.50		0	O	4				
Carbohydrate, by difference	g	94.00				4				
Fiber, total dietary	g	0.0				7				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0				4				
Iron, Fe	mg	0.00				4				
Magnesium, Mg	mg	0				4				
Phosphorus, P	mg	0				4				
Potassium, K	mg	4500				4				
Sodium, Na	mg	400				4				
Zinc, Zn	mg	0.00				4				
Copper, Cu	mg	0.000				4				
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				4				
Thiamin	mg	0.000				4				
Riboflavin	mg	0.000				4				
Niacin	mg	0.000				4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.000				4				
Folate, total	mcg	0				4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	0				4				
Folate, DFE	mcg_DFE	0		0	Z	7				
Vitamin B-12	mcg	0.00				4				
Vitamin A, IU	IU	0				4				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		0	Z	7				
Vitamin E	mg_ATE	0.000				7				
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000				4				
4:0	g	0.000		0		4				
6:0	g	0.000		0		4				
8:0	g	0.000		0		4				
10:0	g	0.000		0		4				
12:0	g	0.000		0		4				
13:0	g									
14:0	g	0.000		0		4				
15:0	g									
16:0	g	0.000		0		4				
17:0	g									
18:0	g	0.000		0		4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000				4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4				

NDB No. 43158
Sweetner, saccharin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.000		0		4				
20:1 ... g	0.000		0		4				
22:1 undifferentiated ... g	0.000		0		4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000				4				
18:2 undifferentiated ... g	0.000		0		4				
18:3 undifferentiated ... g	0.000		0		4				
18:4 ... g	0.000		0		4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4				
20:5 n-3 ... g	0.000		0		4				
22:5 n-3 ... g	0.000		0		4				
22:6 n-3 ... g	0.000		0		4				
Fatty acids, total trans ... g									
Cholesterol ... mg	0				7				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0				7				
Caffeine ... mg	0		0	z	7				
Theobromine ... mg	0		0	z	7				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19345

Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup

Hershey Food Corp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.80		0	FLM	4		22.33		
Energy	kcal	146		0	NC	4		51		
Energy	kj	609		0	NC	4		213		
Protein	g	0.72		0	FLM	4		0.25		
Total lipid (fat)	g	0.52		0	FLM	4		0.18		
Ash	g	0.44		0	FLM	4		0.16		
Carbohydrate, by difference	g	34.52		0	NC	4		12.08		
Fiber, total dietary	g	1.2		0	FLM	4		0.4		
Sugars, total	g	28.57		1	MC	9		10.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	FLM	4		3		
Iron, Fe	mg	0.64		0	FLM	4		0.22		
Magnesium, Mg	mg	19		0	FLM	4		7		
Phosphorus, P	mg	29		0	FLM	4		10		
Potassium, K	mg	100		0	FLM	4		35		
Sodium, Na	mg	100		1	MC	9		35		
Zinc, Zn	mg	0.28		0	FLM	4		0.10		
Copper, Cu	mg	0.160		0	FLM	4		0.056		
Manganese, Mn	mg	0.151		0	FLM	4		0.053		
Selenium, Se	mcg	0.7		0	FLM	4		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MC	9		0.0		
Thiamin	mg	0.004		0	FLM	4		0.002		
Riboflavin	mg	0.025		0	FLM	4		0.009		
Niacin	mg	0.095		0	FLM	4		0.033		
Pantothenic acid	mg	0.010		0	FLM	4		0.004		
Vitamin B-6	mg	0.005		0	FLM	4		0.002		
Folate, total	mcg	1		0	FLM	4		0		
Folic acid	mcg	0		0	FLM	4		0		
Folate, food	mcg	1		0	FLM	4		0		
Folate, DFE	mcg_DFE	1		0	NC	4		0		
Vitamin B-12	mcg	0.00		0	FLM	4		0.00		
Vitamin A, IU	IU	0		1	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	0.016		0	FLM	4		0.006		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		1	MC	9		0.000		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.000		0	FLM	4		0.000		
15:0	g									
16:0	g	0.000		0	FLM	4		0.000		
17:0	g									
18:0	g	0.000		0	FLM	4		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0	FLM	4		0.000		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	FLM	4		0.000		

NDB No. 19345
Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	FLM	4		0.000		
18:2 undifferentiated ... g	0.000		0	FLM	4		0.000		
18:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:6 n-3 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	3		0	FLM	4		1		
Theobromine ... mg	104		0	FLM	4		36		

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

Common Measures:

Measure 1 = 35g: 2 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19348
Syrups, chocolate, fudge-type

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	21.80		2	A	1		66.27	8.28	
Energy	kcal	350		0	NC	4		1064	133	
Energy	kj	1464				4		4452	556	
Protein (N x 6.25)	g	4.60		1	A	1		13.98	1.75	
Total lipid (fat)	g	8.90		1	A	1		27.06	3.38	
Ash	g	1.80		1	A	1		5.47	0.68	
Carbohydrate, by difference	g	62.90		0	NC	4		191.22	23.90	
Fiber, total dietary	g	2.8		1	A	1		8.5	1.1	
Sugars, total	g	41.80		1	A	1		127.07	15.88	
Starch	g									
Minerals:										
Calcium, Ca	mg	81		0	FLA	4		246	31	
Iron, Fe	mg	1.30		0	FLA	4		3.95	0.49	
Magnesium, Mg	mg	51		0	FLA	4		155	19	
Phosphorus, P	mg	135		0	FLA	4		410	51	
Potassium, K	mg	362		0	FLA	4		1100	138	
Sodium, Na	mg	346		1	A	1		1052	131	
Zinc, Zn	mg	0.68		0	FLA	4		2.07	0.26	
Copper, Cu	mg	0.288		0	FLA	4		0.876	0.109	
Manganese, Mn	mg	0.336		0	FLA	4		1.021	0.128	
Selenium, Se	mcg	3.7		0	FLA	4		11.2	1.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	FLA	4		0.6	0.1	
Thiamin	mg	0.057		0	FLA	4		0.173	0.022	
Riboflavin	mg	0.222		0	FLA	4		0.675	0.084	
Niacin	mg	0.295		0	FLA	4		0.897	0.112	
Pantothenic acid	mg	0.484		0	FLA	4		1.471	0.184	
Vitamin B-6	mg	0.062		0	FLA	4		0.188	0.024	
Folate, total	mcg	4		0	FLA	4		12	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0	FLA	4		12	2	
Folate, DFE	mcg_DFE	4		0	NC	4		12	2	
Vitamin B-12	mcg	0.21		0	FLA	4		0.64	0.08	
Vitamin A, IU	IU	16		0	FLA	4		49	6	
Vitamin A, RAE	mcg_RAE	4		0	NC	4		11	1	
Retinol	mcg	3		0	NC	4		9	1	
Vitamin E	mg_ATE	2.924		0	FLA	4		8.889	1.111	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.980		1	A	1		12.099	1.512	
4:0	g	0.000		1	A	1		0.000	0.000	
6:0	g	0.000		1	A	1		0.000	0.000	
8:0	g	0.018		1	A	1		0.055	0.007	
10:0	g	0.047		1	A	1		0.143	0.018	
12:0	g	0.056		1	A	1		0.170	0.021	
13:0	g									
14:0	g	0.237		1	A	1		0.720	0.090	
15:0	g									
16:0	g	1.801		1	A	1		5.475	0.684	
17:0	g									
18:0	g	0.756		1	A	1		2.298	0.287	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.857		0		4		11.725	1.466	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.067		1	A	1		0.204	0.025	

