NDB No. 43212
Bacon bits, meatless

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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				4		0.56		
Energy	kcal	476		0	NC	4		33		
Energy	kj	1989		0	NC	4		139		
Protein	g	32.00				4		2.24		
Total lipid (fat)	g	25.90				4		1.81		
Ash	g	5.50		0	O	4		0.39		
Carbohydrate, by difference	g	28.60		0	NC	4		2.00		
Fiber, total dietary	g	10.2				4		0.7		
Sugars, total	g	0.00		0	LC	8		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	101				4		7		
Iron, Fe	mg	0.72				4		0.05		
Magnesium, Mg	mg	95				4		7		
Phosphorus, P	mg	217				4		15		
Potassium, K	mg	145				4		10		
Sodium, Na	mg	1770				4		124		
Zinc, Zn	mg	1.87				4		0.13		
Copper, Cu	mg	0.539				4		0.038		
Manganese, Mn	mg									
Selenium, Se	mcg	7.4		1	A	1		0.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9				4		0.1		
Thiamin	mg	0.600				4		0.042		
Riboflavin	mg	0.070				4		0.005		
Niacin	mg	1.600				4		0.112		
Pantothenic acid	mg									
Vitamin B-6	mg	0.080				4		0.006		
Folate, total	mcg	127				4		9		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	127				4		9		
Folate, DFE	mcg_DFE	127		0	NC	4		9		
Vitamin B-12	mcg	1.20				4		0.08		
Vitamin A, IU	IU	0		0	AS	1		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	6.90		0	O	4		0.48		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0		
Lipids:										
Fatty acids, total saturated	g	4.055				4		0.284		
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	0.215				4		0.015		
13:0	g									
14:0	g	0.143				4		0.010		
15:0	g									
16:0	g	2.672				4		0.187		
17:0	g									
18:0	g	1.026				4		0.072		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43212
Bacon bits, meatless

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.225				4		0.436		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	6.225				4		0.436		
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	13.548				4		0.948		
18:2 undifferentiated.....g	12.070				4		0.845		
18:3 undifferentiated.....g	1.479				4		0.104		
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				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		
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16104
Bacon, meatless

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	48.98		2		1		70.53	7.84	2.45
Energy	kcal	310		0	NC	4		446	50	15
Energy	kj	1296		0	NC	4		1867	207	65
Protein (N x 5.71)	g	10.68		2		1		15.38	1.71	0.53
Total lipid (fat)	g	29.52		2		1		42.51	4.72	1.48
Ash	g	4.50		2		1		6.48	0.72	0.23
Carbohydrate, by difference	g	6.32		0	NC	4		9.10	1.01	0.32
Fiber, total dietary	g	2.6		0		1		3.7	0.4	0.1
Sugars, total	g	0.00		0	LC	8		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	23		2		1		33	4	1
Iron, Fe	mg	2.41		2		1		3.47	0.39	0.12
Magnesium, Mg	mg	19		2		1		27	3	1
Phosphorus, P	mg	70		2		1		101	11	4
Potassium, K	mg	170		2		1		245	27	9
Sodium, Na	mg	1465		2		1		2110	234	73
Zinc, Zn	mg	0.42		2		1		0.60	0.07	0.02
Copper, Cu	mg	0.105		2		1		0.151	0.017	0.005
Manganese, Mn	mg	0.205		2		1		0.295	0.033	0.010
Selenium, Se	mcg	7.4		0	BFZN	4		10.7	1.2	0.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	4.400		0		1		6.336	0.704	0.220
Riboflavin	mg	0.481		2		1		0.693	0.077	0.024
Niacin	mg	7.560		2		1		10.886	1.210	0.378
Pantothenic acid	mg	0.113		2		1		0.163	0.018	0.006
Vitamin B-6	mg	0.479		2		1		0.690	0.077	0.024
Folate, total	mcg	42		2		1		60	7	2
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	42		2		1		60	7	2
Folate, DFE	mcg_DFE	42		0	NC	4		60	7	2
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	0.00
Vitamin A, IU	IU	88		0	NC	4		127	14	4
Vitamin A, RAE	mcg_RAE	4		0	NC	4		6	1	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	6.90		0	O	4		9.94	1.10	0.35
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	4.622		0		1		6.656	0.740	0.231
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	0.245		0		1		0.353	0.039	0.012
13:0	g									
14:0	g	0.163		0		1		0.235	0.026	0.008
15:0	g									
16:0	g	3.045		0		1		4.385	0.487	0.152
17:0	g									
18:0	g	1.169		0		1		1.683	0.187	0.058
20:0	g									
22:0	g									
24:0	g									

NDB No. 16104
Bacon, meatless

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.095		0		1		10.217	1.135	0.355
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	7.095		0		1		10.217	1.135	0.355
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	15.441		0		1		22.235	2.471	0.772
18:2 undifferentiated.....g	13.756		0		1		19.809	2.201	0.688
18:3 undifferentiated.....g	1.686		0		1		2.428	0.270	0.084
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		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.161		12		1		0.232	0.026	0.008
Threonine.....g	0.453		18		1		0.652	0.072	0.023
Isoleucine.....g	0.559		18		1		0.805	0.089	0.028
Leucine.....g	0.914		18		1		1.316	0.146	0.046
Lysine.....g	0.727		18		1		1.047	0.116	0.036
Methionine.....g	0.146		17		1		0.210	0.023	0.007
Cystine.....g	0.176		14		1		0.253	0.028	0.009
Phenylalanine.....g	0.611		17		1		0.880	0.098	0.031
Tyrosine.....g	0.400		17		1		0.576	0.064	0.020
Valine.....g	0.593		18		1		0.854	0.095	0.030
Arginine.....g	0.875		15		1		1.260	0.140	0.044
Histidine.....g	0.299		15		1		0.431	0.048	0.015
Alanine.....g	0.492		14		1		0.708	0.079	0.025
Aspartic acid.....g	1.330		13		1		1.915	0.213	0.067
Glutamic acid.....g	2.429		14		1		3.498	0.389	0.121
Glycine.....g	0.473		14		1		0.681	0.076	0.024
Proline.....g	0.643		14		1		0.926	0.103	0.032
Serine.....g	0.626		14		1		0.901	0.100	0.031
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
Carotenoids:									
Carotene, beta.....mcg	53		0	o	4		76.032	8.448	2.640
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 144g: 1 cup

Measure 2 = 16g: 1 oz cooked, yield

Measure 3 = 5.0g: 1 strip

NDB No. 16104
Bacon, meatless

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43449
Baked beans, canned, no salt added

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.60				1		183.68		
Energy	kcal	105		0	NC	4		266		
Energy	kj	440		0	NC	4		1114		
Protein	g	4.80				1		12.14		
Total lipid (fat)	g	0.40				1		1.01		
Ash	g	1.59		0	BFSN	4		4.03		
Carbohydrate, by difference	g	20.61		0	NC	4		52.14		
Fiber, total dietary	g	5.5				1		13.9		
Sugars, total	g	7.32		0	BFSN	4		18.53		
Starch	g									
Minerals:										
Calcium, Ca	mg	50				1		127		
Iron, Fe	mg	0.29				1		0.73		
Magnesium, Mg	mg	32				1		81		
Phosphorus, P	mg	104				1		263		
Potassium, K	mg	296				1		749		
Sodium, Na	mg	1				4		3		
Zinc, Zn	mg	1.40				1		3.54		
Copper, Cu	mg	0.206				1		0.521		
Manganese, Mn	mg									
Selenium, Se	mcg	4.5		0	BFSN	4		11.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.1				1		7.8		
Thiamin	mg	0.150				1		0.380		
Riboflavin	mg	0.060				1		0.152		
Niacin	mg	0.430				1		1.088		
Pantothenic acid	mg									
Vitamin B-6	mg	0.130				1		0.329		
Folate, total	mcg	24				1		61		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	24				1		61		
Folate, DFE	mcg_DFE	24		0	NC	4		61		
Vitamin B-12	mcg	0.00				7		0.00		
Vitamin A, IU	IU	108		0	NC	4		274		
Vitamin A, RAE	mcg_RAE	5		0	NC	4		14		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.53		0	BFSN	4		1.34		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.9		0	BFSN	4		2.2		
Lipids:										
Fatty acids, total saturated	g	0.103				4		0.261		
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	0.000				4		0.000		
13:0	g									
14:0	g	0.000				4		0.000		
15:0	g									
16:0	g	0.097				4		0.245		
17:0	g									
18:0	g	0.006				4		0.015		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43449
Baked beans, canned, no salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.035				4		0.089		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.035				4		0.089		
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	0.172				4		0.435		
18:2 undifferentiated.....g	0.093				4		0.235		
18:3 undifferentiated.....g	0.078				4		0.197		
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		
Carotenoids:									
Carotene, beta.....mcg	65		0	BFSN	4		164.599		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	512		0	BFSN	4		1295.700		
Lutein + zeaxanthin.....mcg	20		0	BFSN	4		49.456		

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

Common Measures:

Measure 1 = 253g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42182
Bean beverage

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.90				4		209.07	26.18	
Energy	kcal	34		0	NC	4		79	10	
Energy	kj	144		0	NC	4		331	41	
Protein	g	2.80				4		6.44	0.81	
Total lipid (fat)	g	0.00				4		0.00	0.00	
Ash	g	0.50		0	O	4		1.14	0.14	
Carbohydrate, by difference	g	5.80		0	NC	4		13.35	1.67	
Fiber, total dietary	g	0.0				7		0.0	0.0	
Sugars, total	g	0.09		0	BFSN	4		0.20	0.03	
Starch	g									
Minerals:										
Calcium, Ca	mg	17				4		39	5	
Iron, Fe	mg	1.25				4		2.88	0.36	
Magnesium, Mg	mg	48				4		110	14	
Phosphorus, P	mg	92				4		212	26	
Potassium, K	mg	337				4		775	97	
Sodium, Na	mg	2				4		5	1	
Zinc, Zn	mg	0.37				4		0.85	0.11	
Copper, Cu	mg	0.000				4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	1.4		0	BFSN	4		3.2	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				4		0.0	0.0	
Thiamin	mg	0.150				4		0.345	0.043	
Riboflavin	mg	0.100				4		0.230	0.029	
Niacin	mg	0.620				4		1.426	0.179	
Pantothenic acid	mg									
Vitamin B-6	mg	0.100				4		0.230	0.029	
Folate, total	mcg	60				4		138	17	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	60				4		138	17	
Folate, DFE	mcg_DFE	60		0	NC	4		138	17	
Vitamin B-12	mcg	0.00				7		0.00	0.00	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.24		0	BFSN	4		0.55	0.07	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.9		0	BFSN	4		2.1	0.3	
Lipids:										
Fatty acids, total saturated	g	0.000				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									

NDB No. 42182
Bean beverage

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.000				4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	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				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				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 230g: 1 cup

Measure 2 = 28.8g: 1 fl oz

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16302
Beans, adzuki, mature seed, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.29		2		1		152.47		
Energy	kcal	128		0	NC	4		294		
Energy	kj	536				4		1232		
Protein (N x 6.25)	g	7.52		1		1		17.30		
Total lipid (fat)	g	0.10		2		1		0.23		
Ash	g	1.33		1		1		3.06		
Carbohydrate, by difference	g	24.77		0	NC	4		56.97		
Fiber, total dietary	g	7.3		0	BFSN	4		16.8		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	28		1		1		64		
Iron, Fe	mg	2.00		1		1		4.60		
Magnesium, Mg	mg	52		1		1		120		
Phosphorus, P	mg	168		1		1		386		
Potassium, K	mg	532		1		1		1224		
Sodium, Na	mg	244		0		1		561		
Zinc, Zn	mg	1.77		0		1		4.07		
Copper, Cu	mg	0.298		0		1		0.685		
Manganese, Mn	mg	0.573		0		1		1.318		
Selenium, Se	mcg	1.2		0	BFSN	4		2.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.115		0		1		0.265		
Riboflavin	mg	0.064		0		1		0.147		
Niacin	mg	0.717		0		1		1.649		
Pantothenic acid	mg	0.430		0		4		0.989		
Vitamin B-6	mg	0.096		0		4		0.221		
Folate, total	mcg	121		0		4		279		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	121		0		4		279		
Folate, DFE	mcg_DFE	121		0	NC	4		279		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	6		0		1		14		
Vitamin A, RAE	mcg_RAE	0		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.036		0		4		0.083		
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.009		0		4		0.021		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g									
18:2 undifferentiated	g	0.021		0		4		0.048		
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									

NDB No. 16302
Beans, adzuki, mature seed, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.072		0		1		0.166		
Threonine....g	0.255		0		1		0.587		
Isoleucine....g	0.300		0		1		0.690		
Leucine....g	0.632		0		1		1.454		
Lysine....g	0.567		0		1		1.304		
Methionine....g	0.079		0		1		0.182		
Cystine....g	0.070		0		1		0.161		
Phenylalanine....g	0.398		0		1		0.915		
Tyrosine....g	0.224		0		1		0.515		
Valine....g	0.387		0		1		0.890		
Arginine....g	0.486		0		1		1.118		
Histidine....g	0.198		0		1		0.455		
Alanine....g	0.439		0		1		1.010		
Aspartic acid....g	0.891		0		1		2.049		
Glutamic acid....g	1.173		0		1		2.698		
Glycine....g	0.286		0		1		0.658		
Proline....g	0.331		0		1		0.761		
Serine....g	0.369		0		1		0.849		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 230g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16003
Beans, adzuki, mature seeds, canned, sweetened

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	40.58		1		1		120.12		
Energy	kcal	237		0	NC	4		702		
Energy	kj	992				4		2935		
Protein (N x 6.25)	g	3.80		1		1		11.25		
Total lipid (fat)	g	0.03		1		1		0.09		
Ash	g	0.58		1		1		1.72		
Carbohydrate, by difference	g	55.01		0	NC	4		162.83		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	22		1		1		65		
Iron, Fe	mg	1.13		1		1		3.34		
Magnesium, Mg	mg	31		1		1		92		
Phosphorus, P	mg	74		1		1		219		
Potassium, K	mg	119		1		1		352		
Sodium, Na	mg	218		1		1		645		
Zinc, Zn	mg	1.56		0		4		4.62		
Copper, Cu	mg	0.265		0		4		0.784		
Manganese, Mn	mg	0.504		0		4		1.492		
Selenium, Se	mcg	3.2		0	BFSN	4		9.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.101		0		4		0.299		
Riboflavin	mg	0.056		0		4		0.166		
Niacin	mg	0.631		0		4		1.868		
Pantothenic acid	mg	0.378		0		4		1.119		
Vitamin B-6	mg	0.084		0		4		0.249		
Folate, total	mcg	107		0		4		316		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	107		0		4		316		
Folate, DFE	mcg_DFE	107		0	NC	4		316		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	5		0		4		15		
Vitamin A, RAE	mcg_RAE	0		0		4		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.011		0		4		0.033		
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.003		0		4		0.009		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g									
18:2 undifferentiated	g	0.006		0		4		0.018		
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									

NDB No. 16003
Beans, adzuki, mature seeds, canned, sweetened

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.036		0		1		0.107		
Threonine....g	0.129		0		1		0.382		
Isoleucine....g	0.151		0		1		0.447		
Leucine....g	0.319		0		1		0.944		
Lysine....g	0.286		0		1		0.847		
Methionine....g	0.040		0		1		0.118		
Cystine....g	0.035		0		1		0.104		
Phenylalanine....g	0.201		0		1		0.595		
Tyrosine....g	0.113		0		1		0.334		
Valine....g	0.196		0		1		0.580		
Arginine....g	0.246		0		1		0.728		
Histidine....g	0.100		0		1		0.296		
Alanine....g	0.222		0		1		0.657		
Aspartic acid....g	0.451		0		1		1.335		
Glutamic acid....g	0.593		0		1		1.755		
Glycine....g	0.145		0		1		0.429		
Proline....g	0.167		0		1		0.494		
Serine....g	0.187		0		1		0.554		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 296g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16002
Beans, adzuki, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.29		2		1		152.47		
Energy	kcal	128		0	NC	4		294		
Energy	kj	536				4		1232		
Protein (N x 6.25)	g	7.52		1		1		17.30		
Total lipid (fat)	g	0.10		2		1		0.23		
Ash	g	1.33		1		1		3.06		
Carbohydrate, by difference	g	24.77		0	NC	4		56.97		
Fiber, total dietary	g	7.3		0	BFSN	4		16.8		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	28		1		1		64		
Iron, Fe	mg	2.00		1		1		4.60		
Magnesium, Mg	mg	52		1		1		120		
Phosphorus, P	mg	168		1		1		386		
Potassium, K	mg	532		1		1		1224		
Sodium, Na	mg	8		1		1		18		
Zinc, Zn	mg	1.77		0		1		4.07		
Copper, Cu	mg	0.298		0		1		0.685		
Manganese, Mn	mg	0.573		0		1		1.318		
Selenium, Se	mcg	1.2		0	BFSN	4		2.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.115		0		1		0.265		
Riboflavin	mg	0.064		0		1		0.147		
Niacin	mg	0.717		0		1		1.649		
Pantothenic acid	mg	0.430		0		4		0.989		
Vitamin B-6	mg	0.096		0		4		0.221		
Folate, total	mcg	121		0		4		279		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	121		0		4		279		
Folate, DFE	mcg_DFE	121		0	NC	4		279		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	6		0		1		14		
Vitamin A, RAE	mcg_RAE	0		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.036		0		4		0.083		
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.009		0		4		0.021		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g									
18:2 undifferentiated	g	0.021		0		4		0.048		
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									

NDB No. 16002
Beans, adzuki, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.072		0		1		0.166		
Threonine....g	0.255		0		1		0.587		
Isoleucine....g	0.300		0		1		0.690		
Leucine....g	0.632		0		1		1.454		
Lysine....g	0.567		0		1		1.304		
Methionine....g	0.079		0		1		0.182		
Cystine....g	0.070		0		1		0.161		
Phenylalanine....g	0.398		0		1		0.915		
Tyrosine....g	0.224		0		1		0.515		
Valine....g	0.387		0		1		0.890		
Arginine....g	0.486		0		1		1.118		
Histidine....g	0.198		0		1		0.455		
Alanine....g	0.439		0		1		1.010		
Aspartic acid....g	0.891		0		1		2.049		
Glutamic acid....g	1.173		0		1		2.698		
Glycine....g	0.286		0		1		0.658		
Proline....g	0.331		0		1		0.761		
Serine....g	0.369		0		1		0.849		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 230g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16001
Beans, adzuki, mature seeds, raw
Vigna angularis

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	13.44		7		1		26.48		
Energy	kcal	329		0	NC	4		648		
Energy	kj	1377				4		2712		
Protein (N x 6.25)	g	19.87		6		1		39.14		
Total lipid (fat)	g	0.53		3		1		1.04		
Ash	g	3.26		3		1		6.42		
Carbohydrate, by difference	g	62.90		0	NC	4		123.91		
Fiber, total dietary	g	12.7		0		4		25.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	66		2		1		130		
Iron, Fe	mg	4.98		3		1		9.81		
Magnesium, Mg	mg	127		2		1		250		
Phosphorus, P	mg	381		3		1		751		
Potassium, K	mg	1254		1		1		2470		
Sodium, Na	mg	5		1		1		10		
Zinc, Zn	mg	5.04		1		1		9.93		
Copper, Cu	mg	1.094		1		1		2.155		
Manganese, Mn	mg	1.730		1		1		3.408		
Selenium, Se	mcg	3.1		0	BFSN	4		6.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.455		2		1		0.896		
Riboflavin	mg	0.220		2		1		0.433		
Niacin	mg	2.630		2		1		5.181		
Pantothenic acid	mg	1.471		0		4		2.898		
Vitamin B-6	mg	0.351		0		4		0.691		
Folate, total	mcg	622		0		4		1225		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	622		0		4		1225		
Folate, DFE	mcg_DFE	622		0	NC	4		1225		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	17		2		1		33		
Vitamin A, RAE	mcg_RAE	1		2		1		2		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.191		0		4		0.376		
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.050		0		4		0.099		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g									
18:2 undifferentiated	g	0.113		0		4		0.223		
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									

NDB No. 16001
Beans, adzuki, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0		
Phytosterols....mg	76		0		1		150		
Amino Acids:									
Tryptophan....g	0.191		6		1		0.376		
Threonine....g	0.674		8		1		1.328		
Isoleucine....g	0.791		8		1		1.558		
Leucine....g	1.668		8		1		3.286		
Lysine....g	1.497		8		1		2.949		
Methionine....g	0.210		9		1		0.414		
Cystine....g	0.184		8		1		0.362		
Phenylalanine....g	1.052		8		1		2.072		
Tyrosine....g	0.591		8		1		1.164		
Valine....g	1.023		8		1		2.015		
Arginine....g	1.284		8		1		2.529		
Histidine....g	0.524		8		1		1.032		
Alanine....g	1.160		8		1		2.285		
Aspartic acid....g	2.355		8		1		4.639		
Glutamic acid....g	3.099		8		1		6.105		
Glycine....g	0.756		8		1		1.489		
Proline....g	0.874		8		1		1.722		
Serine....g	0.976		8		1		1.923		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 197g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16004
Beans, adzuki, yokan, mature seeds

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	35.45		2		1		4.96		
Energy	kcal	260		0	NC	4		36		
Energy	kj	1088				4		152		
Protein (N x 6.25)	g	3.29		1		1		0.46		
Total lipid (fat)	g	0.12		1		1		0.02		
Ash	g	0.42		1		1		0.06		
Carbohydrate, by difference	g	60.72		0	NC	4		8.50		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		1		1		4		
Iron, Fe	mg	1.16		1		1		0.16		
Magnesium, Mg	mg	18		1		1		3		
Phosphorus, P	mg	40		1		1		6		
Potassium, K	mg	45		1		1		6		
Sodium, Na	mg	83		1		1		12		
Zinc, Zn	mg	0.07		0		1		0.01		
Copper, Cu	mg	0.029		0		1		0.004		
Manganese, Mn	mg	0.140		0		1		0.020		
Selenium, Se	mcg	2.3		0	BFSN	4		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.005		0		1		0.001		
Riboflavin	mg	0.004		0		1		0.001		
Niacin	mg	0.057		0		1		0.008		
Pantothenic acid	mg	0.099		0		1		0.014		
Vitamin B-6	mg	0.008		0		1		0.001		
Folate, total	mcg	8		0		1		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	8		0		1		1		
Folate, DFE	mcg_DFE	8		0	NC	4		1		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	1		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.043		0		4		0.006		
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.011		0		4		0.002		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g									
18:2 undifferentiated	g	0.026		0		4		0.004		
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									

NDB No. 16004
Beans, adzuki, yokan, mature seeds

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.032		0		1		0.004		
Threonine....g	0.112		0		1		0.016		
Isoleucine....g	0.131		0		1		0.018		
Leucine....g	0.276		0		1		0.039		
Lysine....g	0.248		0		1		0.035		
Methionine....g	0.035		0		1		0.005		
Cystine....g	0.031		0		1		0.004		
Phenylalanine....g	0.174		0		1		0.024		
Tyrosine....g	0.098		0		1		0.014		
Valine....g	0.169		0		1		0.024		
Arginine....g	0.213		0		1		0.030		
Histidine....g	0.087		0		1		0.012		
Alanine....g	0.192		0		1		0.027		
Aspartic acid....g	0.390		0		1		0.055		
Glutamic acid....g	0.513		0		1		0.072		
Glycine....g	0.125		0		1		0.018		
Proline....g	0.145		0		1		0.020		
Serine....g	0.161		0		1		0.023		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 14.0g: 1 slice

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16006
Beans, baked, canned, plain or vegetarian

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.65		4		1		184.53		
Energy	kcal	93		0	NC	4		235		
Energy	kj	388		0	NC	4		985		
Protein (N x 6.25)	g	4.79	0.033	3		1		12.17		
Total lipid (fat)	g	0.45	0.025	3		1		1.14		
Ash	g	1.59	0.094	3		1		4.04		
Carbohydrate, by difference	g	20.52		0	NC	4		52.12		
Fiber, total dietary	g	5.0		0		1		12.7		
Sugars, total	g	7.31		5	A	1		18.57		
Starch	g									
Minerals:										
Calcium, Ca	mg	50		0		1		127		
Iron, Fe	mg	0.29		1		1		0.74		
Magnesium, Mg	mg	32		0		1		81		
Phosphorus, P	mg	104		0		1		264		
Potassium, K	mg	296		0		1		752		
Sodium, Na	mg	397		0		1		1008		
Zinc, Zn	mg	1.40		0		1		3.56		
Copper, Cu	mg	0.206		0		1		0.523		
Manganese, Mn	mg	0.346		0		1		0.879		
Selenium, Se	mcg	4.7	0.080	24	A	1		11.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.1		0		4		7.9		
Thiamin	mg	0.153	0.016	3		1		0.389		
Riboflavin	mg	0.060	0.013	3		1		0.152		
Niacin	mg	0.428		0		1		1.087		
Pantothenic acid	mg	0.096		0		1		0.244		
Vitamin B-6	mg	0.134	0.022	3		1		0.340		
Folate, total	mcg	24		2		1		61		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	24		2		1		61		
Folate, DFE	mcg_DFE	24		0	NC	4		61		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	108		0	AS	1		275		
Vitamin A, RAE	mcg_RAE	5		0	AS	1		14		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.53		0	O	4		1.35		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.9	0.072	5	A	1		2.2		
Lipids:										
Fatty acids, total saturated	g	0.116		0		1		0.295		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.000		0		1		0.000		
15:0	g									
16:0	g	0.109		0		1		0.277		
17:0	g									
18:0	g	0.007		0		1		0.018		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16006
Beans, baked, canned, plain or vegetarian

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.039		0		1		0.099		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.039		0		1		0.099		
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	0.194		0		1		0.493		
18:2 undifferentiated....g	0.105		0		1		0.267		
18:3 undifferentiated....g	0.088		0		1		0.224		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3....g	0.000		0		1		0.000		
22:5 n-3....g	0.000		0		1		0.000		
22:6 n-3....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.057		0		1		0.145		
Threonine....g	0.202		0		1		0.513		
Isoleucine....g	0.212		0		1		0.538		
Leucine....g	0.383		0		1		0.973		
Lysine....g	0.329		0		1		0.836		
Methionine....g	0.072		0		1		0.183		
Cystine....g	0.052		0		1		0.132		
Phenylalanine....g	0.259		0		1		0.658		
Tyrosine....g	0.135		0		1		0.343		
Valine....g	0.251		0		1		0.638		
Arginine....g	0.297		0		1		0.754		
Histidine....g	0.133		0		1		0.338		
Alanine....g	0.201		0		1		0.511		
Aspartic acid....g	0.580		0		1		1.473		
Glutamic acid....g	0.731		0		1		1.857		
Glycine....g	0.187		0		1		0.475		
Proline....g	0.203		0		1		0.516		
Serine....g	0.261		0		1		0.663		
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		
Carotenoids:									
Carotene, beta....mcg	65	5.947	5	A	1		164.948		
Carotene, alpha....mcg	0	0.000	5	A	1		0.000		
Cryptoxanthin, beta....mcg	0	0.000	5	A	1		0.000		
Lycopene....mcg	511	45.064	5	A	1		1298.448		
Lutein + zeaxanthin....mcg	20	4.058	5	A	1		49.561		

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

Common Measures:

Measure 1 = 254g: 1 cup

NDB No. 16006
Beans, baked, canned, plain or vegetarian

Calories Factors: Protein 4 **Fat** 8.4 **Carbohydrate** 3.4

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16007
Beans, baked, canned, with beef

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.33	0.253	10		1		189.74		
Energy	kcal	121		0	NC	4		322		
Energy	kj	506				4		1347		
Protein (N x 6.25)	g	6.38	0.083	10		1		16.97		
Total lipid (fat)	g	3.45	0.125	10		1		9.18		
Ash	g	1.94	0.040	10		1		5.16		
Carbohydrate, by difference	g	16.91		0	NC	4		44.98		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	45	1.918	10		1		120		
Iron, Fe	mg	1.60	0.082	10		1		4.26		
Magnesium, Mg	mg	25		1		1		67		
Phosphorus, P	mg	81		1		1		215		
Potassium, K	mg	320		1		1		851		
Sodium, Na	mg	475	3.535	4		1		1264		
Zinc, Zn	mg	1.20		1		1		3.19		
Copper, Cu	mg	0.300		1		1		0.798		
Manganese, Mn	mg	0.600		1		1		1.596		
Selenium, Se	mcg	9.6		0	RA	4		25.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8	0.200	10		1		4.8		
Thiamin	mg	0.052	0.002	10		1		0.138		
Riboflavin	mg	0.045	0.001	10		1		0.120		
Niacin	mg	0.940	0.037	10		1		2.500		
Pantothenic acid	mg	0.183		0		1		0.487		
Vitamin B-6	mg	0.090		1		1		0.239		
Folate, total	mcg	43		0		1		115		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	43		0		1		115		
Folate, DFE	mcg_DFE	43		0	NC	4		115		
Vitamin B-12	mcg	0.00		1		1		0.00		
Vitamin A, IU	IU	213	18.962	10		1		567		
Vitamin A, RAE	mcg_RAE	11	0.948	10		1		28		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.677		0		1		4.461		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.029		0		1		0.077		
13:0	g									
14:0	g	0.121		0		1		0.322		
15:0	g									
16:0	g	0.858		0		1		2.282		
17:0	g									
18:0	g	0.622		0		1		1.655		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16007
Beans, baked, canned, with beef

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	1.385		0		1		3.684		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.138		0		1		0.367		
17:1.....g									
18:1 undifferentiated.....g	1.195		0		1		3.179		
20:1.....g	0.010		0		1		0.027		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.205		0		1		0.545		
18:2 undifferentiated.....g	0.142		0		1		0.378		
18:3 undifferentiated.....g	0.053		0		1		0.141		
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		0		1		59		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.077		0		1		0.205		
Threonine.....g	0.268		0		1		0.713		
Isoleucine.....g	0.279		0		1		0.742		
Leucine.....g	0.510		0		1		1.357		
Lysine.....g	0.452		0		1		1.202		
Methionine.....g	0.104		0		1		0.277		
Cystine.....g	0.068		0		1		0.181		
Phenylalanine.....g	0.329		0		1		0.875		
Tyrosine.....g	0.182		0		1		0.484		
Valine.....g	0.330		0		1		0.878		
Arginine.....g	0.401		0		1		1.067		
Histidine.....g	0.182		0		1		0.484		
Alanine.....g	0.290		0		1		0.771		
Aspartic acid.....g	0.743		0		1		1.976		
Glutamic acid.....g	0.976		0		1		2.596		
Glycine.....g	0.283		0		1		0.753		
Proline.....g	0.278		0		1		0.739		
Serine.....g	0.333		0		1		0.886		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 266g: 1 cup

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 3.8

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16008
Beans, baked, canned, with franks

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.34	0.291	29		1		179.59		
Energy	kcal	142		0	NC	4		369		
Energy	kj	596		0	NC	4		1543		
Protein (N x 6.25)	g	6.75	0.191	29		1		17.48		
Total lipid (fat)	g	6.57	0.082	29		1		17.02		
Ash	g	1.95	0.135	29		1		5.05		
Carbohydrate, by difference	g	15.39		0	NC	4		39.86		
Fiber, total dietary	g	6.9		0		4		17.9		
Sugars, total	g	6.53		0	RF	4		16.90		
Sucrose	g	0.00		0	RF	4		0.00		
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	48	0.950	29		1		124		
Iron, Fe	mg	1.73	0.071	29		1		4.48		
Magnesium, Mg	mg	28	0.833	4		1		73		
Phosphorus, P	mg	104	4.346	4		1		269		
Potassium, K	mg	235	9.263	21		1		609		
Sodium, Na	mg	430	6.607	29		1		1114		
Zinc, Zn	mg	1.87	0.407	4		1		4.84		
Copper, Cu	mg	0.213	0.030	4		1		0.552		
Manganese, Mn	mg	0.420	0.077	4		1		1.088		
Selenium, Se	mcg	6.5		0	RA	4		16.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3	0.484	9		1		6.0		
Thiamin	mg	0.058	0.001	29		1		0.150		
Riboflavin	mg	0.056	0.002	29		1		0.145		
Niacin	mg	0.901	0.025	28		1		2.334		
Pantothenic acid	mg	0.139		2		1		0.360		
Vitamin B-6	mg	0.046	0.006	3		1		0.119		
Folate, total	mcg	30		2		1		78		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	30		2		1		78		
Folate, DFE	mcg_DFE	30		0	NC	4		78		
Vitamin B-12	mcg	0.00		1		1		0.00		
Vitamin A, IU	IU	87		0	NC	4		224		
Vitamin A, RAE	mcg_RAE	4		0	NC	4		11		
Retinol	mcg	0		0	RF	4		0		
Vitamin E (alpha-tocopherol)	mg	0.46		0	RF	4		1.20		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.0		0	RF	4		2.7		
Lipids:										
Fatty acids, total saturated	g	2.352		0		1		6.092		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.016		0		1		0.041		
12:0	g	0.012		0		1		0.031		
13:0	g									
14:0	g	0.108		0		1		0.280		
15:0	g									

NDB No. 16008
Beans, baked, canned, with franks

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:0 g	0.810		0		1		2.098		
17:0 g									
18:0 g	0.751		0		1		1.945		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.830		0		1		7.330		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.266		0		1		0.689		
17:1 g									
18:1 undifferentiated g	2.564		0		1		6.641		
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	0.836		0		1		2.165		
18:2 undifferentiated g	0.628		0		1		1.627		
18:3 undifferentiated g	0.208		0		1		0.539		
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	6		0		1		16		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.077		0		1		0.199		
Threonine g	0.279		0		1		0.723		
Isoleucine g	0.297		0		1		0.769		
Leucine g	0.534		0		1		1.383		
Lysine g	0.472		0		1		1.222		
Methionine g	0.105		0		1		0.272		
Cystine g	0.074		0		1		0.192		
Phenylalanine g	0.349		0		1		0.904		
Tyrosine g	0.190		0		1		0.492		
Valine g	0.345		0		1		0.894		
Arginine g	0.427		0		1		1.106		
Histidine g	0.190		0		1		0.492		
Alanine g	0.302		0		1		0.782		
Aspartic acid g	0.800		0		1		2.072		
Glutamic acid g	1.037		0		1		2.686		
Glycine g	0.288		0		1		0.746		
Proline g	0.290		0		1		0.751		
Serine g	0.357		0		1		0.925		
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		
Carotenoids:									
Carotene, beta mcg	52		0	RF	4		134.556		
Carotene, alpha mcg	0		0	RF	4		0.000		
Cryptoxanthin, beta mcg	0		0	RF	4		0.000		
Lycopene mcg	409		0	RF	4		1059.206		
Lutein + zeaxanthin mcg	16		0	RF	4		40.429		

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

NDB No. 16008
Beans, baked, canned, with franks

Common Measures:

Measure 1 = 259g: 1 cup

Calories Factors: **Protein** 3.9 **Fat** 9 **Carbohydrate** 3.7

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16009
Beans, baked, canned, with pork

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.46	0.295	63		1		180.79		
Energy	kcal	106		0	NC	4		268		
Energy	kj	444				4		1122		
Protein (N x 6.25)	g	5.19	0.061	76		1		13.13		
Total lipid (fat)	g	1.55	0.131	77		1		3.92		
Ash	g	1.81	0.032	63		1		4.58		
Carbohydrate, by difference	g	19.98		0	NC	4		50.55		
Fiber, total dietary	g	5.5		0		1		13.9		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	53	1.490	67		1		134		
Iron, Fe	mg	1.70	0.058	83		1		4.30		
Magnesium, Mg	mg	34	1.239	11		1		86		
Phosphorus, P	mg	108		11		1		273		
Potassium, K	mg	309		54		1		782		
Sodium, Na	mg	414	6.494	70		1		1047		
Zinc, Zn	mg	1.46	0.180	11		1		3.69		
Copper, Cu	mg	0.215	0.009	11		1		0.544		
Manganese, Mn	mg	0.361	0.010	11		1		0.913		
Selenium, Se	mcg	4.7	0.080	24	A	1		11.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0	0.225	16		1		5.1		
Thiamin	mg	0.053	0.002	59		1		0.134		
Riboflavin	mg	0.038	0.002	60		1		0.096		
Niacin	mg	0.447	0.030	60		1		1.131		
Pantothenic acid	mg	0.100	0.026	3		1		0.253		
Vitamin B-6	mg	0.064	0.007	3		1		0.162		
Folate, total	mcg	36	9.837	3		1		92		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	36	9.837	3		1		92		
Folate, DFE	mcg_DFE	36		0	NC	4		92		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	178	12.474	18		1		450		
Vitamin A, RAE	mcg_RAE	9	0.624	18		1		23		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.599		0		1		1.515		
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.002		0		1		0.005		
12:0	g	0.003		0		1		0.008		
13:0	g									
14:0	g	0.019		0		1		0.048		
15:0	g									
16:0	g	0.370		0		1		0.936		
17:0	g									
18:0	g	0.201		0		1		0.509		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16009
Beans, baked, canned, with pork

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.673		0		1		1.703		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.101		
17:1.....g									
18:1 undifferentiated.....g	0.615		0		1		1.556		
20:1.....g	0.015		0		1		0.038		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.199		0		1		0.503		
18:2 undifferentiated.....g	0.169		0		1		0.428		
18:3 undifferentiated.....g	0.030		0		1		0.076		
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	7		0		1		18		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.062		0		1		0.157		
Threonine.....g	0.221		0		1		0.559		
Isoleucine.....g	0.232		0		1		0.587		
Leucine.....g	0.420		0		1		1.063		
Lysine.....g	0.361		0		1		0.913		
Methionine.....g	0.080		0		1		0.202		
Cystine.....g	0.057		0		1		0.144		
Phenylalanine.....g	0.285		0		1		0.721		
Tyrosine.....g	0.148		0		1		0.374		
Valine.....g	0.275		0		1		0.696		
Arginine.....g	0.326		0		1		0.825		
Histidine.....g	0.147		0		1		0.372		
Alanine.....g	0.221		0		1		0.559		
Aspartic acid.....g	0.637		0		1		1.612		
Glutamic acid.....g	0.802		0		1		2.029		
Glycine.....g	0.205		0		1		0.519		
Proline.....g	0.223		0		1		0.564		
Serine.....g	0.286		0		1		0.724		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 253g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16010
Beans, baked, canned, with pork and sweet sauce

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.71	0.194	133		1		178.90		
Energy	kcal	111		0	NC	4		282		
Energy	kj	466		0	NC	4		1178		
Protein (N x 6.25)	g	5.31	0.049	133		1		13.43		
Total lipid (fat)	g	1.46	0.043	132		1		3.69		
Ash	g	1.54	0.009	133		1		3.90		
Carbohydrate, by difference	g	20.98		0	NC	4		53.08		
Fiber, total dietary	g	5.2		0		1		13.2		
Sugars, total	g	9.07		5	A	1		22.94		
Starch	g									
Minerals:										
Calcium, Ca	mg	61	1.755	133		1		154		
Iron, Fe	mg	1.66	0.030	133		1		4.20		
Magnesium, Mg	mg	34	0.846	39		1		86		
Phosphorus, P	mg	105		86		1		266		
Potassium, K	mg	266		59		1		673		
Sodium, Na	mg	336		111		1		850		
Zinc, Zn	mg	1.50		0		1		3.80		
Copper, Cu	mg	0.100		1		1		0.253		
Manganese, Mn	mg	0.371		0		1		0.939		
Selenium, Se	mcg	4.7	0.080	24	A	1		11.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.0	0.111	110		1		7.6		
Thiamin	mg	0.047	0.002	133		1		0.119		
Riboflavin	mg	0.061	0.002	131		1		0.154		
Niacin	mg	0.351	0.009	121		1		0.888		
Pantothenic acid	mg	0.103		0		1		0.261		
Vitamin B-6	mg	0.085		1		1		0.215		
Folate, total	mcg	37		0		1		95		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	37		0		1		95		
Folate, DFE	mcg_DFE	37		0	NC	4		95		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	25		0	AS	1		64		
Vitamin A, RAE	mcg_RAE	1		0	AS	1		3		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.54		0	O	4		1.37		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.9	0.335	5	A	1		2.2		
Lipids:										
Fatty acids, total saturated	g	0.563		0		1		1.424		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.001		0		1		0.003		
12:0	g	0.003		0		1		0.008		
13:0	g									
14:0	g	0.018		0		1		0.046		
15:0	g									
16:0	g	0.348		0		1		0.880		
17:0	g									
18:0	g	0.188		0		1		0.476		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16010
Beans, baked, canned, with pork and sweet sauce

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.632		0		1		1.599		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0		1		0.094		
17:1.....g									
18:1 undifferentiated.....g	0.578		0		1		1.462		
20:1.....g	0.014		0		1		0.035		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.187		0		1		0.473		
18:2 undifferentiated.....g	0.159		0		1		0.402		
18:3 undifferentiated.....g	0.028		0		1		0.071		
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	7		0		1		18		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.063		0		1		0.159		
Threonine.....g	0.223		0		1		0.564		
Isoleucine.....g	0.234		0		1		0.592		
Leucine.....g	0.424		0		1		1.073		
Lysine.....g	0.364		0		1		0.921		
Methionine.....g	0.081		0		1		0.205		
Cystine.....g	0.058		0		1		0.147		
Phenylalanine.....g	0.287		0		1		0.726		
Tyrosine.....g	0.149		0		1		0.377		
Valine.....g	0.278		0		1		0.703		
Arginine.....g	0.329		0		1		0.832		
Histidine.....g	0.148		0		1		0.374		
Alanine.....g	0.222		0		1		0.562		
Aspartic acid.....g	0.642		0		1		1.624		
Glutamic acid.....g	0.809		0		1		2.047		
Glycine.....g	0.207		0		1		0.524		
Proline.....g	0.225		0		1		0.569		
Serine.....g	0.289		0		1		0.731		
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		
Carotenoids:									
Carotene, beta.....mcg	15	0.880	5	A	1		38.507		
Carotene, alpha.....mcg	0	0.000	5	A	1		0.000		
Cryptoxanthin, beta.....mcg	0	0.000	5	A	1		0.000		
Lycopene.....mcg	33	15.929	5	A	1		83.814		
Lutein + zeaxanthin.....mcg	0	0.000	5	A	1		0.000		

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

Common Measures:

Measure 1 = 253g: 1 cup

NDB No. 16010
Beans, baked, canned, with pork and sweet sauce

Calories Factors: **Protein** 3.9 **Fat** 8.9 **Carbohydrate** 3.7

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16011
Beans, baked, canned, with pork and tomato sauce

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.69	0.133	221		1		183.91	11.63	
Energy	kcal	98		0	NC	4		247	16	
Energy	kj	408		0	NC	4		1033	65	
Protein (N x 6.25)	g	5.16		242		1		13.05	0.83	
Total lipid (fat)	g	1.03		238		1		2.61	0.16	
Ash	g	1.73		206		1		4.38	0.28	
Carbohydrate, by difference	g	19.39		0	NC	4		49.06	3.10	
Fiber, total dietary	g	4.8		0		1		12.1	0.8	
Sugars, total	g	4.98		5	A	1		12.59	0.80	
Starch	g									
Minerals:										
Calcium, Ca	mg	56		221		1		142	9	
Iron, Fe	mg	3.28		241		1		8.30	0.52	
Magnesium, Mg	mg	35		79		1		89	6	
Phosphorus, P	mg	117		182		1		296	19	
Potassium, K	mg	300		82		1		759	48	
Sodium, Na	mg	440		219		1		1113	70	
Zinc, Zn	mg	5.86		6		1		14.83	0.94	
Copper, Cu	mg	0.254		7		1		0.643	0.041	
Manganese, Mn	mg	0.490		5		1		1.240	0.078	
Selenium, Se	mcg	4.7	0.080	24	A	1		11.9	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.1		214		1		7.8	0.5	
Thiamin	mg	0.052		222		1		0.132	0.008	
Riboflavin	mg	0.046		223		1		0.116	0.007	
Niacin	mg	0.497	0.010	206		1		1.257	0.080	
Pantothenic acid	mg	0.529		4		1		1.338	0.085	
Vitamin B-6	mg	0.069		6		1		0.175	0.011	
Folate, total	mcg	23		4		1		57	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	23		4		1		57	4	
Folate, DFE	mcg_DFE	23		0	NC	4		57	4	
Vitamin B-12	mcg	0.00		3		1		0.00	0.00	
Vitamin A, IU	IU	83		0	AS	1		210	13	
Vitamin A, RAE	mcg_RAE	4		0	AS	1		10	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.54		0	O	4		1.37	0.09	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.5	0.115	5	A	1		1.3	0.1	
Lipids:										
Fatty acids, total saturated	g	0.395		0		1		0.999	0.063	
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	0.001		0		1		0.003	0.000	
12:0	g	0.002		0		1		0.005	0.000	
13:0	g									
14:0	g	0.013		0		1		0.033	0.002	
15:0	g									
16:0	g	0.244		0		1		0.617	0.039	
17:0	g									
18:0	g	0.132		0		1		0.334	0.021	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16011
Beans, baked, canned, with pork and tomato sauce

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.444		0		1		1.123	0.071	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.026		0		1		0.066	0.004	
17:1....g									
18:1 undifferentiated....g	0.406		0		1		1.027	0.065	
20:1....g	0.010		0		1		0.025	0.002	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.131		0		1		0.331	0.021	
18:2 undifferentiated....g	0.111		0		1		0.281	0.018	
18:3 undifferentiated....g	0.020		0		1		0.051	0.003	
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		1		18	1	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.061		0		1		0.154	0.010	
Threonine....g	0.217		0		1		0.549	0.035	
Isoleucine....g	0.228		0		1		0.577	0.036	
Leucine....g	0.412		0		1		1.042	0.066	
Lysine....g	0.354		0		1		0.896	0.057	
Methionine....g	0.078		0		1		0.197	0.012	
Cystine....g	0.056		0		1		0.142	0.009	
Phenylalanine....g	0.279		0		1		0.706	0.045	
Tyrosine....g	0.145		0		1		0.367	0.023	
Valine....g	0.270		0		1		0.683	0.043	
Arginine....g	0.319		0		1		0.807	0.051	
Histidine....g	0.144		0		1		0.364	0.023	
Alanine....g	0.216		0		1		0.546	0.035	
Aspartic acid....g	0.624		0		1		1.579	0.100	
Glutamic acid....g	0.786		0		1		1.989	0.126	
Glycine....g	0.201		0		1		0.509	0.032	
Proline....g	0.219		0		1		0.554	0.035	
Serine....g	0.281		0		1		0.711	0.045	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta....mcg	50	2.298	5	A	1		125.741	7.952	
Carotene, alpha....mcg	0	0.000	5	A	1		0.000	0.000	
Cryptoxanthin, beta....mcg	0	0.000	5	A	1		0.000	0.000	
Lycopene....mcg	348	60.486	5	A	1		880.440	55.680	
Lutein + zeaxanthin....mcg	15	1.702	5	A	1		38.031	2.405	

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

Common Measures:

Measure 1 = 253g: 1 cup

Measure 2 = 16g: 1 tbsp

NDB No. 16011
Beans, baked, canned, with pork and tomato sauce

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.5

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16005
Beans, baked, home 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	65.17		0		1		164.88		
Energy	kcal	151		0	NC	4		382		
Energy	kj	632				4		1598		
Protein (N x 6.25)	g	5.54		0		1		14.02		
Total lipid (fat)	g	5.15		0		1		13.03		
Ash	g	2.51		0		1		6.35		
Carbohydrate, by difference	g	21.39		0	NC	4		54.12		
Fiber, total dietary	g	5.5		0		4		13.9		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	61		0		1		154		
Iron, Fe	mg	1.99		0		1		5.03		
Magnesium, Mg	mg	43		0		1		109		
Phosphorus, P	mg	109		0		1		276		
Potassium, K	mg	358		0		1		906		
Sodium, Na	mg	422		0		1		1068		
Zinc, Zn	mg	0.73		0		1		1.85		
Copper, Cu	mg	0.159		0		1		0.402		
Manganese, Mn	mg	0.255		0		1		0.645		
Selenium, Se	mcg	5.7		0	BFSN	4		14.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0		1		2.8		
Thiamin	mg	0.136		0		1		0.344		
Riboflavin	mg	0.049		0		1		0.124		
Niacin	mg	0.408		0		1		1.032		
Pantothenic acid	mg	0.155		0		1		0.392		
Vitamin B-6	mg	0.090		0		1		0.228		
Folate, total	mcg	48		0		1		122		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	48		0		1		122		
Folate, DFE	mcg_DFE	48		0	NC	4		122		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.948		0		1		4.928		
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.005		0		1		0.013		
12:0	g	0.009		0		1		0.023		
13:0	g									
14:0	g	0.061		0		1		0.154		
15:0	g									
16:0	g	1.227		0		1		3.104		
17:0	g									
18:0	g	0.633		0		1		1.601		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16005
Beans, baked, home 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
Fatty acids, total monounsaturated.....g	2.133		0		1		5.396		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.125		0		1		0.316		
17:1.....g									
18:1 undifferentiated.....g	1.953		0		1		4.941		
20:1.....g	0.046		0		1		0.116		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.740		0		1		1.872		
18:2 undifferentiated.....g	0.593		0		1		1.500		
18:3 undifferentiated.....g	0.147		0		1		0.372		
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		0		1		13		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.067		0		1		0.170		
Threonine.....g	0.228		0		1		0.577		
Isoleucine.....g	0.242		0		1		0.612		
Leucine.....g	0.428		0		1		1.083		
Lysine.....g	0.379		0		1		0.959		
Methionine.....g	0.086		0		1		0.218		
Cystine.....g	0.062		0		1		0.157		
Phenylalanine.....g	0.287		0		1		0.726		
Tyrosine.....g	0.155		0		1		0.392		
Valine.....g	0.282		0		1		0.713		
Arginine.....g	0.356		0		1		0.901		
Histidine.....g	0.153		0		1		0.387		
Alanine.....g	0.236		0		1		0.597		
Aspartic acid.....g	0.637		0		1		1.612		
Glutamic acid.....g	0.841		0		1		2.128		
Glycine.....g	0.232		0		1		0.587		
Proline.....g	0.239		0		1		0.605		
Serine.....g	0.288		0		1		0.729		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 253g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16018
Beans, black turtle soup, mature seeds, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.64		1		1		181.54		
Energy	kcal	91		0	NC	4		218		
Energy	kj	381				4		914		
Protein (N x 6.25)	g	6.03		1		1		14.47		
Total lipid (fat)	g	0.29		1		1		0.70		
Ash	g	1.49		1		1		3.58		
Carbohydrate, by difference	g	16.56		0	NC	4		39.74		
Fiber, total dietary	g	6.9		0	BFSN	4		16.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	35		1		1		84		
Iron, Fe	mg	1.90		1		1		4.56		
Magnesium, Mg	mg	35		0		1		84		
Phosphorus, P	mg	108		0		1		259		
Potassium, K	mg	308		0		1		739		
Sodium, Na	mg	384		0		1		922		
Zinc, Zn	mg	0.54		0		1		1.30		
Copper, Cu	mg	0.192		0		1		0.461		
Manganese, Mn	mg	0.233		0		1		0.559		
Selenium, Se	mcg	1.3		0	BFSN	4		3.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.7		1		1		6.5		
Thiamin	mg	0.140		1		1		0.336		
Riboflavin	mg	0.120		1		1		0.288		
Niacin	mg	0.620		1		1		1.488		
Pantothenic acid	mg	0.184		0		1		0.442		
Vitamin B-6	mg	0.055		0		1		0.132		
Folate, total	mcg	61		0		1		146		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	61		0		1		146		
Folate, DFE	mcg_DFE	61		0	NC	4		146		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	4		0		1		10		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.075		0		1		0.180		
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		
15:0	g									
16:0	g	0.070		0		1		0.168		
17:0	g									
18:0	g	0.004		0		1		0.010		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16018
Beans, black turtle soup, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.025		0		1		0.060		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.025		0		1		0.060		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.125		0		1		0.300		
18:2 undifferentiated.....g	0.068		0		1		0.163		
18:3 undifferentiated.....g	0.057		0		1		0.137		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.071		0		1		0.170		
Threonine.....g	0.254		0		1		0.610		
Isoleucine.....g	0.266		0		1		0.638		
Leucine.....g	0.481		0		1		1.154		
Lysine.....g	0.414		0		1		0.994		
Methionine.....g	0.091		0		1		0.218		
Cystine.....g	0.066		0		1		0.158		
Phenylalanine.....g	0.326		0		1		0.782		
Tyrosine.....g	0.170		0		1		0.408		
Valine.....g	0.315		0		1		0.756		
Arginine.....g	0.373		0		1		0.895		
Histidine.....g	0.168		0		1		0.403		
Alanine.....g	0.253		0		1		0.607		
Aspartic acid.....g	0.729		0		1		1.750		
Glutamic acid.....g	0.919		0		1		2.206		
Glycine.....g	0.235		0		1		0.564		
Proline.....g	0.255		0		1		0.612		
Serine.....g	0.328		0		1		0.787		
Hydroxyproline.....g									

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16317
Beans, black turtle soup, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.74		0		1		121.62		
Energy	kcal	130		0	NC	4		241		
Energy	kj	544				4		1006		
Protein (N x 6.25)	g	8.18		0		1		15.13		
Total lipid (fat)	g	0.35		0		1		0.65		
Ash	g	1.38		0		1		2.55		
Carbohydrate, by difference	g	24.35		0	NC	4		45.05		
Fiber, total dietary	g	5.3		0	BFZN	4		9.8		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	55		0		1		102		
Iron, Fe	mg	2.85		0		1		5.27		
Magnesium, Mg	mg	49		0		1		91		
Phosphorus, P	mg	152		0		1		281		
Potassium, K	mg	433		0		1		801		
Sodium, Na	mg	239		0		1		442		
Zinc, Zn	mg	0.76		0		1		1.41		
Copper, Cu	mg	0.269		0		1		0.498		
Manganese, Mn	mg	0.327		0		1		0.605		
Selenium, Se	mcg	1.2		0	BFSN	4		2.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.225		0		1		0.416		
Riboflavin	mg	0.056		0		1		0.104		
Niacin	mg	0.527		0		1		0.975		
Pantothenic acid	mg	0.260		0		1		0.481		
Vitamin B-6	mg	0.077		0		1		0.142		
Folate, total	mcg	86		0		1		158		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	86		0		1		158		
Folate, DFE	mcg_DFE	86		0	NC	4		158		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	6		0		1		11		
Vitamin A, RAE	mcg_RAE	0		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.089		0		1		0.165		
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		
15:0	g									
16:0	g	0.084		0		1		0.155		
17:0	g									
18:0	g	0.005		0		1		0.009		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16317

Beans, black turtle soup, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.030		0		1		0.056		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.030		0		1		0.056		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.149		0		1		0.276		
18:2 undifferentiated.....g	0.081		0		1		0.150		
18:3 undifferentiated.....g	0.068		0		1		0.126		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.097		0		1		0.179		
Threonine.....g	0.344		0		1		0.636		
Isoleucine.....g	0.361		0		1		0.668		
Leucine.....g	0.653		0		1		1.208		
Lysine.....g	0.562		0		1		1.040		
Methionine.....g	0.123		0		1		0.228		
Cystine.....g	0.089		0		1		0.165		
Phenylalanine.....g	0.442		0		1		0.818		
Tyrosine.....g	0.230		0		1		0.426		
Valine.....g	0.428		0		1		0.792		
Arginine.....g	0.507		0		1		0.938		
Histidine.....g	0.228		0		1		0.422		
Alanine.....g	0.343		0		1		0.635		
Aspartic acid.....g	0.990		0		1		1.832		
Glutamic acid.....g	1.247		0		1		2.307		
Glycine.....g	0.319		0		1		0.590		
Proline.....g	0.347		0		1		0.642		
Serine.....g	0.445		0		1		0.823		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 185g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16017
Beans, black turtle soup, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.74		0		1		121.62		
Energy	kcal	130		0	NC	4		241		
Energy	kj	546		0	NC	4		1009		
Protein (N x 6.25)	g	8.18		0		1		15.13		
Total lipid (fat)	g	0.35		0		1		0.65		
Ash	g	1.38		0		1		2.55		
Carbohydrate, by difference	g	24.35		0	NC	4		45.05		
Fiber, total dietary	g	5.3		0		4		9.8		
Sugars, total	g	0.33		0	BFSN	4		0.61		
Starch	g									
Minerals:										
Calcium, Ca	mg	55		0		1		102		
Iron, Fe	mg	2.85		0		1		5.27		
Magnesium, Mg	mg	49		0		1		91		
Phosphorus, P	mg	152		0		1		281		
Potassium, K	mg	433		0		1		801		
Sodium, Na	mg	3		0		1		6		
Zinc, Zn	mg	0.76		0		1		1.41		
Copper, Cu	mg	0.269		0		1		0.498		
Manganese, Mn	mg	0.327		0		1		0.605		
Selenium, Se	mcg	1.2		0	BFSN	4		2.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.225		0		1		0.416		
Riboflavin	mg	0.056		0		1		0.104		
Niacin	mg	0.527		0		1		0.975		
Pantothenic acid	mg	0.260		0		1		0.481		
Vitamin B-6	mg	0.077		0		1		0.142		
Folate, total	mcg	86		0		1		158		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	86		0		1		158		
Folate, DFE	mcg_DFE	86		0	NC	4		158		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0	NC	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.90		0	BFSN	4		1.67		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.4		0	BFSN	4		6.2		
Lipids:										
Fatty acids, total saturated	g	0.089		0		1		0.165		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.000		0		1		0.000		
15:0	g									
16:0	g	0.084		0		1		0.155		
17:0	g									
18:0	g	0.005		0		1		0.009		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16017

Beans, black turtle soup, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.030		0		1		0.056		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.030		0		1		0.056		
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	0.149		0		1		0.276		
18:2 undifferentiated.....g	0.081		0		1		0.150		
18:3 undifferentiated.....g	0.068		0		1		0.126		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.097		0		1		0.179		
Threonine.....g	0.344		0		1		0.636		
Isoleucine.....g	0.361		0		1		0.668		
Leucine.....g	0.653		0		1		1.208		
Lysine.....g	0.562		0		1		1.040		
Methionine.....g	0.123		0		1		0.228		
Cystine.....g	0.089		0		1		0.165		
Phenylalanine.....g	0.442		0		1		0.818		
Tyrosine.....g	0.230		0		1		0.426		
Valine.....g	0.428		0		1		0.792		
Arginine.....g	0.507		0		1		0.938		
Histidine.....g	0.228		0		1		0.422		
Alanine.....g	0.343		0		1		0.635		
Aspartic acid.....g	0.990		0		1		1.832		
Glutamic acid.....g	1.247		0		1		2.307		
Glycine.....g	0.319		0		1		0.590		
Proline.....g	0.347		0		1		0.642		
Serine.....g	0.445		0		1		0.823		
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		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

Common Measures:

Measure 1 = 185g: 1 cup

NDB No. 16017
Beans, black turtle soup, mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16016

Beans, black turtle soup, mature seeds, raw

Phaseolus vulgaris

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion 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	11.00		0		1		20.24		
Energy	kcal	339		0	NC	4		623		
Energy	kj	1417		0	NC	4		2607		
Protein (N x 6.25)	g	21.25	0.144	3		1		39.10		
Total lipid (fat)	g	0.90	0.000	4		1		1.66		
Ash	g	3.60		0		1		6.62		
Carbohydrate, by difference	g	63.25		0	NC	4		116.38		
Fiber, total dietary	g	24.9		0		4		45.8		
Sugars, total	g	2.25		0	BFSN	4		4.14		
Starch	g									
Minerals:										
Calcium, Ca	mg	160		1		1		294		
Iron, Fe	mg	8.70		1		1		16.01		
Magnesium, Mg	mg	160		1		1		294		
Phosphorus, P	mg	440		1		1		810		
Potassium, K	mg	1500		1		1		2760		
Sodium, Na	mg	9		1		1		17		
Zinc, Zn	mg	2.20		1		1		4.05		
Copper, Cu	mg	1.000		1		1		1.840		
Manganese, Mn	mg	1.000		1		1		1.840		
Selenium, Se	mcg	3.2		0	BFSN	4		5.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.900		0		1		1.656		
Riboflavin	mg	0.193		0		1		0.355		
Niacin	mg	1.955		0		1		3.597		
Pantothenic acid	mg	0.899		0		1		1.654		
Vitamin B-6	mg	0.286		0		1		0.526		
Folate, total	mcg	444		0		1		818		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	444		0		1		818		
Folate, DFE	mcg_DFE	444		0	NC	4		818		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0	NC	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.22		0	BFSN	4		0.41		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	6.0		0	BFSN	4		11.0		
Lipids:										
Fatty acids, total saturated	g	0.232		0		1		0.427		
4:0	g	0.000		0	BFSN	4		0.000		
6:0	g	0.000		0	BFSN	4		0.000		
8:0	g	0.000		0	BFSN	4		0.000		
10:0	g	0.000		0	BFSN	4		0.000		
12:0	g	0.000		0	BFSN	4		0.000		
13:0	g									
14:0	g	0.001		0		1		0.002		
15:0	g									
16:0	g	0.218		0		1		0.401		
17:0	g									
18:0	g	0.014		0		1		0.026		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16016
Beans, black turtle soup, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.078		0		1		0.144		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.078		0		1		0.144		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.387		0		1		0.712		
18:2 undifferentiated.....g	0.211		0		1		0.388		
18:3 undifferentiated.....g	0.176		0		1		0.324		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.252		0		1		0.464		
Threonine.....g	0.894		0		1		1.645		
Isoleucine.....g	0.938		0		1		1.726		
Leucine.....g	1.697		0		1		3.122		
Lysine.....g	1.459		0		1		2.685		
Methionine.....g	0.320		0		1		0.589		
Cystine.....g	0.231		0		1		0.425		
Phenylalanine.....g	1.149		0		1		2.114		
Tyrosine.....g	0.598		0		1		1.100		
Valine.....g	1.112		0		1		2.046		
Arginine.....g	1.316		0		1		2.421		
Histidine.....g	0.592		0		1		1.089		
Alanine.....g	0.891		0		1		1.639		
Aspartic acid.....g	2.570		0		1		4.729		
Glutamic acid.....g	3.240		0		1		5.962		
Glycine.....g	0.830		0		1		1.527		
Proline.....g	0.901		0		1		1.658		
Serine.....g	1.156		0		1		2.127		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

Common Measures:

Measure 1 = 184g: 1 cup

NDB No. 16016
Beans, black turtle soup, mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16315
Beans, black, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.74	1.551	9		1		113.07		
Energy	kcal	132		0	NC	4		227		
Energy	kj	552				4		950		
Protein (N x 6.25)	g	8.86	0.152	8		1		15.24		
Total lipid (fat)	g	0.54	0.033	8		1		0.93		
Ash	g	1.15	0.033	8		1		1.98		
Carbohydrate, by difference	g	23.71		0	NC	4		40.78		
Fiber, total dietary	g	8.7		0		4		15.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27	2.294	14		1		46		
Iron, Fe	mg	2.10	0.154	8		1		3.61		
Magnesium, Mg	mg	70	4.590	14		1		120		
Phosphorus, P	mg	140	3.628	8		1		241		
Potassium, K	mg	355	25.963	14		1		611		
Sodium, Na	mg	237		0		1		408		
Zinc, Zn	mg	1.12	0.050	9		1		1.93		
Copper, Cu	mg	0.209	0.017	9		1		0.359		
Manganese, Mn	mg	0.444	0.020	8		1		0.764		
Selenium, Se	mcg	1.2		0	BFSN	4		2.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.244	0.006	8		1		0.420		
Riboflavin	mg	0.059	0.005	8		1		0.101		
Niacin	mg	0.505	0.026	8		1		0.869		
Pantothenic acid	mg	0.242	0.011	8		1		0.416		
Vitamin B-6	mg	0.069	0.004	8		1		0.119		
Folate, total	mcg	149	11.150	8		1		256		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	149	11.150	8		1		256		
Folate, DFE	mcg_DFE	149		0	NC	4		256		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	6		0		1		10		
Vitamin A, RAE	mcg_RAE	0		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.139		0		1		0.239		
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		
15:0	g									
16:0	g	0.130		0		1		0.224		
17:0	g									
18:0	g	0.008		0		1		0.014		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16315
Beans, black, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.047		0		1		0.081		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.047		0		1		0.081		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.231		0		1		0.397		
18:2 undifferentiated.....g	0.126		0		1		0.217		
18:3 undifferentiated.....g	0.105		0		1		0.181		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.105		0		1		0.181		
Threonine.....g	0.373		0		1		0.642		
Isoleucine.....g	0.391		0		1		0.673		
Leucine.....g	0.708		0		1		1.218		
Lysine.....g	0.608		0		1		1.046		
Methionine.....g	0.133		0		1		0.229		
Cystine.....g	0.096		0		1		0.165		
Phenylalanine.....g	0.479		0		1		0.824		
Tyrosine.....g	0.250		0		1		0.430		
Valine.....g	0.464		0		1		0.798		
Arginine.....g	0.549		0		1		0.944		
Histidine.....g	0.247		0		1		0.425		
Alanine.....g	0.372		0		1		0.640		
Aspartic acid.....g	1.072		0		1		1.844		
Glutamic acid.....g	1.351		0		1		2.324		
Glycine.....g	0.346		0		1		0.595		
Proline.....g	0.376		0		1		0.647		
Serine.....g	0.482		0		1		0.829		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 172g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16015
Beans, black, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.74	1.551	9		1		113.07		
Energy	kcal	132		0	NC	4		227		
Energy	kj	552				4		950		
Protein (N x 6.25)	g	8.86	0.152	8		1		15.24		
Total lipid (fat)	g	0.54	0.033	8		1		0.93		
Ash	g	1.15	0.033	8		1		1.98		
Carbohydrate, by difference	g	23.71		0	NC	4		40.78		
Fiber, total dietary	g	8.7		0		1		15.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27	2.294	14		1		46		
Iron, Fe	mg	2.10	0.154	8		1		3.61		
Magnesium, Mg	mg	70	4.590	14		1		120		
Phosphorus, P	mg	140	3.628	8		1		241		
Potassium, K	mg	355	25.963	14		1		611		
Sodium, Na	mg	1	0.025	4		1		2		
Zinc, Zn	mg	1.12	0.050	9		1		1.93		
Copper, Cu	mg	0.209	0.017	9		1		0.359		
Manganese, Mn	mg	0.444	0.020	8		1		0.764		
Selenium, Se	mcg	1.2		0	BFSN	4		2.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.244	0.006	8		1		0.420		
Riboflavin	mg	0.059	0.005	8		1		0.101		
Niacin	mg	0.505	0.026	8		1		0.869		
Pantothenic acid	mg	0.242	0.011	8		1		0.416		
Vitamin B-6	mg	0.069	0.004	8		1		0.119		
Folate, total	mcg	149	11.150	8		1		256		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	149	11.150	8		1		256		
Folate, DFE	mcg_DFE	149		0	NC	4		256		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	6		0		1		10		
Vitamin A, RAE	mcg_RAE	0		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.139		0		1		0.239		
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		
15:0	g									
16:0	g	0.130		0		1		0.224		
17:0	g									
18:0	g	0.008		0		1		0.014		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16015
Beans, black, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.047		0		1		0.081		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.047		0		1		0.081		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.231		0		1		0.397		
18:2 undifferentiated.....g	0.126		0		1		0.217		
18:3 undifferentiated.....g	0.105		0		1		0.181		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.105		0		1		0.181		
Threonine.....g	0.373		0		1		0.642		
Isoleucine.....g	0.391		0		1		0.673		
Leucine.....g	0.708		0		1		1.218		
Lysine.....g	0.608		0		1		1.046		
Methionine.....g	0.133		0		1		0.229		
Cystine.....g	0.096		0		1		0.165		
Phenylalanine.....g	0.479		0		1		0.824		
Tyrosine.....g	0.250		0		1		0.430		
Valine.....g	0.464		0		1		0.798		
Arginine.....g	0.549		0		1		0.944		
Histidine.....g	0.247		0		1		0.425		
Alanine.....g	0.372		0		1		0.640		
Aspartic acid.....g	1.072		0		1		1.844		
Glutamic acid.....g	1.351		0		1		2.324		
Glycine.....g	0.346		0		1		0.595		
Proline.....g	0.376		0		1		0.647		
Serine.....g	0.482		0		1		0.829		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 172g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16014
Beans, black, mature seeds, raw
Phaseolus vulgaris

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.02	0.320	40		1		21.38	1.33	
Energy	kcal	341		0	NC	4		661	41	
Energy	kj	1425		0	NC	4		2765	172	
Protein (N x 6.25)	g	21.60	0.304	36		1		41.90	2.61	
Total lipid (fat)	g	1.42	0.064	12		1		2.75	0.17	
Ash	g	3.60	0.066	15		1		6.98	0.44	
Carbohydrate, by difference	g	62.36		0	NC	4		120.98	7.55	
Fiber, total dietary	g	15.2		0		4		29.5	1.8	
Sugars, total	g	2.25		0	BFSN	4		4.37	0.27	
Starch	g									
Minerals:										
Calcium, Ca	mg	123	11.539	11		1		239	15	
Iron, Fe	mg	5.02	0.566	28		1		9.74	0.61	
Magnesium, Mg	mg	171	2.602	26		1		332	21	
Phosphorus, P	mg	352	13.750	11		1		683	43	
Potassium, K	mg	1483		9		1		2877	179	
Sodium, Na	mg	5	0.620	4		1		10	1	
Zinc, Zn	mg	3.65	0.360	27		1		7.08	0.44	
Copper, Cu	mg	0.841	0.047	27		1		1.632	0.102	
Manganese, Mn	mg	1.060	0.041	26		1		2.056	0.128	
Selenium, Se	mcg	3.2		0	BFSN	4		6.2	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.900	0.016	26		1		1.746	0.109	
Riboflavin	mg	0.193	0.007	26		1		0.374	0.023	
Niacin	mg	1.955	0.062	30		1		3.793	0.237	
Pantothenic acid	mg	0.899	0.017	8		1		1.744	0.109	
Vitamin B-6	mg	0.286	0.006	9		1		0.555	0.035	
Folate, total	mcg	444	33.838	8		1		862	54	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	444	33.838	8		1		862	54	
Folate, DFE	mcg_DFE	444		0	NC	4		862	54	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.22		0	BFSN	4		0.43	0.03	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	6.0		0	BFSN	4		11.6	0.7	
Lipids:										
Fatty acids, total saturated	g	0.366		0		1		0.710	0.044	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.001		0		1		0.002	0.000	
15:0	g									
16:0	g	0.343		0		1		0.665	0.042	
17:0	g									
18:0	g	0.022		0		1		0.043	0.003	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16014
Beans, black, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.123		0		1		0.239	0.015	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.123		0		1		0.239	0.015	
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	0.610		0		1		1.183	0.074	
18:2 undifferentiated.....g	0.332		0		1		0.644	0.040	
18:3 undifferentiated.....g	0.278		0		1		0.539	0.034	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.256		34		1		0.497	0.031	
Threonine.....g	0.909		90		1		1.763	0.110	
Isoleucine.....g	0.954		90		1		1.851	0.115	
Leucine.....g	1.725		90		1		3.347	0.209	
Lysine.....g	1.483		91		1		2.877	0.179	
Methionine.....g	0.325		54		1		0.631	0.039	
Cystine.....g	0.235		49		1		0.456	0.028	
Phenylalanine.....g	1.168		88		1		2.266	0.141	
Tyrosine.....g	0.608		83		1		1.180	0.074	
Valine.....g	1.130		90		1		2.192	0.137	
Arginine.....g	1.337		85		1		2.594	0.162	
Histidine.....g	0.601		88		1		1.166	0.073	
Alanine.....g	0.905		77		1		1.756	0.110	
Aspartic acid.....g	2.613		85		1		5.069	0.316	
Glutamic acid.....g	3.294		77		1		6.390	0.399	
Glycine.....g	0.843		77		1		1.635	0.102	
Proline.....g	0.916		75		1		1.777	0.111	
Serine.....g	1.175		77		1		2.280	0.142	
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	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 194g: 1 cup

Measure 2 = 12.1g: 1 tbsp

NDB No. 16014
Beans, black, mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43112
Beans, chili, barbeque, ranch style, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.50				1		191.02		
Energy	kcal	97		0	NC	4		245		
Energy	kj	405		0	NC	4		1025		
Protein	g	5.00				1		12.65		
Total lipid (fat)	g	1.00				1		2.53		
Ash	g	1.55		0	BFSN	4		3.93		
Carbohydrate, by difference	g	16.95		0	NC	4		42.88		
Fiber, total dietary	g	4.2				4		10.6		
Sugars, total	g	4.47		0	BFSN	4		11.30		
Starch	g									
Minerals:										
Calcium, Ca	mg	31				1		78		
Iron, Fe	mg	1.86				1		4.71		
Magnesium, Mg	mg	45				1		114		
Phosphorus, P	mg	154				1		390		
Potassium, K	mg	450				1		1139		
Sodium, Na	mg	725				1		1834		
Zinc, Zn	mg	2.00				1		5.06		
Copper, Cu	mg	0.252				4		0.638		
Manganese, Mn	mg									
Selenium, Se	mcg	1.3		0	BFZN	4		3.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7				1		4.3		
Thiamin	mg	0.040				1		0.101		
Riboflavin	mg	0.150				1		0.380		
Niacin	mg	0.360				1		0.911		
Pantothenic acid	mg									
Vitamin B-6	mg	0.270				1		0.683		
Folate, total	mcg	26				4		66		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	26				4		66		
Folate, DFE	mcg_DFE	26		0	NC	4		66		
Vitamin B-12	mcg	0.01				1		0.03		
Vitamin A, IU	IU	12		0	NC	4		30		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2		
Retinol	mcg	0		0	BNA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.21		0	O	4		0.53		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.5		0	BFSN	4		1.2		
Lipids:										
Fatty acids, total saturated	g	0.145				4		0.367		
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	0.000				4		0.000		
13:0	g									
14:0	g	0.000				4		0.000		
15:0	g									
16:0	g	0.129				4		0.326		
17:0	g									
18:0	g	0.016				4		0.040		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43112
Beans, chili, barbeque, ranch style, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.077				4		0.195		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.077				4		0.195		
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	0.555				4		1.404		
18:2 undifferentiated.....g	0.216				4		0.546		
18:3 undifferentiated.....g	0.339				4		0.858		
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				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		
Carotenoids:									
Carotene, beta.....mcg	7		0	BNA	4		18.216		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	312		0	BFSN	4		789.849		
Lutein + zeaxanthin.....mcg	13		0	BFSN	4		34.118		

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

Common Measures:

Measure 1 = 253g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16021
Beans, cranberry (roman), mature seeds, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.56		7		1		201.66		
Energy	kcal	83		0	NC	4		216		
Energy	kj	347				4		903		
Protein (N x 6.25)	g	5.54		7		1		14.40		
Total lipid (fat)	g	0.28		7		1		0.73		
Ash	g	1.50		7		1		3.90		
Carbohydrate, by difference	g	15.12		0	NC	4		39.31		
Fiber, total dietary	g	6.3		0	BFSN	4		16.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	34		7		1		88		
Iron, Fe	mg	1.55		7		1		4.03		
Magnesium, Mg	mg	32		0		1		83		
Phosphorus, P	mg	86		0		1		224		
Potassium, K	mg	260	24.087	6		1		676		
Sodium, Na	mg	332		7		1		863		
Zinc, Zn	mg	0.84		0		1		2.18		
Copper, Cu	mg	0.142		0		1		0.369		
Manganese, Mn	mg	0.200		0		1		0.520		
Selenium, Se	mcg	3.1		0	BFSN	4		8.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		1		1		2.1		
Thiamin	mg	0.039		7		1		0.101		
Riboflavin	mg	0.039		7		1		0.101		
Niacin	mg	0.504		7		1		1.310		
Pantothenic acid	mg	0.144		0		1		0.374		
Vitamin B-6	mg	0.055		0		1		0.143		
Folate, total	mcg	77		0		1		201		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	77		0		1		201		
Folate, DFE	mcg_DFE	77		0	NC	4		201		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.072		0		1		0.187		
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		
15:0	g									
16:0	g	0.068		0		1		0.177		
17:0	g									
18:0	g	0.004		0		1		0.010		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16021
Beans, cranberry (roman), mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.024		0		1		0.062		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1		0.062		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.120		0		1		0.312		
18:2 undifferentiated.....g	0.066		0		1		0.172		
18:3 undifferentiated.....g	0.055		0		1		0.143		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0		1		0.172		
Threonine.....g	0.233		0		1		0.606		
Isoleucine.....g	0.245		0		1		0.637		
Leucine.....g	0.443		0		1		1.152		
Lysine.....g	0.381		0		1		0.991		
Methionine.....g	0.083		0		1		0.216		
Cystine.....g	0.060		0		1		0.156		
Phenylalanine.....g	0.300		0		1		0.780		
Tyrosine.....g	0.156		0		1		0.406		
Valine.....g	0.290		0		1		0.754		
Arginine.....g	0.343		0		1		0.892		
Histidine.....g	0.154		0		1		0.400		
Alanine.....g	0.232		0		1		0.603		
Aspartic acid.....g	0.671		0		1		1.745		
Glutamic acid.....g	0.845		0		1		2.197		
Glycine.....g	0.216		0		1		0.562		
Proline.....g	0.235		0		1		0.611		
Serine.....g	0.302		0		1		0.785		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 260g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16320
Beans, cranberry (roman), mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.65	0.497	8		1		114.43		
Energy	kcal	136		0	NC	4		241		
Energy	kj	569				4		1007		
Protein (N x 6.25)	g	9.34	0.177	8		1		16.53		
Total lipid (fat)	g	0.46	0.042	8		1		0.81		
Ash	g	1.09	0.023	8		1		1.93		
Carbohydrate, by difference	g	24.46		0	NC	4		43.29		
Fiber, total dietary	g	10.0		0	BFZN	4		17.7		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	50	1.044	8		1		89		
Iron, Fe	mg	2.09	0.118	8		1		3.70		
Magnesium, Mg	mg	50	0.909	8		1		89		
Phosphorus, P	mg	135	3.381	8		1		239		
Potassium, K	mg	387	8.836	8		1		685		
Sodium, Na	mg	237		0		1		419		
Zinc, Zn	mg	1.14	0.046	8		1		2.02		
Copper, Cu	mg	0.231	0.023	8		1		0.409		
Manganese, Mn	mg	0.370	0.010	8		1		0.655		
Selenium, Se	mcg	1.3		0	BFSN	4		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.210	0.010	8		1		0.372		
Riboflavin	mg	0.069	0.004	8		1		0.122		
Niacin	mg	0.515	0.037	8		1		0.912		
Pantothenic acid	mg	0.240	0.012	8		1		0.425		
Vitamin B-6	mg	0.081	0.005	8		1		0.143		
Folate, total	mcg	207	7.812	8		1		366		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	207	7.812	8		1		366		
Folate, DFE	mcg_DFE	207		0	NC	4		366		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0	0.000	8		1		0		
Vitamin A, RAE	mcg_RAE	0	0.000	8		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.119		0		1		0.211		
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		
15:0	g									
16:0	g	0.112		0		1		0.198		
17:0	g									
18:0	g	0.007		0		1		0.012		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16320

Beans, cranberry (roman), mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.040		0		1		0.071		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.040		0		1		0.071		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.199		0		1		0.352		
18:2 undifferentiated.....g	0.108		0		1		0.191		
18:3 undifferentiated.....g	0.091		0		1		0.161		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.111		0		1		0.196		
Threonine.....g	0.393		0		1		0.696		
Isoleucine.....g	0.412		0		1		0.729		
Leucine.....g	0.746		0		1		1.320		
Lysine.....g	0.641		0		1		1.135		
Methionine.....g	0.140		0		1		0.248		
Cystine.....g	0.102		0		1		0.181		
Phenylalanine.....g	0.505		0		1		0.894		
Tyrosine.....g	0.263		0		1		0.466		
Valine.....g	0.489		0		1		0.866		
Arginine.....g	0.578		0		1		1.023		
Histidine.....g	0.260		0		1		0.460		
Alanine.....g	0.391		0		1		0.692		
Aspartic acid.....g	1.129		0		1		1.998		
Glutamic acid.....g	1.424		0		1		2.520		
Glycine.....g	0.365		0		1		0.646		
Proline.....g	0.396		0		1		0.701		
Serine.....g	0.508		0		1		0.899		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 177g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16020

Beans, cranberry (roman), mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.65	0.497	8		1		114.43		
Energy	kcal	136		0	NC	4		241		
Energy	kj	569				4		1007		
Protein (N x 6.25)	g	9.34	0.177	8		1		16.53		
Total lipid (fat)	g	0.46	0.042	8		1		0.81		
Ash	g	1.09	0.023	8		1		1.93		
Carbohydrate, by difference	g	24.46		0	NC	4		43.29		
Fiber, total dietary	g	10.0		0	BFSN	4		17.7		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	50	1.044	8		1		89		
Iron, Fe	mg	2.09	0.118	8		1		3.70		
Magnesium, Mg	mg	50	0.909	8		1		89		
Phosphorus, P	mg	135	3.381	8		1		239		
Potassium, K	mg	387	8.836	8		1		685		
Sodium, Na	mg	1	0.081	4		1		2		
Zinc, Zn	mg	1.14	0.046	8		1		2.02		
Copper, Cu	mg	0.231	0.023	8		1		0.409		
Manganese, Mn	mg	0.370	0.010	8		1		0.655		
Selenium, Se	mcg	1.3		0	BFSN	4		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.210	0.010	8		1		0.372		
Riboflavin	mg	0.069	0.004	8		1		0.122		
Niacin	mg	0.515	0.037	8		1		0.912		
Pantothenic acid	mg	0.240	0.012	8		1		0.425		
Vitamin B-6	mg	0.081	0.005	8		1		0.143		
Folate, total	mcg	207	7.812	8		1		366		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	207	7.812	8		1		366		
Folate, DFE	mcg_DFE	207		0	NC	4		366		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0	0.000	8		1		0		
Vitamin A, RAE	mcg_RAE	0	0.000	8		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.119		0		1		0.211		
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		
15:0	g									
16:0	g	0.112		0		1		0.198		
17:0	g									
18:0	g	0.007		0		1		0.012		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16020

Beans, cranberry (roman), mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.040		0		1		0.071		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.040		0		1		0.071		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.199		0		1		0.352		
18:2 undifferentiated.....g	0.108		0		1		0.191		
18:3 undifferentiated.....g	0.091		0		1		0.161		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.111		0		1		0.196		
Threonine.....g	0.393		0		1		0.696		
Isoleucine.....g	0.412		0		1		0.729		
Leucine.....g	0.746		0		1		1.320		
Lysine.....g	0.641		0		1		1.135		
Methionine.....g	0.140		0		1		0.248		
Cystine.....g	0.102		0		1		0.181		
Phenylalanine.....g	0.505		0		1		0.894		
Tyrosine.....g	0.263		0		1		0.466		
Valine.....g	0.489		0		1		0.866		
Arginine.....g	0.578		0		1		1.023		
Histidine.....g	0.260		0		1		0.460		
Alanine.....g	0.391		0		1		0.692		
Aspartic acid.....g	1.129		0		1		1.998		
Glutamic acid.....g	1.424		0		1		2.520		
Glycine.....g	0.365		0		1		0.646		
Proline.....g	0.396		0		1		0.701		
Serine.....g	0.508		0		1		0.899		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 177g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16019

Beans, cranberry (roman), mature seeds, raw

Phaseolus vulgaris

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.39	0.847	8		1		24.16		
Energy	kcal	335		0	NC	4		653		
Energy	kj	1402				4		2733		
Protein (N x 6.25)	g	23.03	0.295	8		1		44.91		
Total lipid (fat)	g	1.23	0.062	8		1		2.40		
Ash	g	3.31	0.072	8		1		6.45		
Carbohydrate, by difference	g	60.05		0	NC	4		117.10		
Fiber, total dietary	g	24.7		0	BFSN	4		48.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	127	2.831	8		1		248		
Iron, Fe	mg	5.00	0.192	8		1		9.75		
Magnesium, Mg	mg	156	3.373	8		1		304		
Phosphorus, P	mg	372	14.121	8		1		725		
Potassium, K	mg	1332	33.256	8		1		2597		
Sodium, Na	mg	6	0.380	4		1		12		
Zinc, Zn	mg	3.63	0.107	8		1		7.08		
Copper, Cu	mg	0.794	0.034	8		1		1.548		
Manganese, Mn	mg	0.920	0.015	8		1		1.794		
Selenium, Se	mcg	12.7		0	BFSN	4		24.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.747	0.032	8		1		1.457		
Riboflavin	mg	0.213	0.018	8		1		0.415		
Niacin	mg	1.455	0.072	8		1		2.837		
Pantothenic acid	mg	0.748	0.017	8		1		1.459		
Vitamin B-6	mg	0.309	0.010	8		1		0.603		
Folate, total	mcg	604	28.556	8		1		1179		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	604	28.556	8		1		1179		
Folate, DFE	mcg_DFE	604		0	NC	4		1179		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	2	1.043	8		1		4		
Vitamin A, RAE	mcg_RAE	0	0.052	8		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.316		0		1		0.616		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.001		0		1		0.002		
15:0	g									
16:0	g	0.296		0		1		0.577		
17:0	g									
18:0	g	0.019		0		1		0.037		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16019
Beans, cranberry (roman), mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.106		0		1		0.207		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.106		0		1		0.207		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.527		0		1		1.028		
18:2 undifferentiated.....g	0.287		0		1		0.560		
18:3 undifferentiated.....g	0.240		0		1		0.468		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.273		0		1		0.532		
Threonine.....g	0.969		0		1		1.890		
Isoleucine.....g	1.017		0		1		1.983		
Leucine.....g	1.838		0		1		3.584		
Lysine.....g	1.580		0		1		3.081		
Methionine.....g	0.346		0		1		0.675		
Cystine.....g	0.251		0		1		0.489		
Phenylalanine.....g	1.245		0		1		2.428		
Tyrosine.....g	0.648		0		1		1.264		
Valine.....g	1.205		0		1		2.350		
Arginine.....g	1.426		0		1		2.781		
Histidine.....g	0.641		0		1		1.250		
Alanine.....g	0.965		0		1		1.882		
Aspartic acid.....g	2.785		0		1		5.431		
Glutamic acid.....g	3.511		0		1		6.846		
Glycine.....g	0.899		0		1		1.753		
Proline.....g	0.976		0		1		1.903		
Serine.....g	1.253		0		1		2.443		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 195g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16323
Beans, french, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.57		0		1		117.83		
Energy	kcal	129		0	NC	4		228		
Energy	kj	540				4		955		
Protein (N x 6.25)	g	7.05		0		1		12.48		
Total lipid (fat)	g	0.76		0		1		1.35		
Ash	g	1.61		0		1		2.85		
Carbohydrate, by difference	g	24.02		0	NC	4		42.52		
Fiber, total dietary	g	9.4		0	BFSN	4		16.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	63		0		1		112		
Iron, Fe	mg	1.08		0		1		1.91		
Magnesium, Mg	mg	56		0		1		99		
Phosphorus, P	mg	102		0		1		181		
Potassium, K	mg	370		0		1		655		
Sodium, Na	mg	242		0		1		428		
Zinc, Zn	mg	0.64		0		1		1.13		
Copper, Cu	mg	0.115		0		1		0.204		
Manganese, Mn	mg	0.382		0		1		0.676		
Selenium, Se	mcg	1.2		0	BFSN	4		2.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0		1		2.1		
Thiamin	mg	0.130		0		1		0.230		
Riboflavin	mg	0.062		0		1		0.110		
Niacin	mg	0.546		0		1		0.966		
Pantothenic acid	mg	0.222		0		1		0.393		
Vitamin B-6	mg	0.105		0		1		0.186		
Folate, total	mcg	75		0		1		132		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	75		0		1		132		
Folate, DFE	mcg_DFE	75		0	NC	4		132		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	3		0		1		5		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.083		0		1		0.147		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.002		0		1		0.004		
15:0	g									
16:0	g	0.070		0		1		0.124		
17:0	g									
18:0	g	0.009		0		1		0.016		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16323
Beans, french, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.052		0		1		0.092		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.051		0		1		0.090		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.453		0		1		0.802		
18:2 undifferentiated.....g	0.166		0		1		0.294		
18:3 undifferentiated.....g	0.287		0		1		0.508		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.083		0		1		0.147		
Threonine.....g	0.297		0		1		0.526		
Isoleucine.....g	0.311		0		1		0.550		
Leucine.....g	0.563		0		1		0.997		
Lysine.....g	0.484		0		1		0.857		
Methionine.....g	0.106		0		1		0.188		
Cystine.....g	0.077		0		1		0.136		
Phenylalanine.....g	0.381		0		1		0.674		
Tyrosine.....g	0.199		0		1		0.352		
Valine.....g	0.369		0		1		0.653		
Arginine.....g	0.437		0		1		0.773		
Histidine.....g	0.196		0		1		0.347		
Alanine.....g	0.296		0		1		0.524		
Aspartic acid.....g	0.853		0		1		1.510		
Glutamic acid.....g	1.075		0		1		1.903		
Glycine.....g	0.275		0		1		0.487		
Proline.....g	0.299		0		1		0.529		
Serine.....g	0.384		0		1		0.680		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 177g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16023
Beans, french, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.57		0		1		117.83		
Energy	kcal	129		0	NC	4		228		
Energy	kj	540				4		955		
Protein (N x 6.25)	g	7.05		0		1		12.48		
Total lipid (fat)	g	0.76		0		1		1.35		
Ash	g	1.61		0		1		2.85		
Carbohydrate, by difference	g	24.02		0	NC	4		42.52		
Fiber, total dietary	g	9.4		0	BFSN	4		16.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	63		0		1		112		
Iron, Fe	mg	1.08		0		1		1.91		
Magnesium, Mg	mg	56		0		1		99		
Phosphorus, P	mg	102		0		1		181		
Potassium, K	mg	370		0		1		655		
Sodium, Na	mg	6		0		1		11		
Zinc, Zn	mg	0.64		0		1		1.13		
Copper, Cu	mg	0.115		0		1		0.204		
Manganese, Mn	mg	0.382		0		1		0.676		
Selenium, Se	mcg	1.2		0	BFSN	4		2.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0		1		2.1		
Thiamin	mg	0.130		0		1		0.230		
Riboflavin	mg	0.062		0		1		0.110		
Niacin	mg	0.546		0		1		0.966		
Pantothenic acid	mg	0.222		0		1		0.393		
Vitamin B-6	mg	0.105		0		1		0.186		
Folate, total	mcg	75		0		1		132		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	75		0		1		132		
Folate, DFE	mcg_DFE	75		0	NC	4		132		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	3		0		1		5		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.083		0		1		0.147		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.002		0		1		0.004		
15:0	g									
16:0	g	0.070		0		1		0.124		
17:0	g									
18:0	g	0.009		0		1		0.016		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16023
Beans, french, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.052		0		1		0.092		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.051		0		1		0.090		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.453		0		1		0.802		
18:2 undifferentiated.....g	0.166		0		1		0.294		
18:3 undifferentiated.....g	0.287		0		1		0.508		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.083		0		1		0.147		
Threonine.....g	0.297		0		1		0.526		
Isoleucine.....g	0.311		0		1		0.550		
Leucine.....g	0.563		0		1		0.997		
Lysine.....g	0.484		0		1		0.857		
Methionine.....g	0.106		0		1		0.188		
Cystine.....g	0.077		0		1		0.136		
Phenylalanine.....g	0.381		0		1		0.674		
Tyrosine.....g	0.199		0		1		0.352		
Valine.....g	0.369		0		1		0.653		
Arginine.....g	0.437		0		1		0.773		
Histidine.....g	0.196		0		1		0.347		
Alanine.....g	0.296		0		1		0.524		
Aspartic acid.....g	0.853		0		1		1.510		
Glutamic acid.....g	1.075		0		1		1.903		
Glycine.....g	0.275		0		1		0.487		
Proline.....g	0.299		0		1		0.529		
Serine.....g	0.384		0		1		0.680		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 177g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16022