NDB No. 19348
Syrups, chocolate, fudge-type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	3.780		1	A	1		11.491	1.436	
20:1 ... g	0.010		1	A	1		0.030	0.004	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.278		0		4		0.845	0.106	
18:2 undifferentiated ... g	0.249		1	A	1		0.757	0.095	
18:3 undifferentiated ... g	0.024		1	A	1		0.073	0.009	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.005		1	A	1		0.015	0.002	
20:5 n-3 ... g	0.000		0	A	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		1	A	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0	FLA	4		6	1	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.070		0	FLA	4		0.213	0.027	
Threonine ... g	0.226		0	FLA	4		0.687	0.086	
Isoleucine ... g	0.219		0	FLA	4		0.666	0.083	
Leucine ... g	0.352		0	FLA	4		1.070	0.134	
Lysine ... g	0.296		0	FLA	4		0.900	0.112	
Methionine ... g	0.070		0	FLA	4		0.213	0.027	
Cystine ... g	0.066		0	FLA	4		0.201	0.025	
Phenylalanine ... g	0.192		0	FLA	4		0.584	0.073	
Tyrosine ... g	0.161		0	FLA	4		0.489	0.061	
Valine ... g	0.269		0	FLA	4		0.818	0.102	
Arginine ... g	0.203		0	FLA	4		0.617	0.077	
Histidine ... g	0.086		0	FLA	4		0.261	0.033	
Alanine ... g	0.206		0	FLA	4		0.626	0.078	
Aspartic acid ... g	0.444		0	FLA	4		1.350	0.169	
Glutamic acid ... g	0.761		0	FLA	4		2.313	0.289	
Glycine ... g	0.154		0	FLA	4		0.468	0.059	
Proline ... g	0.255		0	FLA	4		0.775	0.097	
Serine ... g	0.213		0	FLA	4		0.648	0.081	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	6		0	FLA	4		18	2	
Theobromine ... mg	198		0	FLA	4		602	75	

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

Common Measures:

Measure 1 = 304g: 1 cup

Measure 2 = 38g: 2 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19349
Syrups, corn, dark

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	22.80	1.534	5		1		74.78	4.56	
Energy	kcal	282		0	NC	4		925	56	
Energy	kj	1180				4		3870	236	
Protein (N x 6.25)	g	0.00		1		4		0.00	0.00	
Total lipid (fat)	g	0.00	0.037	5		1		0.00	0.00	
Ash	g	0.40	0.074	4		1		1.31	0.08	
Carbohydrate, by difference	g	76.60		0	NC	4		251.25	15.32	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		1		1		59	4	
Iron, Fe	mg	0.37		1		1		1.21	0.07	
Magnesium, Mg	mg	8		1		1		26	2	
Phosphorus, P	mg	11		1		1		36	2	
Potassium, K	mg	44		1		1		144	9	
Sodium, Na	mg	155		2		1		508	31	
Zinc, Zn	mg	0.04	0.014	5		1		0.13	0.01	
Copper, Cu	mg	0.053	0.009	5		1		0.174	0.011	
Manganese, Mn	mg	0.100	0.007	5		1		0.328	0.020	
Selenium, Se	mcg	0.9		0	BFSN	4		3.0	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.011		2		1		0.036	0.002	
Riboflavin	mg	0.009		2		1		0.030	0.002	
Niacin	mg	0.020		2		1		0.066	0.004	
Pantothenic acid	mg	0.023		2		1		0.075	0.005	
Vitamin B-6	mg	0.009		2		1		0.030	0.002	
Folate, total	mcg	0		2		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		2		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		7		0.000	0.000	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		7		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	

NDB No. 19349
Syrups, corn, dark

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

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

Common Measures:

Measure 1 = 328g: 1 cup

Measure 2 = 20g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19351
Syrups, corn, high-fructose

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	24.00	1.499	6		1		74.40	4.56	
Energy	kcal	281		0	NC	4		871	53	
Energy	kj	1176				4		3645	223	
Protein (N x 6.25)	g	0.00	0.000	3		1		0.00	0.00	
Total lipid (fat)	g	0.00	0.000	3		1		0.00	0.00	
Ash	g	0.00	0.004	6		1		0.00	0.00	
Carbohydrate, by difference	g	76.00		0	NC	4		235.60	14.44	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0	0.051	19		1		0	0	
Iron, Fe	mg	0.03	0.009	19		1		0.09	0.01	
Magnesium, Mg	mg	0	0.015	19		1		0	0	
Phosphorus, P	mg	0		1		4		0	0	
Potassium, K	mg	0	0.005	16		1		0	0	
Sodium, Na	mg	2	0.491	19		1		6	0	
Zinc, Zn	mg	0.02	0.008	19		1		0.06	0.00	
Copper, Cu	mg	0.029	0.005	10		1		0.090	0.006	
Manganese, Mn	mg	0.094		1		4		0.291	0.018	
Selenium, Se	mcg	0.7		0	BFSN	4		2.2	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.000		1		4		0.000	0.000	
Riboflavin	mg	0.019	0.009	3		1		0.059	0.004	
Niacin	mg	0.000	0.000	3		1		0.000	0.000	
Pantothenic acid	mg	0.011	0.011	3		1		0.034	0.002	
Vitamin B-6	mg	0.000	0.000	3		1		0.000	0.000	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		7		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	

NDB No. 19351
Syrups, corn, high-fructose

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

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

Common Measures:

Measure 1 = 310g: 1 cup

Measure 2 = 19g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19350
Syrups, corn, light