Beans, french, mature seeds, raw

Phaseolus vulgaris

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.77		2		1		19.82		
Energy	kcal	343		0	NC	4		631		
Energy	kj	1435				4		2641		
Protein (N x 6.25)	g	18.81		2		1		34.61		
Total lipid (fat)	g	2.02		2		1		3.72		
Ash	g	4.30		2		1		7.91		
Carbohydrate, by difference	g	64.11		0	NC	4		117.96		
Fiber, total dietary	g	25.2		0	BFSN	4		46.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	186		2		1		342		
Iron, Fe	mg	3.40		1		1		6.26		
Magnesium, Mg	mg	188		2		1		346		
Phosphorus, P	mg	304		2		1		559		
Potassium, K	mg	1316		2		1		2421		
Sodium, Na	mg	18		1		1		33		
Zinc, Zn	mg	1.90		1		1		3.50		
Copper, Cu	mg	0.440		1		1		0.810		
Manganese, Mn	mg	1.200		1		1		2.208		
Selenium, Se	mcg	12.9		0	BFSN	4		23.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.6		0		1		8.5		
Thiamin	mg	0.535		0		1		0.984		
Riboflavin	mg	0.221		0		1		0.407		
Niacin	mg	2.083		0		1		3.833		
Pantothenic acid	mg	0.789		0		1		1.452		
Vitamin B-6	mg	0.401		0		1		0.738		
Folate, total	mcg	399		0		1		733		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	399		0		1		733		
Folate, DFE	mcg_DFE	399		0	NC	4		733		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	8		0		1		15		
Vitamin A, RAE	mcg_RAE	0		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.221		0		1		0.407		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.005		0		1		0.009		
15:0	g									
16:0	g	0.186		0		1		0.342		
17:0	g									
18:0	g	0.023		0		1		0.042		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16022
Beans, french, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.138		0		1		0.254		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.135		0		1		0.248		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.207		0		1		2.221		
18:2 undifferentiated.....g	0.442		0		1		0.813		
18:3 undifferentiated.....g	0.765		0		1		1.408		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.223		0		1		0.410		
Threonine.....g	0.792		0		1		1.457		
Isoleucine.....g	0.831		0		1		1.529		
Leucine.....g	1.502		0		1		2.764		
Lysine.....g	1.291		0		1		2.375		
Methionine.....g	0.283		0		1		0.521		
Cystine.....g	0.205		0		1		0.377		
Phenylalanine.....g	1.017		0		1		1.871		
Tyrosine.....g	0.530		0		1		0.975		
Valine.....g	0.984		0		1		1.811		
Arginine.....g	1.165		0		1		2.144		
Histidine.....g	0.524		0		1		0.964		
Alanine.....g	0.789		0		1		1.452		
Aspartic acid.....g	2.276		0		1		4.188		
Glutamic acid.....g	2.869		0		1		5.279		
Glycine.....g	0.734		0		1		1.351		
Proline.....g	0.798		0		1		1.468		
Serine.....g	1.023		0		1		1.882		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 184g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16026
Beans, great northern, mature seeds, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.89		0		1		183.11		
Energy	kcal	114		0	NC	4		299		
Energy	kj	477				4		1250		
Protein (N x 6.25)	g	7.37		0		1		19.31		
Total lipid (fat)	g	0.39		0		1		1.02		
Ash	g	1.33		0		1		3.48		
Carbohydrate, by difference	g	21.03		0	NC	4		55.10		
Fiber, total dietary	g	4.9		0		1		12.8		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	53		0		1		139		
Iron, Fe	mg	1.57		0		1		4.11		
Magnesium, Mg	mg	51		0		1		134		
Phosphorus, P	mg	136		0		1		356		
Potassium, K	mg	351		0		1		920		
Sodium, Na	mg	4		0		1		10		
Zinc, Zn	mg	0.65		1		1		1.70		
Copper, Cu	mg	0.160		1		1		0.419		
Manganese, Mn	mg	0.408		0		1		1.069		
Selenium, Se	mcg	4.1		0	BFSN	4		10.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3		0		1		3.4		
Thiamin	mg	0.143		0		1		0.375		
Riboflavin	mg	0.060		0		1		0.157		
Niacin	mg	0.461		0		1		1.208		
Pantothenic acid	mg	0.278		0		1		0.728		
Vitamin B-6	mg	0.106		0		1		0.278		
Folate, total	mcg	81		0		1		213		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	81		0		1		213		
Folate, DFE	mcg_DFE	81		0	NC	4		213		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	1		0		1		3		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.120		0		1		0.314		
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	0.113		0		1		0.296		
17:0	g									
18:0	g	0.007		0		1		0.018		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16026
Beans, great northern, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.018		0		1		0.047		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.047		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.161		0		1		0.422		
18:2 undifferentiated.....g	0.089		0		1		0.233		
18:3 undifferentiated.....g	0.072		0		1		0.189		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.087		0		1		0.228		
Threonine.....g	0.310		0		1		0.812		
Isoleucine.....g	0.325		0		1		0.852		
Leucine.....g	0.588		0		1		1.541		
Lysine.....g	0.506		0		1		1.326		
Methionine.....g	0.111		0		1		0.291		
Cystine.....g	0.080		0		1		0.210		
Phenylalanine.....g	0.399		0		1		1.045		
Tyrosine.....g	0.208		0		1		0.545		
Valine.....g	0.386		0		1		1.011		
Arginine.....g	0.456		0		1		1.195		
Histidine.....g	0.205		0		1		0.537		
Alanine.....g	0.309		0		1		0.810		
Aspartic acid.....g	0.891		0		1		2.334		
Glutamic acid.....g	1.124		0		1		2.945		
Glycine.....g	0.288		0		1		0.755		
Proline.....g	0.312		0		1		0.817		
Serine.....g	0.401		0		1		1.051		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 262g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16325

Beans, great northern, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.00	1.515	25		1		122.13		
Energy	kcal	118		0	NC	4		209		
Energy	kj	494				4		874		
Protein (N x 6.25)	g	8.33	0.088	20		1		14.74		
Total lipid (fat)	g	0.45	0.013	20		1		0.80		
Ash	g	1.14	0.021	20		1		2.02		
Carbohydrate, by difference	g	21.09		0	NC	4		37.33		
Fiber, total dietary	g	7.0		0		4		12.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	68	1.629	20		1		120		
Iron, Fe	mg	2.13	0.157	20		1		3.77		
Magnesium, Mg	mg	50	1.339	20		1		89		
Phosphorus, P	mg	165	4.334	20		1		292		
Potassium, K	mg	391	10.884	20		1		692		
Sodium, Na	mg	238		0		1		421		
Zinc, Zn	mg	0.88	0.018	20		1		1.56		
Copper, Cu	mg	0.247	0.019	20		1		0.437		
Manganese, Mn	mg	0.518	0.019	20		1		0.917		
Selenium, Se	mcg	4.1	1.033	3	A	1		7.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3		0		1		2.3		
Thiamin	mg	0.158	0.009	20		1		0.280		
Riboflavin	mg	0.059	0.002	20		1		0.104		
Niacin	mg	0.681	0.094	20		1		1.205		
Pantothenic acid	mg	0.266	0.005	8		1		0.471		
Vitamin B-6	mg	0.117	0.002	8		1		0.207		
Folate, total	mcg	102	18.373	13		1		181		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	102	18.373	13		1		181		
Folate, DFE	mcg_DFE	102		0	NC	4		181		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	1		0		1		2		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.140		0		1		0.248		
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	0.132		0		1		0.234		
17:0	g									
18:0	g	0.008		0		1		0.014		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16325

Beans, great northern, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.021		0		1		0.037		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.037		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.187		0		1		0.331		
18:2 undifferentiated.....g	0.103		0		1		0.182		
18:3 undifferentiated.....g	0.084		0		1		0.149		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.099		0		1		0.175		
Threonine.....g	0.351		0		1		0.621		
Isoleucine.....g	0.368		0		1		0.651		
Leucine.....g	0.665		0		1		1.177		
Lysine.....g	0.572		0		1		1.012		
Methionine.....g	0.125		0		1		0.221		
Cystine.....g	0.091		0		1		0.161		
Phenylalanine.....g	0.451		0		1		0.798		
Tyrosine.....g	0.235		0		1		0.416		
Valine.....g	0.436		0		1		0.772		
Arginine.....g	0.516		0		1		0.913		
Histidine.....g	0.232		0		1		0.411		
Alanine.....g	0.349		0		1		0.618		
Aspartic acid.....g	1.008		0		1		1.784		
Glutamic acid.....g	1.270		0		1		2.248		
Glycine.....g	0.325		0		1		0.575		
Proline.....g	0.353		0		1		0.625		
Serine.....g	0.453		0		1		0.802		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 177g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16025

Beans, great northern, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.00	1.515	25		1		122.13		
Energy	kcal	118		0	NC	4		209		
Energy	kj	494				4		874		
Protein (N x 6.25)	g	8.33	0.088	20		1		14.74		
Total lipid (fat)	g	0.45	0.013	20		1		0.80		
Ash	g	1.14	0.021	20		1		2.02		
Carbohydrate, by difference	g	21.09		0	NC	4		37.33		
Fiber, total dietary	g	7.0		0		1		12.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	68	1.629	20		1		120		
Iron, Fe	mg	2.13	0.157	20		1		3.77		
Magnesium, Mg	mg	50	1.339	20		1		89		
Phosphorus, P	mg	165	4.334	20		1		292		
Potassium, K	mg	391	10.884	20		1		692		
Sodium, Na	mg	2	0.212	16		1		4		
Zinc, Zn	mg	0.88	0.018	20		1		1.56		
Copper, Cu	mg	0.247	0.019	20		1		0.437		
Manganese, Mn	mg	0.518	0.019	20		1		0.917		
Selenium, Se	mcg	4.1	1.033	3	A	1		7.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3		0		1		2.3		
Thiamin	mg	0.158	0.009	20		1		0.280		
Riboflavin	mg	0.059	0.002	20		1		0.104		
Niacin	mg	0.681	0.094	20		1		1.205		
Pantothenic acid	mg	0.266	0.005	8		1		0.471		
Vitamin B-6	mg	0.117	0.002	8		1		0.207		
Folate, total	mcg	102	18.373	13		1		181		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	102	18.373	13		1		181		
Folate, DFE	mcg_DFE	102		0	NC	4		181		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	1		0		1		2		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.140		0		1		0.248		
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	0.132		0		1		0.234		
17:0	g									
18:0	g	0.008		0		1		0.014		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16025

Beans, great northern, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.021		0		1		0.037		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.037		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.187		0		1		0.331		
18:2 undifferentiated.....g	0.103		0		1		0.182		
18:3 undifferentiated.....g	0.084		0		1		0.149		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.099		0		1		0.175		
Threonine.....g	0.351		0		1		0.621		
Isoleucine.....g	0.368		0		1		0.651		
Leucine.....g	0.665		0		1		1.177		
Lysine.....g	0.572		0		1		1.012		
Methionine.....g	0.125		0		1		0.221		
Cystine.....g	0.091		0		1		0.161		
Phenylalanine.....g	0.451		0		1		0.798		
Tyrosine.....g	0.235		0		1		0.416		
Valine.....g	0.436		0		1		0.772		
Arginine.....g	0.516		0		1		0.913		
Histidine.....g	0.232		0		1		0.411		
Alanine.....g	0.349		0		1		0.618		
Aspartic acid.....g	1.008		0		1		1.784		
Glutamic acid.....g	1.270		0		1		2.248		
Glycine.....g	0.325		0		1		0.575		
Proline.....g	0.353		0		1		0.625		
Serine.....g	0.453		0		1		0.802		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 177g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16024

Beans, great northern, mature seeds, raw

Phaseolus vulgaris

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.70	0.293	45		1		19.58		
Energy	kcal	339		0	NC	4		621		
Energy	kj	1419		0	NC	4		2597		
Protein (N x 6.25)	g	21.86	0.201	48		1		40.00		
Total lipid (fat)	g	1.14	0.047	49		1		2.09		
Ash	g	3.93	0.090	45		1		7.19		
Carbohydrate, by difference	g	62.37		0	NC	4		114.14		
Fiber, total dietary	g	20.2		0		4		37.0		
Sugars, total	g	2.26		0	BFSN	4		4.13		
Starch	g									
Minerals:										
Calcium, Ca	mg	175	2.905	36		1		320		
Iron, Fe	mg	5.47	0.305	36		1		10.01		
Magnesium, Mg	mg	189	3.752	36		1		346		
Phosphorus, P	mg	447	6.430	35		1		818		
Potassium, K	mg	1387	50.802	36		1		2538		
Sodium, Na	mg	14	2.333	31		1		26		
Zinc, Zn	mg	2.31	0.069	35		1		4.23		
Copper, Cu	mg	0.837	0.025	35		1		1.532		
Manganese, Mn	mg	1.423	0.038	35		1		2.604		
Selenium, Se	mcg	12.9		1	A	1		23.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.3		1		1		9.7		
Thiamin	mg	0.653	0.028	45		1		1.195		
Riboflavin	mg	0.237	0.010	45		1		0.434		
Niacin	mg	1.955	0.111	45		1		3.578		
Pantothenic acid	mg	1.098	0.027	32		1		2.009		
Vitamin B-6	mg	0.447	0.008	32		1		0.818		
Folate, total	mcg	482	14.027	32		1		882		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	482	14.027	32		1		882		
Folate, DFE	mcg_DFE	482		0	NC	4		882		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0	NC	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.22		0	BFSN	4		0.41		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	6.0		0	BFSN	4		10.9		
Lipids:										
Fatty acids, total saturated	g	0.356		0		1		0.651		
4:0	g	0.000		0	BFSN	4		0.000		
6:0	g	0.000		0	BFSN	4		0.000		
8:0	g	0.000		0	BFSN	4		0.000		
10:0	g	0.000		0	BFSN	4		0.000		
12:0	g	0.000		0	BFSN	4		0.000		
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.335		0		1		0.613		
17:0	g									
18:0	g	0.021		0		1		0.038		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16024
Beans, great northern, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.053		0		1		0.097		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.053		0		1		0.097		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.477		0		1		0.873		
18:2 undifferentiated.....g	0.263		0		1		0.481		
18:3 undifferentiated.....g	0.213		0		1		0.390		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.259		0		1		0.474		
Threonine.....g	0.920		0		1		1.684		
Isoleucine.....g	0.965		0		1		1.766		
Leucine.....g	1.745		0		1		3.193		
Lysine.....g	1.500		0		1		2.745		
Methionine.....g	0.329		0		1		0.602		
Cystine.....g	0.238		0		1		0.436		
Phenylalanine.....g	1.182		0		1		2.163		
Tyrosine.....g	0.615		0		1		1.125		
Valine.....g	1.144		0		1		2.094		
Arginine.....g	1.353		0		1		2.476		
Histidine.....g	0.608		0		1		1.113		
Alanine.....g	0.916		0		1		1.676		
Aspartic acid.....g	2.644		0		1		4.839		
Glutamic acid.....g	3.333		0		1		6.099		
Glycine.....g	0.853		0		1		1.561		
Proline.....g	0.927		0		1		1.696		
Serine.....g	1.189		0		1		2.176		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

Common Measures:

Measure 1 = 183g: 1 cup

NDB No. 16024
Beans, great northern, mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16029
Beans, kidney, all types, mature seeds, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.95		43		1		199.55		
Energy	kcal	81		0	NC	4		207		
Energy	kj	339				4		868		
Protein (N x 6.25)	g	5.20		43		1		13.31		
Total lipid (fat)	g	0.31		42		1		0.79		
Ash	g	1.66		43		1		4.25		
Carbohydrate, by difference	g	14.88		0	NC	4		38.09		
Fiber, total dietary	g	3.5		0		4		9.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		43		1		69		
Iron, Fe	mg	1.23		44		1		3.15		
Magnesium, Mg	mg	31		1		1		79		
Phosphorus, P	mg	105		1		1		269		
Potassium, K	mg	257	17.024	40		1		658		
Sodium, Na	mg	347		41		1		888		
Zinc, Zn	mg	0.55		1		1		1.41		
Copper, Cu	mg	0.150		1		1		0.384		
Manganese, Mn	mg	0.217		0		1		0.556		
Selenium, Se	mcg	1.2	0.270	9	A	1		3.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		5		1		3.1		
Thiamin	mg	0.109		43		1		0.279		
Riboflavin	mg	0.072		45		1		0.184		
Niacin	mg	0.502		42		1		1.285		
Pantothenic acid	mg	0.146		0		1		0.374		
Vitamin B-6	mg	0.069		0		1		0.177		
Folate, total	mcg	49		0		1		126		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	49		0		1		126		
Folate, DFE	mcg_DFE	49		0	NC	4		126		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.045		0		1		0.115		
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	0.040		0		1		0.102		
17:0	g									
18:0	g	0.005		0		1		0.013		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16029
Beans, kidney, all types, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.024		0		1		0.061		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1		0.061		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.172		0		1		0.440		
18:2 undifferentiated.....g	0.067		0		1		0.172		
18:3 undifferentiated.....g	0.105		0		1		0.269		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.061		0		1		0.156		
Threonine.....g	0.219		0		1		0.561		
Isoleucine.....g	0.229		0		1		0.586		
Leucine.....g	0.415		0		1		1.062		
Lysine.....g	0.356		0		1		0.911		
Methionine.....g	0.078		0		1		0.200		
Cystine.....g	0.057		0		1		0.146		
Phenylalanine.....g	0.281		0		1		0.719		
Tyrosine.....g	0.146		0		1		0.374		
Valine.....g	0.272		0		1		0.696		
Arginine.....g	0.322		0		1		0.824		
Histidine.....g	0.145		0		1		0.371		
Alanine.....g	0.218		0		1		0.558		
Aspartic acid.....g	0.628		0		1		1.608		
Glutamic acid.....g	0.792		0		1		2.028		
Glycine.....g	0.203		0		1		0.520		
Proline.....g	0.220		0		1		0.563		
Serine.....g	0.283		0		1		0.724		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 256g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16328
Beans, kidney, all types, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.94	0.208	20		1		118.48		
Energy	kcal	127		0	NC	4		225		
Energy	kj	532		0	NC	4		941		
Protein (N x 6.25)	g	8.67	0.097	23		1		15.35		
Total lipid (fat)	g	0.50	0.015	23		1		0.89		
Ash	g	1.09	0.028	23		1		1.93		
Carbohydrate, by difference	g	22.80		0	NC	4		40.36		
Fiber, total dietary	g	6.4		0		4		11.3		
Sugars, total	g	0.32		0	BFSN	4		0.56		
Starch	g									
Minerals:										
Calcium, Ca	mg	28	1.913	30		1		50		
Iron, Fe	mg	2.94	0.180	30		1		5.20		
Magnesium, Mg	mg	45	0.888	29		1		80		
Phosphorus, P	mg	142	5.977	30		1		251		
Potassium, K	mg	403	11.701	31		1		713		
Sodium, Na	mg	238		0		1		421		
Zinc, Zn	mg	1.07	0.029	32		1		1.89		
Copper, Cu	mg	0.242	0.012	32		1		0.428		
Manganese, Mn	mg	0.477	0.025	31		1		0.844		
Selenium, Se	mcg	1.2	0.270	9	A	1		2.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0		1		2.1		
Thiamin	mg	0.160	0.017	23		1		0.283		
Riboflavin	mg	0.058	0.003	23		1		0.103		
Niacin	mg	0.578	0.038	23		1		1.023		
Pantothenic acid	mg	0.220	0.006	8		1		0.389		
Vitamin B-6	mg	0.120	0.006	8		1		0.212		
Folate, total	mcg	130	3.817	8		1		229		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	130	3.817	8		1		229		
Folate, DFE	mcg_DFE	130		0	NC	4		229		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0	NC	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.87		0	BFSN	4		1.55		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.3		0	BFSN	4		5.8		
Lipids:										
Fatty acids, total saturated	g	0.072		0		1		0.127		
4:0	g	0.000		0	BFSN	4		0.000		
6:0	g	0.000		0	BFSN	4		0.000		
8:0	g	0.000		0	BFSN	4		0.000		
10:0	g	0.000		0	BFSN	4		0.000		
12:0	g	0.000		0	BFSN	4		0.000		
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.064		0		1		0.113		
17:0	g									
18:0	g	0.008		0		1		0.014		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16328

Beans, kidney, all types, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.039		0		1		0.069		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.069		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.275		0		1		0.487		
18:2 undifferentiated.....g	0.107		0		1		0.189		
18:3 undifferentiated.....g	0.168		0		1		0.297		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.103		0		1		0.182		
Threonine.....g	0.365		0		1		0.646		
Isoleucine.....g	0.383		0		1		0.678		
Leucine.....g	0.693		0		1		1.227		
Lysine.....g	0.595		0		1		1.053		
Methionine.....g	0.130		0		1		0.230		
Cystine.....g	0.094		0		1		0.166		
Phenylalanine.....g	0.469		0		1		0.830		
Tyrosine.....g	0.244		0		1		0.432		
Valine.....g	0.454		0		1		0.804		
Arginine.....g	0.537		0		1		0.950		
Histidine.....g	0.242		0		1		0.428		
Alanine.....g	0.364		0		1		0.644		
Aspartic acid.....g	1.049		0		1		1.857		
Glutamic acid.....g	1.323		0		1		2.342		
Glycine.....g	0.339		0		1		0.600		
Proline.....g	0.368		0		1		0.651		
Serine.....g	0.472		0		1		0.835		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

Common Measures:

Measure 1 = 177g: 1 cup

NDB No. 16328
Beans, kidney, all types, mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16028
Beans, kidney, all types, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.94	0.208	20		1		118.48	7.36	
Energy	kcal	127		0	NC	4		225	14	
Energy	kj	532		0	NC	4		941	58	
Protein (N x 6.25)	g	8.67	0.097	23		1		15.35	0.95	
Total lipid (fat)	g	0.50	0.015	23		1		0.89	0.06	
Ash	g	1.09	0.028	23		1		1.93	0.12	
Carbohydrate, by difference	g	22.80		0	NC	4		40.36	2.51	
Fiber, total dietary	g	6.4		0		1		11.3	0.7	
Sugars, total	g	0.32		0	BFSN	4		0.56	0.03	
Starch	g									
Minerals:										
Calcium, Ca	mg	35	0.919	53	JA	6		63	4	
Iron, Fe	mg	2.22	0.125	54	JA	6		3.93	0.24	
Magnesium, Mg	mg	42	0.814	54	JA	6		75	5	
Phosphorus, P	mg	138	3.054	53	JA	6		245	15	
Potassium, K	mg	405	9.316	54	JA	6		716	45	
Sodium, Na	mg	1	0.758	50	JA	6		2	0	
Zinc, Zn	mg	1.00	0.019	54	JA	6		1.76	0.11	
Copper, Cu	mg	0.216	0.014	54	JA	6		0.383	0.024	
Manganese, Mn	mg	0.430	0.027	54	JA	6		0.761	0.047	
Selenium, Se	mcg	1.1	0.223	48	JA	6		1.9	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0		1		2.1	0.1	
Thiamin	mg	0.160	0.017	23		1		0.283	0.018	
Riboflavin	mg	0.058	0.003	23		1		0.103	0.006	
Niacin	mg	0.578	0.038	23		1		1.023	0.064	
Pantothenic acid	mg	0.220	0.006	8		1		0.389	0.024	
Vitamin B-6	mg	0.120	0.006	8		1		0.212	0.013	
Folate, total	mcg	130	3.817	8		1		229	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	130	3.817	8		1		229	14	
Folate, DFE	mcg_DFE	130		0	NC	4		229	14	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.03		1	A	1		0.05	0.00	
Tocopherol, beta	mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.92		1	A	1		1.63	0.10	
Tocopherol, delta	mg	0.01		1	A	1		0.02	0.00	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	8.4		1	A	1		14.9	0.9	
Lipids:										
Fatty acids, total saturated	g	0.072		0		1		0.127	0.008	
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	0.064		0		1		0.113	0.007	
17:0	g									
18:0	g	0.008		0		1		0.014	0.001	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16028
Beans, kidney, all types, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.039		0		1		0.069	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.069	0.004	
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	0.275		0		1		0.487	0.030	
18:2 undifferentiated.....g	0.107		0		1		0.189	0.012	
18:3 undifferentiated.....g	0.168		0		1		0.297	0.018	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.103		0		1		0.182	0.011	
Threonine.....g	0.365		0		1		0.646	0.040	
Isoleucine.....g	0.383		0		1		0.678	0.042	
Leucine.....g	0.693		0		1		1.227	0.076	
Lysine.....g	0.595		0		1		1.053	0.065	
Methionine.....g	0.130		0		1		0.230	0.014	
Cystine.....g	0.094		0		1		0.166	0.010	
Phenylalanine.....g	0.469		0		1		0.830	0.052	
Tyrosine.....g	0.244		0		1		0.432	0.027	
Valine.....g	0.454		0		1		0.804	0.050	
Arginine.....g	0.537		0		1		0.950	0.059	
Histidine.....g	0.242		0		1		0.428	0.027	
Alanine.....g	0.364		0		1		0.644	0.040	
Aspartic acid.....g	1.049		0		1		1.857	0.115	
Glutamic acid.....g	1.323		0		1		2.342	0.146	
Glycine.....g	0.339		0		1		0.600	0.037	
Proline.....g	0.368		0		1		0.651	0.040	
Serine.....g	0.472		0		1		0.835	0.052	
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	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 177g: 1 cup

Measure 2 = 11.0g: 1 tbsp

NDB No. 16028
Beans, kidney, all types, mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16027

Beans, kidney, all types, mature seeds, raw

Phaseolus vulgaris

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.75		86		1		21.62		
Energy	kcal	333		0	NC	4		613		
Energy	kj	1393		0	NC	4		2564		
Protein (N x 6.25)	g	23.58		102		1		43.39		
Total lipid (fat)	g	0.83		108		1		1.53		
Ash	g	3.83		85		1		7.05		
Carbohydrate, by difference	g	60.01		0	NC	4		110.42		
Fiber, total dietary	g	24.9		0		4		45.8		
Sugars, total	g	2.23		0	BFSN	4		4.11		
Starch	g									
Minerals:										
Calcium, Ca	mg	143		71		1		263		
Iron, Fe	mg	8.20	0.595	90		1		15.09		
Magnesium, Mg	mg	140		69		1		258		
Phosphorus, P	mg	407		66		1		749		
Potassium, K	mg	1406		67		1		2587		
Sodium, Na	mg	24		55		1		44		
Zinc, Zn	mg	2.79	0.212	68		1		5.13		
Copper, Cu	mg	0.958		64		1		1.763		
Manganese, Mn	mg	1.021		68		1		1.879		
Selenium, Se	mcg	3.2		0	BFSN	4		5.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.5		1		1		8.3		
Thiamin	mg	0.529		53		1		0.973		
Riboflavin	mg	0.219		53		1		0.403		
Niacin	mg	2.060		48		1		3.790		
Pantothenic acid	mg	0.780	0.022	32		1		1.435		
Vitamin B-6	mg	0.397	0.007	32		1		0.730		
Folate, total	mcg	394	13.422	32		1		725		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	394	13.422	32		1		725		
Folate, DFE	mcg_DFE	394		0	NC	4		725		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0	NC	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.22		0	BFSN	4		0.41		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	19.0		0	T	4		35.0		
Lipids:										
Fatty acids, total saturated	g	0.120		0		1		0.221		
4:0	g	0.000		0	BFSN	4		0.000		
6:0	g	0.000		0	BFSN	4		0.000		
8:0	g	0.000		0	BFSN	4		0.000		
10:0	g	0.000		0	BFSN	4		0.000		
12:0	g	0.000		0	BFSN	4		0.000		
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.106		0		1		0.195		
17:0	g									
18:0	g	0.014		0		1		0.026		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16027
Beans, kidney, all types, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.064		0		1		0.118		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.064		0		1		0.118		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.457		0		1		0.841		
18:2 undifferentiated.....g	0.178		0		1		0.328		
18:3 undifferentiated.....g	0.279		0		1		0.513		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g									
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg	127		0		1		234		
Amino Acids:									
Tryptophan.....g	0.279		0		1		0.513		
Threonine.....g	0.992		0		1		1.825		
Isoleucine.....g	1.041		0		1		1.915		
Leucine.....g	1.882		0		1		3.463		
Lysine.....g	1.618		0		1		2.977		
Methionine.....g	0.355		0		1		0.653		
Cystine.....g	0.256		0		1		0.471		
Phenylalanine.....g	1.275		0		1		2.346		
Tyrosine.....g	0.664		0		1		1.222		
Valine.....g	1.233		0		1		2.269		
Arginine.....g	1.460		0		1		2.686		
Histidine.....g	0.656		0		1		1.207		
Alanine.....g	0.988		0		1		1.818		
Aspartic acid.....g	2.852		0		1		5.248		
Glutamic acid.....g	3.595		0		1		6.615		
Glycine.....g	0.920		0		1		1.693		
Proline.....g	1.000		0		1		1.840		
Serine.....g	1.282		0		1		2.359		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

Common Measures:

Measure 1 = 184g: 1 cup

NDB No. 16027
Beans, kidney, all types, mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16331
Beans, kidney, california red, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.93		0		1		118.47		
Energy	kcal	124		0	NC	4		219		
Energy	kj	519				4		918		
Protein (N x 6.25)	g	9.13		0		1		16.16		
Total lipid (fat)	g	0.09		0		1		0.16		
Ash	g	1.44		0		1		2.55		
Carbohydrate, by difference	g	22.41		0	NC	4		39.67		
Fiber, total dietary	g	9.3		0	BFSN	4		16.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	66		0		1		117		
Iron, Fe	mg	2.98		0		1		5.27		
Magnesium, Mg	mg	48		0		1		85		
Phosphorus, P	mg	137		0		1		242		
Potassium, K	mg	419		0		1		742		
Sodium, Na	mg	240		0		1		425		
Zinc, Zn	mg	0.86		0		1		1.52		
Copper, Cu	mg	0.289		0		1		0.512		
Manganese, Mn	mg	0.318		0		1		0.563		
Selenium, Se	mcg	1.2		0	BFSN	4		2.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0		1		2.1		
Thiamin	mg	0.129		0		1		0.228		
Riboflavin	mg	0.062		0		1		0.110		
Niacin	mg	0.540		0		1		0.956		
Pantothenic acid	mg	0.219		0		1		0.388		
Vitamin B-6	mg	0.104		0		1		0.184		
Folate, total	mcg	74		0		1		131		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	74		0		1		131		
Folate, DFE	mcg_DFE	74		0	NC	4		131		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	3		0		1		5		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.014		0		1		0.025		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.012		0		1		0.021		
17:0	g									
18:0	g	0.002		0		1		0.004		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16331
Beans, kidney, california red, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.007		0		1		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.012		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.052		0		1		0.092		
18:2 undifferentiated.....g	0.020		0		1		0.035		
18:3 undifferentiated.....g	0.032		0		1		0.057		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.108		0		1		0.191		
Threonine.....g	0.384		0		1		0.680		
Isoleucine.....g	0.403		0		1		0.713		
Leucine.....g	0.729		0		1		1.290		
Lysine.....g	0.627		0		1		1.110		
Methionine.....g	0.137		0		1		0.242		
Cystine.....g	0.099		0		1		0.175		
Phenylalanine.....g	0.494		0		1		0.874		
Tyrosine.....g	0.257		0		1		0.455		
Valine.....g	0.478		0		1		0.846		
Arginine.....g	0.565		0		1		1.000		
Histidine.....g	0.254		0		1		0.450		
Alanine.....g	0.383		0		1		0.678		
Aspartic acid.....g	1.105		0		1		1.956		
Glutamic acid.....g	1.392		0		1		2.464		
Glycine.....g	0.356		0		1		0.630		
Proline.....g	0.387		0		1		0.685		
Serine.....g	0.497		0		1		0.880		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 177g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16031
Beans, kidney, california red, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.93		0		1		118.47		
Energy	kcal	124		0	NC	4		219		
Energy	kj	519				4		918		
Protein (N x 6.25)	g	9.13		0		1		16.16		
Total lipid (fat)	g	0.09		0		1		0.16		
Ash	g	1.44		0		1		2.55		
Carbohydrate, by difference	g	22.41		0	NC	4		39.67		
Fiber, total dietary	g	9.3		0	BFSN	4		16.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	66		0		1		117		
Iron, Fe	mg	2.98		0		1		5.27		
Magnesium, Mg	mg	48		0		1		85		
Phosphorus, P	mg	137		0		1		242		
Potassium, K	mg	419		0		1		742		
Sodium, Na	mg	4		0		1		7		
Zinc, Zn	mg	0.86		0		1		1.52		
Copper, Cu	mg	0.289		0		1		0.512		
Manganese, Mn	mg	0.318		0		1		0.563		
Selenium, Se	mcg	1.2		0	BFSN	4		2.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0		1		2.1		
Thiamin	mg	0.129		0		1		0.228		
Riboflavin	mg	0.062		0		1		0.110		
Niacin	mg	0.540		0		1		0.956		
Pantothenic acid	mg	0.219		0		1		0.388		
Vitamin B-6	mg	0.104		0		1		0.184		
Folate, total	mcg	74		0		1		131		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	74		0		1		131		
Folate, DFE	mcg_DFE	74		0	NC	4		131		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	3		0		1		5		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.014		0		1		0.025		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.012		0		1		0.021		
17:0	g									
18:0	g	0.002		0		1		0.004		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16031
Beans, kidney, california red, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.007		0		1		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.012		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.052		0		1		0.092		
18:2 undifferentiated.....g	0.020		0		1		0.035		
18:3 undifferentiated.....g	0.032		0		1		0.057		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.108		0		1		0.191		
Threonine.....g	0.384		0		1		0.680		
Isoleucine.....g	0.403		0		1		0.713		
Leucine.....g	0.729		0		1		1.290		
Lysine.....g	0.627		0		1		1.110		
Methionine.....g	0.137		0		1		0.242		
Cystine.....g	0.099		0		1		0.175		
Phenylalanine.....g	0.494		0		1		0.874		
Tyrosine.....g	0.257		0		1		0.455		
Valine.....g	0.478		0		1		0.846		
Arginine.....g	0.565		0		1		1.000		
Histidine.....g	0.254		0		1		0.450		
Alanine.....g	0.383		0		1		0.678		
Aspartic acid.....g	1.105		0		1		1.956		
Glutamic acid.....g	1.392		0		1		2.464		
Glycine.....g	0.356		0		1		0.630		
Proline.....g	0.387		0		1		0.685		
Serine.....g	0.497		0		1		0.880		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 177g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16030

Beans, kidney, california red, mature seeds, raw

Phaseolus vulgaris

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.75		0		1		21.62		
Energy	kcal	330		0	NC	4		607		
Energy	kj	1381				4		2541		
Protein (N x 6.25)	g	24.37	0.149	6		1		44.84		
Total lipid (fat)	g	0.25	0.019	8		1		0.46		
Ash	g	3.83		0		1		7.05		
Carbohydrate, by difference	g	59.80		0	NC	4		110.03		
Fiber, total dietary	g	24.9		0		4		45.8		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	195		2		1		359		
Iron, Fe	mg	9.35		2		1		17.20		
Magnesium, Mg	mg	160		2		1		294		
Phosphorus, P	mg	405		2		1		745		
Potassium, K	mg	1490		2		1		2742		
Sodium, Na	mg	11		2		1		20		
Zinc, Zn	mg	2.55		2		1		4.69		
Copper, Cu	mg	1.100		2		1		2.024		
Manganese, Mn	mg	1.000		2		1		1.840		
Selenium, Se	mcg	3.2		0	BFSN	4		5.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.5		0		1		8.3		
Thiamin	mg	0.529		0		1		0.973		
Riboflavin	mg	0.219		0		1		0.403		
Niacin	mg	2.060		0		1		3.790		
Pantothenic acid	mg	0.780		0		1		1.435		
Vitamin B-6	mg	0.397		0		1		0.730		
Folate, total	mcg	394		0		1		725		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	394		0		1		725		
Folate, DFE	mcg_DFE	394		0	NC	4		725		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	8		0		1		15		
Vitamin A, RAE	mcg_RAE	0		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.036		0		1		0.066		
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	0.032		0		1		0.059		
17:0	g									
18:0	g	0.004		0		1		0.007		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16030
Beans, kidney, california red, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.019		0		1		0.035		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.019		0		1		0.035		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.138		0		1		0.254		
18:2 undifferentiated.....g	0.054		0		1		0.099		
18:3 undifferentiated.....g	0.084		0		1		0.155		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.289		0		1		0.532		
Threonine.....g	1.026		0		1		1.888		
Isoleucine.....g	1.076		0		1		1.980		
Leucine.....g	1.946		0		1		3.581		
Lysine.....g	1.673		0		1		3.078		
Methionine.....g	0.367		0		1		0.675		
Cystine.....g	0.265		0		1		0.488		
Phenylalanine.....g	1.318		0		1		2.425		
Tyrosine.....g	0.686		0		1		1.262		
Valine.....g	1.275		0		1		2.346		
Arginine.....g	1.509		0		1		2.777		
Histidine.....g	0.679		0		1		1.249		
Alanine.....g	1.022		0		1		1.880		
Aspartic acid.....g	2.948		0		1		5.424		
Glutamic acid.....g	3.717		0		1		6.839		
Glycine.....g	0.952		0		1		1.752		
Proline.....g	1.034		0		1		1.903		
Serine.....g	1.326		0		1		2.440		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 184g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16034
Beans, kidney, red, mature seeds, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.36		41		1		198.04	12.38	
Energy	kcal	85		0	NC	4		216	14	
Energy	kj	354		0	NC	4		905	57	
Protein (N x 6.25)	g	5.25		41		1		13.44	0.84	
Total lipid (fat)	g	0.34		40		1		0.87	0.05	
Ash	g	1.46		41		1		3.74	0.23	
Carbohydrate, by difference	g	15.59		0	NC	4		39.91	2.49	
Fiber, total dietary	g	6.4		0		1		16.4	1.0	
Sugars, total	g	0.22		0	BFSN	4		0.56	0.03	
Starch	g									
Minerals:										
Calcium, Ca	mg	24		41		1		61	4	
Iron, Fe	mg	1.26		41		1		3.23	0.20	
Magnesium, Mg	mg	28		0		1		72	4	
Phosphorus, P	mg	94		0		1		241	15	
Potassium, K	mg	257	17.024	40		1		658	41	
Sodium, Na	mg	341	6.748	40		1		873	55	
Zinc, Zn	mg	0.55		1		1		1.41	0.09	
Copper, Cu	mg	0.150		1		1		0.384	0.024	
Manganese, Mn	mg	0.242		0		1		0.620	0.039	
Selenium, Se	mcg	1.2		0	BFZN	4		3.1	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		4		1		2.8	0.2	
Thiamin	mg	0.105		41		1		0.269	0.017	
Riboflavin	mg	0.088		43		1		0.225	0.014	
Niacin	mg	0.456		40		1		1.167	0.073	
Pantothenic acid	mg	0.150		0		1		0.384	0.024	
Vitamin B-6	mg	0.022		0		1		0.056	0.004	
Folate, total	mcg	51		0		1		130	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	51		0		1		130	8	
Folate, DFE	mcg_DFE	51		0	NC	4		130	8	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.60		0	BFSN	4		1.53	0.10	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.2		0	BFSN	4		5.7	0.4	
Lipids:										
Fatty acids, total saturated	g	0.050		0		1		0.128	0.008	
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	0.044		0		1		0.113	0.007	
17:0	g									
18:0	g	0.006		0		1		0.015	0.001	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16034
Beans, kidney, red, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.027		0		1		0.069	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.027		0		1		0.069	0.004	
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	0.189		0		1		0.484	0.030	
18:2 undifferentiated.....g	0.073		0		1		0.187	0.012	
18:3 undifferentiated.....g	0.116		0		1		0.297	0.019	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.062		0		1		0.159	0.010	
Threonine.....g	0.221		0		1		0.566	0.035	
Isoleucine.....g	0.232		0		1		0.594	0.037	
Leucine.....g	0.419		0		1		1.073	0.067	
Lysine.....g	0.360		0		1		0.922	0.058	
Methionine.....g	0.079		0		1		0.202	0.013	
Cystine.....g	0.057		0		1		0.146	0.009	
Phenylalanine.....g	0.284		0		1		0.727	0.045	
Tyrosine.....g	0.148		0		1		0.379	0.024	
Valine.....g	0.274		0		1		0.701	0.044	
Arginine.....g	0.325		0		1		0.832	0.052	
Histidine.....g	0.146		0		1		0.374	0.023	
Alanine.....g	0.220		0		1		0.563	0.035	
Aspartic acid.....g	0.634		0		1		1.623	0.101	
Glutamic acid.....g	0.800		0		1		2.048	0.128	
Glycine.....g	0.205		0		1		0.525	0.033	
Proline.....g	0.222		0		1		0.568	0.036	
Serine.....g	0.285		0		1		0.730	0.046	
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	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 256g: 1 cup

Measure 2 = 16g: 1 tbsp

NDB No. 16034
Beans, kidney, red, mature seeds, canned

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16333
Beans, kidney, red, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.94	0.208	20		1		118.48		
Energy	kcal	127		0	NC	4		225		
Energy	kj	531				4		941		
Protein (N x 6.25)	g	8.67	0.097	23		1		15.35		
Total lipid (fat)	g	0.50	0.015	23		1		0.89		
Ash	g	1.09	0.028	23		1		1.93		
Carbohydrate, by difference	g	22.81		0	NC	4		40.37		
Fiber, total dietary	g	7.4		1	A	1		13.1		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	28	1.913	30		1		50		
Iron, Fe	mg	2.94	0.180	30		1		5.20		
Magnesium, Mg	mg	45	0.888	29		1		80		
Phosphorus, P	mg	142	5.977	30		1		251		
Potassium, K	mg	403	11.701	31		1		713		
Sodium, Na	mg	238		0		1		421		
Zinc, Zn	mg	1.07	0.029	32		1		1.89		
Copper, Cu	mg	0.242	0.012	32		1		0.428		
Manganese, Mn	mg	0.477	0.025	31		1		0.844		
Selenium, Se	mcg	1.2		0	BFZN	4		2.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0		1		2.1		
Thiamin	mg	0.160	0.017	23		1		0.283		
Riboflavin	mg	0.058	0.003	23		1		0.103		
Niacin	mg	0.578	0.038	23		1		1.023		
Pantothenic acid	mg	0.220	0.006	8		1		0.389		
Vitamin B-6	mg	0.120	0.006	8		1		0.212		
Folate, total	mcg	130	3.817	8		1		229		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	130	3.817	8		1		229		
Folate, DFE	mcg_DFE	130		0	NC	4		229		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0	0.000	8		1		0		
Vitamin A, RAE	mcg_RAE	0	0.000	8		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.072		0		1		0.127		
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	0.064		0		1		0.113		
17:0	g									
18:0	g	0.008		0		1		0.014		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16333
Beans, kidney, red, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.039		0		1		0.069		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.069		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.275		0		1		0.487		
18:2 undifferentiated.....g	0.107		0		1		0.189		
18:3 undifferentiated.....g	0.168		0		1		0.297		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.103		0		1		0.182		
Threonine.....g	0.365		0		1		0.646		
Isoleucine.....g	0.383		0		1		0.678		
Leucine.....g	0.693		0		1		1.227		
Lysine.....g	0.595		0		1		1.053		
Methionine.....g	0.130		0		1		0.230		
Cystine.....g	0.094		0		1		0.166		
Phenylalanine.....g	0.469		0		1		0.830		
Tyrosine.....g	0.244		0		1		0.432		
Valine.....g	0.454		0		1		0.804		
Arginine.....g	0.537		0		1		0.950		
Histidine.....g	0.242		0		1		0.428		
Alanine.....g	0.364		0		1		0.644		
Aspartic acid.....g	1.049		0		1		1.857		
Glutamic acid.....g	1.323		0		1		2.342		
Glycine.....g	0.339		0		1		0.600		
Proline.....g	0.368		0		1		0.651		
Serine.....g	0.472		0		1		0.835		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 177g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16033
Beans, kidney, red, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.94	0.208	20		1		118.48	7.36	
Energy	kcal	127		0	NC	4		225	14	
Energy	kj	532		0	NC	4		941	58	
Protein (N x 6.25)	g	8.67	0.097	23		1		15.35	0.95	
Total lipid (fat)	g	0.50	0.015	23		1		0.89	0.06	
Ash	g	1.09	0.028	23		1		1.93	0.12	
Carbohydrate, by difference	g	22.80		0	NC	4		40.36	2.51	
Fiber, total dietary	g	7.4		0		1		13.1	0.8	
Sugars, total	g	0.32		0	BFSN	4		0.56	0.03	
Starch	g									
Minerals:										
Calcium, Ca	mg	28	1.913	30		1		50	3	
Iron, Fe	mg	2.94	0.180	30		1		5.20	0.32	
Magnesium, Mg	mg	45	0.888	29		1		80	5	
Phosphorus, P	mg	142	5.977	30		1		251	16	
Potassium, K	mg	403	11.701	31		1		713	44	
Sodium, Na	mg	2	0.419	21		1		4	0	
Zinc, Zn	mg	1.07	0.029	32		1		1.89	0.12	
Copper, Cu	mg	0.242	0.012	32		1		0.428	0.027	
Manganese, Mn	mg	0.477	0.025	31		1		0.844	0.052	
Selenium, Se	mcg	1.2		0	BFZN	4		2.1	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0		1		2.1	0.1	
Thiamin	mg	0.160	0.017	23		1		0.283	0.018	
Riboflavin	mg	0.058	0.003	23		1		0.103	0.006	
Niacin	mg	0.578	0.038	23		1		1.023	0.064	
Pantothenic acid	mg	0.220	0.006	8		1		0.389	0.024	
Vitamin B-6	mg	0.120	0.006	8		1		0.212	0.013	
Folate, total	mcg	130	3.817	8		1		229	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	130	3.817	8		1		229	14	
Folate, DFE	mcg_DFE	130		0	NC	4		229	14	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.87		0	BFSN	4		1.55	0.10	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.3		0	BFSN	4		5.8	0.4	
Lipids:										
Fatty acids, total saturated	g	0.072		0		1		0.127	0.008	
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	0.064		0		1		0.113	0.007	
17:0	g									
18:0	g	0.008		0		1		0.014	0.001	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16033
Beans, kidney, red, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.039		0		1		0.069	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.069	0.004	
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	0.275		0		1		0.487	0.030	
18:2 undifferentiated.....g	0.107		0		1		0.189	0.012	
18:3 undifferentiated.....g	0.168		0		1		0.297	0.018	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.103		0		1		0.182	0.011	
Threonine.....g	0.365		0		1		0.646	0.040	
Isoleucine.....g	0.383		0		1		0.678	0.042	
Leucine.....g	0.693		0		1		1.227	0.076	
Lysine.....g	0.595		0		1		1.053	0.065	
Methionine.....g	0.130		0		1		0.230	0.014	
Cystine.....g	0.094		0		1		0.166	0.010	
Phenylalanine.....g	0.469		0		1		0.830	0.052	
Tyrosine.....g	0.244		0		1		0.432	0.027	
Valine.....g	0.454		0		1		0.804	0.050	
Arginine.....g	0.537		0		1		0.950	0.059	
Histidine.....g	0.242		0		1		0.428	0.027	
Alanine.....g	0.364		0		1		0.644	0.040	
Aspartic acid.....g	1.049		0		1		1.857	0.115	
Glutamic acid.....g	1.323		0		1		2.342	0.146	
Glycine.....g	0.339		0		1		0.600	0.037	
Proline.....g	0.368		0		1		0.651	0.040	
Serine.....g	0.472		0		1		0.835	0.052	
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	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 177g: 1 cup

Measure 2 = 11.0g: 1 tbsp

NDB No. 16033
Beans, kidney, red, mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16032

Beans, kidney, red, mature seeds, raw

Phaseolus vulgaris

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.75	0.216	58		1		21.62	1.43	
Energy	kcal	337		0	NC	4		619	41	
Energy	kj	1408		0	NC	4		2591	172	
Protein (N x 6.25)	g	22.53	0.225	61		1		41.46	2.75	
Total lipid (fat)	g	1.06	0.058	65		1		1.95	0.13	
Ash	g	3.37	0.065	58		1		6.20	0.41	
Carbohydrate, by difference	g	61.29		0	NC	4		112.77	7.48	
Fiber, total dietary	g	15.2		0		4		28.0	1.9	
Sugars, total	g	2.23		0	BFSN	4		4.11	0.27	
Starch	g									
Minerals:										
Calcium, Ca	mg	83	4.973	50		1		153	10	
Iron, Fe	mg	6.69	0.243	51		1		12.31	0.82	
Magnesium, Mg	mg	138	4.450	49		1		254	17	
Phosphorus, P	mg	406	11.195	50		1		747	50	
Potassium, K	mg	1359	24.742	51		1		2501	166	
Sodium, Na	mg	12	2.153	44		1		22	1	
Zinc, Zn	mg	2.79	0.064	51		1		5.13	0.34	
Copper, Cu	mg	0.699	0.038	50		1		1.286	0.085	
Manganese, Mn	mg	1.111	0.055	48		1		2.044	0.136	
Selenium, Se	mcg	3.2		0	BFSN	4		5.9	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.5		1		1		8.3	0.5	
Thiamin	mg	0.608	0.046	48		1		1.119	0.074	
Riboflavin	mg	0.215	0.008	48		1		0.396	0.026	
Niacin	mg	2.110	0.108	47		1		3.882	0.257	
Pantothenic acid	mg	0.780	0.022	32		1		1.435	0.095	
Vitamin B-6	mg	0.397	0.007	32		1		0.730	0.048	
Folate, total	mcg	394	13.422	32		1		725	48	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	394	13.422	32		1		725	48	
Folate, DFE	mcg_DFE	394		0	NC	4		725	48	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.22		0	BFSN	4		0.41	0.03	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	5.9		0	BFSN	4		10.9	0.7	
Lipids:										
Fatty acids, total saturated	g	0.154		0		1		0.283	0.019	
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	0.136		0		1		0.250	0.017	
17:0	g									
18:0	g	0.018		0		1		0.033	0.002	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16032
Beans, kidney, red, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.082		0		1		0.151	0.010	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.082		0		1		0.151	0.010	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.586		0		1		1.078	0.071	
18:2 undifferentiated.....g	0.228		0		1		0.420	0.028	
18:3 undifferentiated.....g	0.358		0		1		0.659	0.044	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.267		0		1		0.491	0.033	
Threonine.....g	0.948		0		1		1.744	0.116	
Isoleucine.....g	0.995		0		1		1.831	0.121	
Leucine.....g	1.799		0		1		3.310	0.219	
Lysine.....g	1.547		0		1		2.846	0.189	
Methionine.....g	0.339		0		1		0.624	0.041	
Cystine.....g	0.245		0		1		0.451	0.030	
Phenylalanine.....g	1.218		0		1		2.241	0.149	
Tyrosine.....g	0.634		0		1		1.167	0.077	
Valine.....g	1.179		0		1		2.169	0.144	
Arginine.....g	1.395		0		1		2.567	0.170	
Histidine.....g	0.627		0		1		1.154	0.076	
Alanine.....g	0.945		0		1		1.739	0.115	
Aspartic acid.....g	2.725		0		1		5.014	0.332	
Glutamic acid.....g	3.436		0		1		6.322	0.419	
Glycine.....g	0.880		0		1		1.619	0.107	
Proline.....g	0.955		0		1		1.757	0.117	
Serine.....g	1.226		0		1		2.256	0.150	
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	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 184g: 1 cup

Measure 2 = 12.2g: 1 tbsp

NDB No. 16032
Beans, kidney, red, mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16336

Beans, kidney, royal red, mature seeds, cooked, boiled with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.99		0		1		118.57		
Energy	kcal	123		0	NC	4		218		
Energy	kj	515				4		911		
Protein (N x 6.25)	g	9.49		0		1		16.80		
Total lipid (fat)	g	0.17		0		1		0.30		
Ash	g	1.50		0		1		2.66		
Carbohydrate, by difference	g	21.85		0	NC	4		38.67		
Fiber, total dietary	g	9.3		0	BFSN	4		16.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	44		0		1		78		
Iron, Fe	mg	2.77		0		1		4.90		
Magnesium, Mg	mg	42		0		1		74		
Phosphorus, P	mg	142		0		1		251		
Potassium, K	mg	378		0		1		669		
Sodium, Na	mg	241		0		1		427		
Zinc, Zn	mg	0.90		0		1		1.59		
Copper, Cu	mg	0.262		0		1		0.464		
Manganese, Mn	mg	0.255		0		1		0.451		
Selenium, Se	mcg	1.2		0	BFZN	4		2.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0		1		2.1		
Thiamin	mg	0.095		0		1		0.168		
Riboflavin	mg	0.067		0		1		0.119		
Niacin	mg	0.552		0		1		0.977		
Pantothenic acid	mg	0.219		0		1		0.388		
Vitamin B-6	mg	0.104		0		1		0.184		
Folate, total	mcg	74		0		1		130		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	74		0		1		130		
Folate, DFE	mcg_DFE	74		0	NC	4		130		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	3		0		1		5		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.024		0		1		0.042		
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	0.022		0		1		0.039		
17:0	g									
18:0	g	0.003		0		1		0.005		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16336

Beans, kidney, royal red, mature seeds, cooked, boiled with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.013		0		1		0.023		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.023		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.093		0		1		0.165		
18:2 undifferentiated.....g	0.036		0		1		0.064		
18:3 undifferentiated.....g	0.057		0		1		0.101		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.112		0		1		0.198		
Threonine.....g	0.399		0		1		0.706		
Isoleucine.....g	0.419		0		1		0.742		
Leucine.....g	0.757		0		1		1.340		
Lysine.....g	0.651		0		1		1.152		
Methionine.....g	0.143		0		1		0.253		
Cystine.....g	0.103		0		1		0.182		
Phenylalanine.....g	0.513		0		1		0.908		
Tyrosine.....g	0.267		0		1		0.473		
Valine.....g	0.496		0		1		0.878		
Arginine.....g	0.587		0		1		1.039		
Histidine.....g	0.264		0		1		0.467		
Alanine.....g	0.398		0		1		0.704		
Aspartic acid.....g	1.148		0		1		2.032		
Glutamic acid.....g	1.447		0		1		2.561		
Glycine.....g	0.370		0		1		0.655		
Proline.....g	0.402		0		1		0.712		
Serine.....g	0.516		0		1		0.913		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 177g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16036

Beans, kidney, royal red, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.99		0		1		118.57		
Energy	kcal	123		0	NC	4		218		
Energy	kj	515				4		911		
Protein (N x 6.25)	g	9.49		0		1		16.80		
Total lipid (fat)	g	0.17		0		1		0.30		
Ash	g	1.50		0		1		2.66		
Carbohydrate, by difference	g	21.85		0	NC	4		38.67		
Fiber, total dietary	g	9.3		0	BFSN	4		16.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	44		0		1		78		
Iron, Fe	mg	2.77		0		1		4.90		
Magnesium, Mg	mg	42		0		1		74		
Phosphorus, P	mg	142		0		1		251		
Potassium, K	mg	378		0		1		669		
Sodium, Na	mg	5		0		1		9		
Zinc, Zn	mg	0.90		0		1		1.59		
Copper, Cu	mg	0.262		0		1		0.464		
Manganese, Mn	mg	0.255		0		1		0.451		
Selenium, Se	mcg	1.2		0	BFZN	4		2.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0		1		2.1		
Thiamin	mg	0.095		0		1		0.168		
Riboflavin	mg	0.067		0		1		0.119		
Niacin	mg	0.552		0		1		0.977		
Pantothenic acid	mg	0.219		0		1		0.388		
Vitamin B-6	mg	0.104		0		1		0.184		
Folate, total	mcg	74		0		1		130		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	74		0		1		130		
Folate, DFE	mcg_DFE	74		0	NC	4		130		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	3		0		1		5		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.024		0		1		0.042		
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	0.022		0		1		0.039		
17:0	g									
18:0	g	0.003		0		1		0.005		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16036

Beans, kidney, royal red, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.013		0		1		0.023		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.023		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.093		0		1		0.165		
18:2 undifferentiated.....g	0.036		0		1		0.064		
18:3 undifferentiated.....g	0.057		0		1		0.101		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.112		0		1		0.198		
Threonine.....g	0.399		0		1		0.706		
Isoleucine.....g	0.419		0		1		0.742		
Leucine.....g	0.757		0		1		1.340		
Lysine.....g	0.651		0		1		1.152		
Methionine.....g	0.143		0		1		0.253		
Cystine.....g	0.103		0		1		0.182		
Phenylalanine.....g	0.513		0		1		0.908		
Tyrosine.....g	0.267		0		1		0.473		
Valine.....g	0.496		0		1		0.878		
Arginine.....g	0.587		0		1		1.039		
Histidine.....g	0.264		0		1		0.467		
Alanine.....g	0.398		0		1		0.704		
Aspartic acid.....g	1.148		0		1		2.032		
Glutamic acid.....g	1.447		0		1		2.561		
Glycine.....g	0.370		0		1		0.655		
Proline.....g	0.402		0		1		0.712		
Serine.....g	0.516		0		1		0.913		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 177g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16035

Beans, kidney, royal red, mature seeds, raw

Phaseolus vulgaris

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.90		1		1		21.90		
Energy	kcal	329		0	NC	4		605		
Energy	kj	1377				4		2533		
Protein (N x 6.25)	g	25.33	0.809	6		1		46.61		
Total lipid (fat)	g	0.45	0.094	8		1		0.83		
Ash	g	4.00		1		1		7.36		
Carbohydrate, by difference	g	58.33		0	NC	4		107.33		
Fiber, total dietary	g	24.9		0	BFSN	4		45.8		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	131		2		1		241		
Iron, Fe	mg	8.70		2		1		16.01		
Magnesium, Mg	mg	138		0		1		254		
Phosphorus, P	mg	406		0		1		747		
Potassium, K	mg	1346		2		1		2477		
Sodium, Na	mg	13		1		1		24		
Zinc, Zn	mg	2.66		2		1		4.89		
Copper, Cu	mg	1.000		1		1		1.840		
Manganese, Mn	mg	1.109		0		1		2.041		
Selenium, Se	mcg	3.2		0	BFSN	4		5.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.5		0		1		8.3		
Thiamin	mg	0.390		1		1		0.718		
Riboflavin	mg	0.240		1		1		0.442		
Niacin	mg	2.106		0		1		3.875		
Pantothenic acid	mg	0.779		0		1		1.433		
Vitamin B-6	mg	0.396		0		1		0.729		
Folate, total	mcg	393		0		1		724		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	393		0		1		724		
Folate, DFE	mcg_DFE	393		0	NC	4		724		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	8		0		1		15		
Vitamin A, RAE	mcg_RAE	0		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.065		0		1		0.120		
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	0.058		0		1		0.107		
17:0	g									
18:0	g	0.008		0		1		0.015		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16035
Beans, kidney, royal red, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.035		0		1		0.064		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.035		0		1		0.064		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.249		0		1		0.458		
18:2 undifferentiated.....g	0.097		0		1		0.178		
18:3 undifferentiated.....g	0.152		0		1		0.280		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.300		0		1		0.552		
Threonine.....g	1.066		0		1		1.961		
Isoleucine.....g	1.118		0		1		2.057		
Leucine.....g	2.022		0		1		3.720		
Lysine.....g	1.738		0		1		3.198		
Methionine.....g	0.381		0		1		0.701		
Cystine.....g	0.276		0		1		0.508		
Phenylalanine.....g	1.370		0		1		2.521		
Tyrosine.....g	0.713		0		1		1.312		
Valine.....g	1.325		0		1		2.438		
Arginine.....g	1.568		0		1		2.885		
Histidine.....g	0.705		0		1		1.297		
Alanine.....g	1.062		0		1		1.954		
Aspartic acid.....g	3.063		0		1		5.636		
Glutamic acid.....g	3.862		0		1		7.106		
Glycine.....g	0.989		0		1		1.820		
Proline.....g	1.074		0		1		1.976		
Serine.....g	1.378		0		1		2.536		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 184g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43125
Beans, liquid from stewed kidney beans

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.50				1		219.60		
Energy	kcal	47		0	NC	4		113		
Energy	kj	197		0	NC	4		474		
Protein	g	1.80				1		4.32		
Total lipid (fat)	g	3.20				4		7.68		
Ash	g	0.70		0	O	4		1.68		
Carbohydrate, by difference	g	2.80		0	NC	4		6.72		
Fiber, total dietary	g	0.1				4		0.2		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	13				4		31		
Iron, Fe	mg	1.96				1		4.70		
Magnesium, Mg	mg	37				1		89		
Phosphorus, P	mg	88				1		211		
Potassium, K	mg	408				1		979		
Sodium, Na	mg	2				1		5		
Zinc, Zn	mg	0.49				1		1.18		
Copper, Cu	mg	0.098				1		0.235		
Manganese, Mn	mg									
Selenium, Se	mcg	0.5		0	BFSN	4		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				1		0.0		
Thiamin	mg	0.100				1		0.240		
Riboflavin	mg	0.090				1		0.216		
Niacin	mg	0.390				1		0.936		
Pantothenic acid	mg									
Vitamin B-6	mg	0.030				4		0.072		
Folate, total	mcg	33				4		79		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	33				4		79		
Folate, DFE	mcg_DFE	33		0	NC	4		79		
Vitamin B-12	mcg	0.02				4		0.05		
Vitamin A, IU	IU	0		0	AS	1		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0		
Lipids:										
Fatty acids, total saturated	g	1.174				4		2.818		
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	0.006				4		0.014		
13:0	g									
14:0	g	0.043				4		0.103		
15:0	g									
16:0	g	0.729				4		1.750		
17:0	g									
18:0	g	0.389				4		0.934		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43125
Beans, liquid from stewed kidney beans

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	1.536				4		3.686		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.095				4		0.228		
17:1.....g									
18:1 undifferentiated.....g	1.420				4		3.408		
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	0.340				4		0.816		
18:2 undifferentiated.....g	0.299				4		0.718		
18:3 undifferentiated.....g	0.033				4		0.079		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.007				4		0.017		
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		10		
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		
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16039
Beans, navy, mature seeds, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.45		0		1		184.58		
Energy	kcal	113		0	NC	4		296		
Energy	kj	473		0	NC	4		1238		
Protein (N x 6.25)	g	7.53		0		1		19.73		
Total lipid (fat)	g	0.43		0		1		1.13		
Ash	g	1.14		0		1		2.99		
Carbohydrate, by difference	g	20.45		0	NC	4		53.58		
Fiber, total dietary	g	5.1		0		1		13.4		
Sugars, total	g	0.28		0	BFSN	4		0.74		
Starch	g									
Minerals:										
Calcium, Ca	mg	47		0		1		123		
Iron, Fe	mg	1.85		0		1		4.85		
Magnesium, Mg	mg	47		0		1		123		
Phosphorus, P	mg	134		0		1		351		
Potassium, K	mg	288		0		1		755		
Sodium, Na	mg	448		0		1		1174		
Zinc, Zn	mg	0.77		0		1		2.02		
Copper, Cu	mg	0.208		0		1		0.545		
Manganese, Mn	mg	0.375		0		1		0.983		
Selenium, Se	mcg	5.8		0	BFZN	4		15.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		1.8		
Thiamin	mg	0.141		0		1		0.369		
Riboflavin	mg	0.055		0		1		0.144		
Niacin	mg	0.487		0		1		1.276		
Pantothenic acid	mg	0.172		0		1		0.451		
Vitamin B-6	mg	0.103		0		1		0.270		
Folate, total	mcg	62		0		1		163		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	62		0		1		163		
Folate, DFE	mcg_DFE	62		0	NC	4		163		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0	NC	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.78		0	BFSN	4		2.04		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.9		0	BFSN	4		7.6		
Lipids:										
Fatty acids, total saturated	g	0.112		0		1		0.293		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.000		0		1		0.000		
15:0	g									
16:0	g	0.105		0		1		0.275		
17:0	g									
18:0	g	0.007		0		1		0.018		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16039
Beans, navy, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.038		0		1		0.100		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.038		0		1		0.100		
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	0.186		0		1		0.487		
18:2 undifferentiated.....g	0.101		0		1		0.265		
18:3 undifferentiated.....g	0.085		0		1		0.223		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.089		0		1		0.233		
Threonine.....g	0.317		0		1		0.831		
Isoleucine.....g	0.332		0		1		0.870		
Leucine.....g	0.601		0		1		1.575		
Lysine.....g	0.517		0		1		1.355		
Methionine.....g	0.113		0		1		0.296		
Cystine.....g	0.082		0		1		0.215		
Phenylalanine.....g	0.407		0		1		1.066		
Tyrosine.....g	0.212		0		1		0.555		
Valine.....g	0.394		0		1		1.032		
Arginine.....g	0.466		0		1		1.221		
Histidine.....g	0.209		0		1		0.548		
Alanine.....g	0.315		0		1		0.825		
Aspartic acid.....g	0.910		0		1		2.384		
Glutamic acid.....g	1.147		0		1		3.005		
Glycine.....g	0.294		0		1		0.770		
Proline.....g	0.319		0		1		0.836		
Serine.....g	0.409		0		1		1.072		
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		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

Common Measures:

Measure 1 = 262g: 1 cup

NDB No. 16039
Beans, navy, mature seeds, canned

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16338
Beans, navy, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.18	1.037	20		1		114.99		
Energy	kcal	142		0	NC	4		258		
Energy	kj	594				4		1081		
Protein (N x 6.25)	g	8.70	0.152	20		1		15.83		
Total lipid (fat)	g	0.57	0.009	20		1		1.04		
Ash	g	1.23	0.040	20		1		2.24		
Carbohydrate, by difference	g	26.31		0	NC	4		47.88		
Fiber, total dietary	g	6.4		0		4		11.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	70	2.204	27		1		127		
Iron, Fe	mg	2.48	0.077	28		1		4.51		
Magnesium, Mg	mg	59	1.590	28		1		107		
Phosphorus, P	mg	157	3.909	27		1		286		
Potassium, K	mg	368	13.350	28		1		670		
Sodium, Na	mg	237		0		1		431		
Zinc, Zn	mg	1.06	0.028	28		1		1.93		
Copper, Cu	mg	0.295	0.011	28		1		0.537		
Manganese, Mn	mg	0.556	0.025	28		1		1.012		
Selenium, Se	mcg	5.8	1.008	16	A	1		10.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		1		1.6		
Thiamin	mg	0.202	0.010	20		1		0.368		
Riboflavin	mg	0.061	0.002	20		1		0.111		
Niacin	mg	0.531	0.045	20		1		0.966		
Pantothenic acid	mg	0.255	0.010	8		1		0.464		
Vitamin B-6	mg	0.164	0.020	9		1		0.298		
Folate, total	mcg	140	6.063	8		1		255		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	140	6.063	8		1		255		
Folate, DFE	mcg_DFE	140		0	NC	4		255		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	2		0		1		4		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.148		0		1		0.269		
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		
15:0	g									
16:0	g	0.139		0		1		0.253		
17:0	g									
18:0	g	0.009		0		1		0.016		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16338
Beans, navy, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.050		0		1		0.091		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.050		0		1		0.091		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.246		0		1		0.448		
18:2 undifferentiated.....g	0.134		0		1		0.244		
18:3 undifferentiated.....g	0.112		0		1		0.204		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.103		0		1		0.187		
Threonine.....g	0.366		0		1		0.666		
Isoleucine.....g	0.384		0		1		0.699		
Leucine.....g	0.695		0		1		1.265		
Lysine.....g	0.597		0		1		1.087		
Methionine.....g	0.131		0		1		0.238		
Cystine.....g	0.095		0		1		0.173		
Phenylalanine.....g	0.470		0		1		0.855		
Tyrosine.....g	0.245		0		1		0.446		
Valine.....g	0.455		0		1		0.828		
Arginine.....g	0.539		0		1		0.981		
Histidine.....g	0.242		0		1		0.440		
Alanine.....g	0.365		0		1		0.664		
Aspartic acid.....g	1.052		0		1		1.915		
Glutamic acid.....g	1.327		0		1		2.415		
Glycine.....g	0.340		0		1		0.619		
Proline.....g	0.369		0		1		0.672		
Serine.....g	0.473		0		1		0.861		
Hydroxyproline.....g									

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16038
Beans, navy, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.18	1.037	20		1		114.99		
Energy	kcal	142		0	NC	4		258		
Energy	kj	594				4		1081		
Protein (N x 6.25)	g	8.70	0.152	20		1		15.83		
Total lipid (fat)	g	0.57	0.009	20		1		1.04		
Ash	g	1.23	0.040	20		1		2.24		
Carbohydrate, by difference	g	26.31		0	NC	4		47.88		
Fiber, total dietary	g	6.4		0		4		11.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	70	2.204	27		1		127		
Iron, Fe	mg	2.48	0.077	28		1		4.51		
Magnesium, Mg	mg	59	1.590	28		1		107		
Phosphorus, P	mg	157	3.909	27		1		286		
Potassium, K	mg	368	13.350	28		1		670		
Sodium, Na	mg	1	0.116	20		1		2		
Zinc, Zn	mg	1.06	0.028	28		1		1.93		
Copper, Cu	mg	0.295	0.011	28		1		0.537		
Manganese, Mn	mg	0.556	0.025	28		1		1.012		
Selenium, Se	mcg	5.8	1.008	16	A	1		10.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		1		1.6		
Thiamin	mg	0.202	0.010	20		1		0.368		
Riboflavin	mg	0.061	0.002	20		1		0.111		
Niacin	mg	0.531	0.045	20		1		0.966		
Pantothenic acid	mg	0.255	0.010	8		1		0.464		
Vitamin B-6	mg	0.164	0.020	9		1		0.298		
Folate, total	mcg	140	6.063	8		1		255		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	140	6.063	8		1		255		
Folate, DFE	mcg_DFE	140		0	NC	4		255		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	2		0		1		4		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.148		0		1		0.269		
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		
15:0	g									
16:0	g	0.139		0		1		0.253		
17:0	g									
18:0	g	0.009		0		1		0.016		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16038
Beans, navy, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.050		0		1		0.091		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.050		0		1		0.091		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.246		0		1		0.448		
18:2 undifferentiated.....g	0.134		0		1		0.244		
18:3 undifferentiated.....g	0.112		0		1		0.204		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.103		0		1		0.187		
Threonine.....g	0.366		0		1		0.666		
Isoleucine.....g	0.384		0		1		0.699		
Leucine.....g	0.695		0		1		1.265		
Lysine.....g	0.597		0		1		1.087		
Methionine.....g	0.131		0		1		0.238		
Cystine.....g	0.095		0		1		0.173		
Phenylalanine.....g	0.470		0		1		0.855		
Tyrosine.....g	0.245		0		1		0.446		
Valine.....g	0.455		0		1		0.828		
Arginine.....g	0.539		0		1		0.981		
Histidine.....g	0.242		0		1		0.440		
Alanine.....g	0.365		0		1		0.664		
Aspartic acid.....g	1.052		0		1		1.915		
Glutamic acid.....g	1.327		0		1		2.415		
Glycine.....g	0.340		0		1		0.619		
Proline.....g	0.369		0		1		0.672		
Serine.....g	0.473		0		1		0.861		
Hydroxyproline.....g									

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16037

Beans, navy, mature seeds, raw

Phaseolus vulgaris

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.36	0.503	54		1		25.71		
Energy	kcal	335		0	NC	4		697		
Energy	kj	1402		0	NC	4		2916		
Protein (N x 6.25)	g	22.33	0.256	72		1		46.45		
Total lipid (fat)	g	1.28	0.063	77		1		2.66		
Ash	g	3.37	0.047	54		1		7.01		
Carbohydrate, by difference	g	60.66		0	NC	4		126.17		
Fiber, total dietary	g	24.4		0		4		50.8		
Sugars, total	g	2.22		0	BFSN	4		4.61		
Starch	g									
Minerals:										
Calcium, Ca	mg	155	5.451	45		1		322		
Iron, Fe	mg	6.44	0.248	40		1		13.40		
Magnesium, Mg	mg	173	2.098	39		1		360		
Phosphorus, P	mg	443	8.348	45		1		921		
Potassium, K	mg	1140	38.842	39		1		2371		
Sodium, Na	mg	14	4.112	34		1		29		
Zinc, Zn	mg	2.54	0.084	38		1		5.28		
Copper, Cu	mg	0.879	0.025	38		1		1.828		
Manganese, Mn	mg	1.309	0.064	38		1		2.723		
Selenium, Se	mcg	11.0	1.732	3	A	1		22.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.0		1		1		6.2		
Thiamin	mg	0.645	0.025	45		1		1.342		
Riboflavin	mg	0.232	0.013	45		1		0.483		
Niacin	mg	2.063	0.095	45		1		4.291		
Pantothenic acid	mg	0.680	0.040	32		1		1.414		
Vitamin B-6	mg	0.437	0.006	32		1		0.909		
Folate, total	mcg	370	11.213	32		1		769		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	370	11.213	32		1		769		
Folate, DFE	mcg_DFE	370		0	NC	4		769		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0	NC	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.34		0		1		0.71		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.0		0	T	4		4.2		
Lipids:										
Fatty acids, total saturated	g	0.331		0		1		0.688		
4:0	g	0.000		0	BFSN	4		0.000		
6:0	g	0.000		0	BFSN	4		0.000		
8:0	g	0.000		0	BFSN	4		0.000		
10:0	g	0.000		0	BFSN	4		0.000		
12:0	g	0.000		0	BFSN	4		0.000		
13:0	g									
14:0	g	0.001		0		1		0.002		
15:0	g									
16:0	g	0.310		0		1		0.645		
17:0	g									
18:0	g	0.020		0		1		0.042		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16037
Beans, navy, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.111		0		1		0.231		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.111		0		1		0.231		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.552		0		1		1.148		
18:2 undifferentiated.....g	0.301		0		1		0.626		
18:3 undifferentiated.....g	0.252		0		1		0.524		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.264		0		1		0.549		
Threonine.....g	0.940		0		1		1.955		
Isoleucine.....g	0.986		0		1		2.051		
Leucine.....g	1.783		0		1		3.709		
Lysine.....g	1.533		0		1		3.189		
Methionine.....g	0.336		0		1		0.699		
Cystine.....g	0.243		0		1		0.505		
Phenylalanine.....g	1.208		0		1		2.513		
Tyrosine.....g	0.629		0		1		1.308		
Valine.....g	1.168		0		1		2.429		
Arginine.....g	1.383		0		1		2.877		
Histidine.....g	0.622		0		1		1.294		
Alanine.....g	0.936		0		1		1.947		
Aspartic acid.....g	2.701		0		1		5.618		
Glutamic acid.....g	3.405		0		1		7.082		
Glycine.....g	0.872		0		1		1.814		
Proline.....g	0.947		0		1		1.970		
Serine.....g	1.215		0		1		2.527		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

NDB No. 16037
Beans, navy, mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16341
Beans, pink, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.20	0.534	8		1		103.43		
Energy	kcal	149		0	NC	4		252		
Energy	kj	623				4		1054		
Protein (N x 6.25)	g	9.06	0.170	9		1		15.31		
Total lipid (fat)	g	0.49	0.035	9		1		0.83		
Ash	g	1.34	0.063	9		1		2.26		
Carbohydrate, by difference	g	27.91		0	NC	4		47.17		
Fiber, total dietary	g	5.3		0	BFZN	4		9.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	52	2.571	9		1		88		
Iron, Fe	mg	2.30	0.119	9		1		3.89		
Magnesium, Mg	mg	65	1.697	9		1		110		
Phosphorus, P	mg	165	7.032	9		1		279		
Potassium, K	mg	508	15.005	9		1		859		
Sodium, Na	mg	238		0		1		402		
Zinc, Zn	mg	0.96	0.041	15		1		1.62		
Copper, Cu	mg	0.271	0.015	15		1		0.458		
Manganese, Mn	mg	0.548	0.023	9		1		0.926		
Selenium, Se	mcg	1.4		0	BFSN	4		2.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.257	0.006	9		1		0.434		
Riboflavin	mg	0.063	0.006	9		1		0.106		
Niacin	mg	0.570	0.036	9		1		0.963		
Pantothenic acid	mg	0.299	0.014	8		1		0.505		
Vitamin B-6	mg	0.175	0.004	8		1		0.296		
Folate, total	mcg	168	13.161	8		1		284		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	168	13.161	8		1		284		
Folate, DFE	mcg_DFE	168		0	NC	4		284		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.126		0		1		0.213		
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		
15:0	g									
16:0	g	0.118		0		1		0.199		
17:0	g									
18:0	g	0.008		0		1		0.014		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16341
Beans, pink, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.042		0		1		0.071		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.042		0		1		0.071		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.210		0		1		0.355		
18:2 undifferentiated.....g	0.114		0		1		0.193		
18:3 undifferentiated.....g	0.096		0		1		0.162		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.107		0		1		0.181		
Threonine.....g	0.381		0		1		0.644		
Isoleucine.....g	0.400		0		1		0.676		
Leucine.....g	0.723		0		1		1.222		
Lysine.....g	0.622		0		1		1.051		
Methionine.....g	0.136		0		1		0.230		
Cystine.....g	0.099		0		1		0.167		
Phenylalanine.....g	0.490		0		1		0.828		
Tyrosine.....g	0.255		0		1		0.431		
Valine.....g	0.474		0		1		0.801		
Arginine.....g	0.561		0		1		0.948		
Histidine.....g	0.252		0		1		0.426		
Alanine.....g	0.380		0		1		0.642		
Aspartic acid.....g	1.095		0		1		1.851		
Glutamic acid.....g	1.381		0		1		2.334		
Glycine.....g	0.354		0		1		0.598		
Proline.....g	0.384		0		1		0.649		
Serine.....g	0.493		0		1		0.833		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 169g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16041
Beans, pink, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.20	0.534	8		1		103.43		
Energy	kcal	149		0	NC	4		252		
Energy	kj	624		0	NC	4		1055		
Protein (N x 6.25)	g	9.06	0.170	9		1		15.31		
Total lipid (fat)	g	0.49	0.035	9		1		0.83		
Ash	g	1.34	0.063	9		1		2.26		
Carbohydrate, by difference	g	27.91		0	NC	4		47.17		
Fiber, total dietary	g	5.3		0		4		9.0		
Sugars, total	g	0.37		0	BFSN	4		0.63		
Starch	g									
Minerals:										
Calcium, Ca	mg	52	2.571	9		1		88		
Iron, Fe	mg	2.30	0.119	9		1		3.89		
Magnesium, Mg	mg	65	1.697	9		1		110		
Phosphorus, P	mg	165	7.032	9		1		279		
Potassium, K	mg	508	15.005	9		1		859		
Sodium, Na	mg	2	0.326	5		1		3		
Zinc, Zn	mg	0.96	0.041	15		1		1.62		
Copper, Cu	mg	0.271	0.015	15		1		0.458		
Manganese, Mn	mg	0.548	0.023	9		1		0.926		
Selenium, Se	mcg	1.4		0	BFSN	4		2.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.257	0.006	9		1		0.434		
Riboflavin	mg	0.063	0.006	9		1		0.106		
Niacin	mg	0.570	0.036	9		1		0.963		
Pantothenic acid	mg	0.299	0.014	8		1		0.505		
Vitamin B-6	mg	0.175	0.004	8		1		0.296		
Folate, total	mcg	168	13.161	8		1		284		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	168	13.161	8		1		284		
Folate, DFE	mcg_DFE	168		0	NC	4		284		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0	NC	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	1.02		0	BFSN	4		1.73		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.8		0	BFSN	4		6.4		
Lipids:										
Fatty acids, total saturated	g	0.126		0		1		0.213		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.000		0		1		0.000		
15:0	g									
16:0	g	0.118		0		1		0.199		
17:0	g									
18:0	g	0.008		0		1		0.014		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16041
Beans, pink, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.042		0		1		0.071		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.042		0		1		0.071		
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		0.355		
18:2 undifferentiated.....g	0.114		0		1		0.193		
18:3 undifferentiated.....g	0.096		0		1		0.162		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.107		0		1		0.181		
Threonine.....g	0.381		0		1		0.644		
Isoleucine.....g	0.400		0		1		0.676		
Leucine.....g	0.723		0		1		1.222		
Lysine.....g	0.622		0		1		1.051		
Methionine.....g	0.136		0		1		0.230		
Cystine.....g	0.099		0		1		0.167		
Phenylalanine.....g	0.490		0		1		0.828		
Tyrosine.....g	0.255		0		1		0.431		
Valine.....g	0.474		0		1		0.801		
Arginine.....g	0.561		0		1		0.948		
Histidine.....g	0.252		0		1		0.426		
Alanine.....g	0.380		0		1		0.642		
Aspartic acid.....g	1.095		0		1		1.851		
Glutamic acid.....g	1.381		0		1		2.334		
Glycine.....g	0.354		0		1		0.598		
Proline.....g	0.384		0		1		0.649		
Serine.....g	0.493		0		1		0.833		
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		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

Common Measures:

Measure 1 = 169g: 1 cup

NDB No. 16041
Beans, pink, mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16040
Beans, pink, mature seeds, raw
Phaseolus vulgaris

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.06	0.381	17		1		21.13		
Energy	kcal	343		0	NC	4		721		
Energy	kj	1437		0	NC	4		3018		
Protein (N x 6.25)	g	20.96	0.375	20		1		44.02		
Total lipid (fat)	g	1.13	0.069	21		1		2.37		
Ash	g	3.66	0.084	17		1		7.69		
Carbohydrate, by difference	g	64.19		0	NC	4		134.80		
Fiber, total dietary	g	12.7		0		4		26.7		
Sugars, total	g	2.28		0	BFSN	4		4.78		
Starch	g									
Minerals:										
Calcium, Ca	mg	130	4.494	14		1		273		
Iron, Fe	mg	6.77	0.405	14		1		14.22		
Magnesium, Mg	mg	182	4.262	10		1		382		
Phosphorus, P	mg	415	23.373	10		1		872		
Potassium, K	mg	1464	23.725	14		1		3074		
Sodium, Na	mg	8	1.280	6		1		17		
Zinc, Zn	mg	2.55	0.137	20		1		5.36		
Copper, Cu	mg	0.810	0.046	16		1		1.701		
Manganese, Mn	mg	1.376	0.086	10		1		2.890		
Selenium, Se	mcg	13.0		0	BFSN	4		27.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.772	0.039	14		1		1.621		
Riboflavin	mg	0.192	0.013	13		1		0.403		
Niacin	mg	1.892	0.053	10		1		3.973		
Pantothenic acid	mg	0.997	0.018	8		1		2.094		
Vitamin B-6	mg	0.527	0.024	8		1		1.107		
Folate, total	mcg	463	32.276	9		1		973		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	463	32.276	9		1		973		
Folate, DFE	mcg_DFE	463		0	NC	4		973		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0	NC	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.23		0	BFSN	4		0.48		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	6.0		0	BFSN	4		12.6		
Lipids:										
Fatty acids, total saturated	g	0.292		0		1		0.613		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.001		0		1		0.002		
15:0	g									
16:0	g	0.274		0		1		0.575		
17:0	g									
18:0	g	0.018		0		1		0.038		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16040
Beans, pink, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.098		0		1		0.206		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.098		0		1		0.206		
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	0.487		0		1		1.023		
18:2 undifferentiated.....g	0.265		0		1		0.557		
18:3 undifferentiated.....g	0.222		0		1		0.466		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.248		0		1		0.521		
Threonine.....g	0.882		0		1		1.852		
Isoleucine.....g	0.925		0		1		1.943		
Leucine.....g	1.673		0		1		3.513		
Lysine.....g	1.438		0		1		3.020		
Methionine.....g	0.315		0		1		0.662		
Cystine.....g	0.228		0		1		0.479		
Phenylalanine.....g	1.133		0		1		2.379		
Tyrosine.....g	0.590		0		1		1.239		
Valine.....g	1.096		0		1		2.302		
Arginine.....g	1.298		0		1		2.726		
Histidine.....g	0.583		0		1		1.224		
Alanine.....g	0.878		0		1		1.844		
Aspartic acid.....g	2.535		0		1		5.324		
Glutamic acid.....g	3.195		0		1		6.710		
Glycine.....g	0.818		0		1		1.718		
Proline.....g	0.889		0		1		1.867		
Serine.....g	1.140		0		1		2.394		
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		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

Common Measures:

Measure 1 = 210g: 1 cup

NDB No. 16040
Beans, pink, mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16044
Beans, pinto, mature seeds, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.54		48	A	1		186.10		
Energy	kcal	86		0	NC	4		206		
Energy	kj	359		0	NC	4		861		
Protein (N x 6.25)	g	4.86	0.085	53	A	1		11.66		
Total lipid (fat)	g	0.81	0.110	56	A	1		1.94		
Ash	g	1.54	0.046	56	A	1		3.70		
Carbohydrate, by difference	g	15.25		0	NC	4		36.60		
Fiber, total dietary	g	4.6		0	A	1		11.0		
Sugars, total	g	0.22		0	BFSN	4		0.52		
Starch	g									
Minerals:										
Calcium, Ca	mg	43	2.289	57	A	1		103		
Iron, Fe	mg	1.46	0.065	58	A	1		3.50		
Magnesium, Mg	mg	27		2		1		65		
Phosphorus, P	mg	92		2		1		221		
Potassium, K	mg	243	10.984	25	A	1		583		
Sodium, Na	mg	294	14.688	43	A	1		706		
Zinc, Zn	mg	0.69		1		1		1.66		
Copper, Cu	mg	0.140		1		1		0.336		
Manganese, Mn	mg	0.229		0		1		0.550		
Selenium, Se	mcg	7.1		0	BFZN	4		17.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9	0.157	53	A	1		2.2		
Thiamin	mg	0.101		6		1		0.242		
Riboflavin	mg	0.063		8		1		0.151		
Niacin	mg	0.292		6		1		0.701		
Pantothenic acid	mg	0.136		0		1		0.326		
Vitamin B-6	mg	0.074		0		1		0.178		
Folate, total	mcg	60		0		1		144		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	60		0		1		144		
Folate, DFE	mcg_DFE	60		0	NC	4		144		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	0		0	NC	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.59		0	BFSN	4		1.42		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.2		0	BFSN	4		5.3		
Lipids:										
Fatty acids, total saturated	g	0.167		0	BFFN	4		0.401		
4:0	g	0.000		0	BFFN	4		0.000		
6:0	g	0.000		0	BFFN	4		0.000		
8:0	g	0.000		0	BFFN	4		0.000		
10:0	g	0.000		0	BFFN	4		0.000		
12:0	g	0.000		0	BFFN	4		0.000		
13:0	g									
14:0	g	0.000		0	BFFN	4		0.000		
15:0	g									
16:0	g	0.162		0	BFFN	4		0.389		
17:0	g									
18:0	g	0.003		0	BFFN	4		0.007		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16044
Beans, pinto, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.162		0	BFFN	4		0.389		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.162		0	BFFN	4		0.389		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.289		0	BFFN	4		0.694		
18:2 undifferentiated.....g	0.122		0	BFFN	4		0.293		
18:3 undifferentiated.....g	0.167		0	BFFN	4		0.401		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0	BFPN	4		0.139		
Threonine.....g	0.205		0	BFPN	4		0.492		
Isoleucine.....g	0.214		0	BFPN	4		0.514		
Leucine.....g	0.388		0	BFPN	4		0.931		
Lysine.....g	0.334		0	BFPN	4		0.802		
Methionine.....g	0.074		0	BFPN	4		0.178		
Cystine.....g	0.053		0	BFPN	4		0.127		
Phenylalanine.....g	0.263		0	BFPN	4		0.631		
Tyrosine.....g	0.136		0	BFPN	4		0.326		
Valine.....g	0.255		0	BFPN	4		0.612		
Arginine.....g	0.302		0	BFPN	4		0.725		
Histidine.....g	0.135		0	BFPN	4		0.324		
Alanine.....g	0.204		0	BFPN	4		0.490		
Aspartic acid.....g	0.588		0	BFPN	4		1.411		
Glutamic acid.....g	0.742		0	BFPN	4		1.781		
Glycine.....g	0.190		0	BFPN	4		0.456		
Proline.....g	0.206		0	BFPN	4		0.494		
Serine.....g	0.264		0	BFPN	4		0.634		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

NDB No. 16044
Beans, pinto, mature seeds, canned

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16343
Beans, pinto, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.27	0.610	20		1		109.90		
Energy	kcal	137		0	NC	4		234		
Energy	kj	573				4		980		
Protein (N x 6.25)	g	8.21	0.167	20		1		14.04		
Total lipid (fat)	g	0.52	0.014	20		1		0.89		
Ash	g	1.35	0.031	20		1		2.31		
Carbohydrate, by difference	g	25.65		0	NC	4		43.86		
Fiber, total dietary	g	8.6		0		4		14.7		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	48	1.077	27		1		82		
Iron, Fe	mg	2.61	0.128	28		1		4.46		
Magnesium, Mg	mg	55	1.535	28		1		94		
Phosphorus, P	mg	160	9.183	27		1		274		
Potassium, K	mg	468	20.061	28		1		800		
Sodium, Na	mg	238		0		1		407		
Zinc, Zn	mg	1.08	0.045	29		1		1.85		
Copper, Cu	mg	0.257	0.014	29		1		0.439		
Manganese, Mn	mg	0.556	0.037	28		1		0.951		
Selenium, Se	mcg	7.1	0.581	35	A	1		12.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.1		0		1		3.6		
Thiamin	mg	0.186	0.012	20		1		0.318		
Riboflavin	mg	0.091	0.007	20		1		0.156		
Niacin	mg	0.400	0.018	20		1		0.684		
Pantothenic acid	mg	0.285	0.014	8		1		0.487		
Vitamin B-6	mg	0.155	0.007	8		1		0.265		
Folate, total	mcg	172	7.341	8		1		294		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	172	7.341	8		1		294		
Folate, DFE	mcg_DFE	172		0	NC	4		294		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	2		0		1		3		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.109		0		1		0.186		
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		
15:0	g									
16:0	g	0.106		0		1		0.181		
17:0	g									
18:0	g	0.002		0		1		0.003		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16343
Beans, pinto, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.106		0		1		0.181		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.106		0		1		0.181		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.188		0		1		0.321		
18:2 undifferentiated.....g	0.078		0		1		0.133		
18:3 undifferentiated.....g	0.109		0		1		0.186		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.097		0		1		0.166		
Threonine.....g	0.346		0		1		0.592		
Isoleucine.....g	0.363		0		1		0.621		
Leucine.....g	0.656		0		1		1.122		
Lysine.....g	0.564		0		1		0.964		
Methionine.....g	0.124		0		1		0.212		
Cystine.....g	0.089		0		1		0.152		
Phenylalanine.....g	0.444		0		1		0.759		
Tyrosine.....g	0.231		0		1		0.395		
Valine.....g	0.430		0		1		0.735		
Arginine.....g	0.509		0		1		0.870		
Histidine.....g	0.229		0		1		0.392		
Alanine.....g	0.344		0		1		0.588		
Aspartic acid.....g	0.993		0		1		1.698		
Glutamic acid.....g	1.252		0		1		2.141		
Glycine.....g	0.321		0		1		0.549		
Proline.....g	0.348		0		1		0.595		
Serine.....g	0.447		0		1		0.764		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 171g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16043
Beans, pinto, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.40	1.275	4	A	1		110.12	6.83	
Energy	kcal	140		0	NC	4		239	15	
Energy	kj	584		0	NC	4		999	62	
Protein (N x 6.25)	g	9.12	0.343	4	A	1		15.60	0.97	
Total lipid (fat)	g	0.81	0.055	4	A	1		1.39	0.09	
Ash	g	0.81	0.043	4	A	1		1.39	0.09	
Carbohydrate, by difference	g	24.85		0	NC	4		42.50	2.63	
Fiber, total dietary	g	8.2	0.266	4	A	1		14.1	0.9	
Sugars, total	g	0.34		0	AS	1		0.59	0.04	
Sucrose	g	0.34	0.034	4	A	1		0.59	0.04	
Glucose (dextrose)	g	0.00	0.000	4	A	1		0.00	0.00	
Fructose	g	0.00	0.000	4	A	1		0.00	0.00	
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	
Maltose	g	0.00	0.000	4	A	1		0.00	0.00	
Galactose	g	0.00		0	Z	7		0.00	0.00	
Starch	g	15.15	0.853	4	A	1		25.91	1.61	
Minerals:										
Calcium, Ca	mg	42	1.370	4	A	1		71	4	
Iron, Fe	mg	2.08	0.086	4	A	1		3.56	0.22	
Magnesium, Mg	mg	41	1.955	4	A	1		71	4	
Phosphorus, P	mg	134	7.931	4	A	1		230	14	
Potassium, K	mg	289	19.255	4	A	1		493	31	
Sodium, Na	mg	11	0.673	4	A	1		19	1	
Zinc, Zn	mg	1.01	0.031	4	A	1		1.72	0.11	
Copper, Cu	mg	0.284	0.010	4	A	1		0.485	0.030	
Manganese, Mn	mg	0.539	0.022	4	A	1		0.921	0.057	
Selenium, Se	mcg	10.9		2	A	1		18.6	1.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		2	A	1		1.3	0.1	
Thiamin	mg	0.100	0.013	4	A	1		0.171	0.011	
Riboflavin	mg	0.070	0.004	4	A	1		0.119	0.007	
Niacin	mg	0.202	0.056	4	A	1		0.345	0.021	
Pantothenic acid	mg	0.009	0.000	4	A	1		0.016	0.001	
Vitamin B-6	mg	0.093	0.004	4	A	1		0.159	0.010	
Folate, total	mcg	172	7.341	8		1		294	18	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	172	7.341	8		1		294	18	
Folate, DFE	mcg_DFE	172		0	NC	4		294	18	
Vitamin B-12	mcg	0.00		0		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 (alpha-tocopherol)	mg	0.94		0	NR	4		1.61	0.10	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.5	0.508	4	A	1		6.0	0.4	
Lipids:										
Fatty acids, total saturated	g	0.109		0		1		0.186	0.012	
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									

NDB No. 16043
Beans, pinto, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:0 g	0.106		0		1		0.181	0.011	
17:0 g									
18:0 g	0.002		0		1		0.003	0.000	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.106		0		1		0.181	0.011	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.106		0		1		0.181	0.011	
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	0.188		0		1		0.321	0.020	
18:2 undifferentiated g	0.078		0		1		0.133	0.008	
18:3 undifferentiated g	0.109		0		1		0.186	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		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.097		0		1		0.166	0.010	
Threonine g	0.346		0		1		0.592	0.037	
Isoleucine g	0.363		0		1		0.621	0.038	
Leucine g	0.656		0		1		1.122	0.070	
Lysine g	0.564		0		1		0.964	0.060	
Methionine g	0.124		0		1		0.212	0.013	
Cystine g	0.089		0		1		0.152	0.009	
Phenylalanine g	0.444		0		1		0.759	0.047	
Tyrosine g	0.231		0		1		0.395	0.024	
Valine g	0.430		0		1		0.735	0.046	
Arginine g	0.509		0		1		0.870	0.054	
Histidine g	0.229		0		1		0.392	0.024	
Alanine g	0.344		0		1		0.588	0.036	
Aspartic acid g	0.993		0		1		1.698	0.105	
Glutamic acid g	1.252		0		1		2.141	0.133	
Glycine g	0.321		0		1		0.549	0.034	
Proline g	0.348		0		1		0.595	0.037	
Serine g	0.447		0		1		0.764	0.047	
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	
Carotenoids:									
Carotene, beta mcg	0		2	A	1		0.000	0.000	
Carotene, alpha mcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, beta mcg	0		2	A	1		0.000	0.000	
Lycopene mcg	0		2	A	1		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	NR	4		0.000	0.000	

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

NDB No. 16043

Beans, pinto, mature seeds, cooked, boiled, without salt

Common Measures:

Measure 1 = 171g: 1 cup

Measure 2 = 10.6g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16042

Beans, pinto, mature seeds, raw

Phaseolus vulgaris

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.54	0.098	4	A	1		31.92	1.98	
Energy	kcal	318		0	NC	4		614	38	
Energy	kj	1331		0	NC	4		2570	160	
Protein (N x 6.25)	g	20.70	0.155	4	A	1		39.95	2.48	
Total lipid (fat)	g	1.35	0.065	4	A	1		2.61	0.16	
Ash	g	3.65	0.024	4	A	1		7.05	0.44	
Carbohydrate, by difference	g	57.76		0	NC	4		111.47	6.93	
Fiber, total dietary	g	15.5	0.170	4	A	1		29.9	1.9	
Sugars, total	g	2.11		0	AS	1		4.08	0.25	
Sucrose	g	1.98	0.038	4	A	1		3.82	0.24	
Glucose (dextrose)	g	0.13	0.058	4	A	1		0.26	0.02	
Fructose	g	0.00	0.000	4	A	1		0.00	0.00	
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	
Maltose	g	0.00	0.000	4	A	1		0.00	0.00	
Galactose	g	0.00		0	Z	7		0.00	0.00	
Starch	g	34.17	1.016	4	A	1		65.96	4.10	
Minerals:										
Calcium, Ca	mg	107	3.198	4	A	1		207	13	
Iron, Fe	mg	5.15	0.180	4	A	1		9.94	0.62	
Magnesium, Mg	mg	176	2.358	4	A	1		339	21	
Phosphorus, P	mg	401	11.033	4	A	1		773	48	
Potassium, K	mg	1413	21.747	4	A	1		2726	170	
Sodium, Na	mg	17	1.594	4	A	1		33	2	
Zinc, Zn	mg	2.56	0.041	4	A	1		4.94	0.31	
Copper, Cu	mg	0.788	0.013	4	A	1		1.520	0.095	
Manganese, Mn	mg	1.167	0.014	4	A	1		2.253	0.140	
Selenium, Se	mcg	27.9		2	A	1		53.8	3.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.3		2	A	1		12.1	0.8	
Thiamin	mg	0.512	0.046	4	A	1		0.989	0.061	
Riboflavin	mg	0.339	0.078	4	A	1		0.655	0.041	
Niacin	mg	1.447	0.051	4	A	1		2.794	0.174	
Pantothenic acid	mg	0.485	0.034	4	A	1		0.935	0.058	
Vitamin B-6	mg	0.553	0.028	4	A	1		1.067	0.066	
Folate, total	mcg	506	19.135	32		1		977	61	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	506	19.135	32		1		977	61	
Folate, DFE	mcg_DFE	506		0	NC	4		977	61	
Vitamin B-12	mcg	0.00		0		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 (alpha-tocopherol)	mg	0.21		0	NR	4		0.41	0.03	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	5.6	0.293	4	A	1		10.8	0.7	
Lipids:										
Fatty acids, total saturated	g	0.235		0		1		0.454	0.028	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.001		0		1		0.002	0.000	
15:0	g									

NDB No. 16042
Beans, pinto, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:0....g	0.229		0		1		0.442	0.027	
17:0....g									
18:0....g	0.005		0		1		0.010	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.229		0		1		0.442	0.027	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.229		0		1		0.442	0.027	
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	0.407		0		1		0.786	0.049	
18:2 undifferentiated....g	0.170		0		1		0.328	0.020	
18:3 undifferentiated....g	0.237		0		1		0.457	0.028	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.247		0		1		0.477	0.030	
Threonine....g	0.879		0		1		1.696	0.105	
Isoleucine....g	0.922		0		1		1.779	0.111	
Leucine....g	1.667		0		1		3.217	0.200	
Lysine....g	1.433		0		1		2.766	0.172	
Methionine....g	0.314		0		1		0.606	0.038	
Cystine....g	0.227		0		1		0.438	0.027	
Phenylalanine....g	1.129		0		1		2.179	0.135	
Tyrosine....g	0.588		0		1		1.135	0.071	
Valine....g	1.093		0		1		2.109	0.131	
Arginine....g	1.293		0		1		2.495	0.155	
Histidine....g	0.581		0		1		1.121	0.070	
Alanine....g	0.875		0		1		1.689	0.105	
Aspartic acid....g	2.526		0		1		4.875	0.303	
Glutamic acid....g	3.184		0		1		6.145	0.382	
Glycine....g	0.815		0		1		1.573	0.098	
Proline....g	0.885		0		1		1.708	0.106	
Serine....g	1.136		0		1		2.192	0.136	
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	
Carotenoids:									
Carotene, beta....mcg	0		2	A	1		0.000	0.000	
Carotene, alpha....mcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, beta....mcg	0		2	A	1		0.000	0.000	
Lycopene....mcg	0		2	A	1		0.000	0.000	
Lutein + zeaxanthin....mcg	0		0	Z	7		0.000	0.000	

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

NDB No. 16042
Beans, pinto, mature seeds, raw

Common Measures:

Measure 1 = 193g: 1 cup

Measure 2 = 12.0g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16346
Beans, small white, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.24	0.349	8		1		113.20		
Energy	kcal	142		0	NC	4		254		
Energy	kj	594				4		1063		
Protein (N x 6.25)	g	8.97	0.280	9		1		16.06		
Total lipid (fat)	g	0.64	0.031	9		1		1.15		
Ash	g	1.34	0.047	9		1		2.40		
Carbohydrate, by difference	g	25.81		0	NC	4		46.20		
Fiber, total dietary	g	10.4		0	BFZN	4		18.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	73	4.819	9		1		131		
Iron, Fe	mg	2.84	0.154	9		1		5.08		
Magnesium, Mg	mg	68	2.912	8		1		122		
Phosphorus, P	mg	169	12.584	9		1		303		
Potassium, K	mg	463	18.280	9		1		829		
Sodium, Na	mg	238		0		1		426		
Zinc, Zn	mg	1.09	0.047	9		1		1.95		
Copper, Cu	mg	0.149	0.019	9		1		0.267		
Manganese, Mn	mg	0.510	0.025	9		1		0.913		
Selenium, Se	mcg	1.3		0	BFSN	4		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.236	0.011	9		1		0.422		
Riboflavin	mg	0.059	0.006	9		1		0.106		
Niacin	mg	0.272	0.015	9		1		0.487		
Pantothenic acid	mg	0.251	0.008	8		1		0.449		
Vitamin B-6	mg	0.127	0.007	8		1		0.227		
Folate, total	mcg	137	7.607	8		1		245		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	137	7.607	8		1		245		
Folate, DFE	mcg_DFE	137		0	NC	4		245		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.166		0		1		0.297		
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		
15:0	g									
16:0	g	0.155		0		1		0.277		
17:0	g									
18:0	g	0.010		0		1		0.018		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16346

Beans, small white, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.056		0		1		0.100		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.056		0		1		0.100		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.276		0		1		0.494		
18:2 undifferentiated.....g	0.150		0		1		0.269		
18:3 undifferentiated.....g	0.126		0		1		0.226		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0		1		0.190		
Threonine.....g	0.377		0		1		0.675		
Isoleucine.....g	0.396		0		1		0.709		
Leucine.....g	0.716		0		1		1.282		
Lysine.....g	0.616		0		1		1.103		
Methionine.....g	0.135		0		1		0.242		
Cystine.....g	0.098		0		1		0.175		
Phenylalanine.....g	0.485		0		1		0.868		
Tyrosine.....g	0.253		0		1		0.453		
Valine.....g	0.469		0		1		0.840		
Arginine.....g	0.555		0		1		0.993		
Histidine.....g	0.250		0		1		0.448		
Alanine.....g	0.376		0		1		0.673		
Aspartic acid.....g	1.085		0		1		1.942		
Glutamic acid.....g	1.368		0		1		2.449		
Glycine.....g	0.350		0		1		0.627		
Proline.....g	0.380		0		1		0.680		
Serine.....g	0.488		0		1		0.874		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 179g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16046
Beans, small white, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.24	0.349	8		1		113.20		
Energy	kcal	142		0	NC	4		254		
Energy	kj	594				4		1063		
Protein (N x 6.25)	g	8.97	0.280	9		1		16.06		
Total lipid (fat)	g	0.64	0.031	9		1		1.15		
Ash	g	1.34	0.047	9		1		2.40		
Carbohydrate, by difference	g	25.81		0	NC	4		46.20		
Fiber, total dietary	g	10.4		0	BFSN	4		18.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	73	4.819	9		1		131		
Iron, Fe	mg	2.84	0.154	9		1		5.08		
Magnesium, Mg	mg	68	2.912	8		1		122		
Phosphorus, P	mg	169	12.584	9		1		303		
Potassium, K	mg	463	18.280	9		1		829		
Sodium, Na	mg	2	0.542	5		1		4		
Zinc, Zn	mg	1.09	0.047	9		1		1.95		
Copper, Cu	mg	0.149	0.019	9		1		0.267		
Manganese, Mn	mg	0.510	0.025	9		1		0.913		
Selenium, Se	mcg	1.3		0	BFSN	4		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.236	0.011	9		1		0.422		
Riboflavin	mg	0.059	0.006	9		1		0.106		
Niacin	mg	0.272	0.015	9		1		0.487		
Pantothenic acid	mg	0.251	0.008	8		1		0.449		
Vitamin B-6	mg	0.127	0.007	8		1		0.227		
Folate, total	mcg	137	7.607	8		1		245		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	137	7.607	8		1		245		
Folate, DFE	mcg_DFE	137		0	NC	4		245		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.166		0		1		0.297		
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		
15:0	g									
16:0	g	0.155		0		1		0.277		
17:0	g									
18:0	g	0.010		0		1		0.018		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16046

Beans, small white, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.056		0		1		0.100		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.056		0		1		0.100		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.276		0		1		0.494		
18:2 undifferentiated.....g	0.150		0		1		0.269		
18:3 undifferentiated.....g	0.126		0		1		0.226		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0		1		0.190		
Threonine.....g	0.377		0		1		0.675		
Isoleucine.....g	0.396		0		1		0.709		
Leucine.....g	0.716		0		1		1.282		
Lysine.....g	0.616		0		1		1.103		
Methionine.....g	0.135		0		1		0.242		
Cystine.....g	0.098		0		1		0.175		
Phenylalanine.....g	0.485		0		1		0.868		
Tyrosine.....g	0.253		0		1		0.453		
Valine.....g	0.469		0		1		0.840		
Arginine.....g	0.555		0		1		0.993		
Histidine.....g	0.250		0		1		0.448		
Alanine.....g	0.376		0		1		0.673		
Aspartic acid.....g	1.085		0		1		1.942		
Glutamic acid.....g	1.368		0		1		2.449		
Glycine.....g	0.350		0		1		0.627		
Proline.....g	0.380		0		1		0.680		
Serine.....g	0.488		0		1		0.874		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 179g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16045

Beans, small white, mature seeds, raw

Phaseolus vulgaris

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.71	0.346	15		1		25.18		
Energy	kcal	336		0	NC	4		722		
Energy	kj	1406				4		3023		
Protein (N x 6.25)	g	21.11	0.723	18		1		45.39		
Total lipid (fat)	g	1.18	0.124	19		1		2.54		
Ash	g	3.75	0.075	15		1		8.06		
Carbohydrate, by difference	g	62.25		0	NC	4		133.84		
Fiber, total dietary	g	24.9		0	BFSN	4		53.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	173	9.073	14		1		372		
Iron, Fe	mg	7.73	0.590	14		1		16.62		
Magnesium, Mg	mg	183	5.584	12		1		393		
Phosphorus, P	mg	445	28.283	12		1		957		
Potassium, K	mg	1542	45.578	14		1		3315		
Sodium, Na	mg	12	2.993	8		1		26		
Zinc, Zn	mg	2.81	0.120	14		1		6.04		
Copper, Cu	mg	0.635	0.070	12		1		1.365		
Manganese, Mn	mg	1.278	0.032	12		1		2.748		
Selenium, Se	mcg	12.8		0	BFSN	4		27.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.743	0.034	15		1		1.597		
Riboflavin	mg	0.207	0.019	15		1		0.445		
Niacin	mg	1.342	0.108	13		1		2.885		
Pantothenic acid	mg	0.729	0.017	12		1		1.567		
Vitamin B-6	mg	0.439	0.013	12		1		0.944		
Folate, total	mcg	386	18.131	12		1		830		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	386	18.131	12		1		830		
Folate, DFE	mcg_DFE	386		0	NC	4		830		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.304		0		1		0.654		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.001		0		1		0.002		
15:0	g									
16:0	g	0.285		0		1		0.613		
17:0	g									
18:0	g	0.018		0		1		0.039		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16045
Beans, small white, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.102		0		1		0.219		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.102		0		1		0.219		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.507		0		1		1.090		
18:2 undifferentiated.....g	0.276		0		1		0.593		
18:3 undifferentiated.....g	0.231		0		1		0.497		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.250		0		1		0.538		
Threonine.....g	0.888		0		1		1.909		
Isoleucine.....g	0.932		0		1		2.004		
Leucine.....g	1.685		0		1		3.623		
Lysine.....g	1.449		0		1		3.115		
Methionine.....g	0.317		0		1		0.682		
Cystine.....g	0.230		0		1		0.495		
Phenylalanine.....g	1.141		0		1		2.453		
Tyrosine.....g	0.594		0		1		1.277		
Valine.....g	1.104		0		1		2.374		
Arginine.....g	1.307		0		1		2.810		
Histidine.....g	0.588		0		1		1.264		
Alanine.....g	0.885		0		1		1.903		
Aspartic acid.....g	2.553		0		1		5.489		
Glutamic acid.....g	3.218		0		1		6.919		
Glycine.....g	0.824		0		1		1.772		
Proline.....g	0.895		0		1		1.924		
Serine.....g	1.148		0		1		2.468		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 215g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16051
Beans, white, mature seeds, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.10		1		1		183.66		
Energy	kcal	117		0	NC	4		307		
Energy	kj	490				4		1283		
Protein (N x 6.25)	g	7.26		1		1		19.02		
Total lipid (fat)	g	0.29		0		1		0.76		
Ash	g	0.42		0		1		1.10		
Carbohydrate, by difference	g	21.94		0	NC	4		57.48		
Fiber, total dietary	g	4.8		0		1		12.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	73		0		1		191		
Iron, Fe	mg	2.99		0		1		7.83		
Magnesium, Mg	mg	51		0		1		134		
Phosphorus, P	mg	91		0		1		238		
Potassium, K	mg	454		0		1		1189		
Sodium, Na	mg	5		0		1		13		
Zinc, Zn	mg	1.12		0		1		2.93		
Copper, Cu	mg	0.232		0		1		0.608		
Manganese, Mn	mg	0.515		0		1		1.349		
Selenium, Se	mcg	1.6		0	BFSN	4		4.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.096		0		1		0.252		
Riboflavin	mg	0.037		0		1		0.097		
Niacin	mg	0.113		0		1		0.296		
Pantothenic acid	mg	0.185		0		1		0.485		
Vitamin B-6	mg	0.075		0		1		0.197		
Folate, total	mcg	65		0		1		171		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	65		0		1		171		
Folate, DFE	mcg_DFE	65		0	NC	4		171		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.074		0		1		0.194		
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		
15:0	g									
16:0	g	0.069		0		1		0.181		
17:0	g									
18:0	g	0.004		0		1		0.010		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16051
Beans, white, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.025		0		1		0.066		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.025		0		1		0.066		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.123		0		1		0.322		
18:2 undifferentiated.....g	0.067		0		1		0.176		
18:3 undifferentiated.....g	0.056		0		1		0.147		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.086		0		1		0.225		
Threonine.....g	0.305		0		1		0.799		
Isoleucine.....g	0.320		0		1		0.838		
Leucine.....g	0.579		0		1		1.517		
Lysine.....g	0.498		0		1		1.305		
Methionine.....g	0.109		0		1		0.286		
Cystine.....g	0.079		0		1		0.207		
Phenylalanine.....g	0.392		0		1		1.027		
Tyrosine.....g	0.204		0		1		0.534		
Valine.....g	0.380		0		1		0.996		
Arginine.....g	0.449		0		1		1.176		
Histidine.....g	0.202		0		1		0.529		
Alanine.....g	0.304		0		1		0.796		
Aspartic acid.....g	0.878		0		1		2.300		
Glutamic acid.....g	1.106		0		1		2.898		
Glycine.....g	0.283		0		1		0.741		
Proline.....g	0.308		0		1		0.807		
Serine.....g	0.395		0		1		1.035		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 262g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16350
Beans, white, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.08		0		1		112.91		
Energy	kcal	139		0	NC	4		249		
Energy	kj	582				4		1041		
Protein (N x 6.25)	g	9.73		0		1		17.42		
Total lipid (fat)	g	0.35		0		1		0.63		
Ash	g	1.75		0		1		3.13		
Carbohydrate, by difference	g	25.10		0	NC	4		44.93		
Fiber, total dietary	g	6.3		0	BFZN	4		11.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	90		0		1		161		
Iron, Fe	mg	3.70		0		1		6.62		
Magnesium, Mg	mg	63		0		1		113		
Phosphorus, P	mg	113		0		1		202		
Potassium, K	mg	561		0		1		1004		
Sodium, Na	mg	242		0		1		433		
Zinc, Zn	mg	1.38		0		1		2.47		
Copper, Cu	mg	0.287		0		1		0.514		
Manganese, Mn	mg	0.636		0		1		1.138		
Selenium, Se	mcg	1.3		0	BFSN	4		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.118		0		1		0.211		
Riboflavin	mg	0.046		0		1		0.082		
Niacin	mg	0.140		0		1		0.251		
Pantothenic acid	mg	0.229		0		1		0.410		
Vitamin B-6	mg	0.093		0		1		0.166		
Folate, total	mcg	81		0		1		144		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	81		0		1		144		
Folate, DFE	mcg_DFE	81		0	NC	4		144		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.091		0		1		0.163		
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		
15:0	g									
16:0	g	0.085		0		1		0.152		
17:0	g									
18:0	g	0.005		0		1		0.009		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16350
Beans, white, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.031		0		1		0.055		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.031		0		1		0.055		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.152		0		1		0.272		
18:2 undifferentiated.....g	0.083		0		1		0.149		
18:3 undifferentiated.....g	0.069		0		1		0.124		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.115		0		1		0.206		
Threonine.....g	0.409		0		1		0.732		
Isoleucine.....g	0.429		0		1		0.768		
Leucine.....g	0.776		0		1		1.389		
Lysine.....g	0.668		0		1		1.196		
Methionine.....g	0.146		0		1		0.261		
Cystine.....g	0.106		0		1		0.190		
Phenylalanine.....g	0.526		0		1		0.942		
Tyrosine.....g	0.274		0		1		0.490		
Valine.....g	0.509		0		1		0.911		
Arginine.....g	0.602		0		1		1.078		
Histidine.....g	0.271		0		1		0.485		
Alanine.....g	0.408		0		1		0.730		
Aspartic acid.....g	1.176		0		1		2.105		
Glutamic acid.....g	1.483		0		1		2.655		
Glycine.....g	0.380		0		1		0.680		
Proline.....g	0.412		0		1		0.737		
Serine.....g	0.529		0		1		0.947		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 179g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16050
Beans, white, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.08		0		1		112.91	7.06	
Energy	kcal	139		0	NC	4		248	16	
Energy	kj	581		0	NC	4		1040	65	
Protein (N x 6.25)	g	9.73		0		1		17.42	1.09	
Total lipid (fat)	g	0.35		0		1		0.63	0.04	
Ash	g	1.75		0		1		3.13	0.20	
Carbohydrate, by difference	g	25.09		0	NC	4		44.91	2.81	
Fiber, total dietary	g	6.3		0		1		11.3	0.7	
Sugars, total	g	0.36		0	BFSN	4		0.64	0.04	
Starch	g									
Minerals:										
Calcium, Ca	mg	90		0		1		161	10	
Iron, Fe	mg	3.70		0		1		6.62	0.41	
Magnesium, Mg	mg	63		0		1		113	7	
Phosphorus, P	mg	113		0		1		202	13	
Potassium, K	mg	561		0		1		1004	63	
Sodium, Na	mg	6		0		1		11	1	
Zinc, Zn	mg	1.38		0		1		2.47	0.15	
Copper, Cu	mg	0.287		0		1		0.514	0.032	
Manganese, Mn	mg	0.636		0		1		1.138	0.071	
Selenium, Se	mcg	1.3		0	BFSN	4		2.3	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.118		0		1		0.211	0.013	
Riboflavin	mg	0.046		0		1		0.082	0.005	
Niacin	mg	0.140		0		1		0.251	0.016	
Pantothenic acid	mg	0.229		0		1		0.410	0.026	
Vitamin B-6	mg	0.093		0		1		0.166	0.010	
Folate, total	mcg	81		0		1		144	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	81		0		1		144	9	
Folate, DFE	mcg_DFE	81		0	NC	4		144	9	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.97		0	BFSN	4		1.74	0.11	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.6		0	BFSN	4		6.5	0.4	
Lipids:										
Fatty acids, total saturated	g	0.091		0		1		0.163	0.010	
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	0.085		0		1		0.152	0.010	
17:0	g									
18:0	g	0.005		0		1		0.009	0.001	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16050
Beans, white, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.031		0		1		0.055	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.031		0		1		0.055	0.003	
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	0.152		0		1		0.272	0.017	
18:2 undifferentiated.....g	0.083		0		1		0.149	0.009	
18:3 undifferentiated.....g	0.069		0		1		0.124	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		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.115		0		1		0.206	0.013	
Threonine.....g	0.409		0		1		0.732	0.046	
Isoleucine.....g	0.429		0		1		0.768	0.048	
Leucine.....g	0.776		0		1		1.389	0.087	
Lysine.....g	0.668		0		1		1.196	0.075	
Methionine.....g	0.146		0		1		0.261	0.016	
Cystine.....g	0.106		0		1		0.190	0.012	
Phenylalanine.....g	0.526		0		1		0.942	0.059	
Tyrosine.....g	0.274		0		1		0.490	0.031	
Valine.....g	0.509		0		1		0.911	0.057	
Arginine.....g	0.602		0		1		1.078	0.067	
Histidine.....g	0.271		0		1		0.485	0.030	
Alanine.....g	0.408		0		1		0.730	0.046	
Aspartic acid.....g	1.176		0		1		2.105	0.132	
Glutamic acid.....g	1.483		0		1		2.655	0.166	
Glycine.....g	0.380		0		1		0.680	0.043	
Proline.....g	0.412		0		1		0.737	0.046	
Serine.....g	0.529		0		1		0.947	0.059	
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	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 179g: 1 cup

Measure 2 = 11.2g: 1 tbsp

NDB No. 16050
Beans, white, mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16049
Beans, white, mature seeds, raw
Phaseolus vulgaris

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.32	0.245	9		1		22.87	1.43	
Energy	kcal	333		0	NC	4		674	42	
Energy	kj	1395		0	NC	4		2818	176	
Protein (N x 6.25)	g	23.36	0.346	12		1		47.19	2.94	
Total lipid (fat)	g	0.85	0.266	10		1		1.72	0.11	
Ash	g	4.20	0.055	6		1		8.48	0.53	
Carbohydrate, by difference	g	60.27		0	NC	4		121.75	7.59	
Fiber, total dietary	g	15.2		0		4		30.7	1.9	
Sugars, total	g	2.24		0	BFSN	4		4.53	0.28	
Starch	g									
Minerals:										
Calcium, Ca	mg	240	47.497	5		1		485	30	
Iron, Fe	mg	10.44	0.482	5		1		21.09	1.32	
Magnesium, Mg	mg	190		3		1		384	24	
Phosphorus, P	mg	301		3		1		608	38	
Potassium, K	mg	1795	253.466	5		1		3626	226	
Sodium, Na	mg	16		1		1		32	2	
Zinc, Zn	mg	3.67	0.291	5		1		7.41	0.46	
Copper, Cu	mg	0.984		3		1		1.988	0.124	
Manganese, Mn	mg	1.796		3		1		3.628	0.226	
Selenium, Se	mcg	12.8		0	BFSN	4		25.9	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.437	0.174	6		1		0.883	0.055	
Riboflavin	mg	0.146	0.056	6		1		0.295	0.018	
Niacin	mg	0.479	0.291	4		1		0.968	0.060	
Pantothenic acid	mg	0.732		0		1		1.479	0.092	
Vitamin B-6	mg	0.318		1		1		0.642	0.040	
Folate, total	mcg	388		0		1		783	49	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	388		0		1		783	49	
Folate, DFE	mcg_DFE	388		0	NC	4		783	49	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.22		0	BFSN	4		0.45	0.03	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	5.9		0	BFSN	4		12.0	0.7	
Lipids:										
Fatty acids, total saturated	g	0.219		0		1		0.442	0.028	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.001		0		1		0.002	0.000	
15:0	g									
16:0	g	0.205		0		1		0.414	0.026	
17:0	g									
18:0	g	0.013		0		1		0.026	0.002	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16049
Beans, white, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.074		0		1		0.149	0.009	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.074		0		1		0.149	0.009	
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	0.364		0		1		0.735	0.046	
18:2 undifferentiated.....g	0.198		0		1		0.400	0.025	
18:3 undifferentiated.....g	0.166		0		1		0.335	0.021	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.277		0		1		0.560	0.035	
Threonine.....g	0.983		0		1		1.986	0.124	
Isoleucine.....g	1.031		0		1		2.083	0.130	
Leucine.....g	1.865		0		1		3.767	0.235	
Lysine.....g	1.603		0		1		3.238	0.202	
Methionine.....g	0.351		0		1		0.709	0.044	
Cystine.....g	0.254		0		1		0.513	0.032	
Phenylalanine.....g	1.263		0		1		2.551	0.159	
Tyrosine.....g	0.658		0		1		1.329	0.083	
Valine.....g	1.222		0		1		2.468	0.154	
Arginine.....g	1.446		0		1		2.921	0.182	
Histidine.....g	0.650		0		1		1.313	0.082	
Alanine.....g	0.979		0		1		1.978	0.123	
Aspartic acid.....g	2.825		0		1		5.707	0.356	
Glutamic acid.....g	3.561		0		1		7.193	0.449	
Glycine.....g	0.912		0		1		1.842	0.115	
Proline.....g	0.990		0		1		2.000	0.125	
Serine.....g	1.271		0		1		2.567	0.160	
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	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 202g: 1 cup

Measure 2 = 12.6g: 1 tbsp

NDB No. 16049
Beans, white, mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16136
Beans, winged, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.19		0		1		115.57		
Energy	kcal	147		0	NC	4		253		
Energy	kj	615				4		1058		
Protein (N x 6.25)	g	10.62		0		1		18.27		
Total lipid (fat)	g	5.84		0		1		10.04		
Ash	g	1.43		0		1		2.46		
Carbohydrate, by difference	g	14.94		0	NC	4		25.70		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	142		0		1		244		
Iron, Fe	mg	4.33		0		1		7.45		
Magnesium, Mg	mg	54		0		1		93		
Phosphorus, P	mg	153		0		1		263		
Potassium, K	mg	280		0		1		482		
Sodium, Na	mg	13		0		1		22		
Zinc, Zn	mg	1.44		0		1		2.48		
Copper, Cu	mg	0.773		0		1		1.330		
Manganese, Mn	mg	1.199		0		1		2.062		
Selenium, Se	mcg	2.9		0	BFSN	4		5.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.295		0		1		0.507		
Riboflavin	mg	0.129		0		1		0.222		
Niacin	mg	0.830		0		1		1.428		
Pantothenic acid	mg	0.156		0		4		0.268		
Vitamin B-6	mg	0.047		0		1		0.081		
Folate, total	mcg	10		0		1		18		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	10		0		1		18		
Folate, DFE	mcg_DFE	10		0	NC	4		18		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.825		0		1		1.419		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.010		0		1		0.017		
15:0	g									
16:0	g	0.449		0		1		0.772		
17:0	g									
18:0	g	0.267		0		1		0.459		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16136

Beans, winged, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.153		0		1		3.703		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.034		
17:1.....g									
18:1 undifferentiated.....g	2.025		0		1		3.483		
20:1.....g	0.109		0		1		0.187		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.551		0		1		2.668		
18:2 undifferentiated.....g	1.457		0		1		2.506		
18:3 undifferentiated.....g	0.094		0		1		0.162		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.233		0		1		0.401		
Threonine.....g	0.360		0		1		0.619		
Isoleucine.....g	0.448		0		1		0.771		
Leucine.....g	0.762		0		1		1.311		
Lysine.....g	0.652		0		1		1.121		
Methionine.....g	0.109		0		1		0.187		
Cystine.....g	0.166		0		1		0.286		
Phenylalanine.....g	0.436		0		1		0.750		
Tyrosine.....g	0.445		0		1		0.765		
Valine.....g	0.467		0		1		0.803		
Arginine.....g	0.576		0		1		0.991		
Histidine.....g	0.241		0		1		0.415		
Alanine.....g	0.318		0		1		0.547		
Aspartic acid.....g	0.973		0		1		1.674		
Glutamic acid.....g	1.224		0		1		2.105		
Glycine.....g	0.348		0		1		0.599		
Proline.....g	0.588		0		1		1.011		
Serine.....g	0.377		0		1		0.648		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 172g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16348
Beans, yellow, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.98		0		1		111.47		
Energy	kcal	144		0	NC	4		255		
Energy	kj	602				4		1066		
Protein (N x 6.25)	g	9.16		0		1		16.21		
Total lipid (fat)	g	1.08		0		1		1.91		
Ash	g	1.50		0		1		2.66		
Carbohydrate, by difference	g	25.27		0	NC	4		44.73		
Fiber, total dietary	g	10.4		0	BFZN	4		18.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	62		0		1		110		
Iron, Fe	mg	2.48		0		1		4.39		
Magnesium, Mg	mg	74		0		1		131		
Phosphorus, P	mg	183		0		1		324		
Potassium, K	mg	325		0		1		575		
Sodium, Na	mg	241		0		1		427		
Zinc, Zn	mg	1.06		0		1		1.88		
Copper, Cu	mg	0.186		0		1		0.329		
Manganese, Mn	mg	0.455		0		1		0.805		
Selenium, Se	mcg	1.3		0	BFSN	4		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0		1		3.2		
Thiamin	mg	0.187		0		1		0.331		
Riboflavin	mg	0.103		0		1		0.182		
Niacin	mg	0.708		0		1		1.253		
Pantothenic acid	mg	0.229		0		1		0.405		
Vitamin B-6	mg	0.129		0		1		0.228		
Folate, total	mcg	81		0		1		143		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	81		0		1		143		
Folate, DFE	mcg_DFE	81		0	NC	4		143		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	2		0		1		4		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.279		0		1		0.494		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.001		0		1		0.002		
15:0	g									
16:0	g	0.262		0		1		0.464		
17:0	g									
18:0	g	0.017		0		1		0.030		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16348
Beans, yellow, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.094		0		1		0.166		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.094		0		1		0.166		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.466		0		1		0.825		
18:2 undifferentiated.....g	0.253		0		1		0.448		
18:3 undifferentiated.....g	0.212		0		1		0.375		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.108		0		1		0.191		
Threonine.....g	0.386		0		1		0.683		
Isoleucine.....g	0.405		0		1		0.717		
Leucine.....g	0.732		0		1		1.296		
Lysine.....g	0.629		0		1		1.113		
Methionine.....g	0.138		0		1		0.244		
Cystine.....g	0.100		0		1		0.177		
Phenylalanine.....g	0.496		0		1		0.878		
Tyrosine.....g	0.258		0		1		0.457		
Valine.....g	0.479		0		1		0.848		
Arginine.....g	0.567		0		1		1.004		
Histidine.....g	0.255		0		1		0.451		
Alanine.....g	0.384		0		1		0.680		
Aspartic acid.....g	1.108		0		1		1.961		
Glutamic acid.....g	1.397		0		1		2.473		
Glycine.....g	0.358		0		1		0.634		
Proline.....g	0.388		0		1		0.687		
Serine.....g	0.498		0		1		0.881		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 177g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16048
Beans, yellow, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.98		0		1		111.47		
Energy	kcal	144		0	NC	4		255		
Energy	kj	602				4		1066		
Protein (N x 6.25)	g	9.16		0		1		16.21		
Total lipid (fat)	g	1.08		0		1		1.91		
Ash	g	1.50		0		1		2.66		
Carbohydrate, by difference	g	25.27		0	NC	4		44.73		
Fiber, total dietary	g	10.4		0	BFSN	4		18.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	62		0		1		110		
Iron, Fe	mg	2.48		0		1		4.39		
Magnesium, Mg	mg	74		0		1		131		
Phosphorus, P	mg	183		0		1		324		
Potassium, K	mg	325		0		1		575		
Sodium, Na	mg	5		0		1		9		
Zinc, Zn	mg	1.06		0		1		1.88		
Copper, Cu	mg	0.186		0		1		0.329		
Manganese, Mn	mg	0.455		0		1		0.805		
Selenium, Se	mcg	1.3		0	BFSN	4		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0		1		3.2		
Thiamin	mg	0.187		0		1		0.331		
Riboflavin	mg	0.103		0		1		0.182		
Niacin	mg	0.708		0		1		1.253		
Pantothenic acid	mg	0.229		0		1		0.405		
Vitamin B-6	mg	0.129		0		1		0.228		
Folate, total	mcg	81		0		1		143		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	81		0		1		143		
Folate, DFE	mcg_DFE	81		0	NC	4		143		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	2		0		1		4		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.279		0		1		0.494		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.001		0		1		0.002		
15:0	g									
16:0	g	0.262		0		1		0.464		
17:0	g									
18:0	g	0.017		0		1		0.030		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16048

Beans, yellow, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.094		0		1		0.166		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.094		0		1		0.166		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.466		0		1		0.825		
18:2 undifferentiated.....g	0.253		0		1		0.448		
18:3 undifferentiated.....g	0.212		0		1		0.375		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.108		0		1		0.191		
Threonine.....g	0.386		0		1		0.683		
Isoleucine.....g	0.405		0		1		0.717		
Leucine.....g	0.732		0		1		1.296		
Lysine.....g	0.629		0		1		1.113		
Methionine.....g	0.138		0		1		0.244		
Cystine.....g	0.100		0		1		0.177		
Phenylalanine.....g	0.496		0		1		0.878		
Tyrosine.....g	0.258		0		1		0.457		
Valine.....g	0.479		0		1		0.848		
Arginine.....g	0.567		0		1		1.004		
Histidine.....g	0.255		0		1		0.451		
Alanine.....g	0.384		0		1		0.680		
Aspartic acid.....g	1.108		0		1		1.961		
Glutamic acid.....g	1.397		0		1		2.473		
Glycine.....g	0.358		0		1		0.634		
Proline.....g	0.388		0		1		0.687		
Serine.....g	0.498		0		1		0.881		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 177g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16047

Beans, yellow, mature seeds, raw

Phaseolus vulgaris

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.10		1		1		21.76		
Energy	kcal	345		0	NC	4		676		
Energy	kj	1443				4		2829		
Protein (N x 6.25)	g	22.00		1		1		43.12		
Total lipid (fat)	g	2.60		1		1		5.10		
Ash	g	3.60		1		1		7.06		
Carbohydrate, by difference	g	60.70		0	NC	4		118.97		
Fiber, total dietary	g	25.1		0	BFSN	4		49.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	166		1		1		325		
Iron, Fe	mg	7.01		1		1		13.74		
Magnesium, Mg	mg	222		1		1		435		
Phosphorus, P	mg	488		1		1		956		
Potassium, K	mg	1042		1		1		2042		
Sodium, Na	mg	12		0		1		24		
Zinc, Zn	mg	2.83		0		1		5.55		
Copper, Cu	mg	0.639		0		1		1.252		
Manganese, Mn	mg	1.286		0		1		2.521		
Selenium, Se	mcg	12.8		0	BFSN	4		25.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.690		1		1		1.352		
Riboflavin	mg	0.330		1		1		0.647		
Niacin	mg	2.430		1		1		4.763		
Pantothenic acid	mg	0.734		0		1		1.439		
Vitamin B-6	mg	0.442		0		1		0.866		
Folate, total	mcg	389		0		1		762		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	389		0		1		762		
Folate, DFE	mcg_DFE	389		0	NC	4		762		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	6		1		1		12		
Vitamin A, RAE	mcg_RAE	0		1		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.671		0		1		1.315		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.002		0		1		0.004		
15:0	g									
16:0	g	0.629		0		1		1.233		
17:0	g									
18:0	g	0.040		0		1		0.078		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16047
Beans, yellow, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.226		0		1		0.443		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.226		0		1		0.443		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.118		0		1		2.191		
18:2 undifferentiated.....g	0.609		0		1		1.194		
18:3 undifferentiated.....g	0.510		0		1		1.000		
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		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.260		0		1		0.510		
Threonine.....g	0.926		0		1		1.815		
Isoleucine.....g	0.972		0		1		1.905		
Leucine.....g	1.756		0		1		3.442		
Lysine.....g	1.510		0		1		2.960		
Methionine.....g	0.331		0		1		0.649		
Cystine.....g	0.239		0		1		0.468		
Phenylalanine.....g	1.190		0		1		2.332		
Tyrosine.....g	0.620		0		1		1.215		
Valine.....g	1.151		0		1		2.256		
Arginine.....g	1.362		0		1		2.670		
Histidine.....g	0.612		0		1		1.200		
Alanine.....g	0.922		0		1		1.807		
Aspartic acid.....g	2.661		0		1		5.216		
Glutamic acid.....g	3.355		0		1		6.576		
Glycine.....g	0.859		0		1		1.684		
Proline.....g	0.933		0		1		1.829		
Serine.....g	1.197		0		1		2.346		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 196g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16054
Broadbeans (fava beans), mature seeds, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.32		1		1		205.62		
Energy	kcal	71		0	NC	4		182		
Energy	kj	297				4		760		
Protein (N x 6.25)	g	5.47		1		1		14.00		
Total lipid (fat)	g	0.22		1		1		0.56		
Ash	g	1.58		1		1		4.04		
Carbohydrate, by difference	g	12.41		0	NC	4		31.77		
Fiber, total dietary	g	3.7		0	BFSN	4		9.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		1		1		67		
Iron, Fe	mg	1.00		1		1		2.56		
Magnesium, Mg	mg	32		0		1		82		
Phosphorus, P	mg	79		0		1		202		
Potassium, K	mg	242		0		1		620		
Sodium, Na	mg	453		1		1		1160		
Zinc, Zn	mg	0.62		0		1		1.59		
Copper, Cu	mg	0.109		0		1		0.279		
Manganese, Mn	mg	0.288		0		1		0.737		
Selenium, Se	mcg	1.8		0	BFSN	4		4.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		1		1		4.6		
Thiamin	mg	0.020		1		1		0.051		
Riboflavin	mg	0.050		1		1		0.128		
Niacin	mg	0.960		1		1		2.458		
Pantothenic acid	mg	0.119		0		1		0.305		
Vitamin B-6	mg	0.045		0		1		0.115		
Folate, total	mcg	33		0		1		84		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	33		0		1		84		
Folate, DFE	mcg_DFE	33		0	NC	4		84		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	10		1		1		26		
Vitamin A, RAE	mcg_RAE	1		1		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.037		0		1		0.095		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.001		0		1		0.003		
13:0	g									
14:0	g	0.000		0		1		0.000		
15:0	g									
16:0	g	0.029		0		1		0.074		
17:0	g									
18:0	g	0.004		0		1		0.010		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16054
Broadbeans (fava beans), mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.044		0		1		0.113		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.043		0		1		0.110		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.090		0		1		0.230		
18:2 undifferentiated.....g	0.084		0		1		0.215		
18:3 undifferentiated.....g	0.007		0		1		0.018		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.052		0		1		0.133		
Threonine.....g	0.194		0		1		0.497		
Isoleucine.....g	0.221		0		1		0.566		
Leucine.....g	0.411		0		1		1.052		
Lysine.....g	0.350		0		1		0.896		
Methionine.....g	0.045		0		1		0.115		
Cystine.....g	0.070		0		1		0.179		
Phenylalanine.....g	0.231		0		1		0.591		
Tyrosine.....g	0.173		0		1		0.443		
Valine.....g	0.243		0		1		0.622		
Arginine.....g	0.505		0		1		1.293		
Histidine.....g	0.139		0		1		0.356		
Alanine.....g	0.224		0		1		0.573		
Aspartic acid.....g	0.611		0		1		1.564		
Glutamic acid.....g	0.929		0		1		2.378		
Glycine.....g	0.229		0		1		0.586		
Proline.....g	0.230		0		1		0.589		
Serine.....g	0.250		0		1		0.640		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 256g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16353
Broadbeans (fava beans), mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.54	1.019	8		1		121.62		
Energy	kcal	110		0	NC	4		186		
Energy	kj	459		0	NC	4		780		
Protein (N x 6.25)	g	7.60	0.278	8		1		12.92		
Total lipid (fat)	g	0.40	0.042	8		1		0.68		
Ash	g	0.81	0.077	8		1		1.38		
Carbohydrate, by difference	g	19.65		0	NC	4		33.41		
Fiber, total dietary	g	5.4		0	BFZN	4		9.2		
Sugars, total	g	1.82		0	BFSN	4		3.10		
Starch	g									
Minerals:										
Calcium, Ca	mg	36	1.775	8		1		61		
Iron, Fe	mg	1.50	0.098	8		1		2.55		
Magnesium, Mg	mg	43	2.074	8		1		73		
Phosphorus, P	mg	125	9.925	8		1		213		
Potassium, K	mg	268	27.538	8		1		456		
Sodium, Na	mg	241		0		1		410		
Zinc, Zn	mg	1.01	0.075	8		1		1.72		
Copper, Cu	mg	0.259	0.041	8		1		0.440		
Manganese, Mn	mg	0.421	0.033	8		1		0.716		
Selenium, Se	mcg	2.6		0	BFSN	4		4.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		1		0.5		
Thiamin	mg	0.097	0.006	8		1		0.165		
Riboflavin	mg	0.089	0.006	8		1		0.151		
Niacin	mg	0.711	0.066	8		1		1.209		
Pantothenic acid	mg	0.157	0.027	8		1		0.267		
Vitamin B-6	mg	0.072	0.009	8		1		0.122		
Folate, total	mcg	104	6.518	8		1		177		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	104	6.518	8		1		177		
Folate, DFE	mcg_DFE	104		0	NC	4		177		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	15		0	NC	4		26		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFSN	4		0.03		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.9		0	BFSN	4		4.9		
Lipids:										
Fatty acids, total saturated	g	0.066		0		1		0.112		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.001		0		1		0.002		
13:0	g									
14:0	g	0.001		0		1		0.002		
15:0	g									
16:0	g	0.054		0		1		0.092		
17:0	g									
18:0	g	0.008		0		1		0.014		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16353
Broadbeans (fava beans), mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.079		0		1		0.134		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.078		0		1		0.133		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.164		0		1		0.279		
18:2 undifferentiated.....g	0.152		0		1		0.258		
18:3 undifferentiated.....g	0.012		0		1		0.020		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.072		0		1		0.122		
Threonine.....g	0.270		0		1		0.459		
Isoleucine.....g	0.306		0		1		0.520		
Leucine.....g	0.572		0		1		0.972		
Lysine.....g	0.486		0		1		0.826		
Methionine.....g	0.062		0		1		0.105		
Cystine.....g	0.097		0		1		0.165		
Phenylalanine.....g	0.321		0		1		0.546		
Tyrosine.....g	0.241		0		1		0.410		
Valine.....g	0.338		0		1		0.575		
Arginine.....g	0.702		0		1		1.193		
Histidine.....g	0.193		0		1		0.328		
Alanine.....g	0.311		0		1		0.529		
Aspartic acid.....g	0.849		0		1		1.443		
Glutamic acid.....g	1.291		0		1		2.195		
Glycine.....g	0.319		0		1		0.542		
Proline.....g	0.320		0		1		0.544		
Serine.....g	0.348		0		1		0.592		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	9		0	O	4		15.300		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16053
Broadbeans (fava beans), mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.54	1.019	8		1		121.62		
Energy	kcal	110		0	NC	4		186		
Energy	kj	459		0	NC	4		780		
Protein (N x 6.25)	g	7.60	0.278	8		1		12.92		
Total lipid (fat)	g	0.40	0.042	8		1		0.68		
Ash	g	0.81	0.077	8		1		1.38		
Carbohydrate, by difference	g	19.65		0	NC	4		33.41		
Fiber, total dietary	g	5.4		0		4		9.2		
Sugars, total	g	1.82		0	BFSN	4		3.10		
Starch	g									
Minerals:										
Calcium, Ca	mg	36	1.775	8		1		61		
Iron, Fe	mg	1.50	0.098	8		1		2.55		
Magnesium, Mg	mg	43	2.074	8		1		73		
Phosphorus, P	mg	125	9.925	8		1		213		
Potassium, K	mg	268	27.538	8		1		456		
Sodium, Na	mg	5	0.348	4		1		9		
Zinc, Zn	mg	1.01	0.075	8		1		1.72		
Copper, Cu	mg	0.259	0.041	8		1		0.440		
Manganese, Mn	mg	0.421	0.033	8		1		0.716		
Selenium, Se	mcg	2.6		0	BFSN	4		4.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		1		0.5		
Thiamin	mg	0.097	0.006	8		1		0.165		
Riboflavin	mg	0.089	0.006	8		1		0.151		
Niacin	mg	0.711	0.066	8		1		1.209		
Pantothenic acid	mg	0.157	0.027	8		1		0.267		
Vitamin B-6	mg	0.072	0.009	8		1		0.122		
Folate, total	mcg	104	6.518	8		1		177		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	104	6.518	8		1		177		
Folate, DFE	mcg_DFE	104		0	NC	4		177		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	15		0	NC	4		26		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFSN	4		0.03		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.9		0	BFSN	4		4.9		
Lipids:										
Fatty acids, total saturated	g	0.066		0		1		0.112		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.001		0		1		0.002		
13:0	g									
14:0	g	0.001		0		1		0.002		
15:0	g									
16:0	g	0.054		0		1		0.092		
17:0	g									
18:0	g	0.008		0		1		0.014		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16053
Broadbeans (fava beans), mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.079		0		1		0.134		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.078		0		1		0.133		
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	0.164		0		1		0.279		
18:2 undifferentiated.....g	0.152		0		1		0.258		
18:3 undifferentiated.....g	0.012		0		1		0.020		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.072		0		1		0.122		
Threonine.....g	0.270		0		1		0.459		
Isoleucine.....g	0.306		0		1		0.520		
Leucine.....g	0.572		0		1		0.972		
Lysine.....g	0.486		0		1		0.826		
Methionine.....g	0.062		0		1		0.105		
Cystine.....g	0.097		0		1		0.165		
Phenylalanine.....g	0.321		0		1		0.546		
Tyrosine.....g	0.241		0		1		0.410		
Valine.....g	0.338		0		1		0.575		
Arginine.....g	0.702		0		1		1.193		
Histidine.....g	0.193		0		1		0.328		
Alanine.....g	0.311		0		1		0.529		
Aspartic acid.....g	0.849		0		1		1.443		
Glutamic acid.....g	1.291		0		1		2.195		
Glycine.....g	0.319		0		1		0.542		
Proline.....g	0.320		0		1		0.544		
Serine.....g	0.348		0		1		0.592		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0		
Caffeine.....mg	0		0	z	7		0		
Theobromine.....mg	0		0	z	7		0		
Carotenoids:									
Carotene, beta.....mcg	9		0	o	4		15.300		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

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

NDB No. 16053
Broadbeans (fava beans), mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16052

Broadbeans (fava beans), mature seeds, raw

Vicia faba

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.98		100		1		16.47	1.03	
Energy	kcal	341		0	NC	4		511	32	
Energy	kj	1425		0	NC	4		2138	134	
Protein (N x 6.25)	g	26.12		104		1		39.18	2.46	
Total lipid (fat)	g	1.53	0.113	101		1		2.30	0.14	
Ash	g	3.08		102		1		4.62	0.29	
Carbohydrate, by difference	g	58.29		0	NC	4		87.44	5.48	
Fiber, total dietary	g	25.0		0		4		37.5	2.4	
Sugars, total	g	5.70		0	T	4		8.55	0.54	
Starch	g									
Minerals:										
Calcium, Ca	mg	103		31		1		155	10	
Iron, Fe	mg	6.70		30		1		10.05	0.63	
Magnesium, Mg	mg	192		10		1		288	18	
Phosphorus, P	mg	421		29		1		632	40	
Potassium, K	mg	1062	61.434	8		1		1593	100	
Sodium, Na	mg	13		5		1		20	1	
Zinc, Zn	mg	3.14		10		1		4.71	0.30	
Copper, Cu	mg	0.824		10		1		1.236	0.077	
Manganese, Mn	mg	1.626	0.148	8		1		2.439	0.153	
Selenium, Se	mcg	8.2		0	CAZN	4		12.3	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4		1		1		2.1	0.1	
Thiamin	mg	0.555		11		1		0.833	0.052	
Riboflavin	mg	0.333		12		1		0.500	0.031	
Niacin	mg	2.832		11		1		4.248	0.266	
Pantothenic acid	mg	0.976	0.070	8		1		1.464	0.092	
Vitamin B-6	mg	0.366	0.010	8		1		0.549	0.034	
Folate, total	mcg	423	33.794	8		1		634	40	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	423	33.794	8		1		634	40	
Folate, DFE	mcg_DFE	423		0	NC	4		634	40	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	53		0	NC	4		80	5	
Vitamin A, RAE	mcg_RAE	3		0	NC	4		4	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.05		0	T	4		0.08	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	9.0		0	O	4		13.5	0.8	
Lipids:										
Fatty acids, total saturated	g	0.254		0		1		0.381	0.024	
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	0.004		0		1		0.006	0.000	
13:0	g									
14:0	g	0.002		0		1		0.003	0.000	
15:0	g									
16:0	g	0.204		0		1		0.306	0.019	
17:0	g									
18:0	g	0.031		0		1		0.047	0.003	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16052
Broadbeans (fava beans), mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.303		0		1		0.455	0.028	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.297		0		1		0.446	0.028	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.627		0		1		0.941	0.059	
18:2 undifferentiated.....g	0.581		0		1		0.872	0.055	
18:3 undifferentiated.....g	0.046		0		1		0.069	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	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg	124		0		1		186	12	
Amino Acids:									
Tryptophan.....g	0.247		32		1		0.371	0.023	
Threonine.....g	0.928		63		1		1.392	0.087	
Isoleucine.....g	1.053		63		1		1.580	0.099	
Leucine.....g	1.964		63		1		2.946	0.185	
Lysine.....g	1.671		66		1		2.507	0.157	
Methionine.....g	0.213		176		1		0.320	0.020	
Cystine.....g	0.334		146		1		0.501	0.031	
Phenylalanine.....g	1.103		63		1		1.655	0.104	
Tyrosine.....g	0.827		60		1		1.241	0.078	
Valine.....g	1.161		63		1		1.742	0.109	
Arginine.....g	2.411		64		1		3.617	0.227	
Histidine.....g	0.664		62		1		0.996	0.062	
Alanine.....g	1.070		54		1		1.605	0.101	
Aspartic acid.....g	2.916		54		1		4.374	0.274	
Glutamic acid.....g	4.437		54		1		6.656	0.417	
Glycine.....g	1.095		61		1		1.643	0.103	
Proline.....g	1.099		48		1		1.649	0.103	
Serine.....g	1.195		54		1		1.793	0.112	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	32		0	o	4		47.700	2.989	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 150g: 1 cup

Measure 2 = 9.4g: 1 tbsp

NDB No. 16052
Broadbeans (fava beans), mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16055
Carob flour
Ceratonia siliqua

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.58	0.748	12		1		3.69	0.29	
Energy	kcal	222		0	O	4		229	18	
Energy	kj	929		0	O	4		957	74	
Protein (N x 6.25)	g	4.62	0.707	40		1		4.76	0.37	
Total lipid (fat)	g	0.65	0.062	32		1		0.67	0.05	
Ash	g	2.27	0.097	40		1		2.34	0.18	
Carbohydrate, by difference	g	88.88		0	NC	4		91.55	7.11	
Fiber, total dietary	g	39.8		0		1		41.0	3.2	
Sugars, total	g	49.08		0	O	4		50.55	3.93	
Starch	g									
Minerals:										
Calcium, Ca	mg	348	129.116	10		1		358	28	
Iron, Fe	mg	2.94	0.314	10		1		3.03	0.24	
Magnesium, Mg	mg	54	84.056	6		1		56	4	
Phosphorus, P	mg	79	53.466	4		1		81	6	
Potassium, K	mg	827	113.074	6		1		852	66	
Sodium, Na	mg	35		2		1		36	3	
Zinc, Zn	mg	0.92	0.189	7		1		0.95	0.07	
Copper, Cu	mg	0.571	0.009	6		1		0.588	0.046	
Manganese, Mn	mg	0.508	0.008	5		1		0.523	0.041	
Selenium, Se	mcg	5.3		1	A	1		5.5	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		1		1		0.2	0.0	
Thiamin	mg	0.053	0.006	8		1		0.055	0.004	
Riboflavin	mg	0.461	0.131	7		1		0.475	0.037	
Niacin	mg	1.897	0.146	8		1		1.954	0.152	
Pantothenic acid	mg	0.047	0.015	4		1		0.048	0.004	
Vitamin B-6	mg	0.366	0.045	4		1		0.377	0.029	
Folate, total	mcg	29		1		1		30	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	29		1		1		30	2	
Folate, DFE	mcg_DFE	29		0	NC	4		30	2	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	14		0	NC	4		14	1	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.63		0	O	4		0.65	0.05	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.090		0		1		0.093	0.007	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.001		0		1		0.001	0.000	
15:0	g									
16:0	g	0.072		0		1		0.074	0.006	
17:0	g									
18:0	g	0.014		0		1		0.014	0.001	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16055
Carob flour

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.197		0		1		0.203	0.016	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.004	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.194		0		1		0.200	0.016	
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	0.216		0		1		0.222	0.017	
18:2 undifferentiated.....g	0.212		0		1		0.218	0.017	
18:3 undifferentiated.....g	0.004		0		1		0.004	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		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.048		0		1		0.049	0.004	
Threonine.....g	0.271		0		1		0.279	0.022	
Isoleucine.....g	0.209		0		1		0.215	0.017	
Leucine.....g	0.442		0		1		0.455	0.035	
Lysine.....g	0.196		0		1		0.202	0.016	
Methionine.....g	0.081		0		1		0.083	0.006	
Cystine.....g	0.029		0		1		0.030	0.002	
Phenylalanine.....g	0.151		0		1		0.156	0.012	
Tyrosine.....g	0.120		0		1		0.124	0.010	
Valine.....g	0.446		0		1		0.459	0.036	
Arginine.....g	0.130		0		1		0.134	0.010	
Histidine.....g	0.122		0		1		0.126	0.010	
Alanine.....g	0.584		0		1		0.602	0.047	
Aspartic acid.....g	0.503		0		1		0.518	0.040	
Glutamic acid.....g	0.362		0		1		0.373	0.029	
Glycine.....g	0.267		0		1		0.275	0.021	
Proline.....g	0.354		0		1		0.365	0.028	
Serine.....g	0.304		0		1		0.313	0.024	
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	
Carotenoids:									
Carotene, beta.....mcg	8		0	o	4		8.652	0.672	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 103g: 1 cup

Measure 2 = 8.0g: 1 tbsp

NDB No. 16055
Carob flour

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43128
Chicken, meatless

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.84		0	O	4		98.85		
Energy	kcal	224		0	NC	4		376		
Energy	kj	936		0	NC	4		1572		
Protein	g	23.64		0	LC	8		39.72		
Total lipid (fat)	g	12.73		0	LC	8		21.39		
Ash	g	1.15		0	O	4		1.94		
Carbohydrate, by difference	g	3.64		0	NC	4		6.11		
Fiber, total dietary	g	3.6		0	LC	8		6.1		
Sugars, total	g	0.00		0	LC	8		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	35				1		59		
Iron, Fe	mg	3.27		0	LC	8		5.49		
Magnesium, Mg	mg	17				4		29		
Phosphorus, P	mg	335				4		563		
Potassium, K	mg	54		0	LC	8		91		
Sodium, Na	mg	709		0	LC	8		1191		
Zinc, Zn	mg	0.70				1		1.18		
Copper, Cu	mg	0.689				4		1.158		
Manganese, Mn	mg									
Selenium, Se	mcg	7.4		0	BFZN	4		12.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				7		0.0		
Thiamin	mg	0.682		0	LC	8		1.146		
Riboflavin	mg	0.247		0	LC	8		0.415		
Niacin	mg	1.454		0	LC	8		2.443		
Pantothenic acid	mg									
Vitamin B-6	mg	0.700				1		1.176		
Folate, total	mcg	76				4		128		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	76				4		128		
Folate, DFE	mcg_DFE	76		0	NC	4		128		
Vitamin B-12	mcg	2.18		0	LC	8		3.67		
Vitamin A, IU	IU	0		0	NC	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	2.68		0	O	4		4.50		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0		
Lipids:										
Fatty acids, total saturated	g	1.820		0	LC	8		3.058		
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	0.094				4		0.158		
13:0	g									
14:0	g	0.047				4		0.079		
15:0	g									
16:0	g	0.995				4		1.672		
17:0	g									
18:0	g	0.397				4		0.667		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43128
Chicken, meatless

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	2.727		0	LC	8		4.581		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	2.355				4		3.957		
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	7.273		0	LC	8		12.219		
18:2 undifferentiated.....g	4.462				4		7.496		
18:3 undifferentiated.....g	0.560				4		0.941		
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				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		
Carotenoids:									
Carotene, beta.....mcg	0		0	LC	8		0.000		
Carotene, alpha.....mcg	0		0	LC	8		0.000		
Cryptoxanthin, beta.....mcg	0		0	LC	8		0.000		
Lycopene.....mcg	0		0	LC	8		0.000		
Lutein + zeaxanthin.....mcg	0		0	LC	8		0.000		

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43410
Chicken, meatless, breaded, fried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.44		0	O	4		73.37	94.82	20.32
Energy	kcal	234		0	NC	4		304	393	84
Energy	kj	979		0	NC	4		1273	1645	353
Protein	g	21.28		0	LC	8		27.66	35.75	7.66
Total lipid (fat)	g	12.77		0	LC	8		16.60	21.45	4.60
Ash	g	1.00		0	O	4		1.31	1.69	0.36
Carbohydrate, by difference	g	8.51		0	NC	4		11.06	14.30	3.06
Fiber, total dietary	g	4.3		0	LC	8		5.5	7.1	1.5
Sugars, total	g	0.00		0	LC	8		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	42		0	LC	8		55	71	15
Iron, Fe	mg	3.83		0	LC	8		4.98	6.43	1.38
Magnesium, Mg	mg	12				4		16	20	4
Phosphorus, P	mg	245				4		319	412	88
Potassium, K	mg	300				1		390	504	108
Sodium, Na	mg	400				1		520	672	144
Zinc, Zn	mg	0.65				1		0.85	1.09	0.23
Copper, Cu	mg	0.500				4		0.650	0.840	0.180
Manganese, Mn	mg									
Selenium, Se	mcg	7.4		0	BFZN	4		9.6	12.4	2.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				7		0.0	0.0	0.0
Thiamin	mg	1.277		0	LC	8		1.660	2.145	0.460
Riboflavin	mg	0.362		0	LC	8		0.471	0.608	0.130
Niacin	mg	12.766		0	LC	8		16.596	21.447	4.596
Pantothenic acid	mg									
Vitamin B-6	mg	0.851		0	LC	8		1.106	1.430	0.306
Folate, total	mcg	56				4		73	94	20
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	56				4		73	94	20
Folate, DFE	mcg_DFE	56		0	NC	4		73	94	20
Vitamin B-12	mcg	5.11		0	LC	8		6.64	8.58	1.84
Vitamin A, IU	IU	0		0	AS	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 (alpha-tocopherol)	mg	1.95		0	O	4		2.54	3.28	0.70
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	1.130		0	NC	4		1.469	1.898	0.407
4:0	g	0.000				4		0.000	0.000	0.000
6:0	g	0.000				4		0.000	0.000	0.000
8:0	g	0.000				4		0.000	0.000	0.000
10:0	g	0.000				4		0.000	0.000	0.000
12:0	g	0.000				4		0.000	0.000	0.000
13:0	g									
14:0	g	0.008				4		0.010	0.013	0.003
15:0	g									
16:0	g	0.823				4		1.069	1.382	0.296
17:0	g									
18:0	g	0.299				4		0.389	0.503	0.108
20:0	g									
22:0	g									
24:0	g									

NDB No. 43410
Chicken, meatless, breaded, fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	3.226		0	NC	4		4.193	5.419	1.161
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.409		0	LC	8		1.832	2.368	0.507
17:1.....g									
18:1 undifferentiated.....g	1.800				4		2.340	3.024	0.648
20:1.....g	0.016				4		0.021	0.027	0.006
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.581		0	NC	4		5.955	7.696	1.649
18:2 undifferentiated.....g	4.044				4		5.257	6.794	1.456
18:3 undifferentiated.....g	0.536				4		0.697	0.901	0.193
18:4.....g	0.000				4		0.000	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	0.000
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:6 n-3.....g	0.000				4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	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
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 130g: 1 cup, diced

Measure 2 = 168g: 1 cup pieces

Measure 3 = 36g: 1 piece

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16157
Chickpea flour (besan)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.28		2	A	1		9.46		
Energy	kcal	387		0	NC	4		356		
Energy	kj	1619		0	NC	4		1489		
Protein (N x 6.25)	g	22.39		2	A	1		20.60		
Total lipid (fat)	g	6.69		2	A	1		6.15		
Ash	g	2.82		2	A	1		2.59		
Carbohydrate, by difference	g	57.82		0	NC	4		53.19		
Fiber, total dietary	g	10.8		2	A	1		9.9		
Sugars, total	g	10.85		0	BFSN	4		9.98		
Starch	g									
Minerals:										
Calcium, Ca	mg	45		2	A	1		41		
Iron, Fe	mg	4.86		2	A	1		4.47		
Magnesium, Mg	mg	166		2	A	1		153		
Phosphorus, P	mg	318		2	A	1		293		
Potassium, K	mg	846		2	A	1		778		
Sodium, Na	mg	64		2	A	1		59		
Zinc, Zn	mg	2.81		2	A	1		2.59		
Copper, Cu	mg	0.912		2	A	1		0.839		
Manganese, Mn	mg	1.600		2	A	1		1.472		
Selenium, Se	mcg	8.3		0	BFSN	4		7.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.486		2	A	1		0.447		
Riboflavin	mg	0.106		2	A	1		0.098		
Niacin	mg	1.762		2	A	1		1.621		
Pantothenic acid	mg	0.606		2	A	1		0.558		
Vitamin B-6	mg	0.492		2	A	1		0.453		
Folate, total	mcg	437		2	A	1		402		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	437		2	A	1		402		
Folate, DFE	mcg_DFE	437		0	NC	4		402		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	41		0	NC	4		38		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		2		
Retinol	mcg	0		0	BNA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.83		0	BFSN	4		0.77		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	9.1		0	BFSN	4		8.4		
Lipids:										
Fatty acids, total saturated	g	0.693		0	BFFN	4		0.638		
4:0	g	0.000		0	BFSN	4		0.000		
6:0	g	0.000		0	BFSN	4		0.000		
8:0	g	0.000		0	BFSN	4		0.000		
10:0	g	0.000		0	BFSN	4		0.000		
12:0	g	0.000		0	BFSN	4		0.000		
13:0	g									
14:0	g	0.010		0	BFFN	4		0.009		
15:0	g									
16:0	g	0.555		0	BFFN	4		0.511		
17:0	g									
18:0	g	0.094		0	BFFN	4		0.086		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16157
Chickpea flour (besan)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	1.504		0	BFFN	4		1.384		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	BFFN	4		0.012		
17:1.....g									
18:1 undifferentiated.....g	1.490		0	BFFN	4		1.371		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.983		0	BFFN	4		2.744		
18:2 undifferentiated.....g	2.871		0	BFFN	4		2.641		
18:3 undifferentiated.....g	0.112		0	BFFN	4		0.103		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	39		0	BFFN	4		36		
Others:									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	25		0	BNA	4		22.632		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Calories Factors: **Protein** 4.27 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16058
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.69	4.615	25		1		167.26		
Energy	kcal	119		0	NC	4		286		
Energy	kj	498				4		1195		
Protein (N x 6.25)	g	4.95	0.116	4		1		11.88		
Total lipid (fat)	g	1.14	0.066	4		1		2.74		
Ash	g	1.61	0.258	4		1		3.86		
Carbohydrate, by difference	g	22.62		0	NC	4		54.29		
Fiber, total dietary	g	4.4		0		1		10.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	32	5.801	4		1		77		
Iron, Fe	mg	1.35	0.076	4		1		3.24		
Magnesium, Mg	mg	29		1		1		70		
Phosphorus, P	mg	90		1		1		216		
Potassium, K	mg	172	18.502	3		1		413		
Sodium, Na	mg	299	15.962	3		1		718		
Zinc, Zn	mg	1.06		0		1		2.54		
Copper, Cu	mg	0.174		0		1		0.418		
Manganese, Mn	mg	0.604		0		1		1.450		
Selenium, Se	mcg	2.8		0	BFSN	4		6.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.8	0.381	4		1		9.1		
Thiamin	mg	0.029	0.015	6		1		0.070		
Riboflavin	mg	0.033	0.005	6		1		0.079		
Niacin	mg	0.138	0.030	6		1		0.331		
Pantothenic acid	mg	0.299		0		1		0.718		
Vitamin B-6	mg	0.473	0.060	21		1		1.135		
Folate, total	mcg	67		0		1		160		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	67		0		1		160		
Folate, DFE	mcg_DFE	67		0	NC	4		160		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	24	6.691	3		1		58		
Vitamin A, RAE	mcg_RAE	1	0.335	3		1		3		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.118		0		1		0.283		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.002		0		1		0.005		
15:0	g									
16:0	g	0.095		0		1		0.228		
17:0	g									
18:0	g	0.016		0		1		0.038		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16058
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.257		0		1		0.617		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.255		0		1		0.612		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.510		0		1		1.224		
18:2 undifferentiated.....g	0.491		0		1		1.178		
18:3 undifferentiated.....g	0.019		0		1		0.046		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.048		0		1		0.115		
Threonine.....g	0.184		0		1		0.442		
Isoleucine.....g	0.212		0		1		0.509		
Leucine.....g	0.352		0		1		0.845		
Lysine.....g	0.331		0		1		0.794		
Methionine.....g	0.065		0		1		0.156		
Cystine.....g	0.067		0		1		0.161		
Phenylalanine.....g	0.265		0		1		0.636		
Tyrosine.....g	0.123		0		1		0.295		
Valine.....g	0.208		0		1		0.499		
Arginine.....g	0.466		0		1		1.118		
Histidine.....g	0.136		0		1		0.326		
Alanine.....g	0.212		0		1		0.509		
Aspartic acid.....g	0.582		0		1		1.397		
Glutamic acid.....g	0.866		0		1		2.078		
Glycine.....g	0.206		0		1		0.494		
Proline.....g	0.204		0		1		0.490		
Serine.....g	0.249		0		1		0.598		
Hydroxyproline.....g									

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16357

Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.21	0.607	23		1		98.74		
Energy	kcal	164		0	NC	4		269		
Energy	kj	686		0	NC	4		1125		
Protein (N x 6.25)	g	8.86	0.205	23		1		14.53		
Total lipid (fat)	g	2.59	0.091	24		1		4.25		
Ash	g	0.92	0.037	24		1		1.51		
Carbohydrate, by difference	g	27.42		0	NC	4		44.97		
Fiber, total dietary	g	7.6		1	A	1		12.5		
Sugars, total	g	4.80		0	BFZN	4		7.87		
Starch	g									
Minerals:										
Calcium, Ca	mg	49	1.926	21		1		80		
Iron, Fe	mg	2.89	0.147	21		1		4.74		
Magnesium, Mg	mg	48	1.264	21		1		79		
Phosphorus, P	mg	168	7.270	21		1		276		
Potassium, K	mg	291	10.596	21		1		477		
Sodium, Na	mg	243		0		1		399		
Zinc, Zn	mg	1.53	0.057	27		1		2.51		
Copper, Cu	mg	0.352	0.026	27		1		0.577		
Manganese, Mn	mg	1.030	0.051	21		1		1.689		
Selenium, Se	mcg	3.7		0	BFSN	4		6.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3		0		1		2.1		
Thiamin	mg	0.116	0.005	21		1		0.190		
Riboflavin	mg	0.063	0.002	21		1		0.103		
Niacin	mg	0.526	0.038	21		1		0.863		
Pantothenic acid	mg	0.286	0.036	8		1		0.469		
Vitamin B-6	mg	0.139	0.010	8		1		0.228		
Folate, total	mcg	172	9.671	8		1		282		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	172	9.671	8		1		282		
Folate, DFE	mcg_DFE	172		0	NC	4		282		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	27		0	NC	4		44		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.35		0	BFZN	4		0.57		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.0		0	BFZN	4		6.6		
Lipids:										
Fatty acids, total saturated	g	0.269		0		1		0.441		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.004		0		1		0.007		
15:0	g									
16:0	g	0.215		0		1		0.353		
17:0	g									
18:0	g	0.037		0		1		0.061		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16357

Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.583		0		1		0.956		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.008		
17:1.....g									
18:1 undifferentiated.....g	0.578		0		1		0.948		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.156		0		1		1.896		
18:2 undifferentiated.....g	1.113		0		1		1.825		
18:3 undifferentiated.....g	0.043		0		1		0.071		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.085		0		1		0.139		
Threonine.....g	0.329		0		1		0.540		
Isoleucine.....g	0.380		0		1		0.623		
Leucine.....g	0.631		0		1		1.035		
Lysine.....g	0.593		0		1		0.973		
Methionine.....g	0.116		0		1		0.190		
Cystine.....g	0.119		0		1		0.195		
Phenylalanine.....g	0.475		0		1		0.779		
Tyrosine.....g	0.220		0		1		0.361		
Valine.....g	0.372		0		1		0.610		
Arginine.....g	0.835		0		1		1.369		
Histidine.....g	0.244		0		1		0.400		
Alanine.....g	0.380		0		1		0.623		
Aspartic acid.....g	1.042		0		1		1.709		
Glutamic acid.....g	1.550		0		1		2.542		
Glycine.....g	0.369		0		1		0.605		
Proline.....g	0.366		0		1		0.600		
Serine.....g	0.447		0		1		0.733		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	16		0	BFZN	4		26.568		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

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

Common Measures:

Measure 1 = 164g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16057

Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.21	0.607	23		1		98.74		
Energy	kcal	164		0	NC	4		269		
Energy	kj	686		0	NC	4		1125		
Protein (N x 6.25)	g	8.86	0.205	23		1		14.53		
Total lipid (fat)	g	2.59	0.091	24		1		4.25		
Ash	g	0.92	0.037	24		1		1.51		
Carbohydrate, by difference	g	27.42		0	NC	4		44.97		
Fiber, total dietary	g	7.6		0		1		12.5		
Sugars, total	g	4.80		0	T	4		7.87		
Starch	g									
Minerals:										
Calcium, Ca	mg	49	1.926	21		1		80		
Iron, Fe	mg	2.89	0.147	21		1		4.74		
Magnesium, Mg	mg	48	1.264	21		1		79		
Phosphorus, P	mg	168	7.270	21		1		276		
Potassium, K	mg	291	10.596	21		1		477		
Sodium, Na	mg	7	0.859	17		1		11		
Zinc, Zn	mg	1.53	0.057	27		1		2.51		
Copper, Cu	mg	0.352	0.026	27		1		0.577		
Manganese, Mn	mg	1.030	0.051	21		1		1.689		
Selenium, Se	mcg	3.7		0	BFSN	4		6.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3		0		1		2.1		
Thiamin	mg	0.116	0.005	21		1		0.190		
Riboflavin	mg	0.063	0.002	21		1		0.103		
Niacin	mg	0.526	0.038	21		1		0.863		
Pantothenic acid	mg	0.286	0.036	8		1		0.469		
Vitamin B-6	mg	0.139	0.010	8		1		0.228		
Folate, total	mcg	172	9.671	8		1		282		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	172	9.671	8		1		282		
Folate, DFE	mcg_DFE	172		0	NC	4		282		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	27		0	NC	4		44		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.35		0	O	4		0.57		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.0		0	BFSN	4		6.6		
Lipids:										
Fatty acids, total saturated	g	0.269		0		1		0.441		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.004		0		1		0.007		
15:0	g									
16:0	g	0.215		0		1		0.353		
17:0	g									
18:0	g	0.037		0		1		0.061		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16057

Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	0.583		0		1		0.956		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.008		
17:1....g									
18:1 undifferentiated....g	0.578		0		1		0.948		
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	1.156		0		1		1.896		
18:2 undifferentiated....g	1.113		0		1		1.825		
18:3 undifferentiated....g	0.043		0		1		0.071		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3....g	0.000		0		1		0.000		
22:5 n-3....g	0.000		0		1		0.000		
22:6 n-3....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.085		0		1		0.139		
Threonine....g	0.329		0		1		0.540		
Isoleucine....g	0.380		0		1		0.623		
Leucine....g	0.631		0		1		1.035		
Lysine....g	0.593		0		1		0.973		
Methionine....g	0.116		0		1		0.190		
Cystine....g	0.119		0		1		0.195		
Phenylalanine....g	0.475		0		1		0.779		
Tyrosine....g	0.220		0		1		0.361		
Valine....g	0.372		0		1		0.610		
Arginine....g	0.835		0		1		1.369		
Histidine....g	0.244		0		1		0.400		
Alanine....g	0.380		0		1		0.623		
Aspartic acid....g	1.042		0		1		1.709		
Glutamic acid....g	1.550		0		1		2.542		
Glycine....g	0.369		0		1		0.605		
Proline....g	0.366		0		1		0.600		
Serine....g	0.447		0		1		0.733		
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		
Carotenoids:									
Carotene, beta....mcg	16		0	o	4		26.568		
Carotene, alpha....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta....mcg	0		0	z	7		0.000		
Lycopene....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin....mcg	0		0	z	7		0.000		

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

Common Measures:

Measure 1 = 164g: 1 cup

NDB No. 16057
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16056

Chickpeas (garbanzo beans, bengal gram), mature seeds, raw

Cicer arietinum

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.53	0.708	44		1		23.06	1.44	
Energy	kcal	364		0	NC	4		729	46	
Energy	kj	1525		0	NC	4		3049	191	
Protein (N x 6.25)	g	19.30	0.231	1479		1		38.60	2.41	
Total lipid (fat)	g	6.04	0.130	60		1		12.08	0.76	
Ash	g	2.48	0.074	63		1		4.96	0.31	
Carbohydrate, by difference	g	60.65		0	NC	4		121.30	7.58	
Fiber, total dietary	g	17.4		0		1		34.8	2.2	
Sugars, total	g	10.70		0	T	4		21.40	1.34	
Starch	g									
Minerals:										
Calcium, Ca	mg	105	2.926	47		1		210	13	
Iron, Fe	mg	6.24	0.136	44		1		12.48	0.78	
Magnesium, Mg	mg	115	4.264	39		1		230	14	
Phosphorus, P	mg	366	12.309	43		1		732	46	
Potassium, K	mg	875	29.314	40		1		1750	109	
Sodium, Na	mg	24	3.228	35		1		48	3	
Zinc, Zn	mg	3.43	0.097	46		1		6.86	0.43	
Copper, Cu	mg	0.847	0.030	48		1		1.694	0.106	
Manganese, Mn	mg	2.204	0.122	25		1		4.408	0.276	
Selenium, Se	mcg	8.2		0	CAZN	4		16.4	1.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.0	1.000	3		1		8.0	0.5	
Thiamin	mg	0.477	0.033	42		1		0.954	0.060	
Riboflavin	mg	0.212	0.011	48		1		0.424	0.027	
Niacin	mg	1.541	0.068	43		1		3.082	0.193	
Pantothenic acid	mg	1.588	0.063	20		1		3.176	0.199	
Vitamin B-6	mg	0.535	0.013	26		1		1.070	0.067	
Folate, total	mcg	557	27.048	16		1		1113	70	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	557	27.048	16		1		1113	70	
Folate, DFE	mcg_DFE	557		0	NC	4		1113	70	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	67		0	NC	4		134	8	
Vitamin A, RAE	mcg_RAE	3		0	NC	4		7	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.82		0	O	4		1.64	0.10	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	9.0		0	O	4		18.0	1.1	
Lipids:										
Fatty acids, total saturated	g	0.626		0		1		1.252	0.078	
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	0.009		0		1		0.018	0.001	
15:0	g									
16:0	g	0.501		0		1		1.002	0.063	
17:0	g									
18:0	g	0.085		0		1		0.170	0.011	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16056
Chickpeas (garbanzo beans, bengal gram), mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.358		0		1		2.716	0.170	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0		1		0.024	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.346		0		1		2.692	0.168	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.694		0		1		5.388	0.337	
18:2 undifferentiated.....g	2.593		0		1		5.186	0.324	
18:3 undifferentiated.....g	0.101		0		1		0.202	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		0		1		0	0	
Phytosterols.....mg	35		0		1		70	4	
Amino Acids:									
Tryptophan.....g	0.185		27		1		0.370	0.023	
Threonine.....g	0.716		57		1		1.432	0.090	
Isoleucine.....g	0.828		57		1		1.656	0.104	
Leucine.....g	1.374		57		1		2.748	0.172	
Lysine.....g	1.291		57		1		2.582	0.161	
Methionine.....g	0.253		83		1		0.506	0.032	
Cystine.....g	0.259		65		1		0.518	0.032	
Phenylalanine.....g	1.034		57		1		2.068	0.129	
Tyrosine.....g	0.479		56		1		0.958	0.060	
Valine.....g	0.809		57		1		1.618	0.101	
Arginine.....g	1.819		55		1		3.638	0.227	
Histidine.....g	0.531		55		1		1.062	0.066	
Alanine.....g	0.828		41		1		1.656	0.104	
Aspartic acid.....g	2.270		39		1		4.540	0.284	
Glutamic acid.....g	3.375		40		1		6.750	0.422	
Glycine.....g	0.803		41		1		1.606	0.100	
Proline.....g	0.797		40		1		1.594	0.100	
Serine.....g	0.973		41		1		1.946	0.122	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	40		0	o	4		80.400	5.025	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 12.5g: 1 tbsp

NDB No. 16056
Chickpeas (garbanzo beans, bengal gram), mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16059
Chili with beans, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.51	0.317	16		1		193.31	12.08	
Energy	kcal	112		0	NC	4		287	18	
Energy	kj	470		0	NC	4		1203	75	
Protein (N x 6.25)	g	5.71		17		1		14.62	0.91	
Total lipid (fat)	g	5.49		17		1		14.05	0.88	
Ash	g	1.38		17		1		3.53	0.22	
Carbohydrate, by difference	g	11.91		0	NC	4		30.49	1.91	
Fiber, total dietary	g	4.4		0		1		11.3	0.7	
Sugars, total	g	1.32		0	FLC	4		3.37	0.21	
Starch	g									
Minerals:										
Calcium, Ca	mg	47		17		1		120	8	
Iron, Fe	mg	3.43		17		1		8.78	0.55	
Magnesium, Mg	mg	45		1		1		115	7	
Phosphorus, P	mg	154		1		1		394	25	
Potassium, K	mg	365		17		1		934	58	
Sodium, Na	mg	522		17		1		1336	84	
Zinc, Zn	mg	2.00		1		1		5.12	0.32	
Copper, Cu	mg	0.117		0		1		0.300	0.019	
Manganese, Mn	mg	0.134		0		1		0.343	0.021	
Selenium, Se	mcg	1.3		0	BFZN	4		3.3	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		1		1		4.4	0.3	
Thiamin	mg	0.048		18		1		0.123	0.008	
Riboflavin	mg	0.105		18		1		0.269	0.017	
Niacin	mg	0.358	0.030	16		1		0.916	0.057	
Pantothenic acid	mg	1.420		1		1		3.635	0.227	
Vitamin B-6	mg	0.132		1		1		0.338	0.021	
Folate, total	mcg	23		0		1		58	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	23		0		1		58	4	
Folate, DFE	mcg_DFE	23		0	NC	4		58	4	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	337		0	NC	4		862	54	
Vitamin A, RAE	mcg_RAE	17		0	NC	4		43	3	
Retinol	mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.57		0	FLC	4		1.47	0.09	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.1		0	FLC	4		5.3	0.3	
Lipids:										
Fatty acids, total saturated	g	2.352		0		1		6.021	0.376	
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	0.020		0		1		0.051	0.003	
12:0	g	0.013		0		1		0.033	0.002	
13:0	g									
14:0	g	0.142		0		1		0.364	0.023	
15:0	g									
16:0	g	1.678		0		1		4.296	0.268	
17:0	g									
18:0	g	0.493		0		1		1.262	0.079	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16059
Chili with beans, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	2.332		0		1		5.970	0.373	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.082		0		1		0.210	0.013	
17:1....g									
18:1 undifferentiated....g	2.250		0		1		5.760	0.360	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.362		0		1		0.927	0.058	
18:2 undifferentiated....g	0.208		0		1		0.532	0.033	
18:3 undifferentiated....g	0.153		0		1		0.392	0.024	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	17		0		1		44	3	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.069		0		1		0.177	0.011	
Threonine....g	0.240		0		1		0.614	0.038	
Isoleucine....g	0.250		0		1		0.640	0.040	
Leucine....g	0.456		0		1		1.167	0.073	
Lysine....g	0.409		0		1		1.047	0.065	
Methionine....g	0.095		0		1		0.243	0.015	
Cystine....g	0.061		0		1		0.156	0.010	
Phenylalanine....g	0.292		0		1		0.748	0.047	
Tyrosine....g	0.164		0		1		0.420	0.026	
Valine....g	0.294		0		1		0.753	0.047	
Arginine....g	0.360		0		1		0.922	0.058	
Histidine....g	0.164		0		1		0.420	0.026	
Alanine....g	0.265		0		1		0.678	0.042	
Aspartic acid....g	0.659		0		1		1.687	0.105	
Glutamic acid....g	0.877		0		1		2.245	0.140	
Glycine....g	0.261		0		1		0.668	0.042	
Proline....g	0.251		0		1		0.643	0.040	
Serine....g	0.293		0		1		0.750	0.047	
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	
Carotenoids:									
Carotene, beta....mcg	181		0	FLC	4		462.228	28.889	
Carotene, alpha....mcg	0		0	FLC	4		0.211	0.013	
Cryptoxanthin, beta....mcg	43		0	FLC	4		110.000	6.875	
Lycopene....mcg	1106		0	FLC	4		2830.694	176.918	
Lutein + zeaxanthin....mcg	106		0	FLC	4		272.524	17.033	

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

Common Measures:

Measure 1 = 256g: 1 cup

Measure 2 = 16g: 1 tbsp

NDB No. 16059
Chili with beans, canned

Calories Factors: Protein 4 **Fat** 8.7 **Carbohydrate** 3.5

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16361
Cowpeas, catjang, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.70		0		1		119.19		
Energy	kcal	117		0	NC	4		200		
Energy	kj	490				4		837		
Protein (N x 6.25)	g	8.13		0		1		13.90		
Total lipid (fat)	g	0.71		0		1		1.21		
Ash	g	1.16		0		1		1.98		
Carbohydrate, by difference	g	20.32		0	NC	4		34.75		
Fiber, total dietary	g	3.6		0	BFSN	4		6.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		0		1		44		
Iron, Fe	mg	3.05		0		1		5.22		
Magnesium, Mg	mg	96		0		1		164		
Phosphorus, P	mg	142		0		1		243		
Potassium, K	mg	375		0		1		641		
Sodium, Na	mg	255		0		1		436		
Zinc, Zn	mg	1.87		0		1		3.20		
Copper, Cu	mg	0.271		0		1		0.463		
Manganese, Mn	mg	0.473		0		1		0.809		
Selenium, Se	mcg	2.5		0	BFSN	4		4.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		0.7		
Thiamin	mg	0.162		0		1		0.277		
Riboflavin	mg	0.046		0		1		0.079		
Niacin	mg	0.714		0		1		1.221		
Pantothenic acid	mg	0.386		0		1		0.660		
Vitamin B-6	mg	0.092		0		1		0.157		
Folate, total	mcg	142		0		1		242		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	142		0		1		242		
Folate, DFE	mcg_DFE	142		0	NC	4		242		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	10		0		1		17		
Vitamin A, RAE	mcg_RAE	1		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.185		0		1		0.316		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.001		0		1		0.002		
15:0	g									
16:0	g	0.142		0		1		0.243		
17:0	g									
18:0	g	0.030		0		1		0.051		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16361
Cowpeas, catjang, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.059		0		1		0.101		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.049		0		1		0.084		
20:1.....g	0.001		0		1		0.002		
22:1 undifferentiated.....g	0.007		0		1		0.012		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.303		0		1		0.518		
18:2 undifferentiated.....g	0.192		0		1		0.328		
18:3 undifferentiated.....g	0.111		0		1		0.190		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.100		0		1		0.171		
Threonine.....g	0.309		0		1		0.528		
Isoleucine.....g	0.330		0		1		0.564		
Leucine.....g	0.623		0		1		1.065		
Lysine.....g	0.550		0		1		0.941		
Methionine.....g	0.116		0		1		0.198		
Cystine.....g	0.090		0		1		0.154		
Phenylalanine.....g	0.475		0		1		0.812		
Tyrosine.....g	0.263		0		1		0.450		
Valine.....g	0.387		0		1		0.662		
Arginine.....g	0.563		0		1		0.963		
Histidine.....g	0.252		0		1		0.431		
Alanine.....g	0.371		0		1		0.634		
Aspartic acid.....g	0.982		0		1		1.679		
Glutamic acid.....g	1.539		0		1		2.632		
Glycine.....g	0.335		0		1		0.573		
Proline.....g	0.365		0		1		0.624		
Serine.....g	0.407		0		1		0.696		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 171g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16061
Cowpeas, catjang, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.70		0		1		119.19		
Energy	kcal	117		0	NC	4		200		
Energy	kj	490				4		837		
Protein (N x 6.25)	g	8.13		0		1		13.90		
Total lipid (fat)	g	0.71		0		1		1.21		
Ash	g	1.16		0		1		1.98		
Carbohydrate, by difference	g	20.32		0	NC	4		34.75		
Fiber, total dietary	g	3.6		0	BFSN	4		6.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		0		1		44		
Iron, Fe	mg	3.05		0		1		5.22		
Magnesium, Mg	mg	96		0		1		164		
Phosphorus, P	mg	142		0		1		243		
Potassium, K	mg	375		0		1		641		
Sodium, Na	mg	19		0		1		32		
Zinc, Zn	mg	1.87		0		1		3.20		
Copper, Cu	mg	0.271		0		1		0.463		
Manganese, Mn	mg	0.473		0		1		0.809		
Selenium, Se	mcg	2.5		0	BFSN	4		4.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		0.7		
Thiamin	mg	0.162		0		1		0.277		
Riboflavin	mg	0.046		0		1		0.079		
Niacin	mg	0.714		0		1		1.221		
Pantothenic acid	mg	0.386		0		1		0.660		
Vitamin B-6	mg	0.092		0		1		0.157		
Folate, total	mcg	142		0		1		242		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	142		0		1		242		
Folate, DFE	mcg_DFE	142		0	NC	4		242		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	10		0		1		17		
Vitamin A, RAE	mcg_RAE	1		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.185		0		1		0.316		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.001		0		1		0.002		
15:0	g									
16:0	g	0.142		0		1		0.243		
17:0	g									
18:0	g	0.030		0		1		0.051		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16061
Cowpeas, catjang, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.059		0		1		0.101		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.049		0		1		0.084		
20:1.....g	0.001		0		1		0.002		
22:1 undifferentiated.....g	0.007		0		1		0.012		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.303		0		1		0.518		
18:2 undifferentiated.....g	0.192		0		1		0.328		
18:3 undifferentiated.....g	0.111		0		1		0.190		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.100		0		1		0.171		
Threonine.....g	0.309		0		1		0.528		
Isoleucine.....g	0.330		0		1		0.564		
Leucine.....g	0.623		0		1		1.065		
Lysine.....g	0.550		0		1		0.941		
Methionine.....g	0.116		0		1		0.198		
Cystine.....g	0.090		0		1		0.154		
Phenylalanine.....g	0.475		0		1		0.812		
Tyrosine.....g	0.263		0		1		0.450		
Valine.....g	0.387		0		1		0.662		
Arginine.....g	0.563		0		1		0.963		
Histidine.....g	0.252		0		1		0.431		
Alanine.....g	0.371		0		1		0.634		
Aspartic acid.....g	0.982		0		1		1.679		
Glutamic acid.....g	1.539		0		1		2.632		
Glycine.....g	0.335		0		1		0.573		
Proline.....g	0.365		0		1		0.624		
Serine.....g	0.407		0		1		0.696		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 171g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16060

Cowpeas, catjang, mature seeds, raw

Vigna unguiculata cylindrica

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion 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	11.05	0.727	3		1		18.45		
Energy	kcal	343		0	NC	4		573		
Energy	kj	1435				4		2397		
Protein (N x 6.25)	g	23.85	0.614	3		1		39.83		
Total lipid (fat)	g	2.07	0.341	3		1		3.46		
Ash	g	3.39	0.045	4		1		5.66		
Carbohydrate, by difference	g	59.64		0	NC	4		99.60		
Fiber, total dietary	g	10.7		0	BFSN	4		17.9		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	85	15.315	4		1		142		
Iron, Fe	mg	9.95	2.099	4		1		16.62		
Magnesium, Mg	mg	333	92.738	4		1		556		
Phosphorus, P	mg	438	55.183	4		1		731		
Potassium, K	mg	1375	152.137	4		1		2296		
Sodium, Na	mg	58	36.039	3		1		97		
Zinc, Zn	mg	6.11		2		1		10.20		
Copper, Cu	mg	1.059	0.170	4		1		1.769		
Manganese, Mn	mg	1.544		0		1		2.578		
Selenium, Se	mcg	9.1		0	BFSN	4		15.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		0		1		2.5		
Thiamin	mg	0.680		1		1		1.136		
Riboflavin	mg	0.170		2		1		0.284		
Niacin	mg	2.795		2		1		4.668		
Pantothenic acid	mg	1.511		0		1		2.523		
Vitamin B-6	mg	0.361		0		1		0.603		
Folate, total	mcg	639		0		1		1067		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	639		0		1		1067		
Folate, DFE	mcg_DFE	639		0	NC	4		1067		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	33		1		1		55		
Vitamin A, RAE	mcg_RAE	2		1		1		3		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.542		0		1		0.905		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.001		0		1		0.002		
13:0	g									
14:0	g	0.004		0		1		0.007		
15:0	g									
16:0	g	0.417		0		1		0.696		
17:0	g									
18:0	g	0.087		0		1		0.145		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16060
Cowpeas, catjang, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.173		0		1		0.289		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.144		0		1		0.240		
20:1.....g	0.002		0		1		0.003		
22:1 undifferentiated.....g	0.019		0		1		0.032		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.889		0		1		1.485		
18:2 undifferentiated.....g	0.563		0		1		0.940		
18:3 undifferentiated.....g	0.326		0		1		0.544		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.294		49		1		0.491		
Threonine.....g	0.908		72		1		1.516		
Isoleucine.....g	0.969		72		1		1.618		
Leucine.....g	1.828		72		1		3.053		
Lysine.....g	1.614		78		1		2.695		
Methionine.....g	0.340		108		1		0.568		
Cystine.....g	0.263		92		1		0.439		
Phenylalanine.....g	1.393		72		1		2.326		
Tyrosine.....g	0.771		54		1		1.288		
Valine.....g	1.137		71		1		1.899		
Arginine.....g	1.652		71		1		2.759		
Histidine.....g	0.740		71		1		1.236		
Alanine.....g	1.088		52		1		1.817		
Aspartic acid.....g	2.881		52		1		4.811		
Glutamic acid.....g	4.518		52		1		7.545		
Glycine.....g	0.985		52		1		1.645		
Proline.....g	1.072		51		1		1.790		
Serine.....g	1.194		52		1		1.994		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 167g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16065

Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.59	0.282	34		1		186.22		
Energy	kcal	83		0	NC	4		199		
Energy	kj	347				4		833		
Protein (N x 6.25)	g	2.74	0.048	34		1		6.58		
Total lipid (fat)	g	1.60	0.065	34		1		3.84		
Ash	g	1.54	0.043	34		1		3.70		
Carbohydrate, by difference	g	16.53		0	NC	4		39.67		
Fiber, total dietary	g	3.3		0		4		7.9		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17	0.845	33		1		41		
Iron, Fe	mg	1.42	0.035	33		1		3.41		
Magnesium, Mg	mg	43	0.570	30		1		103		
Phosphorus, P	mg	96	2.308	30		1		230		
Potassium, K	mg	178	5.712	31		1		427		
Sodium, Na	mg	350	12.206	33		1		840		
Zinc, Zn	mg	1.04	0.034	30		1		2.50		
Copper, Cu	mg	0.170	0.007	30		1		0.408		
Manganese, Mn	mg	0.392	0.021	30		1		0.941		
Selenium, Se	mcg	2.3		0	BFSN	4		5.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2	0.060	30		1		0.5		
Thiamin	mg	0.063	0.004	34		1		0.151		
Riboflavin	mg	0.050	0.002	34		1		0.120		
Niacin	mg	0.431	0.014	34		1		1.034		
Pantothenic acid	mg	0.191		0		4		0.458		
Vitamin B-6	mg	0.045		0		4		0.108		
Folate, total	mcg	51		0		4		122		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	51		0		4		122		
Folate, DFE	mcg_DFE	51		0	NC	4		122		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0	0.000	30		1		0		
Vitamin A, RAE	mcg_RAE	0	0.000	30		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.605		0		1		1.452		
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.001		0		1		0.002		
12:0	g	0.003		0		1		0.007		
13:0	g									
14:0	g	0.020		0		1		0.048		
15:0	g									
16:0	g	0.374		0		1		0.898		
17:0	g									
18:0	g	0.201		0		1		0.482		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16065

Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.656		0		1		1.574		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0		1		0.094		
17:1.....g									
18:1 undifferentiated.....g	0.603		0		1		1.447		
20:1.....g	0.015		0		1		0.036		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.229		0		1		0.550		
18:2 undifferentiated.....g	0.190		0		1		0.456		
18:3 undifferentiated.....g	0.039		0		1		0.094		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0		1		17		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.034		0		1		0.082		
Threonine.....g	0.104		0		1		0.250		
Isoleucine.....g	0.112		0		1		0.269		
Leucine.....g	0.210		0		1		0.504		
Lysine.....g	0.186		0		1		0.446		
Methionine.....g	0.039		0		1		0.094		
Cystine.....g	0.030		0		1		0.072		
Phenylalanine.....g	0.160		0		1		0.384		
Tyrosine.....g	0.089		0		1		0.214		
Valine.....g	0.131		0		1		0.314		
Arginine.....g	0.190		0		1		0.456		
Histidine.....g	0.085		0		1		0.204		
Alanine.....g	0.125		0		1		0.300		
Aspartic acid.....g	0.331		0		1		0.794		
Glutamic acid.....g	0.519		0		1		1.246		
Glycine.....g	0.113		0		1		0.271		
Proline.....g	0.123		0		1		0.295		
Serine.....g	0.137		0		1		0.329		
Hydroxyproline.....g									

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16064

Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, 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	79.63		6		1		191.11		
Energy	kcal	77		0	NC	4		185		
Energy	kj	322				4		773		
Protein (N x 6.25)	g	4.74		6		1		11.38		
Total lipid (fat)	g	0.55		5		1		1.32		
Ash	g	1.45		6		1		3.48		
Carbohydrate, by difference	g	13.63		0	NC	4		32.71		
Fiber, total dietary	g	3.3		0		1		7.9		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	20		6		1		48		
Iron, Fe	mg	0.97		6		1		2.33		
Magnesium, Mg	mg	28		2		1		67		
Phosphorus, P	mg	70		2		1		168		
Potassium, K	mg	172	18.502	3		1		413		
Sodium, Na	mg	299	15.962	3		1		718		
Zinc, Zn	mg	0.70		0		1		1.68		
Copper, Cu	mg	0.117		0		1		0.281		
Manganese, Mn	mg	0.283		0		1		0.679		
Selenium, Se	mcg	2.3	1.137	3	A	1		5.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.7		4		1		6.5		
Thiamin	mg	0.076		6		1		0.182		
Riboflavin	mg	0.074		6		1		0.178		
Niacin	mg	0.354		6		1		0.850		
Pantothenic acid	mg	0.190		0		1		0.456		
Vitamin B-6	mg	0.045		0		1		0.108		
Folate, total	mcg	51		0		1		123		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	51		0		1		123		
Folate, DFE	mcg_DFE	51		0	NC	4		123		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	13		4		1		31		
Vitamin A, RAE	mcg_RAE	1	0.000	4		1		2		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.144		0		1		0.346		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.001		0		1		0.002		
15:0	g									
16:0	g	0.111		0		1		0.266		
17:0	g									
18:0	g	0.023		0		1		0.055		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16064

Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.046		0		1		0.110		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.038		0		1		0.091		
20:1.....g	0.001		0		1		0.002		
22:1 undifferentiated.....g	0.005		0		1		0.012		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.237		0		1		0.569		
18:2 undifferentiated.....g	0.150		0		1		0.360		
18:3 undifferentiated.....g	0.087		0		1		0.209		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0		1		0.139		
Threonine.....g	0.180		0		1		0.432		
Isoleucine.....g	0.193		0		1		0.463		
Leucine.....g	0.363		0		1		0.871		
Lysine.....g	0.321		0		1		0.770		
Methionine.....g	0.067		0		1		0.161		
Cystine.....g	0.052		0		1		0.125		
Phenylalanine.....g	0.277		0		1		0.665		
Tyrosine.....g	0.153		0		1		0.367		
Valine.....g	0.226		0		1		0.542		
Arginine.....g	0.328		0		1		0.787		
Histidine.....g	0.147		0		1		0.353		
Alanine.....g	0.216		0		1		0.518		
Aspartic acid.....g	0.572		0		1		1.373		
Glutamic acid.....g	0.897		0		1		2.153		
Glycine.....g	0.196		0		1		0.470		
Proline.....g	0.213		0		1		0.511		
Serine.....g	0.237		0		1		0.569		
Hydroxyproline.....g									

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16363

Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.04	0.603	23		1		119.77		
Energy	kcal	116		0	NC	4		198		
Energy	kj	484		0	NC	4		828		
Protein (N x 6.25)	g	7.73	0.163	24		1		13.22		
Total lipid (fat)	g	0.53	0.031	24		1		0.91		
Ash	g	0.94	0.030	24		1		1.61		
Carbohydrate, by difference	g	20.76		0	NC	4		35.50		
Fiber, total dietary	g	6.5		0		4		11.1		
Sugars, total	g	3.30		0	BFZN	4		5.64		
Starch	g									
Minerals:										
Calcium, Ca	mg	24	0.819	28		1		41		
Iron, Fe	mg	2.51	0.100	29		1		4.29		
Magnesium, Mg	mg	53	1.487	29		1		91		
Phosphorus, P	mg	156	4.148	28		1		267		
Potassium, K	mg	278	7.500	29		1		475		
Sodium, Na	mg	240		0		1		410		
Zinc, Zn	mg	1.29	0.044	35		1		2.21		
Copper, Cu	mg	0.268	0.013	35		1		0.458		
Manganese, Mn	mg	0.475	0.018	29		1		0.812		
Selenium, Se	mcg	2.5	0.625	15	A	1		4.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		0.7		
Thiamin	mg	0.202	0.011	21		1		0.345		
Riboflavin	mg	0.055	0.003	21		1		0.094		
Niacin	mg	0.495	0.036	21		1		0.846		
Pantothenic acid	mg	0.411	0.019	8		1		0.703		
Vitamin B-6	mg	0.100	0.006	8		1		0.171		
Folate, total	mcg	208	19.105	8		1		356		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	208	19.105	8		1		356		
Folate, DFE	mcg_DFE	208		0	NC	4		356		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	15		0	NC	4		26		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.28		0	BFZN	4		0.48		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.7		0	BFZN	4		2.9		
Lipids:										
Fatty acids, total saturated	g	0.138		0		1		0.236		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.001		0		1		0.002		
15:0	g									
16:0	g	0.106		0		1		0.181		
17:0	g									
18:0	g	0.022		0		1		0.038		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16363

Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.044		0		1		0.075		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.036		0		1		0.062		
20:1.....g	0.001		0		1		0.002		
22:1 undifferentiated.....g	0.005		0		1		0.009		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.225		0		1		0.385		
18:2 undifferentiated.....g	0.143		0		1		0.245		
18:3 undifferentiated.....g	0.083		0		1		0.142		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.095		0		1		0.162		
Threonine.....g	0.294		0		1		0.503		
Isoleucine.....g	0.314		0		1		0.537		
Leucine.....g	0.592		0		1		1.012		
Lysine.....g	0.523		0		1		0.894		
Methionine.....g	0.110		0		1		0.188		
Cystine.....g	0.085		0		1		0.145		
Phenylalanine.....g	0.451		0		1		0.771		
Tyrosine.....g	0.250		0		1		0.428		
Valine.....g	0.368		0		1		0.629		
Arginine.....g	0.535		0		1		0.915		
Histidine.....g	0.240		0		1		0.410		
Alanine.....g	0.352		0		1		0.602		
Aspartic acid.....g	0.933		0		1		1.595		
Glutamic acid.....g	1.463		0		1		2.502		
Glycine.....g	0.319		0		1		0.545		
Proline.....g	0.347		0		1		0.593		
Serine.....g	0.387		0		1		0.662		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	9		0	BFZN	4		15.390		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

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

Common Measures:

Measure 1 = 171g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16063

Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.04	0.603	23		1		120.47		
Energy	kcal	116		0	NC	4		199		
Energy	kj	484		0	NC	4		833		
Protein (N x 6.25)	g	7.73	0.163	24		1		13.30		
Total lipid (fat)	g	0.53	0.031	24		1		0.91		
Ash	g	0.94	0.030	24		1		1.62		
Carbohydrate, by difference	g	20.76		0	NC	4		35.71		
Fiber, total dietary	g	6.5		0		1		11.2		
Sugars, total	g	3.30		0	T	4		5.68		
Starch	g									
Minerals:										
Calcium, Ca	mg	24	0.819	28		1		41		
Iron, Fe	mg	2.51	0.100	29		1		4.32		
Magnesium, Mg	mg	53	1.487	29		1		91		
Phosphorus, P	mg	156	4.148	28		1		268		
Potassium, K	mg	278	7.500	29		1		478		
Sodium, Na	mg	4	0.413	24		1		7		
Zinc, Zn	mg	1.29	0.044	35		1		2.22		
Copper, Cu	mg	0.268	0.013	35		1		0.461		
Manganese, Mn	mg	0.475	0.018	29		1		0.817		
Selenium, Se	mcg	2.5	0.625	15	A	1		4.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		0.7		
Thiamin	mg	0.202	0.011	21		1		0.347		
Riboflavin	mg	0.055	0.003	21		1		0.095		
Niacin	mg	0.495	0.036	21		1		0.851		
Pantothenic acid	mg	0.411	0.019	8		1		0.707		
Vitamin B-6	mg	0.100	0.006	8		1		0.172		
Folate, total	mcg	208	19.105	8		1		358		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	208	19.105	8		1		358		
Folate, DFE	mcg_DFE	208		0	NC	4		358		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	15		0	NC	4		26		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.28		0	O	4		0.48		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.7		0	BFSN	4		2.9		
Lipids:										
Fatty acids, total saturated	g	0.138		0		1		0.237		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.001		0		1		0.002		
15:0	g									
16:0	g	0.106		0		1		0.182		
17:0	g									
18:0	g	0.022		0		1		0.038		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16063

Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.044		0		1		0.076		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.036		0		1		0.062		
20:1.....g	0.001		0		1		0.002		
22:1 undifferentiated.....g	0.005		0		1		0.009		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.225		0		1		0.387		
18:2 undifferentiated.....g	0.143		0		1		0.246		
18:3 undifferentiated.....g	0.083		0		1		0.143		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.095		0		1		0.163		
Threonine.....g	0.294		0		1		0.506		
Isoleucine.....g	0.314		0		1		0.540		
Leucine.....g	0.592		0		1		1.018		
Lysine.....g	0.523		0		1		0.900		
Methionine.....g	0.110		0		1		0.189		
Cystine.....g	0.085		0		1		0.146		
Phenylalanine.....g	0.451		0		1		0.776		
Tyrosine.....g	0.250		0		1		0.430		
Valine.....g	0.368		0		1		0.633		
Arginine.....g	0.535		0		1		0.920		
Histidine.....g	0.240		0		1		0.413		
Alanine.....g	0.352		0		1		0.605		
Aspartic acid.....g	0.933		0		1		1.605		
Glutamic acid.....g	1.463		0		1		2.516		
Glycine.....g	0.319		0		1		0.549		
Proline.....g	0.347		0		1		0.597		
Serine.....g	0.387		0		1		0.666		
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		
Carotenoids:									
Carotene, beta.....mcg	9		0	o	4		15.480		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

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

Common Measures:

Measure 1 = 172g: 1 cup

NDB No. 16063
Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16062

Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw

Vigna unguiculata

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.95	0.391	82		1		19.96	1.25	
Energy	kcal	336		0	NC	4		562	35	
Energy	kj	1408		0	NC	4		2351	148	
Protein (N x 6.25)	g	23.52	0.205	147		1		39.28	2.47	
Total lipid (fat)	g	1.26	0.036	139		1		2.10	0.13	
Ash	g	3.24	0.038	91		1		5.41	0.34	
Carbohydrate, by difference	g	60.03		0	NC	4		100.25	6.30	
Fiber, total dietary	g	10.6		0		1		17.7	1.1	
Sugars, total	g	6.90		0	T	4		11.52	0.72	
Starch	g									
Minerals:										
Calcium, Ca	mg	110	11.803	47		1		184	12	
Iron, Fe	mg	8.27	0.246	59		1		13.81	0.87	
Magnesium, Mg	mg	184	7.012	45		1		307	19	
Phosphorus, P	mg	424	11.904	46		1		708	45	
Potassium, K	mg	1112	40.025	44		1		1857	117	
Sodium, Na	mg	16	1.681	39		1		27	2	
Zinc, Zn	mg	3.37	0.167	46		1		5.63	0.35	
Copper, Cu	mg	0.845	0.030	48		1		1.411	0.089	
Manganese, Mn	mg	1.528		42		1		2.552	0.160	
Selenium, Se	mcg	9.0	1.143	3	A	1		15.0	0.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		1		1		2.5	0.2	
Thiamin	mg	0.853	0.031	197		1		1.425	0.090	
Riboflavin	mg	0.226	0.008	204		1		0.377	0.024	
Niacin	mg	2.075	0.094	189		1		3.465	0.218	
Pantothenic acid	mg	1.496	0.058	166		1		2.498	0.157	
Vitamin B-6	mg	0.357		17		1		0.596	0.037	
Folate, total	mcg	633	41.904	17		1		1056	66	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	633	41.904	17		1		1056	66	
Folate, DFE	mcg_DFE	633		0	NC	4		1056	66	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	50		0	NC	4		84	5	
Vitamin A, RAE	mcg_RAE	3		0	NC	4		4	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.39		0	O	4		0.65	0.04	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	5.0		0	T	4		8.4	0.5	
Lipids:										
Fatty acids, total saturated	g	0.331		0		1		0.553	0.035	
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	0.001		0		1		0.002	0.000	
13:0	g									
14:0	g	0.003		0		1		0.005	0.000	
15:0	g									
16:0	g	0.254		0		1		0.424	0.027	
17:0	g									
18:0	g	0.053		0		1		0.089	0.006	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16062
Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.106		0		1		0.177	0.011	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.007	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.088		0		1		0.147	0.009	
20:1.....g	0.001		0		1		0.002	0.000	
22:1 undifferentiated.....g	0.012		0		1		0.020	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.542		0		1		0.905	0.057	
18:2 undifferentiated.....g	0.343		0		1		0.573	0.036	
18:3 undifferentiated.....g	0.199		0		1		0.332	0.021	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.290		0		1		0.484	0.030	
Threonine.....g	0.895		0		1		1.495	0.094	
Isoleucine.....g	0.956		0		1		1.597	0.100	
Leucine.....g	1.802		0		1		3.009	0.189	
Lysine.....g	1.591		0		1		2.657	0.167	
Methionine.....g	0.335		0		1		0.559	0.035	
Cystine.....g	0.260		0		1		0.434	0.027	
Phenylalanine.....g	1.373		0		1		2.293	0.144	
Tyrosine.....g	0.760		0		1		1.269	0.080	
Valine.....g	1.121		0		1		1.872	0.118	
Arginine.....g	1.629		0		1		2.720	0.171	
Histidine.....g	0.730		0		1		1.219	0.077	
Alanine.....g	1.072		0		1		1.790	0.113	
Aspartic acid.....g	2.840		0		1		4.743	0.298	
Glutamic acid.....g	4.454		0		1		7.438	0.468	
Glycine.....g	0.971		0		1		1.622	0.102	
Proline.....g	1.057		0		1		1.765	0.111	
Serine.....g	1.178		0		1		1.967	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	
Carotenoids:									
Carotene, beta.....mcg	30		0	o	4		50.100	3.150	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 167g: 1 cup

Measure 2 = 10.5g: 1 tbsp

NDB No. 16062
Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16152
ENSURE FIBER WITH FOS, 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	76.00		0	LC	8				
Energy	kcal	97		0	LC	8				
Energy	kj	407		0	LC	8				
Protein	g	3.43		0	LC	8				
Total lipid (fat)	g	2.38		0	LC	8				
Ash	g	1.83		0	O	4				
Carbohydrate, by difference	g	16.36		0	LC	8				
Fiber, total dietary	g	1.1		0	LC	8				
Sugars, total	g	4.68		0	LC	8				
Starch	g									
Minerals:										
Calcium, Ca	mg	136		0	LC	8				
Iron, Fe	mg	1.75		0	LC	8				
Magnesium, Mg	mg	38		0	LC	8				
Phosphorus, P	mg	117		0	LC	8				
Potassium, K	mg	144		0	LC	8				
Sodium, Na	mg	78		0	LC	8				
Zinc, Zn	mg	1.48		0	LC	8				
Copper, Cu	mg	0.185		0	LC	8				
Manganese, Mn	mg									
Selenium, Se	mcg	7.0		0	LC	8				
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.7		0	LC	8				
Thiamin	mg	0.148		0	LC	8				
Riboflavin	mg	0.168		0	LC	8				
Niacin	mg	1.948		0	LC	8				
Pantothenic acid	mg									
Vitamin B-6	mg	0.195		0	LC	8				
Folate, total	mcg	39		0	LC	8				
Folic acid	mcg	39		0	LC	8				
Folate, food	mcg	0		0	Z	7				
Folate, DFE	mcg_DFE	66		0	NC	4				
Vitamin B-12	mcg	0.58		0	LC	8				
Vitamin A, IU	IU	481		0	NC	4				
Vitamin A, RAE	mcg_RAE	144		0	NC	4				
Retinol	mcg	144		0	LC	8				
Vitamin E (alpha-tocopherol)	mg	2.92		0	LC	8				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	7.8		0	LC	8				
Lipids:										
Fatty acids, total saturated	g	0.201		0	NC	4				
4:0	g	0.000				4				
6:0	g	0.000				4				
8:0	g	0.000				4				
10:0	g	0.000				4				
12:0	g	0.000				4				
13:0	g									
14:0	g	0.004		0	LC	8				
15:0	g									
16:0	g	0.148		0	LC	8				
17:0	g									
18:0	g	0.049		0	LC	8				
20:0	g									
22:0	g									
24:0	g									

NDB No. 16152
ENSURE FIBER WITH FOS, 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
Fatty acids, total monounsaturated.....g	1.276		0	NC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4				
17:1.....g									
18:1 undifferentiated.....g	1.276		0	LC	8				
20:1.....g	0.000				4				
22:1 undifferentiated.....g	0.000				4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.722		0	LC	8				
18:2 undifferentiated.....g	0.628		0	LC	8				
18:3 undifferentiated.....g	0.094		0	LC	8				
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	0				7				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	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: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16138
Falafel, home-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	34.62		0		1		5.89		
Energy	kcal	333		0	NC	4		57		
Energy	kj	1393				4		237		
Protein (N x 0)	g	13.31		0		1		2.26		
Total lipid (fat)	g	17.80		0		1		3.03		
Ash	g	2.43		0		1		0.41		
Carbohydrate, by difference	g	31.84		0	NC	4		5.41		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	54		0		1		9		
Iron, Fe	mg	3.42		0		1		0.58		
Magnesium, Mg	mg	82		0		1		14		
Phosphorus, P	mg	192		0		1		33		
Potassium, K	mg	585		0		1		99		
Sodium, Na	mg	294		0		1		50		
Zinc, Zn	mg	1.50		0		1		0.26		
Copper, Cu	mg	0.258		0		1		0.044		
Manganese, Mn	mg	0.691		0		1		0.117		
Selenium, Se	mcg	1.0		0	RA	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		1		0.3		
Thiamin	mg	0.146		0		1		0.025		
Riboflavin	mg	0.166		0		1		0.028		
Niacin	mg	1.044		0		1		0.177		
Pantothenic acid	mg	0.292		0		1		0.050		
Vitamin B-6	mg	0.125		0		1		0.021		
Folate, total	mcg	93		0	RA	4		16		
Folic acid	mcg	15		0	NC	4		3		
Folate, food	mcg	78		0		1		13		
Folate, DFE	mcg_DFE	104		0	NC	4		18		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	13		0		1		2		
Vitamin A, RAE	mcg_RAE	1		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.383		0		1		0.405		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.011		0		1		0.002		
15:0	g									
16:0	g	1.782		0		1		0.303		
17:0	g									
18:0	g	0.529		0		1		0.090		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16138
Falafel, home-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
Fatty acids, total monounsaturated.....g	10.171		0		1		1.729		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.095		0		1		0.016		
17:1.....g									
18:1 undifferentiated.....g	9.670		0		1		1.644		
20:1.....g	0.042		0		1		0.007		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.160		0		1		0.707		
18:2 undifferentiated.....g	0.495		0		1		0.084		
18:3 undifferentiated.....g	0.111		0		1		0.019		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.134		0		1		0.023		
Threonine.....g	0.492		0		1		0.084		
Isoleucine.....g	0.567		0		1		0.096		
Leucine.....g	0.944		0		1		0.160		
Lysine.....g	0.856		0		1		0.146		
Methionine.....g	0.187		0		1		0.032		
Cystine.....g	0.183		0		1		0.031		
Phenylalanine.....g	0.707		0		1		0.120		
Tyrosine.....g	0.339		0		1		0.058		
Valine.....g	0.562		0		1		0.096		
Arginine.....g	1.280		0		1		0.218		
Histidine.....g	0.364		0		1		0.062		
Alanine.....g	0.573		0		1		0.097		
Aspartic acid.....g	1.531		0		1		0.260		
Glutamic acid.....g	2.341		0		1		0.398		
Glycine.....g	0.567		0		1		0.096		
Proline.....g	0.545		0		1		0.093		
Serine.....g	0.667		0		1		0.113		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 patty (approx 2-1/4" dia)

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43129
Fish sticks, meatless

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.00				1		12.60		
Energy	kcal	290				1		81		
Energy	kj	1213				1		340		
Protein	g	23.00				1		6.44		
Total lipid (fat)	g	18.00				1		5.04		
Ash	g	5.00		0	O	4		1.40		
Carbohydrate, by difference	g	9.00			NC	4		2.52		
Fiber, total dietary	g	6.1				4		1.7		
Sugars, total	g	0.80		0	LC	8		0.22		
Starch	g									
Minerals:										
Calcium, Ca	mg	95				1		27		
Iron, Fe	mg	2.00				1		0.56		
Magnesium, Mg	mg	23				4		6		
Phosphorus, P	mg	450				4		126		
Potassium, K	mg	600				1		168		
Sodium, Na	mg	490				1		137		
Zinc, Zn	mg	1.40				1		0.39		
Copper, Cu	mg	0.925				4		0.259		
Manganese, Mn	mg									
Selenium, Se	mcg	4.4		0	BFSN	4		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				7		0.0		
Thiamin	mg	1.100				1		0.308		
Riboflavin	mg	0.900				1		0.252		
Niacin	mg	12.000				1		3.360		
Pantothenic acid	mg									
Vitamin B-6	mg	1.500				1		0.420		
Folate, total	mcg	102				4		29		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	102				4		29		
Folate, DFE	mcg_DFE	102		0	NC	4		29		
Vitamin B-12	mcg	4.20				1		1.18		
Vitamin A, IU	IU	0		0	AS	1		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	3.95		0	O	4		1.11		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0		
Lipids:										
Fatty acids, total saturated	g	2.849				4		0.798		
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	0.174				4		0.049		
13:0	g									
14:0	g	0.087				4		0.024		
15:0	g									
16:0	g	1.850				4		0.518		
17:0	g									
18:0	g	0.738				4		0.207		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43129
Fish sticks, meatless

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	4.376				4		1.225		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	4.376				4		1.225		
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	9.332				4		2.613		
18:2 undifferentiated.....g	8.292				4		2.322		
18:3 undifferentiated.....g	1.040				4		0.291		
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				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		
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43130
Frankfurter, meatless

hot dog, frank, wiener
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.00				1		81.20	40.60	
Energy	kcal	233		0	NC	4		326	163	
Energy	kj	974		0	NC	4		1363	682	
Protein	g	19.61		0	LC	8		27.45	13.73	
Total lipid (fat)	g	13.73		0	LC	8		19.22	9.61	
Ash	g	0.97		0	O	4		1.35	0.68	
Carbohydrate, by difference	g	7.70		0	NC	4		10.78	5.39	
Fiber, total dietary	g	3.9		0	LC	8		5.5	2.7	
Sugars, total	g	0.00		0	LC	8		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	33				1		46	23	
Iron, Fe	mg	1.41		0	LC	8		1.97	0.99	
Magnesium, Mg	mg	18				4		25	13	
Phosphorus, P	mg	344				4		482	241	
Potassium, K	mg	98		0	LC	8		137	69	
Sodium, Na	mg	471		0	LC	8		659	329	
Zinc, Zn	mg	1.20				1		1.68	0.84	
Copper, Cu	mg	0.706				4		0.988	0.494	
Manganese, Mn	mg									
Selenium, Se	mcg	7.4		0	BFZN	4		10.4	5.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				7		0.0	0.0	
Thiamin	mg	0.441		0	LC	8		0.617	0.309	
Riboflavin	mg	0.833		0	LC	8		1.166	0.583	
Niacin	mg	3.137		0	LC	8		4.392	2.196	
Pantothenic acid	mg	0.784		0	LC	8		1.098	0.549	
Vitamin B-6	mg	0.078		0	LC	8		0.109	0.055	
Folate, total	mcg	78				4		109	55	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	78				4		109	55	
Folate, DFE	mcg_DFE	78		0	NC	4		109	55	
Vitamin B-12	mcg	2.35		0	LC	8		3.29	1.65	
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 (alpha-tocopherol)	mg	1.92		0	O	4		2.69	1.34	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	1.961		0	LC	8		2.745	1.373	
4:0	g	0.000				4		0.000	0.000	
6:0	g	0.000				4		0.000	0.000	
8:0	g	0.000				4		0.000	0.000	
10:0	g	0.000				4		0.000	0.000	
12:0	g	0.097				4		0.136	0.068	
13:0	g									
14:0	g	0.048				4		0.067	0.034	
15:0	g									
16:0	g	1.028				4		1.439	0.720	
17:0	g									
18:0	g	0.410				4		0.574	0.287	
20:0	g									
22:0	g									
24:0	g									

NDB No. 43130
Frankfurter, meatless

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	3.922		0	LC	8		5.491	2.745	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	2.432				4		3.405	1.702	
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	7.843		0	LC	8		10.980	5.490	
18:2 undifferentiated.....g	4.607				4		6.450	3.225	
18:3 undifferentiated.....g	0.578				4		0.809	0.405	
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	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	
Caffeine.....mg	0			Z	7		0	0	
Theobromine.....mg	0			Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 140g: 1 cup, sliced

Measure 2 = 70g: 1 frankfurter

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 22125
GREEN GIANT, HARVEST BURGER, Original Flavor, All Vegetable Protein Patties, frozen

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.00		1	A	1		235.30	58.50	58.50
Energy	kcal	153		0	NC	4		552	137	137
Energy	kj	638				4		2311	575	575
Protein	g	20.00		1	A	1		72.40	18.00	18.00
Total lipid (fat)	g	4.60		1	A	1		16.65	4.14	4.14
Ash	g	2.60		1	A	1		9.41	2.34	2.34
Carbohydrate, by difference	g	7.80		0	NC	4		28.24	7.02	7.02
Fiber, total dietary	g	6.3		1	A	1		22.8	5.7	5.7
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	113		1	A	1		409	102	102
Iron, Fe	mg	4.28		1	A	1		15.49	3.85	3.85
Magnesium, Mg	mg	78		1	A	1		282	70	70
Phosphorus, P	mg	250		1	A	1		905	225	225
Potassium, K	mg	480		1	A	1		1738	432	432
Sodium, Na	mg	457		1	A	1		1654	411	411
Zinc, Zn	mg	8.97		1	A	1		32.47	8.07	8.07
Copper, Cu	mg	0.490		1	A	1		1.774	0.441	0.441
Manganese, Mn	mg									
Selenium, Se	mcg	10.0		1	A	1		36.2	9.0	9.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.350		1	A	1		1.267	0.315	0.315
Riboflavin	mg	0.220		1	A	1		0.796	0.198	0.198
Niacin	mg	7.000		1	A	1		25.340	6.300	6.300
Pantothenic acid	mg									
Vitamin B-6	mg	0.430		1	A	1		1.557	0.387	0.387
Folate, total	mcg	24		1	A	1		87	22	22
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	24		1	A	1		87	22	22
Folate, DFE	mcg_DFE	24		0	NC	4		87	22	22
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	Z	7		0	0	0
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.130		1	A	1		4.091	1.017	1.017
4:0	g	0.000		0	Z	7		0.000	0.000	0.000
6:0	g	0.000		0	Z	7		0.000	0.000	0.000
8:0	g	0.002		1	A	1		0.007	0.002	0.002
10:0	g	0.002		1	A	1		0.007	0.002	0.002
12:0	g	0.002		1	A	1		0.007	0.002	0.002
13:0	g									
14:0	g	0.002		1	A	1		0.007	0.002	0.002
15:0	g	0.002		1	A	1		0.007	0.002	0.002
16:0	g	0.443		1	A	1		1.604	0.399	0.399
17:0	g	0.002		1	A	1		0.007	0.002	0.002
18:0	g	0.654		1	A	1		2.367	0.589	0.589
20:0	g	0.018		1	A	1		0.065	0.016	0.016
22:0	g	0.009		1	A	1		0.033	0.008	0.008
24:0	g									

NDB No. 22125

GREEN GIANT, HARVEST BURGER, Original Flavor, All Vegetable Protein Patties, frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.372		1	A	1		8.587	2.135	2.135
14:1.....g	0.002		1	A	1		0.007	0.002	0.002
15:1.....g									
16:1 undifferentiated.....g	0.006		1	A	1		0.022	0.005	0.005
17:1.....g	0.002		1	A	1		0.007	0.002	0.002
18:1 undifferentiated.....g	2.364		1	A	1		8.558	2.128	2.128
20:1.....g	0.002		1	A	1		0.007	0.002	0.002
22:1 undifferentiated.....g	0.010		1	A	1		0.036	0.009	0.009
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.295		1	A	1		1.068	0.266	0.266
18:2 undifferentiated.....g	0.267		1	A	1		0.967	0.240	0.240
18:3 undifferentiated.....g	0.026		1	A	1		0.094	0.023	0.023
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.002		1	A	1		0.009	0.002	0.002
20:4 undifferentiated.....g	0.002		1	A	1		0.007	0.002	0.002
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	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 = 362g: 1 package

Measure 2 = 90g: 1 patty

Measure 3 = 90g: 1 serving

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16158
Hummus, commercial

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.59		2	A	1		166.48	9.32	
Energy	kcal	166		0	NC	4		415	23	
Energy	kj	695				4		1736	97	
Protein (N x 6.25)	g	7.90		2	A	1		19.75	1.11	
Total lipid (fat)	g	9.60		2	A	1		24.00	1.34	
Ash	g	1.66		2	A	1		4.15	0.23	
Carbohydrate, by difference	g	14.29		0	NC	4		35.73	2.00	
Fiber, total dietary	g	6.0		2	A	1		15.0	0.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	38		2	A	1		95	5	
Iron, Fe	mg	2.44		2	A	1		6.10	0.34	
Magnesium, Mg	mg	71		2	A	1		178	10	
Phosphorus, P	mg	176		2	A	1		440	25	
Potassium, K	mg	228		2	A	1		570	32	
Sodium, Na	mg	379		2	A	1		948	53	
Zinc, Zn	mg	1.83		2	A	1		4.58	0.26	
Copper, Cu	mg	0.527		2	A	1		1.318	0.074	
Manganese, Mn	mg	0.773		2	A	1		1.933	0.108	
Selenium, Se	mcg	2.6		0	BFZN	4		6.5	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.180		2	A	1		0.450	0.025	
Riboflavin	mg	0.064		2	A	1		0.160	0.009	
Niacin	mg	0.582		2	A	1		1.455	0.081	
Pantothenic acid	mg	0.132		2	A	1		0.330	0.018	
Vitamin B-6	mg	0.200		2	A	1		0.500	0.028	
Folate, total	mcg	83		2	A	1		208	12	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	83		2	A	1		208	12	
Folate, DFE	mcg_DFE	83		0	NC	4		208	12	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	30		2	A	1		75	4	
Vitamin A, RAE	mcg_RAE	2		2	A	1		4	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.437			O	4		3.593	0.201	
Fatty acids, total monounsaturated	g	4.039			O	4		10.098	0.565	
Fatty acids, total polyunsaturated	g	3.613			O	4		9.033	0.506	
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		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 = 250g: 1 cup

NDB No. 16158
Hummus, commercial

Measure 2 = 14.0g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16137
Hummus, home 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	64.87		0	RA	4		159.57	9.73	
Energy	kcal	177		0	NC	4		436	27	
Energy	kj	742		0	NC	4		1824	111	
Protein	g	4.86		0	RA	4		11.96	0.73	
Total lipid (fat)	g	8.59		0	RA	4		21.14	1.29	
Ash	g	1.56		0	RA	4		3.84	0.23	
Carbohydrate, by difference	g	20.12		0	NC	4		49.48	3.02	
Fiber, total dietary	g	4.0		0	RA	4		9.8	0.6	
Sugars, total	g	0.46		0	RA	4		1.14	0.07	
Starch	g									
Minerals:										
Calcium, Ca	mg	49		0	RA	4		121	7	
Iron, Fe	mg	1.57		0	RA	4		3.85	0.24	
Magnesium, Mg	mg	29		0	RA	4		70	4	
Phosphorus, P	mg	110		0	RA	4		270	16	
Potassium, K	mg	173		0	RA	4		426	26	
Sodium, Na	mg	242		0	RA	4		596	36	
Zinc, Zn	mg	1.09		0	RA	4		2.67	0.16	
Copper, Cu	mg	0.224		0	RA	4		0.551	0.034	
Manganese, Mn	mg	0.567		0	RA	4		1.396	0.085	
Selenium, Se	mcg	2.4		0	RA	4		6.0	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.9		0	RA	4		19.5	1.2	
Thiamin	mg	0.089		0	RA	4		0.219	0.013	
Riboflavin	mg	0.052		0	RA	4		0.127	0.008	
Niacin	mg	0.399		0	RA	4		0.980	0.060	
Pantothenic acid	mg	0.287		0	RA	4		0.706	0.043	
Vitamin B-6	mg	0.399		0	RA	4		0.980	0.060	
Folate, total	mcg	59		0	RA	4		145	9	
Folic acid	mcg	0		0	RA	4		0	0	
Folate, food	mcg	59		0	RA	4		145	9	
Folate, DFE	mcg_DFE	59		0	NC	4		145	9	
Vitamin B-12	mcg	0.00		0	RA	4		0.00	0.00	
Vitamin A, IU	IU	5		0	NC	4		13	1	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		1	0	
Retinol	mcg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.75		0	RA	4		1.83	0.11	
Tocopherol, beta	mg	0.01		0	RA	4		0.01	0.00	
Tocopherol, gamma	mg	0.04		0	RA	4		0.10	0.01	
Tocopherol, delta	mg	0.00		0	RA	4		0.00	0.00	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.0		0	RA	4		7.4	0.5	
Lipids:										
Fatty acids, total saturated	g	1.123		0	RA	4		2.763	0.168	
4:0	g	0.000		0	RA	4		0.000	0.000	
6:0	g	0.000		0	RA	4		0.000	0.000	
8:0	g	0.000		0	RA	4		0.000	0.000	
10:0	g	0.000		0	RA	4		0.000	0.000	
12:0	g	0.000		0	RA	4		0.000	0.000	
13:0	g									
14:0	g	0.008		0	RA	4		0.020	0.001	
15:0	g									
16:0	g	0.863		0	RA	4		2.122	0.129	
17:0	g	0.000		0	RA	4		0.000	0.000	
18:0	g	0.225		0	RA	4		0.553	0.034	
20:0	g	0.021		0	RA	4		0.051	0.003	
22:0	g	0.006		0	RA	4		0.016	0.001	
24:0	g	0.000		0	RA	4		0.000	0.000	

NDB No. 16137
Hummus, home 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
Fatty acids, total monounsaturated.....g	4.912		0	RA	4		12.084	0.737	
14:1.....g	0.000		0	RA	4		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.068		0	RA	4		0.166	0.010	
17:1.....g	0.007		0	RA	4		0.017	0.001	
18:1 undifferentiated.....g	4.819		0	RA	4		11.854	0.723	
20:1.....g	0.019		0	RA	4		0.048	0.003	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.083		0	RA	4		5.123	0.312	
18:2 undifferentiated.....g	2.007		0	RA	4		4.938	0.301	
18:3 undifferentiated.....g	0.075		0	RA	4		0.185	0.011	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4		0	0	
Phytosterols.....mg	11		0	RA	4		27	2	
Amino Acids:									
Tryptophan.....g	0.057		0	RA	4		0.141	0.009	
Threonine.....g	0.182		0	RA	4		0.448	0.027	
Isoleucine.....g	0.206		0	RA	4		0.507	0.031	
Leucine.....g	0.346		0	RA	4		0.852	0.052	
Lysine.....g	0.291		0	RA	4		0.717	0.044	
Methionine.....g	0.080		0	RA	4		0.197	0.012	
Cystine.....g	0.071		0	RA	4		0.174	0.011	
Phenylalanine.....g	0.256		0	RA	4		0.630	0.038	
Tyrosine.....g	0.134		0	RA	4		0.329	0.020	
Valine.....g	0.215		0	RA	4		0.528	0.032	
Arginine.....g	0.501		0	RA	4		1.231	0.075	
Histidine.....g	0.134		0	RA	4		0.329	0.020	
Alanine.....g	0.213		0	RA	4		0.525	0.032	
Aspartic acid.....g	0.544		0	RA	4		1.337	0.082	
Glutamic acid.....g	0.882		0	RA	4		2.169	0.132	
Glycine.....g	0.223		0	RA	4		0.549	0.033	
Proline.....g	0.201		0	RA	4		0.494	0.030	
Serine.....g	0.245		0	RA	4		0.603	0.037	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	2		0	RA	4		5.623	0.343	
Carotene, alpha.....mcg	0		0	RA	4		0.103	0.006	
Cryptoxanthin, beta.....mcg	2		0	RA	4		4.139	0.252	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	RA	4		2.806	0.171	

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

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 15.0g: 1 tbsp

NDB No. 16137
Hummus, home prepared

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16368
Hyacinth beans, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.13		0		1		134.11		
Energy	kcal	117		0	NC	4		227		
Energy	kj	490				4		950		
Protein (N x 6.25)	g	8.14		0		1		15.79		
Total lipid (fat)	g	0.58		0		1		1.13		
Ash	g	1.46		0		1		2.83		
Carbohydrate, by difference	g	20.70		0	NC	4		40.16		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	40		0		1		78		
Iron, Fe	mg	4.58		0		1		8.89		
Magnesium, Mg	mg	82		0		1		159		
Phosphorus, P	mg	120		0		1		233		
Potassium, K	mg	337		0		1		654		
Sodium, Na	mg	243		0		1		471		
Zinc, Zn	mg	2.85		0		1		5.53		
Copper, Cu	mg	0.341		0		1		0.662		
Manganese, Mn	mg	0.482		0		4		0.935		
Selenium, Se	mcg	2.8		0	BFSN	4		5.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.270		0		1		0.524		
Riboflavin	mg	0.037		0		1		0.072		
Niacin	mg	0.411		0		1		0.797		
Pantothenic acid	mg	0.316		0		4		0.613		
Vitamin B-6	mg	0.037		0		4		0.072		
Folate, total	mcg	4		0		4		7		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	4		0		4		7		
Folate, DFE	mcg_DFE	4		0	NC	4		7		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.099		0		4		0.192		
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.026		0		4		0.050		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g									
18:2 undifferentiated	g	0.245		0		4		0.475		
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									

NDB No. 16368
Hyacinth beans, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.068		0		1		0.132		
Threonine....g	0.315		0		1		0.611		
Isoleucine....g	0.390		0		1		0.757		
Leucine....g	0.691		0		1		1.341		
Lysine....g	0.556		0		1		1.079		
Methionine....g	0.065		0		1		0.126		
Cystine....g	0.095		0		1		0.184		
Phenylalanine....g	0.410		0		1		0.795		
Tyrosine....g	0.291		0		1		0.565		
Valine....g	0.422		0		1		0.819		
Arginine....g	0.598		0		1		1.160		
Histidine....g	0.233		0		1		0.452		
Alanine....g	0.364		0		1		0.706		
Aspartic acid....g	0.962		0		1		1.866		
Glutamic acid....g	1.323		0		1		2.567		
Glycine....g	0.351		0		1		0.681		
Proline....g	0.396		0		1		0.768		
Serine....g	0.448		0		1		0.869		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 194g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16068
Hyacinth beans, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.13		0		1		134.11		
Energy	kcal	117		0	NC	4		227		
Energy	kj	490				4		950		
Protein (N x 6.25)	g	8.14		0		1		15.79		
Total lipid (fat)	g	0.58		0		1		1.13		
Ash	g	1.46		0		1		2.83		
Carbohydrate, by difference	g	20.70		0	NC	4		40.16		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	40		0		1		78		
Iron, Fe	mg	4.58		0		1		8.89		
Magnesium, Mg	mg	82		0		1		159		
Phosphorus, P	mg	120		0		1		233		
Potassium, K	mg	337		0		1		654		
Sodium, Na	mg	7		0		1		14		
Zinc, Zn	mg	2.85		0		1		5.53		
Copper, Cu	mg	0.341		0		1		0.662		
Manganese, Mn	mg	0.482		0		4		0.935		
Selenium, Se	mcg	2.8		0	BFSN	4		5.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.270		0		1		0.524		
Riboflavin	mg	0.037		0		1		0.072		
Niacin	mg	0.411		0		1		0.797		
Pantothenic acid	mg	0.316		0		4		0.613		
Vitamin B-6	mg	0.037		0		4		0.072		
Folate, total	mcg	4		0		4		7		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	4		0		4		7		
Folate, DFE	mcg_DFE	4		0	NC	4		7		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.099		0		4		0.192		
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.026		0		4		0.050		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g									
18:2 undifferentiated	g	0.245		0		4		0.475		
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									

NDB No. 16068
Hyacinth beans, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.068		0		1		0.132		
Threonine....g	0.315		0		1		0.611		
Isoleucine....g	0.390		0		1		0.757		
Leucine....g	0.691		0		1		1.341		
Lysine....g	0.556		0		1		1.079		
Methionine....g	0.065		0		1		0.126		
Cystine....g	0.095		0		1		0.184		
Phenylalanine....g	0.410		0		1		0.795		
Tyrosine....g	0.291		0		1		0.565		
Valine....g	0.422		0		1		0.819		
Arginine....g	0.598		0		1		1.160		
Histidine....g	0.233		0		1		0.452		
Alanine....g	0.364		0		1		0.706		
Aspartic acid....g	0.962		0		1		1.866		
Glutamic acid....g	1.323		0		1		2.567		
Glycine....g	0.351		0		1		0.681		
Proline....g	0.396		0		1		0.768		
Serine....g	0.448		0		1		0.869		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 194g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16067

Hyacinth beans, mature seeds, raw

Dolichos purpureus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.38	1.358	4		1		19.70		
Energy	kcal	344		0	NC	4		722		
Energy	kj	1439				4		3023		
Protein (N x 6.25)	g	23.90	0.492	4		1		50.19		
Total lipid (fat)	g	1.69	0.524	4		1		3.55		
Ash	g	4.29	0.381	4		1		9.01		
Carbohydrate, by difference	g	60.76		0	NC	4		127.60		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	130	29.541	4		1		273		
Iron, Fe	mg	5.10		0		1		10.71		
Magnesium, Mg	mg	283	115.834	3		1		594		
Phosphorus, P	mg	372	63.721	4		1		781		
Potassium, K	mg	1235	150.848	3		1		2594		
Sodium, Na	mg	21	2.663	3		1		44		
Zinc, Zn	mg	9.30		1		1		19.53		
Copper, Cu	mg	1.335		2		1		2.804		
Manganese, Mn	mg	1.573		0		4		3.303		
Selenium, Se	mcg	8.2		0	CAZN	4		17.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	1.130		1		1		2.373		
Riboflavin	mg	0.136	0.023	6		1		0.286		
Niacin	mg	1.610		2		1		3.381		
Pantothenic acid	mg	1.237		0		4		2.598		
Vitamin B-6	mg	0.155		0		4		0.326		
Folate, total	mcg	23		0		4		47		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	23		0		4		47		
Folate, DFE	mcg_DFE	23		0	NC	4		47		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.288		0		4		0.605		
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.076		0		4		0.160		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g									
18:2 undifferentiated	g	0.715		0		4		1.502		
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									

NDB No. 16067
Hyacinth beans, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.199		5		1		0.418		
Threonine....g	0.925		4		1		1.943		
Isoleucine....g	1.143		4		1		2.400		
Leucine....g	2.026		4		1		4.255		
Lysine....g	1.632		5		1		3.427		
Methionine....g	0.191		4		1		0.401		
Cystine....g	0.279		3		1		0.586		
Phenylalanine....g	1.204		4		1		2.528		
Tyrosine....g	0.853		3		1		1.791		
Valine....g	1.239		4		1		2.602		
Arginine....g	1.755		4		1		3.686		
Histidine....g	0.684		4		1		1.436		
Alanine....g	1.067		3		1		2.241		
Aspartic acid....g	2.821		3		1		5.924		
Glutamic acid....g	3.880		3		1		8.148		
Glycine....g	1.028		3		1		2.159		
Proline....g	1.162		3		1		2.440		
Serine....g	1.315		3		1		2.762		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 210g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16370
Lentils, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.64	0.753	23		1		137.89		
Energy	kcal	116		0	NC	4		230		
Energy	kj	487		0	NC	4		964		
Protein (N x 6.25)	g	9.02	0.191	23		1		17.86		
Total lipid (fat)	g	0.38	0.014	22		1		0.75		
Ash	g	0.83	0.040	22		1		1.64		
Carbohydrate, by difference	g	20.13		0	NC	4		39.86		
Fiber, total dietary	g	7.9		0		4		15.6		
Sugars, total	g	1.80		0	BFZN	4		3.56		
Starch	g									
Minerals:										
Calcium, Ca	mg	19	0.369	20		1		38		
Iron, Fe	mg	3.33	0.239	20		1		6.59		
Magnesium, Mg	mg	36	1.850	20		1		71		
Phosphorus, P	mg	180	11.314	20		1		356		
Potassium, K	mg	369	25.073	20		1		731		
Sodium, Na	mg	238		0		1		471		
Zinc, Zn	mg	1.27	0.057	21		1		2.51		
Copper, Cu	mg	0.251	0.011	21		1		0.497		
Manganese, Mn	mg	0.494	0.009	20		1		0.978		
Selenium, Se	mcg	2.8		0	BFSN	4		5.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		0		1		3.0		
Thiamin	mg	0.169	0.022	20		1		0.335		
Riboflavin	mg	0.073	0.002	20		1		0.145		
Niacin	mg	1.060	0.092	20		1		2.099		
Pantothenic acid	mg	0.638	0.027	8		1		1.263		
Vitamin B-6	mg	0.178	0.004	8		1		0.352		
Folate, total	mcg	181	6.984	8		1		358		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	181	6.984	8		1		358		
Folate, DFE	mcg_DFE	181		0	NC	4		358		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	8		0	NC	4		16		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.11		0	BFZN	4		0.22		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.7		0	BFZN	4		3.4		
Lipids:										
Fatty acids, total saturated	g	0.053		0		1		0.105		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.001		0		1		0.002		
15:0	g									
16:0	g	0.045		0		1		0.089		
17:0	g									
18:0	g	0.005		0		1		0.010		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16370
Lentils, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.064		0		1		0.127		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.061		0		1		0.121		
20:1.....g	0.002		0		1		0.004		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.175		0		1		0.347		
18:2 undifferentiated.....g	0.137		0		1		0.271		
18:3 undifferentiated.....g	0.037		0		1		0.073		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.081		0		1		0.160		
Threonine.....g	0.323		0		1		0.640		
Isoleucine.....g	0.390		0		1		0.772		
Leucine.....g	0.654		0		1		1.295		
Lysine.....g	0.630		0		1		1.247		
Methionine.....g	0.077		0		1		0.152		
Cystine.....g	0.118		0		1		0.234		
Phenylalanine.....g	0.445		0		1		0.881		
Tyrosine.....g	0.241		0		1		0.477		
Valine.....g	0.448		0		1		0.887		
Arginine.....g	0.697		0		1		1.380		
Histidine.....g	0.254		0		1		0.503		
Alanine.....g	0.377		0		1		0.746		
Aspartic acid.....g	0.998		0		1		1.976		
Glutamic acid.....g	1.399		0		1		2.770		
Glycine.....g	0.367		0		1		0.727		
Proline.....g	0.377		0		1		0.746		
Serine.....g	0.416		0		1		0.824		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	5		0	BFZN	4		9.504		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

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

Common Measures:

Measure 1 = 198g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16070
Lentils, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.64	0.753	23		1		137.89	8.57	
Energy	kcal	116		0	NC	4		230	14	
Energy	kj	487		0	NC	4		964	60	
Protein (N x 6.25)	g	9.02	0.191	23		1		17.86	1.11	
Total lipid (fat)	g	0.38	0.014	22		1		0.75	0.05	
Ash	g	0.83	0.040	22		1		1.64	0.10	
Carbohydrate, by difference	g	20.13		0	NC	4		39.86	2.48	
Fiber, total dietary	g	7.9		0		1		15.6	1.0	
Sugars, total	g	1.80		0	T	4		3.56	0.22	
Starch	g									
Minerals:										
Calcium, Ca	mg	19	0.369	20		1		38	2	
Iron, Fe	mg	3.33	0.239	20		1		6.59	0.41	
Magnesium, Mg	mg	36	1.850	20		1		71	4	
Phosphorus, P	mg	180	11.314	20		1		356	22	
Potassium, K	mg	369	25.073	20		1		731	45	
Sodium, Na	mg	2	0.153	16		1		4	0	
Zinc, Zn	mg	1.27	0.057	21		1		2.51	0.16	
Copper, Cu	mg	0.251	0.011	21		1		0.497	0.031	
Manganese, Mn	mg	0.494	0.009	20		1		0.978	0.061	
Selenium, Se	mcg	2.8		0	BFSN	4		5.5	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		0		1		3.0	0.2	
Thiamin	mg	0.169	0.022	20		1		0.335	0.021	
Riboflavin	mg	0.073	0.002	20		1		0.145	0.009	
Niacin	mg	1.060	0.092	20		1		2.099	0.130	
Pantothenic acid	mg	0.638	0.027	8		1		1.263	0.078	
Vitamin B-6	mg	0.178	0.004	8		1		0.352	0.022	
Folate, total	mcg	181	6.984	8		1		358	22	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	181	6.984	8		1		358	22	
Folate, DFE	mcg_DFE	181		0	NC	4		358	22	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	8		0	NC	4		16	1	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.11		0	O	4		0.22	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.7		0	BFSN	4		3.4	0.2	
Lipids:										
Fatty acids, total saturated	g	0.053		0		1		0.105	0.007	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.001		0		1		0.002	0.000	
15:0	g									
16:0	g	0.045		0		1		0.089	0.006	
17:0	g									
18:0	g	0.005		0		1		0.010	0.001	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16070
Lentils, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	0.064		0		1		0.127	0.008	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.061		0		1		0.121	0.008	
20:1....g	0.002		0		1		0.004	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.175		0		1		0.347	0.022	
18:2 undifferentiated....g	0.137		0		1		0.271	0.017	
18:3 undifferentiated....g	0.037		0		1		0.073	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		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.081		0		1		0.160	0.010	
Threonine....g	0.323		0		1		0.640	0.040	
Isoleucine....g	0.390		0		1		0.772	0.048	
Leucine....g	0.654		0		1		1.295	0.080	
Lysine....g	0.630		0		1		1.247	0.077	
Methionine....g	0.077		0		1		0.152	0.009	
Cystine....g	0.118		0		1		0.234	0.015	
Phenylalanine....g	0.445		0		1		0.881	0.055	
Tyrosine....g	0.241		0		1		0.477	0.030	
Valine....g	0.448		0		1		0.887	0.055	
Arginine....g	0.697		0		1		1.380	0.086	
Histidine....g	0.254		0		1		0.503	0.031	
Alanine....g	0.377		0		1		0.746	0.046	
Aspartic acid....g	0.998		0		1		1.976	0.123	
Glutamic acid....g	1.399		0		1		2.770	0.172	
Glycine....g	0.367		0		1		0.727	0.045	
Proline....g	0.377		0		1		0.746	0.046	
Serine....g	0.416		0		1		0.824	0.051	
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	
Carotenoids:									
Carotene, beta....mcg	5		0	o	4		9.504	0.590	
Carotene, alpha....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta....mcg	0		0	z	7		0.000	0.000	
Lycopene....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin....mcg	0		0	z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 198g: 1 cup

Measure 2 = 12.3g: 1 tbsp

NDB No. 16070
Lentils, mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16069
Lentils, mature seeds, raw
Lens culinaris

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.19	0.356	61		1		21.48	1.34	
Energy	kcal	338		0	NC	4		648	41	
Energy	kj	1413		0	NC	4		2713	170	
Protein (N x 6.25)	g	28.06	2.904	60		1		53.88	3.37	
Total lipid (fat)	g	0.96	0.059	59		1		1.84	0.12	
Ash	g	2.70	0.042	58		1		5.18	0.32	
Carbohydrate, by difference	g	57.09		0	NC	4		109.61	6.85	
Fiber, total dietary	g	30.5		0		1		58.6	3.7	
Sugars, total	g	5.40		0	T	4		10.37	0.65	
Starch	g									
Minerals:										
Calcium, Ca	mg	51	2.630	31		1		98	6	
Iron, Fe	mg	9.02	0.373	31		1		17.32	1.08	
Magnesium, Mg	mg	107	6.496	29		1		205	13	
Phosphorus, P	mg	454	14.489	28		1		872	54	
Potassium, K	mg	905	22.178	30		1		1738	109	
Sodium, Na	mg	10	2.458	26		1		19	1	
Zinc, Zn	mg	3.61	0.132	31		1		6.93	0.43	
Copper, Cu	mg	0.852	0.029	31		1		1.636	0.102	
Manganese, Mn	mg	1.429	0.059	28		1		2.744	0.171	
Selenium, Se	mcg	8.2		0	CAZN	4		15.7	1.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.2		2		1		11.9	0.7	
Thiamin	mg	0.475	0.047	40		1		0.912	0.057	
Riboflavin	mg	0.245	0.007	40		1		0.470	0.029	
Niacin	mg	2.621	0.076	29		1		5.032	0.315	
Pantothenic acid	mg	1.849	0.102	16		1		3.550	0.222	
Vitamin B-6	mg	0.535	0.012	16		1		1.027	0.064	
Folate, total	mcg	433	28.031	16		1		831	52	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	433	28.031	16		1		831	52	
Folate, DFE	mcg_DFE	433		0	NC	4		831	52	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	39		0	NC	4		75	5	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		4	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.33		0	O	4		0.63	0.04	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	5.0		0	T	4		9.6	0.6	
Lipids:										
Fatty acids, total saturated	g	0.135		0		1		0.259	0.016	
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	0.003		0		1		0.006	0.000	
15:0	g									
16:0	g	0.116		0		1		0.223	0.014	
17:0	g									
18:0	g	0.014		0		1		0.027	0.002	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16069
Lentils, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.163		0		1		0.313	0.020	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.157		0		1		0.301	0.019	
20:1.....g	0.004		0		1		0.008	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.447		0		1		0.858	0.054	
18:2 undifferentiated.....g	0.351		0		1		0.674	0.042	
18:3 undifferentiated.....g	0.096		0		1		0.184	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		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.251		25		1		0.482	0.030	
Threonine.....g	1.006		32		1		1.932	0.121	
Isoleucine.....g	1.212		29		1		2.327	0.145	
Leucine.....g	2.034		29		1		3.905	0.244	
Lysine.....g	1.957		42		1		3.757	0.235	
Methionine.....g	0.238		58		1		0.457	0.029	
Cystine.....g	0.368		32		1		0.707	0.044	
Phenylalanine.....g	1.383		29		1		2.655	0.166	
Tyrosine.....g	0.750		26		1		1.440	0.090	
Valine.....g	1.392		29		1		2.673	0.167	
Arginine.....g	2.168		28		1		4.163	0.260	
Histidine.....g	0.790		28		1		1.517	0.095	
Alanine.....g	1.172		25		1		2.250	0.141	
Aspartic acid.....g	3.102		25		1		5.956	0.372	
Glutamic acid.....g	4.350		25		1		8.352	0.522	
Glycine.....g	1.140		25		1		2.189	0.137	
Proline.....g	1.172		25		1		2.250	0.141	
Serine.....g	1.293		25		1		2.483	0.155	
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	
Carotenoids:									
Carotene, beta.....mcg	23		0	o	4		44.928	2.808	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 192g: 1 cup

Measure 2 = 12.0g: 1 tbsp

NDB No. 16069
Lentils, mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16144
Lentils, pink, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.79		2	A	1		22.64		
Energy	kcal	345		0	NC	4		663		
Energy	kj	1445		0	NC	4		2775		
Protein (N x 6.25)	g	24.95		2	A	1		47.90		
Total lipid (fat)	g	2.17		2	A	1		4.17		
Ash	g	1.94		2	A	1		3.72		
Carbohydrate, by difference	g	59.15		0	NC	4		113.57		
Fiber, total dietary	g	10.8		2	A	1		20.7		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	41		2	A	1		79		
Iron, Fe	mg	7.56		2	A	1		14.52		
Magnesium, Mg	mg	72		2	A	1		138		
Phosphorus, P	mg	294		2	A	1		564		
Potassium, K	mg	578		2	A	1		1110		
Sodium, Na	mg	7		2	A	1		13		
Zinc, Zn	mg	3.90		2	A	1		7.49		
Copper, Cu	mg	1.303		2	A	1		2.502		
Manganese, Mn	mg	1.417		2	A	1		2.721		
Selenium, Se	mcg	8.2		0	CAZN	4		15.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		1	A	1		3.3		
Thiamin	mg	0.510		2	A	1		0.979		
Riboflavin	mg	0.106		2	A	1		0.204		
Niacin	mg	1.495		2	A	1		2.870		
Pantothenic acid	mg	0.348		2	A	1		0.668		
Vitamin B-6	mg	0.403		2	A	1		0.774		
Folate, total	mcg	204		2	A	1		392		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	204		2	A	1		392		
Folate, DFE	mcg_DFE	204		0	NC	4		392		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	58		0	AS	1		111		
Vitamin A, RAE	mcg_RAE	3		0	AS	1		6		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.379		1	A	1		0.728		
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.001		1	A	1		0.002		
12:0	g	0.002		1	A	1		0.004		
13:0	g									
14:0	g	0.003		1	A	1		0.006		
15:0	g	0.003		1	A	1		0.006		
16:0	g	0.284		1	A	1		0.545		
17:0	g	0.004		1	A	1		0.008		
18:0	g	0.042		1	A	1		0.081		
20:0	g	0.014		1	A	1		0.027		
22:0	g	0.014		1	A	1		0.027		
24:0	g	0.012		1	A	1		0.023		

NDB No. 16144
Lentils, pink, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.500		1	A	1		0.960		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.490		1	A	1		0.941		
20:1.....g	0.011		1	A	1		0.021		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.137		1	A	1		2.183		
18:2 undifferentiated.....g	0.886		1	A	1		1.701		
18:3 undifferentiated.....g	0.250		1	A	1		0.480		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	57		1	A	1		109		
Stigmasterol.....mg	4		1	A	1		8		
Campesterol.....mg	6		1	A	1		12		
Beta-sitosterol.....mg	47		1	A	1		91		
Amino Acids:									
Tryptophan.....g	0.223		0	BFPN	4		0.428		
Threonine.....g	0.895		0	BFPN	4		1.718		
Isoleucine.....g	1.078		0	BFPN	4		2.070		
Leucine.....g	1.809		0	BFPN	4		3.473		
Lysine.....g	1.740		0	BFPN	4		3.341		
Methionine.....g	0.212		0	BFPN	4		0.407		
Cystine.....g	0.327		0	BFPN	4		0.628		
Phenylalanine.....g	1.230		0	BFPN	4		2.362		
Tyrosine.....g	0.667		0	BFPN	4		1.281		
Valine.....g	1.238		0	BFPN	4		2.377		
Arginine.....g	1.928		0	BFPN	4		3.702		
Histidine.....g	0.702		0	BFPN	4		1.348		
Alanine.....g	1.042		0	BFPN	4		2.001		
Aspartic acid.....g	2.758		0	BFPN	4		5.295		
Glutamic acid.....g	3.868		0	BFPN	4		7.427		
Glycine.....g	1.014		0	BFPN	4		1.947		
Proline.....g	1.042		0	BFPN	4		2.001		
Serine.....g	1.150		0	BFPN	4		2.208		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	35		2	A	1		66.624		
Carotene, alpha.....mcg	0		2	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000		
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:

Measure 1 = 192g: 1 cup

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

NDB No. 16144
Lentils, pink, raw

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16073
Lima beans, large, mature seeds, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.08		13		1		185.76		
Energy	kcal	79		0	NC	4		190		
Energy	kj	331				4		797		
Protein (N x 6.25)	g	4.93		7		1		11.88		
Total lipid (fat)	g	0.17		7		1		0.41		
Ash	g	2.92		7		1		7.04		
Carbohydrate, by difference	g	14.91		0	NC	4		35.93		
Fiber, total dietary	g	4.8		0		1		11.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		13		1		51		
Iron, Fe	mg	1.81		13		1		4.36		
Magnesium, Mg	mg	39		1		1		94		
Phosphorus, P	mg	74		1		1		178		
Potassium, K	mg	220	15.677	6		1		530		
Sodium, Na	mg	336	9.635	6		1		810		
Zinc, Zn	mg	0.65		0		1		1.57		
Copper, Cu	mg	0.180	0.017	6		1		0.434		
Manganese, Mn	mg	0.363		0		1		0.875		
Selenium, Se	mcg	4.5		0	BFSN	4		10.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.055		7		1		0.133		
Riboflavin	mg	0.034		7		1		0.082		
Niacin	mg	0.261		6		1		0.629		
Pantothenic acid	mg	0.259		0		1		0.624		
Vitamin B-6	mg	0.091		0		1		0.219		
Folate, total	mcg	50		0		1		121		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	50		0		1		121		
Folate, DFE	mcg_DFE	50		0	NC	4		121		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.039		0		1		0.094		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.000		0		1		0.000		
15:0	g									
16:0	g	0.028		0		1		0.067		
17:0	g									
18:0	g	0.008		0		1		0.019		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16073
Lima beans, large, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.015		0		1		0.036		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.029		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.001		0		1		0.002		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.074		0		1		0.178		
18:2 undifferentiated.....g	0.052		0		1		0.125		
18:3 undifferentiated.....g	0.023		0		1		0.055		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0		1		0.140		
Threonine.....g	0.213		0		1		0.513		
Isoleucine.....g	0.259		0		1		0.624		
Leucine.....g	0.425		0		1		1.024		
Lysine.....g	0.330		0		1		0.795		
Methionine.....g	0.062		0		1		0.149		
Cystine.....g	0.054		0		1		0.130		
Phenylalanine.....g	0.284		0		1		0.684		
Tyrosine.....g	0.174		0		1		0.419		
Valine.....g	0.296		0		1		0.713		
Arginine.....g	0.302		0		1		0.728		
Histidine.....g	0.151		0		1		0.364		
Alanine.....g	0.251		0		1		0.605		
Aspartic acid.....g	0.635		0		1		1.530		
Glutamic acid.....g	0.697		0		1		1.680		
Glycine.....g	0.208		0		1		0.501		
Proline.....g	0.224		0		1		0.540		
Serine.....g	0.328		0		1		0.790		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 241g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16372
Lima beans, large, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.79	0.370	20		1		131.21		
Energy	kcal	115		0	NC	4		217		
Energy	kj	482		0	NC	4		906		
Protein (N x 6.25)	g	7.80	0.164	22		1		14.66		
Total lipid (fat)	g	0.38	0.016	22		1		0.71		
Ash	g	1.15	0.022	22		1		2.16		
Carbohydrate, by difference	g	20.88		0	NC	4		39.25		
Fiber, total dietary	g	7.0		0		4		13.2		
Sugars, total	g	2.90		0	BFZN	4		5.45		
Starch	g									
Minerals:										
Calcium, Ca	mg	17	0.602	29		1		32		
Iron, Fe	mg	2.39	0.154	30		1		4.49		
Magnesium, Mg	mg	43	1.435	30		1		81		
Phosphorus, P	mg	111	3.771	29		1		209		
Potassium, K	mg	508	14.604	30		1		955		
Sodium, Na	mg	238		0		1		447		
Zinc, Zn	mg	0.95	0.018	36		1		1.79		
Copper, Cu	mg	0.235	0.009	36		1		0.442		
Manganese, Mn	mg	0.516	0.015	30		1		0.970		
Selenium, Se	mcg	4.5	1.798	12	A	1		8.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.161	0.009	22		1		0.303		
Riboflavin	mg	0.055	0.003	22		1		0.103		
Niacin	mg	0.421	0.018	22		1		0.791		
Pantothenic acid	mg	0.422	0.012	8		1		0.793		
Vitamin B-6	mg	0.161	0.005	8		1		0.303		
Folate, total	mcg	83	6.583	8		1		156		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	83	6.583	8		1		156		
Folate, DFE	mcg_DFE	83		0	NC	4		156		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0	NC	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.18		0	BFZN	4		0.34		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.0		0	BFZN	4		3.8		
Lipids:										
Fatty acids, total saturated	g	0.089		0		1		0.167		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.001		0		1		0.002		
15:0	g									
16:0	g	0.065		0		1		0.122		
17:0	g									
18:0	g	0.018		0		1		0.034		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16372
Lima beans, large, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.034		0		1		0.064		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.029		0		1		0.055		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.002		0		1		0.004		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.171		0		1		0.321		
18:2 undifferentiated.....g	0.118		0		1		0.222		
18:3 undifferentiated.....g	0.052		0		1		0.098		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.092		0		1		0.173		
Threonine.....g	0.337		0		1		0.634		
Isoleucine.....g	0.411		0		1		0.773		
Leucine.....g	0.673		0		1		1.265		
Lysine.....g	0.523		0		1		0.983		
Methionine.....g	0.099		0		1		0.186		
Cystine.....g	0.086		0		1		0.162		
Phenylalanine.....g	0.449		0		1		0.844		
Tyrosine.....g	0.276		0		1		0.519		
Valine.....g	0.469		0		1		0.882		
Arginine.....g	0.478		0		1		0.899		
Histidine.....g	0.238		0		1		0.447		
Alanine.....g	0.398		0		1		0.748		
Aspartic acid.....g	1.006		0		1		1.891		
Glutamic acid.....g	1.104		0		1		2.076		
Glycine.....g	0.329		0		1		0.619		
Proline.....g	0.354		0		1		0.666		
Serine.....g	0.519		0		1		0.976		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

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

Common Measures:

Measure 1 = 188g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16072
Lima beans, large, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.79	0.370	20		1		131.21	8.17	
Energy	kcal	115		0	NC	4		217	13	
Energy	kj	482		0	NC	4		906	56	
Protein (N x 6.25)	g	7.80	0.164	22		1		14.66	0.91	
Total lipid (fat)	g	0.38	0.016	22		1		0.71	0.04	
Ash	g	1.15	0.022	22		1		2.16	0.13	
Carbohydrate, by difference	g	20.88		0	NC	4		39.25	2.44	
Fiber, total dietary	g	7.0		0		1		13.2	0.8	
Sugars, total	g	2.90		0	T	4		5.45	0.34	
Starch	g									
Minerals:										
Calcium, Ca	mg	17	0.602	29		1		32	2	
Iron, Fe	mg	2.39	0.154	30		1		4.49	0.28	
Magnesium, Mg	mg	43	1.435	30		1		81	5	
Phosphorus, P	mg	111	3.771	29		1		209	13	
Potassium, K	mg	508	14.604	30		1		955	59	
Sodium, Na	mg	2	0.364	23		1		4	0	
Zinc, Zn	mg	0.95	0.018	36		1		1.79	0.11	
Copper, Cu	mg	0.235	0.009	36		1		0.442	0.027	
Manganese, Mn	mg	0.516	0.015	30		1		0.970	0.060	
Selenium, Se	mcg	4.5	1.798	12	A	1		8.5	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.161	0.009	22		1		0.303	0.019	
Riboflavin	mg	0.055	0.003	22		1		0.103	0.006	
Niacin	mg	0.421	0.018	22		1		0.791	0.049	
Pantothenic acid	mg	0.422	0.012	8		1		0.793	0.049	
Vitamin B-6	mg	0.161	0.005	8		1		0.303	0.019	
Folate, total	mcg	83	6.583	8		1		156	10	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	83	6.583	8		1		156	10	
Folate, DFE	mcg_DFE	83		0	NC	4		156	10	
Vitamin B-12	mcg	0.00		0		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 (alpha-tocopherol)	mg	0.18		0	O	4		0.34	0.02	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.0		0	BFSN	4		3.8	0.2	
Lipids:										
Fatty acids, total saturated	g	0.089		0		1		0.167	0.010	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.001		0		1		0.002	0.000	
15:0	g									
16:0	g	0.065		0		1		0.122	0.008	
17:0	g									
18:0	g	0.018		0		1		0.034	0.002	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16072
Lima beans, large, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.034		0		1		0.064	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.029		0		1		0.055	0.003	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.002		0		1		0.004	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.171		0		1		0.321	0.020	
18:2 undifferentiated.....g	0.118		0		1		0.222	0.014	
18:3 undifferentiated.....g	0.052		0		1		0.098	0.006	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.092		0		1		0.173	0.011	
Threonine.....g	0.337		0		1		0.634	0.039	
Isoleucine.....g	0.411		0		1		0.773	0.048	
Leucine.....g	0.673		0		1		1.265	0.079	
Lysine.....g	0.523		0		1		0.983	0.061	
Methionine.....g	0.099		0		1		0.186	0.012	
Cystine.....g	0.086		0		1		0.162	0.010	
Phenylalanine.....g	0.449		0		1		0.844	0.053	
Tyrosine.....g	0.276		0		1		0.519	0.032	
Valine.....g	0.469		0		1		0.882	0.055	
Arginine.....g	0.478		0		1		0.899	0.056	
Histidine.....g	0.238		0		1		0.447	0.028	
Alanine.....g	0.398		0		1		0.748	0.047	
Aspartic acid.....g	1.006		0		1		1.891	0.118	
Glutamic acid.....g	1.104		0		1		2.076	0.129	
Glycine.....g	0.329		0		1		0.619	0.038	
Proline.....g	0.354		0		1		0.666	0.041	
Serine.....g	0.519		0		1		0.976	0.061	
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	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 188g: 1 cup

Measure 2 = 11.7g: 1 tbsp

NDB No. 16072
Lima beans, large, mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16071

Lima beans, large, mature seeds, raw

Phaseolus lunatus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.17	0.280	43		1		18.10	1.13	
Energy	kcal	338		0	NC	4		602	38	
Energy	kj	1415		0	NC	4		2519	157	
Protein (N x 6.25)	g	21.46	0.144	49		1		38.20	2.38	
Total lipid (fat)	g	0.69	0.034	48		1		1.23	0.08	
Ash	g	4.30	0.093	46		1		7.65	0.48	
Carbohydrate, by difference	g	63.38		0	NC	4		112.82	7.04	
Fiber, total dietary	g	19.0		0		1		33.8	2.1	
Sugars, total	g	8.50		0	T	4		15.13	0.94	
Starch	g									
Minerals:										
Calcium, Ca	mg	81	3.822	48		1		144	9	
Iron, Fe	mg	7.51	0.167	47		1		13.37	0.83	
Magnesium, Mg	mg	224		45		1		399	25	
Phosphorus, P	mg	385	9.729	47		1		685	43	
Potassium, K	mg	1724		46		1		3069	191	
Sodium, Na	mg	18		41		1		32	2	
Zinc, Zn	mg	2.83	0.060	58		1		5.04	0.31	
Copper, Cu	mg	0.740	0.022	58		1		1.317	0.082	
Manganese, Mn	mg	1.672	0.073	28		1		2.976	0.186	
Selenium, Se	mcg	7.2	3.118	3	A	1		12.8	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.507	0.033	32		1		0.902	0.056	
Riboflavin	mg	0.202	0.010	36		1		0.360	0.022	
Niacin	mg	1.537	0.046	32		1		2.736	0.171	
Pantothenic acid	mg	1.355	0.084	16		1		2.412	0.150	
Vitamin B-6	mg	0.512		17		1		0.911	0.057	
Folate, total	mcg	395	13.753	16		1		703	44	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	395	13.753	16		1		703	44	
Folate, DFE	mcg_DFE	395		0	NC	4		703	44	
Vitamin B-12	mcg	0.00		0		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 (alpha-tocopherol)	mg	0.72		0	O	4		1.28	0.08	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	6.0		0	T	4		10.7	0.7	
Lipids:										
Fatty acids, total saturated	g	0.161		0		1		0.287	0.018	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.002		0		1		0.004	0.000	
15:0	g									
16:0	g	0.118		0		1		0.210	0.013	
17:0	g									
18:0	g	0.032		0		1		0.057	0.004	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16071
Lima beans, large, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.062		0		1		0.110	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.007	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.052		0		1		0.093	0.006	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.004		0		1		0.007	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.309		0		1		0.550	0.034	
18:2 undifferentiated.....g	0.215		0		1		0.383	0.024	
18:3 undifferentiated.....g	0.095		0		1		0.169	0.011	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.254		11		1		0.452	0.028	
Threonine.....g	0.927		30		1		1.650	0.103	
Isoleucine.....g	1.129		30		1		2.010	0.125	
Leucine.....g	1.850		30		1		3.293	0.205	
Lysine.....g	1.438		30		1		2.560	0.160	
Methionine.....g	0.271		32		1		0.482	0.030	
Cystine.....g	0.237		14		1		0.422	0.026	
Phenylalanine.....g	1.236		30		1		2.200	0.137	
Tyrosine.....g	0.759		30		1		1.351	0.084	
Valine.....g	1.291		30		1		2.298	0.143	
Arginine.....g	1.315		30		1		2.341	0.146	
Histidine.....g	0.656		30		1		1.168	0.073	
Alanine.....g	1.095		30		1		1.949	0.122	
Aspartic acid.....g	2.767		30		1		4.925	0.307	
Glutamic acid.....g	3.038		30		1		5.408	0.337	
Glycine.....g	0.906		30		1		1.613	0.101	
Proline.....g	0.975		30		1		1.736	0.108	
Serine.....g	1.428		30		1		2.542	0.159	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 178g: 1 cup

Measure 2 = 11.1g: 1 tbsp

NDB No. 16071
Lima beans, large, mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16375
Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.15	0.711	20		1		122.21		
Energy	kcal	126		0	NC	4		229		
Energy	kj	527				4		959		
Protein (N x 6.25)	g	8.04	0.149	21		1		14.63		
Total lipid (fat)	g	0.38	0.016	21		1		0.69		
Ash	g	1.12	0.049	21		1		2.04		
Carbohydrate, by difference	g	23.31		0	NC	4		42.42		
Fiber, total dietary	g	7.7		0		4		14.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	29	0.844	21		1		53		
Iron, Fe	mg	2.40	0.088	21		1		4.37		
Magnesium, Mg	mg	53	3.390	21		1		96		
Phosphorus, P	mg	127	1.460	21		1		231		
Potassium, K	mg	401	21.573	21		1		730		
Sodium, Na	mg	239		0		1		435		
Zinc, Zn	mg	1.03	0.025	21		1		1.87		
Copper, Cu	mg	0.215	0.012	20		1		0.391		
Manganese, Mn	mg	0.585	0.008	21		1		1.065		
Selenium, Se	mcg	4.9		0	BFSN	4		8.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.161	0.007	21		1		0.293		
Riboflavin	mg	0.055	0.002	21		1		0.100		
Niacin	mg	0.660	0.054	21		1		1.201		
Pantothenic acid	mg	0.472	0.013	8		1		0.859		
Vitamin B-6	mg	0.078	0.005	8		1		0.142		
Folate, total	mcg	150	6.055	8		1		273		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	150	6.055	8		1		273		
Folate, DFE	mcg_DFE	150		0	NC	4		273		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0	0.196	8		1		0		
Vitamin A, RAE	mcg_RAE	0	0.010	8		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.088		0		1		0.160		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.001		0		1		0.002		
15:0	g									
16:0	g	0.065		0		1		0.118		
17:0	g									
18:0	g	0.017		0		1		0.031		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16375

Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.034		0		1		0.062		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.028		0		1		0.051		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.002		0		1		0.004		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.169		0		1		0.308		
18:2 undifferentiated.....g	0.117		0		1		0.213		
18:3 undifferentiated.....g	0.052		0		1		0.095		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.095		0		1		0.173		
Threonine.....g	0.347		0		1		0.632		
Isoleucine.....g	0.423		0		1		0.770		
Leucine.....g	0.694		0		1		1.263		
Lysine.....g	0.539		0		1		0.981		
Methionine.....g	0.102		0		1		0.186		
Cystine.....g	0.089		0		1		0.162		
Phenylalanine.....g	0.463		0		1		0.843		
Tyrosine.....g	0.284		0		1		0.517		
Valine.....g	0.484		0		1		0.881		
Arginine.....g	0.493		0		1		0.897		
Histidine.....g	0.246		0		1		0.448		
Alanine.....g	0.411		0		1		0.748		
Aspartic acid.....g	1.037		0		1		1.887		
Glutamic acid.....g	1.139		0		1		2.073		
Glycine.....g	0.340		0		1		0.619		
Proline.....g	0.366		0		1		0.666		
Serine.....g	0.535		0		1		0.974		
Hydroxyproline.....g									

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16075
Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.15	0.711	20		1		122.21		
Energy	kcal	126		0	NC	4		229		
Energy	kj	527				4		959		
Protein (N x 6.25)	g	8.04	0.149	21		1		14.63		
Total lipid (fat)	g	0.38	0.016	21		1		0.69		
Ash	g	1.12	0.049	21		1		2.04		
Carbohydrate, by difference	g	23.31		0	NC	4		42.42		
Fiber, total dietary	g	7.7		0		1		14.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	29	0.844	21		1		53		
Iron, Fe	mg	2.40	0.088	21		1		4.37		
Magnesium, Mg	mg	53	3.390	21		1		96		
Phosphorus, P	mg	127	1.460	21		1		231		
Potassium, K	mg	401	21.573	21		1		730		
Sodium, Na	mg	3	0.450	17		1		5		
Zinc, Zn	mg	1.03	0.025	21		1		1.87		
Copper, Cu	mg	0.215	0.012	20		1		0.391		
Manganese, Mn	mg	0.585	0.008	21		1		1.065		
Selenium, Se	mcg	4.9		0	BFSN	4		8.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.161	0.007	21		1		0.293		
Riboflavin	mg	0.055	0.002	21		1		0.100		
Niacin	mg	0.660	0.054	21		1		1.201		
Pantothenic acid	mg	0.472	0.013	8		1		0.859		
Vitamin B-6	mg	0.078	0.005	8		1		0.142		
Folate, total	mcg	150	6.055	8		1		273		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	150	6.055	8		1		273		
Folate, DFE	mcg_DFE	150		0	NC	4		273		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0	0.196	8		1		0		
Vitamin A, RAE	mcg_RAE	0	0.010	8		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.088		0		1		0.160		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.001		0		1		0.002		
15:0	g									
16:0	g	0.065		0		1		0.118		
17:0	g									
18:0	g	0.017		0		1		0.031		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16075
Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.034		0		1		0.062		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.028		0		1		0.051		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.002		0		1		0.004		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.169		0		1		0.308		
18:2 undifferentiated.....g	0.117		0		1		0.213		
18:3 undifferentiated.....g	0.052		0		1		0.095		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.095		0		1		0.173		
Threonine.....g	0.347		0		1		0.632		
Isoleucine.....g	0.423		0		1		0.770		
Leucine.....g	0.694		0		1		1.263		
Lysine.....g	0.539		0		1		0.981		
Methionine.....g	0.102		0		1		0.186		
Cystine.....g	0.089		0		1		0.162		
Phenylalanine.....g	0.463		0		1		0.843		
Tyrosine.....g	0.284		0		1		0.517		
Valine.....g	0.484		0		1		0.881		
Arginine.....g	0.493		0		1		0.897		
Histidine.....g	0.246		0		1		0.448		
Alanine.....g	0.411		0		1		0.748		
Aspartic acid.....g	1.037		0		1		1.887		
Glutamic acid.....g	1.139		0		1		2.073		
Glycine.....g	0.340		0		1		0.619		
Proline.....g	0.366		0		1		0.666		
Serine.....g	0.535		0		1		0.974		
Hydroxyproline.....g									

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16074

Lima beans, thin seeded (baby), mature seeds, raw

Phaseolus lunatus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.07	0.233	29		1		24.38		
Energy	kcal	335		0	NC	4		677		
Energy	kj	1402		0	NC	4		2832		
Protein (N x 6.25)	g	20.62	0.216	29		1		41.65		
Total lipid (fat)	g	0.93	0.028	29		1		1.88		
Ash	g	3.55	0.052	29		1		7.17		
Carbohydrate, by difference	g	62.83		0	NC	4		126.92		
Fiber, total dietary	g	20.6		0		4		41.6		
Sugars, total	g	8.32		0	BFSN	4		16.81		
Starch	g									
Minerals:										
Calcium, Ca	mg	81	2.016	25		1		164		
Iron, Fe	mg	6.19	0.230	25		1		12.50		
Magnesium, Mg	mg	188	6.231	25		1		380		
Phosphorus, P	mg	370	6.724	25		1		747		
Potassium, K	mg	1403	53.679	25		1		2834		
Sodium, Na	mg	13	3.713	21		1		26		
Zinc, Zn	mg	2.60	0.052	25		1		5.25		
Copper, Cu	mg	0.665	0.027	25		1		1.343		
Manganese, Mn	mg	1.686	0.027	25		1		3.406		
Selenium, Se	mcg	7.0		0	BFSN	4		14.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.574	0.027	29		1		1.159		
Riboflavin	mg	0.218	0.018	29		1		0.440		
Niacin	mg	1.712	0.070	29		1		3.458		
Pantothenic acid	mg	1.265	0.090	16		1		2.555		
Vitamin B-6	mg	0.327	0.010	16		1		0.661		
Folate, total	mcg	400	20.866	16		1		808		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	400	20.866	16		1		808		
Folate, DFE	mcg_DFE	400		0	NC	4		808		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0	NC	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.70		0	BFSN	4		1.42		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	5.9		0	BFSN	4		11.9		
Lipids:										
Fatty acids, total saturated	g	0.219		0		1		0.442		
4:0	g	0.000		0	BFSN	4		0.000		
6:0	g	0.000		0	BFSN	4		0.000		
8:0	g	0.000		0	BFSN	4		0.000		
10:0	g	0.000		0	BFSN	4		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.003		0		1		0.006		
15:0	g									
16:0	g	0.161		0		1		0.325		
17:0	g									
18:0	g	0.043		0		1		0.087		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16074
Lima beans, thin seeded (baby), mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.084		0		1		0.170		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0		1		0.012		
17:1.....g									
18:1 undifferentiated.....g	0.071		0		1		0.143		
20:1.....g	0.001		0		1		0.002		
22:1 undifferentiated.....g	0.006		0		1		0.012		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.420		0		1		0.848		
18:2 undifferentiated.....g	0.292		0		1		0.590		
18:3 undifferentiated.....g	0.129		0		1		0.261		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.244		0		1		0.493		
Threonine.....g	0.891		0		1		1.800		
Isoleucine.....g	1.085		0		1		2.192		
Leucine.....g	1.778		0		1		3.592		
Lysine.....g	1.382		0		1		2.792		
Methionine.....g	0.261		0		1		0.527		
Cystine.....g	0.228		0		1		0.461		
Phenylalanine.....g	1.188		0		1		2.400		
Tyrosine.....g	0.729		0		1		1.473		
Valine.....g	1.240		0		1		2.505		
Arginine.....g	1.264		0		1		2.553		
Histidine.....g	0.630		0		1		1.273		
Alanine.....g	1.052		0		1		2.125		
Aspartic acid.....g	2.659		0		1		5.371		
Glutamic acid.....g	2.920		0		1		5.898		
Glycine.....g	0.871		0		1		1.759		
Proline.....g	0.937		0		1		1.893		
Serine.....g	1.372		0		1		2.771		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

Common Measures:

Measure 1 = 202g: 1 cup

NDB No. 16074
Lima beans, thin seeded (baby), mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43131
Luncheon slices, meatless

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.01		0	O	4			9.10	
Energy	kcal	189		0	NC	4			26	
Energy	kj	790		0	NC	4			111	
Protein	g	17.78		0	LC	8			2.49	
Total lipid (fat)	g	11.11		0	LC	8			1.56	
Ash	g	1.66		0	O	4			0.23	
Carbohydrate, by difference	g	4.44		0	LC	8			0.62	
Fiber, total dietary	g	0.0		0	LC	8			0.0	
Sugars, total	g	2.22		0	LC	8			0.31	
Starch	g									
Minerals:										
Calcium, Ca	mg	41				1			6	
Iron, Fe	mg	1.80		0	LC	8			0.25	
Magnesium, Mg	mg	23				4			3	
Phosphorus, P	mg	442				4			62	
Potassium, K	mg	200		0	LC	8			28	
Sodium, Na	mg	711		0	LC	8			100	
Zinc, Zn	mg	1.60				1			0.22	
Copper, Cu	mg	0.908				4			0.127	
Manganese, Mn	mg									
Selenium, Se	mcg	7.4		0	BFZN	4			1.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				7			0.0	
Thiamin	mg	4.000		0	LC	8			0.560	
Riboflavin	mg	0.302		0	LC	8			0.042	
Niacin	mg	11.110		0	LC	8			1.555	
Pantothenic acid	mg									
Vitamin B-6	mg	0.889		0	LC	8			0.124	
Folate, total	mcg	100				4			14	
Folic acid	mcg	0		0	Z	7			0	
Folate, food	mcg	100				4			14	
Folate, DFE	mcg_DFE	100		0	NC	4			14	
Vitamin B-12	mcg	4.00		0	LC	8			0.56	
Vitamin A, IU	IU	0		0	AS	1			0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1			0	
Retinol	mcg	0		0	Z	7			0	
Vitamin E (alpha-tocopherol)	mg	3.00		0	O	4			0.42	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7			0.0	
Lipids:										
Fatty acids, total saturated	g	1.338		0	NC	4			0.187	
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	0.082				4			0.011	
13:0	g									
14:0	g	0.041				4			0.006	
15:0	g									
16:0	g	0.869				4			0.122	
17:0	g									
18:0	g	0.347				4			0.049	
20:0	g									
22:0	g									
24:0	g									

NDB No. 43131
Luncheon slices, meatless

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	2.055		0	NC	4			0.288	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4			0.000	
17:1.....g									
18:1 undifferentiated.....g	2.055				4			0.288	
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	4.383		0	NC	4			0.614	
18:2 undifferentiated.....g	3.894				4			0.545	
18:3 undifferentiated.....g	0.489				4			0.068	
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				7			0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7			0.0	
Caffeine.....mg	0		0	Z	7			0	
Theobromine.....mg	0		0	Z	7			0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7			0.000	
Carotene, alpha.....mcg	0		0	Z	7			0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7			0.000	
Lycopene.....mcg	0		0	Z	7			0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7			0.000	

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

Common Measures:

Measure 2 = 14.0g: 1 slice, thin

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16377
Lupins, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.08	0.589	3		1		117.99		
Energy	kcal	119		0	NC	4		198		
Energy	kj	498				4		827		
Protein (N x 6.25)	g	15.57	0.238	3		1		25.85		
Total lipid (fat)	g	2.92	0.196	3		1		4.85		
Ash	g	0.55	0.029	3		1		0.91		
Carbohydrate, by difference	g	9.88		0	NC	4		16.40		
Fiber, total dietary	g	2.8		0	BFZN	4		4.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	51		0		1		85		
Iron, Fe	mg	1.20		0		1		1.99		
Magnesium, Mg	mg	54		0		1		90		
Phosphorus, P	mg	128		0		1		212		
Potassium, K	mg	245		0		1		407		
Sodium, Na	mg	240		0		1		398		
Zinc, Zn	mg	1.38		0		1		2.29		
Copper, Cu	mg	0.231		0		1		0.383		
Manganese, Mn	mg	0.676		0		4		1.122		
Selenium, Se	mcg	2.6		0	BFSN	4		4.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0		4		1.8		
Thiamin	mg	0.134		0		1		0.222		
Riboflavin	mg	0.053		0		1		0.088		
Niacin	mg	0.495		0		1		0.822		
Pantothenic acid	mg	0.188		0		4		0.312		
Vitamin B-6	mg	0.009		0		4		0.015		
Folate, total	mcg	59		0		4		98		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	59		0		4		98		
Folate, DFE	mcg_DFE	59		0	NC	4		98		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	7		0		4		12		
Vitamin A, RAE	mcg_RAE	0		0		4		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.346		0		1		0.574		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.002		0		1		0.003		
13:0	g									
14:0	g	0.004		0		1		0.007		
15:0	g									
16:0	g	0.222		0		1		0.369		
17:0	g									
18:0	g	0.095		0		1		0.158		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16377
Lupins, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.180		0		1		1.959		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.017		
17:1.....g									
18:1 undifferentiated.....g	1.065		0		1		1.768		
20:1.....g	0.076		0		1		0.126		
22:1 undifferentiated.....g	0.028		0		1		0.046		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.730		0		1		1.212		
18:2 undifferentiated.....g	0.597		0		1		0.991		
18:3 undifferentiated.....g	0.134		0		1		0.222		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.125		0		1		0.208		
Threonine.....g	0.573		0		1		0.951		
Isoleucine.....g	0.695		0		1		1.154		
Leucine.....g	1.181		0		1		1.960		
Lysine.....g	0.832		0		1		1.381		
Methionine.....g	0.110		0		1		0.183		
Cystine.....g	0.192		0		1		0.319		
Phenylalanine.....g	0.618		0		1		1.026		
Tyrosine.....g	0.585		0		1		0.971		
Valine.....g	0.650		0		1		1.079		
Arginine.....g	1.669		0		1		2.771		
Histidine.....g	0.443		0		1		0.735		
Alanine.....g	0.558		0		1		0.926		
Aspartic acid.....g	1.669		0		1		2.771		
Glutamic acid.....g	3.739		0		1		6.207		
Glycine.....g	0.663		0		1		1.101		
Proline.....g	0.635		0		1		1.054		
Serine.....g	0.805		0		1		1.336		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 166g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16077
Lupins, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.08	0.589	3		1		117.99		
Energy	kcal	119		0	NC	4		198		
Energy	kj	498				4		827		
Protein (N x 6.25)	g	15.57	0.238	3		1		25.85		
Total lipid (fat)	g	2.92	0.196	3		1		4.85		
Ash	g	0.55	0.029	3		1		0.91		
Carbohydrate, by difference	g	9.88		0	NC	4		16.40		
Fiber, total dietary	g	2.8		0		4		4.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	51		0		1		85		
Iron, Fe	mg	1.20		0		1		1.99		
Magnesium, Mg	mg	54		0		1		90		
Phosphorus, P	mg	128		0		1		212		
Potassium, K	mg	245		0		1		407		
Sodium, Na	mg	4		0		1		7		
Zinc, Zn	mg	1.38		0		1		2.29		
Copper, Cu	mg	0.231		0		1		0.383		
Manganese, Mn	mg	0.676		0		4		1.122		
Selenium, Se	mcg	2.6		0	BFSN	4		4.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0		4		1.8		
Thiamin	mg	0.134		0		1		0.222		
Riboflavin	mg	0.053		0		1		0.088		
Niacin	mg	0.495		0		1		0.822		
Pantothenic acid	mg	0.188		0		4		0.312		
Vitamin B-6	mg	0.009		0		4		0.015		
Folate, total	mcg	59		0		4		98		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	59		0		4		98		
Folate, DFE	mcg_DFE	59		0	NC	4		98		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	7		0		4		12		
Vitamin A, RAE	mcg_RAE	0		0		4		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.346		0		1		0.574		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.002		0		1		0.003		
13:0	g									
14:0	g	0.004		0		1		0.007		
15:0	g									
16:0	g	0.222		0		1		0.369		
17:0	g									
18:0	g	0.095		0		1		0.158		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16077
Lupins, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.180		0		1		1.959		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.017		
17:1.....g									
18:1 undifferentiated.....g	1.065		0		1		1.768		
20:1.....g	0.076		0		1		0.126		
22:1 undifferentiated.....g	0.028		0		1		0.046		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.730		0		1		1.212		
18:2 undifferentiated.....g	0.597		0		1		0.991		
18:3 undifferentiated.....g	0.134		0		1		0.222		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.125		0		1		0.208		
Threonine.....g	0.573		0		1		0.951		
Isoleucine.....g	0.695		0		1		1.154		
Leucine.....g	1.181		0		1		1.960		
Lysine.....g	0.832		0		1		1.381		
Methionine.....g	0.110		0		1		0.183		
Cystine.....g	0.192		0		1		0.319		
Phenylalanine.....g	0.618		0		1		1.026		
Tyrosine.....g	0.585		0		1		0.971		
Valine.....g	0.650		0		1		1.079		
Arginine.....g	1.669		0		1		2.771		
Histidine.....g	0.443		0		1		0.735		
Alanine.....g	0.558		0		1		0.926		
Aspartic acid.....g	1.669		0		1		2.771		
Glutamic acid.....g	3.739		0		1		6.207		
Glycine.....g	0.663		0		1		1.101		
Proline.....g	0.635		0		1		1.054		
Serine.....g	0.805		0		1		1.336		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 166g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16076
Lupins, mature seeds, raw
Lupinus albus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.44		11		1		18.79		
Energy	kcal	371		0	NC	4		668		
Energy	kj	1552				4		2794		
Protein (N x 6.25)	g	36.17		12		1		65.11		
Total lipid (fat)	g	9.74		8		1		17.53		
Ash	g	3.28		12		1		5.90		
Carbohydrate, by difference	g	40.38		0	NC	4		72.68		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	176		5		1		317		
Iron, Fe	mg	4.36		5		1		7.85		
Magnesium, Mg	mg	198		4		1		356		
Phosphorus, P	mg	440		1		1		792		
Potassium, K	mg	1013		4		1		1823		
Sodium, Na	mg	15		4		1		27		
Zinc, Zn	mg	4.75		4		1		8.55		
Copper, Cu	mg	1.022	0.070	18		1		1.840		
Manganese, Mn	mg	2.382		0		4		4.288		
Selenium, Se	mcg	8.2		0	CAZN	4		14.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.8		0		4		8.6		
Thiamin	mg	0.640		1		1		1.152		
Riboflavin	mg	0.220		1		1		0.396		
Niacin	mg	2.190		1		1		3.942		
Pantothenic acid	mg	0.750		0		4		1.350		
Vitamin B-6	mg	0.357		0		4		0.643		
Folate, total	mcg	355		0		4		639		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	355		0		4		639		
Folate, DFE	mcg_DFE	355		0	NC	4		639		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	23		0		4		41		
Vitamin A, RAE	mcg_RAE	1		0		4		2		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.156		0		1		2.081		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.008		0		1		0.014		
13:0	g									
14:0	g	0.013		0		1		0.023		
15:0	g									
16:0	g	0.742		0		1		1.336		
17:0	g									
18:0	g	0.316		0		1		0.569		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16076
Lupins, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.940		0		1		7.092		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.034		0		1		0.061		
17:1.....g									
18:1 undifferentiated.....g	3.558		0		1		6.404		
20:1.....g	0.255		0		1		0.459		
22:1 undifferentiated.....g	0.093		0		1		0.167		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.439		0		1		4.390		
18:2 undifferentiated.....g	1.995		0		1		3.591		
18:3 undifferentiated.....g	0.446		0		1		0.803		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.289		11		1		0.520		
Threonine.....g	1.331		32		1		2.396		
Isoleucine.....g	1.615		32		1		2.907		
Leucine.....g	2.743		32		1		4.937		
Lysine.....g	1.933		32		1		3.479		
Methionine.....g	0.255		25		1		0.459		
Cystine.....g	0.446		16		1		0.803		
Phenylalanine.....g	1.435		28		1		2.583		
Tyrosine.....g	1.360		26		1		2.448		
Valine.....g	1.510		32		1		2.718		
Arginine.....g	3.877		25		1		6.979		
Histidine.....g	1.030		26		1		1.854		
Alanine.....g	1.296		23		1		2.333		
Aspartic acid.....g	3.877		23		1		6.979		
Glutamic acid.....g	8.686		23		1		15.635		
Glycine.....g	1.539		24		1		2.770		
Proline.....g	1.476		23		1		2.657		
Serine.....g	1.869		24		1		3.364		
Hydroxyproline.....g									