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	22.80	1.534	5		1		74.78	4.56	
Energy	kcal	282		0	NC	4		925	56	
Energy	kj	1180				4		3870	236	
Protein (N x 6.25)	g	0.00		1		4		0.00	0.00	
Total lipid (fat)	g	0.00	0.037	5		1		0.00	0.00	
Ash	g	0.40	0.074	4		1		1.31	0.08	
Carbohydrate, by difference	g	76.60		0	NC	4		251.25	15.32	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		1		1		10	1	
Iron, Fe	mg	0.05		1		1		0.16	0.01	
Magnesium, Mg	mg	2		1		1		7	0	
Phosphorus, P	mg	2		1		1		7	0	
Potassium, K	mg	4		1		1		13	1	
Sodium, Na	mg	121		2		1		397	24	
Zinc, Zn	mg	0.02	0.004	5		1		0.07	0.00	
Copper, Cu	mg	0.010	0.005	5		1		0.033	0.002	
Manganese, Mn	mg	0.088	0.019	5		1		0.289	0.018	
Selenium, Se	mcg	0.7		0	BFSN	4		2.3	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.011		2		1		0.036	0.002	
Riboflavin	mg	0.009		2		1		0.030	0.002	
Niacin	mg	0.020		2		1		0.066	0.004	
Pantothenic acid	mg	0.023		2		1		0.075	0.005	
Vitamin B-6	mg	0.009		2		1		0.030	0.002	
Folate, total	mcg	0		2		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		2		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		4		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		4		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	

NDB No. 19350
Syrups, corn, light

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.000		0		4		0.000	0.000	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		4		0.000	0.000	
18:2 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:6 n-3 ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 328g: 1 cup

Measure 2 = 20g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19352
Syrups, malt

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	21.10		1		1		81.02	5.06	
Energy	kcal	318		0	NC	4		1221	76	
Energy	kj	1331				4		5109	319	
Protein (N x 6.25)	g	6.20		1		1		23.81	1.49	
Total lipid (fat)	g	0.00		1		1		0.00	0.00	
Ash	g	1.30		1		1		4.99	0.31	
Carbohydrate, by difference	g	71.30		0	NC	4		273.79	17.11	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	61		1		1		234	15	
Iron, Fe	mg	0.96		1		1		3.69	0.23	
Magnesium, Mg	mg	72		1		1		276	17	
Phosphorus, P	mg	236		1		1		906	57	
Potassium, K	mg	320		1		1		1229	77	
Sodium, Na	mg	35		1		1		134	8	
Zinc, Zn	mg	0.14		1		1		0.54	0.03	
Copper, Cu	mg	0.200		1		1		0.768	0.048	
Manganese, Mn	mg	0.100		1		1		0.384	0.024	
Selenium, Se	mcg	12.3		0	BFSN	4		47.2	3.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.011		1		4		0.042	0.003	
Riboflavin	mg	0.393		1		1		1.509	0.094	
Niacin	mg	8.120		1		1		31.181	1.949	
Pantothenic acid	mg	0.171		1		1		0.657	0.041	
Vitamin B-6	mg	0.500		1		1		1.920	0.120	
Folate, total	mcg	12		1		1		46	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	12		1		1		46	3	
Folate, DFE	mcg_DFE	12		0	NC	4		46	3	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	0		1		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0	Z	7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	CAFN	4		0.000	0.000	
Fatty acids, total monounsaturated	g	0.000		0	CAFN	4		0.000	0.000	
Fatty acids, total polyunsaturated	g	0.000		0	CAFN	4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		1		4		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.075		0		1		0.288	0.018	
Threonine	g	0.208		0		1		0.799	0.050	
Isoleucine	g	0.210		0		1		0.806	0.050	
Leucine	g	0.378		0		1		1.452	0.091	
Lysine	g	0.267		0		1		1.025	0.064	
Methionine	g	0.110		0		1		0.422	0.026	
Cystine	g	0.065		0		1		0.250	0.016	
Phenylalanine	g	0.260		0		1		0.998	0.062	
Tyrosine	g	0.169		0		1		0.649	0.041	
Valine	g	0.304		0		1		1.167	0.073	
Arginine	g	0.283		0		1		1.087	0.068	

NDB No. 19352
Syrups, malt

Nutrients and 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
Histidine....g	0.132		0		1		0.507	0.032	
Alanine....g	0.271		0		1		1.041	0.065	
Aspartic acid....g	0.558		0		1		2.143	0.134	
Glutamic acid....g	1.006		0		1		3.863	0.241	
Glycine....g	0.252		0		1		0.968	0.060	
Proline....g	0.459		0		1		1.763	0.110	
Serine....g	0.232		0		1		0.891	0.056	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	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 = 384g: 1 cup

Measure 2 = 24g: 1 tbsp

Calories Factors: **Protein** 3.87 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 19 Sweets

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

NDB No. 19353
Syrups, maple

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	32.00	0.499	6		1		100.80	6.40	
Energy	kcal	262		0	NC	4		825	52	
Energy	kj	1096				4		3453	219	
Protein (N x 6.25)	g	0.00	0.010	3		1		0.00	0.00	
Total lipid (fat)	g	0.20	0.116	3		1		0.63	0.04	
Ash	g	0.60	0.019	3		1		1.89	0.12	
Carbohydrate, by difference	g	67.20		0	NC	4		211.68	13.44	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	63.70		1	A	1		200.66	12.74	
Starch	g									
Minerals:										
Calcium, Ca	mg	67	3.466	10		1		211	13	
Iron, Fe	mg	1.20		1		4		3.78	0.24	
Magnesium, Mg	mg	14	2.204	11		1		44	3	
Phosphorus, P	mg	2	0.929	3		1		6	0	
Potassium, K	mg	204	12.020	10		1		643	41	
Sodium, Na	mg	9	3.455	13		1		28	2	
Zinc, Zn	mg	4.16	0.700	10		1		13.10	0.83	
Copper, Cu	mg	0.074	0.015	10		1		0.233	0.015	
Manganese, Mn	mg	3.298	0.974	10		1		10.389	0.660	
Selenium, Se	mcg	0.6		0	BFSN	4		1.9	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.006	0.001	3		1		0.019	0.001	
Riboflavin	mg	0.010	0.004	3		1		0.032	0.002	
Niacin	mg	0.030	0.000	3		1		0.095	0.006	
Pantothenic acid	mg	0.036	0.003	3		1		0.113	0.007	
Vitamin B-6	mg	0.002	0.002	3		1		0.006	0.000	
Folate, total	mcg	0	0.167	3		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0	0.167	3		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.036		0		4		0.113	0.007	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.036		0		4		0.113	0.007	
17:0	g									
18:0	g	0.004		0		4		0.013	0.001	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.064		0		4		0.202	0.013	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	

NDB No. 19353
Syrups, maple

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.064		0		4		0.202	0.013	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.100		0		4		0.315	0.020	
18:2 undifferentiated ... g	0.100		0		4		0.315	0.020	
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:6 n-3 ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19355
Syrups, sorghum

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	20.40		1		1		67.32	4.28	
Energy	kcal	290		0	NC	4		957	61	
Energy	kj	1213				4		4004	255	
Protein (N x 6.25)	g	0.00		1		4		0.00	0.00	
Total lipid (fat)	g	0.00		1		4		0.00	0.00	
Ash	g	2.40		1		1		7.92	0.50	
Carbohydrate, by difference	g	74.90		0	NC	4		247.17	15.73	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	150		1		1		495	32	
Iron, Fe	mg	3.80		1		1		12.54	0.80	
Magnesium, Mg	mg	100		1		1		330	21	
Phosphorus, P	mg	56		1		1		185	12	
Potassium, K	mg	1000		1		1		3300	210	
Sodium, Na	mg	8		1		1		26	2	
Zinc, Zn	mg	0.41		1		1		1.35	0.09	
Copper, Cu	mg	0.130		1		1		0.429	0.027	
Manganese, Mn	mg	1.530		1		4		5.049	0.321	
Selenium, Se	mcg	0.7		0	BFSN	4		2.3	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.100		1		4		0.330	0.021	
Riboflavin	mg	0.155		1		1		0.512	0.033	
Niacin	mg	0.100		1		4		0.330	0.021	
Pantothenic acid	mg	0.804		1		4		2.653	0.169	
Vitamin B-6	mg	0.670		1		4		2.211	0.141	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		7		0.000	0.000	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		7		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	

NDB No. 19355
Syrups, sorghum

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

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

Common Measures:

Measure 1 = 330g: 1 cup

Measure 2 = 21g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19361
Syrups, table blends, cane and 15% maple

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	24.20		0		1		76.23	4.84	
Energy	kcal	279		0	NC	4		879	56	
Energy	kj	1167				4		3677	233	
Protein (N x 0)	g	0.10		0		1		0.32	0.02	
Total lipid (fat)	g	0.10		0		1		0.32	0.02	
Ash	g	0.40		0		1		1.26	0.08	
Carbohydrate, by difference	g	75.20		0	NC	4		236.88	15.04	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		41	3	
Iron, Fe	mg	0.82		0		1		2.58	0.16	
Magnesium, Mg	mg	4		0		1		13	1	
Phosphorus, P	mg	2		0		1		6	0	
Potassium, K	mg	34		0		1		107	7	
Sodium, Na	mg	104		0		1		328	21	
Zinc, Zn	mg	0.64		0		1		2.02	0.13	
Copper, Cu	mg	0.020		0		1		0.063	0.004	
Manganese, Mn	mg	0.569		0		1		1.792	0.114	
Selenium, Se	mcg	0.7		0	BFSN	4		2.2	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.010		0		1		0.032	0.002	
Riboflavin	mg	0.010		0		1		0.032	0.002	
Niacin	mg	0.021		0		1		0.066	0.004	
Pantothenic acid	mg	0.025		0		1		0.079	0.005	
Vitamin B-6	mg	0.008		0		1		0.025	0.002	
Folate, total	mcg	0		0		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.018		0		4		0.057	0.004	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.018		0		4		0.057	0.004	
17:0	g									
18:0	g	0.002		0		4		0.006	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.032		0		4		0.101	0.006	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	

NDB No. 19361
Syrups, table blends, cane and 15% maple

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.032		0		4		0.101	0.006	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.050		0		4		0.158	0.010	
18:2 undifferentiated ... g	0.050		0		4		0.158	0.010	
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:6 n-3 ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19362
Syrups, table blends, corn, refiner, and sugar

Refuse: 0%

Nutrients and 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	15.60		1		1		49.30	3.12	
Energy	kcal	319		0		4		1008	64	
Energy	kj	1335				4		4218	267	
Protein (N x 6.25)	g	0.00		1		4		0.00	0.00	
Total lipid (fat)	g	0.00		1		4		0.00	0.00	
Ash	g	0.50		1		1		1.58	0.10	
Carbohydrate, by difference	g	83.90		0	NC	4		265.12	16.78	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	23		1		1		73	5	
Iron, Fe	mg	0.74		1		1		2.34	0.15	
Magnesium, Mg	mg	9		1		1		28	2	
Phosphorus, P	mg	8		1		1		25	2	
Potassium, K	mg	63		1		1		199	13	
Sodium, Na	mg	71		1		1		224	14	
Zinc, Zn	mg	0.03		1		1		0.09	0.01	
Copper, Cu	mg	0.060		1		1		0.190	0.012	
Manganese, Mn	mg	0.088		1		4		0.278	0.018	
Selenium, Se	mcg	0.8		0	BFSN	4		2.5	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.006		1		1		0.019	0.001	
Riboflavin	mg	0.047		1		1		0.149	0.009	
Niacin	mg	0.020		1		1		0.063	0.004	
Pantothenic acid	mg	0.035		1		1		0.111	0.007	
Vitamin B-6	mg	0.009		1		4		0.028	0.002	
Folate, total	mcg	3		1		1		9	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		1		1		9	1	
Folate, DFE	mcg_DFE	3		0	NC	4		9	1	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		1		4		0	0	
Phytosterols	mg									

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

Common Measures:

Measure 1 = 316g: 1 cup

Measure 2 = 20g: 1 tbsp

NDB No. 19362
Syrups, table blends, corn, refiner, and sugar

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

Food Group: 19 Sweets

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

NDB No. 19129
Syrups, table blends, pancake

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	24.10	2.075	4		1		75.67	4.82	
Energy	kcal	287		0	NC	4		901	57	
Energy	kj	1201				4		3771	240	
Protein (N x 6.25)	g	0.00		2		1		0.00	0.00	
Total lipid (fat)	g	0.00		2		1		0.00	0.00	
Ash	g	0.20		2		1		0.63	0.04	
Carbohydrate, by difference	g	75.70		0	NC	4		237.70	15.14	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		1		1		3	0	
Iron, Fe	mg	0.09		1		1		0.28	0.02	
Magnesium, Mg	mg	2		2		1		6	0	
Phosphorus, P	mg	9		1		4		28	2	
Potassium, K	mg	2		1		1		6	0	
Sodium, Na	mg	83	13.346	7		1		261	17	
Zinc, Zn	mg	0.04		2		1		0.13	0.01	
Copper, Cu	mg	0.213		1		4		0.669	0.043	
Manganese, Mn	mg	0.088		1		4		0.276	0.018	
Selenium, Se	mcg	0.7		2	A	1		2.2	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.011		1		4		0.035	0.002	
Riboflavin	mg	0.009		1		4		0.028	0.002	
Niacin	mg	0.020		1		4		0.063	0.004	
Pantothenic acid	mg	0.023		1		4		0.072	0.005	
Vitamin B-6	mg	0.000		1		4		0.000	0.000	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		7		0.000	0.000	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		7		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	

NDB No. 19129
Syrups, table blends, pancake

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

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

Common Measures:

Measure 1 = 314g: 1 cup

Measure 2 = 20g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19128
Syrups, table blends, pancake, reduced-calorie