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16164
MOR-NU, Tofu, silken, lite firm

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.40		0	MC	9		76.78		
Energy	kcal	37		0	MC	9		31		
Energy	kj	155				9		130		
Protein	g	6.30		0	MC	9		5.29		
Total lipid (fat)	g	0.80		0	MC	9		0.67		
Ash	g	0.40		0	MC	9		0.34		
Carbohydrate, by difference	g	1.10		0	MC	9		0.92		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	0.45		0	MC	9		0.38		
Starch	g									
Minerals:										
Calcium, Ca	mg	36		0	MC	9		30		
Iron, Fe	mg	0.75		0	MC	9		0.63		
Magnesium, Mg	mg	10		0	MC	9		8		
Phosphorus, P	mg	81		0	MC	9		68		
Potassium, K	mg	63		0	MC	9		53		
Sodium, Na	mg	85		0	MC	9		71		
Zinc, Zn	mg	0.33		0	MC	9		0.28		
Copper, Cu	mg	0.121		0	MC	9		0.102		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.040		0	MC	9		0.034		
Riboflavin	mg	0.020		0	MC	9		0.017		
Niacin	mg	0.110		0	MC	9		0.092		
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0	MC	9		0.000		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	MC	9		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.133		0	MC	9		0.112		
Fatty acids, total monounsaturated	g	0.136		0	MC	9		0.114		
Fatty acids, total polyunsaturated	g	0.449		0	MC	9		0.377		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.095		0	MC	9		0.080		
Threonine	g	0.220		0	MC	9		0.185		
Isoleucine	g	0.297		0	MC	9		0.249		
Leucine	g	0.501		0	MC	9		0.421		
Lysine	g	0.384		0	MC	9		0.323		
Methionine	g	0.077		0	MC	9		0.065		
Cystine	g	0.079		0	MC	9		0.066		
Phenylalanine	g	0.322		0	MC	9		0.270		
Tyrosine	g	0.229		0	MC	9		0.192		
Valine	g	0.286		0	MC	9		0.240		

NDB No. 16164
MOR-NU, Tofu, silken, lite firm

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.470		0	MC	9		0.395		
Histidine.....g	0.156		0	MC	9		0.131		
Alanine.....g	0.248		0	MC	9		0.208		
Aspartic acid.....g	0.721		0	MC	9		0.606		
Glutamic acid.....g	1.309		0	MC	9		1.100		
Glycine.....g	0.255		0	MC	9		0.214		
Proline.....g	0.337		0	MC	9		0.283		
Serine.....g	0.313		0	MC	9		0.263		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 84g: 1 slice

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16163
MORI-NU, Tofu, silken, extra firm

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.10		0	MC	9		74.00		
Energy	kcal	55		0	MC	9		46		
Energy	kj	230				9		193		
Protein	g	7.40		0	MC	9		6.22		
Total lipid (fat)	g	1.90		0	MC	9		1.60		
Ash	g	0.60		0	MC	9		0.50		
Carbohydrate, by difference	g	2.00		0	MC	9		1.68		
Fiber, total dietary	g	0.1		0	MC	9		0.1		
Sugars, total	g	0.99		0	MC	9		0.83		
Starch	g									
Minerals:										
Calcium, Ca	mg	31		0	MC	9		26		
Iron, Fe	mg	1.19		0	MC	9		1.00		
Magnesium, Mg	mg	27		0	MC	9		23		
Phosphorus, P	mg	100		0	MC	9		84		
Potassium, K	mg	154		0	MC	9		129		
Sodium, Na	mg	63		0	MC	9		53		
Zinc, Zn	mg	0.60		0	MC	9		0.50		
Copper, Cu	mg	0.200		0	MC	9		0.168		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.079		0	MC	9		0.066		
Riboflavin	mg	0.034		0	MC	9		0.029		
Niacin	mg	0.235		0	MC	9		0.197		
Pantothenic acid	mg									
Vitamin B-6	mg	0.011		0	MC	9		0.009		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	MC	9		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.300		0	MC	9		0.252		
Fatty acids, total monounsaturated	g	0.345		0	MC	9		0.290		
Fatty acids, total polyunsaturated	g	1.061		0	MC	9		0.891		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.123		0	MC	9		0.103		
Threonine	g	0.309		0	MC	9		0.260		
Isoleucine	g	0.384		0	MC	9		0.323		
Leucine	g	0.639		0	MC	9		0.537		
Lysine	g	0.495		0	MC	9		0.416		
Methionine	g	0.094		0	MC	9		0.079		
Cystine	g	0.127		0	MC	9		0.107		
Phenylalanine	g	0.430		0	MC	9		0.361		
Tyrosine	g	0.314		0	MC	9		0.264		
Valine	g	0.399		0	MC	9		0.335		

NDB No. 16163
MORI-NU, Tofu, silken, extra firm

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.532		0	MC	9		0.447		
Histidine.....g	0.182		0	MC	9		0.153		
Alanine.....g	0.278		0	MC	9		0.234		
Aspartic acid.....g	0.817		0	MC	9		0.686		
Glutamic acid.....g	1.281		0	MC	9		1.076		
Glycine.....g	0.281		0	MC	9		0.236		
Proline.....g	0.365		0	MC	9		0.307		
Serine.....g	0.350		0	MC	9		0.294		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 84g: 1 slice

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16162
MORI-NU, Tofu, silken, firm

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.40		0	MC	9		73.42		
Energy	kcal	62		0	MC	9		52		
Energy	kj	259				9		218		
Protein	g	6.90		0	MC	9		5.80		
Total lipid (fat)	g	2.70		0	MC	9		2.27		
Ash	g	0.60		0	MC	9		0.50		
Carbohydrate, by difference	g	2.40		0	MC	9		2.02		
Fiber, total dietary	g	0.1		0	MC	9		0.1		
Sugars, total	g	1.27		0	MC	9		1.07		
Starch	g									
Minerals:										
Calcium, Ca	mg	32		0	MC	9		27		
Iron, Fe	mg	1.03		0	MC	9		0.87		
Magnesium, Mg	mg	27		0	MC	9		23		
Phosphorus, P	mg	90		0	MC	9		76		
Potassium, K	mg	194		0	MC	9		163		
Sodium, Na	mg	36		0	MC	9		30		
Zinc, Zn	mg	0.61		0	MC	9		0.51		
Copper, Cu	mg	0.203		0	MC	9		0.171		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.101		0	MC	9		0.085		
Riboflavin	mg	0.041		0	MC	9		0.034		
Niacin	mg	0.247		0	MC	9		0.207		
Pantothenic acid	mg									
Vitamin B-6	mg	0.011		0	MC	9		0.009		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	MC	9		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.406		0	MC	9		0.341		
Fatty acids, total monounsaturated	g	0.539		0	MC	9		0.453		
Fatty acids, total polyunsaturated	g	1.485		0	MC	9		1.247		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.085		0	MC	9		0.071		
Threonine	g	0.286		0	MC	9		0.240		
Isoleucine	g	0.349		0	MC	9		0.293		
Leucine	g	0.586		0	MC	9		0.492		
Lysine	g	0.459		0	MC	9		0.386		
Methionine	g	0.106		0	MC	9		0.089		
Cystine	g	0.100		0	MC	9		0.084		
Phenylalanine	g	0.394		0	MC	9		0.331		
Tyrosine	g	0.299		0	MC	9		0.251		
Valine	g	0.385		0	MC	9		0.323		

NDB No. 16162
MORI-NU, Tofu, silken, firm

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.517		0	MC	9		0.434		
Histidine.....g	0.169		0	MC	9		0.142		
Alanine.....g	0.266		0	MC	9		0.223		
Aspartic acid.....g	0.771		0	MC	9		0.648		
Glutamic acid.....g	1.176		0	MC	9		0.988		
Glycine.....g	0.268		0	MC	9		0.225		
Proline.....g	0.349		0	MC	9		0.293		
Serine.....g	0.333		0	MC	9		0.280		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 84g: 1 slice

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16165
MORI-NU, Tofu, silken, lite extra firm

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.90		0	MC	9		76.36		
Energy	kcal	38		0	MC	9		32		
Energy	kj	159				9		134		
Protein	g	7.00		0	MC	9		5.88		
Total lipid (fat)	g	0.70		0	MC	9		0.59		
Ash	g	0.40		0	MC	9		0.34		
Carbohydrate, by difference	g	1.00		0	MC	9		0.84		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	0.42		0	MC	9		0.35		
Starch	g									
Minerals:										
Calcium, Ca	mg	43		0	MC	9		36		
Iron, Fe	mg	0.79		0	MC	9		0.66		
Magnesium, Mg	mg	10		0	MC	9		8		
Phosphorus, P	mg	83		0	MC	9		70		
Potassium, K	mg	57		0	MC	9		48		
Sodium, Na	mg	98		0	MC	9		82		
Zinc, Zn	mg	0.26		0	MC	9		0.22		
Copper, Cu	mg	0.129		0	MC	9		0.108		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.030		0	MC	9		0.025		
Riboflavin	mg	0.020		0	MC	9		0.017		
Niacin	mg	0.110		0	MC	9		0.092		
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0	MC	9		0.000		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	MC	9		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.116		0	MC	9		0.097		
Fatty acids, total monounsaturated	g	0.118		0	MC	9		0.099		
Fatty acids, total polyunsaturated	g	0.395		0	MC	9		0.332		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.096		0	MC	9		0.081		
Threonine	g	0.238		0	MC	9		0.200		
Isoleucine	g	0.324		0	MC	9		0.272		
Leucine	g	0.544		0	MC	9		0.457		
Lysine	g	0.428		0	MC	9		0.360		
Methionine	g	0.088		0	MC	9		0.074		
Cystine	g	0.093		0	MC	9		0.078		
Phenylalanine	g	0.363		0	MC	9		0.305		
Tyrosine	g	0.251		0	MC	9		0.211		
Valine	g	0.321		0	MC	9		0.270		

NDB No. 16165
MORI-NU, Tofu, silken, lite extra firm

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.527		0	MC	9		0.443		
Histidine.....g	0.175		0	MC	9		0.147		
Alanine.....g	0.280		0	MC	9		0.235		
Aspartic acid.....g	0.809		0	MC	9		0.680		
Glutamic acid.....g	1.462		0	MC	9		1.228		
Glycine.....g	0.288		0	MC	9		0.242		
Proline.....g	0.367		0	MC	9		0.308		
Serine.....g	0.347		0	MC	9		0.291		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 84g: 1 slice

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16161
MORI-NU, Tofu, silken, soft

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.00		0	MC	9		74.76		
Energy	kcal	55		0	MC	9		46		
Energy	kj	230				9		193		
Protein	g	4.80		0	MC	9		4.03		
Total lipid (fat)	g	2.70		0	MC	9		2.27		
Ash	g	0.60		0	MC	9		0.50		
Carbohydrate, by difference	g	2.90		0	MC	9		2.44		
Fiber, total dietary	g	0.1		0	MC	9		0.1		
Sugars, total	g	1.31		0	MC	9		1.10		
Starch	g									
Minerals:										
Calcium, Ca	mg	31		0	MC	9		26		
Iron, Fe	mg	0.82		0	MC	9		0.69		
Magnesium, Mg	mg	29		0	MC	9		24		
Phosphorus, P	mg	62		0	MC	9		52		
Potassium, K	mg	180		0	MC	9		151		
Sodium, Na	mg	5		0	MC	9		4		
Zinc, Zn	mg	0.52		0	MC	9		0.44		
Copper, Cu	mg	0.207		0	MC	9		0.174		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.100		0	MC	9		0.084		
Riboflavin	mg	0.040		0	MC	9		0.034		
Niacin	mg	0.300		0	MC	9		0.252		
Pantothenic acid	mg									
Vitamin B-6	mg	0.011		0	MC	9		0.009		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	MC	9		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.357		0	MC	9		0.300		
Fatty acids, total monounsaturated	g	0.522		0	MC	9		0.438		
Fatty acids, total polyunsaturated	g	1.550		0	MC	9		1.302		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.068		0	MC	9		0.057		
Threonine	g	0.215		0	MC	9		0.181		
Isoleucine	g	0.233		0	MC	9		0.196		
Leucine	g	0.279		0	MC	9		0.234		
Lysine	g	0.341		0	MC	9		0.286		
Methionine	g	0.074		0	MC	9		0.062		
Cystine	g	0.072		0	MC	9		0.060		
Phenylalanine	g	0.303		0	MC	9		0.255		
Tyrosine	g	0.193		0	MC	9		0.162		
Valine	g	0.295		0	MC	9		0.248		

NDB No. 16161
MORI-NU, Tofu, silken, soft

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.383		0	MC	9		0.322		
Histidine.....g	0.117		0	MC	9		0.098		
Alanine.....g	0.193		0	MC	9		0.162		
Aspartic acid.....g	0.550		0	MC	9		0.462		
Glutamic acid.....g	0.801		0	MC	9		0.673		
Glycine.....g	0.193		0	MC	9		0.162		
Proline.....g	0.252		0	MC	9		0.212		
Serine.....g	0.238		0	MC	9		0.200		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 84g: 1 slice

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16106
Meat extender

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.48	0.242	16		1		6.58	2.12	
Energy	kcal	313		0	NC	4		275	89	
Energy	kj	1310				4		1152	371	
Protein (N x 5.71)	g	38.11	0.405	17		1		33.54	10.80	
Total lipid (fat)	g	2.97	0.230	16		1		2.61	0.84	
Ash	g	13.13	0.487	16		1		11.55	3.72	
Carbohydrate, by difference	g	38.32		0	NC	4		33.72	10.86	
Fiber, total dietary	g	17.5		0		4		15.4	5.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	204		2		1		180	58	
Iron, Fe	mg	11.99	1.256	15		1		10.55	3.40	
Magnesium, Mg	mg	216	4.910	14		1		190	61	
Phosphorus, P	mg	639		0		4		562	181	
Potassium, K	mg	1902		0		4		1674	539	
Sodium, Na	mg	10		0		1		9	3	
Zinc, Zn	mg	2.21		0		4		1.94	0.63	
Copper, Cu	mg	0.304		0		4		0.268	0.086	
Manganese, Mn	mg	0.271		0		4		0.238	0.077	
Selenium, Se	mcg	7.4		0	BFZN	4		6.5	2.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.702	0.054	16		1		0.618	0.199	
Riboflavin	mg	0.891	0.069	16		1		0.784	0.253	
Niacin	mg	22.021	1.420	16		1		19.378	6.243	
Pantothenic acid	mg	1.492		0		4		1.313	0.423	
Vitamin B-6	mg	1.336	0.139	14		1		1.176	0.379	
Folate, total	mcg	198		0		4		174	56	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	198		0		4		174	56	
Folate, DFE	mcg_DFE	198		0	NC	4		174	56	
Vitamin B-12	mcg	6.00	0.474	14		1		5.28	1.70	
Vitamin A, IU	IU	32	3.280	14		1		28	9	
Vitamin A, RAE	mcg_RAE	2	0.164	14		1		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.424		0		1		0.373	0.120	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.008		0		1		0.007	0.002	
15:0	g									
16:0	g	0.312		0		1		0.275	0.088	
17:0	g									
18:0	g	0.105		0		1		0.092	0.030	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16106
Meat extender

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.648		0		1		0.570	0.184	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.007	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.642		0		1		0.565	0.182	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.657		0		1		1.458	0.470	
18:2 undifferentiated.....g	1.461		0		1		1.286	0.414	
18:3 undifferentiated.....g	0.196		0		1		0.172	0.056	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.574		0		1		0.505	0.163	
Threonine.....g	1.615		0		1		1.421	0.458	
Isoleucine.....g	1.995		0		1		1.756	0.566	
Leucine.....g	3.263		0		1		2.871	0.925	
Lysine.....g	2.596		0		1		2.284	0.736	
Methionine.....g	0.520		0		1		0.458	0.147	
Cystine.....g	0.627		0		1		0.552	0.178	
Phenylalanine.....g	2.182		0		1		1.920	0.619	
Tyrosine.....g	1.428		0		1		1.257	0.405	
Valine.....g	2.115		0		1		1.861	0.600	
Arginine.....g	3.123		0		1		2.748	0.885	
Histidine.....g	1.068		0		1		0.940	0.303	
Alanine.....g	1.755		0		1		1.544	0.498	
Aspartic acid.....g	4.745		0		1		4.176	1.345	
Glutamic acid.....g	8.668		0		1		7.628	2.457	
Glycine.....g	1.688		0		1		1.485	0.479	
Proline.....g	2.296		0		1		2.020	0.651	
Serine.....g	2.235		0		1		1.967	0.634	
Hydroxyproline.....g									

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

Measure 2 = 28.35g: 1 oz

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43132
Meatballs, meatless

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.00				1		83.52		
Energy	kcal	197		0	NC	4		284		
Energy	kj	824		0	NC	4		1187		
Protein	g	21.00				1		30.24		
Total lipid (fat)	g	9.00				1		12.96		
Ash	g	4.00		0	O	4		5.76		
Carbohydrate, by difference	g	8.00		0	NC	4		11.52		
Fiber, total dietary	g	4.6				4		6.6		
Sugars, total	g	1.25		0	LC	8		1.80		
Starch	g									
Minerals:										
Calcium, Ca	mg	29				1		42		
Iron, Fe	mg	2.10				1		3.02		
Magnesium, Mg	mg	18				4		26		
Phosphorus, P	mg	344				4		495		
Potassium, K	mg	180				1		259		
Sodium, Na	mg	550				1		792		
Zinc, Zn	mg	1.80				1		2.59		
Copper, Cu	mg	0.706				4		1.017		
Manganese, Mn	mg									
Selenium, Se	mcg	0.8		0	BFSN	4		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				7		0.0		
Thiamin	mg	0.900				1		1.296		
Riboflavin	mg	0.600				1		0.864		
Niacin	mg	10.000				1		14.400		
Pantothenic acid	mg									
Vitamin B-6	mg	1.200				1		1.728		
Folate, total	mcg	78				4		112		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	78				4		112		
Folate, DFE	mcg_DFE	78		0	NC	4		112		
Vitamin B-12	mcg	2.40				1		3.46		
Vitamin A, IU	IU	0		0	AS	1		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	1.73		0	O	4		2.49		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0		
Lipids:										
Fatty acids, total saturated	g	1.425				4		2.052		
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	0.087				4		0.125		
13:0	g									
14:0	g	0.043				4		0.062		
15:0	g									
16:0	g	0.925				4		1.332		
17:0	g									
18:0	g	0.369				4		0.531		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43132
Meatballs, meatless

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	2.188				4		3.151		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	2.188				4		3.151		
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	4.666				4		6.719		
18:2 undifferentiated.....g	4.146				4		5.970		
18:3 undifferentiated.....g	0.520				4		0.749		
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				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		
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

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

Common Measures:

Measure 1 = 144g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16112
Miso

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	41.45	2.659	18		1		113.99		
Energy	kcal	206		0	NC	4		565		
Energy	kj	860		0	NC	4		2365		
Protein (N x 5.71)	g	11.81		8		1		32.48		
Total lipid (fat)	g	6.07		8		1		16.69		
Ash	g	12.71		3		1		34.95		
Carbohydrate, by difference	g	27.96		0	NC	4		76.89		
Fiber, total dietary	g	5.4		0		1		14.9		
Sugars, total	g	4.69		0	BFSN	4		12.90		
Starch	g									
Minerals:										
Calcium, Ca	mg	66		3		1		182		
Iron, Fe	mg	2.74		3		1		7.54		
Magnesium, Mg	mg	42	9.250	6		1		116		
Phosphorus, P	mg	153		3		1		421		
Potassium, K	mg	164	21.490	10		1		451		
Sodium, Na	mg	3647	363.240	10		1		10029		
Zinc, Zn	mg	3.32		4		1		9.13		
Copper, Cu	mg	0.437		4		1		1.202		
Manganese, Mn	mg	0.859		4		1		2.362		
Selenium, Se	mcg	1.6		0	BFSN	4		4.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.097		2		1		0.267		
Riboflavin	mg	0.250		2		1		0.688		
Niacin	mg	0.860		2		1		2.365		
Pantothenic acid	mg	0.258		1		1		0.710		
Vitamin B-6	mg	0.215		1		1		0.591		
Folate, total	mcg	33		1		1		91		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	33		1		1		91		
Folate, DFE	mcg_DFE	33		0	NC	4		91		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	87		0	NC	4		239		
Vitamin A, RAE	mcg_RAE	4		0	NC	4		12		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.01		0	O	4		0.03		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	30.1		0	BFSN	4		82.7		
Lipids:										
Fatty acids, total saturated	g	0.878		0		1		2.415		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.017		0		1		0.047		
15:0	g									
16:0	g	0.644		0		1		1.771		
17:0	g									
18:0	g	0.217		0		1		0.597		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16112
Miso

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	1.341		0		1		3.688		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.017		0		1		0.047		
17:1.....g									
18:1 undifferentiated.....g	1.324		0		1		3.641		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.428		0		1		9.427		
18:2 undifferentiated.....g	3.023		0		1		8.313		
18:3 undifferentiated.....g	0.405		0		1		1.114		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.143		17		1		0.393		
Threonine.....g	0.639		17		1		1.757		
Isoleucine.....g	0.811		17		1		2.230		
Leucine.....g	1.129		17		1		3.105		
Lysine.....g	0.660		17		1		1.815		
Methionine.....g	0.149		18		1		0.410		
Cystine.....g	0.095		14		1		0.261		
Phenylalanine.....g	0.596		17		1		1.639		
Tyrosine.....g	0.362		17		1		0.996		
Valine.....g	0.742		17		1		2.041		
Arginine.....g	0.747		17		1		2.054		
Histidine.....g	0.329		17		1		0.905		
Alanine.....g	0.569		14		1		1.565		
Aspartic acid.....g	1.311		17		1		3.605		
Glutamic acid.....g	2.101		18		1		5.778		
Glycine.....g	0.546		17		1		1.502		
Proline.....g	0.736		17		1		2.024		
Serine.....g	0.740		17		1		2.035		
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		
Carotenoids:									
Carotene, beta.....mcg	52		0	o	4		143.550		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

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

Common Measures:

Measure 1 = 275g: 1 cup

NDB No. 16112
Miso

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16379
Mothbeans, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.23		0		1		122.54		
Energy	kcal	117		0	NC	4		207		
Energy	kj	490				4		866		
Protein (N x 6.25)	g	7.81		0		1		13.82		
Total lipid (fat)	g	0.55		0		1		0.97		
Ash	g	1.45		0		1		2.57		
Carbohydrate, by difference	g	20.96		0	NC	4		37.10		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		1		5		
Iron, Fe	mg	3.14		0		1		5.56		
Magnesium, Mg	mg	104		0		1		184		
Phosphorus, P	mg	150		0		1		266		
Potassium, K	mg	304		0		1		538		
Sodium, Na	mg	246		0		1		435		
Zinc, Zn	mg	0.59		0		1		1.04		
Copper, Cu	mg	0.164		0		1		0.290		
Manganese, Mn	mg	0.527		0		1		0.933		
Selenium, Se	mcg	2.8		0	BFSN	4		5.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		1.8		
Thiamin	mg	0.124		0		1		0.219		
Riboflavin	mg	0.023		0		1		0.041		
Niacin	mg	0.668		0		1		1.182		
Pantothenic acid	mg	0.391		0		4		0.692		
Vitamin B-6	mg	0.093		0		4		0.165		
Folate, total	mcg	143		0		4		254		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	143		0		4		254		
Folate, DFE	mcg_DFE	143		0	NC	4		254		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	10		0		1		18		
Vitamin A, RAE	mcg_RAE	1		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.124		0		1		0.219		
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	0.107		0		1		0.189		
17:0	g									
18:0	g	0.017		0		1		0.030		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16379
Mothbeans, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.044		0		1		0.078		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.044		0		1		0.078		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.256		0		1		0.453		
18:2 undifferentiated.....g	0.165		0		1		0.292		
18:3 undifferentiated.....g	0.090		0		1		0.159		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.050		0		1		0.089		
Threonine.....g									
Isoleucine.....g	0.388		0		1		0.687		
Leucine.....g	0.525		0		1		0.929		
Lysine.....g	0.425		0		1		0.752		
Methionine.....g	0.075		0		1		0.133		
Cystine.....g	0.040		0		1		0.071		
Phenylalanine.....g	0.350		0		1		0.620		
Tyrosine.....g									
Valine.....g	0.250		0		1		0.443		
Arginine.....g									
Histidine.....g	0.263		0		1		0.466		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 177g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16079
Mothbeans, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.23		0		1		122.54		
Energy	kcal	117		0	NC	4		207		
Energy	kj	490				4		866		
Protein (N x 6.25)	g	7.81		0		1		13.82		
Total lipid (fat)	g	0.55		0		1		0.97		
Ash	g	1.45		0		1		2.57		
Carbohydrate, by difference	g	20.96		0	NC	4		37.10		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		1		5		
Iron, Fe	mg	3.14		0		1		5.56		
Magnesium, Mg	mg	104		0		1		184		
Phosphorus, P	mg	150		0		1		266		
Potassium, K	mg	304		0		1		538		
Sodium, Na	mg	10		0		1		18		
Zinc, Zn	mg	0.59		0		1		1.04		
Copper, Cu	mg	0.164		0		1		0.290		
Manganese, Mn	mg	0.527		0		1		0.933		
Selenium, Se	mcg	2.8		0	BFSN	4		5.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		1.8		
Thiamin	mg	0.124		0		1		0.219		
Riboflavin	mg	0.023		0		1		0.041		
Niacin	mg	0.668		0		1		1.182		
Pantothenic acid	mg	0.391		0		4		0.692		
Vitamin B-6	mg	0.093		0		4		0.165		
Folate, total	mcg	143		0		4		254		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	143		0		4		254		
Folate, DFE	mcg_DFE	143		0	NC	4		254		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	10		0		1		18		
Vitamin A, RAE	mcg_RAE	1		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.124		0		1		0.219		
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	0.107		0		1		0.189		
17:0	g									
18:0	g	0.017		0		1		0.030		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16079
Mothbeans, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.044		0		1		0.078		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.044		0		1		0.078		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.256		0		1		0.453		
18:2 undifferentiated.....g	0.165		0		1		0.292		
18:3 undifferentiated.....g	0.090		0		1		0.159		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.050		0		1		0.089		
Threonine.....g									
Isoleucine.....g	0.388		0		1		0.687		
Leucine.....g	0.525		0		1		0.929		
Lysine.....g	0.425		0		1		0.752		
Methionine.....g	0.075		0		1		0.133		
Cystine.....g	0.040		0		1		0.071		
Phenylalanine.....g	0.350		0		1		0.620		
Tyrosine.....g									
Valine.....g	0.250		0		1		0.443		
Arginine.....g									
Histidine.....g	0.263		0		1		0.466		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 177g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16078
Mothbeans, mature seeds, raw
Vigna aconitifolia

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.68	0.667	5		1		18.97		
Energy	kcal	343		0	NC	4		672		
Energy	kj	1435				4		2813		
Protein (N x 6.25)	g	22.94	0.212	5		1		44.96		
Total lipid (fat)	g	1.61		2		1		3.16		
Ash	g	4.26	0.228	5		1		8.35		
Carbohydrate, by difference	g	61.52		0	NC	4		120.58		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	150	14.044	5		1		294		
Iron, Fe	mg	10.85	2.040	5		1		21.27		
Magnesium, Mg	mg	381	67.277	5		1		747		
Phosphorus, P	mg	489	52.785	5		1		958		
Potassium, K	mg	1191		2		1		2334		
Sodium, Na	mg	30		1		1		59		
Zinc, Zn	mg	1.92		1		1		3.76		
Copper, Cu	mg	0.688		2		1		1.348		
Manganese, Mn	mg	1.820		1		1		3.567		
Selenium, Se	mcg	8.2		0	CAZN	4		16.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.0		1		1		7.8		
Thiamin	mg	0.562		1		1		1.102		
Riboflavin	mg	0.091		1		1		0.178		
Niacin	mg	2.800		1		1		5.488		
Pantothenic acid	mg	1.535		0		4		3.009		
Vitamin B-6	mg	0.366		0		4		0.717		
Folate, total	mcg	649		0		4		1272		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	649		0		4		1272		
Folate, DFE	mcg_DFE	649		0	NC	4		1272		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	32		1		1		63		
Vitamin A, RAE	mcg_RAE	2		1		1		3		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.364		0		1		0.713		
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	0.313		0		1		0.613		
17:0	g									
18:0	g	0.051		0		1		0.100		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16078
Mothbeans, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.129		0		1		0.253		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.129		0		1		0.253		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.750		0		1		1.470		
18:2 undifferentiated.....g	0.485		0		1		0.951		
18:3 undifferentiated.....g	0.265		0		1		0.519		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.147		1		1		0.288		
Threonine.....g									
Isoleucine.....g	1.138		1		1		2.230		
Leucine.....g	1.541		1		1		3.020		
Lysine.....g	1.248		1		1		2.446		
Methionine.....g	0.220		2		1		0.431		
Cystine.....g	0.117		2		1		0.229		
Phenylalanine.....g	1.028		1		1		2.015		
Tyrosine.....g									
Valine.....g	0.734		1		1		1.439		
Arginine.....g									
Histidine.....g	0.771		1		1		1.511		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 196g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16381
Mung beans, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.66	0.326	9		1		146.77		
Energy	kcal	105		0	NC	4		213		
Energy	kj	441		0	NC	4		891		
Protein (N x 6.25)	g	7.02	0.144	9		1		14.18		
Total lipid (fat)	g	0.38	0.027	9		1		0.77		
Ash	g	0.79	0.007	9		1		1.60		
Carbohydrate, by difference	g	19.15		0	NC	4		38.68		
Fiber, total dietary	g	7.6		0	BFZN	4		15.4		
Sugars, total	g	2.00		0	BFZN	4		4.04		
Starch	g									
Minerals:										
Calcium, Ca	mg	27	0.554	9		1		55		
Iron, Fe	mg	1.40	0.267	9		1		2.83		
Magnesium, Mg	mg	48	1.458	9		1		97		
Phosphorus, P	mg	99	1.311	9		1		200		
Potassium, K	mg	266	6.529	9		1		537		
Sodium, Na	mg	238		0		1		481		
Zinc, Zn	mg	0.84	0.037	8		1		1.70		
Copper, Cu	mg	0.156	0.023	8		1		0.315		
Manganese, Mn	mg	0.298	0.025	8		1		0.602		
Selenium, Se	mcg	2.5		0	BFSN	4		5.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		2.0		
Thiamin	mg	0.164	0.006	8		1		0.331		
Riboflavin	mg	0.061	0.000	8		1		0.123		
Niacin	mg	0.577	0.079	8		1		1.166		
Pantothenic acid	mg	0.410	0.010	8		1		0.828		
Vitamin B-6	mg	0.067	0.003	8		1		0.135		
Folate, total	mcg	159	11.848	8		1		321		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	159	11.848	8		1		321		
Folate, DFE	mcg_DFE	159		0	NC	4		321		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	24		0	NC	4		48		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.15		0	BFZN	4		0.31		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.7		0	BFZN	4		5.5		
Lipids:										
Fatty acids, total saturated	g	0.116		0		1		0.234		
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	0.083		0		1		0.168		
17:0	g									
18:0	g	0.024		0		1		0.048		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16381
Mung beans, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.054		0		1		0.109		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.054		0		1		0.109		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.128		0		1		0.259		
18:2 undifferentiated.....g	0.119		0		1		0.240		
18:3 undifferentiated.....g	0.009		0		1		0.018		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.076		0		1		0.154		
Threonine.....g	0.230		0		1		0.465		
Isoleucine.....g	0.297		0		1		0.600		
Leucine.....g	0.544		0		1		1.099		
Lysine.....g	0.490		0		1		0.990		
Methionine.....g	0.084		0		1		0.170		
Cystine.....g	0.062		0		1		0.125		
Phenylalanine.....g	0.425		0		1		0.859		
Tyrosine.....g	0.210		0		1		0.424		
Valine.....g	0.364		0		1		0.735		
Arginine.....g	0.492		0		1		0.994		
Histidine.....g	0.205		0		1		0.414		
Alanine.....g	0.309		0		1		0.624		
Aspartic acid.....g	0.812		0		1		1.640		
Glutamic acid.....g	1.256		0		1		2.537		
Glycine.....g	0.281		0		1		0.568		
Proline.....g	0.323		0		1		0.652		
Serine.....g	0.346		0		1		0.699		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	14		0	BFZN	4		29.088		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

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

Common Measures:

Measure 1 = 202g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16081
Mung beans, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.66	0.326	9		1		146.77		
Energy	kcal	105		0	NC	4		213		
Energy	kj	441		0	NC	4		891		
Protein (N x 6.25)	g	7.02	0.144	9		1		14.18		
Total lipid (fat)	g	0.38	0.027	9		1		0.77		
Ash	g	0.79	0.007	9		1		1.60		
Carbohydrate, by difference	g	19.15		0	NC	4		38.68		
Fiber, total dietary	g	7.6		0		4		15.4		
Sugars, total	g	2.00		0	T	4		4.04		
Starch	g									
Minerals:										
Calcium, Ca	mg	27	0.554	9		1		55		
Iron, Fe	mg	1.40	0.267	9		1		2.83		
Magnesium, Mg	mg	48	1.458	9		1		97		
Phosphorus, P	mg	99	1.311	9		1		200		
Potassium, K	mg	266	6.529	9		1		537		
Sodium, Na	mg	2	0.952	5		1		4		
Zinc, Zn	mg	0.84	0.037	8		1		1.70		
Copper, Cu	mg	0.156	0.023	8		1		0.315		
Manganese, Mn	mg	0.298	0.025	8		1		0.602		
Selenium, Se	mcg	2.5		0	BFSN	4		5.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		2.0		
Thiamin	mg	0.164	0.006	8		1		0.331		
Riboflavin	mg	0.061	0.000	8		1		0.123		
Niacin	mg	0.577	0.079	8		1		1.166		
Pantothenic acid	mg	0.410	0.010	8		1		0.828		
Vitamin B-6	mg	0.067	0.003	8		1		0.135		
Folate, total	mcg	159	11.848	8		1		321		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	159	11.848	8		1		321		
Folate, DFE	mcg_DFE	159		0	NC	4		321		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	24		0	NC	4		48		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.15		0	BFSN	4		0.31		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.7		0	BFSN	4		5.5		
Lipids:										
Fatty acids, total saturated	g	0.116		0		1		0.234		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.000		0		1		0.000		
15:0	g									
16:0	g	0.083		0		1		0.168		
17:0	g									
18:0	g	0.024		0		1		0.048		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16081
Mung beans, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.054		0		1		0.109		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.054		0		1		0.109		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.128		0		1		0.259		
18:2 undifferentiated.....g	0.119		0		1		0.240		
18:3 undifferentiated.....g	0.009		0		1		0.018		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.076		0		1		0.154		
Threonine.....g	0.230		0		1		0.465		
Isoleucine.....g	0.297		0		1		0.600		
Leucine.....g	0.544		0		1		1.099		
Lysine.....g	0.490		0		1		0.990		
Methionine.....g	0.084		0		1		0.170		
Cystine.....g	0.062		0		1		0.125		
Phenylalanine.....g	0.425		0		1		0.859		
Tyrosine.....g	0.210		0		1		0.424		
Valine.....g	0.364		0		1		0.735		
Arginine.....g	0.492		0		1		0.994		
Histidine.....g	0.205		0		1		0.414		
Alanine.....g	0.309		0		1		0.624		
Aspartic acid.....g	0.812		0		1		1.640		
Glutamic acid.....g	1.256		0		1		2.537		
Glycine.....g	0.281		0		1		0.568		
Proline.....g	0.323		0		1		0.652		
Serine.....g	0.346		0		1		0.699		
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		
Carotenoids:									
Carotene, beta.....mcg	14		0	o	4		29.088		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

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

Common Measures:

Measure 1 = 202g: 1 cup

NDB No. 16081
Mung beans, mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16080
Mung beans, mature seeds, raw
Vigna radiata

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	0.439	60		1		18.73	1.18	
Energy	kcal	347		0	NC	4		719	45	
Energy	kj	1453		0	NC	4		3008	189	
Protein (N x 6.25)	g	23.86	0.371	82		1		49.39	3.10	
Total lipid (fat)	g	1.15	0.144	65		1		2.38	0.15	
Ash	g	3.32	0.099	58		1		6.87	0.43	
Carbohydrate, by difference	g	62.62		0	NC	4		129.62	8.14	
Fiber, total dietary	g	16.3		0		4		33.7	2.1	
Sugars, total	g	6.60		0	T	4		13.66	0.86	
Starch	g									
Minerals:										
Calcium, Ca	mg	132	13.660	49		1		273	17	
Iron, Fe	mg	6.74	0.872	55		1		13.95	0.88	
Magnesium, Mg	mg	189	11.294	29		1		391	25	
Phosphorus, P	mg	367	7.089	48		1		760	48	
Potassium, K	mg	1246	42.146	18		1		2579	162	
Sodium, Na	mg	15	2.113	12		1		31	2	
Zinc, Zn	mg	2.68	0.117	26		1		5.55	0.35	
Copper, Cu	mg	0.941	0.044	21		1		1.948	0.122	
Manganese, Mn	mg	1.035	0.076	19		1		2.142	0.135	
Selenium, Se	mcg	8.2		0	CAZN	4		17.0	1.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.8		5		1		9.9	0.6	
Thiamin	mg	0.621	0.076	19		1		1.285	0.081	
Riboflavin	mg	0.233	0.024	25		1		0.482	0.030	
Niacin	mg	2.251	0.193	18		1		4.660	0.293	
Pantothenic acid	mg	1.910	0.046	8		1		3.954	0.248	
Vitamin B-6	mg	0.382	0.012	18		1		0.791	0.050	
Folate, total	mcg	625	42.927	8		1		1294	81	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	625	42.927	8		1		1294	81	
Folate, DFE	mcg_DFE	625		0	NC	4		1294	81	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	114		0	NC	4		236	15	
Vitamin A, RAE	mcg_RAE	6		0	NC	4		12	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.51		0	O	4		1.06	0.07	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	9.0		0	O	4		18.6	1.2	
Lipids:										
Fatty acids, total saturated	g	0.348		0		1		0.720	0.045	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
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	0.250		0		1		0.518	0.033	
17:0	g									
18:0	g	0.071		0		1		0.147	0.009	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16080
Mung beans, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	0.161		0		1		0.333	0.021	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.161		0		1		0.333	0.021	
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	0.384		0		1		0.795	0.050	
18:2 undifferentiated....g	0.357		0		1		0.739	0.046	
18:3 undifferentiated....g	0.027		0		1		0.056	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	0.000		0		1		0.000	0.000	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg	23		0		1		48	3	
Amino Acids:									
Tryptophan....g	0.260		61		1		0.538	0.034	
Threonine....g	0.782		51		1		1.619	0.102	
Isoleucine....g	1.008		46		1		2.087	0.131	
Leucine....g	1.847		46		1		3.823	0.240	
Lysine....g	1.664		383		1		3.444	0.216	
Methionine....g	0.286		423		1		0.592	0.037	
Cystine....g	0.210		30		1		0.435	0.027	
Phenylalanine....g	1.443		46		1		2.987	0.188	
Tyrosine....g	0.714		26		1		1.478	0.093	
Valine....g	1.237		46		1		2.561	0.161	
Arginine....g	1.672		44		1		3.461	0.217	
Histidine....g	0.695		44		1		1.439	0.090	
Alanine....g	1.050		21		1		2.174	0.137	
Aspartic acid....g	2.756		21		1		5.705	0.358	
Glutamic acid....g	4.264		21		1		8.826	0.554	
Glycine....g	0.954		21		1		1.975	0.124	
Proline....g	1.095		19		1		2.267	0.142	
Serine....g	1.176		21		1		2.434	0.153	
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	
Carotenoids:									
Carotene, beta....mcg	68		0	O	4		141.588	8.892	
Carotene, alpha....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta....mcg	0		0	Z	7		0.000	0.000	
Lycopene....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin....mcg	0		0	NR	4		0.000	0.000	

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

Measure 2 = 13.0g: 1 tbsp

NDB No. 16080
Mung beans, mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16384
Mungo beans, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.51		0		1		130.52		
Energy	kcal	105		0	NC	4		190		
Energy	kj	441		0	NC	4		794		
Protein (N x 6.25)	g	7.54		0		1		13.57		
Total lipid (fat)	g	0.55		0		1		0.99		
Ash	g	1.06		0		1		1.91		
Carbohydrate, by difference	g	18.34		0	NC	4		33.01		
Fiber, total dietary	g	6.4		0	BFZN	4		11.5		
Sugars, total	g	2.01		0	BFZN	4		3.62		
Starch	g									
Minerals:										
Calcium, Ca	mg	53		0		1		95		
Iron, Fe	mg	1.75		0		1		3.15		
Magnesium, Mg	mg	63		0		1		113		
Phosphorus, P	mg	156		0		1		281		
Potassium, K	mg	231		0		1		416		
Sodium, Na	mg	243		0		1		437		
Zinc, Zn	mg	0.83		0		1		1.49		
Copper, Cu	mg	0.139		0		1		0.250		
Manganese, Mn	mg	0.412		0		1		0.742		
Selenium, Se	mcg	2.5		0	BFSN	4		4.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		1.8		
Thiamin	mg	0.150		2		1		0.270		
Riboflavin	mg	0.075		2		1		0.135		
Niacin	mg	1.500		2		1		2.700		
Pantothenic acid	mg	0.433		0		1		0.779		
Vitamin B-6	mg	0.058		0		1		0.104		
Folate, total	mcg	94		0		1		170		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	94		0		1		170		
Folate, DFE	mcg_DFE	94		0	NC	4		170		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	31		0	NC	4		56		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		3		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.15		0	BFZN	4		0.28		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.7		0	BFZN	4		4.9		
Lipids:										
Fatty acids, total saturated	g	0.038		0		1		0.068		
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	0.038		0		1		0.068		
17:0	g									
18:0	g									
20:0	g									
22:0	g									
24:0	g									

NDB No. 16384
Mungo beans, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.029		0		1		0.052		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.029		0		1		0.052		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.359		0		1		0.646		
18:2 undifferentiated.....g	0.024		0		1		0.043		
18:3 undifferentiated.....g	0.335		0		1		0.603		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.078		0		1		0.140		
Threonine.....g	0.262		0		1		0.472		
Isoleucine.....g	0.385		0		1		0.693		
Leucine.....g	0.625		0		1		1.125		
Lysine.....g	0.500		0		1		0.900		
Methionine.....g	0.110		0		1		0.198		
Cystine.....g	0.070		0		1		0.126		
Phenylalanine.....g	0.440		0		1		0.792		
Tyrosine.....g	0.234		0		1		0.421		
Valine.....g	0.423		0		1		0.761		
Arginine.....g	0.491		0		1		0.884		
Histidine.....g	0.211		0		1		0.380		
Alanine.....g	0.322		0		1		0.580		
Aspartic acid.....g	0.882		0		1		1.588		
Glutamic acid.....g	1.234		0		1		2.221		
Glycine.....g	0.315		0		1		0.567		
Proline.....g	0.349		0		1		0.628		
Serine.....g	0.397		0		1		0.715		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	19		0	BFZN	4		33.480		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16084
Mungo beans, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.51		0		1		130.52	50.03	
Energy	kcal	105		0	NC	4		190	73	
Energy	kj	441		0	NC	4		794	304	
Protein (N x 6.25)	g	7.54		0		1		13.57	5.20	
Total lipid (fat)	g	0.55		0		1		0.99	0.38	
Ash	g	1.06		0		1		1.91	0.73	
Carbohydrate, by difference	g	18.34		0	NC	4		33.01	12.65	
Fiber, total dietary	g	6.4		0		4		11.5	4.4	
Sugars, total	g	2.01		0	BFSN	4		3.62	1.39	
Starch	g									
Minerals:										
Calcium, Ca	mg	53		0		1		95	37	
Iron, Fe	mg	1.75		0		1		3.15	1.21	
Magnesium, Mg	mg	63		0		1		113	43	
Phosphorus, P	mg	156		0		1		281	108	
Potassium, K	mg	231		0		1		416	159	
Sodium, Na	mg	7		0		1		13	5	
Zinc, Zn	mg	0.83		0		1		1.49	0.57	
Copper, Cu	mg	0.139		0		1		0.250	0.096	
Manganese, Mn	mg	0.412		0		1		0.742	0.284	
Selenium, Se	mcg	2.5		0	BFSN	4		4.5	1.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		1.8	0.7	
Thiamin	mg	0.150		2		1		0.270	0.104	
Riboflavin	mg	0.075		2		1		0.135	0.052	
Niacin	mg	1.500		2		1		2.700	1.035	
Pantothenic acid	mg	0.433		0		1		0.779	0.299	
Vitamin B-6	mg	0.058		0		1		0.104	0.040	
Folate, total	mcg	94		0		1		170	65	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	94		0		1		170	65	
Folate, DFE	mcg_DFE	94		0	NC	4		170	65	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	31		0	NC	4		56	21	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		3	1	
Retinol	mcg	0		0	BNA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.15		0	BFSN	4		0.28	0.11	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.7		0	BFSN	4		4.9	1.9	
Lipids:										
Fatty acids, total saturated	g	0.038		0		1		0.068	0.026	
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	0.038		0		1		0.068	0.026	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16084
Mungo beans, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.029		0		1		0.052	0.020	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.029		0		1		0.052	0.020	
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	0.359		0		1		0.646	0.248	
18:2 undifferentiated.....g	0.024		0		1		0.043	0.017	
18:3 undifferentiated.....g	0.335		0		1		0.603	0.231	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.078		0		1		0.140	0.054	
Threonine.....g	0.262		0		1		0.472	0.181	
Isoleucine.....g	0.385		0		1		0.693	0.266	
Leucine.....g	0.625		0		1		1.125	0.431	
Lysine.....g	0.500		0		1		0.900	0.345	
Methionine.....g	0.110		0		1		0.198	0.076	
Cystine.....g	0.070		0		1		0.126	0.048	
Phenylalanine.....g	0.440		0		1		0.792	0.304	
Tyrosine.....g	0.234		0		1		0.421	0.161	
Valine.....g	0.423		0		1		0.761	0.292	
Arginine.....g	0.491		0		1		0.884	0.339	
Histidine.....g	0.211		0		1		0.380	0.146	
Alanine.....g	0.322		0		1		0.580	0.222	
Aspartic acid.....g	0.882		0		1		1.588	0.609	
Glutamic acid.....g	1.234		0		1		2.221	0.851	
Glycine.....g	0.315		0		1		0.567	0.217	
Proline.....g	0.349		0		1		0.628	0.241	
Serine.....g	0.397		0		1		0.715	0.274	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	19		0	BNA	4		33.480	12.834	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 69g: 1 oz dry, yield after cooking

NDB No. 16084
Mungo beans, mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16083
Mungo beans, mature seeds, raw
Vigna mungo

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.80	1.591	10	A	1		22.36		
Energy	kcal	341		0	NC	4		706		
Energy	kj	1427				4		2953		
Protein (N x 6.25)	g	25.21	0.590	19	A	1		52.18		
Total lipid (fat)	g	1.64	0.289	8	A	1		3.39		
Ash	g	3.36	0.168	9	A	1		6.96		
Carbohydrate, by difference	g	58.99		0	NC	4		122.11		
Fiber, total dietary	g	18.3	0.919	3	A	1		37.9		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	138	21.658	9	A	1		286		
Iron, Fe	mg	7.57	0.618	8	A	1		15.67		
Magnesium, Mg	mg	267	46.272	6	A	1		553		
Phosphorus, P	mg	379	83.385	9	A	1		785		
Potassium, K	mg	983	38.658	5	A	1		2035		
Sodium, Na	mg	38	7.336	4	A	1		79		
Zinc, Zn	mg	3.35	0.406	3	A	1		6.93		
Copper, Cu	mg	0.981	0.174	5	A	1		2.031		
Manganese, Mn	mg	1.527	0.037	3	A	1		3.161		
Selenium, Se	mcg	8.2		0	CAZN	4		17.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2	A	1		0.0		
Thiamin	mg	0.273	0.054	5	A	1		0.565		
Riboflavin	mg	0.254	0.035	11	A	1		0.526		
Niacin	mg	1.447	0.324	5	A	1		2.995		
Pantothenic acid	mg	0.906		2	A	1		1.875		
Vitamin B-6	mg	0.281	0.024	9	A	1		0.582		
Folate, total	mcg	216		2	A	1		447		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	216		2	A	1		447		
Folate, DFE	mcg_DFE	216		0	NC	4		447		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	23		2	A	1		48		
Vitamin A, RAE	mcg_RAE	1		2	A	1		2		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.114		0		1		0.236		
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	0.144		0		1		0.298		
17:0	g									
18:0	g									
20:0	g									
22:0	g									
24:0	g									

NDB No. 16083
Mungo beans, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.085		0		1		0.176		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.085		0		1		0.176		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.071		0		1		2.217		
18:2 undifferentiated.....g	0.072		0		1		0.149		
18:3 undifferentiated.....g	0.999		0		1		2.068		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.263		56		1		0.544		
Threonine.....g	0.875		14		1		1.811		
Isoleucine.....g	1.287		8		1		2.664		
Leucine.....g	2.089		8		1		4.324		
Lysine.....g	1.674		29		1		3.465		
Methionine.....g	0.367		56		1		0.760		
Cystine.....g	0.234		4		1		0.484		
Phenylalanine.....g	1.473		8		1		3.049		
Tyrosine.....g	0.783		7		1		1.621		
Valine.....g	1.416		8		1		2.931		
Arginine.....g	1.642		9		1		3.399		
Histidine.....g	0.706		9		1		1.461		
Alanine.....g	1.077		6		1		2.229		
Aspartic acid.....g	2.948		7		1		6.102		
Glutamic acid.....g	4.126		7		1		8.541		
Glycine.....g	1.053		6		1		2.180		
Proline.....g	1.166		6		1		2.414		
Serine.....g	1.327		6		1		2.747		
Hydroxyproline.....g									

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16113
Natto

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.02		3		1		96.29		
Energy	kcal	212		0	NC	4		371		
Energy	kj	887		0	NC	4		1552		
Protein (N x 5.71)	g	17.72		1		1		31.01		
Total lipid (fat)	g	11.00		1		1		19.25		
Ash	g	1.90		0		1		3.33		
Carbohydrate, by difference	g	14.36		0	NC	4		25.13		
Fiber, total dietary	g	5.4		0		4		9.5		
Sugars, total	g	3.60		0	BFSN	4		6.31		
Starch	g									
Minerals:										
Calcium, Ca	mg	217		1		1		380		
Iron, Fe	mg	8.60		1		1		15.05		
Magnesium, Mg	mg	115		2		1		201		
Phosphorus, P	mg	174		1		1		305		
Potassium, K	mg	729		1		1		1276		
Sodium, Na	mg	7		1		1		12		
Zinc, Zn	mg	3.03		1		1		5.30		
Copper, Cu	mg	0.667		1		1		1.167		
Manganese, Mn	mg	1.528		1		1		2.674		
Selenium, Se	mcg	8.8		0	BFSN	4		15.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	13.0		1		1		22.8		
Thiamin	mg	0.160		1		1		0.280		
Riboflavin	mg	0.190		1		1		0.333		
Niacin	mg	0.000		1		1		0.000		
Pantothenic acid	mg	0.215		0		4		0.376		
Vitamin B-6	mg	0.130		0		4		0.228		
Folate, total	mcg	8		0		4		14		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	8		0		4		14		
Folate, DFE	mcg_DFE	8		0	NC	4		14		
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, IU	IU	0		0	AS	1		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.01		0	BFSN	4		0.01		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	23.1		0	BFSN	4		40.5		
Lipids:										
Fatty acids, total saturated	g	1.591		0		1		2.784		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.031		0		1		0.054		
15:0	g									
16:0	g	1.168		0		1		2.044		
17:0	g									
18:0	g	0.393		0		1		0.688		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16113
Natto

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	2.430		0		1		4.253		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0		1		0.054		
17:1.....g									
18:1 undifferentiated.....g	2.399		0		1		4.198		
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	6.210		0		1		10.868		
18:2 undifferentiated.....g	5.476		0		1		9.583		
18:3 undifferentiated.....g	0.734		0		1		1.285		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.223		3		1		0.390		
Threonine.....g	0.813		3		1		1.423		
Isoleucine.....g	0.931		3		1		1.629		
Leucine.....g	1.509		3		1		2.641		
Lysine.....g	1.145		3		1		2.004		
Methionine.....g	0.208		3		1		0.364		
Cystine.....g	0.220		3		1		0.385		
Phenylalanine.....g	0.941		3		1		1.647		
Tyrosine.....g	0.556		3		1		0.973		
Valine.....g	1.018		3		1		1.782		
Arginine.....g	0.909		3		1		1.591		
Histidine.....g	0.512		3		1		0.896		
Alanine.....g	0.798		3		1		1.397		
Aspartic acid.....g	1.956		3		1		3.423		
Glutamic acid.....g	3.337		3		1		5.840		
Glycine.....g	0.646		3		1		1.131		
Proline.....g	1.403		3		1		2.455		
Serine.....g	1.121		3		1		1.962		
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		
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

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

Common Measures:

Measure 1 = 175g: 1 cup

NDB No. 16113
Natto

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16082
Noodles, chinese, cellophane or long rice (mung beans), dehydrated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	13.42		5		1		18.79		
Energy	kcal	351		0	NC	4		492		
Energy	kj	1470		0	NC	4		2059		
Protein (N x 6.25)	g	0.16		3		1		0.22		
Total lipid (fat)	g	0.06		2		1		0.08		
Ash	g	0.27		3		1		0.38		
Carbohydrate, by difference	g	86.09		0	NC	4		120.53		
Fiber, total dietary	g	0.5		0		4		0.7		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	25		3		1		35		
Iron, Fe	mg	2.17		3		1		3.04		
Magnesium, Mg	mg	3		2		1		4		
Phosphorus, P	mg	32		3		1		45		
Potassium, K	mg	10	5.402	3		1		14		
Sodium, Na	mg	10	5.600	3		1		14		
Zinc, Zn	mg	0.41		0		4		0.57		
Copper, Cu	mg	0.081		0		4		0.113		
Manganese, Mn	mg	0.100		0		4		0.140		
Selenium, Se	mcg	7.9		0	BFSN	4		11.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.150		1		1		0.210		
Riboflavin	mg	0.000		1		1		0.000		
Niacin	mg	0.200		1		1		0.280		
Pantothenic acid	mg	0.100		0		4		0.140		
Vitamin B-6	mg	0.050		0		4		0.070		
Folate, total	mcg	2		0		4		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	2		0		4		3		
Folate, DFE	mcg_DFE	2		0	NC	4		3		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0	AS	1		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.13		0	O	4		0.18		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0		
Lipids:										
Fatty acids, total saturated	g	0.017		0		1		0.024		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.000		0		1		0.000		
15:0	g									
16:0	g	0.012		0		1		0.017		
17:0	g									
18:0	g	0.003		0		1		0.004		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16082
Noodles, chinese, cellophane or long rice (mung beans), dehydrated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.008		0		1		0.011		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.011		
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	0.018		0		1		0.025		
18:2 undifferentiated.....g	0.017		0		1		0.024		
18:3 undifferentiated.....g	0.001		0		1		0.001		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.002		0		1		0.003		
Threonine.....g	0.005		0		1		0.007		
Isoleucine.....g	0.007		0		1		0.010		
Leucine.....g	0.013		0		1		0.018		
Lysine.....g	0.011		0		1		0.015		
Methionine.....g	0.002		0		1		0.003		
Cystine.....g	0.001		0		1		0.001		
Phenylalanine.....g	0.010		0		1		0.014		
Tyrosine.....g	0.005		0		1		0.007		
Valine.....g	0.008		0		1		0.011		
Arginine.....g	0.011		0		1		0.015		
Histidine.....g	0.005		0		1		0.007		
Alanine.....g	0.007		0		1		0.010		
Aspartic acid.....g	0.019		0		1		0.027		
Glutamic acid.....g	0.029		0		1		0.041		
Glycine.....g	0.007		0		1		0.010		
Proline.....g	0.007		0		1		0.010		
Serine.....g	0.008		0		1		0.011		
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		
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

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

Common Measures:

Measure 1 = 140g: 1 cup

NDB No. 16082
Noodles, chinese, cellophane or long rice (mung beans), dehydrated

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42200
Papad

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.49		0	RC	4				
Energy	kcal	371		0	NC	4				
Energy	kj	1552		0	NC	4				
Protein	g	25.56		0	RC	4				
Total lipid (fat)	g	3.25		0	RC	4				
Ash	g	7.82		0	RC	4				
Carbohydrate, by difference	g	59.87		0	NC	4				
Fiber, total dietary	g	18.6		0	RC	4				
Sugars, total	g	0.00		0	RC	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	143		0	RC	4				
Iron, Fe	mg	7.80		0	RC	4				
Magnesium, Mg	mg	271		0	RC	4				
Phosphorus, P	mg	385		0	RC	4				
Potassium, K	mg	1000		0	RC	4				
Sodium, Na	mg	1745		0	RC	4				
Zinc, Zn	mg	3.40		0	RC	4				
Copper, Cu	mg	0.998		0	RC	4				
Manganese, Mn	mg	1.562		0	RC	4				
Selenium, Se	mcg	8.3		0	RC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RC	4				
Thiamin	mg	0.277		0	RC	4				
Riboflavin	mg	0.258		0	RC	4				
Niacin	mg	1.472		0	RC	4				
Pantothenic acid	mg	0.917		0	RC	4				
Vitamin B-6	mg	0.285		0	RC	4				
Folate, total	mcg	219		0	RC	4				
Folic acid	mcg	0		0	RC	4				
Folate, food	mcg	219		0	RC	4				
Folate, DFE	mcg_DFE	219		0	NC	4				
Vitamin B-12	mcg	0.00		0	RC	4				
Vitamin A, IU	IU	50		0	NC	4				
Vitamin A, RAE	mcg_RAE	13		0	NC	4				
Retinol	mcg	13		0	RC	4				
Vitamin E (alpha-tocopherol)	mg	0.05		0	RC	4				
Tocopherol, beta	mg	0.00		0	RC	4				
Tocopherol, gamma	mg	0.01		0	RC	4				
Tocopherol, delta	mg	0.00		0	RC	4				
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.4		0	RC	4				
Lipids:										
Fatty acids, total saturated	g	1.084		0	RC	4				
4:0	g	0.050		0	RC	4				
6:0	g	0.030		0	RC	4				
8:0	g	0.017		0	RC	4				
10:0	g	0.039		0	RC	4				
12:0	g	0.044		0	RC	4				
13:0	g									
14:0	g	0.157		0	RC	4				
15:0	g									
16:0	g	0.558		0	RC	4				
17:0	g									
18:0	g	0.189		0	RC	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 42200
Papad

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.532		0	RC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.035		0	RC	4				
17:1.....g									
18:1 undifferentiated.....g	0.497		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	1.148		0	RC	4				
18:2 undifferentiated.....g	0.113		0	RC	4				
18:3 undifferentiated.....g	1.034		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	4		0	RC	4				
Phytosterols.....mg	0		0	RC	4				
Amino Acids:									
Tryptophan.....g	0.266		0	RC	4				
Threonine.....g	0.886		0	RC	4				
Isoleucine.....g	1.303		0	RC	4				
Leucine.....g	2.115		0	RC	4				
Lysine.....g	1.695		0	RC	4				
Methionine.....g	0.372		0	RC	4				
Cystine.....g	0.237		0	RC	4				
Phenylalanine.....g	1.491		0	RC	4				
Tyrosine.....g	0.793		0	RC	4				
Valine.....g	1.434		0	RC	4				
Arginine.....g	1.662		0	RC	4				
Histidine.....g	0.715		0	RC	4				
Alanine.....g	1.090		0	RC	4				
Aspartic acid.....g	2.985		0	RC	4				
Glutamic acid.....g	4.178		0	RC	4				
Glycine.....g	1.066		0	RC	4				
Proline.....g	1.181		0	RC	4				
Serine.....g	1.344		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				
Carotenoids:									
Carotene, beta.....mcg	4		0	RC	4				
Carotene, alpha.....mcg	0		0	RC	4				
Cryptoxanthin, beta.....mcg	0		0	RC	4				
Lycopene.....mcg	0		0	RC	4				
Lutein + zeaxanthin.....mcg	1		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. 42200
Papad

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16097
Peanut butter, chunk style, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.25	0.104	4	A	1		3.23	0.40	
Energy	kcal	589		0	NC	4		1519	188	
Energy	kj	2464		0	NC	4		6356	788	
Protein (N x 5.46)	g	25.07	0.098	4	A	1		64.69	8.02	
Total lipid (fat)	g	49.70	0.442	4	A	1		128.22	15.90	
Ash	g	2.89	0.028	4	A	1		7.45	0.92	
Carbohydrate, by difference	g	21.09		0	NC	4		54.41	6.75	
Fiber, total dietary	g	6.6		0		4		17.0	2.1	
Sugars, total	g	7.80		0	T	4		20.12	2.50	
Starch	g									
Minerals:										
Calcium, Ca	mg	53	6.301	4	A	1		137	17	
Iron, Fe	mg	2.04	0.226	4	A	1		5.27	0.65	
Magnesium, Mg	mg	194	4.103	4	A	1		501	62	
Phosphorus, P	mg	392	14.574	4	A	1		1012	126	
Potassium, K	mg	631	10.108	4	A	1		1628	202	
Sodium, Na	mg	470	57.225	4	A	1		1212	150	
Zinc, Zn	mg	3.25	0.285	4	A	1		8.39	1.04	
Copper, Cu	mg	0.610	0.040	4	A	1		1.573	0.195	
Manganese, Mn	mg	1.768	0.111	4	A	1		4.560	0.566	
Selenium, Se	mcg	7.5	0.337	27	A	1		19.4	2.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.125		7		1		0.323	0.040	
Riboflavin	mg	0.112		7		1		0.289	0.036	
Niacin	mg	13.689		273		1		35.318	4.380	
Pantothenic acid	mg	1.195	0.040	4	A	1		3.083	0.382	
Vitamin B-6	mg	0.450		2		1		1.161	0.144	
Folate, total	mcg	92		2		1		237	29	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	92		2		1		237	29	
Folate, DFE	mcg_DFE	92		0	NC	4		237	29	
Vitamin B-12	mcg	0.00		0		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 (alpha-tocopherol)	mg	7.67		0	BFSN	4		19.80	2.46	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.8		0	BFSN	4		1.9	0.2	
Lipids:										
Fatty acids, total saturated	g	9.580		0		1		24.716	3.066	
4:0	g	0.000		0	BFSN	4		0.000	0.000	
6:0	g	0.000		0	BFSN	4		0.000	0.000	
8:0	g	0.000		0	BFSN	4		0.000	0.000	
10:0	g	0.000		0	BFSN	4		0.000	0.000	
12:0	g	0.178	0.020	3	A	1		0.458	0.057	
13:0	g									
14:0	g	0.050		0		1		0.129	0.016	
15:0	g									
16:0	g	6.058	0.078	4	A	1		15.630	1.939	
17:0	g									
18:0	g	0.682	0.269	4	A	1		1.760	0.218	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16097
Peanut butter, chunk style, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	23.560		0		1		60.785	7.539	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	22.333	0.463	4	A	1		57.618	7.146	
20:1.....g	0.790	0.038	4	A	1		2.038	0.253	
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.163		0		1		36.541	4.532	
18:2 undifferentiated.....g	13.854	0.312	4	A	1		35.743	4.433	
18:3 undifferentiated.....g	0.078		0		1		0.201	0.025	
18:4.....g	0.000		0	BFSN	4		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	BFSN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg	102		0		1		263	33	
Amino Acids:									
Tryptophan.....g	0.233		0		1		0.601	0.075	
Threonine.....g	0.823		0		1		2.123	0.263	
Isoleucine.....g	0.845		0		1		2.180	0.270	
Leucine.....g	1.559		0		1		4.022	0.499	
Lysine.....g	0.863		0		1		2.227	0.276	
Methionine.....g	0.295		0		1		0.761	0.094	
Cystine.....g	0.308		0		1		0.795	0.099	
Phenylalanine.....g	1.246		0		1		3.215	0.399	
Tyrosine.....g	0.977		0		1		2.521	0.313	
Valine.....g	1.008		0		1		2.601	0.323	
Arginine.....g	2.875		0		1		7.418	0.920	
Histidine.....g	0.608		0		1		1.569	0.195	
Alanine.....g	0.955		0		1		2.464	0.306	
Aspartic acid.....g	2.932		0		1		7.565	0.938	
Glutamic acid.....g	5.024		0		1		12.962	1.608	
Glycine.....g	1.449		0		1		3.738	0.464	
Proline.....g	1.061		0		1		2.737	0.340	
Serine.....g	1.184		0		1		3.055	0.379	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 258g: 1 cup

Measure 2 = 32g: 2 tbsp

NDB No. 16097
Peanut butter, chunk style, with salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16397
Peanut butter, chunk style, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.13		219		1		2.92	0.36	
Energy	kcal	589		0	NC	4		1520	189	
Energy	kj	2466		0	NC	4		6361	789	
Protein (N x 5.46)	g	24.05		291		1		62.05	7.70	
Total lipid (fat)	g	49.94		295		1		128.85	15.98	
Ash	g	3.30		206		1		8.51	1.06	
Carbohydrate, by difference	g	21.58		0	NC	4		55.68	6.91	
Fiber, total dietary	g	6.6		0		4		17.0	2.1	
Sugars, total	g	7.81		0	BFSN	4		20.15	2.50	
Starch	g									
Minerals:										
Calcium, Ca	mg	41		7		1		106	13	
Iron, Fe	mg	1.90		259		1		4.90	0.61	
Magnesium, Mg	mg	159		192		1		410	51	
Phosphorus, P	mg	317		192		1		818	101	
Potassium, K	mg	747		186		1		1927	239	
Sodium, Na	mg	17		0		1		44	5	
Zinc, Zn	mg	2.78		192		1		7.17	0.89	
Copper, Cu	mg	0.515		2		1		1.329	0.165	
Manganese, Mn	mg	1.865		2		1		4.812	0.597	
Selenium, Se	mcg	7.5	0.337	27	A	1		19.4	2.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.125		7		1		0.323	0.040	
Riboflavin	mg	0.112		7		1		0.289	0.036	
Niacin	mg	13.689		273		1		35.318	4.380	
Pantothenic acid	mg	0.964		2		1		2.487	0.308	
Vitamin B-6	mg	0.450		2		1		1.161	0.144	
Folate, total	mcg	92		2		1		237	29	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	92		2		1		237	29	
Folate, DFE	mcg_DFE	92		0	NC	4		237	29	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	7.68		0	BFSN	4		19.82	2.46	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.8		0	BFSN	4		1.9	0.2	
Lipids:										
Fatty acids, total saturated	g	9.580		0		1		24.716	3.066	
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	0.022		0		1		0.057	0.007	
13:0	g									
14:0	g	0.050		0		1		0.129	0.016	
15:0	g									
16:0	g	5.496		0		1		14.180	1.759	
17:0	g									
18:0	g	2.141		0		1		5.524	0.685	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16397
Peanut butter, chunk style, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	23.560		0		1		60.785	7.539	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	22.943		0		1		59.193	7.342	
20:1....g	0.617		0		1		1.592	0.197	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	14.163		0		1		36.541	4.532	
18:2 undifferentiated....g	14.085		0		1		36.339	4.507	
18:3 undifferentiated....g	0.078		0		1		0.201	0.025	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg	102		0		1		263	33	
Amino Acids:									
Tryptophan....g	0.233		0		1		0.601	0.075	
Threonine....g	0.823		0		1		2.123	0.263	
Isoleucine....g	0.845		0		1		2.180	0.270	
Leucine....g	1.559		0		1		4.022	0.499	
Lysine....g	0.863		0		1		2.227	0.276	
Methionine....g	0.295		0		1		0.761	0.094	
Cystine....g	0.308		0		1		0.795	0.099	
Phenylalanine....g	1.246		0		1		3.215	0.399	
Tyrosine....g	0.977		0		1		2.521	0.313	
Valine....g	1.008		0		1		2.601	0.323	
Arginine....g	2.875		0		1		7.418	0.920	
Histidine....g	0.608		0		1		1.569	0.195	
Alanine....g	0.955		0		1		2.464	0.306	
Aspartic acid....g	2.932		0		1		7.565	0.938	
Glutamic acid....g	5.024		0		1		12.962	1.608	
Glycine....g	1.449		0		1		3.738	0.464	
Proline....g	1.061		0		1		2.737	0.340	
Serine....g	1.184		0		1		3.055	0.379	
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	
Carotenoids:									
Carotene, beta....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 258g: 1 cup

Measure 2 = 32g: 2 tbsp

NDB No. 16397
Peanut butter, chunk style, without salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16156
Peanut butter, chunky, vitamin and mineral fortified

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.48		0	BFZN	4		3.82	0.47	
Energy	kcal	593		0	NC	4		1531	190	
Energy	kj	2482		0	NC	4		6404	794	
Protein	g	26.06		0	MC	9		67.23	8.34	
Total lipid (fat)	g	51.47		0	MC	9		132.79	16.47	
Ash	g	3.30		0	BFZN	4		8.51	1.06	
Carbohydrate, by difference	g	17.69		0	MC	9		45.64	5.66	
Fiber, total dietary	g	5.7		0	MC	9		14.7	1.8	
Sugars, total	g	10.94		0	MC	9		28.22	3.50	
Starch	g									
Minerals:										
Calcium, Ca	mg	53		0	BFSN	4		137	17	
Iron, Fe	mg	17.50		0	MC	9		45.15	5.60	
Magnesium, Mg	mg	370		0	MC	9		955	118	
Phosphorus, P	mg	316		0	BFSN	4		815	101	
Potassium, K	mg	744		0	BFSN	4		1920	238	
Sodium, Na	mg	366		0	MC	9		944	117	
Zinc, Zn	mg	15.10		0	MC	9		38.96	4.83	
Copper, Cu	mg	1.770		0	MC	9		4.567	0.566	
Manganese, Mn	mg									
Selenium, Se	mcg	7.5		0	BFZN	4		19.4	2.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0	0.0	
Thiamin	mg	0.125		0	BFSN	4		0.323	0.040	
Riboflavin	mg	0.112		0	BFSN	4		0.289	0.036	
Niacin	mg	13.640		0	BFSN	4		35.191	4.365	
Pantothenic acid	mg									
Vitamin B-6	mg	2.520		0	MC	9		6.502	0.806	
Folate, total	mcg	313		0	LC	8		806	100	
Folic acid	mcg	221		0	LC	8		569	71	
Folate, food	mcg	92		0	BFSN	4		237	29	
Folate, DFE	mcg_DFE	467		0	NC	4		1205	149	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	3907		0	NC	4		10079	1250	
Vitamin A, RAE	mcg_RAE	1172		0	NC	4		3024	375	
Retinol	mcg	1172		0	LC	8		3024	375	
Vitamin E (alpha-tocopherol)	mg	13.06		0	LC	8		33.68	4.18	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.7		0	BFSN	4		1.9	0.2	
Lipids:										
Fatty acids, total saturated	g	10.062		0	MC	9		25.960	3.220	
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	0.022		0	BFFN	4		0.057	0.007	
13:0	g									
14:0	g	0.052		0	BFFN	4		0.134	0.017	
15:0	g									
16:0	g	5.684		0	BFFN	4		14.665	1.819	
17:0	g									
18:0	g	2.214		0	BFFN	4		5.712	0.708	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16156
Peanut butter, chunky, vitamin and mineral fortified

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	24.366		0	BFFN	4		62.864	7.797	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	23.728		0	BFFN	4		61.218	7.593	
20:1.....g	0.638		0	BFFN	4		1.646	0.204	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.648		0	BFFN	4		37.792	4.687	
18:2 undifferentiated.....g	14.567		0	BFFN	4		37.583	4.661	
18:3 undifferentiated.....g	0.081		0	BFFN	4		0.209	0.026	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	47		0	BFFN	4		121	15	
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	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 258g: 1 cup

Measure 2 = 32g: 2 tbsp

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 42291
Peanut butter, reduced 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	1.10				1		0.18		
Energy	kcal	633		0	NC	4		101		
Energy	kj	2648		0	NC	4		424		
Protein	g	24.00				1		3.84		
Total lipid (fat)	g	49.90				1		7.98		
Ash	g	3.05		0	BFSN	4		0.49		
Carbohydrate, by difference	g	21.95		0	NC	4		3.51		
Fiber, total dietary	g	6.6				4		1.1		
Sugars, total	g	7.82		0	BFSN	4		1.25		
Starch	g									
Minerals:										
Calcium, Ca	mg	41				1		7		
Iron, Fe	mg	1.90				1		0.30		
Magnesium, Mg	mg	159				1		25		
Phosphorus, P	mg	317				1		51		
Potassium, K	mg	747				1		120		
Sodium, Na	mg	203				4		32		
Zinc, Zn	mg	2.78				1		0.44		
Copper, Cu	mg	0.515				1		0.082		
Manganese, Mn	mg									
Selenium, Se	mcg	7.5		0	BFZN	4		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				1		0.0		
Thiamin	mg	0.120				1		0.019		
Riboflavin	mg	0.110				1		0.018		
Niacin	mg	13.690				1		2.190		
Pantothenic acid	mg									
Vitamin B-6	mg	0.450				1		0.072		
Folate, total	mcg	92				1		15		
Folic acid	mcg	0		0	BFSN	4		0		
Folate, food	mcg	92				1		15		
Folate, DFE	mcg_DFE	92		0	NC	4		15		
Vitamin B-12	mcg	0.00				7		0.00		
Vitamin A, IU	IU	0		0	NC	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	7.69		0	BFSN	4		1.23		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.8		0	BFSN	4		0.1		
Lipids:										
Fatty acids, total saturated	g	9.580				1		1.533		
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	0.022				4		0.004		
13:0	g									
14:0	g	0.050				4		0.008		
15:0	g									
16:0	g	5.501				4		0.880		
17:0	g									
18:0	g	2.143				4		0.343		
20:0	g									
22:0	g									
24:0	g									

NDB No. 42291
Peanut butter, reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	23.560				1		3.770		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	22.964				4		3.674		
20:1.....g	0.618				4		0.099		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.350				1		2.296		
18:2 undifferentiated.....g	14.098				4		2.256		
18:3 undifferentiated.....g	0.078				4		0.012		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.187				4		0.030		
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				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		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

Common Measures:

Measure 1 = 16g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16098
Peanut butter, smooth style, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.30	0.071	4	A	1		3.35	0.42	
Energy	kcal	599		0	NC	4		1546	192	
Energy	kj	2507		0	NC	4		6467	802	
Protein (N x 5.46)	g	24.97	0.035	4	A	1		64.41	7.99	
Total lipid (fat)	g	52.28	0.321	4	A	1		134.87	16.73	
Ash	g	3.04	0.031	4	A	1		7.85	0.97	
Carbohydrate, by difference	g	18.42		0	NC	4		47.51	5.89	
Fiber, total dietary	g	5.9	0.382	7		1		15.2	1.9	
Sugars, total	g	7.80		0	T	4		20.12	2.50	
Starch	g									
Minerals:										
Calcium, Ca	mg	47	10.642	4	A	1		120	15	
Iron, Fe	mg	1.88	0.394	4	A	1		4.86	0.60	
Magnesium, Mg	mg	175	31.939	4	A	1		452	56	
Phosphorus, P	mg	331	62.956	4	A	1		855	106	
Potassium, K	mg	552	84.584	4	A	1		1424	177	
Sodium, Na	mg	500	92.801	4	A	1		1289	160	
Zinc, Zn	mg	2.93	0.574	4	A	1		7.55	0.94	
Copper, Cu	mg	0.544	0.103	4	A	1		1.403	0.174	
Manganese, Mn	mg	1.672	0.319	4	A	1		4.312	0.535	
Selenium, Se	mcg	7.5	0.337	27	A	1		19.4	2.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.083	0.006	26		1		0.214	0.027	
Riboflavin	mg	0.105	0.004	30		1		0.271	0.034	
Niacin	mg	13.403	0.047	480		1		34.580	4.289	
Pantothenic acid	mg	1.314	0.013	4	A	1		3.389	0.420	
Vitamin B-6	mg	0.454	0.033	14		1		1.171	0.145	
Folate, total	mcg	74	10.415	11		1		191	24	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	74	10.415	11		1		191	24	
Folate, DFE	mcg_DFE	74		0	NC	4		191	24	
Vitamin B-12	mcg	0.00		0		4		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 (alpha-tocopherol)	mg	7.67	1.614	4	A	1		19.79	2.45	
Tocopherol, beta	mg	0.27	0.019	4	A	1		0.70	0.09	
Tocopherol, gamma	mg	8.91	0.454	4	A	1		22.98	2.85	
Tocopherol, delta	mg	0.87	0.027	4	A	1		2.25	0.28	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.8		2	A	1		1.9	0.2	
Lipids:										
Fatty acids, total saturated	g	10.027		0	NC	4		25.870	3.209	
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	0.134		2	A	1		0.346	0.043	
13:0	g									
14:0	g	0.222		47		1		0.574	0.071	
15:0	g									
16:0	g	6.229	0.261	4	A	1		16.071	1.993	
17:0	g									
18:0	g	0.901	0.315	4	A	1		2.324	0.288	
20:0	g	0.646	0.020	4	A	1		1.666	0.207	
22:0	g	1.434		0		1		3.700	0.459	
24:0	g	0.461		0		1		1.189	0.148	

NDB No. 16098
Peanut butter, smooth style, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	24.746		0	NC	4		63.844	7.919	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	24.005	0.235	4	A	1		61.934	7.682	
20:1.....g	0.740	0.019	4	A	1		1.910	0.237	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.889		0	NC	4		38.413	4.764	
18:2 undifferentiated.....g	14.809	0.288	4	A	1		38.207	4.739	
18:3 undifferentiated.....g	0.080		0		1		0.206	0.026	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg	102		0		1		263	33	
Amino Acids:									
Tryptophan.....g	0.245		0		1		0.632	0.078	
Threonine.....g	0.864		0		1		2.229	0.276	
Isoleucine.....g	0.887		0		1		2.288	0.284	
Leucine.....g	1.635		0		1		4.218	0.523	
Lysine.....g	0.905		0		1		2.335	0.290	
Methionine.....g	0.309		0		1		0.797	0.099	
Cystine.....g	0.323		0		1		0.833	0.103	
Phenylalanine.....g	1.307		0		1		3.372	0.418	
Tyrosine.....g	1.025		0		1		2.645	0.328	
Valine.....g	1.058		0		1		2.730	0.339	
Arginine.....g	3.016		0		1		7.781	0.965	
Histidine.....g	0.637		0		1		1.643	0.204	
Alanine.....g	1.002		0		1		2.585	0.321	
Aspartic acid.....g	3.076		0		1		7.936	0.984	
Glutamic acid.....g	5.269		0		1		13.594	1.686	
Glycine.....g	1.519		0		1		3.919	0.486	
Proline.....g	1.113		0		1		2.872	0.356	
Serine.....g	1.242		0		1		3.204	0.397	
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	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 258g: 1 cup

Measure 2 = 32g: 2 tbsp

NDB No. 16098
Peanut butter, smooth style, with salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16398
Peanut butter, smooth style, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.22	0.016	409		1		3.15	0.39	
Energy	kcal	593		0	NC	4		1530	190	
Energy	kj	2482		0	NC	4		6402	794	
Protein (N x 5.46)	g	25.21	0.048	629		1		65.04	8.07	
Total lipid (fat)	g	51.03	0.060	602		1		131.66	16.33	
Ash	g	3.25	0.007	368		1		8.39	1.04	
Carbohydrate, by difference	g	19.29		0	NC	4		49.77	6.17	
Fiber, total dietary	g	5.9	0.382	7		1		15.2	1.9	
Sugars, total	g	7.81		0	BFSN	4		20.14	2.50	
Starch	g									
Minerals:										
Calcium, Ca	mg	38	1.114	67		1		98	12	
Iron, Fe	mg	1.84	0.034	510		1		4.75	0.59	
Magnesium, Mg	mg	159	2.682	346		1		410	51	
Phosphorus, P	mg	369	1.972	341		1		952	118	
Potassium, K	mg	669	3.751	214		1		1726	214	
Sodium, Na	mg	17		0		4		44	5	
Zinc, Zn	mg	2.92	0.019	325		1		7.53	0.93	
Copper, Cu	mg	0.138	0.032	50		1		0.356	0.044	
Manganese, Mn	mg	0.447	0.102	50		1		1.153	0.143	
Selenium, Se	mcg	7.5	0.337	27	A	1		19.4	2.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.083	0.006	26		1		0.214	0.027	
Riboflavin	mg	0.105	0.004	30		1		0.271	0.034	
Niacin	mg	13.403	0.047	480		1		34.580	4.289	
Pantothenic acid	mg	0.806	0.070	12		1		2.079	0.258	
Vitamin B-6	mg	0.454	0.033	14		1		1.171	0.145	
Folate, total	mcg	74	10.415	11		1		191	24	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	74	10.415	11		1		191	24	
Folate, DFE	mcg_DFE	74		0	NC	4		191	24	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	7.68		0	BFSN	4		19.80	2.46	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.8		0	BFSN	4		1.9	0.2	
Lipids:										
Fatty acids, total saturated	g	11.193		0	NC	4		28.878	3.582	
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	0.022		0		1		0.057	0.007	
13:0	g									
14:0	g	0.217		47		1		0.560	0.069	
15:0	g									
16:0	g	5.713		47		1		14.740	1.828	
17:0	g									
18:0	g	2.691		47		1		6.943	0.861	
20:0	g	0.700		0		1		1.806	0.224	
22:0	g	1.400		0		1		3.612	0.448	
24:0	g	0.450		0		1		1.161	0.144	

NDB No. 16398
Peanut butter, smooth style, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	24.276		0		1		62.632	7.768	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	23.843		47		1		61.515	7.630	
20:1.....g	0.433		47		1		1.117	0.139	
22:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.788		0		1		35.573	4.412	
18:2 undifferentiated.....g	13.710		47		1		35.372	4.387	
18:3 undifferentiated.....g	0.078		0		1		0.201	0.025	
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	0		0		1		0	0	
Phytosterols.....mg	102		0		1		263	33	
Amino Acids:									
Tryptophan.....g	0.245		0		1		0.632	0.078	
Threonine.....g	0.864		0		1		2.229	0.276	
Isoleucine.....g	0.887		0		1		2.288	0.284	
Leucine.....g	1.635		0		1		4.218	0.523	
Lysine.....g	0.905		0		1		2.335	0.290	
Methionine.....g	0.309		0		1		0.797	0.099	
Cystine.....g	0.323		0		1		0.833	0.103	
Phenylalanine.....g	1.307		0		1		3.372	0.418	
Tyrosine.....g	1.025		0		1		2.645	0.328	
Valine.....g	1.058		0		1		2.730	0.339	
Arginine.....g	3.016		0		1		7.781	0.965	
Histidine.....g	0.637		0		1		1.643	0.204	
Alanine.....g	1.002		0		1		2.585	0.321	
Aspartic acid.....g	3.076		0		1		7.936	0.984	
Glutamic acid.....g	5.269		0		1		13.594	1.686	
Glycine.....g	1.519		0		1		3.919	0.486	
Proline.....g	1.113		0		1		2.872	0.356	
Serine.....g	1.242		0		1		3.204	0.397	
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	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 258g: 1 cup

Measure 2 = 32g: 2 tbsp

NDB No. 16398
Peanut butter, smooth style, without salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16150
Peanut butter, smooth, reduced fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.20				1				
Energy	kcal	520		0	NC	4				
Energy	kj	2174		0	NC	4				
Protein	g	25.90				1				
Total lipid (fat)	g	34.00				1				
Ash	g	3.25			BFSN	4				
Carbohydrate, by difference	g	35.65		0	NC	4				
Fiber, total dietary	g	5.2				1				
Sugars, total	g	7.81		0	BFSN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	35				1				
Iron, Fe	mg	1.90				1				
Magnesium, Mg	mg	170				1				
Phosphorus, P	mg	369				4				
Potassium, K	mg	669				4				
Sodium, Na	mg	540				1				
Zinc, Zn	mg	2.80				1				
Copper, Cu	mg	0.580				1				
Manganese, Mn	mg									
Selenium, Se	mcg	7.5		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				4				
Thiamin	mg	0.270				1				
Riboflavin	mg	0.060				1				
Niacin	mg	14.600				1				
Pantothenic acid	mg									
Vitamin B-6	mg	0.310				1				
Folate, total	mcg	60				1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	60				1				
Folate, DFE	mcg_DFE	60		0	NC	4				
Vitamin B-12	mcg	0.00				7				
Vitamin A, IU	IU	0		0	NC	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	6.67		0	O	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.8		0	BFSN	4				
Lipids:										
Fatty acids, total saturated	g	7.400				1				
4:0	g	0.000				4				
6:0	g	0.000				4				
8:0	g	0.000				4				
10:0	g	0.000				4				
12:0	g	0.015				4				
13:0	g									
14:0	g	0.145				4				
15:0	g									
16:0	g	3.807				4				
17:0	g									
18:0	g	1.793				4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 16150
Peanut butter, smooth, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	16.156				4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4				
17:1.....g									
18:1 undifferentiated.....g	15.867				4				
20:1.....g	0.289				4				
22:1 undifferentiated.....g	0.000				4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.266				4				
18:2 undifferentiated.....g	9.130				4				
18:3 undifferentiated.....g	0.052				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	0				7				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4				
Carotene, alpha.....mcg	0		0	BFSN	4				
Cryptoxanthin, beta.....mcg	0		0	BFSN	4				
Lycopene.....mcg	0		0	BFSN	4				
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16155
Peanut butter, smooth, vitamin and mineral fortified

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.47		0	BFZN	4		3.79	0.47	
Energy	kcal	591		0	NC	4		1524	189	
Energy	kj	2472		0	NC	4		6378	791	
Protein	g	25.72		0	MC	9		66.36	8.23	
Total lipid (fat)	g	50.81		0	MC	9		131.09	16.26	
Ash	g	3.25		0	BFZN	4		8.39	1.04	
Carbohydrate, by difference	g	18.75		0	MC	9		48.38	6.00	
Fiber, total dietary	g	5.6		0	MC	9		14.4	1.8	
Sugars, total	g	10.47		0	MC	9		27.01	3.35	
Starch	g									
Minerals:										
Calcium, Ca	mg	47		0	BFSN	4		120	15	
Iron, Fe	mg	16.60		0	MC	9		42.83	5.31	
Magnesium, Mg	mg	355		0	MC	9		916	114	
Phosphorus, P	mg	368		0	MC	9		949	118	
Potassium, K	mg	667		0	MC	9		1721	213	
Sodium, Na	mg	420		0	MC	9		1084	134	
Zinc, Zn	mg	14.40		0	MC	9		37.15	4.61	
Copper, Cu	mg	1.640		0	MC	9		4.231	0.525	
Manganese, Mn	mg									
Selenium, Se	mcg	7.5		0	BFZN	4		19.4	2.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0	0.0	
Thiamin	mg	0.083		0	MC	9		0.214	0.027	
Riboflavin	mg	0.105		0	MC	9		0.271	0.034	
Niacin	mg	13.369		0	MC	9		34.492	4.278	
Pantothenic acid	mg									
Vitamin B-6	mg	2.230		0	MC	9		5.753	0.714	
Folate, total	mcg	313		0	LC	8		806	100	
Folic acid	mcg	239		0	LC	8		616	76	
Folate, food	mcg	74		0	BFSN	4		191	24	
Folate, DFE	mcg_DFE	480		0	NC	4		1237	153	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	3907		0	NC	4		10079	1250	
Vitamin A, RAE	mcg_RAE	1172		0	NC	4		3024	375	
Retinol	mcg	1172		0	LC	8		3024	375	
Vitamin E (alpha-tocopherol)	mg	13.06		0	LC	8		33.68	4.18	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.7		0	BFSN	4		1.9	0.2	
Lipids:										
Fatty acids, total saturated	g	10.125		0	BFFN	4		26.123	3.240	
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	0.022		0	BFFN	4		0.057	0.007	
13:0	g									
14:0	g	0.218		0	BFFN	4		0.562	0.070	
15:0	g									
16:0	g	5.738		0	BFFN	4		14.804	1.836	
17:0	g									
18:0	g	2.702		0	BFFN	4		6.971	0.865	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16155
Peanut butter, smooth, vitamin and mineral fortified

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	24.832		0	BFFN	4		64.067	7.946	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	23.945		0	BFFN	4		61.778	7.662	
20:1.....g	0.435		0	BFFN	4		1.122	0.139	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.847		0	BFFN	4		35.725	4.431	
18:2 undifferentiated.....g	13.769		0	BFFN	4		35.524	4.406	
18:3 undifferentiated.....g	0.070		0	BFFN	4		0.181	0.022	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	102		0	BFFN	4		263	33	
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	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 258g: 1 cup

Measure 2 = 32g: 2 tbsp

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 16099
Peanut flour, defatted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.80		2		1		4.68	2.21	
Energy	kcal	327		0	NC	4		196	93	
Energy	kj	1368		0	NC	4		821	388	
Protein (N x 5.46)	g	52.20		2		1		31.32	14.80	
Total lipid (fat)	g	0.55		2		1		0.33	0.16	
Ash	g	4.75		2		1		2.85	1.35	
Carbohydrate, by difference	g	34.70		0	NC	4		20.82	9.84	
Fiber, total dietary	g	15.8		0		4		9.5	4.5	
Sugars, total	g	8.22		0	BFNN	4		4.93	2.33	
Starch	g									
Minerals:										
Calcium, Ca	mg	140		1		1		84	40	
Iron, Fe	mg	2.10		1		1		1.26	0.60	
Magnesium, Mg	mg	370		1		1		222	105	
Phosphorus, P	mg	760		1		1		456	215	
Potassium, K	mg	1290		1		1		774	366	
Sodium, Na	mg	180		1		1		108	51	
Zinc, Zn	mg	5.10		1		1		3.06	1.45	
Copper, Cu	mg	1.800		1		1		1.080	0.510	
Manganese, Mn	mg	4.900		1		1		2.940	1.389	
Selenium, Se	mcg	7.1		0	BFSN	4		4.3	2.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.700		1		1		0.420	0.198	
Riboflavin	mg	0.480		1		1		0.288	0.136	
Niacin	mg	27.000		1		1		16.200	7.655	
Pantothenic acid	mg	2.744		0		1		1.646	0.778	
Vitamin B-6	mg	0.504		0		1		0.302	0.143	
Folate, total	mcg	248		0		1		149	70	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	248		0		1		149	70	
Folate, DFE	mcg_DFE	248		0	NC	4		149	70	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.05		0	NR	4		0.03	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFNN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.063		0		1		0.038	0.018	
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		1		0.000	0.000	
15:0	g									
16:0	g	0.048		0		1		0.029	0.014	
17:0	g									
18:0	g	0.010		0		1		0.006	0.003	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16099
Peanut flour, defatted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.225		0		1		0.135	0.064	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.219		0		1		0.131	0.062	
20:1.....g	0.006		0		1		0.004	0.002	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.143		0		1		0.086	0.041	
18:2 undifferentiated.....g	0.143		0		1		0.086	0.041	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.507		0		1		0.304	0.144	
Threonine.....g	1.788		0		1		1.073	0.507	
Isoleucine.....g	1.836		0		1		1.102	0.521	
Leucine.....g	3.384		0		1		2.030	0.959	
Lysine.....g	1.874		0		1		1.124	0.531	
Methionine.....g	0.641		0		1		0.385	0.182	
Cystine.....g	0.669		0		1		0.401	0.190	
Phenylalanine.....g	2.705		0		1		1.623	0.767	
Tyrosine.....g	2.122		0		1		1.273	0.602	
Valine.....g	2.189		0		1		1.313	0.621	
Arginine.....g	6.243		0		1		3.746	1.770	
Histidine.....g	1.319		0		1		0.791	0.374	
Alanine.....g	2.075		0		1		1.245	0.588	
Aspartic acid.....g	6.367		0		1		3.820	1.805	
Glutamic acid.....g	10.908		0		1		6.545	3.092	
Glycine.....g	3.145		0		1		1.887	0.892	
Proline.....g	2.304		0		1		1.382	0.653	
Serine.....g	2.572		0		1		1.543	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	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFNN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFNN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFNN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFNN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFNN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 60g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 16099
Peanut flour, defatted