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	54.90		1		4		131.76	8.24	15.56
Energy	kcal	164		0		4		394	25	46
Energy	kj	686				4		1647	103	195
Protein (N x 6.25)	g	0.00		1		4		0.00	0.00	0.00
Total lipid (fat)	g	0.00		1		4		0.00	0.00	0.00
Ash	g	0.70		1		4		1.68	0.11	0.20
Carbohydrate, by difference	g	44.30		0	NC	4		106.32	6.65	12.56
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		1		4		2	0	0
Iron, Fe	mg	0.02		1		4		0.05	0.00	0.01
Magnesium, Mg	mg	0		1		4		0	0	0
Phosphorus, P	mg	43		1		4		103	6	12
Potassium, K	mg	3		1		4		7	0	1
Sodium, Na	mg	200	17.901	4		1		480	30	57
Zinc, Zn	mg	0.02		1		4		0.05	0.00	0.01
Copper, Cu	mg	0.003		1		4		0.007	0.000	0.001
Manganese, Mn	mg	0.088		1		4		0.211	0.013	0.025
Selenium, Se	mcg	0.4		0	BFSN	4		1.0	0.1	0.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	0.0
Thiamin	mg	0.011		1		4		0.026	0.002	0.003
Riboflavin	mg	0.009		1		4		0.022	0.001	0.003
Niacin	mg	0.020		1		4		0.048	0.003	0.006
Pantothenic acid	mg	0.023		1		4		0.055	0.003	0.007
Vitamin B-6	mg	0.000		1		4		0.000	0.000	0.000
Folate, total	mcg	0		1		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		1		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		1		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		7		0.000	0.000	0.000
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		7		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000

NDB No. 19128
Syrups, table blends, pancake, reduced-calorie

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

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

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

Food Group: 19 Sweets

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

NDB No. 19360
Syrups, table blends, pancake, with 2% maple

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	30.10	1.274	3		1		94.82	6.02	
Energy	kcal	265		0	NC	4		835	53	
Energy	kj	1109				4		3493	222	
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00	
Total lipid (fat)	g	0.10	0.060	3		1		0.32	0.02	
Ash	g	0.20	0.064	3		1		0.63	0.04	
Carbohydrate, by difference	g	69.60		0	NC	4		219.24	13.92	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		2		1		16	1	
Iron, Fe	mg	0.07		2		1		0.22	0.01	
Magnesium, Mg	mg	2		2		1		6	0	
Phosphorus, P	mg	10		2		1		32	2	
Potassium, K	mg	6		1		1		19	1	
Sodium, Na	mg	61	10.136	7		1		192	12	
Zinc, Zn	mg	0.23		2		1		0.72	0.05	
Copper, Cu	mg	0.045		2		1		0.142	0.009	
Manganese, Mn	mg	0.185		2		1		0.583	0.037	
Selenium, Se	mcg	0.6		0	BFSN	4		1.9	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.005		2		1		0.016	0.001	
Riboflavin	mg	0.017		2		1		0.054	0.003	
Niacin	mg	0.020		1		4		0.063	0.004	
Pantothenic acid	mg	0.008		2		1		0.025	0.002	
Vitamin B-6	mg	0.000		2		1		0.000	0.000	
Folate, total	mcg	0		2		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		2		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.018		0		4		0.057	0.004	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.018		0		4		0.057	0.004	
17:0	g									
18:0	g	0.002		0		4		0.006	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.032		0		4		0.101	0.006	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	

NDB No. 19360
Syrups, table blends, pancake, with 2% maple

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.032		0		4		0.101	0.006	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.050		0		4		0.158	0.010	
18:2 undifferentiated ... g	0.050		0		4		0.158	0.010	
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:6 n-3 ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19720
Syrups, table blends, pancake, with 2% maple, with added potassium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	30.10	1.274	3		1		94.82	6.02	
Energy	kcal	265		0	NC	4		835	53	
Energy	kj	1109				4		3493	222	
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00	
Total lipid (fat)	g	0.10	0.060	3		1		0.32	0.02	
Ash	g	0.20	0.064	3		1		0.63	0.04	
Carbohydrate, by difference	g	69.60		0	NC	4		219.24	13.92	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		2		1		16	1	
Iron, Fe	mg	0.07		2		1		0.22	0.01	
Magnesium, Mg	mg	2		2		1		6	0	
Phosphorus, P	mg	10		2		1		32	2	
Potassium, K	mg	22		0		1		69	4	
Sodium, Na	mg	61	10.136	7		1		192	12	
Zinc, Zn	mg	0.23		2		1		0.72	0.05	
Copper, Cu	mg	0.045		2		1		0.142	0.009	
Manganese, Mn	mg	0.185		2		1		0.583	0.037	
Selenium, Se	mcg	0.6		0	BFSN	4		1.9	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.005		2		1		0.016	0.001	
Riboflavin	mg	0.017		2		1		0.054	0.003	
Niacin	mg	0.020		1		4		0.063	0.004	
Pantothenic acid	mg	0.008		2		1		0.025	0.002	
Vitamin B-6	mg	0.000		2		1		0.000	0.000	
Folate, total	mcg	0		2		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		2		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		1		4		0	0	
Phytosterols	mg									

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

Common Measures:

Measure 1 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

NDB No. 19720
Syrups, table blends, pancake, with 2% maple, with added potassium

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

Food Group: 19 Sweets

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

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	24.00		0		1		75.60	4.80	
Energy	kcal	296		0	NC	4		932	59	
Energy	kj	1238				4		3901	248	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	1.60		0		1		5.04	0.32	
Ash	g	0.20		0		1		0.63	0.04	
Carbohydrate, by difference	g	74.10		0	NC	4		233.42	14.82	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0		1		6	0	
Iron, Fe	mg	0.09		0		1		0.28	0.02	
Magnesium, Mg	mg	2		0		1		6	0	
Phosphorus, P	mg	10		0		1		32	2	
Potassium, K	mg	3		0		1		9	1	
Sodium, Na	mg	98		0		1		309	20	
Zinc, Zn	mg	0.04		0		1		0.13	0.01	
Copper, Cu	mg	0.209		0		1		0.658	0.042	
Manganese, Mn	mg	0.086		0		1		0.271	0.017	
Selenium, Se	mcg	0.7		0	RA	4		2.2	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.011		0		1		0.035	0.002	
Riboflavin	mg	0.009		0		1		0.028	0.002	
Niacin	mg	0.020		0		1		0.063	0.004	
Pantothenic acid	mg	0.025		0		1		0.079	0.005	
Vitamin B-6	mg	0.000		0		1		0.000	0.000	
Folate, total	mcg	0		0	RA	4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0	RA	4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	61		0		1		192	12	
Vitamin A, RAE	mcg_RAE	14		0	NC	4		44	3	
Retinol	mcg	13		0	NC	4		41	3	
Vitamin E	mg_ATE	0.031		0	RA	4		0.098	0.006	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.010		0		1		3.182	0.202	
4:0	g	0.050		0		1		0.158	0.010	
6:0	g	0.030		0		1		0.095	0.006	
8:0	g	0.020		0		1		0.063	0.004	
10:0	g	0.040		0		1		0.126	0.008	
12:0	g	0.050		0		1		0.158	0.010	
13:0	g									
14:0	g	0.160		0		1		0.504	0.032	
15:0	g									
16:0	g	0.430		0		1		1.355	0.086	
17:0	g									
18:0	g	0.200		0		1		0.630	0.040	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.470		0		1		1.481	0.094	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		0		1		0.126	0.008	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	0.410		0		1		1.292	0.082	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.060		0		1		0.189	0.012	
18:2 undifferentiated ... g	0.040		0		1		0.126	0.008	
18:3 undifferentiated ... g	0.020		0		1		0.063	0.004	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	4		0		1		13	1	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	
Threonine ... g	0.001		0		1		0.003	0.000	
Isoleucine ... g	0.001		0		1		0.003	0.000	
Leucine ... g	0.002		0		1		0.006	0.000	
Lysine ... g	0.001		0		1		0.003	0.000	
Methionine ... g	0.000		0		1		0.000	0.000	
Cystine ... g	0.000		0		1		0.000	0.000	
Phenylalanine ... g	0.001		0		1		0.003	0.000	
Tyrosine ... g	0.001		0		1		0.003	0.000	
Valine ... g	0.001		0		1		0.003	0.000	
Arginine ... g	0.001		0		1		0.003	0.000	
Histidine ... g	0.000		0		1		0.000	0.000	
Alanine ... g	0.001		0		1		0.003	0.000	
Aspartic acid ... g	0.001		0		1		0.003	0.000	
Glutamic acid ... g	0.004		0		1		0.013	0.001	
Glycine ... g	0.000		0		1		0.000	0.000	
Proline ... g	0.002		0		1		0.006	0.000	
Serine ... g	0.001		0		1		0.003	0.000	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19125
Topping, chocolate-flavored hazelnut spread