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16100
Peanut flour, low fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.80		0		1		4.68	2.21	
Energy	kcal	428		0	NC	4		257	121	
Energy	kj	1790		0	NC	4		1074	508	
Protein (N x 5.46)	g	33.80		1		1		20.28	9.58	
Total lipid (fat)	g	21.90		1		1		13.14	6.21	
Ash	g	5.23		1		1		3.14	1.48	
Carbohydrate, by difference	g	31.27		0	NC	4		18.76	8.87	
Fiber, total dietary	g	15.8		0	BFSN	4		9.5	4.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	130	7.319	8		1		78	37	
Iron, Fe	mg	4.74	0.956	8		1		2.84	1.34	
Magnesium, Mg	mg	48	9.774	8		1		29	14	
Phosphorus, P	mg	508		0		4		305	144	
Potassium, K	mg	1358	70.704	8		1		815	385	
Sodium, Na	mg	1	0.117	7		1		1	0	
Zinc, Zn	mg	5.99	0.384	8		1		3.59	1.70	
Copper, Cu	mg	2.039	0.457	8		1		1.223	0.578	
Manganese, Mn	mg	4.231	0.418	8		1		2.539	1.199	
Selenium, Se	mcg	7.1		0	BFSN	4		4.3	2.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.457		0		4		0.274	0.130	
Riboflavin	mg	0.172		0		4		0.103	0.049	
Niacin	mg	11.499		0		4		6.899	3.260	
Pantothenic acid	mg	1.543		0		4		0.926	0.437	
Vitamin B-6	mg	0.304		0		4		0.182	0.086	
Folate, total	mcg	133		0		4		80	38	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	133		0		4		80	38	
Folate, DFE	mcg_DFE	133		0	NC	4		80	38	
Vitamin B-12	mcg	0.00		0		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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.040		0		1		1.824	0.862	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.011		0		1		0.007	0.003	
15:0	g									
16:0	g	2.292		0		1		1.375	0.650	
17:0	g									
18:0	g	0.489		0		1		0.293	0.139	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16100
Peanut flour, low fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.866		0		1		6.520	3.081	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	10.567		0		1		6.340	2.996	
20:1.....g	0.294		0		1		0.176	0.083	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.921		0		1		4.153	1.962	
18:2 undifferentiated.....g	6.919		0		1		4.151	1.962	
18:3 undifferentiated.....g	0.001		0		1		0.001	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		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.328		0		1		0.197	0.093	
Threonine.....g	1.158		0		1		0.695	0.328	
Isoleucine.....g	1.188		0		1		0.713	0.337	
Leucine.....g	2.191		0		1		1.315	0.621	
Lysine.....g	1.213		0		1		0.728	0.344	
Methionine.....g	0.415		0		1		0.249	0.118	
Cystine.....g	0.433		0		1		0.260	0.123	
Phenylalanine.....g	1.752		0		1		1.051	0.497	
Tyrosine.....g	1.374		0		1		0.824	0.390	
Valine.....g	1.418		0		1		0.851	0.402	
Arginine.....g	4.042		0		1		2.425	1.146	
Histidine.....g	0.854		0		1		0.512	0.242	
Alanine.....g	1.343		0		1		0.806	0.381	
Aspartic acid.....g	4.123		0		1		2.474	1.169	
Glutamic acid.....g	7.063		0		1		4.238	2.002	
Glycine.....g	2.037		0		1		1.222	0.577	
Proline.....g	1.492		0		1		0.895	0.423	
Serine.....g	1.665		0		1		0.999	0.472	
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 = 60g: 1 cup

Measure 2 = 28.35g: 1 oz

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16088
Peanuts, all types, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	41.78		1		1		26.32	75.20	11.84
Energy	kcal	318		0	NC	4		200	572	90
Energy	kj	1329		0	NC	4		837	2392	377
Protein (N x 5.46)	g	13.50		1		1		8.51	24.30	3.83
Total lipid (fat)	g	22.01		1		1		13.87	39.62	6.24
Ash	g	1.45		0		1		0.91	2.61	0.41
Carbohydrate, by difference	g	21.26		0	NC	4		13.39	38.27	6.03
Fiber, total dietary	g	8.8		0		4		5.5	15.8	2.5
Sugars, total	g	2.47		0	BFSN	4		1.56	4.45	0.70
Starch	g									
Minerals:										
Calcium, Ca	mg	55		1		1		35	99	16
Iron, Fe	mg	1.01		1		1		0.64	1.82	0.29
Magnesium, Mg	mg	102		1		1		64	184	29
Phosphorus, P	mg	198		1		1		125	356	56
Potassium, K	mg	180		1		1		113	324	51
Sodium, Na	mg	751		1		1		473	1352	213
Zinc, Zn	mg	1.83		0		1		1.15	3.29	0.52
Copper, Cu	mg	0.499		0		1		0.314	0.898	0.141
Manganese, Mn	mg	1.023		0		1		0.644	1.841	0.290
Selenium, Se	mcg	4.4		0	BFSN	4		2.8	7.9	1.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.259		0		1		0.163	0.466	0.073
Riboflavin	mg	0.063		0		1		0.040	0.113	0.018
Niacin	mg	5.259		0		1		3.313	9.466	1.491
Pantothenic acid	mg	0.825		0		1		0.520	1.485	0.234
Vitamin B-6	mg	0.152		0		1		0.096	0.274	0.043
Folate, total	mcg	75		0		1		47	134	21
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	75		0		1		47	134	21
Folate, DFE	mcg_DFE	75		0	NC	4		47	134	21
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	NC	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 (alpha-tocopherol)	mg	4.10		0	BFSN	4		2.58	7.38	1.16
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	3.055		0		1		1.925	5.499	0.866
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	0.011		0		1		0.007	0.020	0.003
15:0	g									
16:0	g	2.304		0		1		1.452	4.147	0.653
17:0	g									
18:0	g	0.492		0		1		0.310	0.886	0.139
20:0	g									
22:0	g									
24:0	g									

NDB No. 16088
Peanuts, all types, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	10.921		0		1		6.880	19.658	3.096
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0		1		0.003	0.007	0.001
17:1....g									
18:1 undifferentiated....g	10.620		0		1		6.691	19.116	3.011
20:1....g	0.296		0		1		0.186	0.533	0.084
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.956		0		1		4.382	12.521	1.972
18:2 undifferentiated....g	6.954		0		1		4.381	12.517	1.971
18:3 undifferentiated....g	0.001		0		1		0.001	0.002	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.131		0		1		0.083	0.236	0.037
Threonine....g	0.462		0		1		0.291	0.832	0.131
Isoleucine....g	0.475		0		1		0.299	0.855	0.135
Leucine....g	0.875		0		1		0.551	1.575	0.248
Lysine....g	0.485		0		1		0.306	0.873	0.137
Methionine....g	0.166		0		1		0.105	0.299	0.047
Cystine....g	0.173		0		1		0.109	0.311	0.049
Phenylalanine....g	0.700		0		1		0.441	1.260	0.198
Tyrosine....g	0.549		0		1		0.346	0.988	0.156
Valine....g	0.566		0		1		0.357	1.019	0.160
Arginine....g	1.615		0		1		1.017	2.907	0.458
Histidine....g	0.341		0		1		0.215	0.614	0.097
Alanine....g	0.537		0		1		0.338	0.967	0.152
Aspartic acid....g	1.647		0		1		1.038	2.965	0.467
Glutamic acid....g	2.822		0		1		1.778	5.080	0.800
Glycine....g	0.814		0		1		0.513	1.465	0.231
Proline....g	0.596		0		1		0.375	1.073	0.169
Serine....g	0.665		0		1		0.419	1.197	0.189
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
Carotenoids:									
Carotene, beta....mcg	0		0	BFSN	4		0.000	0.000	0.000
Carotene, alpha....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 63g: 1 cup in shell, edible yield

Measure 2 = 180g: 1 cup, shelled

Measure 3 = 28.35g: 1 oz shelled

NDB No. 16088
Peanuts, all types, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16090
Peanuts, all types, dry-roasted, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.55	0.115	12		1		0.44	0.02	
Energy	kcal	585		0	NC	4		166	6	
Energy	kj	2449		0	NC	4		694	24	
Protein (N x 5.46)	g	23.68	0.712	9		1		6.71	0.24	
Total lipid (fat)	g	49.66	0.539	9		1		14.08	0.50	
Ash	g	3.60	0.346	9		1		1.02	0.04	
Carbohydrate, by difference	g	21.51		0	NC	4		6.10	0.22	
Fiber, total dietary	g	8.0		0		1		2.3	0.1	
Sugars, total	g	4.18		0	BFSN	4		1.18	0.04	
Starch	g									
Minerals:										
Calcium, Ca	mg	54	2.333	7		1		15	1	
Iron, Fe	mg	2.26	0.271	12		1		0.64	0.02	
Magnesium, Mg	mg	176	5.824	8		1		50	2	
Phosphorus, P	mg	358	13.854	7		1		101	4	
Potassium, K	mg	658	20.264	11		1		187	7	
Sodium, Na	mg	813	32.195	11		1		230	8	
Zinc, Zn	mg	3.31	0.081	8		1		0.94	0.03	
Copper, Cu	mg	0.671	0.031	8		1		0.190	0.007	
Manganese, Mn	mg	2.083	0.135	8		1		0.591	0.021	
Selenium, Se	mcg	7.5	1.453	20	A	1		2.1	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.438		0		1		0.124	0.004	
Riboflavin	mg	0.098	0.002	4		1		0.028	0.001	
Niacin	mg	13.525	0.335	4		1		3.834	0.135	
Pantothenic acid	mg	1.395		0		1		0.395	0.014	
Vitamin B-6	mg	0.256		0		1		0.073	0.003	
Folate, total	mcg	145	10.478	3		1		41	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	145	10.478	3		1		41	1	
Folate, DFE	mcg_DFE	145		0	NC	4		41	1	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	7.80		0		1		2.21	0.08	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	6.893		0		1		1.954	0.069	
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	0.025		0		1		0.007	0.000	
15:0	g									
16:0	g	5.198		0		1		1.474	0.052	
17:0	g									
18:0	g	1.109		0		1		0.314	0.011	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16090
Peanuts, all types, dry-roasted, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	24.640		0		1		6.985	0.246	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		1		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	23.961		0		1		6.793	0.240	
20:1.....g	0.667		0		1		0.189	0.007	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	15.694		0		1		4.449	0.157	
18:2 undifferentiated.....g	15.690		0		1		4.448	0.157	
18:3 undifferentiated.....g	0.003		0		1		0.001	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.230		0		1		0.065	0.002	
Threonine.....g	0.811		0		1		0.230	0.008	
Isoleucine.....g	0.833		0		1		0.236	0.008	
Leucine.....g	1.535		0		1		0.435	0.015	
Lysine.....g	0.850		0		1		0.241	0.009	
Methionine.....g	0.291		0		1		0.082	0.003	
Cystine.....g	0.304		0		1		0.086	0.003	
Phenylalanine.....g	1.227		0		1		0.348	0.012	
Tyrosine.....g	0.963		0		1		0.273	0.010	
Valine.....g	0.993		0		1		0.282	0.010	
Arginine.....g	2.832		0		1		0.803	0.028	
Histidine.....g	0.599		0		1		0.170	0.006	
Alanine.....g	0.941		0		1		0.267	0.009	
Aspartic acid.....g	2.888		0		1		0.819	0.029	
Glutamic acid.....g	4.949		0		1		1.403	0.049	
Glycine.....g	1.427		0		1		0.405	0.014	
Proline.....g	1.045		0		1		0.296	0.010	
Serine.....g	1.167		0		1		0.331	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	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 1.0g: 1 peanut

NDB No. 16090
Peanuts, all types, dry-roasted, with salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16390
Peanuts, all types, dry-roasted, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.55	0.115	12		1		2.26	0.44	0.02
Energy	kcal	585		0	NC	4		855	166	6
Energy	kj	2449		0	NC	4		3576	694	24
Protein (N x 5.46)	g	23.68	0.712	9		1		34.57	6.71	0.24
Total lipid (fat)	g	49.66	0.539	9		1		72.50	14.08	0.50
Ash	g	3.60	0.346	9		1		5.26	1.02	0.04
Carbohydrate, by difference	g	21.51		0	NC	4		31.40	6.10	0.22
Fiber, total dietary	g	8.0		0		4		11.7	2.3	0.1
Sugars, total	g	4.18		0	BFSN	4		6.10	1.18	0.04
Starch	g									
Minerals:										
Calcium, Ca	mg	54	2.333	7		1		79	15	1
Iron, Fe	mg	2.26	0.271	12		1		3.30	0.64	0.02
Magnesium, Mg	mg	176	5.824	8		1		257	50	2
Phosphorus, P	mg	358	13.854	7		1		523	101	4
Potassium, K	mg	658	20.264	11		1		961	187	7
Sodium, Na	mg	6		0		1		9	2	0
Zinc, Zn	mg	3.31	0.081	8		1		4.83	0.94	0.03
Copper, Cu	mg	0.671	0.031	8		1		0.980	0.190	0.007
Manganese, Mn	mg	2.083	0.135	8		1		3.041	0.591	0.021
Selenium, Se	mcg	7.5	1.453	20	A	1		11.0	2.1	0.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.438		0		1		0.639	0.124	0.004
Riboflavin	mg	0.098	0.002	4		1		0.143	0.028	0.001
Niacin	mg	13.525	0.335	4		1		19.747	3.834	0.135
Pantothenic acid	mg	1.395		0		1		2.037	0.395	0.014
Vitamin B-6	mg	0.256		0		1		0.374	0.073	0.003
Folate, total	mcg	145	10.478	3		1		212	41	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	145	10.478	3		1		212	41	1
Folate, DFE	mcg_DFE	145		0	NC	4		212	41	1
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	NC	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 (alpha-tocopherol)	mg	6.93		0	BFSN	4		10.12	1.97	0.07
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	6.893		0		1		10.064	1.954	0.069
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	0.025		0		1		0.037	0.007	0.000
15:0	g									
16:0	g	5.198		0		1		7.589	1.474	0.052
17:0	g									
18:0	g	1.109		0		1		1.619	0.314	0.011
20:0	g									
22:0	g									
24:0	g									

NDB No. 16390
Peanuts, all types, dry-roasted, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	24.640		0		1		35.974	6.985	0.246
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		1		0.013	0.003	0.000
17:1.....g									
18:1 undifferentiated.....g	23.961		0		1		34.983	6.793	0.240
20:1.....g	0.667		0		1		0.974	0.189	0.007
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	15.694		0		1		22.913	4.449	0.157
18:2 undifferentiated.....g	15.690		0		1		22.907	4.448	0.157
18:3 undifferentiated.....g	0.003		0		1		0.004	0.001	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.230		0		1		0.336	0.065	0.002
Threonine.....g	0.811		0		1		1.184	0.230	0.008
Isoleucine.....g	0.833		0		1		1.216	0.236	0.008
Leucine.....g	1.535		0		1		2.241	0.435	0.015
Lysine.....g	0.850		0		1		1.241	0.241	0.009
Methionine.....g	0.291		0		1		0.425	0.082	0.003
Cystine.....g	0.304		0		1		0.444	0.086	0.003
Phenylalanine.....g	1.227		0		1		1.791	0.348	0.012
Tyrosine.....g	0.963		0		1		1.406	0.273	0.010
Valine.....g	0.993		0		1		1.450	0.282	0.010
Arginine.....g	2.832		0		1		4.135	0.803	0.028
Histidine.....g	0.599		0		1		0.875	0.170	0.006
Alanine.....g	0.941		0		1		1.374	0.267	0.009
Aspartic acid.....g	2.888		0		1		4.216	0.819	0.029
Glutamic acid.....g	4.949		0		1		7.226	1.403	0.049
Glycine.....g	1.427		0		1		2.083	0.405	0.014
Proline.....g	1.045		0		1		1.526	0.296	0.010
Serine.....g	1.167		0		1		1.704	0.331	0.012
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
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 146g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 1.0g: 1 peanut

NDB No. 16390
Peanuts, all types, dry-roasted, without salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16089
Peanuts, all types, oil-roasted, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.45	0.131	4	A	1		2.09	2.09	0.01
Energy	kcal	599		0	NC	4		862	862	5
Energy	kj	2506		0	NC	4		3608	3608	23
Protein (N x 5.46)	g	28.03	0.455	4	A	1		40.37	40.37	0.25
Total lipid (fat)	g	52.50	0.601	4	A	1		75.60	75.60	0.47
Ash	g	2.75	0.063	4	A	1		3.96	3.96	0.02
Carbohydrate, by difference	g	15.26		0	NC	4		21.97	21.97	0.14
Fiber, total dietary	g	9.4	0.096	4	A	1		13.5	13.5	0.1
Sugars, total	g	4.18	0.036	4	A	1		6.02	6.02	0.04
Sucrose	g	4.03	0.036	4	A	1		5.80	5.80	0.04
Glucose (dextrose)	g	0.08	0.000	4	A	1		0.11	0.11	0.00
Fructose	g	0.08	0.000	4	A	1		0.11	0.11	0.00
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	61	3.454	4	A	1		88	88	1
Iron, Fe	mg	1.52	0.003	4	A	1		2.19	2.19	0.01
Magnesium, Mg	mg	176	3.660	4	A	1		253	253	2
Phosphorus, P	mg	397	5.852	4	A	1		571	571	4
Potassium, K	mg	726	6.090	4	A	1		1045	1045	7
Sodium, Na	mg	320	29.138	4	A	1		461	461	3
Zinc, Zn	mg	3.28	0.076	4	A	1		4.73	4.73	0.03
Copper, Cu	mg	0.533	0.016	4	A	1		0.768	0.768	0.005
Manganese, Mn	mg	1.845	0.050	4	A	1		2.657	2.657	0.017
Selenium, Se	mcg	3.3	0.103	4	A	1		4.7	4.7	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8	0.000	3	A	1		1.1	1.1	0.0
Thiamin	mg	0.085	0.006	4	A	1		0.122	0.122	0.001
Riboflavin	mg	0.089	0.021	3	A	1		0.129	0.129	0.001
Niacin	mg	13.825	0.397	4	A	1		19.908	19.908	0.124
Pantothenic acid	mg	1.202	0.054	4	A	1		1.732	1.732	0.011
Vitamin B-6	mg	0.461	0.021	4	A	1		0.664	0.664	0.004
Folate, total	mcg	120	7.953	4	A	1		172	172	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	120	7.953	4	A	1		172	172	1
Folate, DFE	mcg_DFE	120		0	NC	4		172	172	1
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	NC	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 (alpha-tocopherol)	mg	6.94		0		1		9.99	9.99	0.06
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0	0.000	4	A	1		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	8.673		0	NC	4		12.489	12.489	0.078
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	0.038	0.000	4	A	1		0.054	0.054	0.000
10:0	g	0.038	0.000	4	A	1		0.054	0.054	0.000
12:0	g	0.038	0.000	4	A	1		0.054	0.054	0.000
13:0	g									
14:0	g	0.038	0.000	4	A	1		0.054	0.054	0.000
15:0	g	0.038	0.000	4	A	1		0.054	0.054	0.000

NDB No. 16089
Peanuts, all types, oil-roasted, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:0 ... g	5.038	0.107	4	A	1		7.254	7.254	0.045
17:0 ... g	0.057	0.003	4	A	1		0.082	0.082	0.001
18:0 ... g	1.400	0.030	4	A	1		2.015	2.015	0.013
20:0 ... g	0.667	0.010	4	A	1		0.960	0.960	0.006
22:0 ... g	1.323	0.025	4	A	1		1.906	1.906	0.012
24:0 ... g									
Fatty acids, total monounsaturated ... g	25.936		0	NC	4		37.348	37.348	0.233
14:1 ... g	0.038	0.000	4	A	1		0.054	0.054	0.000
15:1 ... g	0.038	0.000	4	A	1		0.054	0.054	0.000
16:1 undifferentiated ... g	0.038	0.000	4	A	1		0.054	0.054	0.000
17:1 ... g	0.038	0.000	4	A	1		0.054	0.054	0.000
18:1 undifferentiated ... g	25.174	0.469	4	A	1		36.251	36.251	0.227
20:1 ... g	0.611	0.014	4	A	1		0.880	0.880	0.006
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	15.269		0	NC	4		21.987	21.987	0.137
18:2 undifferentiated ... g	15.080	0.159	4	A	1		21.715	21.715	0.136
18:3 undifferentiated ... g	0.038	0.000	4	A	1		0.054	0.054	0.000
18:3 n-6 c,c,c ... g	0.038	0.000	4	A	1		0.054	0.054	0.000
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g	0.038	0.000	4	A	1		0.054	0.054	0.000
20:3 undifferentiated ... g	0.038	0.000	4	A	1		0.054	0.054	0.000
20:3 n-3 ... g									
20:3 n-6 ... g									
20:4 undifferentiated ... g	0.038	0.000	4	A	1		0.054	0.054	0.000
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	0
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.231	0.004	4	A	1		0.333	0.333	0.002
Threonine ... g	0.610	0.014	4	A	1		0.878	0.878	0.005
Isoleucine ... g	0.978	0.015	4	A	1		1.408	1.408	0.009
Leucine ... g	1.812	0.026	4	A	1		2.609	2.609	0.016
Lysine ... g	0.945	0.019	4	A	1		1.361	1.361	0.009
Methionine ... g	0.291	0.029	4	A	1		0.419	0.419	0.003
Cystine ... g	0.375	0.028	4	A	1		0.540	0.540	0.003
Phenylalanine ... g	1.427	0.021	4	A	1		2.055	2.055	0.013
Tyrosine ... g	1.006	0.012	4	A	1		1.449	1.449	0.009
Valine ... g	1.146	0.011	4	A	1		1.650	1.650	0.010
Arginine ... g	3.247	0.067	4	A	1		4.675	4.675	0.029
Histidine ... g	0.655	0.006	4	A	1		0.943	0.943	0.006
Alanine ... g	1.092	0.017	4	A	1		1.573	1.573	0.010
Aspartic acid ... g	3.272	0.055	4	A	1		4.712	4.712	0.029
Glutamic acid ... g	5.422	0.077	4	A	1		7.807	7.807	0.049
Glycine ... g	1.621	0.020	4	A	1		2.335	2.335	0.015
Proline ... g	1.173	0.023	4	A	1		1.689	1.689	0.011
Serine ... g	1.285	0.019	4	A	1		1.851	1.851	0.012
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine ... mg	0		1	Z	7		0	0	0
Theobromine ... mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta ... mcg	0		0	NR	4		0.000	0.000	0.000
Carotene, alpha ... mcg	0		1	A	1		0.000	0.000	0.000
Cryptoxanthin, beta ... mcg	0		1	A	1		0.000	0.000	0.000
Lycopene ... mcg	0		1	A	1		0.000	0.000	0.000
Lutein + zeaxanthin ... mcg	0		1	A	1		0.000	0.000	0.000

NDB No. 16089
Peanuts, all types, oil-roasted, with salt

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

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

Common Measures:

Measure 1 = 144g: 1 cup, chopped

Measure 2 = 144g: 1 cup, halves and whole

Measure 3 = 0.9g: 1 peanut

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16389
Peanuts, all types, oil-roasted, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.95	0.081	53		1		2.59	0.55	0.55
Energy	kcal	581		0	NC	4		773	165	163
Energy	kj	2431		0	NC	4		3234	689	681
Protein (N x 5.46)	g	26.35		47		1		35.05	7.47	7.38
Total lipid (fat)	g	49.30	0.224	51		1		65.57	13.98	13.80
Ash	g	3.48	0.100	15		1		4.63	0.99	0.97
Carbohydrate, by difference	g	18.92		0	NC	4		25.16	5.36	5.30
Fiber, total dietary	g	6.9		0		4		9.2	2.0	1.9
Sugars, total	g	4.16		0	BFSN	4		5.54	1.18	1.17
Starch	g									
Minerals:										
Calcium, Ca	mg	88	0.299	12		1		117	25	25
Iron, Fe	mg	1.83	0.061	15		1		2.43	0.52	0.51
Magnesium, Mg	mg	185	0.740	12		1		246	52	52
Phosphorus, P	mg	517	0.652	12		1		688	147	145
Potassium, K	mg	682	2.416	14		1		907	193	191
Sodium, Na	mg	6		0		1		8	2	2
Zinc, Zn	mg	6.63	0.015	12		1		8.82	1.88	1.86
Copper, Cu	mg	1.300	0.010	12		1		1.729	0.369	0.364
Manganese, Mn	mg	2.062	0.014	12		1		2.742	0.585	0.577
Selenium, Se	mcg	7.5	1.453	20	A	1		10.0	2.1	2.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.253	0.008	15		1		0.336	0.072	0.071
Riboflavin	mg	0.108		13		1		0.144	0.031	0.030
Niacin	mg	14.277	0.322	15		1		18.988	4.048	3.998
Pantothenic acid	mg	1.390		0		1		1.849	0.394	0.389
Vitamin B-6	mg	0.255		0		1		0.339	0.072	0.071
Folate, total	mcg	126		0		1		167	36	35
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	126		0		1		167	36	35
Folate, DFE	mcg_DFE	126		0	NC	4		167	36	35
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	NC	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 (alpha-tocopherol)	mg	6.91		0	BFSN	4		9.18	1.96	1.93
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	6.843		0		1		9.101	1.940	1.916
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	0.025		0		1		0.033	0.007	0.007
15:0	g									
16:0	g	5.161		0		1		6.864	1.463	1.445
17:0	g									
18:0	g	1.101		0		1		1.464	0.312	0.308
20:0	g									
22:0	g									
24:0	g									

NDB No. 16389
Peanuts, all types, oil-roasted, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	24.462		0		1		32.534	6.935	6.849
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		1		0.012	0.003	0.003
17:1.....g									
18:1 undifferentiated.....g	23.788		0		1		31.638	6.744	6.661
20:1.....g	0.662		0		1		0.880	0.188	0.185
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	15.580		0		1		20.721	4.417	4.362
18:2 undifferentiated.....g	15.576		0		1		20.716	4.416	4.361
18:3 undifferentiated.....g	0.003		0		1		0.004	0.001	0.001
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		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.256		0		1		0.340	0.073	0.072
Threonine.....g	0.902		0		1		1.200	0.256	0.253
Isoleucine.....g	0.926		0		1		1.232	0.263	0.259
Leucine.....g	1.708		0		1		2.272	0.484	0.478
Lysine.....g	0.946		0		1		1.258	0.268	0.265
Methionine.....g	0.323		0		1		0.430	0.092	0.090
Cystine.....g	0.338		0		1		0.450	0.096	0.095
Phenylalanine.....g	1.365		0		1		1.815	0.387	0.382
Tyrosine.....g	1.071		0		1		1.424	0.304	0.300
Valine.....g	1.105		0		1		1.470	0.313	0.309
Arginine.....g	3.151		0		1		4.191	0.893	0.882
Histidine.....g	0.666		0		1		0.886	0.189	0.186
Alanine.....g	1.047		0		1		1.393	0.297	0.293
Aspartic acid.....g	3.213		0		1		4.273	0.911	0.900
Glutamic acid.....g	5.505		0		1		7.322	1.561	1.541
Glycine.....g	1.587		0		1		2.111	0.450	0.444
Proline.....g	1.163		0		1		1.547	0.330	0.326
Serine.....g	1.298		0		1		1.726	0.368	0.363
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
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 133g: 1 cup, chopped

Measure 2 = 28.35g: 1 oz shelled

Measure 3 = 28g: 32 nuts

NDB No. 16389
Peanuts, all types, oil-roasted, without salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16087
Peanuts, all types, raw
Arachis hypogaea

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.50	0.093	31		1		9.49	1.84	
Energy	kcal	567		0	NC	4		828	161	
Energy	kj	2374		0	NC	4		3466	673	
Protein (N x 5.46)	g	25.80	0.242	78		1		37.67	7.31	
Total lipid (fat)	g	49.24	0.297	98		1		71.89	13.96	
Ash	g	2.33	0.064	26		1		3.40	0.66	
Carbohydrate, by difference	g	16.13		0	NC	4		23.55	4.57	
Fiber, total dietary	g	8.5		0		1		12.4	2.4	
Sugars, total	g	3.97		0	BFSN	4		5.79	1.13	
Starch	g									
Minerals:										
Calcium, Ca	mg	92		45		1		134	26	
Iron, Fe	mg	4.58		49		1		6.69	1.30	
Magnesium, Mg	mg	168		45		1		245	48	
Phosphorus, P	mg	376		45		1		549	107	
Potassium, K	mg	705		47		1		1029	200	
Sodium, Na	mg	18		35		1		26	5	
Zinc, Zn	mg	3.27		45		1		4.77	0.93	
Copper, Cu	mg	1.144		45		1		1.670	0.324	
Manganese, Mn	mg	1.934	0.057	44		1		2.824	0.548	
Selenium, Se	mcg	7.2		0	BFSN	4		10.5	2.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.640	0.034	24		1		0.934	0.181	
Riboflavin	mg	0.135	0.005	20		1		0.197	0.038	
Niacin	mg	12.066	0.305	24		1		17.616	3.421	
Pantothenic acid	mg	1.767	0.100	8		1		2.580	0.501	
Vitamin B-6	mg	0.348	0.020	8		1		0.508	0.099	
Folate, total	mcg	240	15.874	8		1		350	68	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	240	15.874	8		1		350	68	
Folate, DFE	mcg_DFE	240		0	NC	4		350	68	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	8.33		0		1		12.16	2.36	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	6.834		0		1		9.978	1.937	
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	0.025		0		1		0.037	0.007	
15:0	g									
16:0	g	5.154		0		1		7.525	1.461	
17:0	g									
18:0	g	1.100		0		1		1.606	0.312	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16087
Peanuts, all types, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	24.429		0		1		35.666	6.926	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		1		0.013	0.003	
17:1.....g									
18:1 undifferentiated.....g	23.756		0		1		34.684	6.735	
20:1.....g	0.661		0		1		0.965	0.187	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	15.559		0		1		22.716	4.411	
18:2 undifferentiated.....g	15.555		0		1		22.710	4.410	
18:3 undifferentiated.....g	0.003		0		1		0.004	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg	220		0		1		321	62	
Amino Acids:									
Tryptophan.....g	0.250		128		1		0.365	0.071	
Threonine.....g	0.883		144		1		1.289	0.250	
Isoleucine.....g	0.907		140		1		1.324	0.257	
Leucine.....g	1.672		140		1		2.441	0.474	
Lysine.....g	0.926		147		1		1.352	0.263	
Methionine.....g	0.317		22		1		0.463	0.090	
Cystine.....g	0.331		29		1		0.483	0.094	
Phenylalanine.....g	1.337		141		1		1.952	0.379	
Tyrosine.....g	1.049		137		1		1.532	0.297	
Valine.....g	1.082		141		1		1.580	0.307	
Arginine.....g	3.085		140		1		4.504	0.875	
Histidine.....g	0.652		140		1		0.952	0.185	
Alanine.....g	1.025		135		1		1.497	0.291	
Aspartic acid.....g	3.146		135		1		4.593	0.892	
Glutamic acid.....g	5.390		133		1		7.869	1.528	
Glycine.....g	1.554		134		1		2.269	0.441	
Proline.....g	1.138		130		1		1.661	0.323	
Serine.....g	1.271		134		1		1.856	0.360	
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	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 146g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 16087
Peanuts, all types, raw

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16092
Peanuts, spanish, oil-roasted, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.78	0.233	19		1		2.62	0.50	
Energy	kcal	579		0	NC	4		851	164	
Energy	kj	2423				4		3561	687	
Protein (N x 5.46)	g	28.01	0.287	19		1		41.17	7.94	
Total lipid (fat)	g	49.04	0.330	19		1		72.09	13.90	
Ash	g	3.72	0.321	3		1		5.47	1.05	
Carbohydrate, by difference	g	17.45		0	NC	4		25.65	4.95	
Fiber, total dietary	g	8.9		0	BFSN	4		13.1	2.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	100		0		1		147	28	
Iron, Fe	mg	2.28	0.229	3		1		3.35	0.65	
Magnesium, Mg	mg	168		0		1		247	48	
Phosphorus, P	mg	387		0		1		569	110	
Potassium, K	mg	776		2		1		1141	220	
Sodium, Na	mg	433		2		1		637	123	
Zinc, Zn	mg	2.00		0		1		2.94	0.57	
Copper, Cu	mg	0.661		0		1		0.972	0.187	
Manganese, Mn	mg	2.355		0		1		3.462	0.668	
Selenium, Se	mcg	7.5		0	BFZN	4		11.0	2.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.317	0.032	3		1		0.466	0.090	
Riboflavin	mg	0.085		1		1		0.125	0.024	
Niacin	mg	14.933	0.906	3		1		21.952	4.234	
Pantothenic acid	mg	1.392		0		1		2.046	0.395	
Vitamin B-6	mg	0.256		0		1		0.376	0.073	
Folate, total	mcg	126		0		1		185	36	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	126		0		1		185	36	
Folate, DFE	mcg_DFE	126		0	NC	4		185	36	
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		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.555		0		1		11.106	2.142	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.028		0		1		0.041	0.008	
15:0	g									
16:0	g	5.609		0		1		8.245	1.590	
17:0	g									
18:0	g	1.273		0		1		1.871	0.361	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16092
Peanuts, spanish, oil-roasted, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	22.073		0		1		32.447	6.258	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0		1		0.065	0.012	
17:1.....g									
18:1 undifferentiated.....g	21.509		0		1		31.618	6.098	
20:1.....g	0.517		0		1		0.760	0.147	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.008		0		1		25.002	4.822	
18:2 undifferentiated.....g	16.996		0		1		24.984	4.818	
18:3 undifferentiated.....g	0.010		0		1		0.015	0.003	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.272		0		1		0.400	0.077	
Threonine.....g	0.959		0		1		1.410	0.272	
Isoleucine.....g	0.985		0		1		1.448	0.279	
Leucine.....g	1.816		0		1		2.670	0.515	
Lysine.....g	1.005		0		1		1.477	0.285	
Methionine.....g	0.344		0		1		0.506	0.098	
Cystine.....g	0.359		0		1		0.528	0.102	
Phenylalanine.....g	1.452		0		1		2.134	0.412	
Tyrosine.....g	1.139		0		1		1.674	0.323	
Valine.....g	1.175		0		1		1.727	0.333	
Arginine.....g	3.349		0		1		4.923	0.949	
Histidine.....g	0.708		0		1		1.041	0.201	
Alanine.....g	1.113		0		1		1.636	0.316	
Aspartic acid.....g	3.416		0		1		5.022	0.968	
Glutamic acid.....g	5.852		0		1		8.602	1.659	
Glycine.....g	1.687		0		1		2.480	0.478	
Proline.....g	1.236		0		1		1.817	0.350	
Serine.....g	1.380		0		1		2.029	0.391	
Hydroxyproline.....g									

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

Measure 2 = 28.35g: 1 oz

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16392
Peanuts, spanish, oil-roasted, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.78	0.233	19		1		2.62	0.50	
Energy	kcal	579		0	NC	4		851	164	
Energy	kj	2423				4		3561	687	
Protein (N x 5.46)	g	28.01	0.287	19		1		41.17	7.94	
Total lipid (fat)	g	49.04	0.330	19		1		72.09	13.90	
Ash	g	3.72	0.321	3		1		5.47	1.05	
Carbohydrate, by difference	g	17.45		0	NC	4		25.65	4.95	
Fiber, total dietary	g	8.9		0	BFSN	4		13.1	2.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	100		0		1		147	28	
Iron, Fe	mg	2.28	0.229	3		1		3.35	0.65	
Magnesium, Mg	mg	168		0		1		247	48	
Phosphorus, P	mg	387		0		1		569	110	
Potassium, K	mg	776		2		1		1141	220	
Sodium, Na	mg	6		0		1		9	2	
Zinc, Zn	mg	2.00		0		1		2.94	0.57	
Copper, Cu	mg	0.661		0		1		0.972	0.187	
Manganese, Mn	mg	2.355		0		1		3.462	0.668	
Selenium, Se	mcg	7.5		0	BFZN	4		11.0	2.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.317	0.032	3		1		0.466	0.090	
Riboflavin	mg	0.085		1		1		0.125	0.024	
Niacin	mg	14.933	0.906	3		1		21.952	4.234	
Pantothenic acid	mg	1.392		0		1		2.046	0.395	
Vitamin B-6	mg	0.256		0		1		0.376	0.073	
Folate, total	mcg	126		0		1		185	36	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	126		0		1		185	36	
Folate, DFE	mcg_DFE	126		0	NC	4		185	36	
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		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.555		0		1		11.106	2.142	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.028		0		1		0.041	0.008	
15:0	g									
16:0	g	5.609		0		1		8.245	1.590	
17:0	g									
18:0	g	1.273		0		1		1.871	0.361	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16392
Peanuts, spanish, oil-roasted, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	22.073		0		1		32.447	6.258	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0		1		0.065	0.012	
17:1.....g									
18:1 undifferentiated.....g	21.509		0		1		31.618	6.098	
20:1.....g	0.517		0		1		0.760	0.147	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.008		0		1		25.002	4.822	
18:2 undifferentiated.....g	16.996		0		1		24.984	4.818	
18:3 undifferentiated.....g	0.010		0		1		0.015	0.003	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.272		0		1		0.400	0.077	
Threonine.....g	0.959		0		1		1.410	0.272	
Isoleucine.....g	0.985		0		1		1.448	0.279	
Leucine.....g	1.816		0		1		2.670	0.515	
Lysine.....g	1.005		0		1		1.477	0.285	
Methionine.....g	0.344		0		1		0.506	0.098	
Cystine.....g	0.359		0		1		0.528	0.102	
Phenylalanine.....g	1.452		0		1		2.134	0.412	
Tyrosine.....g	1.139		0		1		1.674	0.323	
Valine.....g	1.175		0		1		1.727	0.333	
Arginine.....g	3.349		0		1		4.923	0.949	
Histidine.....g	0.708		0		1		1.041	0.201	
Alanine.....g	1.113		0		1		1.636	0.316	
Aspartic acid.....g	3.416		0		1		5.022	0.968	
Glutamic acid.....g	5.852		0		1		8.602	1.659	
Glycine.....g	1.687		0		1		2.480	0.478	
Proline.....g	1.236		0		1		1.817	0.350	
Serine.....g	1.380		0		1		2.029	0.391	
Hydroxyproline.....g									

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

Measure 2 = 28.35g: 1 oz

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16091
Peanuts, spanish, raw
Arachis hypogaea

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.39	0.309	4		1		9.33	1.81	
Energy	kcal	570		0	NC	4		832	162	
Energy	kj	2385				4		3482	676	
Protein (N x 5.46)	g	26.15	0.312	17		1		38.18	7.41	
Total lipid (fat)	g	49.60	0.524	22		1		72.42	14.06	
Ash	g	2.03	0.303	3		1		2.96	0.58	
Carbohydrate, by difference	g	15.82		0	NC	4		23.10	4.48	
Fiber, total dietary	g	9.5		0		1		13.9	2.7	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	106	8.124	5		1		155	30	
Iron, Fe	mg	3.91	0.363	9		1		5.71	1.11	
Magnesium, Mg	mg	188	9.695	5		1		274	53	
Phosphorus, P	mg	388	13.565	5		1		566	110	
Potassium, K	mg	744	37.355	7		1		1086	211	
Sodium, Na	mg	22	2.238	7		1		32	6	
Zinc, Zn	mg	2.12	0.107	5		1		3.10	0.60	
Copper, Cu	mg	0.900	0.045	5		1		1.314	0.255	
Manganese, Mn	mg	2.640	0.186	5		1		3.854	0.748	
Selenium, Se	mcg	7.2		0	BFSN	4		10.5	2.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.675	0.164	4		1		0.986	0.191	
Riboflavin	mg	0.135		0		1		0.197	0.038	
Niacin	mg	15.925	0.976	4		1		23.251	4.515	
Pantothenic acid	mg	1.769		0		1		2.583	0.502	
Vitamin B-6	mg	0.348		0		1		0.508	0.099	
Folate, total	mcg	240		0		1		350	68	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	240		0		1		350	68	
Folate, DFE	mcg_DFE	240		0	NC	4		350	68	
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		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.642		0		1		11.157	2.167	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.028		0		1		0.041	0.008	
15:0	g									
16:0	g	5.674		0		1		8.284	1.609	
17:0	g									
18:0	g	1.288		0		1		1.880	0.365	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16091
Peanuts, spanish, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	22.328		0		1		32.599	6.330	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.045		0		1		0.066	0.013	
17:1.....g									
18:1 undifferentiated.....g	21.757		0		1		31.765	6.168	
20:1.....g	0.523		0		1		0.764	0.148	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.204		0		1		25.118	4.877	
18:2 undifferentiated.....g	17.192		0		1		25.100	4.874	
18:3 undifferentiated.....g	0.010		0		1		0.015	0.003	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.254		0		1		0.371	0.072	
Threonine.....g	0.896		0		1		1.308	0.254	
Isoleucine.....g	0.920		0		1		1.343	0.261	
Leucine.....g	1.696		0		1		2.476	0.481	
Lysine.....g	0.939		0		1		1.371	0.266	
Methionine.....g	0.321		0		1		0.469	0.091	
Cystine.....g	0.335		0		1		0.489	0.095	
Phenylalanine.....g	1.356		0		1		1.980	0.384	
Tyrosine.....g	1.063		0		1		1.552	0.301	
Valine.....g	1.097		0		1		1.602	0.311	
Arginine.....g	3.128		0		1		4.567	0.887	
Histidine.....g	0.661		0		1		0.965	0.187	
Alanine.....g	1.039		0		1		1.517	0.295	
Aspartic acid.....g	3.190		0		1		4.657	0.904	
Glutamic acid.....g	5.465		0		1		7.979	1.549	
Glycine.....g	1.576		0		1		2.301	0.447	
Proline.....g	1.154		0		1		1.685	0.327	
Serine.....g	1.289		0		1		1.882	0.365	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 146g: 1 cup

Measure 2 = 28.35g: 1 oz

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16094
Peanuts, valencia, oil-roasted, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.12	0.327	11		1		3.05	0.60	
Energy	kcal	589		0	NC	4		848	167	
Energy	kj	2464				4		3549	699	
Protein (N x 5.46)	g	27.04	1.700	6		1		38.94	7.67	
Total lipid (fat)	g	51.24	0.756	6		1		73.79	14.53	
Ash	g	3.29	0.375	6		1		4.74	0.93	
Carbohydrate, by difference	g	16.30		0	NC	4		23.47	4.62	
Fiber, total dietary	g	8.9		0	BFSN	4		12.8	2.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	54		1		1		78	15	
Iron, Fe	mg	1.65	0.156	5		1		2.38	0.47	
Magnesium, Mg	mg	160		0		1		230	45	
Phosphorus, P	mg	319		1		1		459	90	
Potassium, K	mg	612	74.253	4		1		881	174	
Sodium, Na	mg	772	115.829	4		1		1112	219	
Zinc, Zn	mg	3.08		0		1		4.44	0.87	
Copper, Cu	mg	0.838		0		1		1.207	0.238	
Manganese, Mn	mg	1.721		0		1		2.478	0.488	
Selenium, Se	mcg	7.5		0	BFZN	4		10.8	2.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.090		1		1		0.130	0.026	
Riboflavin	mg	0.153	0.023	9		1		0.220	0.043	
Niacin	mg	14.338	1.347	5		1		20.647	4.065	
Pantothenic acid	mg	1.387		0		1		1.997	0.393	
Vitamin B-6	mg	0.243		0		1		0.350	0.069	
Folate, total	mcg	126		0		1		181	36	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	126		0		1		181	36	
Folate, DFE	mcg_DFE	126		0	NC	4		181	36	
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		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.894		0		1		11.367	2.238	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.029		0		1		0.042	0.008	
15:0	g									
16:0	g	5.861		0		1		8.440	1.662	
17:0	g									
18:0	g	1.330		0		1		1.915	0.377	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16094
Peanuts, valencia, oil-roasted, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	23.065		0		1		33.214	6.539	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.046		0		1		0.066	0.013	
17:1.....g									
18:1 undifferentiated.....g	22.475		0		1		32.364	6.372	
20:1.....g	0.541		0		1		0.779	0.153	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.772		0		1		25.592	5.038	
18:2 undifferentiated.....g	17.760		0		1		25.574	5.035	
18:3 undifferentiated.....g	0.010		0		1		0.014	0.003	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.263		0		1		0.379	0.075	
Threonine.....g	0.926		0		1		1.333	0.263	
Isoleucine.....g	0.951		0		1		1.369	0.270	
Leucine.....g	1.753		0		1		2.524	0.497	
Lysine.....g	0.971		0		1		1.398	0.275	
Methionine.....g	0.332		0		1		0.478	0.094	
Cystine.....g	0.347		0		1		0.500	0.098	
Phenylalanine.....g	1.402		0		1		2.019	0.397	
Tyrosine.....g	1.100		0		1		1.584	0.312	
Valine.....g	1.134		0		1		1.633	0.321	
Arginine.....g	3.234		0		1		4.657	0.917	
Histidine.....g	0.684		0		1		0.985	0.194	
Alanine.....g	1.075		0		1		1.548	0.305	
Aspartic acid.....g	3.299		0		1		4.751	0.935	
Glutamic acid.....g	5.651		0		1		8.137	1.602	
Glycine.....g	1.630		0		1		2.347	0.462	
Proline.....g	1.194		0		1		1.719	0.338	
Serine.....g	1.332		0		1		1.918	0.378	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 144g: 1 cup

Measure 2 = 28.35g: 1 oz

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16394
Peanuts, valencia, oil-roasted, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.12	0.327	11		1		3.05	0.60	
Energy	kcal	589		0	NC	4		848	167	
Energy	kj	2464				4		3549	699	
Protein (N x 5.46)	g	27.04	1.700	6		1		38.94	7.67	
Total lipid (fat)	g	51.24	0.756	6		1		73.79	14.53	
Ash	g	3.29	0.375	6		1		4.74	0.93	
Carbohydrate, by difference	g	16.30		0	NC	4		23.47	4.62	
Fiber, total dietary	g	8.9		0	BFSN	4		12.8	2.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	54		1		1		78	15	
Iron, Fe	mg	1.65	0.156	5		1		2.38	0.47	
Magnesium, Mg	mg	160		0		1		230	45	
Phosphorus, P	mg	319		1		1		459	90	
Potassium, K	mg	612	74.253	4		1		881	174	
Sodium, Na	mg	6		0		1		9	2	
Zinc, Zn	mg	3.08		0		1		4.44	0.87	
Copper, Cu	mg	0.838		0		1		1.207	0.238	
Manganese, Mn	mg	1.721		0		1		2.478	0.488	
Selenium, Se	mcg	7.5		0	BFZN	4		10.8	2.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.090		1		1		0.130	0.026	
Riboflavin	mg	0.153	0.023	9		1		0.220	0.043	
Niacin	mg	14.338	1.347	5		1		20.647	4.065	
Pantothenic acid	mg	1.387		0		1		1.997	0.393	
Vitamin B-6	mg	0.243		0		1		0.350	0.069	
Folate, total	mcg	126		0		1		181	36	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	126		0		1		181	36	
Folate, DFE	mcg_DFE	126		0	NC	4		181	36	
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		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.894		0		1		11.367	2.238	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.029		0		1		0.042	0.008	
15:0	g									
16:0	g	5.861		0		1		8.440	1.662	
17:0	g									
18:0	g	1.330		0		1		1.915	0.377	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16394
Peanuts, valencia, oil-roasted, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	23.065		0		1		33.214	6.539	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.046		0		1		0.066	0.013	
17:1.....g									
18:1 undifferentiated.....g	22.475		0		1		32.364	6.372	
20:1.....g	0.541		0		1		0.779	0.153	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.772		0		1		25.592	5.038	
18:2 undifferentiated.....g	17.760		0		1		25.574	5.035	
18:3 undifferentiated.....g	0.010		0		1		0.014	0.003	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.263		0		1		0.379	0.075	
Threonine.....g	0.926		0		1		1.333	0.263	
Isoleucine.....g	0.951		0		1		1.369	0.270	
Leucine.....g	1.753		0		1		2.524	0.497	
Lysine.....g	0.971		0		1		1.398	0.275	
Methionine.....g	0.332		0		1		0.478	0.094	
Cystine.....g	0.347		0		1		0.500	0.098	
Phenylalanine.....g	1.402		0		1		2.019	0.397	
Tyrosine.....g	1.100		0		1		1.584	0.312	
Valine.....g	1.134		0		1		1.633	0.321	
Arginine.....g	3.234		0		1		4.657	0.917	
Histidine.....g	0.684		0		1		0.985	0.194	
Alanine.....g	1.075		0		1		1.548	0.305	
Aspartic acid.....g	3.299		0		1		4.751	0.935	
Glutamic acid.....g	5.651		0		1		8.137	1.602	
Glycine.....g	1.630		0		1		2.347	0.462	
Proline.....g	1.194		0		1		1.719	0.338	
Serine.....g	1.332		0		1		1.918	0.378	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 144g: 1 cup

Measure 2 = 28.35g: 1 oz

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16093
Peanuts, valencia, raw
Arachis hypogaea

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.26	0.573	25		1		6.22	1.21	
Energy	kcal	570		0	NC	4		832	162	
Energy	kj	2385				4		3482	676	
Protein (N x 5.46)	g	25.09	0.341	44		1		36.63	7.11	
Total lipid (fat)	g	47.58	0.232	44		1		69.47	13.49	
Ash	g	2.17	0.078	19		1		3.17	0.62	
Carbohydrate, by difference	g	20.91		0	NC	4		30.53	5.93	
Fiber, total dietary	g	8.7		0	BFSN	4		12.7	2.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	62	2.749	3		1		91	18	
Iron, Fe	mg	2.09		2		1		3.05	0.59	
Magnesium, Mg	mg	184		1		1		269	52	
Phosphorus, P	mg	336	29.071	3		1		491	95	
Potassium, K	mg	332		1		1		485	94	
Sodium, Na	mg	1		1		1		1	0	
Zinc, Zn	mg	3.34		0		1		4.88	0.95	
Copper, Cu	mg	1.171		0		1		1.710	0.332	
Manganese, Mn	mg	1.980		0		1		2.891	0.561	
Selenium, Se	mcg	7.3		0	BFSN	4		10.7	2.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2		1		0.0	0.0	
Thiamin	mg	0.639	0.274	3		1		0.933	0.181	
Riboflavin	mg	0.300	0.041	10		1		0.438	0.085	
Niacin	mg	12.875		2		1		18.798	3.650	
Pantothenic acid	mg	1.809		0		1		2.641	0.513	
Vitamin B-6	mg	0.340	0.052	4		1		0.496	0.096	
Folate, total	mcg	246		0		1		358	70	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	246		0		1		358	70	
Folate, DFE	mcg_DFE	246		0	NC	4		358	70	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	0		1		1		0	0	
Vitamin A, RAE	mcg_RAE	0		1		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.329		0		1		10.700	2.078	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.027		0		1		0.039	0.008	
15:0	g									
16:0	g	5.442		0		1		7.945	1.543	
17:0	g									
18:0	g	1.235		0		1		1.803	0.350	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16093
Peanuts, valencia, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	21.414		0		1		31.264	6.071	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.043		0		1		0.063	0.012	
17:1.....g									
18:1 undifferentiated.....g	20.867		0		1		30.466	5.916	
20:1.....g	0.502		0		1		0.733	0.142	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	16.500		0		1		24.090	4.678	
18:2 undifferentiated.....g	16.489		0		1		24.074	4.675	
18:3 undifferentiated.....g	0.010		0		1		0.015	0.003	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.244		0		1		0.356	0.069	
Threonine.....g	0.859		0		1		1.254	0.244	
Isoleucine.....g	0.882		0		1		1.288	0.250	
Leucine.....g	1.627		0		1		2.375	0.461	
Lysine.....g	0.901		0		1		1.315	0.255	
Methionine.....g	0.308		0		1		0.450	0.087	
Cystine.....g	0.322		0		1		0.470	0.091	
Phenylalanine.....g	1.300		0		1		1.898	0.369	
Tyrosine.....g	1.020		0		1		1.489	0.289	
Valine.....g	1.052		0		1		1.536	0.298	
Arginine.....g	3.001		0		1		4.381	0.851	
Histidine.....g	0.634		0		1		0.926	0.180	
Alanine.....g	0.997		0		1		1.456	0.283	
Aspartic acid.....g	3.060		0		1		4.468	0.868	
Glutamic acid.....g	5.243		0		1		7.655	1.486	
Glycine.....g	1.512		0		1		2.208	0.429	
Proline.....g	1.107		0		1		1.616	0.314	
Serine.....g	1.236		0		1		1.805	0.350	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 146g: 1 cup

Measure 2 = 28.35g: 1 oz

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16096
Peanuts, virginia, oil-roasted, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.17	0.066	15		1		3.10	0.62	
Energy	kcal	578		0	NC	4		827	164	
Energy	kj	2418				4		3458	686	
Protein (N x 5.46)	g	25.87	0.332	15		1		36.99	7.33	
Total lipid (fat)	g	48.62	0.478	15		1		69.53	13.78	
Ash	g	3.48	0.119	8		1		4.98	0.99	
Carbohydrate, by difference	g	19.86		0	NC	4		28.40	5.63	
Fiber, total dietary	g	8.9		0	BFSN	4		12.7	2.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	86	0.246	8		1		123	24	
Iron, Fe	mg	1.67	0.044	8		1		2.39	0.47	
Magnesium, Mg	mg	188	1.102	8		1		269	53	
Phosphorus, P	mg	506	0.845	8		1		724	143	
Potassium, K	mg	652	0.720	8		1		932	185	
Sodium, Na	mg	433		0		1		619	123	
Zinc, Zn	mg	6.62	0.020	8		1		9.47	1.88	
Copper, Cu	mg	1.273	0.013	8		1		1.820	0.361	
Manganese, Mn	mg	2.008	0.019	8		1		2.871	0.569	
Selenium, Se	mcg	7.5		0	BFZN	4		10.7	2.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.276	0.002	8		1		0.395	0.078	
Riboflavin	mg	0.112	0.002	8		1		0.160	0.032	
Niacin	mg	14.700	0.436	8		1		21.021	4.167	
Pantothenic acid	mg	1.386		0		1		1.982	0.393	
Vitamin B-6	mg	0.254		0		1		0.363	0.072	
Folate, total	mcg	125		0		1		179	36	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	125		0		1		179	36	
Folate, DFE	mcg_DFE	125		0	NC	4		179	36	
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		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.345		0		1		9.073	1.799	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.012		0		1		0.017	0.003	
15:0	g									
16:0	g	4.498		0		1		6.432	1.275	
17:0	g									
18:0	g	1.148		0		1		1.642	0.325	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16096
Peanuts, virginia, oil-roasted, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	25.222		0		1		36.067	7.150	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.053		0		1		0.076	0.015	
17:1.....g									
18:1 undifferentiated.....g	24.610		0		1		35.192	6.977	
20:1.....g	0.542		0		1		0.775	0.154	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.669		0		1		20.977	4.159	
18:2 undifferentiated.....g	14.640		0		1		20.935	4.150	
18:3 undifferentiated.....g	0.019		0		1		0.027	0.005	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.251		0		1		0.359	0.071	
Threonine.....g	0.886		0		1		1.267	0.251	
Isoleucine.....g	0.910		0		1		1.301	0.258	
Leucine.....g	1.677		0		1		2.398	0.475	
Lysine.....g	0.929		0		1		1.328	0.263	
Methionine.....g	0.317		0		1		0.453	0.090	
Cystine.....g	0.332		0		1		0.475	0.094	
Phenylalanine.....g	1.341		0		1		1.918	0.380	
Tyrosine.....g	1.052		0		1		1.504	0.298	
Valine.....g	1.085		0		1		1.552	0.308	
Arginine.....g	3.094		0		1		4.424	0.877	
Histidine.....g	0.654		0		1		0.935	0.185	
Alanine.....g	1.028		0		1		1.470	0.291	
Aspartic acid.....g	3.156		0		1		4.513	0.895	
Glutamic acid.....g	5.406		0		1		7.731	1.533	
Glycine.....g	1.559		0		1		2.229	0.442	
Proline.....g	1.142		0		1		1.633	0.324	
Serine.....g	1.275		0		1		1.823	0.361	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 143g: 1 cup

Measure 2 = 28.35g: 1 oz

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16396
Peanuts, virginia, oil-roasted, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.17	0.066	15		1		3.10	0.62	
Energy	kcal	578		0	NC	4		827	164	
Energy	kj	2418				4		3458	686	
Protein (N x 5.46)	g	25.87	0.332	15		1		36.99	7.33	
Total lipid (fat)	g	48.62	0.478	15		1		69.53	13.78	
Ash	g	3.48	0.119	8		1		4.98	0.99	
Carbohydrate, by difference	g	19.86		0	NC	4		28.40	5.63	
Fiber, total dietary	g	8.9		0	BFSN	4		12.7	2.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	86	0.246	8		1		123	24	
Iron, Fe	mg	1.67	0.044	8		1		2.39	0.47	
Magnesium, Mg	mg	188	1.102	8		1		269	53	
Phosphorus, P	mg	506	0.845	8		1		724	143	
Potassium, K	mg	652	0.720	8		1		932	185	
Sodium, Na	mg	6		0		1		9	2	
Zinc, Zn	mg	6.62	0.020	8		1		9.47	1.88	
Copper, Cu	mg	1.273	0.013	8		1		1.820	0.361	
Manganese, Mn	mg	2.008	0.019	8		1		2.871	0.569	
Selenium, Se	mcg	7.5		0	BFZN	4		10.7	2.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.276	0.002	8		1		0.395	0.078	
Riboflavin	mg	0.112	0.002	8		1		0.160	0.032	
Niacin	mg	14.700	0.436	8		1		21.021	4.167	
Pantothenic acid	mg	1.386		0		1		1.982	0.393	
Vitamin B-6	mg	0.254		0		1		0.363	0.072	
Folate, total	mcg	125		0		1		179	36	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	125		0		1		179	36	
Folate, DFE	mcg_DFE	125		0	NC	4		179	36	
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		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.345		0		1		9.073	1.799	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.012		0		1		0.017	0.003	
15:0	g									
16:0	g	4.498		0		1		6.432	1.275	
17:0	g									
18:0	g	1.148		0		1		1.642	0.325	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16396
Peanuts, virginia, oil-roasted, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	25.222		0		1		36.067	7.150	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.053		0		1		0.076	0.015	
17:1.....g									
18:1 undifferentiated.....g	24.610		0		1		35.192	6.977	
20:1.....g	0.542		0		1		0.775	0.154	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.669		0		1		20.977	4.159	
18:2 undifferentiated.....g	14.640		0		1		20.935	4.150	
18:3 undifferentiated.....g	0.019		0		1		0.027	0.005	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.251		0		1		0.359	0.071	
Threonine.....g	0.886		0		1		1.267	0.251	
Isoleucine.....g	0.910		0		1		1.301	0.258	
Leucine.....g	1.677		0		1		2.398	0.475	
Lysine.....g	0.929		0		1		1.328	0.263	
Methionine.....g	0.317		0		1		0.453	0.090	
Cystine.....g	0.332		0		1		0.475	0.094	
Phenylalanine.....g	1.341		0		1		1.918	0.380	
Tyrosine.....g	1.052		0		1		1.504	0.298	
Valine.....g	1.085		0		1		1.552	0.308	
Arginine.....g	3.094		0		1		4.424	0.877	
Histidine.....g	0.654		0		1		0.935	0.185	
Alanine.....g	1.028		0		1		1.470	0.291	
Aspartic acid.....g	3.156		0		1		4.513	0.895	
Glutamic acid.....g	5.406		0		1		7.731	1.533	
Glycine.....g	1.559		0		1		2.229	0.442	
Proline.....g	1.142		0		1		1.633	0.324	
Serine.....g	1.275		0		1		1.823	0.361	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 143g: 1 cup

Measure 2 = 28.35g: 1 oz

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16095
Peanuts, virginia, raw
Arachis hypogaea

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.91	0.143	8		1		10.09	1.96	
Energy	kcal	563		0	NC	4		822	160	
Energy	kj	2355		0	NC	4		3438	668	
Protein (N x 5.46)	g	25.19	0.375	21		1		36.78	7.14	
Total lipid (fat)	g	48.75	0.488	27		1		71.18	13.82	
Ash	g	2.61	0.025	8		1		3.81	0.74	
Carbohydrate, by difference	g	16.54		0	NC	4		24.15	4.69	
Fiber, total dietary	g	8.5		0	BFSN	4		12.4	2.4	
Sugars, total	g	3.95		0	BFSN	4		5.77	1.12	
Starch	g									
Minerals:										
Calcium, Ca	mg	89	4.593	15		1		130	25	
Iron, Fe	mg	2.55	0.316	15		1		3.72	0.72	
Magnesium, Mg	mg	171	2.704	15		1		250	48	
Phosphorus, P	mg	380	18.972	15		1		555	108	
Potassium, K	mg	690	38.112	15		1		1007	196	
Sodium, Na	mg	10	1.511	15		1		15	3	
Zinc, Zn	mg	4.43	0.518	15		1		6.47	1.26	
Copper, Cu	mg	1.112	0.042	15		1		1.624	0.315	
Manganese, Mn	mg	1.696	0.062	15		1		2.476	0.481	
Selenium, Se	mcg	7.1		0	BFSN	4		10.4	2.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.653	0.002	8		1		0.953	0.185	
Riboflavin	mg	0.131	0.001	8		1		0.191	0.037	
Niacin	mg	12.375	0.301	8		1		18.068	3.508	
Pantothenic acid	mg	1.759		0		1		2.568	0.499	
Vitamin B-6	mg	0.346		0		1		0.505	0.098	
Folate, total	mcg	239		0		1		349	68	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	239		0		1		349	68	
Folate, DFE	mcg_DFE	239		0	NC	4		349	68	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	6.56		0	BFSN	4		9.57	1.86	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	6.361		0		1		9.287	1.803	
4:0	g	0.000		0	BFSN	4		0.000	0.000	
6:0	g	0.000		0	BFSN	4		0.000	0.000	
8:0	g	0.036		0	BFSN	4		0.052	0.010	
10:0	g	0.036		0	BFSN	4		0.052	0.010	
12:0	g	0.036		0	BFSN	4		0.052	0.010	
13:0	g									
14:0	g	0.012		0		1		0.018	0.003	
15:0	g									
16:0	g	4.509		0		1		6.583	1.278	
17:0	g									
18:0	g	1.151		0		1		1.680	0.326	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16095
Peanuts, virginia, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	25.289		0		1		36.922	7.169	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.053		0		1		0.077	0.015	
17:1.....g									
18:1 undifferentiated.....g	24.676		0		1		36.027	6.996	
20:1.....g	0.544		0		1		0.794	0.154	
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.708		0		1		21.474	4.170	
18:2 undifferentiated.....g	14.679		0		1		21.431	4.161	
18:3 undifferentiated.....g	0.019		0		1		0.028	0.005	
18:4.....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.036		0	BFSN	4		0.052	0.010	
20:5 n-3.....g	0.000		0	BFSN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.245		0		1		0.358	0.069	
Threonine.....g	0.863		0		1		1.260	0.245	
Isoleucine.....g	0.886		0		1		1.294	0.251	
Leucine.....g	1.633		0		1		2.384	0.463	
Lysine.....g	0.904		0		1		1.320	0.256	
Methionine.....g	0.309		0		1		0.451	0.088	
Cystine.....g	0.323		0		1		0.472	0.092	
Phenylalanine.....g	1.306		0		1		1.907	0.370	
Tyrosine.....g	1.024		0		1		1.495	0.290	
Valine.....g	1.057		0		1		1.543	0.300	
Arginine.....g	3.013		0		1		4.399	0.854	
Histidine.....g	0.637		0		1		0.930	0.181	
Alanine.....g	1.001		0		1		1.461	0.284	
Aspartic acid.....g	3.073		0		1		4.487	0.871	
Glutamic acid.....g	5.265		0		1		7.687	1.493	
Glycine.....g	1.518		0		1		2.216	0.430	
Proline.....g	1.112		0		1		1.624	0.315	
Serine.....g	1.241		0		1		1.812	0.352	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 146g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 16095
Peanuts, virginia, raw

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16386
Peas, split, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.49	1.521	25		1		136.20		
Energy	kcal	118		0	NC	4		231		
Energy	kj	494		0	NC	4		968		
Protein (N x 6.25)	g	8.34	0.276	20		1		16.35		
Total lipid (fat)	g	0.39	0.021	20		1		0.76		
Ash	g	0.68	0.033	20		1		1.33		
Carbohydrate, by difference	g	21.10		0	NC	4		41.36		
Fiber, total dietary	g	8.3		0		4		16.3		
Sugars, total	g	2.90		0	BFSN	4		5.68		
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.266	20		1		27		
Iron, Fe	mg	1.29	0.074	20		1		2.53		
Magnesium, Mg	mg	36	1.428	20		1		71		
Phosphorus, P	mg	99	5.920	20		1		194		
Potassium, K	mg	362	27.305	20		1		710		
Sodium, Na	mg	238		0		1		466		
Zinc, Zn	mg	1.00	0.053	20		1		1.96		
Copper, Cu	mg	0.181	0.009	20		1		0.355		
Manganese, Mn	mg	0.396	0.010	20		1		0.776		
Selenium, Se	mcg	0.6		0	BFSN	4		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		0.8		
Thiamin	mg	0.190	0.020	20		1		0.372		
Riboflavin	mg	0.056	0.002	20		1		0.110		
Niacin	mg	0.890	0.059	20		1		1.744		
Pantothenic acid	mg	0.595	0.035	8		1		1.166		
Vitamin B-6	mg	0.048	0.002	8		1		0.094		
Folate, total	mcg	65	14.314	13		1		127		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	65	14.314	13		1		127		
Folate, DFE	mcg_DFE	65		0	NC	4		127		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	7		0	NC	4		14		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.03		0	BFSN	4		0.06		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	5.0		0	BFSN	4		9.8		
Lipids:										
Fatty acids, total saturated	g	0.054		0		1		0.106		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.001		0		1		0.002		
13:0	g									
14:0	g	0.001		0		1		0.002		
15:0	g									
16:0	g	0.042		0		1		0.082		
17:0	g									
18:0	g	0.010		0		1		0.020		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16386
Peas, split, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.081		0		1		0.159		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.077		0		1		0.151		
20:1.....g	0.003		0		1		0.006		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.165		0		1		0.323		
18:2 undifferentiated.....g	0.137		0		1		0.269		
18:3 undifferentiated.....g	0.028		0		1		0.055		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.093		0		1		0.182		
Threonine.....g	0.296		0		1		0.580		
Isoleucine.....g	0.344		0		1		0.674		
Leucine.....g	0.598		0		1		1.172		
Lysine.....g	0.602		0		1		1.180		
Methionine.....g	0.085		0		1		0.167		
Cystine.....g	0.127		0		1		0.249		
Phenylalanine.....g	0.384		0		1		0.753		
Tyrosine.....g	0.242		0		1		0.474		
Valine.....g	0.394		0		1		0.772		
Arginine.....g	0.744		0		1		1.458		
Histidine.....g	0.203		0		1		0.398		
Alanine.....g	0.367		0		1		0.719		
Aspartic acid.....g	0.984		0		1		1.929		
Glutamic acid.....g	1.426		0		1		2.795		
Glycine.....g	0.371		0		1		0.727		
Proline.....g	0.344		0		1		0.674		
Serine.....g	0.367		0		1		0.719		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	4		0	BFSN	4		8.232		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

Common Measures:

Measure 1 = 196g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16086
Peas, split, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.49	1.521	25		1		136.20	8.48	
Energy	kcal	118		0	NC	4		231	14	
Energy	kj	494		0	NC	4		968	60	
Protein (N x 6.25)	g	8.34	0.276	20		1		16.35	1.02	
Total lipid (fat)	g	0.39	0.021	20		1		0.76	0.05	
Ash	g	0.68	0.033	20		1		1.33	0.08	
Carbohydrate, by difference	g	21.10		0	NC	4		41.36	2.57	
Fiber, total dietary	g	8.3		0		1		16.3	1.0	
Sugars, total	g	2.90		0	T	4		5.68	0.35	
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.266	20		1		27	2	
Iron, Fe	mg	1.29	0.074	20		1		2.53	0.16	
Magnesium, Mg	mg	36	1.428	20		1		71	4	
Phosphorus, P	mg	99	5.920	20		1		194	12	
Potassium, K	mg	362	27.305	20		1		710	44	
Sodium, Na	mg	2	0.129	16		1		4	0	
Zinc, Zn	mg	1.00	0.053	20		1		1.96	0.12	
Copper, Cu	mg	0.181	0.009	20		1		0.355	0.022	
Manganese, Mn	mg	0.396	0.010	20		1		0.776	0.048	
Selenium, Se	mcg	0.6		0	BFSN	4		1.2	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		0.8	0.0	
Thiamin	mg	0.190	0.020	20		1		0.372	0.023	
Riboflavin	mg	0.056	0.002	20		1		0.110	0.007	
Niacin	mg	0.890	0.059	20		1		1.744	0.109	
Pantothenic acid	mg	0.595	0.035	8		1		1.166	0.073	
Vitamin B-6	mg	0.048	0.002	8		1		0.094	0.006	
Folate, total	mcg	65	14.314	13		1		127	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	65	14.314	13		1		127	8	
Folate, DFE	mcg_DFE	65		0	NC	4		127	8	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	7		0	NC	4		14	1	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.03		0	BFSN	4		0.06	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	5.0		0	T	4		9.8	0.6	
Lipids:										
Fatty acids, total saturated	g	0.054		0		1		0.106	0.007	
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	0.001		0		1		0.002	0.000	
13:0	g									
14:0	g	0.001		0		1		0.002	0.000	
15:0	g									
16:0	g	0.042		0		1		0.082	0.005	
17:0	g									
18:0	g	0.010		0		1		0.020	0.001	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16086
Peas, split, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.081		0		1		0.159	0.010	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.077		0		1		0.151	0.009	
20:1.....g	0.003		0		1		0.006	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.165		0		1		0.323	0.020	
18:2 undifferentiated.....g	0.137		0		1		0.269	0.017	
18:3 undifferentiated.....g	0.028		0		1		0.055	0.003	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.093		0		1		0.182	0.011	
Threonine.....g	0.296		0		1		0.580	0.036	
Isoleucine.....g	0.344		0		1		0.674	0.042	
Leucine.....g	0.598		0		1		1.172	0.073	
Lysine.....g	0.602		0		1		1.180	0.073	
Methionine.....g	0.085		0		1		0.167	0.010	
Cystine.....g	0.127		0		1		0.249	0.015	
Phenylalanine.....g	0.384		0		1		0.753	0.047	
Tyrosine.....g	0.242		0		1		0.474	0.030	
Valine.....g	0.394		0		1		0.772	0.048	
Arginine.....g	0.744		0		1		1.458	0.091	
Histidine.....g	0.203		0		1		0.398	0.025	
Alanine.....g	0.367		0		1		0.719	0.045	
Aspartic acid.....g	0.984		0		1		1.929	0.120	
Glutamic acid.....g	1.426		0		1		2.795	0.174	
Glycine.....g	0.371		0		1		0.727	0.045	
Proline.....g	0.344		0		1		0.674	0.042	
Serine.....g	0.367		0		1		0.719	0.045	
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	
Carotenoids:									
Carotene, beta.....mcg	4		0	o	4		8.232	0.512	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 196g: 1 cup

Measure 2 = 12.2g: 1 tbsp

NDB No. 16086
Peas, split, mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16085

Peas, split, mature seeds, raw

Pisum sativum

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.27	0.375	53		1		22.20	51.12	
Energy	kcal	341		0	NC	4		671	1545	
Energy	kj	1425		0	NC	4		2807	6464	
Protein (N x 6.25)	g	24.55	0.516	93		1		48.36	111.36	
Total lipid (fat)	g	1.16	0.062	63		1		2.29	5.26	
Ash	g	2.65	0.105	78		1		5.22	12.02	
Carbohydrate, by difference	g	60.37		0	NC	4		118.93	273.84	
Fiber, total dietary	g	25.5		0		4		50.2	115.7	
Sugars, total	g	8.00		0	T	4		15.76	36.29	
Starch	g									
Minerals:										
Calcium, Ca	mg	55	3.846	70		1		108	249	
Iron, Fe	mg	4.43	0.258	112		1		8.73	20.09	
Magnesium, Mg	mg	115	5.106	54		1		227	522	
Phosphorus, P	mg	366	15.017	64		1		721	1660	
Potassium, K	mg	981	34.360	43		1		1933	4450	
Sodium, Na	mg	15	2.534	53		1		30	68	
Zinc, Zn	mg	3.01	0.123	48		1		5.93	13.65	
Copper, Cu	mg	0.866	0.021	69		1		1.706	3.928	
Manganese, Mn	mg	1.391	0.249	46		1		2.740	6.310	
Selenium, Se	mcg	1.6		1	A	1		3.2	7.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		2		1		3.5	8.2	
Thiamin	mg	0.726		40		1		1.430	3.293	
Riboflavin	mg	0.215		41		1		0.424	0.975	
Niacin	mg	2.889		39		1		5.691	13.105	
Pantothenic acid	mg	1.758	0.057	24		1		3.463	7.974	
Vitamin B-6	mg	0.174	0.006	24		1		0.343	0.789	
Folate, total	mcg	274	24.358	27		1		539	1242	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	274	24.358	27		1		539	1242	
Folate, DFE	mcg_DFE	274		0	NC	4		539	1242	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	149		0	NC	4		294	676	
Vitamin A, RAE	mcg_RAE	7		0	NC	4		15	34	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.09		0		1		0.18	0.41	
Tocopherol, beta	mg	0.00		0	T	4		0.00	0.00	
Tocopherol, gamma	mg	2.09		0	T	4		4.12	9.48	
Tocopherol, delta	mg	0.09		0	T	4		0.18	0.41	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	14.5		0	BFSN	4		28.6	66.0	
Lipids:										
Fatty acids, total saturated	g	0.161		0		1		0.317	0.730	
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	0.003		0		1		0.006	0.014	
13:0	g									
14:0	g	0.002		0		1		0.004	0.009	
15:0	g									
16:0	g	0.125		0		1		0.246	0.567	
17:0	g									
18:0	g	0.031		0		1		0.061	0.141	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16085
Peas, split, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.242		0		1		0.477	1.098	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.232		0		1		0.457	1.052	
20:1.....g	0.010		0		1		0.020	0.045	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.495		0		1		0.975	2.245	
18:2 undifferentiated.....g	0.411		0		1		0.810	1.864	
18:3 undifferentiated.....g	0.084		0		1		0.165	0.381	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg	135		0		1		266	612	
Amino Acids:									
Tryptophan.....g	0.275		32		1		0.542	1.247	
Threonine.....g	0.872		50		1		1.718	3.955	
Isoleucine.....g	1.014		46		1		1.998	4.600	
Leucine.....g	1.760		50		1		3.467	7.983	
Lysine.....g	1.772		52		1		3.491	8.038	
Methionine.....g	0.251		97		1		0.494	1.139	
Cystine.....g	0.373		90		1		0.735	1.692	
Phenylalanine.....g	1.132		50		1		2.230	5.135	
Tyrosine.....g	0.711		41		1		1.401	3.225	
Valine.....g	1.159		46		1		2.283	5.257	
Arginine.....g	2.188		46		1		4.310	9.925	
Histidine.....g	0.597		46		1		1.176	2.708	
Alanine.....g	1.080		43		1		2.128	4.899	
Aspartic acid.....g	2.896		43		1		5.705	13.136	
Glutamic acid.....g	4.196		43		1		8.266	19.033	
Glycine.....g	1.092		43		1		2.151	4.953	
Proline.....g	1.014		47		1		1.998	4.600	
Serine.....g	1.080		43		1		2.128	4.899	
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	
Carotenoids:									
Carotene, beta.....mcg	89		0	o	4		176.118	405.518	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 197g: 1 cup

Measure 2 = 453.6g: 1 lb

NDB No. 16085
Peas, split, mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16402
Pigeon peas (red gram), mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.55	0.415	8		1		115.16		
Energy	kcal	121		0	NC	4		203		
Energy	kj	506				4		851		
Protein (N x 6.25)	g	6.76	0.243	8		1		11.36		
Total lipid (fat)	g	0.38	0.031	8		1		0.64		
Ash	g	1.06	0.057	8		1		1.78		
Carbohydrate, by difference	g	23.25		0	NC	4		39.06		
Fiber, total dietary	g	6.7		0		4		11.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	43	1.514	8		1		72		
Iron, Fe	mg	1.11	0.042	8		1		1.86		
Magnesium, Mg	mg	46	2.659	8		1		77		
Phosphorus, P	mg	119	3.728	8		1		200		
Potassium, K	mg	384	15.802	8		1		645		
Sodium, Na	mg	241		0		1		405		
Zinc, Zn	mg	0.90	0.035	8		1		1.51		
Copper, Cu	mg	0.269	0.017	8		1		0.452		
Manganese, Mn	mg	0.501	0.056	8		1		0.842		
Selenium, Se	mcg	2.9		0	BFSN	4		4.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.146	0.010	8		1		0.245		
Riboflavin	mg	0.059	0.003	8		1		0.099		
Niacin	mg	0.781	0.052	8		1		1.312		
Pantothenic acid	mg	0.319	0.024	8		1		0.536		
Vitamin B-6	mg	0.050	0.002	8		1		0.084		
Folate, total	mcg	111	4.636	8		1		186		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	111	4.636	8		1		186		
Folate, DFE	mcg_DFE	111		0	NC	4		186		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	3	0.239	8		1		5		
Vitamin A, RAE	mcg_RAE	0	0.012	8		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.083		0		1		0.139		
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	0.077		0		1		0.129		
17:0	g									
18:0	g	0.006		0		1		0.010		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16402
Pigeon peas (red gram), mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.003		0		1		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.005		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.205		0		1		0.344		
18:2 undifferentiated.....g	0.196		0		1		0.329		
18:3 undifferentiated.....g	0.009		0		1		0.015		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0		1		0.111		
Threonine.....g	0.239		0		1		0.402		
Isoleucine.....g	0.245		0		1		0.412		
Leucine.....g	0.483		0		1		0.811		
Lysine.....g	0.474		0		1		0.796		
Methionine.....g	0.076		0		1		0.128		
Cystine.....g	0.078		0		1		0.131		
Phenylalanine.....g	0.579		0		1		0.973		
Tyrosine.....g	0.168		0		1		0.282		
Valine.....g	0.292		0		1		0.491		
Arginine.....g	0.405		0		1		0.680		
Histidine.....g	0.241		0		1		0.405		
Alanine.....g	0.303		0		1		0.509		
Aspartic acid.....g	0.669		0		1		1.124		
Glutamic acid.....g	1.568		0		1		2.634		
Glycine.....g	0.250		0		1		0.420		
Proline.....g	0.298		0		1		0.501		
Serine.....g	0.320		0		1		0.538		
Hydroxyproline.....g									

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16102
Pigeon peas (red gram), mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.55	0.415	8		1		115.16		
Energy	kcal	121		0	NC	4		203		
Energy	kj	506				4		851		
Protein (N x 6.25)	g	6.76	0.243	8		1		11.36		
Total lipid (fat)	g	0.38	0.031	8		1		0.64		
Ash	g	1.06	0.057	8		1		1.78		
Carbohydrate, by difference	g	23.25		0	NC	4		39.06		
Fiber, total dietary	g	6.7		0		4		11.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	43	1.514	8		1		72		
Iron, Fe	mg	1.11	0.042	8		1		1.86		
Magnesium, Mg	mg	46	2.659	8		1		77		
Phosphorus, P	mg	119	3.728	8		1		200		
Potassium, K	mg	384	15.802	8		1		645		
Sodium, Na	mg	5	0.573	4		1		8		
Zinc, Zn	mg	0.90	0.035	8		1		1.51		
Copper, Cu	mg	0.269	0.017	8		1		0.452		
Manganese, Mn	mg	0.501	0.056	8		1		0.842		
Selenium, Se	mcg	2.9		0	BFSN	4		4.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.146	0.010	8		1		0.245		
Riboflavin	mg	0.059	0.003	8		1		0.099		
Niacin	mg	0.781	0.052	8		1		1.312		
Pantothenic acid	mg	0.319	0.024	8		1		0.536		
Vitamin B-6	mg	0.050	0.002	8		1		0.084		
Folate, total	mcg	111	4.636	8		1		186		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	111	4.636	8		1		186		
Folate, DFE	mcg_DFE	111		0	NC	4		186		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	3	0.239	8		1		5		
Vitamin A, RAE	mcg_RAE	0	0.012	8		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.083		0		1		0.139		
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	0.077		0		1		0.129		
17:0	g									
18:0	g	0.006		0		1		0.010		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16102
Pigeon peas (red gram), mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.003		0		1		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.005		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.205		0		1		0.344		
18:2 undifferentiated.....g	0.196		0		1		0.329		
18:3 undifferentiated.....g	0.009		0		1		0.015		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0		1		0.111		
Threonine.....g	0.239		0		1		0.402		
Isoleucine.....g	0.245		0		1		0.412		
Leucine.....g	0.483		0		1		0.811		
Lysine.....g	0.474		0		1		0.796		
Methionine.....g	0.076		0		1		0.128		
Cystine.....g	0.078		0		1		0.131		
Phenylalanine.....g	0.579		0		1		0.973		
Tyrosine.....g	0.168		0		1		0.282		
Valine.....g	0.292		0		1		0.491		
Arginine.....g	0.405		0		1		0.680		
Histidine.....g	0.241		0		1		0.405		
Alanine.....g	0.303		0		1		0.509		
Aspartic acid.....g	0.669		0		1		1.124		
Glutamic acid.....g	1.568		0		1		2.634		
Glycine.....g	0.250		0		1		0.420		
Proline.....g	0.298		0		1		0.501		
Serine.....g	0.320		0		1		0.538		
Hydroxyproline.....g									

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16101

Pigeon peas (red gram), mature seeds, raw

Cajanus cajan

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.59	0.380	28		1		21.71		
Energy	kcal	343		0	NC	4		703		
Energy	kj	1435				4		2942		
Protein (N x 6.25)	g	21.70	0.315	41		1		44.49		
Total lipid (fat)	g	1.49	0.105	23		1		3.05		
Ash	g	3.45	0.053	28		1		7.07		
Carbohydrate, by difference	g	62.78		0	NC	4		128.70		
Fiber, total dietary	g	15.0		0		4		30.8		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	130	7.724	18		1		267		
Iron, Fe	mg	5.23	0.367	30		1		10.72		
Magnesium, Mg	mg	183	17.121	14		1		375		
Phosphorus, P	mg	367	30.430	18		1		752		
Potassium, K	mg	1392	23.534	9		1		2854		
Sodium, Na	mg	17	1.407	4		1		35		
Zinc, Zn	mg	2.76	0.260	9		1		5.66		
Copper, Cu	mg	1.057	0.036	9		1		2.167		
Manganese, Mn	mg	1.791	0.138	9		1		3.672		
Selenium, Se	mcg	8.2		0	CAZN	4		16.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.643	0.060	11		1		1.318		
Riboflavin	mg	0.187	0.015	12		1		0.383		
Niacin	mg	2.965	0.363	12		1		6.078		
Pantothenic acid	mg	1.266	0.057	8		1		2.595		
Vitamin B-6	mg	0.283	0.041	12		1		0.580		
Folate, total	mcg	456	15.181	8		1		935		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	456	15.181	8		1		935		
Folate, DFE	mcg_DFE	456		0	NC	4		935		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	28	2.344	8		1		57		
Vitamin A, RAE	mcg_RAE	1	0.117	8		1		3		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.330		0		1		0.677		
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	0.307		0		1		0.629		
17:0	g									
18:0	g	0.024		0		1		0.049		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16101
Pigeon peas (red gram), mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.012		0		1		0.025		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.025		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.814		0		1		1.669		
18:2 undifferentiated.....g	0.778		0		1		1.595		
18:3 undifferentiated.....g	0.035		0		1		0.072		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.212		14		1		0.435		
Threonine.....g	0.767		28		1		1.572		
Isoleucine.....g	0.785		28		1		1.609		
Leucine.....g	1.549		28		1		3.175		
Lysine.....g	1.521		28		1		3.118		
Methionine.....g	0.243		26		1		0.498		
Cystine.....g	0.250		19		1		0.513		
Phenylalanine.....g	1.858		19		1		3.809		
Tyrosine.....g	0.538		26		1		1.103		
Valine.....g	0.937		28		1		1.921		
Arginine.....g	1.299		26		1		2.663		
Histidine.....g	0.774		26		1		1.587		
Alanine.....g	0.972		24		1		1.993		
Aspartic acid.....g	2.146		24		1		4.399		
Glutamic acid.....g	5.031		24		1		10.314		
Glycine.....g	0.802		24		1		1.644		
Proline.....g	0.955		23		1		1.958		
Serine.....g	1.028		24		1		2.107		
Hydroxyproline.....g									

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16103
Refried beans, canned (includes USDA commodity)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.97	0.648	4		1		191.44	12.16	
Energy	kcal	94		0	NC	4		236	15	
Energy	kj	392		0	NC	4		987	63	
Protein (N x 6.25)	g	5.49	0.310	5		1		13.83	0.88	
Total lipid (fat)	g	1.26	0.139	5		1		3.18	0.20	
Ash	g	1.75	0.110	4		1		4.41	0.28	
Carbohydrate, by difference	g	15.53		0	NC	4		39.14	2.48	
Fiber, total dietary	g	5.3	0.085	4		1		13.4	0.8	
Sugars, total	g	0.23		0	BFSN	4		0.58	0.04	
Starch	g									
Minerals:										
Calcium, Ca	mg	35	3.442	5		1		88	6	
Iron, Fe	mg	1.66		1		1		4.18	0.27	
Magnesium, Mg	mg	33	2.023	4		1		83	5	
Phosphorus, P	mg	86	18.005	5		1		217	14	
Potassium, K	mg	267	21.248	4		1		673	43	
Sodium, Na	mg	299	42.645	4		1		753	48	
Zinc, Zn	mg	1.17	0.185	4		1		2.95	0.19	
Copper, Cu	mg	0.167	0.018	4		1		0.421	0.027	
Manganese, Mn	mg	0.157	0.059	8		1		0.396	0.025	
Selenium, Se	mcg	1.3		0	BFSN	4		3.3	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.0		2		1		15.1	1.0	
Thiamin	mg	0.027	0.001	5		1		0.068	0.004	
Riboflavin	mg	0.016	0.007	5		1		0.040	0.003	
Niacin	mg	0.315	0.036	5		1		0.794	0.050	
Pantothenic acid	mg	0.097	0.013	4		1		0.244	0.016	
Vitamin B-6	mg	0.143	0.016	4		1		0.360	0.023	
Folate, total	mcg	11	1.655	4		1		28	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	11	1.655	4		1		28	2	
Folate, DFE	mcg_DFE	11		0	NC	4		28	2	
Vitamin B-12	mcg	0.00		0		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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	BFSN	4		6.0	0.4	
Lipids:										
Fatty acids, total saturated	g	0.474		0		1		1.194	0.076	
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	0.001		0		1		0.003	0.000	
12:0	g	0.007		1		1		0.018	0.001	
13:0	g									
14:0	g	0.037		1		1		0.093	0.006	
15:0	g									
16:0	g	0.275		1		1		0.693	0.044	
17:0	g									
18:0	g	0.156		1		1		0.393	0.025	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16103
Refried beans, canned (includes USDA commodity)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.561		0		1		1.414	0.090	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033		1		1		0.083	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.520		1		1		1.310	0.083	
20:1.....g	0.008		1		1		0.020	0.001	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.153		0		1		0.386	0.024	
18:2 undifferentiated.....g	0.132		1		1		0.333	0.021	
18:3 undifferentiated.....g	0.021		1		1		0.053	0.003	
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	8		0		1		20	1	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.065		0		1		0.164	0.010	
Threonine.....g	0.231		0		1		0.582	0.037	
Isoleucine.....g	0.242		0		1		0.610	0.039	
Leucine.....g	0.438		0		1		1.104	0.070	
Lysine.....g	0.377		0		1		0.950	0.060	
Methionine.....g	0.083		0		1		0.209	0.013	
Cystine.....g	0.060		0		1		0.151	0.010	
Phenylalanine.....g	0.297		0		1		0.748	0.048	
Tyrosine.....g	0.155		0		1		0.391	0.025	
Valine.....g	0.287		0		1		0.723	0.046	
Arginine.....g	0.340		0		1		0.857	0.054	
Histidine.....g	0.153		0		1		0.386	0.024	
Alanine.....g	0.230		0		1		0.580	0.037	
Aspartic acid.....g	0.664		0		1		1.673	0.106	
Glutamic acid.....g	0.837		0		1		2.109	0.134	
Glycine.....g	0.214		0		1		0.539	0.034	
Proline.....g	0.233		0		1		0.587	0.037	
Serine.....g	0.299		0		1		0.753	0.048	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 252g: 1 cup

Measure 2 = 16g: 1 tbsp

NDB No. 16103
Refried beans, canned (includes USDA commodity)

Calories Factors: **Protein** 3.5 **Fat** 8.9 **Carbohydrate** 4.07

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43135
Sandwich spread, meatless

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.00				1		10.50		
Energy	kcal	149		0	NC	4		22		
Energy	kj	623		0	NC	4		94		
Protein	g	8.00				1		1.20		
Total lipid (fat)	g	9.00				1		1.35		
Ash	g	4.00		0	O	4		0.60		
Carbohydrate, by difference	g	9.00		0	NC	4		1.35		
Fiber, total dietary	g	3.3				4		0.5		
Sugars, total	g	1.29		0	LC	8		0.19		
Starch	g									
Minerals:										
Calcium, Ca	mg	44				1		7		
Iron, Fe	mg	1.50				1		0.23		
Magnesium, Mg	mg	127				4		19		
Phosphorus, P	mg	220				4		33		
Potassium, K	mg	340				1		51		
Sodium, Na	mg	630				1		95		
Zinc, Zn	mg	1.30				1		0.20		
Copper, Cu	mg	0.649				4		0.097		
Manganese, Mn	mg									
Selenium, Se	mcg	0.5		0	BFSN	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				7		0.0		
Thiamin	mg	0.600				1		0.090		
Riboflavin	mg	0.700				1		0.105		
Niacin	mg	13.000				1		1.950		
Pantothenic acid	mg									
Vitamin B-6	mg	1.100				1		0.165		
Folate, total	mcg	103				4		15		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	103				4		15		
Folate, DFE	mcg_DFE	103		0	NC	4		15		
Vitamin B-12	mcg	3.10				1		0.47		
Vitamin A, IU	IU	100		0	NC	4		15		
Vitamin A, RAE	mcg_RAE	5		0	NC	4		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	1.73		0	O	4		0.26		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0		
Lipids:										
Fatty acids, total saturated	g	1.425				4		0.214		
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	0.087				4		0.013		
13:0	g									
14:0	g	0.043				4		0.006		
15:0	g									
16:0	g	0.925				4		0.139		
17:0	g									
18:0	g	0.369				4		0.055		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43135
Sandwich spread, meatless

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	2.188				4		0.328		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	2.188				4		0.328		
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	4.666				4		0.700		
18:2 undifferentiated.....g	4.146				4		0.622		
18:3 undifferentiated.....g	0.520				4		0.078		
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				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		
Carotenoids:									
Carotene, beta.....mcg	60		0	LC	8		9.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16107
Sausage, meatless

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.40		2		1		12.60	19.15	14.11
Energy	kcal	257		0	NC	4		64	97	72
Energy	kj	1073		0	NC	4		268	408	301
Protein (N x 5.71)	g	18.53		2		1		4.63	7.04	5.19
Total lipid (fat)	g	18.16		2		1		4.54	6.90	5.08
Ash	g	3.07		2		1		0.77	1.17	0.86
Carbohydrate, by difference	g	9.84		0	NC	4		2.46	3.74	2.76
Fiber, total dietary	g	2.8		0		1		0.7	1.1	0.8
Sugars, total	g	0.00		0	LC	8		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	63		2		1		16	24	18
Iron, Fe	mg	3.72		2		1		0.93	1.41	1.04
Magnesium, Mg	mg	36		2		1		9	14	10
Phosphorus, P	mg	225		2		1		56	86	63
Potassium, K	mg	231		2		1		58	88	65
Sodium, Na	mg	888		2		1		222	337	249
Zinc, Zn	mg	1.46		2		1		0.37	0.55	0.41
Copper, Cu	mg	0.250		2		1		0.063	0.095	0.070
Manganese, Mn	mg	0.725		2		1		0.181	0.276	0.203
Selenium, Se	mcg	7.4		0	BFZN	4		1.9	2.8	2.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	2.343		2		1		0.586	0.890	0.656
Riboflavin	mg	0.402		2		1		0.101	0.153	0.113
Niacin	mg	11.195		2		1		2.799	4.254	3.135
Pantothenic acid	mg	0.323		2		1		0.081	0.123	0.090
Vitamin B-6	mg	0.828		2		1		0.207	0.315	0.232
Folate, total	mcg	26		2		1		7	10	7
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	26		2		1		7	10	7
Folate, DFE	mcg_DFE	26		0	NC	4		7	10	7
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	NC	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 (alpha-tocopherol)	mg	2.10		0	O	4		0.53	0.80	0.59
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	2.926		0		1		0.732	1.112	0.819
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	0.217		0		1		0.054	0.082	0.061
13:0	g									
14:0	g	0.067		0		1		0.017	0.025	0.019
15:0	g									
16:0	g	1.856		0		1		0.464	0.705	0.520
17:0	g									
18:0	g	0.786		0		1		0.197	0.299	0.220
20:0	g									
22:0	g									
24:0	g									

NDB No. 16107
Sausage, meatless

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.498		0		1		1.125	1.709	1.259
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	4.498		0		1		1.125	1.709	1.259
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	9.279		0		1		2.320	3.526	2.598
18:2 undifferentiated.....g	8.209		0		1		2.052	3.119	2.299
18:3 undifferentiated.....g	1.070		0		1		0.268	0.407	0.300
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		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.279		0		1		0.070	0.106	0.078
Threonine.....g	0.785		0		1		0.196	0.298	0.220
Isoleucine.....g	0.970		0		1		0.243	0.369	0.272
Leucine.....g	1.587		0		1		0.397	0.603	0.444
Lysine.....g	1.262		0		1		0.316	0.480	0.353
Methionine.....g	0.253		0		1		0.063	0.096	0.071
Cystine.....g	0.305		0		1		0.076	0.116	0.085
Phenylalanine.....g	1.061		0		1		0.265	0.403	0.297
Tyrosine.....g	0.694		0		1		0.174	0.264	0.194
Valine.....g	1.029		0		1		0.257	0.391	0.288
Arginine.....g	1.519		0		1		0.380	0.577	0.425
Histidine.....g	0.519		0		1		0.130	0.197	0.145
Alanine.....g	0.853		0		1		0.213	0.324	0.239
Aspartic acid.....g	2.307		0		1		0.577	0.877	0.646
Glutamic acid.....g	4.215		0		1		1.054	1.602	1.180
Glycine.....g	0.821		0		1		0.205	0.312	0.230
Proline.....g	1.116		0		1		0.279	0.424	0.312
Serine.....g	1.087		0		1		0.272	0.413	0.304
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	o	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