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	FLC	4				
Energy	kcal	498		0	FLC	4				
Energy	kj	2084				4				
Protein	g	5.89		0	FLC	4				
Total lipid (fat)	g	29.03		0	FLC	4				
Ash	g	1.45		0	FLC	4				
Carbohydrate, by difference	g	61.29		0	FLC	4				
Fiber, total dietary	g	3.1		0	FLC	4				
Sugars, total	g	54.84		0	LC	8				
Starch	g									
Minerals:										
Calcium, Ca	mg	129		0	FLC	4				
Iron, Fe	mg	1.70		0	FLC	4				
Magnesium, Mg	mg	89		0	FLC	4				
Phosphorus, P	mg	173		0	FLC	4				
Potassium, K	mg	381		0	FLC	4				
Sodium, Na	mg	40		0	FLC	4				
Zinc, Zn	mg	1.16		0	FLC	4				
Copper, Cu	mg	0.532		0	FLC	4				
Manganese, Mn	mg	0.605		0	FLC	4				
Selenium, Se	mcg	3.8		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0	FLC	4				
Thiamin	mg	0.120		0	FLC	4				
Riboflavin	mg	0.171		0	FLC	4				
Niacin	mg	0.426		0	FLC	4				
Pantothenic acid	mg	0.462		0	FLC	4				
Vitamin B-6	mg	0.136		0	FLC	4				
Folate, total	mcg	18		0	FLC	4				
Folic acid	mcg	0		0	O	4				
Folate, food	mcg	18		0	FLC	4				
Folate, DFE	mcg_DFE	18		0	NC	4				
Vitamin B-12	mcg	0.29		0	FLC	4				
Vitamin A, IU	IU	15		0	FLC	4				
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	6.267		0	FLC	4				
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.275		0	FLC	4				
4:0	g	0.002		0	FLC	4				
6:0	g	0.000		0	FLC	4				
8:0	g	0.000		0	FLC	4				
10:0	g	0.001		0	FLC	4				
12:0	g	0.001		0	FLC	4				
13:0	g									
14:0	g	0.045		0	FLC	4				
15:0	g									
16:0	g	2.480		0	FLC	4				
17:0	g									
18:0	g	0.905		0	FLC	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	16.281		0	FLC	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.059		0	FLC	4				

NDB No. 19125
Topping, chocolate-flavored hazelnut spread

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	15.971		0	FLC	4				
20:1 ... g	0.225		0	FLC	4				
22:1 undifferentiated ... g	0.000		0	FLC	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	6.770		0	FLC	4				
18:2 undifferentiated ... g	6.673		0	FLC	4				
18:3 undifferentiated ... g	0.094		0	FLC	4				
18:4 ... g	0.000		0	FLC	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLC	4				
20:5 n-3 ... g	0.000		0	FLC	4				
22:5 n-3 ... g	0.000		0	FLC	4				
22:6 n-3 ... g	0.000		0	FLC	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0	FLC	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4				
Caffeine ... mg	6		0	FLC	4				
Theobromine ... mg	187		0	FLC	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19364
Toppings, butterscotch or caramel

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	32.00		1		4		13.12		
Energy	kcal	252		0		4		103		
Energy	kj	1054				4		432		
Protein (N x 6.38)	g	1.50		2		1		0.62		
Total lipid (fat)	g	0.10		2		1		0.04		
Ash	g	0.50		1		4		0.21		
Carbohydrate, by difference	g	65.90		0	NC	4		27.02		
Fiber, total dietary	g	0.9		0		4		0.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	53		2		1		22		
Iron, Fe	mg	0.20		2		1		0.08		
Magnesium, Mg	mg	7		1		1		3		
Phosphorus, P	mg	47		1		4		19		
Potassium, K	mg	84		1		4		34		
Sodium, Na	mg	349		1		4		143		
Zinc, Zn	mg	0.19		1		4		0.08		
Copper, Cu	mg	0.024		1		4		0.010		
Manganese, Mn	mg	0.050		1		4		0.021		
Selenium, Se	mcg	0.0		0	BFFN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		1		4		0.1		
Thiamin	mg	0.012		1		4		0.005		
Riboflavin	mg	0.095		2		1		0.039		
Niacin	mg	0.039		1		4		0.016		
Pantothenic acid	mg	0.158		1		4		0.065		
Vitamin B-6	mg	0.014		1		4		0.006		
Folate, total	mcg	2		1		4		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	2		1		4		1		
Folate, DFE	mcg_DFE	2		0	NC	4		1		
Vitamin B-12	mcg	0.09		1		4		0.04		
Vitamin A, IU	IU	90		1		4		37		
Vitamin A, RAE	mcg_RAE	27		0	NC	4		11		
Retinol	mcg	27		0	O	4		11		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.110		0		1		0.045		
4:0	g	0.000		1		1		0.000		
6:0	g	0.000		1		1		0.000		
8:0	g	0.010		1		1		0.004		
10:0	g	0.010		1		1		0.004		
12:0	g	0.040		1		1		0.016		
13:0	g									
14:0	g	0.020		1		1		0.008		
15:0	g									
16:0	g	0.020		1		1		0.008		
17:0	g									
18:0	g	0.010		1		1		0.004		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.020		0		1		0.008		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		1		1		0.000		

NDB No. 19364
Toppings, butterscotch or caramel

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.020		1		1		0.008		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		1		0.000		
18:2 undifferentiated ... g	0.000		1		1		0.000		
18:3 undifferentiated ... g	0.000		1		1		0.000		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	1		1		4		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.020		0		1		0.008		
Threonine ... g	0.066		0		1		0.027		
Isoleucine ... g	0.088		0		1		0.036		
Leucine ... g	0.143		0		1		0.059		
Lysine ... g	0.116		0		1		0.048		
Methionine ... g	0.036		0		1		0.015		
Cystine ... g	0.013		0		1		0.005		
Phenylalanine ... g	0.070		0		1		0.029		
Tyrosine ... g	0.070		0		1		0.029		
Valine ... g	0.098		0		1		0.040		
Arginine ... g	0.053		0		1		0.022		
Histidine ... g	0.040		0		1		0.016		
Alanine ... g	0.050		0		1		0.021		
Aspartic acid ... g	0.111		0		1		0.046		
Glutamic acid ... g	0.305		0		1		0.125		
Glycine ... g	0.031		0		1		0.013		
Proline ... g	0.141		0		1		0.058		
Serine ... g	0.079		0		1		0.032		
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 41g: 2 tbsp

Calories Factors: **Protein** 4.27 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19365
Toppings, marshmallow cream

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	19.80		1	A	1		5.61	39.20	
Energy	kcal	322		0	NC	4		91	638	
Energy	kj	1347				4		382	2668	
Protein (N x 0)	g	0.80		1	A	1		0.23	1.58	
Total lipid (fat)	g	0.30		1	A	1		0.09	0.59	
Ash	g	0.10		1	A	1		0.03	0.20	
Carbohydrate, by difference	g	79.00		0	NC	4		22.40	156.42	
Fiber, total dietary	g	0.1		0	BFSN	4		0.0	0.2	
Sugars, total	g	46.80		1	A	1		13.27	92.66	
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	BFSN	4		1	6	
Iron, Fe	mg	0.22		0	BFSN	4		0.06	0.44	
Magnesium, Mg	mg	2		0	BFSN	4		1	4	
Phosphorus, P	mg	8		0	BFSN	4		2	16	
Potassium, K	mg	5		0	BFSN	4		1	10	
Sodium, Na	mg	49		1	A	1		14	97	
Zinc, Zn	mg	0.04		0	BFSN	4		0.01	0.08	
Copper, Cu	mg	0.095		0	BFSN	4		0.027	0.188	
Manganese, Mn	mg	0.008		0	BFSN	4		0.002	0.016	
Selenium, Se	mcg	1.9		0	BFZN	4		0.5	3.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFSN	4		0.0	0.0	
Thiamin	mg	0.001		0	BFSN	4		0.000	0.002	
Riboflavin	mg	0.001		0	BFSN	4		0.000	0.002	
Niacin	mg	0.076		0	BFSN	4		0.022	0.150	
Pantothenic acid	mg	0.005		0	BFSN	4		0.001	0.010	
Vitamin B-6	mg	0.002		0	BFSN	4		0.001	0.004	
Folate, total	mcg	1		0	BFSN	4		0	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0	BFSN	4		0	2	
Folate, DFE	mcg_DFE	1		0	NC	4		0	2	
Vitamin B-12	mcg	0.00		0	BFSN	4		0.00	0.00	
Vitamin A, IU	IU	1		0	BFSN	4		0	2	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0	BFFN	4		0.000	0.000	
Tocopherol, alpha	mg	0.00		0		7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.056		0	BFFN	4		0.016	0.111	
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	0.001		0	BFFN	4		0.000	0.002	
15:0	g									
16:0	g	0.040		0	BFFN	4		0.011	0.079	
17:0	g									
18:0	g	0.015		0	BFFN	4		0.004	0.030	
20:0	g									
22:0	g									
24:0	g									

NDB No. 19365
Toppings, marshmallow cream

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.080		0	BFFN	4		0.023	0.158	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	BFFN	4		0.001	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.076		0	BFFN	4		0.022	0.150	
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	0.047		0	BFFN	4		0.013	0.093	
18:2 undifferentiated.....g	0.045		0	BFFN	4		0.013	0.089	
18:3 undifferentiated.....g	0.001		0	BFFN	4		0.000	0.002	
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	0.001		0	BFFN	4		0.000	0.002	
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	BFSN	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.034		0		4		0.010	0.067	
Isoleucine.....g	0.028		0		4		0.008	0.055	
Leucine.....g	0.064		0		4		0.018	0.127	
Lysine.....g	0.075		0		4		0.021	0.149	
Methionine.....g	0.015		0		4		0.004	0.030	
Cystine.....g	0.002		0		4		0.001	0.004	
Phenylalanine.....g	0.041		0		4		0.012	0.081	
Tyrosine.....g	0.010		0		4		0.003	0.020	
Valine.....g	0.049		0		4		0.014	0.097	
Arginine.....g	0.144		0		4		0.041	0.285	
Histidine.....g	0.017		0		4		0.005	0.034	
Alanine.....g	0.176		0		4		0.050	0.348	
Aspartic acid.....g	0.118		0		4		0.033	0.234	
Glutamic acid.....g	0.203		0		4		0.058	0.402	
Glycine.....g	0.407		0		4		0.115	0.806	
Proline.....g	0.269		0		4		0.076	0.533	
Serine.....g	0.059		0		4		0.017	0.117	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	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 = 28.35g: 1 oz

Measure 2 = 198g: 1 jar

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

Food Group: 19 Sweets

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

NDB No. 19367
Toppings, nuts in syrup

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	18.60		1		4		61.01	7.63	
Energy	kcal	408		0		4		1338	167	
Energy	kj	1707				4		5599	700	
Protein (N x 5.3)	g	4.50		2		1		14.76	1.85	
Total lipid (fat)	g	22.00		2		1		72.16	9.02	
Ash	g	1.60		1		4		5.25	0.66	
Carbohydrate, by difference	g	53.40		0	NC	4		175.15	21.89	
Fiber, total dietary	g	1.6		0		4		5.2	0.7	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	40		1		4		131	16	
Iron, Fe	mg	1.05		2		1		3.44	0.43	
Magnesium, Mg	mg	63		1		4		207	26	
Phosphorus, P	mg	111		1		4		364	46	
Potassium, K	mg	209		1		4		686	86	
Sodium, Na	mg	42		1		4		138	17	
Zinc, Zn	mg	1.04		1		4		3.41	0.43	
Copper, Cu	mg	0.475		1		4		1.558	0.195	
Manganese, Mn	mg	1.040		1		4		3.411	0.426	
Selenium, Se	mcg	1.4		0	BFPN	4		4.6	0.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		1		4		3.6	0.5	
Thiamin	mg	0.180		2		1		0.590	0.074	
Riboflavin	mg	0.120		1		1		0.394	0.049	
Niacin	mg	0.413		1		4		1.355	0.169	
Pantothenic acid	mg	0.210		1		4		0.689	0.086	
Vitamin B-6	mg	0.186		1		4		0.610	0.076	
Folate, total	mcg	21		0		4		69	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	21		0		4		69	9	
Folate, DFE	mcg_DFE	21		0	NC	4		69	9	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	41		1		4		134	17	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		7	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.870		0		4		2.854	0.357	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.960		0		1		6.429	0.804	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.070		1		1		0.230	0.029	
15:0	g									
16:0	g	1.510		1		1		4.953	0.619	
17:0	g									
18:0	g	0.380		1		1		1.246	0.156	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.970		0		1		16.302	2.038	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.060		1		1		0.197	0.025	