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

Measure 2 = 38g: 1 patty

Measure 3 = 28g: 1 slice

NDB No. 16107
Sausage, meatless

Calories Factors: **Protein** 3.48 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16117
Soy flour, defatted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.25		6		1		7.25	0.45	
Energy	kcal	330		0	NC	4		330	20	
Energy	kj	1379		0	NC	4		1379	85	
Protein (N x 5.71)	g	47.01		6		1		47.01	2.91	
Total lipid (fat)	g	1.22		6		1		1.22	0.08	
Ash	g	6.15		2		1		6.15	0.38	
Carbohydrate, by difference	g	38.37		0	NC	4		38.37	2.38	
Fiber, total dietary	g	17.5		0		1		17.5	1.1	
Sugars, total	g	20.00		0	O	4		20.00	1.24	
Starch	g									
Minerals:										
Calcium, Ca	mg	241	27.984	17		1		241	15	
Iron, Fe	mg	9.24	0.781	13		1		9.24	0.57	
Magnesium, Mg	mg	290	32.952	13		1		290	18	
Phosphorus, P	mg	674		11		1		674	42	
Potassium, K	mg	2384	243.884	13		1		2384	148	
Sodium, Na	mg	20	2.319	13		1		20	1	
Zinc, Zn	mg	2.46	0.215	14		1		2.46	0.15	
Copper, Cu	mg	4.065	0.105	14		1		4.065	0.252	
Manganese, Mn	mg	3.018	0.084	13		1		3.018	0.187	
Selenium, Se	mcg	1.7		0	BFFN	4		1.7	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.698		5		1		0.698	0.043	
Riboflavin	mg	0.253		5		1		0.253	0.016	
Niacin	mg	2.612		5		1		2.612	0.162	
Pantothenic acid	mg	1.995		5		1		1.995	0.124	
Vitamin B-6	mg	0.574		5		1		0.574	0.036	
Folate, total	mcg	305		7		1		305	19	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	305		7		1		305	19	
Folate, DFE	mcg_DFE	305		0	NC	4		305	19	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	40		0	NC	4		40	2	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		2	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.20		0	O	4		0.20	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.1		0	BFFN	4		4.1	0.3	
Lipids:										
Fatty acids, total saturated	g	0.136		0		1		0.136	0.008	
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	0.003		0		1		0.003	0.000	
15:0	g									
16:0	g	0.100		0		1		0.100	0.006	
17:0	g									
18:0	g	0.034		0		1		0.034	0.002	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16117
Soy flour, defatted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.208		0		1		0.208	0.013	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.206		0		1		0.206	0.013	
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	0.533		0		1		0.533	0.033	
18:2 undifferentiated.....g	0.470		0		1		0.470	0.029	
18:3 undifferentiated.....g	0.063		0		1		0.063	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	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.683		0		1		0.683	0.042	
Threonine.....g	2.042		0		1		2.042	0.127	
Isoleucine.....g	2.281		0		1		2.281	0.141	
Leucine.....g	3.828		0		1		3.828	0.237	
Lysine.....g	3.129		0		1		3.129	0.194	
Methionine.....g	0.634		0		1		0.634	0.039	
Cystine.....g	0.757		0		1		0.757	0.047	
Phenylalanine.....g	2.453		0		1		2.453	0.152	
Tyrosine.....g	1.778		0		1		1.778	0.110	
Valine.....g	2.346		0		1		2.346	0.145	
Arginine.....g	3.647		0		1		3.647	0.226	
Histidine.....g	1.268		0		1		1.268	0.079	
Alanine.....g	2.215		0		1		2.215	0.137	
Aspartic acid.....g	5.911		0		1		5.911	0.366	
Glutamic acid.....g	9.106		0		1		9.106	0.565	
Glycine.....g	2.174		0		1		2.174	0.135	
Proline.....g	2.750		0		1		2.750	0.171	
Serine.....g	2.725		0		1		2.725	0.169	
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	
Carotenoids:									
Carotene, beta.....mcg	24		0	o	4		24.000	1.488	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 100g: 1 cup, stirred

Measure 2 = 6.2g: 1 tbsp

NDB No. 16117
Soy flour, defatted

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16417
Soy flour, defatted, crude protein basis (N x 6.25)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.25		6		1		7.25		
Energy	kcal	327		0	NC	4		327		
Energy	kj	1367		0	NC	4		1367		
Protein (N x 6.25)	g	51.46		6		1		51.46		
Total lipid (fat)	g	1.22		6		1		1.22		
Ash	g	6.15		2		1		6.15		
Carbohydrate, by difference	g	33.92		0	NC	4		33.92		
Fiber, total dietary	g	15.5		0	O	4		15.5		
Sugars, total	g	17.68		0	O	4		17.68		
Starch	g									
Minerals:										
Calcium, Ca	mg	241	27.984	17		1		241		
Iron, Fe	mg	9.24	0.781	13		1		9.24		
Magnesium, Mg	mg	290	32.952	13		1		290		
Phosphorus, P	mg	674		11		1		674		
Potassium, K	mg	2384	243.884	13		1		2384		
Sodium, Na	mg	20	2.319	13		1		20		
Zinc, Zn	mg	2.46	0.215	14		1		2.46		
Copper, Cu	mg	4.065	0.105	14		1		4.065		
Manganese, Mn	mg	3.018	0.084	13		1		3.018		
Selenium, Se	mcg	1.7		0	BFFN	4		1.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.698		5		1		0.698		
Riboflavin	mg	0.253		5		1		0.253		
Niacin	mg	2.612		5		1		2.612		
Pantothenic acid	mg	1.995		5		1		1.995		
Vitamin B-6	mg	0.574		5		1		0.574		
Folate, total	mcg	305		7		1		305		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	305		7		1		305		
Folate, DFE	mcg_DFE	305		0	NC	4		305		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	40		0	NC	4		40		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		2		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.20		0	BFSN	4		0.20		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.1		0	BFSN	4		4.1		
Lipids:										
Fatty acids, total saturated	g	0.136		0		1		0.136		
4:0	g	0.000		0	BFSN	4		0.000		
6:0	g	0.000		0	BFSN	4		0.000		
8:0	g	0.000		0	BFSN	4		0.000		
10:0	g	0.000		0	BFSN	4		0.000		
12:0	g	0.000		0	BFSN	4		0.000		
13:0	g									
14:0	g	0.003		0		1		0.003		
15:0	g									
16:0	g	0.100		0		1		0.100		
17:0	g									
18:0	g	0.034		0		1		0.034		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16417
Soy flour, defatted, crude protein basis (N x 6.25)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.208		0		1		0.208		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.206		0		1		0.206		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.533		0		1		0.533		
18:2 undifferentiated.....g	0.470		0		1		0.470		
18:3 undifferentiated.....g	0.063		0		1		0.063		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.683		0		1		0.683		
Threonine.....g	2.042		0		1		2.042		
Isoleucine.....g	2.281		0		1		2.281		
Leucine.....g	3.828		0		1		3.828		
Lysine.....g	3.129		0		1		3.129		
Methionine.....g	0.634		0		1		0.634		
Cystine.....g	0.757		0		1		0.757		
Phenylalanine.....g	2.453		0		1		2.453		
Tyrosine.....g	1.778		0		1		1.778		
Valine.....g	2.346		0		1		2.346		
Arginine.....g	3.647		0		1		3.647		
Histidine.....g	1.268		0		1		1.268		
Alanine.....g	2.215		0		1		2.215		
Aspartic acid.....g	5.911		0		1		5.911		
Glutamic acid.....g	9.106		0		1		9.106		
Glycine.....g	2.174		0		1		2.174		
Proline.....g	2.750		0		1		2.750		
Serine.....g	2.725		0		1		2.725		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	24		0	BFSN	4		24.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

Common Measures:

Measure 1 = 100g: 1 cup, stirred

NDB No. 16417
Soy flour, defatted, crude protein basis (N x 6.25)

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16115
Soy flour, full-fat, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.16		5		1		4.33	0.27	
Energy	kcal	436		0	NC	4		366	23	
Energy	kj	1824		0	NC	4		1532	95	
Protein (N x 5.71)	g	34.54		4		1		29.01	1.80	
Total lipid (fat)	g	20.65		2		1		17.35	1.07	
Ash	g	4.46		1		1		3.75	0.23	
Carbohydrate, by difference	g	35.19		0	NC	4		29.56	1.83	
Fiber, total dietary	g	9.6		0		4		8.1	0.5	
Sugars, total	g	7.50		0	O	4		6.30	0.39	
Starch	g									
Minerals:										
Calcium, Ca	mg	206		4		1		173	11	
Iron, Fe	mg	6.37		3		1		5.35	0.33	
Magnesium, Mg	mg	429		2		1		360	22	
Phosphorus, P	mg	494		1		1		415	26	
Potassium, K	mg	2515		2		1		2113	131	
Sodium, Na	mg	13		2		1		11	1	
Zinc, Zn	mg	3.92		2		1		3.29	0.20	
Copper, Cu	mg	2.920		2		1		2.453	0.152	
Manganese, Mn	mg	2.275		2		1		1.911	0.118	
Selenium, Se	mcg	7.5		0	BFZN	4		6.3	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.581		2		1		0.488	0.030	
Riboflavin	mg	1.160		2		1		0.974	0.060	
Niacin	mg	4.320		2		1		3.629	0.225	
Pantothenic acid	mg	1.590		1		1		1.336	0.083	
Vitamin B-6	mg	0.461		1		1		0.387	0.024	
Folate, total	mcg	345		1		1		290	18	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	345		1		1		290	18	
Folate, DFE	mcg_DFE	345		0	NC	4		290	18	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	120		0	NC	4		101	6	
Vitamin A, RAE	mcg_RAE	6		0	NC	4		5	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	1.95		0	O	4		1.64	0.10	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	70.0		1	A	1		58.8	3.6	
Lipids:										
Fatty acids, total saturated	g	2.987		0		1		2.509	0.155	
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	0.057		0		1		0.048	0.003	
15:0	g									
16:0	g	2.192		0		1		1.841	0.114	
17:0	g									
18:0	g	0.737		0		1		0.619	0.038	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16115
Soy flour, full-fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.561		0		1		3.831	0.237	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.057		0		1		0.048	0.003	
17:1.....g									
18:1 undifferentiated.....g	4.504		0		1		3.783	0.234	
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	11.657		0		1		9.792	0.606	
18:2 undifferentiated.....g	10.280		0		1		8.635	0.535	
18:3 undifferentiated.....g	1.378		0		1		1.158	0.072	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.502		0		1		0.422	0.026	
Threonine.....g	1.500		0		1		1.260	0.078	
Isoleucine.....g	1.675		0		1		1.407	0.087	
Leucine.....g	2.812		0		1		2.362	0.146	
Lysine.....g	2.298		0		1		1.930	0.119	
Methionine.....g	0.466		0		1		0.391	0.024	
Cystine.....g	0.556		0		1		0.467	0.029	
Phenylalanine.....g	1.802		0		1		1.514	0.094	
Tyrosine.....g	1.306		0		1		1.097	0.068	
Valine.....g	1.724		0		1		1.448	0.090	
Arginine.....g	2.679		0		1		2.250	0.139	
Histidine.....g	0.931		0		1		0.782	0.048	
Alanine.....g	1.627		0		1		1.367	0.085	
Aspartic acid.....g	4.342		0		1		3.647	0.226	
Glutamic acid.....g	6.689		0		1		5.619	0.348	
Glycine.....g	1.597		0		1		1.341	0.083	
Proline.....g	2.020		0		1		1.697	0.105	
Serine.....g	2.002		0		1		1.682	0.104	
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	
Carotenoids:									
Carotene, beta.....mcg	72		0	o	4		60.480	3.744	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 84g: 1 cup, stirred

Measure 2 = 5.2g: 1 tbsp

NDB No. 16115
Soy flour, full-fat, raw

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16415
Soy flour, full-fat, raw, crude protein basis (N x 6.25)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.16		5		1		4.39		
Energy	kcal	434		0	NC	4		369		
Energy	kj	1816				4		1543		
Protein (N x 6.25)	g	37.80		4		1		32.13		
Total lipid (fat)	g	20.65		2		1		17.55		
Ash	g	4.46		1		1		3.79		
Carbohydrate, by difference	g	31.93		0	NC	4		27.14		
Fiber, total dietary	g	9.6		0	BFZN	4		8.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	206		4		1		175		
Iron, Fe	mg	6.37		3		1		5.41		
Magnesium, Mg	mg	429		2		1		365		
Phosphorus, P	mg	494		1		1		420		
Potassium, K	mg	2515		2		1		2138		
Sodium, Na	mg	13		2		1		11		
Zinc, Zn	mg	3.92		2		1		3.33		
Copper, Cu	mg	2.920		2		1		2.482		
Manganese, Mn	mg	2.275		2		1		1.934		
Selenium, Se	mcg	7.5		0	BFZN	4		6.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.581		2		1		0.494		
Riboflavin	mg	1.160		2		1		0.986		
Niacin	mg	4.320		2		1		3.672		
Pantothenic acid	mg	1.590		1		1		1.352		
Vitamin B-6	mg	0.461		1		1		0.392		
Folate, total	mcg	345		1		1		293		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	345		1		1		293		
Folate, DFE	mcg_DFE	345		0	NC	4		293		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	120		1		1		102		
Vitamin A, RAE	mcg_RAE	6		1		1		5		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.987		0		1		2.539		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.057		0		1		0.048		
15:0	g									
16:0	g	2.192		0		1		1.863		
17:0	g									
18:0	g	0.737		0		1		0.626		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16415
Soy flour, full-fat, raw, crude protein basis (N x 6.25)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	4.561		0		1		3.877		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.057		0		1		0.048		
17:1.....g									
18:1 undifferentiated.....g	4.504		0		1		3.828		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.657		0		1		9.908		
18:2 undifferentiated.....g	10.280		0		1		8.738		
18:3 undifferentiated.....g	1.378		0		1		1.171		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.502		0		1		0.427		
Threonine.....g	1.500		0		1		1.275		
Isoleucine.....g	1.675		0		1		1.424		
Leucine.....g	2.812		0		1		2.390		
Lysine.....g	2.298		0		1		1.953		
Methionine.....g	0.466		0		1		0.396		
Cystine.....g	0.556		0		1		0.473		
Phenylalanine.....g	1.802		0		1		1.532		
Tyrosine.....g	1.306		0		1		1.110		
Valine.....g	1.724		0		1		1.465		
Arginine.....g	2.679		0		1		2.277		
Histidine.....g	0.931		0		1		0.791		
Alanine.....g	1.627		0		1		1.383		
Aspartic acid.....g	4.342		0		1		3.691		
Glutamic acid.....g	6.689		0		1		5.686		
Glycine.....g	1.597		0		1		1.357		
Proline.....g	2.020		0		1		1.717		
Serine.....g	2.002		0		1		1.702		
Hydroxyproline.....g									

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16116
Soy flour, full-fat, roasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.81	0.128	58		1		3.24		
Energy	kcal	441		0	NC	4		375		
Energy	kj	1844		0	NC	4		1568		
Protein (N x 5.71)	g	34.80	0.161	52		1		29.58		
Total lipid (fat)	g	21.86	0.221	31		1		18.58		
Ash	g	5.86	0.233	16		1		4.98		
Carbohydrate, by difference	g	33.67		0	NC	4		28.62		
Fiber, total dietary	g	9.7		0	BFSN	4		8.2		
Sugars, total	g	7.61		0	BFSN	4		6.47		
Starch	g									
Minerals:										
Calcium, Ca	mg	188		0		1		160		
Iron, Fe	mg	5.82		0		1		4.95		
Magnesium, Mg	mg	369		0		1		314		
Phosphorus, P	mg	476		0		1		405		
Potassium, K	mg	2041		0		1		1735		
Sodium, Na	mg	12		0		1		10		
Zinc, Zn	mg	3.58		0		1		3.04		
Copper, Cu	mg	2.221		0		1		1.888		
Manganese, Mn	mg	2.077		0		1		1.765		
Selenium, Se	mcg	7.5		1	A	1		6.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.412		0		1		0.350		
Riboflavin	mg	0.941		0		1		0.800		
Niacin	mg	3.286		0		1		2.793		
Pantothenic acid	mg	1.209		0		1		1.028		
Vitamin B-6	mg	0.351		0		1		0.298		
Folate, total	mcg	227		0		1		193		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	227		0		1		193		
Folate, DFE	mcg_DFE	227		0	NC	4		193		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	122		0	NC	4		103		
Vitamin A, RAE	mcg_RAE	6		0	NC	4		5		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	1.98		0	BFSN	4		1.68		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	71.0		0	BFSN	4		60.3		
Lipids:										
Fatty acids, total saturated	g	3.162		0		1		2.688		
4:0	g	0.000		0	BFSN	4		0.000		
6:0	g	0.000		0	BFSN	4		0.000		
8:0	g	0.000		0	BFSN	4		0.000		
10:0	g	0.000		0	BFSN	4		0.000		
12:0	g	0.000		0	BFSN	4		0.000		
13:0	g									
14:0	g	0.061		0		1		0.052		
15:0	g									
16:0	g	2.320		0		1		1.972		
17:0	g									
18:0	g	0.780		0		1		0.663		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16116
Soy flour, full-fat, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.829		0		1		4.105		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.061		0		1		0.052		
17:1.....g									
18:1 undifferentiated.....g	4.768		0		1		4.053		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.341		0		1		10.490		
18:2 undifferentiated.....g	10.883		0		1		9.251		
18:3 undifferentiated.....g	1.458		0		1		1.239		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.506		0		1		0.430		
Threonine.....g	1.511		0		1		1.284		
Isoleucine.....g	1.688		0		1		1.435		
Leucine.....g	2.834		0		1		2.409		
Lysine.....g	2.316		0		1		1.969		
Methionine.....g	0.469		0		1		0.399		
Cystine.....g	0.561		0		1		0.477		
Phenylalanine.....g	1.816		0		1		1.544		
Tyrosine.....g	1.316		0		1		1.119		
Valine.....g	1.737		0		1		1.476		
Arginine.....g	2.700		0		1		2.295		
Histidine.....g	0.938		0		1		0.797		
Alanine.....g	1.639		0		1		1.393		
Aspartic acid.....g	4.375		0		1		3.719		
Glutamic acid.....g	6.740		0		1		5.729		
Glycine.....g	1.609		0		1		1.368		
Proline.....g	2.035		0		1		1.730		
Serine.....g	2.017		0		1		1.714		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	73		0	BFSN	4		62.071		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

NDB No. 16116
Soy flour, full-fat, roasted

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16416
Soy flour, full-fat, roasted, crude protein basis (N x 6.25)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.81	0.128	58		1		3.24		
Energy	kcal	439		0	NC	4		373		
Energy	kj	1837				4		1561		
Protein (N x 6.25)	g	38.09	0.674	52		1		32.38		
Total lipid (fat)	g	21.86	0.221	31		1		18.58		
Ash	g	5.86	0.233	16		1		4.98		
Carbohydrate, by difference	g	30.38		0	NC	4		25.82		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	188		0		1		160		
Iron, Fe	mg	5.82		0		1		4.95		
Magnesium, Mg	mg	369		0		1		314		
Phosphorus, P	mg	476		0		1		405		
Potassium, K	mg	2041		0		1		1735		
Sodium, Na	mg	12		0		1		10		
Zinc, Zn	mg	3.58		0		1		3.04		
Copper, Cu	mg	2.221		0		1		1.888		
Manganese, Mn	mg	2.077		0		1		1.765		
Selenium, Se	mcg	7.5		1	A	1		6.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.412		0		1		0.350		
Riboflavin	mg	0.941		0		1		0.800		
Niacin	mg	3.286		0		1		2.793		
Pantothenic acid	mg	1.209		0		1		1.028		
Vitamin B-6	mg	0.351		0		1		0.298		
Folate, total	mcg	227		0		1		193		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	227		0		1		193		
Folate, DFE	mcg_DFE	227		0	NC	4		193		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	110		0		1		94		
Vitamin A, RAE	mcg_RAE	6		0		1		5		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.162		0		1		2.688		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.061		0		1		0.052		
15:0	g									
16:0	g	2.320		0		1		1.972		
17:0	g									
18:0	g	0.780		0		1		0.663		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16416
Soy flour, full-fat, roasted, crude protein basis (N x 6.25)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	4.829		0		1		4.105		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.061		0		1		0.052		
17:1.....g									
18:1 undifferentiated.....g	4.768		0		1		4.053		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.341		0		1		10.490		
18:2 undifferentiated.....g	10.883		0		1		9.251		
18:3 undifferentiated.....g	1.458		0		1		1.239		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.506		0		1		0.430		
Threonine.....g	1.511		0		1		1.284		
Isoleucine.....g	1.688		0		1		1.435		
Leucine.....g	2.834		0		1		2.409		
Lysine.....g	2.316		0		1		1.969		
Methionine.....g	0.469		0		1		0.399		
Cystine.....g	0.561		0		1		0.477		
Phenylalanine.....g	1.816		0		1		1.544		
Tyrosine.....g	1.316		0		1		1.119		
Valine.....g	1.737		0		1		1.476		
Arginine.....g	2.700		0		1		2.295		
Histidine.....g	0.938		0		1		0.797		
Alanine.....g	1.639		0		1		1.393		
Aspartic acid.....g	4.375		0		1		3.719		
Glutamic acid.....g	6.740		0		1		5.729		
Glycine.....g	1.609		0		1		1.368		
Proline.....g	2.035		0		1		1.730		
Serine.....g	2.017		0		1		1.714		
Hydroxyproline.....g									

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16118
Soy flour, low-fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.70		1		1		2.38	0.15	
Energy	kcal	372		0	NC	4		327	20	
Energy	kj	1557		0	NC	4		1370	86	
Protein (N x 5.71)	g	46.53		0		1		40.95	2.56	
Total lipid (fat)	g	6.70		0		1		5.90	0.37	
Ash	g	6.09		0		1		5.36	0.33	
Carbohydrate, by difference	g	37.98		0	NC	4		33.42	2.09	
Fiber, total dietary	g	10.2		0		4		9.0	0.6	
Sugars, total	g	19.80		0	BFNN	4		17.42	1.09	
Starch	g									
Minerals:										
Calcium, Ca	mg	188		1		1		165	10	
Iron, Fe	mg	5.99		1		1		5.27	0.33	
Magnesium, Mg	mg	229		1		1		202	13	
Phosphorus, P	mg	593		1		1		522	33	
Potassium, K	mg	2570		1		1		2262	141	
Sodium, Na	mg	18		1		1		16	1	
Zinc, Zn	mg	1.18		1		1		1.04	0.06	
Copper, Cu	mg	5.080		1		1		4.470	0.279	
Manganese, Mn	mg	3.080		1		1		2.710	0.169	
Selenium, Se	mcg	9.3		0	BFFN	4		8.2	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.380		1		1		0.334	0.021	
Riboflavin	mg	0.285		1		1		0.251	0.016	
Niacin	mg	2.160		1		1		1.901	0.119	
Pantothenic acid	mg	1.820		1		1		1.602	0.100	
Vitamin B-6	mg	0.522		1		1		0.459	0.029	
Folate, total	mcg	410		1		1		361	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	410		1		1		361	23	
Folate, DFE	mcg_DFE	410		0	NC	4		361	23	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	40		0	NC	4		35	2	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		2	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.19		0	BFNN	4		0.17	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.1		0	BFNN	4		3.6	0.2	
Lipids:										
Fatty acids, total saturated	g	0.969		0		1		0.853	0.053	
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	0.019		0		1		0.017	0.001	
15:0	g									
16:0	g	0.711		0		1		0.626	0.039	
17:0	g									
18:0	g	0.239		0		1		0.210	0.013	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16118
Soy flour, low-fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.480		0		1		1.302	0.081	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0		1		0.017	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.461		0		1		1.286	0.080	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.782		0		1		3.328	0.208	
18:2 undifferentiated.....g	3.335		0		1		2.935	0.183	
18:3 undifferentiated.....g	0.447		0		1		0.393	0.025	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.676		0		1		0.595	0.037	
Threonine.....g	2.021		0		1		1.778	0.111	
Isoleucine.....g	2.257		0		1		1.986	0.124	
Leucine.....g	3.789		0		1		3.334	0.208	
Lysine.....g	3.097		0		1		2.725	0.170	
Methionine.....g	0.627		0		1		0.552	0.034	
Cystine.....g	0.750		0		1		0.660	0.041	
Phenylalanine.....g	2.428		0		1		2.137	0.134	
Tyrosine.....g	1.760		0		1		1.549	0.097	
Valine.....g	2.322		0		1		2.043	0.128	
Arginine.....g	3.610		0		1		3.177	0.199	
Histidine.....g	1.255		0		1		1.104	0.069	
Alanine.....g	2.192		0		1		1.929	0.121	
Aspartic acid.....g	5.851		0		1		5.149	0.322	
Glutamic acid.....g	9.013		0		1		7.931	0.496	
Glycine.....g	2.151		0		1		1.893	0.118	
Proline.....g	2.722		0		1		2.395	0.150	
Serine.....g	2.697		0		1		2.373	0.148	
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	
Carotenoids:									
Carotene, beta.....mcg	24		0	o	4		21.120	1.320	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

Measure 2 = 5.5g: 1 tbsp

NDB No. 16118
Soy flour, low-fat

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16418
Soy flour, low-fat, crude protein basis (N x 6.25)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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		1		1		2.38		
Energy	kcal	369		0	NC	4		325		
Energy	kj	1546		0	NC	4		1360		
Protein (N x 6.25)	g	50.93		0		1		44.82		
Total lipid (fat)	g	6.70		0		1		5.90		
Ash	g	6.09		0		1		5.36		
Carbohydrate, by difference	g	33.58		0	NC	4		29.55		
Fiber, total dietary	g	10.2		0	BFZN	4		9.0		
Sugars, total	g	19.80		0	BFSN	4		17.42		
Starch	g									
Minerals:										
Calcium, Ca	mg	188		1		1		165		
Iron, Fe	mg	5.99		1		1		5.27		
Magnesium, Mg	mg	229		1		1		202		
Phosphorus, P	mg	593		1		1		522		
Potassium, K	mg	2570		1		1		2262		
Sodium, Na	mg	18		1		1		16		
Zinc, Zn	mg	1.18		1		1		1.04		
Copper, Cu	mg	5.080		1		1		4.470		
Manganese, Mn	mg	3.080		1		1		2.710		
Selenium, Se	mcg	9.3		1	A	1		8.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.380		1		1		0.334		
Riboflavin	mg	0.285		1		1		0.251		
Niacin	mg	2.160		1		1		1.901		
Pantothenic acid	mg	1.820		1		1		1.602		
Vitamin B-6	mg	0.522		1		1		0.459		
Folate, total	mcg	410		1		1		361		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	410		1		1		361		
Folate, DFE	mcg_DFE	410		0	NC	4		361		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	40		0	NC	4		35		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		2		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.19		0	BFSN	4		0.17		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.1		0	BFSN	4		3.6		
Lipids:										
Fatty acids, total saturated	g	0.969		0		1		0.853		
4:0	g	0.000		0	BFSN	4		0.000		
6:0	g	0.000		0	BFSN	4		0.000		
8:0	g	0.000		0	BFSN	4		0.000		
10:0	g	0.000		0	BFSN	4		0.000		
12:0	g	0.000		0	BFSN	4		0.000		
13:0	g									
14:0	g	0.019		0		1		0.017		
15:0	g									
16:0	g	0.711		0		1		0.626		
17:0	g									
18:0	g	0.239		0		1		0.210		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16418
Soy flour, low-fat, crude protein basis (N x 6.25)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	1.480		0		1		1.302		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0		1		0.017		
17:1.....g									
18:1 undifferentiated.....g	1.461		0		1		1.286		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.782		0		1		3.328		
18:2 undifferentiated.....g	3.335		0		1		2.935		
18:3 undifferentiated.....g	0.447		0		1		0.393		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.676		0		1		0.595		
Threonine.....g	2.021		0		1		1.778		
Isoleucine.....g	2.257		0		1		1.986		
Leucine.....g	3.789		0		1		3.334		
Lysine.....g	3.097		0		1		2.725		
Methionine.....g	0.627		0		1		0.552		
Cystine.....g	0.750		0		1		0.660		
Phenylalanine.....g	2.428		0		1		2.137		
Tyrosine.....g	1.760		0		1		1.549		
Valine.....g	2.322		0		1		2.043		
Arginine.....g	3.610		0		1		3.177		
Histidine.....g	1.255		0		1		1.104		
Alanine.....g	2.192		0		1		1.929		
Aspartic acid.....g	5.851		0		1		5.149		
Glutamic acid.....g	9.013		0		1		7.931		
Glycine.....g	2.151		0		1		1.893		
Proline.....g	2.722		0		1		2.395		
Serine.....g	2.697		0		1		2.373		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	24		0	BFSN	4		21.120		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

NDB No. 16418
Soy flour, low-fat, crude protein basis (N x 6.25)

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16119
Soy meal, defatted, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.94	0.307	4		1		8.47		
Energy	kcal	339		0	NC	4		414		
Energy	kj	1418				4		1730		
Protein (N x 5.71)	g	44.95	1.226	5		1		54.84		
Total lipid (fat)	g	2.39		2		1		2.92		
Ash	g	5.58		3		1		6.81		
Carbohydrate, by difference	g	40.14		0	NC	4		48.97		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	244	38.533	10		1		298		
Iron, Fe	mg	13.70	0.378	7		1		16.71		
Magnesium, Mg	mg	306	8.200	7		1		373		
Phosphorus, P	mg	701	16.380	8		1		855		
Potassium, K	mg	2490	79.372	7		1		3038		
Sodium, Na	mg	3	2.143	7		1		4		
Zinc, Zn	mg	5.06		8		1		6.17		
Copper, Cu	mg	2.000	0.163	6		1		2.440		
Manganese, Mn	mg	3.800	0.134	5		1		4.636		
Selenium, Se	mcg	3.3		0	BFFN	4		4.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.691		0		1		0.843		
Riboflavin	mg	0.251		0		1		0.306		
Niacin	mg	2.587		0		1		3.156		
Pantothenic acid	mg	1.976		0		1		2.411		
Vitamin B-6	mg	0.569		0		1		0.694		
Folate, total	mcg	303		0		1		369		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	303		0		1		369		
Folate, DFE	mcg_DFE	303		0	NC	4		369		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	40		0		1		49		
Vitamin A, RAE	mcg_RAE	2		0		1		2		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.268		0		1		0.327		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.005		0		1		0.006		
15:0	g									
16:0	g	0.196		0		1		0.239		
17:0	g									
18:0	g	0.066		0		1		0.081		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16119
Soy meal, defatted, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.409		0		1		0.499		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.404		0		1		0.493		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.045		0		1		1.275		
18:2 undifferentiated.....g	0.921		0		1		1.124		
18:3 undifferentiated.....g	0.123		0		1		0.150		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.653		0		1		0.797		
Threonine.....g	1.952		0		1		2.381		
Isoleucine.....g	2.180		0		1		2.660		
Leucine.....g	3.660		0		1		4.465		
Lysine.....g	2.991		0		1		3.649		
Methionine.....g	0.606		0		1		0.739		
Cystine.....g	0.724		0		1		0.883		
Phenylalanine.....g	2.346		0		1		2.862		
Tyrosine.....g	1.700		0		1		2.074		
Valine.....g	2.243		0		1		2.736		
Arginine.....g	3.487		0		1		4.254		
Histidine.....g	1.212		0		1		1.479		
Alanine.....g	2.117		0		1		2.583		
Aspartic acid.....g	5.651		0		1		6.894		
Glutamic acid.....g	8.705		0		1		10.620		
Glycine.....g	2.078		0		1		2.535		
Proline.....g	2.629		0		1		3.207		
Serine.....g	2.605		0		1		3.178		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 122g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16419
Soy meal, defatted, raw, crude protein basis (N x 6.25)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.94	0.307	4		1		8.47		
Energy	kcal	337		0	NC	4		411		
Energy	kj	1410				4		1720		
Protein (N x 6.25)	g	49.20	0.235	5		1		60.02		
Total lipid (fat)	g	2.39		2		1		2.92		
Ash	g	5.58		3		1		6.81		
Carbohydrate, by difference	g	35.89		0	NC	4		43.79		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	244	38.533	10		1		298		
Iron, Fe	mg	13.70	0.378	7		1		16.71		
Magnesium, Mg	mg	306	8.200	7		1		373		
Phosphorus, P	mg	701	16.380	8		1		855		
Potassium, K	mg	2490	79.372	7		1		3038		
Sodium, Na	mg	3	2.143	7		1		4		
Zinc, Zn	mg	5.06		8		1		6.17		
Copper, Cu	mg	2.000	0.163	6		1		2.440		
Manganese, Mn	mg	3.800	0.134	5		1		4.636		
Selenium, Se	mcg	3.3		0	BFFN	4		4.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.691		0		1		0.843		
Riboflavin	mg	0.251		0		1		0.306		
Niacin	mg	2.587		0		1		3.156		
Pantothenic acid	mg	1.976		0		1		2.411		
Vitamin B-6	mg	0.569		0		1		0.694		
Folate, total	mcg	303		0		1		369		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	303		0		1		369		
Folate, DFE	mcg_DFE	303		0	NC	4		369		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	40		0		1		49		
Vitamin A, RAE	mcg_RAE	2		0		1		2		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.268		0		1		0.327		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.005		0		1		0.006		
15:0	g									
16:0	g	0.196		0		1		0.239		
17:0	g									
18:0	g	0.066		0		1		0.081		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16419
Soy meal, defatted, raw, crude protein basis (N x 6.25)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.409		0		1		0.499		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.404		0		1		0.493		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.045		0		1		1.275		
18:2 undifferentiated.....g	0.921		0		1		1.124		
18:3 undifferentiated.....g	0.123		0		1		0.150		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.653		0		1		0.797		
Threonine.....g	1.952		0		1		2.381		
Isoleucine.....g	2.180		0		1		2.660		
Leucine.....g	3.660		0		1		4.465		
Lysine.....g	2.991		0		1		3.649		
Methionine.....g	0.606		0		1		0.739		
Cystine.....g	0.724		0		1		0.883		
Phenylalanine.....g	2.346		0		1		2.862		
Tyrosine.....g	1.700		0		1		2.074		
Valine.....g	2.243		0		1		2.736		
Arginine.....g	3.487		0		1		4.254		
Histidine.....g	1.212		0		1		1.479		
Alanine.....g	2.117		0		1		2.583		
Aspartic acid.....g	5.651		0		1		6.894		
Glutamic acid.....g	8.705		0		1		10.620		
Glycine.....g	2.078		0		1		2.535		
Proline.....g	2.629		0		1		3.207		
Serine.....g	2.605		0		1		3.178		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 122g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16166
Soy milk, chocolate, fluid

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.26	0.612	8	A	1		218.69	27.31	
Energy	kcal	49		0	NC	4		120	15	
Energy	kj	206		0	NC	4		504	63	
Protein (N x 5.71)	g	2.75	0.104	33		1		6.74	0.84	
Total lipid (fat)	g	1.91	0.440	3		1		4.68	0.58	
Ash	g	0.27		2		1		0.66	0.08	
Carbohydrate, by difference	g	5.81		0	NC	4		14.23	1.78	
Fiber, total dietary	g	1.3		0		4		3.2	0.4	
Sugars, total	g	4.51		0	O	4		11.05	1.38	
Starch	g									
Minerals:										
Calcium, Ca	mg	4		2		1		10	1	
Iron, Fe	mg	0.58		2		1		1.42	0.18	
Magnesium, Mg	mg	19		2		1		47	6	
Phosphorus, P	mg	49		2		1		120	15	
Potassium, K	mg	141		2		1		345	43	
Sodium, Na	mg	12	4.830	3		1		29	4	
Zinc, Zn	mg	0.23		2		1		0.56	0.07	
Copper, Cu	mg	0.120		1		1		0.294	0.037	
Manganese, Mn	mg	0.170		2		1		0.417	0.052	
Selenium, Se	mcg	1.3		0	BFSN	4		3.2	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.161		2		1		0.394	0.049	
Riboflavin	mg	0.070		2		1		0.172	0.021	
Niacin	mg	0.147		2		1		0.360	0.045	
Pantothenic acid	mg	0.048		2		1		0.118	0.015	
Vitamin B-6	mg	0.041		2		1		0.100	0.013	
Folate, total	mcg	2		2		1		4	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		2		1		4	0	
Folate, DFE	mcg_DFE	2		0	NC	4		4	0	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	417		0	NC	4		1021	127	
Vitamin A, RAE	mcg_RAE	125		0	NC	4		306	38	
Retinol	mcg	125		0	LC	8		306	38	
Vitamin E (alpha-tocopherol)	mg	0.01		0	O	4		0.02	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	BFSN	4		0.7	0.1	
Lipids:										
Fatty acids, total saturated	g	0.214		0		1		0.524	0.065	
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	0.004		0		1		0.010	0.001	
15:0	g									
16:0	g	0.157		0		1		0.385	0.048	
17:0	g									
18:0	g	0.053		0		1		0.130	0.016	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16166
Soy milk, chocolate, fluid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.326		0		1		0.799	0.100	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.010	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.322		0		1		0.789	0.099	
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	0.833		0		1		2.041	0.255	
18:2 undifferentiated.....g	0.735		0		1		1.801	0.225	
18:3 undifferentiated.....g	0.098		0		1		0.240	0.030	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.043		34		1		0.105	0.013	
Threonine.....g	0.113		33		1		0.277	0.035	
Isoleucine.....g	0.144		34		1		0.353	0.044	
Leucine.....g	0.241		34		1		0.590	0.074	
Lysine.....g	0.179		34		1		0.439	0.055	
Methionine.....g	0.040		29		1		0.098	0.012	
Cystine.....g	0.047		33		1		0.115	0.014	
Phenylalanine.....g	0.151		34		1		0.370	0.046	
Tyrosine.....g	0.112		30		1		0.274	0.034	
Valine.....g	0.141		34		1		0.345	0.043	
Arginine.....g	0.214		22		1		0.524	0.065	
Histidine.....g	0.071		30		1		0.174	0.022	
Alanine.....g	0.122		22		1		0.299	0.037	
Aspartic acid.....g	0.341		21		1		0.835	0.104	
Glutamic acid.....g	0.550		22		1		1.348	0.168	
Glycine.....g	0.120		22		1		0.294	0.037	
Proline.....g	0.162		22		1		0.397	0.050	
Serine.....g	0.144		22		1		0.353	0.044	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 30.6g: 1 fl oz

NDB No. 16166
Soy milk, chocolate, fluid

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16120
Soy milk, fluid

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.26	0.612	8	A	1		218.69	27.31	
Energy	kcal	49		0	NC	4		121	15	
Energy	kj	206		0	NC	4		505	63	
Protein (N x 5.71)	g	3.75		0	LC	8		9.19	1.15	
Total lipid (fat)	g	2.08		0	LC	8		5.10	0.64	
Ash	g	0.27		2		1		0.66	0.08	
Carbohydrate, by difference	g	4.64		0	NC	4		11.37	1.42	
Fiber, total dietary	g	1.3		0		4		3.2	0.4	
Sugars, total	g	0.50		0	O	4		1.23	0.15	
Starch	g									
Minerals:										
Calcium, Ca	mg	4		2		1		10	1	
Iron, Fe	mg	0.58		2		1		1.42	0.18	
Magnesium, Mg	mg	19		2		1		47	6	
Phosphorus, P	mg	49		2		1		120	15	
Potassium, K	mg	141		2		1		345	43	
Sodium, Na	mg	12	4.830	3		1		29	4	
Zinc, Zn	mg	0.23		2		1		0.56	0.07	
Copper, Cu	mg	0.120		1		1		0.294	0.037	
Manganese, Mn	mg	0.170		2		1		0.417	0.052	
Selenium, Se	mcg	1.3		0	BFSN	4		3.2	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.161		2		1		0.394	0.049	
Riboflavin	mg	0.070		2		1		0.172	0.021	
Niacin	mg	0.147		2		1		0.360	0.045	
Pantothenic acid	mg	0.048		2		1		0.118	0.015	
Vitamin B-6	mg	0.041		2		1		0.100	0.013	
Folate, total	mcg	2		2		1		4	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		2		1		4	0	
Folate, DFE	mcg_DFE	2		0	NC	4		4	0	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	32		0	NC	4		78	10	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		4	0	
Retinol	mcg	0		0	BNA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.01		0	O	4		0.02	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.0		0	T	4		7.4	0.9	
Lipids:										
Fatty acids, total saturated	g	0.214		0		1		0.524	0.065	
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	0.004		0		1		0.010	0.001	
15:0	g									
16:0	g	0.157		0		1		0.385	0.048	
17:0	g									
18:0	g	0.053		0		1		0.130	0.016	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16120
Soy milk, fluid

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.326		0		1		0.799	0.100	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.010	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.322		0		1		0.789	0.099	
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	0.833		0		1		2.041	0.255	
18:2 undifferentiated.....g	0.735		0		1		1.801	0.225	
18:3 undifferentiated.....g	0.098		0		1		0.240	0.030	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.043		34		1		0.105	0.013	
Threonine.....g	0.113		33		1		0.277	0.035	
Isoleucine.....g	0.144		34		1		0.353	0.044	
Leucine.....g	0.241		34		1		0.590	0.074	
Lysine.....g	0.179		34		1		0.439	0.055	
Methionine.....g	0.040		29		1		0.098	0.012	
Cystine.....g	0.047		33		1		0.115	0.014	
Phenylalanine.....g	0.151		34		1		0.370	0.046	
Tyrosine.....g	0.112		30		1		0.274	0.034	
Valine.....g	0.141		34		1		0.345	0.043	
Arginine.....g	0.214		22		1		0.524	0.065	
Histidine.....g	0.071		30		1		0.174	0.022	
Alanine.....g	0.122		22		1		0.299	0.037	
Aspartic acid.....g	0.341		21		1		0.835	0.104	
Glutamic acid.....g	0.550		22		1		1.348	0.168	
Glycine.....g	0.120		22		1		0.294	0.037	
Proline.....g	0.162		22		1		0.397	0.050	
Serine.....g	0.144		22		1		0.353	0.044	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	19		0	BNA	4		47.040	5.875	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 30.6g: 1 fl oz

NDB No. 16120
Soy milk, fluid

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16421

Soy protein concentrate, crude protein basis (N x 6.25), produced by acid wash

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	0.520	7		1		1.64		
Energy	kcal	328		0	NC	4		93		
Energy	kj	1372				4		389		
Protein (N x 6.25)	g	63.63	3.196	5		1		18.04		
Total lipid (fat)	g	0.46	0.186	5		1		0.13		
Ash	g	4.70	0.551	3		1		1.33		
Carbohydrate, by difference	g	25.41		0	NC	4		7.20		
Fiber, total dietary	g	5.5		0	BFZN	4		1.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	363	3.172	5		1		103		
Iron, Fe	mg	10.78	0.464	5		1		3.06		
Magnesium, Mg	mg	140		0		1		40		
Phosphorus, P	mg	839	15.256	5		1		238		
Potassium, K	mg	450		0		1		128		
Sodium, Na	mg	900		0		1		255		
Zinc, Zn	mg	4.40	0.818	5		1		1.25		
Copper, Cu	mg	0.976	0.158	5		1		0.277		
Manganese, Mn	mg	4.190	0.272	5		1		1.188		
Selenium, Se	mcg	0.8		0	CAZN	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.316	0.020	5		1		0.090		
Riboflavin	mg	0.142	0.022	5		1		0.040		
Niacin	mg	0.716	0.108	5		1		0.203		
Pantothenic acid	mg	0.057	0.009	3		1		0.016		
Vitamin B-6	mg	0.134	0.005	5		1		0.038		
Folate, total	mcg	340	23.022	5		1		96		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	340	23.022	5		1		96		
Folate, DFE	mcg_DFE	340		0	NC	4		96		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.052		0		1		0.015		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.001		0		1		0.000		
15:0	g									
16:0	g	0.038		0		1		0.011		
17:0	g									
18:0	g	0.013		0		1		0.004		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16421

Soy protein concentrate, crude protein basis (N x 6.25), produced by acid wash

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.079		0		1		0.022		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.078		0		1		0.022		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.201		0		1		0.057		
18:2 undifferentiated.....g	0.177		0		1		0.050		
18:3 undifferentiated.....g	0.024		0		1		0.007		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.835		7		1		0.237		
Threonine.....g	2.474		16		1		0.701		
Isoleucine.....g	2.942		16		1		0.834		
Leucine.....g	4.917		16		1		1.394		
Lysine.....g	3.929		17		1		1.114		
Methionine.....g	0.814		16		1		0.231		
Cystine.....g	0.886		11		1		0.251		
Phenylalanine.....g	3.278		16		1		0.929		
Tyrosine.....g	2.301		10		1		0.652		
Valine.....g	3.064		16		1		0.869		
Arginine.....g	4.642		10		1		1.316		
Histidine.....g	1.578		9		1		0.447		
Alanine.....g	2.677		8		1		0.759		
Aspartic acid.....g	7.249		8		1		2.055		
Glutamic acid.....g	12.013		8		1		3.406		
Glycine.....g	2.688		9		1		0.762		
Proline.....g	3.298		8		1		0.935		
Serine.....g	3.369		8		1		0.955		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16420
Soy protein concentrate, produced by acid wash

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	0.520	7		1		1.64		
Energy	kcal	331		0	NC	4		94		
Energy	kj	1386		0	NC	4		393		
Protein (N x 5.71)	g	58.13	2.152	360		1		16.48		
Total lipid (fat)	g	0.46	0.186	5		1		0.13		
Ash	g	4.70	0.551	3		1		1.33		
Carbohydrate, by difference	g	30.91		0	NC	4		8.76		
Fiber, total dietary	g	5.5		0	BFZN	4		1.6		
Sugars, total	g	20.00		0	O	4		5.67		
Starch	g									
Minerals:										
Calcium, Ca	mg	363	3.172	5		1		103		
Iron, Fe	mg	10.78	0.464	5		1		3.06		
Magnesium, Mg	mg	140		0		1		40		
Phosphorus, P	mg	839	15.256	5		1		238		
Potassium, K	mg	450		0		1		128		
Sodium, Na	mg	900		0		1		255		
Zinc, Zn	mg	4.40	0.818	5		1		1.25		
Copper, Cu	mg	0.976	0.158	5		1		0.277		
Manganese, Mn	mg	4.190	0.272	5		1		1.188		
Selenium, Se	mcg	0.8		0	CAZN	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.316	0.020	5		1		0.090		
Riboflavin	mg	0.142	0.022	5		1		0.040		
Niacin	mg	0.716	0.108	5		1		0.203		
Pantothenic acid	mg	0.057	0.009	3		1		0.016		
Vitamin B-6	mg	0.134	0.005	5		1		0.038		
Folate, total	mcg	340	23.022	5		1		96		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	340	23.022	5		1		96		
Folate, DFE	mcg_DFE	340		0	NC	4		96		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0	AS	1		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0		
Lipids:										
Fatty acids, total saturated	g	0.052		0		1		0.015		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.001		0		1		0.000		
15:0	g									
16:0	g	0.038		0		1		0.011		
17:0	g									
18:0	g	0.013		0		1		0.004		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16420
Soy protein concentrate, produced by acid wash

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.079		0		1		0.022		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.078		0		1		0.022		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.201		0		1		0.057		
18:2 undifferentiated.....g	0.177		0		1		0.050		
18:3 undifferentiated.....g	0.024		0		1		0.007		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.835		7		1		0.237		
Threonine.....g	2.474		16		1		0.701		
Isoleucine.....g	2.942		16		1		0.834		
Leucine.....g	4.917		16		1		1.394		
Lysine.....g	3.929		17		1		1.114		
Methionine.....g	0.814		16		1		0.231		
Cystine.....g	0.886		11		1		0.251		
Phenylalanine.....g	3.278		16		1		0.929		
Tyrosine.....g	2.301		10		1		0.652		
Valine.....g	3.064		16		1		0.869		
Arginine.....g	4.642		10		1		1.316		
Histidine.....g	1.578		9		1		0.447		
Alanine.....g	2.677		8		1		0.759		
Aspartic acid.....g	7.249		8		1		2.055		
Glutamic acid.....g	12.013		8		1		3.406		
Glycine.....g	2.688		9		1		0.762		
Proline.....g	3.298		8		1		0.935		
Serine.....g	3.369		8		1		0.955		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	z	7		0		
Theobromine.....mg	0		0	z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

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

NDB No. 16420
Soy protein concentrate, produced by acid wash

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16121
Soy protein concentrate, produced by alcohol extraction

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	0.520	7		1		1.64		
Energy	kcal	331		0	NC	4		94		
Energy	kj	1386		0	NC	4		393		
Protein (N x 5.71)	g	58.13	2.152	360		1		16.48		
Total lipid (fat)	g	0.46	0.186	5		1		0.13		
Ash	g	4.70	0.551	3		1		1.33		
Carbohydrate, by difference	g	30.91		0	NC	4		8.76		
Fiber, total dietary	g	5.5		0		4		1.6		
Sugars, total	g	20.00		0	O	4		5.67		
Starch	g									
Minerals:										
Calcium, Ca	mg	363	3.172	5		1		103		
Iron, Fe	mg	10.78	0.464	5		1		3.06		
Magnesium, Mg	mg	315	7.153	5		1		89		
Phosphorus, P	mg	839	15.256	5		1		238		
Potassium, K	mg	2202	70.456	5		1		624		
Sodium, Na	mg	3		2		1		1		
Zinc, Zn	mg	4.40	0.818	5		1		1.25		
Copper, Cu	mg	0.976	0.158	5		1		0.277		
Manganese, Mn	mg	4.190	0.272	5		1		1.188		
Selenium, Se	mcg	0.8		0	CAZN	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.316	0.020	5		1		0.090		
Riboflavin	mg	0.142	0.022	5		1		0.040		
Niacin	mg	0.716	0.108	5		1		0.203		
Pantothenic acid	mg	0.057	0.009	3		1		0.016		
Vitamin B-6	mg	0.134	0.005	5		1		0.038		
Folate, total	mcg	340	23.022	5		1		96		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	340	23.022	5		1		96		
Folate, DFE	mcg_DFE	340		0	NC	4		96		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0	AS	1		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0		
Lipids:										
Fatty acids, total saturated	g	0.052		0		1		0.015		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.001		0		1		0.000		
15:0	g									
16:0	g	0.038		0		1		0.011		
17:0	g									
18:0	g	0.013		0		1		0.004		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16121
Soy protein concentrate, produced by alcohol extraction

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.079		0		1		0.022		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.078		0		1		0.022		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.201		0		1		0.057		
18:2 undifferentiated.....g	0.177		0		1		0.050		
18:3 undifferentiated.....g	0.024		0		1		0.007		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.835		7		1		0.237		
Threonine.....g	2.474		16		1		0.701		
Isoleucine.....g	2.942		16		1		0.834		
Leucine.....g	4.917		16		1		1.394		
Lysine.....g	3.929		17		1		1.114		
Methionine.....g	0.814		16		1		0.231		
Cystine.....g	0.886		11		1		0.251		
Phenylalanine.....g	3.278		16		1		0.929		
Tyrosine.....g	2.301		10		1		0.652		
Valine.....g	3.064		16		1		0.869		
Arginine.....g	4.642		10		1		1.316		
Histidine.....g	1.578		9		1		0.447		
Alanine.....g	2.677		8		1		0.759		
Aspartic acid.....g	7.249		8		1		2.055		
Glutamic acid.....g	12.013		8		1		3.406		
Glycine.....g	2.688		9		1		0.762		
Proline.....g	3.298		8		1		0.935		
Serine.....g	3.369		8		1		0.955		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0		
Caffeine.....mg	0		0	z	7		0		
Theobromine.....mg	0		0	z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

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

NDB No. 16121
Soy protein concentrate, produced by alcohol extraction

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16122
Soy protein isolate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.98		0		1		1.41		
Energy	kcal	338		0	NC	4		96		
Energy	kj	1416		0	NC	4		401		
Protein (N x 5.71)	g	80.69	0.101	233		1		22.88		
Total lipid (fat)	g	3.39	0.078	124		1		0.96		
Ash	g	3.58	0.056	166		1		1.01		
Carbohydrate, by difference	g	7.36		0	NC	4		2.09		
Fiber, total dietary	g	5.6		0		1		1.6		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	178	6.618	176		1		50		
Iron, Fe	mg	14.50	0.329	125		1		4.11		
Magnesium, Mg	mg	39	1.672	155		1		11		
Phosphorus, P	mg	776	7.476	163		1		220		
Potassium, K	mg	81	1.352	102		1		23		
Sodium, Na	mg	1005	6.605	592		1		285		
Zinc, Zn	mg	4.03	0.150	132		1		1.14		
Copper, Cu	mg	1.599	0.028	122		1		0.453		
Manganese, Mn	mg	1.493	0.060	146		1		0.423		
Selenium, Se	mcg	0.8		0	CAZN	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.176	0.016	118		1		0.050		
Riboflavin	mg	0.100	0.004	118		1		0.028		
Niacin	mg	1.438	0.218	120		1		0.408		
Pantothenic acid	mg	0.060	0.003	109		1		0.017		
Vitamin B-6	mg	0.100		0		4		0.028		
Folate, total	mcg	176	3.286	112		1		50		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	176	3.286	112		1		50		
Folate, DFE	mcg_DFE	176		0	NC	4		50		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0	AS	1		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0		
Lipids:										
Fatty acids, total saturated	g	0.422		0		1		0.120		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.008		0		1		0.002		
15:0	g									
16:0	g	0.310		0		1		0.088		
17:0	g									
18:0	g	0.104		0		1		0.029		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16122
Soy protein isolate

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.645		0		1		0.183		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.637		0		1		0.181		
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	1.648		0		1		0.467		
18:2 undifferentiated.....g	1.453		0		1		0.412		
18:3 undifferentiated.....g	0.195		0		1		0.055		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	1.116		40		1		0.316		
Threonine.....g	3.137		66		1		0.889		
Isoleucine.....g	4.253		66		1		1.206		
Leucine.....g	6.783		66		1		1.923		
Lysine.....g	5.327		71		1		1.510		
Methionine.....g	1.130		74		1		0.320		
Cystine.....g	1.046		55		1		0.297		
Phenylalanine.....g	4.593		63		1		1.302		
Tyrosine.....g	3.222		47		1		0.913		
Valine.....g	4.098		66		1		1.162		
Arginine.....g	6.670		46		1		1.891		
Histidine.....g	2.303		47		1		0.653		
Alanine.....g	3.589		44		1		1.017		
Aspartic acid.....g	10.203		44		1		2.893		
Glutamic acid.....g	17.452		44		1		4.948		
Glycine.....g	3.603		44		1		1.021		
Proline.....g	4.960		44		1		1.406		
Serine.....g	4.593		44		1		1.302		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0		
Caffeine.....mg	0		0	z	7		0		
Theobromine.....mg	0		0	z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

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

NDB No. 16122
Soy protein isolate

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16176
Soy protein isolate, PROTEIN TECHNOLOGIES INTERNATIONAL, ProPlus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.00		1	MA	12		1.42		
Energy	kcal	380		0	MC	9		108		
Energy	kj	1590				9		451		
Protein (N x 6.25)	g	86.00		1	MA	12		24.38		
Total lipid (fat)	g	4.00		1	MA	12		1.13		
Ash	g	5.00		1	MA	12		1.42		
Carbohydrate, by difference	g	0.00		0	MC	9		0.00		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	200		1	MA	12		57		
Iron, Fe	mg	18.00		1	MA	12		5.10		
Magnesium, Mg	mg									
Phosphorus, P	mg	800		1	MA	12		227		
Potassium, K	mg	1600		1	MA	12		454		
Sodium, Na	mg	40		1	MA	12		11		
Zinc, Zn	mg	60.00		1	MA	12		17.01		
Copper, Cu	mg	3.000		1	MA	12		0.851		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	2.600		1	MA	12		0.737		
Riboflavin	mg	1.000		1	MA	12		0.284		
Niacin	mg	36.000		1	MA	12		10.206		
Pantothenic acid	mg	9.000		1	MA	12		2.552		
Vitamin B-6	mg	2.600		1	MA	12		0.737		
Folate, total	mcg	200		1	MA	12		57		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	200		1	MA	12		57		
Folate, DFE	mcg_DFE	200		0	NC	4		57		
Vitamin B-12	mcg	10.00		1	MA	12		2.84		
Vitamin A, IU	IU	1860		1	MA	12		527		
Vitamin A, RAE	mcg_RAE	559		0	NC	4		158		
Retinol	mcg	559		1	MA	12		158		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.400		1	MA	12		0.113		
Fatty acids, total monounsaturated	g	0.700		1	MA	12		0.198		
Fatty acids, total polyunsaturated	g	1.700		1	MA	12		0.482		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	1.100		1	MA	12		0.312		
Threonine	g	3.300		1	MA	12		0.936		
Isoleucine	g	4.200		1	MA	12		1.191		
Leucine	g	7.100		1	MA	12		2.013		
Lysine	g	5.400		1	MA	12		1.531		
Methionine	g	1.100		1	MA	12		0.312		
Cystine	g	1.100		1	MA	12		0.312		

NDB No. 16176
Soy protein isolate, PROTEIN TECHNOLOGIES INTERNATIONAL, ProPlus

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	4.500		1	MA	12		1.276		
Tyrosine.....g	3.300		1	MA	12		0.936		
Valine.....g	4.400		1	MA	12		1.247		
Arginine.....g	6.500		1	MA	12		1.843		
Histidine.....g	2.200		1	MA	12		0.624		
Alanine.....g	3.700		1	MA	12		1.049		
Aspartic acid.....g	10.000		1	MA	12		2.835		
Glutamic acid.....g	16.400		1	MA	12		4.649		
Glycine.....g	3.600		1	MA	12		1.021		
Proline.....g	4.400		1	MA	12		1.247		
Serine.....g	4.500		1	MA	12		1.276		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 4 **Fat** 9 **Carbohydrate** 4

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16175
Soy protein isolate, PROTEIN TECHNOLOGIES INTERNATIONAL, SUPRO

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.42	0.090	8	MA	12		1.25		
Energy	kcal	388		0	MC	9		110		
Energy	kj	1623				9		460		
Protein (N x 6.25)	g	87.75	0.164	8	MA	12		24.88		
Total lipid (fat)	g	4.00	0.000	7	MA	12		1.13		
Ash	g	4.01	0.139	8	MA	12		1.14		
Carbohydrate, by difference	g	0.00		0	MC	9		0.00		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	200	0.000	8	MA	12		57		
Iron, Fe	mg	16.00	0.000	8	MA	12		4.54		
Magnesium, Mg	mg	40		1	MA	12		11		
Phosphorus, P	mg	862	41.993	8	MA	12		244		
Potassium, K	mg	100	0.000	8	MA	12		28		
Sodium, Na	mg	1188	12.500	8	MA	12		337		
Zinc, Zn	mg	4.00	0.000	8	MA	12		1.13		
Copper, Cu	mg	1.400	0.000	8	MA	12		0.397		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MA	12		0.0		
Thiamin	mg	0.200	0.000	8	MA	12		0.057		
Riboflavin	mg	0.100	0.000	8	MA	12		0.028		
Niacin	mg	0.300	0.000	8	MA	12		0.085		
Pantothenic acid	mg	0.200	0.000	8	MA	12		0.057		
Vitamin B-6	mg									
Folate, total	mcg	200	0.000	8	MA	12		57		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	200	0.000	8	MA	12		57		
Folate, DFE	mcg_DFE	200		0	NC	4		57		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	0		1	MA	12		0		
Vitamin A, RAE	mcg_RAE	0		1	MA	12		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.871	0.018	7	MA	12		0.247		
Fatty acids, total monounsaturated	g	0.671	0.018	7	MA	12		0.190		
Fatty acids, total polyunsaturated	g	1.729	0.018	7	MA	12		0.490		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	1.100	0.016	8	MA	12		0.312		
Threonine	g	3.300	0.049	8	MA	12		0.936		
Isoleucine	g	4.300	0.000	8	MA	12		1.219		
Leucine	g	7.200	0.000	8	MA	12		2.041		
Lysine	g	5.500	0.000	8	MA	12		1.559		
Methionine	g	1.150	0.000	8	MA	12		0.326		
Cystine	g	1.150	0.000	8	MA	12		0.326		

NDB No. 16175
Soy protein isolate, PROTEIN TECHNOLOGIES INTERNATIONAL, SUPRO

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	4.600	0.000	8	MA	12		1.304		
Tyrosine.....g	3.300	0.000	8	MA	12		0.936		
Valine.....g	4.500	0.000	8	MA	12		1.276		
Arginine.....g	6.700	0.000	8	MA	12		1.899		
Histidine.....g	2.300	0.000	8	MA	12		0.652		
Alanine.....g	3.800	0.000	8	MA	12		1.077		
Aspartic acid.....g	10.200	0.000	8	MA	12		2.892		
Glutamic acid.....g	16.800	0.000	8	MA	12		4.763		
Glycine.....g	3.700	0.000	8	MA	12		1.049		
Proline.....g	4.500	0.000	8	MA	12		1.276		
Serine.....g	4.600	0.000	8	MA	12		1.304		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 4 **Fat** 9 **Carbohydrate** 4

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16422
Soy protein isolate, potassium 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	4.98		0		1		1.41		
Energy	kcal	326		0	NC	4		92		
Energy	kj	1364		0	NC	4		387		
Protein (N x 5.71)	g	80.69	0.101	233		1		22.88		
Total lipid (fat)	g	0.53	0.047	14		1		0.15		
Ash	g	3.58	0.056	166		1		1.01		
Carbohydrate, by difference	g	10.22		0	NC	4		2.90		
Fiber, total dietary	g	5.6		0	BFZN	4		1.6		
Sugars, total	g	0.00		0	BFSN	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	178	6.618	176		1		50		
Iron, Fe	mg	14.50	0.329	125		1		4.11		
Magnesium, Mg	mg	39	1.672	155		1		11		
Phosphorus, P	mg	776	7.476	163		1		220		
Potassium, K	mg	1590		0		1		451		
Sodium, Na	mg	50		0		1		14		
Zinc, Zn	mg	4.03	0.150	132		1		1.14		
Copper, Cu	mg	1.599	0.028	122		1		0.453		
Manganese, Mn	mg	1.493	0.060	146		1		0.423		
Selenium, Se	mcg	0.8		0	CAZN	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.176	0.016	118		1		0.050		
Riboflavin	mg	0.100	0.004	118		1		0.028		
Niacin	mg	1.438	0.218	120		1		0.408		
Pantothenic acid	mg	0.060	0.003	109		1		0.017		
Vitamin B-6	mg	0.100		0		4		0.028		
Folate, total	mcg	176	3.286	112		1		50		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	176	3.286	112		1		50		
Folate, DFE	mcg_DFE	176		0	NC	4		50		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0	NC	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFSN	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.077		0	NC	4		0.022		
4:0	g	0.000		0	BFSN	4		0.000		
6:0	g	0.000		0	BFSN	4		0.000		
8:0	g	0.000		0	BFSN	4		0.000		
10:0	g	0.000		0	BFSN	4		0.000		
12:0	g	0.000		0	BFSN	4		0.000		
13:0	g									
14:0	g	0.001		0		1		0.000		
15:0	g									
16:0	g	0.056		0		1		0.016		
17:0	g									
18:0	g	0.019		0		1		0.005		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16422
Soy protein isolate, potassium type

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.117		0	NC	4		0.033		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.116		0		1		0.033		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.299		0	NC	4		0.085		
18:2 undifferentiated.....g	0.264		0		1		0.075		
18:3 undifferentiated.....g	0.035		0		1		0.010		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	1.116		40		1		0.316		
Threonine.....g	3.137		66		1		0.889		
Isoleucine.....g	4.253		66		1		1.206		
Leucine.....g	6.783		66		1		1.923		
Lysine.....g	5.327		71		1		1.510		
Methionine.....g	1.130		74		1		0.320		
Cystine.....g	1.046		55		1		0.297		
Phenylalanine.....g	4.593		63		1		1.302		
Tyrosine.....g	3.222		47		1		0.913		
Valine.....g	4.098		66		1		1.162		
Arginine.....g	6.670		46		1		1.891		
Histidine.....g	2.303		47		1		0.653		
Alanine.....g	3.589		44		1		1.017		
Aspartic acid.....g	10.203		44		1		2.893		
Glutamic acid.....g	17.452		44		1		4.948		
Glycine.....g	3.603		44		1		1.021		
Proline.....g	4.960		44		1		1.406		
Serine.....g	4.593		44		1		1.302		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

NDB No. 16422
Soy protein isolate, potassium type

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16423
Soy protein isolate, potassium type, crude protein basis

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.98		0		1		1.41		
Energy	kcal	321		0	NC	4		91		
Energy	kj	1345		0	NC	4		381		
Protein (N x 5.71)	g	88.32	0.110	233		1		25.04		
Total lipid (fat)	g	0.53	0.047	14		1		0.15		
Ash	g	3.58	0.056	166		1		1.01		
Carbohydrate, by difference	g	2.59		0	NC	4		0.73		
Fiber, total dietary	g	2.0		0	BFZN	4		0.6		
Sugars, total	g	0.00		0	BFSN	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	178	6.618	176		1		50		
Iron, Fe	mg	14.50	0.329	125		1		4.11		
Magnesium, Mg	mg	39	1.672	155		1		11		
Phosphorus, P	mg	776	7.476	163		1		220		
Potassium, K	mg	1590		0		1		451		
Sodium, Na	mg	50		0		1		14		
Zinc, Zn	mg	4.03	0.150	132		1		1.14		
Copper, Cu	mg	1.599	0.028	122		1		0.453		
Manganese, Mn	mg	1.493	0.060	146		1		0.423		
Selenium, Se	mcg	0.8		0	CAZN	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.176	0.016	118		1		0.050		
Riboflavin	mg	0.100	0.004	118		1		0.028		
Niacin	mg	1.438	0.218	120		1		0.408		
Pantothenic acid	mg	0.060	0.003	109		1		0.017		
Vitamin B-6	mg	0.100		0		4		0.028		
Folate, total	mcg	176	3.286	112		1		50		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	176	3.286	112		1		50		
Folate, DFE	mcg_DFE	176		0	NC	4		50		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0	NC	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFSN	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.066		0	BFFN	4		0.019		
4:0	g	0.000		0	BFSN	4		0.000		
6:0	g	0.000		0	BFSN	4		0.000		
8:0	g	0.000		0	BFSN	4		0.000		
10:0	g	0.000		0	BFSN	4		0.000		
12:0	g	0.000		0	BFSN	4		0.000		
13:0	g									
14:0	g	0.001		0	BFFN	4		0.000		
15:0	g									
16:0	g	0.048		0	BFFN	4		0.014		
17:0	g									
18:0	g	0.016		0	BFFN	4		0.005		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16423
Soy protein isolate, potassium type, crude protein basis

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.101		0	BFFN	4		0.029		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.100		0	BFFN	4		0.028		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.258		0	BFFN	4		0.073		
18:2 undifferentiated.....g	0.227		0	BFFN	4		0.064		
18:3 undifferentiated.....g	0.030		0	BFFN	4		0.009		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	1.116		40		1		0.316		
Threonine.....g	3.137		66		1		0.889		
Isoleucine.....g	4.253		66		1		1.206		
Leucine.....g	6.783		66		1		1.923		
Lysine.....g	5.327		71		1		1.510		
Methionine.....g	1.130		74		1		0.320		
Cystine.....g	1.046		55		1		0.297		
Phenylalanine.....g	4.593		63		1		1.302		
Tyrosine.....g	3.222		47		1		0.913		
Valine.....g	4.098		66		1		1.162		
Arginine.....g	6.670		46		1		1.891		
Histidine.....g	2.303		47		1		0.653		
Alanine.....g	3.589		44		1		1.017		
Aspartic acid.....g	10.203		44		1		2.893		
Glutamic acid.....g	17.452		44		1		4.948		
Glycine.....g	3.603		44		1		1.021		
Proline.....g	4.960		44		1		1.406		
Serine.....g	4.593		44		1		1.302		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

NDB No. 16423
Soy protein isolate, potassium type, crude protein basis

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16125
Soy sauce made from hydrolyzed vegetable protein

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.66		0		1		13.62	4.54	43.88
Energy	kcal	40		0	NC	4		7	2	23
Energy	kj	168		0	NC	4		30	10	97
Protein (N x 6.25)	g	2.43		0		1		0.44	0.15	1.41
Total lipid (fat)	g	0.08		0		1		0.01	0.00	0.05
Ash	g	14.10		0		1		2.54	0.85	8.18
Carbohydrate, by difference	g	7.73		0	NC	4		1.39	0.46	4.48
Fiber, total dietary	g	0.5		0		1		0.1	0.0	0.3
Sugars, total	g	1.70		0	T	4		0.31	0.10	0.99
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		1		1	0	3
Iron, Fe	mg	1.49		0		1		0.27	0.09	0.86
Magnesium, Mg	mg	6		0		1		1	0	3
Phosphorus, P	mg	93		0		1		17	6	54
Potassium, K	mg	152		0		1		27	9	88
Sodium, Na	mg	5689		0		1		1024	341	3300
Zinc, Zn	mg	0.31		0		1		0.06	0.02	0.18
Copper, Cu	mg	0.097		0		1		0.017	0.006	0.056
Manganese, Mn	mg	0.357		0		4		0.064	0.021	0.207
Selenium, Se	mcg	0.8		2	A	1		0.1	0.0	0.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.042		0		1		0.008	0.003	0.024
Riboflavin	mg	0.109		0		1		0.020	0.007	0.063
Niacin	mg	2.828		0		1		0.509	0.170	1.640
Pantothenic acid	mg	0.269		0		1		0.048	0.016	0.156
Vitamin B-6	mg	0.143		0		1		0.026	0.009	0.083
Folate, total	mcg	13		0		1		2	1	8
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	13		0		1		2	1	8
Folate, DFE	mcg_DFE	13		0	NC	4		2	1	8
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	AS	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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.006		0		1		0.001	0.000	0.003
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.004		0		1		0.001	0.000	0.002
17:0	g									
18:0	g	0.001		0		1		0.000	0.000	0.001
20:0	g									
22:0	g									
24:0	g									

NDB No. 16125
Soy sauce made from hydrolyzed vegetable protein

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.009		0		1		0.002	0.001	0.005
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.001	0.000	0.005
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	0.022		0		1		0.004	0.001	0.013
18:2 undifferentiated.....g	0.019		0		1		0.003	0.001	0.011
18:3 undifferentiated.....g	0.003		0		1		0.001	0.000	0.002
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	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
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

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

Measure 2 = 6.0g: 1 tsp

Measure 3 = 58g: .25 cup

Calories Factors: **Protein** 3.5 **Fat** 8.4 **Carbohydrate** 4

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16124
Soy sauce made from soy (tamari)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.00		0		1		11.88	3.96	
Energy	kcal	60		0	NC	4		11	4	
Energy	kj	251		0	NC	4		45	15	
Protein (N x 6.25)	g	10.51		0		1		1.89	0.63	
Total lipid (fat)	g	0.10		0		1		0.02	0.01	
Ash	g	17.82		0		1		3.21	1.07	
Carbohydrate, by difference	g	5.57		0	NC	4		1.00	0.33	
Fiber, total dietary	g	0.8		0		4		0.1	0.0	
Sugars, total	g	1.70		0	T	4		0.31	0.10	
Starch	g									
Minerals:										
Calcium, Ca	mg	20		0		1		4	1	
Iron, Fe	mg	2.38		0		1		0.43	0.14	
Magnesium, Mg	mg	40		0		1		7	2	
Phosphorus, P	mg	130		0		1		23	8	
Potassium, K	mg	212		0		1		38	13	
Sodium, Na	mg	5586		0		1		1005	335	
Zinc, Zn	mg	0.43		0		1		0.08	0.03	
Copper, Cu	mg	0.135		0		1		0.024	0.008	
Manganese, Mn	mg	0.499		0		4		0.090	0.030	
Selenium, Se	mcg	0.8		0	BFZN	4		0.1	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.059		0		1		0.011	0.004	
Riboflavin	mg	0.152		0		1		0.027	0.009	
Niacin	mg	3.951		0		1		0.711	0.237	
Pantothenic acid	mg	0.376		0		1		0.068	0.023	
Vitamin B-6	mg	0.200		0		1		0.036	0.012	
Folate, total	mcg	18		0		1		3	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	18		0		1		3	1	
Folate, DFE	mcg_DFE	18		0	NC	4		3	1	
Vitamin B-12	mcg	0.00		0		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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.011		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	0.008		0		1		0.001	0.000	
17:0	g									
18:0	g	0.003		0		1		0.001	0.000	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16124
Soy sauce made from soy (tamari)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.017		0		1		0.003	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.017		0		1		0.003	0.001	
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	0.044		0		1		0.008	0.003	
18:2 undifferentiated.....g	0.039		0		1		0.007	0.002	
18:3 undifferentiated.....g	0.005		0		1		0.001	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.181		1		1		0.033	0.011	
Threonine.....g	0.407		5		1		0.073	0.024	
Isoleucine.....g	0.487		5		1		0.088	0.029	
Leucine.....g	0.735		5		1		0.132	0.044	
Lysine.....g	0.731		4		1		0.132	0.044	
Methionine.....g	0.167		3		1		0.030	0.010	
Cystine.....g	0.107		3		1		0.019	0.006	
Phenylalanine.....g	0.534		5		1		0.096	0.032	
Tyrosine.....g	0.342		4		1		0.062	0.021	
Valine.....g	0.524		5		1		0.094	0.031	
Arginine.....g	0.405		4		1		0.073	0.024	
Histidine.....g	0.215		4		1		0.039	0.013	
Alanine.....g	0.536		5		1		0.096	0.032	
Aspartic acid.....g	0.882		5		1		0.159	0.053	
Glutamic acid.....g	2.411		6		1		0.434	0.145	
Glycine.....g	0.435		5		1		0.078	0.026	
Proline.....g	0.806		5		1		0.145	0.048	
Serine.....g	0.483		5		1		0.087	0.029	
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	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

Measure 2 = 6.0g: 1 tsp

NDB No. 16124
Soy sauce made from soy (tamari)

Calories Factors: **Protein** 3.5 **Fat** 8.4 **Carbohydrate** 4

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16123
Soy sauce made from soy and wheat (shoyu)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.09	1.059	11		1		181.28	11.37	3.77
Energy	kcal	53		0	NC	4		135	8	3
Energy	kj	221		0	NC	4		563	35	12
Protein (N x 6.25)	g	5.17		2		1		13.18	0.83	0.27
Total lipid (fat)	g	0.08		1		1		0.20	0.01	0.00
Ash	g	15.15	0.542	3		1		38.63	2.42	0.80
Carbohydrate, by difference	g	8.51		0	NC	4		21.70	1.36	0.45
Fiber, total dietary	g	0.8		0		1		2.0	0.1	0.0
Sugars, total	g	1.70		0	T	4		4.34	0.27	0.09
Starch	g									
Minerals:										
Calcium, Ca	mg	17	6.630	3		1		43	3	1
Iron, Fe	mg	2.02	0.357	3		1		5.15	0.32	0.11
Magnesium, Mg	mg	34	14.493	3		1		87	5	2
Phosphorus, P	mg	110	57.764	3		1		281	18	6
Potassium, K	mg	180	69.201	6		1		459	29	10
Sodium, Na	mg	5715	105.083	6		1		14573	914	303
Zinc, Zn	mg	0.37		2		1		0.94	0.06	0.02
Copper, Cu	mg	0.115		2		1		0.293	0.018	0.006
Manganese, Mn	mg	0.424		0		4		1.081	0.068	0.022
Selenium, Se	mcg	0.8		0	BFZN	4		2.0	0.1	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.050		1		1		0.128	0.008	0.003
Riboflavin	mg	0.130		1		1		0.332	0.021	0.007
Niacin	mg	3.360		1		1		8.568	0.538	0.178
Pantothenic acid	mg	0.320		1		1		0.816	0.051	0.017
Vitamin B-6	mg	0.170		1		1		0.434	0.027	0.009
Folate, total	mcg	16	4.846	4		1		40	2	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	16	4.846	4		1		40	2	1
Folate, DFE	mcg_DFE	16		0	NC	4		40	2	1
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	AS	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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.010		0		1		0.026	0.002	0.001
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.008		0		1		0.020	0.001	0.000
17:0	g									
18:0	g	0.001		0		1		0.003	0.000	0.000
20:0	g									
22:0	g									
24:0	g									

NDB No. 16123
Soy sauce made from soy and wheat (shoyu)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.012		0		1		0.031	0.002	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.028	0.002	0.001
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	0.036		0		1		0.092	0.006	0.002
18:2 undifferentiated.....g	0.032		0		1		0.082	0.005	0.002
18:3 undifferentiated.....g	0.004		0		1		0.010	0.001	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.074		0		1		0.189	0.012	0.004
Threonine.....g	0.209		0		1		0.533	0.033	0.011
Isoleucine.....g	0.245		0		1		0.625	0.039	0.013
Leucine.....g	0.414		0		1		1.056	0.066	0.022
Lysine.....g	0.294		0		1		0.750	0.047	0.016
Methionine.....g	0.075		0		1		0.191	0.012	0.004
Cystine.....g	0.091		0		1		0.232	0.015	0.005
Phenylalanine.....g	0.272		0		1		0.694	0.044	0.014
Tyrosine.....g	0.188		0		1		0.479	0.030	0.010
Valine.....g	0.256		0		1		0.653	0.041	0.014
Arginine.....g	0.357		0		1		0.910	0.057	0.019
Histidine.....g	0.134		0		1		0.342	0.021	0.007
Alanine.....g	0.227		0		1		0.579	0.036	0.012
Aspartic acid.....g	0.555		0		1		1.415	0.089	0.029
Glutamic acid.....g	1.218		0		1		3.106	0.195	0.065
Glycine.....g	0.229		0		1		0.584	0.037	0.012
Proline.....g	0.380		0		1		0.969	0.061	0.020
Serine.....g	0.299		0		1		0.762	0.048	0.016
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	0.0
Caffeine.....mg	0			z	7		0	0	0
Theobromine.....mg	0			z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 255g: 1 cup

Measure 2 = 16g: 1 tbsp

Measure 3 = 5.3g: 1 tsp

NDB No. 16123
Soy sauce made from soy and wheat (shoyu)

Calories Factors: **Protein** 3.5 **Fat** 8.4 **Carbohydrate** 4

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16424
Soy sauce made from soy and wheat (shoyu), low 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	71.09	1.059	11		1		181.28	12.80	3.77
Energy	kcal	53		0	NC	4		135	10	3
Energy	kj	221		0	NC	4		563	40	12
Protein (N x 6.25)	g	5.17		2		1		13.18	0.93	0.27
Total lipid (fat)	g	0.08		1		1		0.20	0.01	0.00
Ash	g	15.15	0.542	3		1		38.63	2.73	0.80
Carbohydrate, by difference	g	8.51		0	NC	4		21.70	1.53	0.45
Fiber, total dietary	g	0.8		0		4		2.0	0.1	0.0
Sugars, total	g	1.70		0	T	4		4.34	0.31	0.09
Starch	g									
Minerals:										
Calcium, Ca	mg	17	6.630	3		1		43	3	1
Iron, Fe	mg	2.02	0.357	3		1		5.15	0.36	0.11
Magnesium, Mg	mg	34	14.493	3		1		87	6	2
Phosphorus, P	mg	110	57.764	3		1		281	20	6
Potassium, K	mg	180	69.201	6		1		459	32	10
Sodium, Na	mg	3333		0		1		8499	600	177
Zinc, Zn	mg	0.37		2		1		0.94	0.07	0.02
Copper, Cu	mg	0.115		2		1		0.293	0.021	0.006
Manganese, Mn	mg	0.424		0		4		1.081	0.076	0.022
Selenium, Se	mcg	0.8		0	BFZN	4		2.0	0.1	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.050		1		1		0.128	0.009	0.003
Riboflavin	mg	0.130		1		1		0.332	0.023	0.007
Niacin	mg	3.360		1		1		8.568	0.605	0.178
Pantothenic acid	mg	0.320		1		1		0.816	0.058	0.017
Vitamin B-6	mg	0.170		1		1		0.434	0.031	0.009
Folate, total	mcg	16	4.846	4		1		40	3	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	16	4.846	4		1		40	3	1
Folate, DFE	mcg_DFE	16		0	NC	4		40	3	1
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	AS	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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.010		0		1		0.026	0.002	0.001
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.008		0		1		0.020	0.001	0.000
17:0	g									
18:0	g	0.001		0		1		0.003	0.000	0.000
20:0	g									
22:0	g									
24:0	g									

NDB No. 16424
Soy sauce made from soy and wheat (shoyu), low sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.012		0		1		0.031	0.002	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.028	0.002	0.001
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	0.036		0		1		0.092	0.006	0.002
18:2 undifferentiated.....g	0.032		0		1		0.082	0.006	0.002
18:3 undifferentiated.....g	0.004		0		1		0.010	0.001	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.074		0		1		0.189	0.013	0.004
Threonine.....g	0.209		0		1		0.533	0.038	0.011
Isoleucine.....g	0.245		0		1		0.625	0.044	0.013
Leucine.....g	0.414		0		1		1.056	0.075	0.022
Lysine.....g	0.294		0		1		0.750	0.053	0.016
Methionine.....g	0.075		0		1		0.191	0.014	0.004
Cystine.....g	0.091		0		1		0.232	0.016	0.005
Phenylalanine.....g	0.272		0		1		0.694	0.049	0.014
Tyrosine.....g	0.188		0		1		0.479	0.034	0.010
Valine.....g	0.256		0		1		0.653	0.046	0.014
Arginine.....g	0.357		0		1		0.910	0.064	0.019
Histidine.....g	0.134		0		1		0.342	0.024	0.007
Alanine.....g	0.227		0		1		0.579	0.041	0.012
Aspartic acid.....g	0.555		0		1		1.415	0.100	0.029
Glutamic acid.....g	1.218		0		1		3.106	0.219	0.065
Glycine.....g	0.229		0		1		0.584	0.041	0.012
Proline.....g	0.380		0		1		0.969	0.068	0.020
Serine.....g	0.299		0		1		0.762	0.054	0.016
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 255g: 1 cup

Measure 2 = 18g: 1 tbsp

Measure 3 = 5.3g: 1 tsp

NDB No. 16424
Soy sauce made from soy and wheat (shoyu), low sodium

Calories Factors: **Protein** 3.5 **Fat** 8.4 **Carbohydrate** 4

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43299
Soybean, curd cheese

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.90				1		159.53		
Energy	kcal	151		0	NC	4		339		
Energy	kj	630		0	NC	4		1417		
Protein	g	12.50				1		28.13		
Total lipid (fat)	g	8.10				1		18.23		
Ash	g	1.60		0	BFSN	4		3.60		
Carbohydrate, by difference	g	6.90		0	NC	4		15.53		
Fiber, total dietary	g	0.0				7		0.0		
Sugars, total	g	1.60		0	BFSN	4		3.60		
Starch	g									
Minerals:										
Calcium, Ca	mg	188				1		423		
Iron, Fe	mg	5.60				1		12.60		
Magnesium, Mg	mg	228				4		513		
Phosphorus, P	mg	222				1		500		
Potassium, K	mg	199				4		448		
Sodium, Na	mg	20				4		45		
Zinc, Zn	mg	1.72				4		3.87		
Copper, Cu	mg	0.380				4		0.855		
Manganese, Mn	mg									
Selenium, Se	mcg	16.8		0	BFSN	4		37.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				1		0.0		
Thiamin	mg	0.000				1		0.000		
Riboflavin	mg	0.140				1		0.315		
Niacin	mg	0.500				1		1.125		
Pantothenic acid	mg									
Vitamin B-6	mg	0.070				4		0.158		
Folate, total	mcg	22				4		50		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	22				4		50		
Folate, DFE	mcg_DFE	22		0	NC	4		50		
Vitamin B-12	mcg	0.00				7		0.00		
Vitamin A, IU	IU	42		0	NC	4		95		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		5		
Retinol	mcg	0		0	BNA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.60		0	O	4		1.35		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.6		0	BFSN	4		10.3		
Lipids:										
Fatty acids, total saturated	g	1.172				4		2.637		
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	0.000				4		0.000		
13:0	g									
14:0	g	0.022				4		0.050		
15:0	g									
16:0	g	0.860				4		1.935		
17:0	g									
18:0	g	0.289				4		0.650		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43299
Soybean, curd cheese

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	1.789				4		4.025		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022				4		0.050		
17:1.....g									
18:1 undifferentiated.....g	1.766				4		3.974		
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	4.572				4		10.287		
18:2 undifferentiated.....g	4.032				4		9.072		
18:3 undifferentiated.....g	0.540				4		1.215		
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				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		
Carotenoids:									
Carotene, beta.....mcg	25		0	BNA	4		56.700		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

Common Measures:

Measure 1 = 225g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16109
Soybeans, mature cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.55	0.209	69		1		107.59	6.69	
Energy	kcal	173		0	NC	4		298	19	
Energy	kj	725		0	NC	4		1247	78	
Protein (N x 5.71)	g	16.64		0		1		28.62	1.78	
Total lipid (fat)	g	8.97	0.125	69		1		15.43	0.96	
Ash	g	1.91		1		1		3.29	0.20	
Carbohydrate, by difference	g	9.93		0	NC	4		17.08	1.06	
Fiber, total dietary	g	6.0		0		1		10.3	0.6	
Sugars, total	g	3.00		0	T	4		5.16	0.32	
Starch	g									
Minerals:										
Calcium, Ca	mg	102		0		1		175	11	
Iron, Fe	mg	5.14		0		1		8.84	0.55	
Magnesium, Mg	mg	86		0		1		148	9	
Phosphorus, P	mg	245		0		1		421	26	
Potassium, K	mg	515		0		1		886	55	
Sodium, Na	mg	1		0		1		2	0	
Zinc, Zn	mg	1.15		1		1		1.98	0.12	
Copper, Cu	mg	0.407		0		1		0.700	0.044	
Manganese, Mn	mg	0.824		0		1		1.417	0.088	
Selenium, Se	mcg	7.3		0	BFSN	4		12.6	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		0		1		2.9	0.2	
Thiamin	mg	0.155	0.004	68		1		0.267	0.017	
Riboflavin	mg	0.285		0		1		0.490	0.030	
Niacin	mg	0.399		0		1		0.686	0.043	
Pantothenic acid	mg	0.179		0		1		0.308	0.019	
Vitamin B-6	mg	0.234	0.098	5		1		0.402	0.025	
Folate, total	mcg	54	2.839	4		1		93	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	54	2.839	4		1		93	6	
Folate, DFE	mcg_DFE	54		0	NC	4		93	6	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	9		0	NC	4		15	1	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.35		0	BFSN	4		0.60	0.04	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	19.2		0	BFSN	4		33.1	2.1	
Lipids:										
Fatty acids, total saturated	g	1.297		0		1		2.231	0.139	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.025		0		1		0.043	0.003	
15:0	g									
16:0	g	0.952		0		1		1.637	0.102	
17:0	g									
18:0	g	0.320		0		1		0.550	0.034	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16109
Soybeans, mature cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.981		0		1		3.407	0.212	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		0		1		0.043	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.956		0		1		3.364	0.209	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.064		0		1		8.710	0.542	
18:2 undifferentiated.....g	4.465		0		1		7.680	0.478	
18:3 undifferentiated.....g	0.598		0		1		1.029	0.064	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.242		0		1		0.416	0.026	
Threonine.....g	0.723		0		1		1.244	0.077	
Isoleucine.....g	0.807		0		1		1.388	0.086	
Leucine.....g	1.355		0		1		2.331	0.145	
Lysine.....g	1.108		0		1		1.906	0.119	
Methionine.....g	0.224		0		1		0.385	0.024	
Cystine.....g	0.268		0		1		0.461	0.029	
Phenylalanine.....g	0.869		0		1		1.495	0.093	
Tyrosine.....g	0.630		0		1		1.084	0.067	
Valine.....g	0.831		0		1		1.429	0.089	
Arginine.....g	1.291		0		1		2.221	0.138	
Histidine.....g	0.449		0		1		0.772	0.048	
Alanine.....g	0.784		0		1		1.348	0.084	
Aspartic acid.....g	2.093		0		1		3.600	0.224	
Glutamic acid.....g	3.224		0		1		5.545	0.345	
Glycine.....g	0.770		0		1		1.324	0.082	
Proline.....g	0.974		0		1		1.675	0.104	
Serine.....g	0.965		0		1		1.660	0.103	
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	
Carotenoids:									
Carotene, beta.....mcg	5		0	o	4		9.288	0.578	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 172g: 1 cup

Measure 2 = 10.7g: 1 tbsp

NDB No. 16109
Soybeans, mature cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16409
Soybeans, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.55	0.209	69		1		107.59		
Energy	kcal	173		0	NC	4		298		
Energy	kj	725		0	NC	4		1247		
Protein (N x 5.71)	g	16.64		0		1		28.62		
Total lipid (fat)	g	8.97	0.125	69		1		15.43		
Ash	g	1.91		1		1		3.29		
Carbohydrate, by difference	g	9.93		0	NC	4		17.08		
Fiber, total dietary	g	6.0		1	A	1		10.3		
Sugars, total	g	3.00		0	BFZN	4		5.16		
Starch	g									
Minerals:										
Calcium, Ca	mg	102		0		1		175		
Iron, Fe	mg	5.14		0		1		8.84		
Magnesium, Mg	mg	86		0		1		148		
Phosphorus, P	mg	245		0		1		421		
Potassium, K	mg	515		0		1		886		
Sodium, Na	mg	237		0		1		408		
Zinc, Zn	mg	1.15		1		1		1.98		
Copper, Cu	mg	0.407		0		1		0.700		
Manganese, Mn	mg	0.824		0		1		1.417		
Selenium, Se	mcg	7.3		0	BFSN	4		12.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		0		1		2.9		
Thiamin	mg	0.155	0.004	68		1		0.267		
Riboflavin	mg	0.285		0		1		0.490		
Niacin	mg	0.399		0		1		0.686		
Pantothenic acid	mg	0.179		0		1		0.308		
Vitamin B-6	mg	0.234	0.098	5		1		0.402		
Folate, total	mcg	54	2.839	4		1		93		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	54	2.839	4		1		93		
Folate, DFE	mcg_DFE	54		0	NC	4		93		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	9		0	NC	4		15		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.35		0	BFZN	4		0.60		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	19.2		0	BFZN	4		33.1		
Lipids:										
Fatty acids, total saturated	g	1.297		0		1		2.231		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.025		0		1		0.043		
15:0	g									
16:0	g	0.952		0		1		1.637		
17:0	g									
18:0	g	0.320		0		1		0.550		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16409
Soybeans, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.981		0		1		3.407		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		0		1		0.043		
17:1.....g									
18:1 undifferentiated.....g	1.956		0		1		3.364		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.064		0		1		8.710		
18:2 undifferentiated.....g	4.465		0		1		7.680		
18:3 undifferentiated.....g	0.598		0		1		1.029		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.242		0		1		0.416		
Threonine.....g	0.723		0		1		1.244		
Isoleucine.....g	0.807		0		1		1.388		
Leucine.....g	1.355		0		1		2.331		
Lysine.....g	1.108		0		1		1.906		
Methionine.....g	0.224		0		1		0.385		
Cystine.....g	0.268		0		1		0.461		
Phenylalanine.....g	0.869		0		1		1.495		
Tyrosine.....g	0.630		0		1		1.084		
Valine.....g	0.831		0		1		1.429		
Arginine.....g	1.291		0		1		2.221		
Histidine.....g	0.449		0		1		0.772		
Alanine.....g	0.784		0		1		1.348		
Aspartic acid.....g	2.093		0		1		3.600		
Glutamic acid.....g	3.224		0		1		5.545		
Glycine.....g	0.770		0		1		1.324		
Proline.....g	0.974		0		1		1.675		
Serine.....g	0.965		0		1		1.660		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	5		0	BFZN	4		9.288		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

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

Common Measures:

Measure 1 = 172g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16111
Soybeans, mature seeds, dry roasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.80	0.173	3		1		1.38		
Energy	kcal	451		0	NC	4		777		
Energy	kj	1889		0	NC	4		3249		
Protein (N x 5.71)	g	39.58		0		1		68.08		
Total lipid (fat)	g	21.62		0		1		37.19		
Ash	g	5.28		0		1		9.08		
Carbohydrate, by difference	g	32.72		0	NC	4		56.28		
Fiber, total dietary	g	8.1		0		4		13.9		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	140		0	BFSN	4		241		
Iron, Fe	mg	3.95		0		1		6.79		
Magnesium, Mg	mg	228		0		1		392		
Phosphorus, P	mg	649		0		1		1116		
Potassium, K	mg	1364		0		1		2346		
Sodium, Na	mg	2		0		1		3		
Zinc, Zn	mg	4.77		0		1		8.20		
Copper, Cu	mg	1.079		0		1		1.856		
Manganese, Mn	mg	2.184		0		1		3.756		
Selenium, Se	mcg	19.3		0	BFSN	4		33.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.6		0		1		7.9		
Thiamin	mg	0.427		0		1		0.734		
Riboflavin	mg	0.755		0		1		1.299		
Niacin	mg	1.056		0		1		1.816		
Pantothenic acid	mg	0.473		0		1		0.814		
Vitamin B-6	mg	0.225		0		1		0.387		
Folate, total	mcg	205	9.944	3		1		352		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	205	9.944	3		1		352		
Folate, DFE	mcg_DFE	205		0	NC	4		352		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0	AS	1		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	37.0		0	T	4		63.6		
Lipids:										
Fatty acids, total saturated	g	3.127		0		1		5.378		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.060		0		1		0.103		
15:0	g									
16:0	g	2.295		0		1		3.947		
17:0	g									
18:0	g	0.772		0		1		1.328		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16111
Soybeans, mature seeds, dry roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.776		0		1		8.215		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		0		1		0.103		
17:1.....g									
18:1 undifferentiated.....g	4.716		0		1		8.112		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.207		0		1		20.996		
18:2 undifferentiated.....g	10.764		0		1		18.514		
18:3 undifferentiated.....g	1.443		0		1		2.482		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.575		0		1		0.989		
Threonine.....g	1.719		0		1		2.957		
Isoleucine.....g	1.920		0		1		3.302		
Leucine.....g	3.223		0		1		5.544		
Lysine.....g	2.634		0		1		4.530		
Methionine.....g	0.534		0		1		0.918		
Cystine.....g	0.638		0		1		1.097		
Phenylalanine.....g	2.066		0		1		3.554		
Tyrosine.....g	1.497		0		1		2.575		
Valine.....g	1.976		0		1		3.399		
Arginine.....g	3.071		0		1		5.282		
Histidine.....g	1.068		0		1		1.837		
Alanine.....g	1.865		0		1		3.208		
Aspartic acid.....g	4.977		0		1		8.560		
Glutamic acid.....g	7.667		0		1		13.187		
Glycine.....g	1.830		0		1		3.148		
Proline.....g	2.315		0		1		3.982		
Serine.....g	2.294		0		1		3.946		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 172g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16108
Soybeans, mature seeds, raw
Glycine max