NDB No. 19367
Toppings, nuts in syrup

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	4.730		1		1		15.514	1.939	
20:1 ... g	0.190		1		1		0.623	0.078	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	13.730		0		1		45.034	5.629	
18:2 undifferentiated ... g	11.300		1		1		37.064	4.633	
18:3 undifferentiated ... g	2.420		1		1		7.938	0.992	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.010		1		1		0.033	0.004	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.059		0		1		0.194	0.024	
Threonine ... g	0.139		0		1		0.456	0.057	
Isoleucine ... g	0.176		0		1		0.577	0.072	
Leucine ... g	0.309		0		1		1.014	0.127	
Lysine ... g	0.121		0		1		0.397	0.050	
Methionine ... g	0.087		0		1		0.285	0.036	
Cystine ... g	0.108		0		1		0.354	0.044	
Phenylalanine ... g	0.196		0		1		0.643	0.080	
Tyrosine ... g	0.137		0		1		0.449	0.056	
Valine ... g	0.225		0		1		0.738	0.092	
Arginine ... g	0.655		0		1		2.148	0.269	
Histidine ... g	0.112		0		1		0.367	0.046	
Alanine ... g	0.190		0		1		0.623	0.078	
Aspartic acid ... g	0.459		0		1		1.506	0.188	
Glutamic acid ... g	0.875		0		1		2.870	0.359	
Glycine ... g	0.235		0		1		0.771	0.096	
Proline ... g	0.172		0		1		0.564	0.071	
Serine ... g	0.244		0		1		0.800	0.100	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 328g: 1 cup

Measure 2 = 41g: 2 tbsp

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19366
Toppings, pineapple

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	33.00		1		4		112.20	13.86	
Energy	kcal	253		0		4		860	106	
Energy	kj	1059				4		3599	445	
Protein (N x 6.25)	g	0.10		0		4		0.34	0.04	
Total lipid (fat)	g	0.10		1		4		0.34	0.04	
Ash	g	0.40		1		4		1.36	0.17	
Carbohydrate, by difference	g	66.40		0	NC	4		225.76	27.89	
Fiber, total dietary	g	1.0		0		4		3.4	0.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	22		0		4		75	9	
Iron, Fe	mg	0.48		0		4		1.63	0.20	
Magnesium, Mg	mg	2		1		4		7	1	
Phosphorus, P	mg	8		0		4		27	3	
Potassium, K	mg	317		0		4		1078	133	
Sodium, Na	mg	63		0		4		214	26	
Zinc, Zn	mg	0.48		1		4		1.63	0.20	
Copper, Cu	mg	0.033		1		4		0.112	0.014	
Manganese, Mn	mg	0.713		1		4		2.424	0.299	
Selenium, Se	mcg	3.0		0	BFSN	4		10.2	1.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	58.6		0		4		199.2	24.6	
Thiamin	mg	0.030		1		4		0.102	0.013	
Riboflavin	mg	0.010		1		4		0.034	0.004	
Niacin	mg	0.090		1		4		0.306	0.038	
Pantothenic acid	mg	0.030		1		4		0.102	0.013	
Vitamin B-6	mg	0.020		1		4		0.068	0.008	
Folate, total	mcg	3		1		4		10	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		1		4		10	1	
Folate, DFE	mcg_DFE	3		0	NC	4		10	1	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	21		0		4		71	9	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		4	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.018		0		4		0.061	0.008	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.018		0		4		0.061	0.008	
17:0	g									
18:0	g	0.002		0		4		0.007	0.001	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.032		0		4		0.109	0.013	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	

NDB No. 19366
Toppings, pineapple

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.032		0		4		0.109	0.013	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.050		0		4		0.170	0.021	
18:2 undifferentiated ... g	0.050		0		4		0.170	0.021	
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:6 n-3 ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 340g: 1 cup

Measure 2 = 42g: 2 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19137
Toppings, strawberry

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	33.00		1		4		112.20	13.86	
Energy	kcal	254		0		4		864	107	
Energy	kj	1063				4		3613	446	
Protein (N x 6.25)	g	0.20		0		4		0.68	0.08	
Total lipid (fat)	g	0.10		0		4		0.34	0.04	
Ash	g	0.40		1		4		1.36	0.17	
Carbohydrate, by difference	g	66.30		0	NC	4		225.42	27.85	
Fiber, total dietary	g	1.0		0		4		3.4	0.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	24		0		4		82	10	
Iron, Fe	mg	0.97		0		4		3.30	0.41	
Magnesium, Mg	mg	4		1		4		14	2	
Phosphorus, P	mg	13		0		4		44	5	
Potassium, K	mg	73		0		4		248	31	
Sodium, Na	mg	21		0		4		71	9	
Zinc, Zn	mg	0.49		1		4		1.67	0.21	
Copper, Cu	mg	0.029		1		4		0.099	0.012	
Manganese, Mn	mg	0.040		1		4		0.136	0.017	
Selenium, Se	mcg	2.0		0	BFSN	4		6.8	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	24.9		0		4		84.7	10.5	
Thiamin	mg	0.010		1		4		0.034	0.004	
Riboflavin	mg	0.020		1		4		0.068	0.008	
Niacin	mg	0.245		0		4		0.833	0.103	
Pantothenic acid	mg	0.110		1		4		0.374	0.046	
Vitamin B-6	mg	0.020		1		4		0.068	0.008	
Folate, total	mcg	2		1		4		7	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		1		4		7	1	
Folate, DFE	mcg_DFE	2		0	NC	4		7	1	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	18		0		4		61	8	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		3	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.140		0		4		0.476	0.059	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.005		0		4		0.017	0.002	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.004		0		4		0.014	0.002	
17:0	g									
18:0	g	0.001		0		4		0.003	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.014		0		4		0.048	0.006	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	

NDB No. 19137
Toppings, strawberry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
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17:1 ... g									
18:1 undifferentiated ... g	0.014		0		4		0.048	0.006	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.050		0		4		0.170	0.021	
18:2 undifferentiated ... g	0.029		0		4		0.099	0.012	
18:3 undifferentiated ... g	0.021		0		4		0.071	0.009	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:6 n-3 ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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Food Group: 19 Sweets

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