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.54	0.142	433		1		15.88		
Energy	kcal	416		0	NC	4		774		
Energy	kj	1742		0	NC	4		3240		
Protein (N x 5.71)	g	36.49	0.205	454		1		67.87		
Total lipid (fat)	g	19.94	0.183	364		1		37.09		
Ash	g	4.87	0.092	190		1		9.06		
Carbohydrate, by difference	g	30.16		0	NC	4		56.10		
Fiber, total dietary	g	9.3		0		4		17.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	277	5.268	71		1		515		
Iron, Fe	mg	15.70	0.741	78		1		29.20		
Magnesium, Mg	mg	280	9.190	49		1		521		
Phosphorus, P	mg	704	11.330	82		1		1309		
Potassium, K	mg	1797	28.702	56		1		3342		
Sodium, Na	mg	2	1.084	5		1		4		
Zinc, Zn	mg	4.89	0.073	60		1		9.10		
Copper, Cu	mg	1.658	0.029	60		1		3.084		
Manganese, Mn	mg	2.517	0.099	58		1		4.682		
Selenium, Se	mcg	17.8		0	BFSN	4		33.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.0		3		1		11.2		
Thiamin	mg	0.874	0.039	50		1		1.626		
Riboflavin	mg	0.870	0.196	21		1		1.618		
Niacin	mg	1.623	0.303	32		1		3.019		
Pantothenic acid	mg	0.793	0.189	6		1		1.475		
Vitamin B-6	mg	0.377	0.065	6		1		0.701		
Folate, total	mcg	375		0		1		698		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	375		0		1		698		
Folate, DFE	mcg_DFE	375		0	NC	4		698		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0	AS	1		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.85		0		1		1.58		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	47.0		0	T	4		87.4		
Lipids:										
Fatty acids, total saturated	g	2.884		0		1		5.364		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.055		0		1		0.102		
15:0	g									
16:0	g	2.116		0		1		3.936		
17:0	g									
18:0	g	0.712		0		1		1.324		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16108
Soybeans, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.404		0		1		8.191		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.055		0		1		0.102		
17:1.....g									
18:1 undifferentiated.....g	4.348		0		1		8.087		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.255		0		1		20.934		
18:2 undifferentiated.....g	9.925		0		1		18.461		
18:3 undifferentiated.....g	1.330		0		1		2.474		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg	161		0		1		299		
Amino Acids:									
Tryptophan.....g	0.530		61		1		0.986		
Threonine.....g	1.585		148		1		2.948		
Isoleucine.....g	1.770		132		1		3.292		
Leucine.....g	2.972		132		1		5.528		
Lysine.....g	2.429		156		1		4.518		
Methionine.....g	0.492		162		1		0.915		
Cystine.....g	0.588		137		1		1.094		
Phenylalanine.....g	1.905		132		1		3.543		
Tyrosine.....g	1.380		127		1		2.567		
Valine.....g	1.821		132		1		3.387		
Arginine.....g	2.831		131		1		5.266		
Histidine.....g	0.984		131		1		1.830		
Alanine.....g	1.719		126		1		3.197		
Aspartic acid.....g	4.589		126		1		8.536		
Glutamic acid.....g	7.068		126		1		13.146		
Glycine.....g	1.687		127		1		3.138		
Proline.....g	2.135		141		1		3.971		
Serine.....g	2.115		142		1		3.934		
Hydroxyproline.....g									

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16410
Soybeans, mature seeds, roasted, no salt added

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.95		6		1		3.35		
Energy	kcal	471		0	NC	4		810		
Energy	kj	1971				4		3390		
Protein (N x 5.71)	g	35.22		3		1		60.58		
Total lipid (fat)	g	25.40		3		1		43.69		
Ash	g	3.88		3		1		6.67		
Carbohydrate, by difference	g	33.56		0	NC	4		57.72		
Fiber, total dietary	g	17.7		0	BFSN	4		30.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	138		1		1		237		
Iron, Fe	mg	3.90		1		1		6.71		
Magnesium, Mg	mg	145		1		1		249		
Phosphorus, P	mg	363		1		1		624		
Potassium, K	mg	1470		1		1		2528		
Sodium, Na	mg	4		0	BFZN	4		7		
Zinc, Zn	mg	3.14		1		1		5.40		
Copper, Cu	mg	0.828		1		1		1.424		
Manganese, Mn	mg	2.158		0		1		3.712		
Selenium, Se	mcg	19.1	13.325	4	A	1		32.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.2		1		1		3.8		
Thiamin	mg	0.100		1		1		0.172		
Riboflavin	mg	0.145		1		1		0.249		
Niacin	mg	1.410		1		1		2.425		
Pantothenic acid	mg	0.453		1		1		0.779		
Vitamin B-6	mg	0.208		1		1		0.358		
Folate, total	mcg	211		1		1		363		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	211		1		1		363		
Folate, DFE	mcg_DFE	211		0	NC	4		363		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	200		1		1		344		
Vitamin A, RAE	mcg_RAE	10		1		1		17		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.674		0		1		6.319		
4:0	g	0.000		0	BFFN	4		0.000		
6:0	g	0.000		0	BFFN	4		0.000		
8:0	g	0.000		0	BFFN	4		0.000		
10:0	g	0.000		0	BFFN	4		0.000		
12:0	g	0.000		0	BFFN	4		0.000		
13:0	g									
14:0	g	0.071		0		1		0.122		
15:0	g									
16:0	g	2.696		0		1		4.637		
17:0	g									
18:0	g	0.907		0		1		1.560		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16410
Soybeans, mature seeds, roasted, no salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.610		0		1		9.649		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.071		0		1		0.122		
17:1.....g									
18:1 undifferentiated.....g	5.539		0		1		9.527		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.339		0		1		24.663		
18:2 undifferentiated.....g	12.644		0		1		21.748		
18:3 undifferentiated.....g	1.694		0		1		2.914		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.512		0		1		0.881		
Threonine.....g	1.530		0		1		2.632		
Isoleucine.....g	1.709		0		1		2.939		
Leucine.....g	2.868		0		1		4.933		
Lysine.....g	2.344		0		1		4.032		
Methionine.....g	0.475		0		1		0.817		
Cystine.....g	0.567		0		1		0.975		
Phenylalanine.....g	1.838		0		1		3.161		
Tyrosine.....g	1.332		0		1		2.291		
Valine.....g	1.758		0		1		3.024		
Arginine.....g	2.732		0		1		4.699		
Histidine.....g	0.950		0		1		1.634		
Alanine.....g	1.659		0		1		2.853		
Aspartic acid.....g	4.429		0		1		7.618		
Glutamic acid.....g	6.822		0		1		11.734		
Glycine.....g	1.628		0		1		2.800		
Proline.....g	2.060		0		1		3.543		
Serine.....g	2.042		0		1		3.512		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 172g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16110
Soybeans, mature seeds, roasted, salted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.95		6		1		3.35		
Energy	kcal	471		0	NC	4		811		
Energy	kj	1972		0	NC	4		3392		
Protein (N x 5.71)	g	35.22		3		1		60.58		
Total lipid (fat)	g	25.40		3		1		43.69		
Ash	g	3.88		3		1		6.67		
Carbohydrate, by difference	g	33.55		0	NC	4		57.71		
Fiber, total dietary	g	17.7		0	BFSN	4		30.4		
Sugars, total	g	4.20		0	T	4		7.22		
Starch	g									
Minerals:										
Calcium, Ca	mg	138		1		1		237		
Iron, Fe	mg	3.90		1		1		6.71		
Magnesium, Mg	mg	145		1		1		249		
Phosphorus, P	mg	363		1		1		624		
Potassium, K	mg	1470		1		1		2528		
Sodium, Na	mg	163		1		1		280		
Zinc, Zn	mg	3.14		1		1		5.40		
Copper, Cu	mg	0.828		1		1		1.424		
Manganese, Mn	mg	2.158		0		1		3.712		
Selenium, Se	mcg	19.1	13.325	4	A	1		32.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.2		1		1		3.8		
Thiamin	mg	0.100		1		1		0.172		
Riboflavin	mg	0.145		1		1		0.249		
Niacin	mg	1.410		1		1		2.425		
Pantothenic acid	mg	0.453		1		1		0.779		
Vitamin B-6	mg	0.208		1		1		0.358		
Folate, total	mcg	211		1		1		363		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	211		1		1		363		
Folate, DFE	mcg_DFE	211		0	NC	4		363		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	200		0	NC	4		344		
Vitamin A, RAE	mcg_RAE	10		0	NC	4		17		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.91		0	BFSN	4		1.57		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	50.4		0	BFSN	4		86.7		
Lipids:										
Fatty acids, total saturated	g	3.674		0		1		6.319		
4:0	g	0.000		0	BFFN	4		0.000		
6:0	g	0.000		0	BFFN	4		0.000		
8:0	g	0.000		0	BFFN	4		0.000		
10:0	g	0.000		0	BFFN	4		0.000		
12:0	g	0.000		0	BFFN	4		0.000		
13:0	g									
14:0	g	0.071		0		1		0.122		
15:0	g									
16:0	g	2.696		0		1		4.637		
17:0	g									
18:0	g	0.907		0		1		1.560		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16110
Soybeans, mature seeds, roasted, salted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	5.610		0		1		9.649		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.071		0		1		0.122		
17:1....g									
18:1 undifferentiated....g	5.539		0		1		9.527		
20:1....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	14.339		0		1		24.663		
18:2 undifferentiated....g	12.644		0		1		21.748		
18:3 undifferentiated....g	1.694		0		1		2.914		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:5 n-3....g	0.000		0	BFFN	4		0.000		
22:5 n-3....g	0.000		0	BFFN	4		0.000		
22:6 n-3....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.512		0		1		0.881		
Threonine....g	1.530		0		1		2.632		
Isoleucine....g	1.709		0		1		2.939		
Leucine....g	2.868		0		1		4.933		
Lysine....g	2.344		0		1		4.032		
Methionine....g	0.475		0		1		0.817		
Cystine....g	0.567		0		1		0.975		
Phenylalanine....g	1.838		0		1		3.161		
Tyrosine....g	1.332		0		1		2.291		
Valine....g	1.758		0		1		3.024		
Arginine....g	2.732		0		1		4.699		
Histidine....g	0.950		0		1		1.634		
Alanine....g	1.659		0		1		2.853		
Aspartic acid....g	4.429		0		1		7.618		
Glutamic acid....g	6.822		0		1		11.734		
Glycine....g	1.628		0		1		2.800		
Proline....g	2.060		0		1		3.543		
Serine....g	2.042		0		1		3.512		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta....mcg	120		0	O	4		206.400		
Carotene, alpha....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta....mcg	0		0	Z	7		0.000		
Lycopene....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 172g: 1 cup

NDB No. 16110
Soybeans, mature seeds, roasted, salted

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43133
Soyburger

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.00				1		163.56	15.66	40.60
Energy	kcal	179		0	NC	4		505	48	125
Energy	kj	749		0	NC	4		2112	202	524
Protein	g	17.91		0	LC	8		50.51	4.84	12.54
Total lipid (fat)	g	5.97		0	LC	8		16.84	1.61	4.18
Ash	g	4.72		0	O	4		13.31	1.27	3.30
Carbohydrate, by difference	g	13.40		0	NC	4		37.79	3.62	9.38
Fiber, total dietary	g	4.6				4		13.0	1.2	3.2
Sugars, total	g	1.49		0	LC	8		4.20	0.40	1.04
Starch	g									
Minerals:										
Calcium, Ca	mg	29				1		82	8	20
Iron, Fe	mg	2.10				1		5.92	0.57	1.47
Magnesium, Mg	mg	18				4		51	5	13
Phosphorus, P	mg	344				4		970	93	241
Potassium, K	mg	180				1		508	49	126
Sodium, Na	mg	550				1		1551	149	385
Zinc, Zn	mg	1.80				1		5.08	0.49	1.26
Copper, Cu	mg	0.706				4		1.991	0.191	0.494
Manganese, Mn	mg									
Selenium, Se	mcg	0.8		0	BFSN	4		2.3	0.2	0.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				7		0.0	0.0	0.0
Thiamin	mg	0.900				1		2.538	0.243	0.630
Riboflavin	mg	0.600				1		1.692	0.162	0.420
Niacin	mg	10.000				1		28.200	2.700	7.000
Pantothenic acid	mg									
Vitamin B-6	mg	1.200				1		3.384	0.324	0.840
Folate, total	mcg	78				4		220	21	55
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	78				4		220	21	55
Folate, DFE	mcg_DFE	78		0	NC	4		220	21	55
Vitamin B-12	mcg	2.40				1		6.77	0.65	1.68
Vitamin A, IU	IU	0		0	AS	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 (alpha-tocopherol)	mg	1.73		0	O	4		4.88	0.47	1.21
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.719		0	NC	4		2.027	0.194	0.503
4:0	g	0.000				4		0.000	0.000	0.000
6:0	g	0.000				4		0.000	0.000	0.000
8:0	g	0.000				4		0.000	0.000	0.000
10:0	g	0.000				4		0.000	0.000	0.000
12:0	g	0.044				4		0.124	0.012	0.031
13:0	g									
14:0	g	0.022				4		0.061	0.006	0.015
15:0	g									
16:0	g	0.467				4		1.317	0.126	0.327
17:0	g									
18:0	g	0.186				4		0.525	0.050	0.130
20:0	g									
22:0	g									
24:0	g									

NDB No. 43133
Soyburger

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	1.105		0	NC	4		3.115	0.298	0.773
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	1.105				4		3.115	0.298	0.773
20:1.....g	0.000				4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.356		0	NC	4		6.643	0.636	1.649
18:2 undifferentiated.....g	2.093				4		5.902	0.565	1.465
18:3 undifferentiated.....g	0.263				4		0.740	0.071	0.184
18:4.....g	0.000				4		0.000	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	0.000
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:6 n-3.....g	0.000				4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	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
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 27g: 1 oz cooked, yield

Measure 3 = 70g: 1 patty

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16114
Tempeh

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.65		1	A	1		99.02		
Energy	kcal	193		0	NC	4		320		
Energy	kj	807		0	NC	4		1340		
Protein (N x 5.71)	g	18.54		1	A	1		30.78		
Total lipid (fat)	g	10.80		1	A	1		17.93		
Ash	g	1.62		1	A	1		2.69		
Carbohydrate, by difference	g	9.39		1	A	1		15.59		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	111		1	A	1		184		
Iron, Fe	mg	2.70		1	A	1		4.49		
Magnesium, Mg	mg	81		1	A	1		134		
Phosphorus, P	mg	266		1	A	1		442		
Potassium, K	mg	412		1	A	1		684		
Sodium, Na	mg	9		1	A	1		15		
Zinc, Zn	mg	1.14		1	A	1		1.89		
Copper, Cu	mg	0.560		1	A	1		0.930		
Manganese, Mn	mg	1.300		1	A	1		2.158		
Selenium, Se	mcg	0.0		1	A	1		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.078		1	A	1		0.129		
Riboflavin	mg	0.358		1	A	1		0.594		
Niacin	mg	2.640		1	A	1		4.382		
Pantothenic acid	mg	0.278		1	A	1		0.461		
Vitamin B-6	mg	0.215		1	A	1		0.357		
Folate, total	mcg	24		1	A	1		40		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	24		1	A	1		40		
Folate, DFE	mcg_DFE	24		0	NC	4		40		
Vitamin B-12	mcg	0.08		1	A	1		0.12		
Vitamin A, IU	IU	0		0	Z	7		0		
Vitamin A, RAE	mcg_RAE	0		0	Z	7		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.220		1	A	1		3.685		
4:0	g									
6:0	g									
8:0	g	0.000		1	A	1		0.000		
10:0	g	0.000		1	A	1		0.000		
12:0	g	0.000		1	A	1		0.000		
13:0	g									
14:0	g	0.020		1	A	1		0.033		
15:0	g	0.000		1	A	1		0.000		
16:0	g	1.500		1	A	1		2.490		
17:0	g	0.030		1	A	1		0.050		
18:0	g	0.600		1	A	1		0.996		
20:0	g	0.000		1	A	1		0.000		
22:0	g	0.100		1	A	1		0.166		
24:0	g	0.000		1	A	1		0.000		

NDB No. 16114
Tempeh

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	3.000		1	A	1		4.980		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.050		1	A	1		0.083		
18:1 undifferentiated.....g	2.750		1	A	1		4.565		
20:1.....g	0.040		1	A	1		0.066		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.827		1	A	1		6.353		
18:2 undifferentiated.....g	3.591		1	A	1		5.961		
18:3 undifferentiated.....g	0.220		1	A	1		0.365		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.282		15		1		0.468		
Threonine.....g	0.796		15		1		1.321		
Isoleucine.....g	0.880		15		1		1.461		
Leucine.....g	1.430		15		1		2.374		
Lysine.....g	0.908		15		1		1.507		
Methionine.....g	0.174		15		1		0.289		
Cystine.....g	0.319		15		1		0.530		
Phenylalanine.....g	0.893		15		1		1.482		
Tyrosine.....g	0.664		15		1		1.102		
Valine.....g	0.920		15		1		1.527		
Arginine.....g	1.252		15		1		2.078		
Histidine.....g	0.466		15		1		0.774		
Alanine.....g	0.959		15		1		1.592		
Aspartic acid.....g	1.995		15		1		3.312		
Glutamic acid.....g	3.291		15		1		5.463		
Glycine.....g	0.754		15		1		1.252		
Proline.....g	1.030		15		1		1.710		
Serine.....g	1.019		15		1		1.692		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 166g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16174
Tempeh, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.56		1	A	1				
Energy	kcal	197			NR	4				
Energy	kj	824			NR	4				
Protein (N x 5.71)	g	18.19		1	A	1				
Total lipid (fat)	g	11.38		1	A	1				
Ash	g	1.53		1	A	1				
Carbohydrate, by difference	g	9.35			NC	4				
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	96		1	A	1				
Iron, Fe	mg	2.13		1	A	1				
Magnesium, Mg	mg	77		1	A	1				
Phosphorus, P	mg	253		1	A	1				
Potassium, K	mg	401		1	A	1				
Sodium, Na	mg	14		1	A	1				
Zinc, Zn	mg	1.57		1	A	1				
Copper, Cu	mg	0.540		1	A	1				
Manganese, Mn	mg	1.285		1	A	1				
Selenium, Se	mcg	0.0		1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.054		1	A	1				
Riboflavin	mg	0.357		1	A	1				
Niacin	mg	2.135		1	A	1				
Pantothenic acid	mg	0.453		1	A	1				
Vitamin B-6	mg	0.199		1	A	1				
Folate, total	mcg	21		1	A	1				
Folic acid	mcg	0			Z	7				
Folate, food	mcg	21		1	A	1				
Folate, DFE	mcg_DFE	21		0	NC	4				
Vitamin B-12	mcg	0.14		1	A	1				
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.400			NC	4				
4:0	g									
6:0	g									
8:0	g	0.000		1	A	1				
10:0	g	0.000		1	A	1				
12:0	g	0.000		1	A	1				
13:0	g									
14:0	g	0.050		1	A	1				
15:0	g	0.000		1	A	1				
16:0	g	2.200		1	A	1				
17:0	g	0.050		1	A	1				
18:0	g	0.800		1	A	1				
20:0	g	0.100		1	A	1				
22:0	g	0.200		1	A	1				
24:0	g	0.000		1	A	1				

NDB No. 16174
Tempeh, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.745			NC	4				
14:1.....g	0.000		1	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.100		1	A	1				
17:1.....g	0.070		1	A	1				
18:1 undifferentiated.....g	3.475		1	A	1				
20:1.....g	0.100		1	A	1				
22:1 undifferentiated.....g	0.000		1	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.638			NC	4				
18:2 undifferentiated.....g	2.518		1	A	1				
18:3 undifferentiated.....g	0.120		1	A	1				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.000		1	A	1				
20:4 undifferentiated.....g	0.000		1	A	1				
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43476
Tofu 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	77.50				4		203.05		
Energy	kcal	94		0	NC	4		246		
Energy	kj	394		0	NC	4		1031		
Protein	g	3.50				4		9.17		
Total lipid (fat)	g	1.80				4		4.72		
Ash	g	1.24		0	BFSN	4		3.24		
Carbohydrate, by difference	g	15.96		0	NC	4		41.82		
Fiber, total dietary	g	0.2				4		0.5		
Sugars, total	g	1.24		0	BFSN	4		3.24		
Starch	g									
Minerals:										
Calcium, Ca	mg	118				4		309		
Iron, Fe	mg	1.06				4		2.78		
Magnesium, Mg	mg	40				4		105		
Phosphorus, P	mg	38				4		100		
Potassium, K	mg	47				4		123		
Sodium, Na	mg	35				4		92		
Zinc, Zn	mg	0.31				4		0.81		
Copper, Cu	mg	0.075				4		0.197		
Manganese, Mn	mg									
Selenium, Se	mcg	13.0		0	BFSN	4		34.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.5				4		6.6		
Thiamin	mg	0.060				4		0.157		
Riboflavin	mg	0.020				4		0.052		
Niacin	mg	0.240				4		0.629		
Pantothenic acid	mg									
Vitamin B-6	mg	0.020				4		0.052		
Folate, total	mcg	6				4		16		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	6				4		16		
Folate, DFE	mcg_DFE	6		0	NC	4		16		
Vitamin B-12	mcg	0.00				7		0.00		
Vitamin A, IU	IU	33		0	NC	4		86		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		4		
Retinol	mcg	0		0	BNA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.31		0	O	4		0.81		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.5		0	BFSN	4		9.3		
Lipids:										
Fatty acids, total saturated	g	0.259				4		0.679		
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	0.000				4		0.000		
13:0	g									
14:0	g	0.005				4		0.013		
15:0	g									
16:0	g	0.191				4		0.500		
17:0	g									
18:0	g	0.063				4		0.165		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43476
Tofu 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	0.400				4		1.048		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005				4		0.013		
17:1.....g									
18:1 undifferentiated.....g	0.395				4		1.035		
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	1.017				4		2.665		
18:2 undifferentiated.....g	0.901				4		2.361		
18:3 undifferentiated.....g	0.116				4		0.304		
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				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		
Carotenoids:									
Carotene, beta.....mcg	20		0	BNA	4		51.876		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

Common Measures:

Measure 1 = 262g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16128
Tofu, dried-frozen (koyadofu)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.78		1		1		0.98		
Energy	kcal	480		0	NC	4		82		
Energy	kj	2008				4		341		
Protein (N x 5.71)	g	47.94		1		1		8.15		
Total lipid (fat)	g	30.34		1		1		5.16		
Ash	g	1.38		1		1		0.23		
Carbohydrate, by difference	g	14.56		0	NC	4		2.48		
Fiber, total dietary	g	7.2		0	BFSN	4		1.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	364		1		1		62		
Iron, Fe	mg	9.73		1		1		1.65		
Magnesium, Mg	mg	59		1		1		10		
Phosphorus, P	mg	483		1		1		82		
Potassium, K	mg	20		1		1		3		
Sodium, Na	mg	6		1		1		1		
Zinc, Zn	mg	4.90		0		1		0.83		
Copper, Cu	mg	1.179		0		1		0.200		
Manganese, Mn	mg	3.689		0		1		0.627		
Selenium, Se	mcg	54.3		0	BFSN	4		9.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		0.1		
Thiamin	mg	0.494		0		1		0.084		
Riboflavin	mg	0.317		0		1		0.054		
Niacin	mg	1.189		0		1		0.202		
Pantothenic acid	mg	0.415		0		1		0.071		
Vitamin B-6	mg	0.286		0		1		0.049		
Folate, total	mcg	92		0		1		16		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	92		0		1		16		
Folate, DFE	mcg_DFE	92		0	NC	4		16		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	518		0		1		88		
Vitamin A, RAE	mcg_RAE	26		0		1		4		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.388		0		1		0.746		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.084		0		1		0.014		
15:0	g									
16:0	g	3.220		0		1		0.547		
17:0	g									
18:0	g	1.083		0		1		0.184		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16128
Tofu, dried-frozen (koyadofu)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.701		0		1		1.139		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.084		0		1		0.014		
17:1.....g									
18:1 undifferentiated.....g	6.617		0		1		1.125		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.128		0		1		2.912		
18:2 undifferentiated.....g	15.104		0		1		2.568		
18:3 undifferentiated.....g	2.024		0		1		0.344		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.747		0		1		0.127		
Threonine.....g	1.956		0		1		0.333		
Isoleucine.....g	2.376		0		1		0.404		
Leucine.....g	3.644		0		1		0.619		
Lysine.....g	3.157		0		1		0.537		
Methionine.....g	0.613		0		1		0.104		
Cystine.....g	0.663		0		1		0.113		
Phenylalanine.....g	2.334		0		1		0.397		
Tyrosine.....g	1.604		0		1		0.273		
Valine.....g	2.418		0		1		0.411		
Arginine.....g	3.190		0		1		0.542		
Histidine.....g	1.394		0		1		0.237		
Alanine.....g	1.965		0		1		0.334		
Aspartic acid.....g	5.298		0		1		0.901		
Glutamic acid.....g	8.287		0		1		1.409		
Glycine.....g	1.872		0		1		0.318		
Proline.....g	2.586		0		1		0.440		
Serine.....g	2.259		0		1		0.384		
Hydroxyproline.....g									

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16428
Tofu, dried-frozen (koyadofu), prepared with calcium sulfate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.78		1		1		0.98		
Energy	kcal	480		0	NC	4		82		
Energy	kj	2008				4		341		
Protein (N x 5.71)	g	47.94		1		1		8.15		
Total lipid (fat)	g	30.34		1		1		5.16		
Ash	g	1.38		1		1		0.23		
Carbohydrate, by difference	g	14.56		0	NC	4		2.48		
Fiber, total dietary	g	1.2		0	BFZN	4		0.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2134		0		1		363		
Iron, Fe	mg	9.73		1		1		1.65		
Magnesium, Mg	mg	181		0		1		31		
Phosphorus, P	mg	483		1		1		82		
Potassium, K	mg	20		1		1		3		
Sodium, Na	mg	6		1		1		1		
Zinc, Zn	mg	4.90		0		1		0.83		
Copper, Cu	mg	1.179		0		1		0.200		
Manganese, Mn	mg	3.689		0		1		0.627		
Selenium, Se	mcg	54.3		0	BFSN	4		9.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		0.1		
Thiamin	mg	0.494		0		1		0.084		
Riboflavin	mg	0.317		0		1		0.054		
Niacin	mg	1.189		0		1		0.202		
Pantothenic acid	mg	0.415		0		1		0.071		
Vitamin B-6	mg	0.286		0		1		0.049		
Folate, total	mcg	92		0		1		16		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	92		0		1		16		
Folate, DFE	mcg_DFE	92		0	NC	4		16		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	518		0		1		88		
Vitamin A, RAE	mcg_RAE	26		0		1		4		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.388		0		1		0.746		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.084		0		1		0.014		
15:0	g									
16:0	g	3.220		0		1		0.547		
17:0	g									
18:0	g	1.083		0		1		0.184		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16428
Tofu, dried-frozen (koyadofu), prepared with calcium sulfate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.701		0		1		1.139		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.084		0		1		0.014		
17:1.....g									
18:1 undifferentiated.....g	6.617		0		1		1.125		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.128		0		1		2.912		
18:2 undifferentiated.....g	15.104		0		1		2.568		
18:3 undifferentiated.....g	2.024		0		1		0.344		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.747		0		1		0.127		
Threonine.....g	1.956		0		1		0.333		
Isoleucine.....g	2.376		0		1		0.404		
Leucine.....g	3.644		0		1		0.619		
Lysine.....g	3.157		0		1		0.537		
Methionine.....g	0.613		0		1		0.104		
Cystine.....g	0.663		0		1		0.113		
Phenylalanine.....g	2.334		0		1		0.397		
Tyrosine.....g	1.604		0		1		0.273		
Valine.....g	2.418		0		1		0.411		
Arginine.....g	3.190		0		1		0.542		
Histidine.....g	1.394		0		1		0.237		
Alanine.....g	1.965		0		1		0.334		
Aspartic acid.....g	5.298		0		1		0.901		
Glutamic acid.....g	8.287		0		1		1.409		
Glycine.....g	1.872		0		1		0.318		
Proline.....g	2.586		0		1		0.440		
Serine.....g	2.259		0		1		0.384		
Hydroxyproline.....g									

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16159
Tofu, extra firm, prepared with nigari (1)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.59	0.112	3	A	1		73.34		
Energy	kcal	96		0	NC	4		87		
Energy	kj	402				4		366		
Protein (N x 5.71)	g	10.41	0.324	3	A	1		9.47		
Total lipid (fat)	g	6.21	0.472	3	A	1		5.65		
Ash	g	0.82	0.022	3	A	1		0.75		
Carbohydrate, by difference	g	1.96		0	NC	4		1.78		
Fiber, total dietary	g	0.4	0.111	3	A	1		0.4		
Sugars, total	g	0.50		1	A	1		0.46		
Starch	g									
Minerals:										
Calcium, Ca (2)	mg	103	33.725	3	A	1		94		
Iron, Fe	mg	1.71	0.069	3	A	1		1.56		
Magnesium, Mg (3)	mg	71		2	A	1		65		
Phosphorus, P	mg	162		2	A	1		147		
Potassium, K	mg	133	28.523	3	A	1		121		
Sodium, Na	mg	10	0.213	3	A	1		9		
Zinc, Zn	mg	1.12		2	A	1		1.02		
Copper, Cu	mg	0.182		2	A	1		0.166		
Manganese, Mn	mg	0.947		1	A	1		0.862		
Selenium, Se	mcg	11.2		0	BFSN	4		10.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		1	A	1		0.5		
Thiamin	mg	0.048		2	A	1		0.044		
Riboflavin	mg	0.042		2	A	1		0.038		
Niacin	mg	0.334		2	A	1		0.304		
Pantothenic acid	mg	0.061		2	A	1		0.056		
Vitamin B-6	mg	0.043		2	A	1		0.039		
Folate, total	mcg	26		2	A	1		24		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	26		2	A	1		24		
Folate, DFE	mcg_DFE	26		0	NC	4		24		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	10		1	A	1		9		
Vitamin A, RAE	mcg_RAE	1		1	A	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.898		0	BFFN	4		0.817		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.017		0	BFFN	4		0.015		
15:0	g									
16:0	g	0.659		0	BFFN	4		0.600		
17:0	g									
18:0	g	0.222		0	BFFN	4		0.202		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16159
Tofu, extra firm, prepared with nigari (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.372		0	BFFN	4		1.249		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.017		0	BFFN	4		0.015		
17:1.....g									
18:1 undifferentiated.....g	1.354		0	BFFN	4		1.232		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.506		0	BFFN	4		3.190		
18:2 undifferentiated.....g	3.092		0	BFFN	4		2.814		
18:3 undifferentiated.....g	0.415		0	BFFN	4		0.378		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.162		0	BFPN	4		0.147		
Threonine.....g	0.425		0	BFPN	4		0.387		
Isoleucine.....g	0.516		0	BFPN	4		0.470		
Leucine.....g	0.791		0	BFPN	4		0.720		
Lysine.....g	0.685		0	BFPN	4		0.623		
Methionine.....g	0.133		0	BFPN	4		0.121		
Cystine.....g	0.144		0	BFPN	4		0.131		
Phenylalanine.....g	0.506		0	BFPN	4		0.460		
Tyrosine.....g	0.348		0	BFPN	4		0.317		
Valine.....g	0.525		0	BFPN	4		0.478		
Arginine.....g	0.692		0	BFPN	4		0.630		
Histidine.....g	0.303		0	BFPN	4		0.276		
Alanine.....g	0.427		0	BFPN	4		0.389		
Aspartic acid.....g	1.150		0	BFPN	4		1.047		
Glutamic acid.....g	1.799		0	BFPN	4		1.637		
Glycine.....g	0.406		0	BFPN	4		0.369		
Proline.....g	0.561		0	BFPN	4		0.511		
Serine.....g	0.490		0	BFPN	4		0.446		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 91g: .2 block

Footnotes

1 Descriptive terms (soft, firm, extra firm) vary in usage between manufacturers as there are no standards for the various types of tofu.

2 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.

3 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.

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

NDB No. 16159
Tofu, extra firm, prepared with nigari (1)

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16126

Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) (1)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.69		2	A	1		105.45	67.79	76.16
Energy	kcal	77		0	NC	4		97	63	70
Energy	kj	323		0	NC	4		408	262	294
Protein (N x 5.71)	g	8.04		2	A	1		10.13	6.51	7.32
Total lipid (fat)	g	4.46		2	A	1		5.62	3.61	4.06
Ash	g	0.84		2	A	1		1.06	0.68	0.76
Carbohydrate, by difference	g	2.97		0	NC	4		3.74	2.41	2.70
Fiber, total dietary	g	0.4		2	A	1		0.5	0.3	0.4
Sugars, total	g	0.60		1	A	1		0.76	0.49	0.55
Starch	g									
Minerals:										
Calcium, Ca (2)	mg	162		2	A	1		204	131	147
Iron, Fe	mg	1.45		2	A	1		1.83	1.17	1.32
Magnesium, Mg (3)	mg	46		0	A	1		58	37	42
Phosphorus, P	mg	147		1	A	1		185	119	134
Potassium, K	mg	176		2	A	1		222	143	160
Sodium, Na	mg	8		2	A	1		10	6	7
Zinc, Zn	mg	1.01		1	A	1		1.27	0.82	0.92
Copper, Cu	mg	0.240		1	A	1		0.302	0.194	0.218
Manganese, Mn	mg	0.724		1	A	1		0.912	0.586	0.659
Selenium, Se	mcg	9.4		1	BFSN	4		11.8	7.6	8.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.3	0.2	0.2
Thiamin	mg	0.093		1	A	1		0.117	0.075	0.085
Riboflavin	mg	0.103		1	A	1		0.130	0.083	0.094
Niacin	mg	0.010		1	A	1		0.013	0.008	0.009
Pantothenic acid	mg	0.065		1	A	1		0.082	0.053	0.059
Vitamin B-6	mg	0.061		1	A	1		0.077	0.049	0.056
Folate, total	mcg	33		1	A	1		42	27	30
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	33		1	A	1		42	27	30
Folate, DFE	mcg_DFE	33		0	NC	4		42	27	30
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	AS	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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.646		0	A	1		0.814	0.523	0.588
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.013		0	A	1		0.016	0.011	0.012
15:0	g									
16:0	g	0.474		0	A	1		0.597	0.384	0.431
17:0	g									
18:0	g	0.159		0	A	1		0.200	0.129	0.145
20:0	g									
22:0	g									
24:0	g									

NDB No. 16126

Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.985		0	A	1		1.241	0.798	0.896
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	A	1		0.015	0.010	0.011
17:1.....g									
18:1 undifferentiated.....g	0.973		0	A	1		1.226	0.788	0.885
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.519		0	A	1		3.174	2.040	2.292
18:2 undifferentiated.....g	2.221		0	A	1		2.798	1.799	2.021
18:3 undifferentiated.....g	0.298		0	A	1		0.375	0.241	0.271
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.125		7	A	1		0.158	0.101	0.114
Threonine.....g	0.328		13	A	1		0.413	0.266	0.298
Isoleucine.....g	0.398		13	A	1		0.501	0.322	0.362
Leucine.....g	0.611		13	A	1		0.770	0.495	0.556
Lysine.....g	0.530		14	A	1		0.668	0.429	0.482
Methionine.....g	0.103		15	A	1		0.130	0.083	0.094
Cystine.....g	0.111		13	A	1		0.140	0.090	0.101
Phenylalanine.....g	0.391		13	A	1		0.493	0.317	0.356
Tyrosine.....g	0.269		12	A	1		0.339	0.218	0.245
Valine.....g	0.406		13	A	1		0.512	0.329	0.369
Arginine.....g	0.535		12	A	1		0.674	0.433	0.487
Histidine.....g	0.234		10	A	1		0.295	0.190	0.213
Alanine.....g	0.330		12	A	1		0.416	0.267	0.300
Aspartic acid.....g	0.888		12	A	1		1.119	0.719	0.808
Glutamic acid.....g	1.390		12	A	1		1.751	1.126	1.265
Glycine.....g	0.314		12	A	1		0.396	0.254	0.286
Proline.....g	0.434		11	A	1		0.547	0.352	0.395
Serine.....g	0.379		12	A	1		0.478	0.307	0.345
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	0		2	A	1		0.000	0.000	0.000
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	0.000
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:

Measure 1 = 126g: .5 cup

Measure 2 = 81g: .25 block

Measure 3 = 91g: .2 block

NDB No. 16126

Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) (1)

Footnotes

1 Descriptive terms (soft, firm, extra firm) vary in usage between manufacturers as there are no standards for the various types of tofu.

2 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.

3 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16129
Tofu, fried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.52		3		1		14.32	6.57	
Energy	kcal	271		0	NC	4		77	35	
Energy	kj	1135		0	NC	4		322	148	
Protein (N x 5.71)	g	17.19		2		1		4.87	2.23	
Total lipid (fat)	g	20.18		2		1		5.72	2.62	
Ash	g	1.62		3		1		0.46	0.21	
Carbohydrate, by difference	g	10.49		0	NC	4		2.97	1.36	
Fiber, total dietary	g	3.9		0		4		1.1	0.5	
Sugars, total	g	2.72		0	BFSN	4		0.77	0.35	
Starch	g									
Minerals:										
Calcium, Ca	mg	372		2		1		105	48	
Iron, Fe	mg	4.87		2		1		1.38	0.63	
Magnesium, Mg	mg	60		1		1		17	8	
Phosphorus, P	mg	287		2		1		81	37	
Potassium, K	mg	146		1		1		41	19	
Sodium, Na	mg	16		1		1		5	2	
Zinc, Zn	mg	1.99		0		1		0.56	0.26	
Copper, Cu	mg	0.398		0		1		0.113	0.052	
Manganese, Mn	mg	1.495		0		1		0.424	0.194	
Selenium, Se	mcg	28.5		0	BFSN	4		8.1	3.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.170		1		1		0.048	0.022	
Riboflavin	mg	0.050		1		1		0.014	0.007	
Niacin	mg	0.100		1		1		0.028	0.013	
Pantothenic acid	mg	0.140		0		1		0.040	0.018	
Vitamin B-6	mg	0.099		0		1		0.028	0.013	
Folate, total	mcg	27		0		1		8	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	27		0		1		8	3	
Folate, DFE	mcg_DFE	27		0	NC	4		8	3	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	27		0	NC	4		8	4	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.04		0	BFSN	4		0.01	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	7.8		0	BFSN	4		2.2	1.0	
Lipids:										
Fatty acids, total saturated	g	2.918		0		1		0.827	0.379	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.056		0		1		0.016	0.007	
15:0	g									
16:0	g	2.141		0		1		0.607	0.278	
17:0	g									
18:0	g	0.720		0		1		0.204	0.094	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16129
Tofu, fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	4.456		0		1		1.263	0.579	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.056		0		1		0.016	0.007	
17:1.....g									
18:1 undifferentiated.....g	4.400		0		1		1.247	0.572	
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	11.390		0		1		3.229	1.481	
18:2 undifferentiated.....g	10.044		0		1		2.847	1.306	
18:3 undifferentiated.....g	1.346		0		1		0.382	0.175	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.268		0		1		0.076	0.035	
Threonine.....g	0.701		0		1		0.199	0.091	
Isoleucine.....g	0.852		0		1		0.242	0.111	
Leucine.....g	1.306		0		1		0.370	0.170	
Lysine.....g	1.131		0		1		0.321	0.147	
Methionine.....g	0.220		0		1		0.062	0.029	
Cystine.....g	0.238		0		1		0.067	0.031	
Phenylalanine.....g	0.837		0		1		0.237	0.109	
Tyrosine.....g	0.575		0		1		0.163	0.075	
Valine.....g	0.867		0		1		0.246	0.113	
Arginine.....g	1.143		0		1		0.324	0.149	
Histidine.....g	0.499		0		1		0.141	0.065	
Alanine.....g	0.704		0		1		0.200	0.092	
Aspartic acid.....g	1.899		0		1		0.538	0.247	
Glutamic acid.....g	2.970		0		1		0.842	0.386	
Glycine.....g	0.671		0		1		0.190	0.087	
Proline.....g	0.927		0		1		0.263	0.121	
Serine.....g	0.809		0		1		0.229	0.105	
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	
Carotenoids:									
Carotene, beta.....mcg	16		0	BFSN	4		4.624	2.121	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 13.0g: 1 piece

NDB No. 16129
Tofu, fried

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16429
Tofu, fried, prepared with calcium sulfate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.52		3		1		6.57		
Energy	kcal	271		0	NC	4		35		
Energy	kj	1134				4		147		
Protein (N x 5.71)	g	17.19		2		1		2.23		
Total lipid (fat)	g	20.18		2		1		2.62		
Ash	g	1.62		3		1		0.21		
Carbohydrate, by difference	g	10.50		0	NC	4		1.37		
Fiber, total dietary	g	3.9		0	BFZN	4		0.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	961		0		1		125		
Iron, Fe	mg	4.87		2		1		0.63		
Magnesium, Mg	mg	95		0		1		12		
Phosphorus, P	mg	287		2		1		37		
Potassium, K	mg	146		1		1		19		
Sodium, Na	mg	16		1		1		2		
Zinc, Zn	mg	1.99		0		1		0.26		
Copper, Cu	mg	0.398		0		1		0.052		
Manganese, Mn	mg	1.495		0		1		0.194		
Selenium, Se	mcg	28.5		0	BFSN	4		3.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.170		1		1		0.022		
Riboflavin	mg	0.050		1		1		0.007		
Niacin	mg	0.100		1		1		0.013		
Pantothenic acid	mg	0.140		0		1		0.018		
Vitamin B-6	mg	0.099		0		1		0.013		
Folate, total	mcg	27		0		1		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	27		0		1		3		
Folate, DFE	mcg_DFE	27		0	NC	4		3		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		1		1		0		
Vitamin A, RAE	mcg_RAE	0		1		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.918		0		1		0.379		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.056		0		1		0.007		
15:0	g									
16:0	g	2.141		0		1		0.278		
17:0	g									
18:0	g	0.720		0		1		0.094		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16429
Tofu, fried, prepared with calcium sulfate

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	4.456		0		1		0.579		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.056		0		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	4.400		0		1		0.572		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.390		0		1		1.481		
18:2 undifferentiated.....g	10.044		0		1		1.306		
18:3 undifferentiated.....g	1.346		0		1		0.175		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.268		0		1		0.035		
Threonine.....g	0.701		0		1		0.091		
Isoleucine.....g	0.852		0		1		0.111		
Leucine.....g	1.306		0		1		0.170		
Lysine.....g	1.131		0		1		0.147		
Methionine.....g	0.220		0		1		0.029		
Cystine.....g	0.238		0		1		0.031		
Phenylalanine.....g	0.837		0		1		0.109		
Tyrosine.....g	0.575		0		1		0.075		
Valine.....g	0.867		0		1		0.113		
Arginine.....g	1.143		0		1		0.149		
Histidine.....g	0.499		0		1		0.065		
Alanine.....g	0.704		0		1		0.092		
Aspartic acid.....g	1.899		0		1		0.247		
Glutamic acid.....g	2.970		0		1		0.386		
Glycine.....g	0.671		0		1		0.087		
Proline.....g	0.927		0		1		0.121		
Serine.....g	0.809		0		1		0.105		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 13.0g: 1 piece

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16160
Tofu, hard, prepared with nigari (1)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.12		1	A	1		86.77		
Energy	kcal	146		0	NC	4		178		
Energy	kj	611				4		745		
Protein (N x 5.71)	g	12.68		1	A	1		15.47		
Total lipid (fat)	g	9.99		1	A	1		12.19		
Ash	g	1.82		1	A	1		2.22		
Carbohydrate, by difference	g	4.39		0	NC	4		5.36		
Fiber, total dietary	g	0.6		1	A	1		0.7		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca (2)	mg	345		1	A	1		421		
Iron, Fe	mg	2.75		1	A	1		3.36		
Magnesium, Mg (3)	mg	53		1	A	1		65		
Phosphorus, P	mg	231		1	A	1		282		
Potassium, K	mg	146		1	A	1		178		
Sodium, Na	mg	2		1	A	1		2		
Zinc, Zn	mg	1.66		1	A	1		2.03		
Copper, Cu	mg	0.328		1	A	1		0.400		
Manganese, Mn	mg	1.052		1	A	1		1.283		
Selenium, Se	mcg	16.8		0	BFSN	4		20.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		1	A	1		0.4		
Thiamin	mg	0.042		1	A	1		0.051		
Riboflavin	mg	0.077		1	A	1		0.094		
Niacin	mg	0.639		1	A	1		0.780		
Pantothenic acid	mg	0.037		1	A	1		0.045		
Vitamin B-6	mg	0.039		1	A	1		0.048		
Folate, total	mcg	22		1	A	1		27		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	22		1	A	1		27		
Folate, DFE	mcg_DFE	22		0	NC	4		27		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.445		0	BFFN	4		1.763		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.027		0	BFFN	4		0.033		
15:0	g									
16:0	g	1.060		0	BFFN	4		1.293		
17:0	g									
18:0	g	0.356		0	BFFN	4		0.434		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16160
Tofu, hard, prepared with nigari (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.205		0	BFFN	4		2.690		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.027		0	BFFN	4		0.033		
17:1.....g									
18:1 undifferentiated.....g	2.178		0	BFFN	4		2.657		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.638		0	BFFN	4		6.878		
18:2 undifferentiated.....g	4.971		0	BFFN	4		6.065		
18:3 undifferentiated.....g	0.667		0	BFFN	4		0.814		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.198		0	BFPN	4		0.242		
Threonine.....g	0.517		0	BFPN	4		0.631		
Isoleucine.....g	0.628		0	BFPN	4		0.766		
Leucine.....g	0.963		0	BFPN	4		1.175		
Lysine.....g	0.835		0	BFPN	4		1.019		
Methionine.....g	0.162		0	BFPN	4		0.198		
Cystine.....g	0.175		0	BFPN	4		0.214		
Phenylalanine.....g	0.617		0	BFPN	4		0.753		
Tyrosine.....g	0.424		0	BFPN	4		0.517		
Valine.....g	0.640		0	BFPN	4		0.781		
Arginine.....g	0.844		0	BFPN	4		1.030		
Histidine.....g	0.369		0	BFPN	4		0.450		
Alanine.....g	0.520		0	BFPN	4		0.634		
Aspartic acid.....g	1.401		0	BFPN	4		1.709		
Glutamic acid.....g	2.191		0	BFPN	4		2.673		
Glycine.....g	0.495		0	BFPN	4		0.604		
Proline.....g	0.684		0	BFPN	4		0.834		
Serine.....g	0.597		0	BFPN	4		0.728		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 122g: .25 block

Footnotes

1 Descriptive terms (soft, firm, extra firm) vary in usage between manufacturers as there are no standards for the various types of tofu.

2 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.

3 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.

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

NDB No. 16160
Tofu, hard, prepared with nigari (1)

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16130
Tofu, okara

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.64		2		1		99.60		
Energy	kcal	77		0	NC	4		94		
Energy	kj	322				4		393		
Protein (N x 5.71)	g	3.22		2		1		3.93		
Total lipid (fat)	g	1.73		2		1		2.11		
Ash	g	0.88		2		1		1.07		
Carbohydrate, by difference	g	12.54		0	NC	4		15.30		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	80		1		1		98		
Iron, Fe	mg	1.30		1		1		1.59		
Magnesium, Mg	mg	26		1		1		32		
Phosphorus, P	mg	60		1		1		73		
Potassium, K	mg	213		1		1		260		
Sodium, Na	mg	9		1		1		11		
Zinc, Zn	mg	0.56		0		4		0.68		
Copper, Cu	mg	0.200		0		4		0.244		
Manganese, Mn	mg	0.404		0		4		0.493		
Selenium, Se	mcg	10.6		0	BFSN	4		12.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.020		1		1		0.024		
Riboflavin	mg	0.020		1		1		0.024		
Niacin	mg	0.100		1		1		0.122		
Pantothenic acid	mg	0.088		0		4		0.107		
Vitamin B-6	mg	0.115		0		4		0.140		
Folate, total	mcg	26		0		4		32		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	26		0		4		32		
Folate, DFE	mcg_DFE	26		0	NC	4		32		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		1		1		0		
Vitamin A, RAE	mcg_RAE	0		1		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.193		0		1		0.235		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.004		0		1		0.005		
15:0	g									
16:0	g	0.142		0		1		0.173		
17:0	g									
18:0	g	0.048		0		1		0.059		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16130
Tofu, okara

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.295		0		1		0.360		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.292		0		1		0.356		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.755		0		1		0.921		
18:2 undifferentiated.....g	0.666		0		1		0.813		
18:3 undifferentiated.....g	0.089		0		1		0.109		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.050		0		1		0.061		
Threonine.....g	0.131		0		1		0.160		
Isoleucine.....g	0.159		0		1		0.194		
Leucine.....g	0.244		0		1		0.298		
Lysine.....g	0.212		0		1		0.259		
Methionine.....g	0.041		0		1		0.050		
Cystine.....g	0.044		0		1		0.054		
Phenylalanine.....g	0.157		0		1		0.192		
Tyrosine.....g	0.108		0		1		0.132		
Valine.....g	0.162		0		1		0.198		
Arginine.....g	0.214		0		1		0.261		
Histidine.....g	0.093		0		1		0.113		
Alanine.....g	0.132		0		1		0.161		
Aspartic acid.....g	0.355		0		1		0.433		
Glutamic acid.....g	0.556		0		1		0.678		
Glycine.....g	0.126		0		1		0.154		
Proline.....g	0.173		0		1		0.211		
Serine.....g	0.151		0		1		0.184		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 122g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16426
Tofu, raw, firm, prepared with calcium sulfate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.83		0		1		87.99	56.56	
Energy	kcal	145		0	NC	4		183	117	
Energy	kj	607				4		764	491	
Protein (N x 5.71)	g	15.78	0.450	6		1		19.88	12.78	
Total lipid (fat)	g	8.72	0.591	6		1		10.99	7.06	
Ash	g	1.40		0		1		1.76	1.13	
Carbohydrate, by difference	g	4.28		0	NC	4		5.39	3.47	
Fiber, total dietary	g	2.3		0	BFZN	4		2.9	1.9	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	683		0		1		861	553	
Iron, Fe	mg	2.66		0	BFSN	4		3.35	2.15	
Magnesium, Mg	mg	58		0		1		73	47	
Phosphorus, P	mg	190		0		1		239	154	
Potassium, K	mg	237		0		1		299	192	
Sodium, Na	mg	14		0		1		18	11	
Zinc, Zn	mg	1.57		0		1		1.98	1.27	
Copper, Cu	mg	0.378		0		1		0.476	0.306	
Manganese, Mn	mg	1.181		0		1		1.488	0.957	
Selenium, Se	mcg	17.4		0	BFSN	4		21.9	14.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.3	0.2	
Thiamin	mg	0.158		0		1		0.199	0.128	
Riboflavin	mg	0.102		0		1		0.129	0.083	
Niacin	mg	0.381		0		1		0.480	0.309	
Pantothenic acid	mg	0.133		0		1		0.168	0.108	
Vitamin B-6	mg	0.092		0		1		0.116	0.075	
Folate, total	mcg	29		0		1		37	24	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	29		0		1		37	24	
Folate, DFE	mcg_DFE	29		0	NC	4		37	24	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	166		0		1		209	134	
Vitamin A, RAE	mcg_RAE	8		0		1		10	7	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.261		0		1		1.589	1.021	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.024		0		1		0.030	0.019	
15:0	g									
16:0	g	0.925		0		1		1.166	0.749	
17:0	g									
18:0	g	0.311		0		1		0.392	0.252	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16426
Tofu, raw, firm, prepared with calcium sulfate

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	1.925		0		1		2.426	1.559	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.024		0		1		0.030	0.019	
17:1.....g									
18:1 undifferentiated.....g	1.901		0		1		2.395	1.540	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.921		0		1		6.200	3.986	
18:2 undifferentiated.....g	4.339		0		1		5.467	3.515	
18:3 undifferentiated.....g	0.582		0		1		0.733	0.471	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.246		7		1		0.310	0.199	
Threonine.....g	0.644		13		1		0.811	0.522	
Isoleucine.....g	0.782		13		1		0.985	0.633	
Leucine.....g	1.199		13		1		1.511	0.971	
Lysine.....g	1.039		14		1		1.309	0.842	
Methionine.....g	0.202		15		1		0.255	0.164	
Cystine.....g	0.218		13		1		0.275	0.177	
Phenylalanine.....g	0.768		13		1		0.968	0.622	
Tyrosine.....g	0.528		12		1		0.665	0.428	
Valine.....g	0.796		13		1		1.003	0.645	
Arginine.....g	1.050		12		1		1.323	0.851	
Histidine.....g	0.459		10		1		0.578	0.372	
Alanine.....g	0.647		12		1		0.815	0.524	
Aspartic acid.....g	1.743		12		1		2.196	1.412	
Glutamic acid.....g	2.727		12		1		3.436	2.209	
Glycine.....g	0.616		12		1		0.776	0.499	
Proline.....g	0.851		11		1		1.072	0.689	
Serine.....g	0.743		12		1		0.936	0.602	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 126g: .5 cup

Measure 2 = 81g: .25 block

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16427
Tofu, raw, regular, prepared with calcium sulfate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.55	0.408	65		1		104.84	98.08	
Energy	kcal	76		0	NC	4		94	88	
Energy	kj	318				4		394	369	
Protein (N x 5.71)	g	8.08	0.308	44		1		10.02	9.37	
Total lipid (fat)	g	4.78	0.738	8		1		5.93	5.54	
Ash	g	0.72	0.039	8		1		0.89	0.84	
Carbohydrate, by difference	g	1.88		0	NC	4		2.33	2.18	
Fiber, total dietary	g	0.3		0		1		0.4	0.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	350		0		1		434	406	
Iron, Fe	mg	5.36	4.321	3		1		6.65	6.22	
Magnesium, Mg	mg	30		0		1		37	35	
Phosphorus, P	mg	97	14.553	3		1		120	113	
Potassium, K	mg	121	26.429	4		1		150	140	
Sodium, Na	mg	7	3.628	4		1		9	8	
Zinc, Zn	mg	0.80	0.040	3		1		0.99	0.93	
Copper, Cu	mg	0.193	0.033	3		1		0.239	0.224	
Manganese, Mn	mg	0.605		2		1		0.750	0.702	
Selenium, Se	mcg	8.9		0	BFSN	4		11.0	10.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		1		1		0.1	0.1	
Thiamin	mg	0.081		2		1		0.100	0.094	
Riboflavin	mg	0.052		2		1		0.064	0.060	
Niacin	mg	0.195		2		1		0.242	0.226	
Pantothenic acid	mg	0.068		2		1		0.084	0.079	
Vitamin B-6	mg	0.047		2		1		0.058	0.055	
Folate, total	mcg	15		2		1		19	17	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		2		1		19	17	
Folate, DFE	mcg_DFE	15		0	NC	4		19	17	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	85		1		1		105	99	
Vitamin A, RAE	mcg_RAE	4		1		1		5	5	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.691		0		1		0.857	0.802	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.013		0		1		0.016	0.015	
15:0	g									
16:0	g	0.507		0		1		0.629	0.588	
17:0	g									
18:0	g	0.171		0		1		0.212	0.198	
20:0	g									
22:0	g									
24:0	g									

NDB No. 16427
Tofu, raw, regular, prepared with calcium sulfate

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	1.056		0		1		1.309	1.225	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0		1		0.016	0.015	
17:1.....g									
18:1 undifferentiated.....g	1.043		0		1		1.293	1.210	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.699		0		1		3.347	3.131	
18:2 undifferentiated.....g	2.380		0		1		2.951	2.761	
18:3 undifferentiated.....g	0.319		0		1		0.396	0.370	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.126		0		1		0.156	0.146	
Threonine.....g	0.330		0		1		0.409	0.383	
Isoleucine.....g	0.400		0		1		0.496	0.464	
Leucine.....g	0.614		0		1		0.761	0.712	
Lysine.....g	0.532		0		1		0.660	0.617	
Methionine.....g	0.103		0		1		0.128	0.119	
Cystine.....g	0.112		0		1		0.139	0.130	
Phenylalanine.....g	0.393		0		1		0.487	0.456	
Tyrosine.....g	0.270		0		1		0.335	0.313	
Valine.....g	0.408		0		1		0.506	0.473	
Arginine.....g	0.538		0		1		0.667	0.624	
Histidine.....g	0.235		0		1		0.291	0.273	
Alanine.....g	0.331		0		1		0.410	0.384	
Aspartic acid.....g	0.893		0		1		1.107	1.036	
Glutamic acid.....g	1.397		0		1		1.732	1.621	
Glycine.....g	0.316		0		1		0.392	0.367	
Proline.....g	0.436		0		1		0.541	0.506	
Serine.....g	0.381		0		1		0.472	0.442	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 124g: .5 cup

Measure 2 = 116g: .25 block

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16132
Tofu, salted and fermented (fuyu)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.01		1		1		7.70		
Energy	kcal	116		0	NC	4		13		
Energy	kj	485				4		53		
Protein (N x 5.71)	g	8.15		1		1		0.90		
Total lipid (fat)	g	8.00		1		1		0.88		
Ash	g	8.69		1		1		0.96		
Carbohydrate, by difference	g	5.15		0	NC	4		0.57		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	46		1		1		5		
Iron, Fe	mg	1.98		1		1		0.22		
Magnesium, Mg	mg	52		1		1		6		
Phosphorus, P	mg	73		1		1		8		
Potassium, K	mg	75		1		1		8		
Sodium, Na	mg	2873		1		1		316		
Zinc, Zn	mg	1.56		0		4		0.17		
Copper, Cu	mg	0.376		0		4		0.041		
Manganese, Mn	mg	1.174		0		4		0.129		
Selenium, Se	mcg	17.3		0	BFSN	4		1.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		4		0.0		
Thiamin	mg	0.157		0		4		0.017		
Riboflavin	mg	0.101		0		4		0.011		
Niacin	mg	0.379		0		4		0.042		
Pantothenic acid	mg	0.132		0		4		0.015		
Vitamin B-6	mg	0.091		0		4		0.010		
Folate, total	mcg	29		0		4		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	29		0		4		3		
Folate, DFE	mcg_DFE	29		0	NC	4		3		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	165		0		4		18		
Vitamin A, RAE	mcg_RAE	8		0		4		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.157		0		1		0.127		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.022		0		1		0.002		
15:0	g									
16:0	g	0.849		0		1		0.093		
17:0	g									
18:0	g	0.286		0		1		0.031		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16132
Tofu, salted and fermented (fuyu)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	1.767		0		1		0.194		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.745		0		1		0.192		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.516		0		1		0.497		
18:2 undifferentiated.....g	3.982		0		1		0.438		
18:3 undifferentiated.....g	0.534		0		1		0.059		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.127		0		1		0.014		
Threonine.....g	0.332		0		1		0.037		
Isoleucine.....g	0.404		0		1		0.044		
Leucine.....g	0.619		0		1		0.068		
Lysine.....g	0.537		0		1		0.059		
Methionine.....g	0.104		0		1		0.011		
Cystine.....g	0.113		0		1		0.012		
Phenylalanine.....g	0.397		0		1		0.044		
Tyrosine.....g	0.273		0		1		0.030		
Valine.....g	0.411		0		1		0.045		
Arginine.....g	0.542		0		1		0.060		
Histidine.....g	0.237		0		1		0.026		
Alanine.....g	0.334		0		1		0.037		
Aspartic acid.....g	0.900		0		1		0.099		
Glutamic acid.....g	1.408		0		1		0.155		
Glycine.....g	0.318		0		1		0.035		
Proline.....g	0.440		0		1		0.048		
Serine.....g	0.384		0		1		0.042		
Hydroxyproline.....g									

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16432
Tofu, salted and fermented (fuyu), prepared with calcium sulfate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.01		1		1		7.70		
Energy	kcal	116		0	NC	4		13		
Energy	kj	485				4		53		
Protein (N x 5.71)	g	8.15		1		1		0.90		
Total lipid (fat)	g	8.00		1		1		0.88		
Ash	g	8.69		1		1		0.96		
Carbohydrate, by difference	g	5.15		0	NC	4		0.57		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1229		0		1		135		
Iron, Fe	mg	1.98		1		1		0.22		
Magnesium, Mg	mg	58		0		1		6		
Phosphorus, P	mg	73		1		1		8		
Potassium, K	mg	75		1		1		8		
Sodium, Na	mg	2873		1		1		316		
Zinc, Zn	mg	1.56		0		4		0.17		
Copper, Cu	mg	0.376		0		4		0.041		
Manganese, Mn	mg	1.174		0		4		0.129		
Selenium, Se	mcg	17.3		0	BFSN	4		1.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		4		0.0		
Thiamin	mg	0.157		0		4		0.017		
Riboflavin	mg	0.101		0		4		0.011		
Niacin	mg	0.379		0		4		0.042		
Pantothenic acid	mg	0.132		0		4		0.015		
Vitamin B-6	mg	0.091		0		4		0.010		
Folate, total	mcg	29		0		4		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	29		0		4		3		
Folate, DFE	mcg_DFE	29		0	NC	4		3		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	165		0		4		18		
Vitamin A, RAE	mcg_RAE	8		0		4		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.157		0		1		0.127		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.022		0		1		0.002		
15:0	g									
16:0	g	0.849		0		1		0.093		
17:0	g									
18:0	g	0.286		0		1		0.031		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16432
Tofu, salted and fermented (fuyu), prepared with calcium sulfate

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	1.767		0		1		0.194		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.745		0		1		0.192		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.516		0		1		0.497		
18:2 undifferentiated.....g	3.982		0		1		0.438		
18:3 undifferentiated.....g	0.534		0		1		0.059		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.127		0		1		0.014		
Threonine.....g	0.332		0		1		0.037		
Isoleucine.....g	0.404		0		1		0.044		
Leucine.....g	0.619		0		1		0.068		
Lysine.....g	0.537		0		1		0.059		
Methionine.....g	0.104		0		1		0.011		
Cystine.....g	0.113		0		1		0.012		
Phenylalanine.....g	0.397		0		1		0.044		
Tyrosine.....g	0.273		0		1		0.030		
Valine.....g	0.411		0		1		0.045		
Arginine.....g	0.542		0		1		0.060		
Histidine.....g	0.237		0		1		0.026		
Alanine.....g	0.334		0		1		0.037		
Aspartic acid.....g	0.900		0		1		0.099		
Glutamic acid.....g	1.408		0		1		0.155		
Glycine.....g	0.318		0		1		0.035		
Proline.....g	0.440		0		1		0.048		
Serine.....g	0.384		0		1		0.042		
Hydroxyproline.....g									

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16127

Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari) (1)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.26	0.956	5	A	1		216.40	15.71	104.71
Energy	kcal	61		0	NC	4		151	11	73
Energy	kj	255		0	NC	4		632	46	306
Protein (N x 5.71)	g	6.55	0.693	5	A	1		16.24	1.18	7.86
Total lipid (fat)	g	3.69	0.200	5	A	1		9.15	0.66	4.43
Ash	g	0.70	0.036	5	A	1		1.74	0.13	0.84
Carbohydrate, by difference	g	1.80		0	NC	4		4.46	0.32	2.16
Fiber, total dietary	g	0.2		5	A	1		0.5	0.0	0.2
Sugars, total	g	0.70		1	A	1		1.74	0.13	0.84
Starch	g									
Minerals:										
Calcium, Ca (2)	mg	111	8.191	5	A	1		275	20	133
Iron, Fe	mg	1.11	0.039	5	A	1		2.75	0.20	1.33
Magnesium, Mg (3)	mg	27	2.630	4	A	1		67	5	32
Phosphorus, P	mg	92	6.533	4	A	1		228	17	110
Potassium, K	mg	120	20.535	5	A	1		298	22	144
Sodium, Na	mg	8	1.002	5	A	1		20	1	10
Zinc, Zn	mg	0.64	0.041	4	A	1		1.59	0.12	0.77
Copper, Cu	mg	0.157	0.008	3	A	1		0.389	0.028	0.188
Manganese, Mn	mg	0.389	0.025	4	A	1		0.965	0.070	0.467
Selenium, Se	mcg	8.9	2.661	5	A	1		22.1	1.6	10.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		2	A	1		0.5	0.0	0.2
Thiamin	mg	0.047	0.002	4	A	1		0.117	0.008	0.056
Riboflavin	mg	0.037	0.003	4	A	1		0.092	0.007	0.044
Niacin	mg	0.535	0.264	4	A	1		1.327	0.096	0.642
Pantothenic acid	mg	0.051	0.005	4	A	1		0.126	0.009	0.061
Vitamin B-6	mg	0.052	0.007	4	A	1		0.129	0.009	0.062
Folate, total	mcg	44	1.264	4	A	1		109	8	53
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	44	1.264	4	A	1		109	8	53
Folate, DFE	mcg_DFE	44		0	NC	4		109	8	53
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	7		0	NC	4		17	1	8
Vitamin A, RAE	mcg_RAE	0		0	NC	4		1	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.01		0	O	4		0.02	0.00	0.01
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.0		0	T	4		5.0	0.4	2.4
Lipids:										
Fatty acids, total saturated	g	0.533		0	A	1		1.322	0.096	0.640
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.010		0	A	1		0.025	0.002	0.012
15:0	g									
16:0	g	0.391		0	A	1		0.970	0.070	0.469
17:0	g									
18:0	g	0.132		0	A	1		0.327	0.024	0.158
20:0	g									
22:0	g									
24:0	g									

NDB No. 16127

Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari) (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.814		0	A	1		2.019	0.147	0.977
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	A	1		0.025	0.002	0.012
17:1.....g									
18:1 undifferentiated.....g	0.804		0	A	1		1.994	0.145	0.965
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.081		0	A	1		5.161	0.375	2.497
18:2 undifferentiated.....g	1.835		0	A	1		4.551	0.330	2.202
18:3 undifferentiated.....g	0.246		0	A	1		0.610	0.044	0.295
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.102		0	A	1		0.253	0.018	0.122
Threonine.....g	0.268		0	A	1		0.665	0.048	0.322
Isoleucine.....g	0.324		0	A	1		0.804	0.058	0.389
Leucine.....g	0.498		0	A	1		1.235	0.090	0.598
Lysine.....g	0.431		0	A	1		1.069	0.078	0.517
Methionine.....g	0.084		0	A	1		0.208	0.015	0.101
Cystine.....g	0.091		0	A	1		0.226	0.016	0.109
Phenylalanine.....g	0.319		0	A	1		0.791	0.057	0.383
Tyrosine.....g	0.219		0	A	1		0.543	0.039	0.263
Valine.....g	0.331		0	A	1		0.821	0.060	0.397
Arginine.....g	0.436		0	A	1		1.081	0.078	0.523
Histidine.....g	0.191		0	A	1		0.474	0.034	0.229
Alanine.....g	0.268		0	A	1		0.665	0.048	0.322
Aspartic acid.....g	0.724		0	A	1		1.796	0.130	0.869
Glutamic acid.....g	1.133		0	A	1		2.810	0.204	1.360
Glycine.....g	0.256		0	A	1		0.635	0.046	0.307
Proline.....g	0.353		0	A	1		0.875	0.064	0.424
Serine.....g	0.309		0	A	1		0.766	0.056	0.371
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	4		0	O	4		10.416	0.756	5.040
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 248g: 1 cup (1/2" cubes)

Measure 2 = 18g: 1 cubic inch

Measure 3 = 120g: 1 piece (2-1/2" x 2-3/4" x 1")

NDB No. 16127

Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari) (1)

Footnotes

1 Descriptive terms (soft, firm, extra firm) vary in usage between manufacturers as there are no standards for the various types of tofu.

2 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.

3 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43134
Vegetarian fillets

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.00				1		38.25		
Energy	kcal	290				1		247		
Energy	kj	1213				1		1031		
Protein	g	23.00				1		19.55		
Total lipid (fat)	g	18.00				1		15.30		
Ash	g	5.00		0	O	4		4.25		
Carbohydrate, by difference	g	9.00			NC	4		7.65		
Fiber, total dietary	g	6.1				4		5.2		
Sugars, total	g	0.80		0	LC	8		0.68		
Starch	g									
Minerals:										
Calcium, Ca	mg	95				1		81		
Iron, Fe	mg	2.00				1		1.70		
Magnesium, Mg	mg	23				4		20		
Phosphorus, P	mg	450				4		383		
Potassium, K	mg	600				1		510		
Sodium, Na	mg	490				1		417		
Zinc, Zn	mg	1.40				1		1.19		
Copper, Cu	mg	0.925				4		0.786		
Manganese, Mn	mg									
Selenium, Se	mcg	1.0		0	BFSN	4		0.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				7		0.0		
Thiamin	mg	1.100				1		0.935		
Riboflavin	mg	0.900				1		0.765		
Niacin	mg	12.000				1		10.200		
Pantothenic acid	mg									
Vitamin B-6	mg	1.500				1		1.275		
Folate, total	mcg	102				4		87		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	102				4		87		
Folate, DFE	mcg_DFE	102		0	NC	4		87		
Vitamin B-12	mcg	4.20				1		3.57		
Vitamin A, IU	IU	0		0	AS	1		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	3.45		0	O	4		2.93		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0		
Lipids:										
Fatty acids, total saturated	g	2.849				4		2.422		
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	0.174				4		0.148		
13:0	g									
14:0	g	0.087				4		0.074		
15:0	g									
16:0	g	1.850				4		1.573		
17:0	g									
18:0	g	0.738				4		0.627		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43134
Vegetarian fillets

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	4.376				4		3.720		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	4.376				4		3.720		
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	9.332				4		7.932		
18:2 undifferentiated.....g	8.292				4		7.048		
18:3 undifferentiated.....g	1.040				4		0.884		
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				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		
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43137
Vegetarian meatloaf or patties

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.00				1		32.48		
Energy	kcal	197		0	NC	4		110		
Energy	kj	824		0	NC	4		462		
Protein	g	21.00				1		11.76		
Total lipid (fat)	g	9.00				1		5.04		
Ash	g	4.00		0	O	4		2.24		
Carbohydrate, by difference	g	8.00		0	NC	4		4.48		
Fiber, total dietary	g	4.6				4		2.6		
Sugars, total	g	1.20		0	LC	8		0.67		
Starch	g									
Minerals:										
Calcium, Ca	mg	29				1		16		
Iron, Fe	mg	2.10				1		1.18		
Magnesium, Mg	mg	18				4		10		
Phosphorus, P	mg	344				4		193		
Potassium, K	mg	180				1		101		
Sodium, Na	mg	550				1		308		
Zinc, Zn	mg	1.80				1		1.01		
Copper, Cu	mg	0.706				4		0.395		
Manganese, Mn	mg									
Selenium, Se	mcg	0.8		0	BFSN	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				7		0.0		
Thiamin	mg	0.900				1		0.504		
Riboflavin	mg	0.600				1		0.336		
Niacin	mg	10.000				1		5.600		
Pantothenic acid	mg									
Vitamin B-6	mg	1.200				1		0.672		
Folate, total	mcg	78				4		44		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	78				4		44		
Folate, DFE	mcg_DFE	78		0	NC	4		44		
Vitamin B-12	mcg	2.40				1		1.34		
Vitamin A, IU	IU	0		0	AS	1		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	1.73		0	O	4		0.97		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0		
Lipids:										
Fatty acids, total saturated	g	1.425				4		0.798		
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	0.087				4		0.049		
13:0	g									
14:0	g	0.043				4		0.024		
15:0	g									
16:0	g	0.925				4		0.518		
17:0	g									
18:0	g	0.369				4		0.207		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43137
Vegetarian meatloaf or patties

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	2.188				4		1.225		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	2.188				4		1.225		
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	4.666				4		2.613		
18:2 undifferentiated.....g	4.146				4		2.322		
18:3 undifferentiated.....g	0.520				4		0.291		
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				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		
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43136
Vegetarian stew

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.00				1		172.90		
Energy	kcal	123		0	NC	4		304		
Energy	kj	515		0	NC	4		1271		
Protein	g	17.00				1		41.99		
Total lipid (fat)	g	3.00				1		7.41		
Ash	g	3.00		0	O	4		7.41		
Carbohydrate, by difference	g	7.00		0	NC	4		17.29		
Fiber, total dietary	g	1.1				4		2.7		
Sugars, total	g	0.80		0	LC	8		1.98		
Starch	g									
Minerals:										
Calcium, Ca	mg	31				1		77		
Iron, Fe	mg	1.30				1		3.21		
Magnesium, Mg	mg	127				4		314		
Phosphorus, P	mg	220				4		543		
Potassium, K	mg	120				1		296		
Sodium, Na	mg	400				1		988		
Zinc, Zn	mg	1.10				1		2.72		
Copper, Cu	mg	0.649				4		1.603		
Manganese, Mn	mg									
Selenium, Se	mcg	0.5		0	BFSN	4		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				7		0.0		
Thiamin	mg	0.700				1		1.729		
Riboflavin	mg	0.600				1		1.482		
Niacin	mg	12.000				1		29.640		
Pantothenic acid	mg									
Vitamin B-6	mg	1.100				1		2.717		
Folate, total	mcg	103				4		254		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	103				4		254		
Folate, DFE	mcg_DFE	103		0	NC	4		254		
Vitamin B-12	mcg	2.20				1		5.43		
Vitamin A, IU	IU	938		0	NC	4		2316		
Vitamin A, RAE	mcg_RAE	47		0	NC	4		116		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.49		0	O	4		1.21		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.3		0	O	4		3.2		
Lipids:										
Fatty acids, total saturated	g	0.475				4		1.173		
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	0.029				4		0.072		
13:0	g									
14:0	g	0.015				4		0.037		
15:0	g									
16:0	g	0.308				4		0.761		
17:0	g									
18:0	g	0.123				4		0.304		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43136
Vegetarian stew

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.729				4		1.801		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.729				4		1.801		
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	1.555				4		3.841		
18:2 undifferentiated.....g	1.382				4		3.414		
18:3 undifferentiated.....g	0.173				4		0.427		
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				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		
Carotenoids:									
Carotene, beta.....mcg	563		0	o	4		1389.375		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

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

Common Measures:

Measure 1 = 247g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43114
Vermicelli, made from soy

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.90				1		16.66		
Energy	kcal	330		0	NC	4		461		
Energy	kj	1379		0	NC	4		1930		
Protein	g	0.10				1		0.14		
Total lipid (fat)	g	0.10				1		0.14		
Ash	g	5.84		0	BFSN	4		8.18		
Carbohydrate, by difference	g	82.06		0	NC	4		114.88		
Fiber, total dietary	g	3.9				4		5.5		
Sugars, total	g	19.00		0	BFSN	4		26.60		
Starch	g									
Minerals:										
Calcium, Ca	mg	55				1		77		
Iron, Fe	mg	1.81				1		2.53		
Magnesium, Mg	mg	2				1		3		
Phosphorus, P	mg	20				1		28		
Potassium, K	mg	3				1		4		
Sodium, Na	mg	4				1		6		
Zinc, Zn	mg	4.24				4		5.94		
Copper, Cu	mg	1.916				4		2.682		
Manganese, Mn	mg									
Selenium, Se	mcg	27.0		0	RA	4		37.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				1		0.0		
Thiamin	mg	0.000				1		0.000		
Riboflavin	mg	0.000				1		0.000		
Niacin	mg	0.000				1		0.000		
Pantothenic acid	mg									
Vitamin B-6	mg	0.000				4		0.000		
Folate, total	mcg	0				4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0				4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00				7		0.00		
Vitamin A, IU	IU	38		0	NC	4		53		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		3		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.19		0	BFSN	4		0.26		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.9		0	BFSN	4		5.5		
Lipids:										
Fatty acids, total saturated	g	0.014				4		0.020		
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	0.000				4		0.000		
13:0	g									
14:0	g	0.000				4		0.000		
15:0	g									
16:0	g	0.012				4		0.017		
17:0	g									
18:0	g	0.002				4		0.003		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43114
Vermicelli, made from soy

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.013				4		0.018		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.013				4		0.018		
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	0.041				4		0.057		
18:2 undifferentiated.....g	0.038				4		0.053		
18:3 undifferentiated.....g	0.004				4		0.006		
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				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		
Carotenoids:									
Carotene, beta.....mcg	23		0	BFSN	4		31.915		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

Common Measures:

Measure 1 = 140g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 22126
WORTHINGTON FOODS, LOMA LINDA, BIG FRANKS, meatless franks, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.64	1.570	3	MA	12		29.40	326.82	29.40
Energy	kcal	232		0	MC	9		118	1315	118
Energy	kj	971				12		495	5504	495
Protein	g	23.77	3.000	3	MA	12		12.12	134.78	12.12
Total lipid (fat)	g	13.88		2	MA	12		7.08	78.70	7.08
Ash	g	1.74	0.060	3	MA	12		0.89	9.87	0.89
Carbohydrate, by difference	g	2.97		0	MC	9		1.51	16.84	1.51
Fiber, total dietary	g	3.0	0.240	3	MA	12		1.5	17.0	1.5
Sugars, total	g	0.47	0.080	3	MA	12		0.24	2.66	0.24
Starch	g									
Minerals:										
Calcium, Ca	mg	20	3.610	3	MA	12		10	113	10
Iron, Fe	mg	1.94	0.530	3	MA	12		0.99	11.00	0.99
Magnesium, Mg	mg									
Phosphorus, P	mg	166		2	MA	12		85	941	85
Potassium, K	mg	119	28.050	3	MA	12		61	675	61
Sodium, Na	mg	439	32.590	3	MA	12		224	2489	224
Zinc, Zn	mg	2.35	0.550	3	MA	12		1.20	13.32	1.20
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.550	0.100	3	MA	12		0.281	3.119	0.281
Riboflavin	mg	1.330	0.150	3	MA	12		0.678	7.541	0.678
Niacin	mg	11.340		2	MA	12		5.783	64.298	5.783
Pantothenic acid	mg	3.160		1	MA	12		1.612	17.917	1.612
Vitamin B-6	mg	1.320		1	MA	12		0.673	7.484	0.673
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	5.76		1	MA	12		2.94	32.66	2.94
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.580		2	MA	12		0.806	8.959	0.806
4:0	g									
6:0	g									
8:0	g	0.005		1	A	1		0.003	0.028	0.003
10:0	g	0.005		1	A	1		0.003	0.028	0.003
12:0	g	0.005		1	A	1		0.003	0.028	0.003
13:0	g									
14:0	g	0.005		1	A	1		0.003	0.028	0.003
15:0	g	0.005		1	A	1		0.003	0.028	0.003
16:0	g	1.048		1	MA	12		0.534	5.942	0.534
17:0	g	0.005		1	A	1		0.003	0.028	0.003
18:0	g	0.201		1	MA	12		0.103	1.140	0.103
20:0	g	0.038		1	A	1		0.019	0.215	0.019
22:0	g	0.019		1	A	1		0.010	0.108	0.010
24:0	g									
Fatty acids, total monounsaturated	g	2.990		1	MA	12		1.525	16.953	1.525
14:1	g	0.005		1	A	1		0.003	0.028	0.003
15:1	g									

NDB No. 22126
WORTHINGTON FOODS, LOMA LINDA, BIG FRANKS, meatless franks, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.019		1	MA	12		0.010	0.108	0.010
17:1.....g	0.005		1	A	1		0.003	0.028	0.003
18:1 undifferentiated.....g	2.316		1	MA	12		1.181	13.132	1.181
20:1.....g	0.029		1	A	1		0.015	0.164	0.015
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.230		1	MA	12		3.687	40.994	3.687
18:2 undifferentiated.....g	5.090		1	MA	12		2.596	28.860	2.596
18:3 undifferentiated.....g	0.129		1	MA	12		0.066	0.731	0.066
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.005		1	A	1		0.002	0.027	0.002
20:4 undifferentiated.....g	0.005		1	A	1		0.003	0.028	0.003
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2	MA	12		0	0	0
Phytosterols.....mg									

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

Measure 2 = 567g: 1 package

Measure 3 = 51g: 1 serving

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16436
Winged beans, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.19		0		1		115.57		
Energy	kcal	147		0	NC	4		253		
Energy	kj	615				4		1058		
Protein (N x 6.25)	g	10.62		0		1		18.27		
Total lipid (fat)	g	5.84		0		1		10.04		
Ash	g	1.43		0		1		2.46		
Carbohydrate, by difference	g	14.94		0	NC	4		25.70		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	142		0		1		244		
Iron, Fe	mg	4.33		0		1		7.45		
Magnesium, Mg	mg	54		0		1		93		
Phosphorus, P	mg	153		0		1		263		
Potassium, K	mg	280		0		1		482		
Sodium, Na	mg	249		0		1		428		
Zinc, Zn	mg	1.44		0		1		2.48		
Copper, Cu	mg	0.773		0		1		1.330		
Manganese, Mn	mg	1.199		0		1		2.062		
Selenium, Se	mcg	2.9		0	BFSN	4		5.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.295		0		1		0.507		
Riboflavin	mg	0.129		0		1		0.222		
Niacin	mg	0.830		0		1		1.428		
Pantothenic acid	mg	0.156		0		4		0.268		
Vitamin B-6	mg	0.047		0		1		0.081		
Folate, total	mcg	10		0		1		18		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	10		0		1		18		
Folate, DFE	mcg_DFE	10		0	NC	4		18		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.825		0		1		1.419		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.010		0		1		0.017		
15:0	g									
16:0	g	0.449		0		1		0.772		
17:0	g									
18:0	g	0.267		0		1		0.459		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16436
Winged beans, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.153		0		1		3.703		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.034		
17:1.....g									
18:1 undifferentiated.....g	2.025		0		1		3.483		
20:1.....g	0.109		0		1		0.187		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.551		0		1		2.668		
18:2 undifferentiated.....g	1.457		0		1		2.506		
18:3 undifferentiated.....g	0.094		0		1		0.162		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.233		0		1		0.401		
Threonine.....g	0.360		0		1		0.619		
Isoleucine.....g	0.448		0		1		0.771		
Leucine.....g	0.762		0		1		1.311		
Lysine.....g	0.652		0		1		1.121		
Methionine.....g	0.109		0		1		0.187		
Cystine.....g	0.166		0		1		0.286		
Phenylalanine.....g	0.436		0		1		0.750		
Tyrosine.....g	0.445		0		1		0.765		
Valine.....g	0.467		0		1		0.803		
Arginine.....g	0.576		0		1		0.991		
Histidine.....g	0.241		0		1		0.415		
Alanine.....g	0.318		0		1		0.547		
Aspartic acid.....g	0.973		0		1		1.674		
Glutamic acid.....g	1.224		0		1		2.105		
Glycine.....g	0.348		0		1		0.599		
Proline.....g	0.588		0		1		1.011		
Serine.....g	0.377		0		1		0.648		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 172g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16135

Winged beans, mature seeds, raw

Psophocarpus tetragonolobus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.34	0.362	83		1		15.18		
Energy	kcal	409		0	NC	4		744		
Energy	kj	1711				4		3114		
Protein (N x 6.25)	g	29.65	0.458	57		1		53.96		
Total lipid (fat)	g	16.32	0.182	95		1		29.70		
Ash	g	3.98	0.062	70		1		7.24		
Carbohydrate, by difference	g	41.71		0	NC	4		75.91		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	440	24.899	48		1		801		
Iron, Fe	mg	13.44	1.028	56		1		24.46		
Magnesium, Mg	mg	179	5.240	43		1		326		
Phosphorus, P	mg	451	12.671	48		1		821		
Potassium, K	mg	977	45.541	30		1		1778		
Sodium, Na	mg	38	1.359	30		1		69		
Zinc, Zn	mg	4.48	0.150	33		1		8.15		
Copper, Cu	mg	2.880	0.104	29		1		5.242		
Manganese, Mn	mg	3.721	0.326	20		1		6.772		
Selenium, Se	mcg	8.2		0	CAZN	4		14.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	1.030		1		1		1.875		
Riboflavin	mg	0.450	0.034	5		1		0.819		
Niacin	mg	3.090		1		1		5.624		
Pantothenic acid	mg	0.795		0		4		1.447		
Vitamin B-6	mg	0.175		0		1		0.319		
Folate, total	mcg	45		0		1		81		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	45		0		1		81		
Folate, DFE	mcg_DFE	45		0	NC	4		81		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.303		0		1		4.191		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.028		0		1		0.051		
15:0	g									
16:0	g	1.255		0		1		2.284		
17:0	g									
18:0	g	0.745		0		1		1.356		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16135
Winged beans, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.012		0		1		10.942		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.055		0		1		0.100		
17:1.....g									
18:1 undifferentiated.....g	5.654		0		1		10.290		
20:1.....g	0.303		0		1		0.551		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.330		0		1		7.881		
18:2 undifferentiated.....g	4.068		0		1		7.404		
18:3 undifferentiated.....g	0.262		0		1		0.477		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.762		30		1		1.387		
Threonine.....g	1.179		38		1		2.146		
Isoleucine.....g	1.468		38		1		2.672		
Leucine.....g	2.497		38		1		4.545		
Lysine.....g	2.136		37		1		3.888		
Methionine.....g	0.356		41		1		0.648		
Cystine.....g	0.545		32		1		0.992		
Phenylalanine.....g	1.429		38		1		2.601		
Tyrosine.....g	1.457		31		1		2.652		
Valine.....g	1.530		38		1		2.785		
Arginine.....g	1.886		38		1		3.433		
Histidine.....g	0.790		38		1		1.438		
Alanine.....g	1.040		31		1		1.893		
Aspartic acid.....g	3.187		31		1		5.800		
Glutamic acid.....g	4.010		31		1		7.298		
Glycine.....g	1.140		31		1		2.075		
Proline.....g	1.924		31		1		3.502		
Serine.....g	1.235		31		1		2.248		
Hydroxyproline.....g									

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

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16134
Yardlong beans, mature seeds, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.80		0		1		117.65		
Energy	kcal	118		0	NC	4		202		
Energy	kj	494				4		844		
Protein (N x 6.25)	g	8.29		0		1		14.18		
Total lipid (fat)	g	0.45		0		1		0.77		
Ash	g	1.37		0		1		2.34		
Carbohydrate, by difference	g	21.09		0	NC	4		36.06		
Fiber, total dietary	g	3.8		0	BFSN	4		6.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	42		0		1		72		
Iron, Fe	mg	2.64		0		1		4.51		
Magnesium, Mg	mg	98		0		1		168		
Phosphorus, P	mg	181		0		1		310		
Potassium, K	mg	315		0		1		539		
Sodium, Na	mg	5		0		1		9		
Zinc, Zn	mg	1.08		0		1		1.85		
Copper, Cu	mg	0.225		0		1		0.385		
Manganese, Mn	mg	0.487		0		1		0.833		
Selenium, Se	mcg	2.8		0	BFSN	4		4.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		0.7		
Thiamin	mg	0.212		0		1		0.363		
Riboflavin	mg	0.064		0		1		0.109		
Niacin	mg	0.551		0		1		0.942		
Pantothenic acid	mg	0.398		0		1		0.681		
Vitamin B-6	mg	0.095		0		1		0.162		
Folate, total	mcg	146		0		1		249		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	146		0		1		249		
Folate, DFE	mcg_DFE	146		0	NC	4		249		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	16		0		1		27		
Vitamin A, RAE	mcg_RAE	1		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.116		0		1		0.198		
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		
15:0	g									
16:0	g	0.108		0		1		0.185		
17:0	g									
18:0	g	0.007		0		1		0.012		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16134
Yardlong beans, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.039		0		1		0.067		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.067		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.193		0		1		0.330		
18:2 undifferentiated.....g	0.105		0		1		0.180		
18:3 undifferentiated.....g	0.088		0		1		0.150		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.102		0		1		0.174		
Threonine.....g	0.316		0		1		0.540		
Isoleucine.....g	0.337		0		1		0.576		
Leucine.....g	0.635		0		1		1.086		
Lysine.....g	0.561		0		1		0.959		
Methionine.....g	0.118		0		1		0.202		
Cystine.....g	0.091		0		1		0.156		
Phenylalanine.....g	0.484		0		1		0.828		
Tyrosine.....g	0.268		0		1		0.458		
Valine.....g	0.395		0		1		0.675		
Arginine.....g	0.574		0		1		0.982		
Histidine.....g	0.257		0		1		0.439		
Alanine.....g	0.378		0		1		0.646		
Aspartic acid.....g	1.001		0		1		1.712		
Glutamic acid.....g	1.570		0		1		2.685		
Glycine.....g									
Proline.....g	0.373		0		1		0.638		
Serine.....g	0.415		0		1		0.710		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 171g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16133

Yardlong beans, mature seeds, raw

Vigna uniguiculata sesquipedalis

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.43	0.118	4		1		14.08		
Energy	kcal	347		0	NC	4		579		
Energy	kj	1452				4		2425		
Protein (N x 6.25)	g	24.33	0.450	4		1		40.63		
Total lipid (fat)	g	1.31		0		1		2.19		
Ash	g	4.03	0.103	4		1		6.73		
Carbohydrate, by difference	g	61.91		0	NC	4		103.39		
Fiber, total dietary	g	11.0		0	BFSN	4		18.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	138	12.500	4		1		230		
Iron, Fe	mg	8.61		0		1		14.38		
Magnesium, Mg	mg	338	23.935	4		1		564		
Phosphorus, P	mg	559	24.816	4		1		934		
Potassium, K	mg	1157		0		1		1932		
Sodium, Na	mg	17		0		1		28		
Zinc, Zn	mg	3.50		0		1		5.85		
Copper, Cu	mg	0.879		0		1		1.468		
Manganese, Mn	mg	1.590		0		1		2.655		
Selenium, Se	mcg	8.2		0	CAZN	4		13.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		1		2.7		
Thiamin	mg	0.887		0		1		1.481		
Riboflavin	mg	0.235		0		1		0.392		
Niacin	mg	2.158		0		1		3.604		
Pantothenic acid	mg	1.556		0		1		2.599		
Vitamin B-6	mg	0.371		0		1		0.620		
Folate, total	mcg	658		0		1		1099		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	658		0		1		1099		
Folate, DFE	mcg_DFE	658		0	NC	4		1099		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	52		0		1		87		
Vitamin A, RAE	mcg_RAE	3		0		1		4		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.339		0		1		0.566		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.001		0		1		0.002		
15:0	g									
16:0	g	0.318		0		1		0.531		
17:0	g									
18:0	g	0.020		0		1		0.033		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16133
Yardlong beans, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.114		0		1		0.190		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.114		0		1		0.190		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.565		0		1		0.944		
18:2 undifferentiated.....g	0.308		0		1		0.514		
18:3 undifferentiated.....g	0.258		0		1		0.431		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.300		0		1		0.501		
Threonine.....g	0.926		0		1		1.546		
Isoleucine.....g	0.989		0		1		1.652		
Leucine.....g	1.864		0		1		3.113		
Lysine.....g	1.646		0		1		2.749		
Methionine.....g	0.346		0		1		0.578		
Cystine.....g	0.269		0		1		0.449		
Phenylalanine.....g	1.421		0		1		2.373		
Tyrosine.....g	0.786		0		1		1.313		
Valine.....g	1.160		0		1		1.937		
Arginine.....g	1.685		0		1		2.814		
Histidine.....g	0.755		0		1		1.261		
Alanine.....g	1.109		0		1		1.852		
Aspartic acid.....g	2.938		0		1		4.906		
Glutamic acid.....g	4.608		0		1		7.695		
Glycine.....g	1.004		0		1		1.677		
Proline.....g	1.094		0		1		1.827		
Serine.....g	1.218		0		1		2.034		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 167g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 16434
Yardlong beans, yardlong, mature seeds, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.80		0		1		117.65		
Energy	kcal	118		0	NC	4		202		
Energy	kj	494				4		844		
Protein (N x 6.25)	g	8.29		0		1		14.18		
Total lipid (fat)	g	0.45		0		1		0.77		
Ash	g	1.37		0		1		2.34		
Carbohydrate, by difference	g	21.09		0	NC	4		36.06		
Fiber, total dietary	g	3.8		0	BFSN	4		6.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	42		0		1		72		
Iron, Fe	mg	2.64		0		1		4.51		
Magnesium, Mg	mg	98		0		1		168		
Phosphorus, P	mg	181		0		1		310		
Potassium, K	mg	315		0		1		539		
Sodium, Na	mg	241		0		1		412		
Zinc, Zn	mg	1.08		0		1		1.85		
Copper, Cu	mg	0.225		0		1		0.385		
Manganese, Mn	mg	0.487		0		1		0.833		
Selenium, Se	mcg	2.8		0	BFSN	4		4.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		0.7		
Thiamin	mg	0.212		0		1		0.363		
Riboflavin	mg	0.064		0		1		0.109		
Niacin	mg	0.551		0		1		0.942		
Pantothenic acid	mg	0.398		0		1		0.681		
Vitamin B-6	mg	0.095		0		1		0.162		
Folate, total	mcg	146		0		1		249		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	146		0		1		249		
Folate, DFE	mcg_DFE	146		0	NC	4		249		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	16		0		1		27		
Vitamin A, RAE	mcg_RAE	1		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.116		0		1		0.198		
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		
15:0	g									
16:0	g	0.108		0		1		0.185		
17:0	g									
18:0	g	0.007		0		1		0.012		
20:0	g									
22:0	g									
24:0	g									

NDB No. 16434

Yardlong beans, yardlong, mature seeds, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.039		0		1		0.067		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.067		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.193		0		1		0.330		
18:2 undifferentiated.....g	0.105		0		1		0.180		
18:3 undifferentiated.....g	0.088		0		1		0.150		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.102		0		1		0.174		
Threonine.....g	0.316		0		1		0.540		
Isoleucine.....g	0.337		0		1		0.576		
Leucine.....g	0.635		0		1		1.086		
Lysine.....g	0.561		0		1		0.959		
Methionine.....g	0.118		0		1		0.202		
Cystine.....g	0.091		0		1		0.156		
Phenylalanine.....g	0.484		0		1		0.828		
Tyrosine.....g	0.268		0		1		0.458		
Valine.....g	0.395		0		1		0.675		
Arginine.....g	0.574		0		1		0.982		
Histidine.....g	0.257		0		1		0.439		
Alanine.....g	0.378		0		1		0.646		
Aspartic acid.....g	1.001		0		1		1.712		
Glutamic acid.....g	1.570		0		1		2.685		
Glycine.....g									
Proline.....g	0.373		0		1		0.638		
Serine.....g	0.415		0		1		0.710		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 171g: 1 cup

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

Food Group: 16 Legumes and Legume Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)